

gastropost

FOOD MISSIONS FOR FOOD LOVERS

EDMONTON

YOUR MISSION COMPLETED: THE LUNCH CRUNCH

Let's do lunch! I mean, who wouldn't want to dine during the midday with Gastroposters, who presented such magnificent afternoon meals — from salads to sandwiches — for this week's mission. **Instagram in brown** and **Twitter in blue**.



Robert Lu
@rlu81
It's National Bacon Day, so I made a BLT for lunch



Liann Ward
@liannward
This is my go-to lunch: tomato, bacon and guacamole toast



Lisa Hauser
@lis4cooks
Crispy beef salad will be a first-day-of-school lunch



Tracy Palmer
@daletracybrooklyn
Chicken lettuce wraps make a fresh lunch or dinner



Sheridan McLaren
@chefsheridan
I know you're busy but don't forget about your lunch



Alison Hamilton
@alisonhamilton24
I love having a fresh homemade lunch: summer roll salad bowl.



Gaylene Babichuk
Frequent Gastroposter
Leftover creamed chicken and veggies makes an easy lunch



Alexandra Seaman
@akseaman
Another delicious day on vacation with salad for lunch



Shirley Smith
@shirleyrdh
Heirloom tomato tart makes for a perfect Sunday lunch



Melissa Schaub
@southsidesavvy
Made some fresh bread to enjoy with lunch



Melanie Villeneuve
@thenomadicwife
Tiny pizzas for lunch. Now that's what I'm talking about



Grace Na
@ohthatcrave
First plate at Plates Buffet for lunch yesterday



Erin Brennan
@fillupmyteacup
When you get to have ice cream breaks at lunch



Linda Baker
@travellingbakers
What's for lunch? A grilled peach and cheese sandwich



Heather Bishop
@heather_bishop67
Back to school lunch: salmon on rye with sliced tomatoes



Jeff Samsonow
@jeffsamsonow
The best lunch is a food truck lunch: Drift Food Truck



Karen Shin
@kayyess
Out on the patio



Lacintha Naidu
@lacintha
Back to school hot quinoa porridge



Christopher Lui
@c_thoughts
Homemade gluten-free lunch made with Kinnikinnick bread



Loreto & Nicoletta Nardelli
@sugarlovespices
Here's our lunch crunch: a green apple Gouda grilled cheese



Patricia Bullock
@bullocks_in_a_china_shop
Back to school always includes a trip to The Italian Centre

JOIN US!

- ✓ Get your food pics & ideas published in the paper
- ✓ Be the first to find out about new Gastropost missions

NEXT MISSION: WHAT'S IN YOUR FRIDGE?

With school back in session ... it's time for a surprise test! Quick: go to your fridge. What's in there? That's what you'll be using to complete this week's mission! **We want you to use whatever's in your fridge right now to make a meal and share it with your fellow Gastroposters.** You can get creative and combine everything to make a culinary masterpiece. Or pick and choose to see what goes well together. Or maybe you prepped ahead and have a leftover meal already to go. Or maybe you just want a snack and have something like an apple handy to help you out. And are you looking at an empty fridge right now? No problem! Show us where you go to eat when you're low on supplies at home. You can start ... now! And remember, no cheating!



"I'm not going to lie, I ate the leftover mac and cheese straight out of the fridge in a cold hard block," Gastroposter Juliana Laface says. "And it was just as good!"

SEND US YOUR RECIPES!

It's no secret that Gastroposters go above and behind some missions with their homemade meals. What is potentially secret is how you make them. But if you're willing to share, we'd love to see the recipes behind your delicious dishes!

If you have a recipe for success for this week's mission, send it to edmonton@gastropost.com along with the following details:

- Your full name
- Name of your recipe
- One sentence description of your recipe
- Prep time, cooking time, number of servings
- Ingredients
- Directions
- A photo of your food (preferably high-res and unedited/unfiltered)

In the upcoming weeks, expect to see a new recipe page feature on our Gastropost website and you might see your recipe featured in the paper next week!

GASTROPOST IT

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DON'T HESITATE TO GET IN TOUCH WITH US. WE'D LOVE TO HEAR FROM YOU.

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