

10 Healthy Lunch Hacks That Save Time in the Kitchen

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10 / 11 Use Aioli Cubes for Instant Flavor

Franci Cohen, personal trainer and certified nutritionist, has another creative way to avoid the boredom of meal prepping in bulk. “Prepare several vegetable-based aioli spreads in advance and freeze in ice cube trays,” says Cohen. “The night before, simply put a frozen aioli cube in the fridge; it will defrost to a spreadable texture by morning.” Some of her favorite aioli recipes include: Basil or arugula aioli (combine fresh basil or arugula in a blender with garlic, lemon juice, pine nuts or walnuts, a healthy oil or avocado as a base, and some fresh herbs and seasonings) or grilled red pepper aioli (combine grilled bell peppers with low-fat chipotle mayo, and a bit of raw oats to bind the mixture). In the morning, simply “grab bread, protein, precut veggies, and your favorite aioli, and assemble in seconds!” says Cohen.