

## [QUICK VEGETARIAN RECIPES FOR LUNCH](#)



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### **18 Vegetarian Lunch Ideas To Pack For Work All Delish**

18 Vegetarian Lunch Ideas That Will Make Your Colleagues Jealous. Even if you stumble across a local that's unique, exciting and great value, there's a good chance that as non meat-eaters you'll still only have the choice between a bowl of tomato soup (the appetizer for others) or a bland salad consisting of lettuce and tomato.

Vegans get it even

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### **Quick and Easy Vegetarian Recipes Allrecipes com**

This vegetarian sandwich combines tangy goat cheese, fresh cucumber, cherry tomatoes, red bell pepper, and basil, then gets a little slather of fig preserves on whole grain bread. It makes for a super-flavorful lunch option! Broccoli rabe (rapini) sauteed with garlic and dusted with Parmesan cheese.

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### **15 Vegan Work Lunches That Take 15 Minutes or Less PETA**

3. Vegan One-Pot Basil and Pepper Pasta. This one-pot recipe is the golden trio of quick, cheap, and easy not to mention delicious.

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### **Quick and Easy Vegetarian Recipes Cooking Light**

Nutty Fried Rice. This hearty vegetarian dish is a fun twist on the usual takeout version of fried rice, incorporating lots of nutty flavor from toasted sesame oil, roasted cashews, peanut butter, and sesame seeds. The rice is drizzled with a savory, creamy peanut sauce that takes the whole thing right into indulgence territory.

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### **Healthy Vegetarian Lunch Recipes EatingWell**

Healthy Vegetarian Lunch Ideas for Work Start the week on a healthy note with these packable lunches. If you follow a vegetarian diet or are just trying to eat less meat, these healthy lunch recipes are great for bringing to the office.

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### **16 Vegetarian Lunch Recipes Cookie and Kate**

So below, you'll find sixteen of my favorite recipes that pack well for lunch, plus relevant storage tips. All of the recipes are vegetarian, of course, and I've noted which ones are also gluten free and/or vegan.

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### **Healthy Vegan Lunch Recipes EatingWell**

Find healthy, delicious vegan lunch recipes including including sandwiches and wraps. Healthier recipes, from the food and nutrition experts at EatingWell. Spiced eggplant, lentils and mangoes combine deliciously in this Indian-inspired vegetarian salad.

<http://ebookslibrary.club/download/Healthy-Vegan-Lunch-Recipes-EatingWell.pdf>

### **Vegetarian lunch recipes BBC Good Food**

Spicy cauliflower rice with minty cucumber raita. A vegetarian, calcium, folate, fibre, iron and vitamin C-rich pilau that's also 4 of your 5-a-day. Packed with goodness!

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### **Quick vegetarian recipes BBC Good Food**

Boiled egg, avocado & quick pickled radish tartine. This light lunch or brunch is 2 of your 5-a-day and will be on the plate in just 20 minutes.

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### **10 Healthy Vegan Lunches for Work or School Emilie Eats**

Skip the fast-food line and pack your own lunch! These 10 Healthy Vegan Lunches for Work (or School!) are

easy to pack in a container and are super tasty.

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#### **41 Easy Vegetarian Recipes Real Simple**

Our ideas for quick and easy suppers are wholesome, almost entirely homemade, and affordable, too. making it just right for comfort food. Dana Gallagher. Get the recipe for Polenta-Stuffed Poblano Peppers. Advertisement. 19 of 42. Pin. More. Raisins add a bit of sweetness to saut ed Swiss chard. 41 Easy Vegetarian Recipes.

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#### **40 Easy Vegan Lunch Ideas Vegan Heaven**

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#### **20 Vegan Packed Lunch Recipes Wallflower Kitchen**

20 Vegan Packed Lunch Recipes I ve had a few emails over the past couple of months asking for packed lunch ideas, particularly for recipes that require no heating and can be eaten cold. So I ve put together a list of 20 of the best vegan lunchbox-friendly recipes I ve found (and don t worry, they re not all salads )

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