

Quick and Easy Lunches for the Cooking Challenged

Let's face it, cooking is not a top priority in the lives of every man, woman, or child on the planet. In fact, far too people have made learning to cook a priority in their lives. This means that we often exist on convenience foods and boxed mixes rather than taking the effort to prepare healthy meals for our families and our own personal enjoyment.

The same holds true for lunches when we often resort to a can of soup or box of macaroni and cheese or some other such product rather than putting our creative efforts into making a quick and easy yet delicious lunch. You will see many ideas in this article and the hope is that these ideas will not only get you off to a great start for ending the lunch rut we all seem to find ourselves in at some time or another but also to try new things on your own.

First of all, not all great lunches require actual cooking in order to prepare. Some of them will require the use of the microwave and some of them will need to be cooked or at least prepared before hand and reheated. The choices are virtually limitless once you understand the creative concept that must be in place. You should also find that many of these ideas are so simple you will wonder why on earth you have never thought of them. I certainly hope that some of these ideas will become main features within your own home.

Lettuce wraps. These mike delightfully delicious lunch treats and the filling can be prepared ahead of time, which leaves only reheating the filling and wrapping when you're ready to eat. This is a fun lunch to share with your little ones and it teaches them that lettuce is much more versatile than people often give it credit for being. Some people choose to go with a teriyaki inspired filling; my family likes taco inspired fillings for our lettuce rolls. You are perfectly free to come up with a favorite filling of your very own.

Try sandwiches with different breads. Believe it or not, my children love trying new things. It's a rare trait for which I am extremely grateful. Believe me I understand all too well how fortunate I am. My youngest however, has a little difficulty with thick or crusty bread. Her favorite sandwich choice has become Hawaiian sweet rolls. We put the meat, cheese, mustard, and pickle in her roll as if it were a bun and she's thrilled. Other great ideas include hollowing out crusty rolls and filling them with roast beef and cheddar. You can broil this in your oven for a few minutes for a rare sandwich treat. The cooking part is very minimal and you do not have to have in depth knowledge of anything to prepare or enjoy these simple treats. Other great bread ideas include croissants with ham and cheese or chicken salad, taco pitas (another great favorite in our household), and paninis (this works really well if you have a George Foreman

grill or a panini press).

While this is by no means the end all be all guide to cooking quick and easy lunches it is good food for thought. The hope is that this will get your own creative juices flowing so that you can prepare wonderful lunches for your family without needing to do too terribly much heavy cooking in the process.

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