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## Sandwich or Wrap Filling Options

Sandwiches have come a long way since peanut butter and jam or a classic BLT. Here are a few ways to liven up your lunch box. Serve these in whole grain pitas, on sprouted grain bread, on a multi grain bun, or atop a bed of mixed greens for a no-grain option.

### Grilled Ratatouille

Barbeque eggplant, red onion, and peppers (lightly oiled) until tender. Take off the grill, dice, and stir in chopped tomatoes, balsamic vinegar, basil and capers. Pile on a bun and top with shredded cheese.

### Grape Chicken Salad

Mix 2 cups chopped leftover chicken in a large bowl with 1/3 cup sliced celery, 1/3 cup sliced peppers, 1 ¼ cup halved seedless grapes, and ¼ cup minced green onions or chives. Stir in ¼ cup natural yogurt or mayonnaise, season with salt and pepper. (Can be kept in fridge for 3 hours before use.) Before serving mix in ¼ cup raw sliced almonds. Place a bed of lettuce on a sprouted tortilla, spoon 1 cup of mixture across centre, roll tightly. Makes 4 servings.

### Curried Tuna with Walnuts and Raisins

Place 2 tbsp mayo or yogurt, ½ tsp curry powder, and a few pinches of cayenne pepper in a bowl and stir. Mix in a can of drained tuna; mash with fork. Mix in 1 tbsp walnut pieces, 1 tbsp raisins, and 2 tbsp finely diced celery. Serve on bread topped with lettuce and thinly sliced onion.

### Almond Cranberry Turkey Salad

Mix together 1 cup finely chopped turkey, 3 chopped green onions, ¼ cup chopped almonds, 2 tbsp dried cranberries, 1 chopped stalk of celery, 1 tbsp mayo, and 1 tsp lemon juice in a bowl. Serve any way you would like!

*Adapted from Food & Drink Summer 2008, [www.urbanharvest.ca](http://www.urbanharvest.ca), Food & Drink Autumn 2007, and Lunchbox Love, respectively.*

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## Nutritional Value of Select Ingredients

**Onions** – Because they are high in sulfur, onions help lower cholesterol, inhibit cancerous tumor growth, help manage diabetes, and are an anti-inflammatory, antibacterial, and antifungal food that are also a blood tonic.

**Celery** – Eating 2 to 4 stalks of celery a day can lower blood pressure, especially if due to stress. It helps protect against cancer, is a mild diuretic, aids in weight loss and digestion, is a detoxifier, and can stimulate the sex drive. It is high in vitamins, minerals, and phytonutrients.