

The simplest way

... to use winter vegetables.

Don't feel like salad during winter?

Here are some fruit and veg filled, winter ideas.

Cook extra for dinner and dessert and pack leftovers for lunch.



- Baked vegetables such as pumpkin, sweet potato, beetroot
- [Mushroom, spinach and lentil lasagna](#)
- [Sweet potato and lentil curry](#)
- [Salmon and potato cakes](#)
- [Shepherd's pie](#)
- [Stewed apples and sultanas](#)
- [Healthy apple crumble](#)

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