

Healthy Lunchbox Meals For Vegetarians

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by LauraCokherell

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For quick meal planning, try these easy vegetarian recipes that can be made using only a few simple ingredients.

A simple meal can be made with plain yogurt (regular or soy) mixed with cut up fresh fruit, like berries, bananas, apples, or peaches, some sweetener like honey or agave syrup, and some chopped nuts, like almonds, walnuts, or pecans. Mix it all together and serve along with some whole grain crackers or some toasted whole grain bread slices.

Steamed edamame beans combined with chopped red bell peppers, jicama cubes, and pitted black olives tossed in an olive oil vinaigrette served along with a small bowl of cooked rice drizzled with some soy sauce and lemon juice

A cooked vegetarian burger or hotdog makes a quick meal and can be served on a whole grain bun with a selection of toppings (mustard, ketchup, tomato slices, pickle slices, cheese, etc.) along with a simple side dish of steamed vegetables dressed with some salt and pepper, olive oil, and vinegar.

Another easy meal idea is to take the cooked burger or hotdog and cut it into pieces and use it to make a quick salad meal with mixed salad greens, diced tomatoes, pickle slices, and some shredded cheese and dress with Italian dressing. Add a cup of soup as a side dish to this easy salad.

Try a simple bean spread made from canned chickpeas (rinsed, drained, and mashed) combined with shredded carrots, diced red onion, cumin, and low-fat sour cream. Take a soft tortilla shell and spoon the bean mixture into the shell and top with some chopped, pitted green olives and radish sprouts. Serve some baked pita chips with this simple wrap sandwich.

Make a quick bean salad with canned black beans (rinsed and drained), chopped walnuts, chopped tomatoes, corn kernels, chopped fresh cilantro, and some rice vinegar. Toss all ingredients together and serve with warm rolls and whipped cream cheese spread.

Thinly slice some button mushrooms and toss with a little low-sodium soy sauce, lemon juice and a drizzle of olive oil. Allow to marinate for 10 minutes or so. Take a soft tortilla shell and spread with some whipped cream cheese spread or hummus, top with the mushroom mixture (allow the excess liquid to drain off before putting in the tortilla shell), a sprinkling of vegetarian bacon bits, fresh sprouts, and thin slices of avocado. Fold up the bottom of the tortilla and then fold in the sides to close and serve this easy wrap sandwich with a side of frozen and thawed mixed vegetables dressed with your choice of dressing.

Take two slices of crusty bread, toast, and spread one side of one slice with mustard and the other slice with some basil pesto. Layer the mustard side with thinly sliced baked tofu and top with some marinated artichoke hearts (drained) and a slice of sharp cheddar cheese. Place the sandwich under a broiler or into a microwave or toaster oven just until the cheese melts and then top the sandwich with the other slice of bread. Serve sandwich with celery and carrot sticks and baked potato chips.

About the Author:

Laura Cokherell, a cooking enthusiast, shares a wide variety of budget friendly meal ideas from breakfast to dessert, including more vegetarian lunches, at [Quick Salad Recipes.com](http://QuickSaladRecipes.com). You will find a large collection of fast recipes for healthy, flavorful, natural meals that require a minimum of ingredients, time, effort and clean-up for the time-pressed world we live in.