



8 EASY LUNCH RECIPES

To inspire healthy eating, include these easy recipes in your promotional e-mails or e-newsletter: simply cut and paste. Corresponding images for each recipe are also included in the Recipes folder.

RECIPE 1:

Avocado Tuna Salad

This is a fast and easy recipe makes 5 servings. You can find pre-made pico de gallo in the produce section or near the deli counter. Serving size: 1/2 cup.

Ingredients

- 1 medium (7-oz) avocado
- 1/2 cup pico de gallo
- 2 (6.4-oz) light tuna pouches, packed in water

Directions

1. Cut the avocado in half and remove the pit. Use a spoon to scoop out the avocado flesh and place it in a medium bowl. Mash the avocado with a fork or potato masher. Add the pico de gallo and mix well.
2. Add the tuna to the bowl and mix well.
3. Serve the tuna salad with your choice of whole wheat crackers or pita chips, lettuce wraps, or on a bed of prewashed salad greens.

Per Serving: Calories 130, Total Carbohydrate 4 g (Fiber 3 g, Sugars 1g), Protein 18 g, Total Fat 5 g (Saturated Fat 0.8 g), Cholesterol 30 mg, Sodium 405 mg, Potassium 405 mg

Choices/Exchanges: 3 Lean Protein

From *Diabetes Forecast*®, A Healthy Living Magazine, www.diabetesforecast.org

RECIPE 2:

Greek Chicken Salad

This salad is full of flavor, veggies, and protein. Pick up a rotisserie chicken from your local grocery store deli for a real time-saver. Serves 4. Serving Size: About 2 cups

Ingredients

Salad

1 (9-oz) bag romaine lettuce
1 medium cucumber, peeled and diced
2 roma tomatoes, diced
16 pitted kalamata olives, cut in half
1/2 small red onion, thinly sliced
1/4 cup reduced-fat crumbled feta cheese
2 cups cooked chicken, diced

Dressing

1/4 cup red wine vinegar
3 Tbsp olive oil
1/4 tsp Dijon mustard
1/2 tsp oregano
1/8 tsp ground black pepper

16 baked whole wheat pita chips (about 1 1/2 oz)

Directions

1. In a medium bowl, mix together all salad ingredients.
2. In a small bowl, whisk together the dressing ingredients.
3. Pour the dressing over the salad and toss to coat.
4. Enjoy the pita chips on the side or break up into bits and sprinkle over your salad for added crunch.

Per Serving: Calories 340, Total Carbohydrate 16 g (Fiber 4 g, Sugars 3 g), Protein 25 g, Fat 20 g (Saturated Fat 3.8 g), Cholesterol 65 mg, Sodium 385 mg, Potassium 535 mg

Choices/Exchanges: 1/2 Starch, 1 Nonstarchy Vegetable, 3 Lean Protein, 3 Fat

From *Recipes for Healthy Living* on www.diabetes.org

RECIPE 3:

Chicken Souvlaki

It's easy to make this delightful lunch. Makes 4 servings. Serving Size: 1 sandwich

Ingredients

2 cups coarsely shredded, rotisserie-cooked chicken
1 med. English cucumber, peeled, seeded, and diced
1/2 cup finely diced sweet onion
3 Tbsp. fresh lemon juice
2 Tbsp. olive oil
1/2 tsp. ground cumin
1/4 tsp. kosher salt
1/4 tsp. freshly ground black pepper
4 small whole wheat pita breads (4-inch diameter), warmed or toasted
1/2 cup plain nonfat Greek yogurt, stirred

Directions

1. In a large bowl, combine the chicken, cucumber, onion, lemon juice, olive oil, cumin, salt, and black pepper.
2. Divide the chicken mixture among the pita breads. Top each sandwich with 2 Tbsp. of the Greek yogurt.

Calories 290, Fat 12 g, Saturated Fat 2.2 g, Carbohydrate 21g, Fiber 3g, Sugars 4g, Cholesterol 80 mg, Sodium 555 mg, Potassium 425 mg, Protein 26 g, Phosphorus 285 mg

Choices/Exchanges: Starch 1, Vegetable 1, Lean Meat 3, Fat 1

RECIPE 4:

Roast Beef Rollups

These wraps are a quick and easy lunch to pack for the workday. Prep time: 15 minutes. Makes 6 servings. Serving size: 1 rollup.

Ingredients

Waxed paper or foil
6 (10-inch) whole wheat flour tortillas
6 large romaine lettuce leaves
12 oz thinly sliced cooked deli roast beef
1 cup diced tomatoes
1 cup diced red bell pepper
1 Tbsp olive oil
1 Tbsp red wine vinegar
1 tsp ground cumin
1/4 tsp freshly ground pepper

Instructions

1. For each rollup, tear a 15-inch piece of waxed paper or foil and place the tortilla flat on it.
2. Place a romaine lettuce leaf on top of each tortilla and divide the beef among the tortillas.
3. Combine the tomatoes, red peppers, oil, vinegar, cumin, and pepper. Divide the tomato mixture among the tortillas. If you plan to eat later, don't add the tomato mixture; refrigerate and add to the tortilla right before eating.
4. Roll up the tortilla to encase the filling. Wrap the rollup in the paper or foil, tucking the excess over the top and bottom of the rollup. To eat, peel back the paper or foil—no drips!

Calories 295, Total Carbohydrate 43 g (Fiber 6 g, Sugars 3 g), Protein 19 g, Fat 6 g (Saturated Fat 1.6 g), Cholesterol 30 mg, Sodium 595 mg, Potassium 480 mg

Choices/Exchanges: 2 1/2 Starch, 2 Lean Meat

Adapted from *The Smart Shopper Diabetes Cookbook* by Robyn Webb, MS, LN

RECIPE 5:

Warm Chicken Salad with Apples

Perfect for fall! Makes 4 servings. Serving size: 1.5 cups

Ingredients

Salad

2 cups shredded or diced rotisserie (or homemade roasted) chicken breast meat, skinned
1 large Granny Smith apple, unpeeled, diced
2 tsp. fresh lemon juice
2 Tbsp. chopped walnuts, toasted
4 cups baby spinach leaves

Dressing

1 thin slice bacon, diced
2 scallions, minced
1 garlic clove, minced
1/4 cup red wine vinegar
2 Tbsp. olive oil
1 Tbsp. coarse Dijon mustard
1/2 tsp. dried thyme leaves
1/4 tsp. sea salt
1/4 tsp. freshly ground black pepper

Directions

1. In a small skillet, cook the bacon over medium-high heat for 2 to 3 minutes, until almost crisp. Add the scallions and garlic and sauté for 2 minutes. Add the vinegar, oil, mustard, thyme, salt, and black pepper and heat for 30 seconds.
2. Combine the chicken, apples, lemon juice, and walnuts in a large bowl. Pour the warm dressing over the chicken mixture and toss to coat. Serve the chicken mixture over the spinach.

Calories 265, Fat 14 g, Saturated Fat 2.5 g, Carbohydrate 13 g, Fiber 3 g, Sugars 7 g, Cholesterol 65 mg, Sodium 545 mg, Potassium 655 mg, Protein 24 g, Phosphorus 245 mg,

Choices/Exchanges: Fruit 0.5, Nonstarchy Vegetable 1, Lean Protein 3, Fat 1.5

From *Recipes for Healthy Living* on www.diabetes.org

(if using corresponding image, please include this caption)

Recipe by Robyn Webb, MS, LN; photograph by Kyle Dreier; food styling by Whitney Kemp

RECIPE 6:

Turkey and Veggie Chili

This healthy one-pot meal is quick, easy, and perfect for a cold fall day. Makes 8 servings. Serving Size: 1 cup

Ingredients

Cooking spray
1 small onion, diced
2 medium carrots, diced
1 medium (6-oz) zucchini, diced
1 clove garlic, minced
16 oz. lean ground turkey
1 (14.5-oz) can no-salt-added diced tomatoes
1 (28-oz) can no-salt-added crushed tomatoes
1 (15.8-oz) can great northern beans, rinsed and drained
1 (15.25-oz) can no-salt-added kidney beans, rinsed and drained
1/2 tsp. ground black pepper
1 Tbsp. chili powder
1 tsp. cumin
1 tsp. garlic powder

Instructions

1. Spray a large soup pot with cooking spray. Add the onions, carrots, and zucchini, and sauté over medium-high heat for 3 to 4 minutes, or until the onions turn clear. Add the garlic and sauté for 30 seconds.
2. Add the ground turkey and cook until brown. Add the remaining ingredients; mix well and bring the chili to boiling. Reduce the heat and simmer for 15 to 20 minutes.

Calories 235, Total Carbohydrate 27 g (Fiber 8 g, Sugars 8 g), Protein 20 g, Total Fat 5 g (Saturated Fat 1.4 g), Cholesterol 45 mg, Sodium 170 mg, Potassium 935 mg

Choices/Exchanges: 1 Starch, 2 Nonstarchy Vegetable, 2 Lean Protein

From *Recipes for Healthy Living* on www.diabetes.org

RECIPE 7:

Italian Salmon Salad Sandwich

Make this yummy sandwich in only 15 minutes. Makes one serving.

Ingredients

3 oz. canned wild salmon (no salt added), drained and flaked
3 sundried tomato halves (not oil packed), minced
1 1/2 Tbsp. finely minced red onion
1/2 tsp. salt-free Italian seasoning
1/2 tsp. small capers, drained
1/2 tsp. olive oil
1 slice pumpernickel bread, cut in half
1/2 Tbsp. commercially prepared pesto
1 tomato slice
1 leaf butter lettuce

Directions

1. In a small bowl, mix the salmon, sundried tomatoes, red onion, Italian seasoning, capers, and olive oil.
2. To serve immediately, spread one side of both halves of the bread with the pesto. Add the salmon salad and top with the tomato slice, lettuce, and the remaining half slice of bread. To pack, wrap the tomato slice and lettuce leaf in plastic wrap, and add them to the sandwich just before serving.

Calories 285, Total Carbohydrate 21 g (Fiber 4 g, Sugars 5 g), Protein 22 g, Total Fat 12 g (Saturated Fat 2.5 g), Cholesterol 25 mg, Sodium 460 mg, Potassium 720 mg, Phosphorus 385 mg

Choices/Exchanges: Starch 1, Vegetable 1, Lean Meat 2, Fat 1.5

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RECIPE 8:

Mozzarella, Tomato, and Chickpea Salad

This colorful salad takes just 5 minutes to prepare and is packed with nutrients. Makes 4 servings. Serving size: 1/4 of recipe.

Ingredients

1.5 oz. fresh mozzarella balls, drained
1 cup cherry tomatoes
1 cup no-salt-added canned chickpeas, rinsed and drained
2 tsp. olive oil
1/8 tsp. kosher salt
Freshly ground pepper, to taste
12 oz. fresh baby spinach, washed

Instructions

1. Combine the mozzarella balls, tomatoes, and chickpeas in a medium bowl. Add the olive oil, salt, and pepper and gently toss to coat.
2. Divide the spinach among four serving plates and top each plate with ½ cup chickpea mixture.
Best served room temperature

*Calories 155, Total Carbohydrate 16 g (Fiber 5 g, Sugars 5 g), Protein 10 g, Total Fat 7 g
(Saturated Fat 2.3 g), Cholesterol 5 mg, Sodium 165 mg*

Adapted from the *Mediterranean Diabetes Cookbook* by Amy Riolo

(if using corresponding image, please include this caption)

PNC Photography, Photographer: Cristina Izurieta