



# **The Little Book of Lunch: 100 Recipes & Ideas to Reclaim the Lunch Hour**

*Caroline Craig, Sophie Missing*

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**The beautiful, internationally acclaimed guide to turning your midday meal into a masterpiece—featuring 100 easy, inexpensive, delicious recipes designed to be made ahead of time with just a few ingredients.**

There's something depressing about "running out" to "grab lunch." Sandwiches, soups, salads, sushi: the choices are overwhelming. But when's the last time you really *enjoyed* eating lunch while hunched over your keyboard?

That's why Caroline Craig and Sophie Missing have reclaimed the noon hour for all those who love a tasty bite. Dining "al desko" doesn't have to mean another weary forkful of a sad salad. Instead, lunch can be one of life's great simple pleasures—especially when it's made at home in just a few minutes, from ingredients you have on hand.

Craig and Missing know firsthand the challenges of busy schedules, tiny salaries, and no spare time. They share their hard-won wisdom in 100 recipes littered with time-saving techniques and tips to make each meal special—plus weekly menus and Sunday shopping lists to make it all that much easier.

*The Little Book of Lunch* features clever approaches to classics, making them easy for transportation; delicious at room temperature; and quickly assembled for when you barely have five minutes, or for when the cupboards are bare. It includes:

- Wholesome, healthy salads like tabouleh and the miracle "rainbow rescue" bowl
- Make-ahead meals like grilled halloumi, vegetable and avocado couscous
- Inspired twists on tuna salad and the BLT from the Sandwich Hall of Fame
- Quick soups like "faux pho" and spicy lentil and coconut
- Sweet treats to bribe colleagues, like salted caramel brownies

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