

# Apple Turkey Gyro

*A healthy twist on a classic Greek dish.*

**Makes 6 servings.** 1 gyro per serving.

**Prep time:** 10 minutes **Cook time:** 15 minutes

## Ingredients

- 1 cup sliced onion
- 1 tablespoon lemon juice
- 2 cups sliced red bell pepper
- 2 cups sliced green bell pepper
- 1 tablespoon vegetable oil
- ½ pound turkey breast, cut into thin strips
- 1 medium apple, cored and sliced
- 6 whole wheat pitas, lightly toasted
- ½ cup lowfat plain yogurt (optional)



## Preparation

1. In a nonstick skillet, sauté onion, lemon juice, and bell peppers in oil until crisp-tender.
2. Stir in turkey and cook until turkey is fully cooked. Remove from heat and stir in apple.
3. Fold pita in half and fill with apple mixture; drizzle with yogurt. Serve warm.

**Nutrition information per serving:** Calories 215, Carbohydrate 33 g, Dietary Fiber 5 g, Protein 14 g, Total Fat 4 g, Saturated Fat 1 g, Trans Fat 0 g, Cholesterol 25 mg, Sodium 259 mg



# Avocado Garden Salad

*This salad is easy to fix, looks great on a plate, and is delicious to eat.*

**Makes 6 servings.** *1½ cups per serving.*

**Prep time:** 20 minutes

.....

## Ingredients

- |                                       |                                |
|---------------------------------------|--------------------------------|
| 6 cups torn or cut mixed salad greens | 2 tablespoons lemon juice      |
| 3 medium tomatoes, chopped            | ⅓ teaspoon garlic powder       |
| 5 green onions, chopped               | ½ teaspoon ground black pepper |
| 1 small cucumber, peeled and chopped  | ½ teaspoon salt                |
|                                       | 1 large avocado, peeled        |

## Preparation

1. Mix salad greens, tomatoes, onions, and cucumber in a large serving bowl.
2. In a small bowl, mix lemon juice, garlic powder, ground black pepper, and salt. Pour over salad mixture and toss together.
3. Cut avocado in half lengthwise. Remove pit and peel avocado halves. Slice into thin wedges, about 1/8-inch thick.
4. Arrange avocado slices on top of salad and serve immediately.

**Nutrition information per serving:** Calories 78, Carbohydrate 9 g, Dietary Fiber 4 g, Protein 2 g, Total Fat 5 g, Saturated Fat 1 g, Trans Fat 0 g, Cholesterol 0 mg, Sodium 222 mg

Recipe courtesy of the Produce for Better Health Foundation.

LUNCH

18





# Black Bean and Corn Pitas

*A protein-packed mixture of seasoned vegetables, black beans, and cheese.*

**Makes 4 servings.** *½ pita per serving.*

**Prep time:** 15 minutes

## Ingredients

- |  |  |
|--|--|
| 1 (15-ounce) can low-sodium black beans      | ⅛ teaspoon cayenne pepper or more to taste |
| 1 cup frozen corn, thawed                    | 2 teaspoons lemon juice                    |
| 1 cup fresh or no salt added canned tomatoes | ½ teaspoon chili powder                    |
| 1 avocado, chopped                           | 2 medium whole wheat pita pockets          |
| 1 clove garlic, finely chopped               | ⅓ cup shredded part-skim Mozzarella cheese |
| 1 teaspoon chopped fresh parsley             |  |

## Preparation

1. Drain and rinse beans. In a medium bowl, combine beans, corn, tomatoes, avocado, and garlic. Add parsley, cayenne pepper, lemon juice, and chili powder.
2. Cut pita bread in half to form 4 pockets, and spoon equal amounts of filling into each half. Top with cheese and serve.

**Nutrition information per serving:** Calories 352, Carbohydrate 54 g, Dietary Fiber 17 g, Protein 16 g, Total Fat 10 g, Saturated Fat 2 g, Trans Fat 0 g, Cholesterol 5 mg, Sodium 176 mg



## Cactus Salad

*This salad is fresh and festive.  
Use jarred cactus if you can't find fresh.*

**Makes 4 servings.** 1½ cups per serving.

**Prep time:** 15 minutes

**Nutrition information per serving**

Calories 59, Carbohydrate 11 g, Protein 2 g,  
Total Fat 2 g, Saturated Fat 0 g, Cholesterol 0 mg,  
Sodium 29 mg, Dietary Fiber 4 g

### Ingredients

- 4 cups shredded green cabbage
- 2 fresh cactus leaves, cleaned and finely chopped (about 1 cup)
- 4 thin slices white onion
- 4 radishes, thinly sliced
- 1 large tomato, chopped
- 1 serrano chili, seeds removed and minced
- 2 tablespoons cider vinegar
- 1 teaspoon oil
- 1 teaspoon sugar

### Preparation

1. Mix cabbage, cactus, onion, radishes, tomato, and serrano chili in a medium bowl. Place salad on 4 separate plates.
2. Stir together vinegar, oil, and sugar; drizzle over salad.





# Chicken Tomatillo Salad

*Make a day ahead for a delicious lunch at work.*

**Makes 6 servings.** 1 cup per serving.

**Prep time:** 20 minutes

## Dressing

- 1 cup husked and quartered tomatillos
- 3 tablespoons light Italian dressing
- 1 fresh Anaheim chili, seeded and chopped
- ¼ teaspoon ground black pepper

## Salad

- 2 cups chopped, cooked chicken or turkey
- 1 cup chopped red bell pepper
- 1 cup frozen corn, thawed
- 1 cup chopped carrots
- 4 green onions, sliced
- ¼ cup chopped fresh cilantro

## Preparation

1. In a blender or food processor container, purée tomatillos with dressing, Anaheim chili, and ground black pepper; set aside.
2. Combine all salad ingredients in a large bowl and toss.
3. Drizzle dressing over salad and toss well to coat.
4. Cover and chill for 20 minutes or make a day ahead to allow flavors to blend.
5. Serve on lettuce-lined plates or bowls.

**Nutrition information per serving:** Calories 141, Carbohydrate 12 g, Dietary Fiber 3 g, Protein 16 g, Total Fat 4 g, Saturated Fat 1 g, Trans Fat 0 g, Cholesterol 38 mg, Sodium 149 mg





# Chicken Tortas

*Serve these sandwiches with sliced jalapeño peppers for a little added heat!*

**Makes 4 servings.** 1 sandwich per serving.

**Prep time:** 15 minutes



## Ingredients

2 cups cooked, shredded chicken	½ cup shredded reduced fat Monterey Jack cheese
1 teaspoon chili powder	2 radishes, sliced
2 cups prepared Fresh Salsa (see page 54)	1 fresh avocado, mashed
2 cups shredded romaine lettuce	4 bolillos or French bread rolls, cut in half lengthwise
4 thin slices white onion	

## Preparation

1. In a medium bowl, combine chicken, chili powder, and 1 cup Fresh Salsa.
2. In another medium bowl, combine lettuce, onion, cheese, and radishes.
3. Spread equal amounts of mashed avocado on each roll.
4. Place equal amounts of chicken and lettuce mixtures inside of each roll.
5. Spoon ¼ cup Fresh Salsa over lettuce and close sandwich. Serve immediately.

**Nutrition information per serving:** Calories 379, Carbohydrate 32 g, Dietary Fiber 6 g, Protein 30 g, Total Fat 15 g, Saturated Fat 4 g, Trans Fat 0 g, Cholesterol 67 mg, Sodium 500 mg



## Corn and Green Chili Salad

*This salad is so easy to prepare. Add some diced, cooked chicken to make this side dish a meal, or sprinkle over salad greens.*

**Makes 4 servings.** *¾ cup per serving.*

**Prep time:** 10 minutes



### Ingredients

2 cups frozen corn, thawed	1 tablespoon lime juice
1 (10-ounce) can diced tomatoes with green chilies, drained	⅓ cup sliced green onions
½ tablespoon vegetable oil	2 tablespoons chopped fresh cilantro

### Preparation

1. Combine all ingredients in a medium bowl; mix well and serve.

**Nutrition information per serving:** Calories 94, Carbohydrate 19 g, Dietary Fiber 3 g, Protein 3 g, Total Fat 2 g, Saturated Fat 0 g, Trans Fat 0 g, Cholesterol 0 mg, Sodium 94 mg



## Crispy Taquitos

*Great to keep in the freezer. You can heat and eat for a quick snack or side dish! Serve with guacamole for added flavor.*

**Makes 4 servings. 3 taquitos per serving.**

**Prep time:** 15 minutes

**Cook time:** 10 to 15 minutes

**Nutrition information per serving**

Calories 332, Carbohydrate 50 g, Protein 15 g,  
Total Fat 10 g, Saturated Fat 4 g, Cholesterol 27 mg,  
Sodium 324 mg, Dietary Fiber 7 g

### Ingredients

- 2 cups pico de gallo
- ½ cup cooked, finely chopped chicken
- ½ cup no salt added canned corn or frozen corn, thawed
- ¼ cup chopped green onion
- ¼ cup chopped green bell pepper
- ½ cup shredded Cheddar cheese, Monterey Jack cheese, or queso fresco
- 12 corn tortillas
- 2 teaspoons vegetable oil

### Preparation

1. Heat oven to 425°F. In a medium bowl, combine 1 cup pico de gallo, chicken, corn, green onion, bell pepper, and cheese.
2. Soften tortillas on the stovetop or in the microwave oven, and spoon a heaping tablespoon of filling onto the center of each tortilla. Roll up tightly and secure each with a toothpick.
3. Place rolled tortillas seam side down on a baking sheet and brush each lightly with oil. Bake for 10 to 15 minutes or until crisp and lightly browned.
4. Place 3 taquitos on each plate and serve with remaining pico de gallo.





# Herbed Potato Salad

*Fresh vegetables and a light vinaigrette give this salad a lively flavor.*

**Makes 6 servings.** *½ cup per serving.*

**Prep time:** 20 minutes **Cook time:** 15 minutes

## Ingredients

- 1½ pounds red potatoes (about 8 potatoes), cut into cubes
- ½ cup light Italian dressing
- ½ tablespoon spicy brown mustard
- 1 tablespoon chopped fresh parsley
- 1 teaspoon garlic salt
- ¼ teaspoon ground black pepper
- ½ cup chopped red bell pepper
- ½ cup chopped green bell pepper
- ½ cup sliced green onions



## Preparation

1. In a large pot, cook potatoes in boiling water until tender, about 10 minutes (do not overcook). Drain well and let cool.
2. Cut potatoes into bite-size pieces and place in a medium bowl.
3. In a small bowl, combine dressing, mustard, parsley, and seasonings; pour over potatoes and toss well.
4. Carefully stir in bell peppers and green onions. Cover and chill until ready to serve.

**Nutrition information per serving:** Calories 132, Carbohydrate 24 g, Dietary Fiber 4 g, Protein 2 g, Total Fat 4 g, Saturated Fat 1 g, Trans Fat 0 g, Cholesterol 0 mg, Sodium 441 mg



## Meatball Soup

*This simple soup with hearty meatballs is a tasty meal you can enjoy at home or reheated at work.*

**Makes 4 servings.**

*½ cup broth mixture and 3 large meatballs per serving.*

**Prep time:** 15 minutes

**Cook time:** 40 minutes

**Nutrition information per serving**

Calories 176, Carbohydrate 19 g, Protein 16 g,  
Total Fat 4 g, Saturated Fat 1 g, Cholesterol 82 mg,  
Sodium 349 mg, Dietary Fiber 2 g

### Ingredients

- 6 cups water
- ⅓ cup rice
- 3 low-sodium beef- or chicken-flavored bouillon cubes or 1 tablespoon low-sodium bouillon powder
- 4 sprigs fresh oregano, finely chopped or 1 tablespoon dried oregano
- 8 ounces lean ground beef, turkey, or chicken
- 1 tomato, finely chopped
- ½ onion, peeled and finely chopped
- 1 large egg
- ½ teaspoon salt
- 2 cups fresh vegetables (carrots, celery, and broccoli)

### Preparation

1. In a large pot, combine water, rice, bouillon cubes, and oregano. Bring to a boil over high heat. Stir to dissolve bouillon. Reduce heat to low and simmer.
2. Meanwhile, in a large bowl, mix ground meat, tomato, onion, egg, and salt. Form into 12 large meatballs.
3. Add meatballs to broth mixture and simmer 20 minutes.
4. Add vegetables. Cook 10 to 15 minutes or until meatballs are cooked and rice and vegetables are tender.





# Spud Stuffers

*No ordinary potatoes here. Pick your favorite topping from the list on the next page.*

**Makes 4 servings.** 1 potato per serving.

**Prep time:** 15 minutes **Cook time:** 16 to 60 minutes



## Ingredients

- 4 medium baking potatoes
- 4 tablespoons light sour cream

## Preparation

1. Wash potatoes and pierce 3 times with a fork. Microwave on high for about 6 minutes. Turn potatoes over and cook on high for 10 minutes more. Or, bake in the oven at 400°F for 45 to 60 minutes.
2. When cooked, carefully cut potatoes open on the top. Place 1 tablespoon sour cream on top of each potato. Top each potato with one of the toppings listed on the next page and serve while hot. The ingredient amounts listed are for one potato.





# Toppings

## Mexican Topping

- ¼ cup prepared Fresh Salsa (see page 54)
- 2 tablespoons shredded reduced fat Cheddar or Monterey Jack cheese
- 1 tablespoon diced green chilies

**Nutrition information per serving:** Calories 222, Carbohydrate 43 g, Dietary Fiber 5 g, Protein 9 g, Total Fat 2 g, Saturated Fat 1 g, Trans Fat 0 g, Cholesterol 8 mg, Sodium 341 mg

## Western Topping

- 2 tablespoons chopped tomato
- 2 tablespoons finely chopped green bell pepper
- 2 tablespoons shredded reduced fat Cheddar cheese
- 1 tablespoon sliced green onions
- 2 tablespoon bacon bits

**Nutrition information per serving:** Calories 259, Carbohydrate 44 g, Dietary Fiber 6 g, Protein 13 g, Total Fat 4 g, Saturated Fat 2 g, Trans Fat 0 g, Cholesterol 8 mg, Sodium 327 mg

## Veggie Topping

- 3 tablespoons chopped broccoli
- 2 tablespoons chopped yellow squash
- 2 tablespoons shredded reduced fat Cheddar cheese
- 1 tablespoon sliced green onions

**Nutrition information per serving:** Calories 216, Carbohydrate 41 g, Dietary Fiber 5 g, Protein 10 g, Total Fat 2 g, Saturated Fat 1 g, Trans Fat 0 g, Cholesterol 8 mg, Sodium 174 mg



# Tuna Apple Salad

*Apples and raisins add a nice twist to traditional tuna salad.*

**Makes 4 servings.** 1 cup per serving.

**Prep time:** 15 minutes



## Ingredients

- |   |   |
|---|---|
| 2 (6-ounce) cans water packed tuna, drained | ¼ cup golden raisins                    |
| 2 tablespoons finely chopped red onion      | 3 tablespoons fat free Italian dressing |
| 1 medium apple, cored and chopped           | 2 cups salad greens                     |
| ¼ cup chopped celery                        | 2 medium whole wheat pitas              |

## Preparation

1. In a small bowl, stir together tuna, onion, apple, celery, raisins, and 2 tablespoons of dressing.
2. In another medium bowl, toss together salad greens with remaining dressing.
3. Cut pitas in half to make 4 pita pockets.
4. Carefully fill pita pockets with equal amounts of salad greens and tuna salad. Serve.

**Nutrition information per serving:** Calories 216, Carbohydrate 27 g,  
Dietary Fiber 4 g, Protein 25 g, Total Fat 2 g, Saturated Fat 0 g,  
Trans Fat 0 g, Cholesterol 26 mg, Sodium 544 mg



# Vegetable Quesadillas

*These quesadillas make a great meatless meal for a healthy lunch! Serve with red or green salsa and light sour cream.*

**Makes 4 servings.** 1 tortilla per serving.

**Prep time:** 10 minutes **Cook time:** 15 minutes



## Ingredients

nonstick cooking spray	2 tablespoons chopped fresh cilantro
½ cup chopped green bell pepper	4 (6-inch) flour tortillas
½ cup frozen corn, thawed	½ cup shredded reduced fat Cheddar or Monterey Jack cheese
½ cup sliced green onion	
½ cup chopped tomato	

## Preparation

1. Spray a medium skillet with nonstick cooking spray. Sauté bell pepper and corn until softened, about 5 minutes.
2. Add green onion and tomato; cook for several minutes more until heated through; stir in cilantro.
3. Heat tortillas in a large skillet over high heat. Place equal amounts of cheese and vegetables on each tortilla; fold in half and continue to cook until cheese is melted and tortilla is crisp and lightly browned. Serve while hot.

**Nutrition information per serving:** Calories 134, Carbohydrate 20 g, Dietary Fiber 2 g, Protein 7 g, Total Fat 3 g, Saturated Fat 1 g, Trans Fat 0 g, Cholesterol 3 mg, Sodium 302 mg





## Veggie Bean Wrap

*Fresh mangos and avocado give this meal a tasty twist.*

**Makes 4 servings.** 1 wrap per serving.

**Prep time:** 15 minutes

**Cook time:** 10 minutes

**Nutrition information per serving**

Calories 531, Carbohydrate 92 g, Protein 17 g,  
Total Fat 12 g, Saturated Fat 2 g, Cholesterol 0 mg,  
Sodium 329 mg, Dietary Fiber 15 g

### Ingredients

- 2 green or red bell peppers, seeded and chopped
- 1 onion, peeled and sliced
- 1 (15-ounce) can 50% less salt/sodium black beans, drained and rinsed
- 2 mangos, chopped
- juice of 1 lime
- ½ cup chopped fresh cilantro
- 1 avocado, peeled and diced
- 4 10-inch fat free flour tortillas

### Preparation

1. In a nonstick pan, sauté bell peppers and onion for 5 minutes over medium heat. Add beans, stir well. Reduce heat to low and simmer about 5 minutes.
2. In a small bowl, combine mangos, lime juice, cilantro, and avocado. Reserve ½ mixture for topping.
3. Fill warmed tortillas with ¼ bean mixture and ¼ mango mixture.
4. Fold ends of the tortillas over. Roll up to make wraps. Top veggie bean wraps with remaining mango mixture.





# Zesty Asian Chicken Salad

*A colorful salad packed with a variety of healthy foods.*

**Makes 4 servings.** 1 cup per serving.

**Prep time:** 20 minutes



## Ingredients

3 boneless, skinless chicken breasts, cooked and chilled	1 red bell pepper, cut into strips
3 green onions, sliced	2 cups shredded cabbage
1½ cups small broccoli florets	½ cup fat free Asian or sesame salad dressing
2 medium carrots, peeled and cut into strips	¼ cup 100% orange juice
	¼ cup chopped fresh cilantro

## Preparation

1. Cut chicken breasts into small strips and place in a medium bowl with onions, broccoli, carrots, bell peppers, and cabbage.
2. In a small bowl, stir together dressing and juice. Pour over salad and toss well to coat. Stir in cilantro. Serve at room temperature.

**Nutrition information per serving:** Calories 184, Carbohydrate 13 g,  
Dietary Fiber 4 g, Protein 22 g, Total Fat 5 g, Saturated Fat 1 g,  
Trans Fat 0 g, Cholesterol 55 mg, Sodium 456 mg