

## RECIPE LUNCH



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Cook zucchini on the grill or in a grill pan until tender and layer it with raw peppers, spinach, store-bought hummus and herbs for a nutrient-packed, packable lunch.

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### **Healthy recipes and diet information BBC Food**

Healthy recipe ideas from BBC Food - our healthy and delicious family favourites make it easy to eat well. Try our healthy packed lunch ideas and puddings, too.

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### **Allrecipes Food friends and recipe inspiration**

Ground beef is simmered in a tangy sauce with onion. My Grandfather owned a drive-in restaurant back in the 1950's. This is his exact recipe for Coney Dogs from back in the day. I make this on special occasions and it is always hit with friends and family. Enjoy.

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