4 EASY LUNCH RECIPES

To inspire healthy eating, include these easy recipes in your promotional emails or e-newsletter: simply cut and paste.

RECIPE 1:

Jalapeno Caesar Salad with Blackened Chicken Breast
Serves 4
Serving Size: 3 cups salad

Ingredients
1 pound boneless, skinless chicken breasts
1 1/2 teaspoons extra-virgin olive oil, divided
1 teaspoon freshly ground black pepper, divided
1 small jalapeño pepper, with some of the seeds, quartered
3 large cloves garlic
1/4 cup grated parmigiano-reggiano cheese
2 tablespoons dijon mustard
1 1/2 tablespoons worcestershire sauce
4 ounces organic silken tofu, drained (1/2 cup)
1 large (18-ounce) bunch romaine lettuce, roughly chopped and chilled

Directions
1. Preheat the broiler. Pound the chicken with a kitchen mallet until it's about 1/2 inch thick. Rub the chicken with 1/2 teaspoon of the oil and sprinkle with 3/4 teaspoon of the pepper. Broil the chicken breasts on a baking pan until done, about 8 minutes, turning once. Let the cooked chicken rest for at least 5 minutes, then slice into thin (1/4-inch-wide) strips.

2. Add the jalapeño, garlic, cheese, mustard, worcestershire sauce, tofu, and the remaining 1/4 teaspoon black pepper to a blender and purée. Add the remaining 1 teaspoon oil and blend until smooth.

3. Toss the dressing with the blackened chicken strips and lettuce, and serve. (If you toss while the chicken is hot, serve immediately so the lettuce doesn’t wilt.) Alternatively, serve the dressing on the side so everyone can add their own.

Per Serving: Calories 210, Calories from Fat 60, Total Carbohydrate 9 g (Fiber 4 g, Sugars 3g), Protein 28 g, Total Fat 7g (Saturated Fat 2 g), Cholesterol 65 mg, Sodium 380 mg, Potassium 600 mg

Choices/Exchanges: 1 vegetable, 4 lean protein

Cooks Tip
For tradition, add 4 anchovy fillets to the blender when puréeing the dressing; it'll heighten the flavor and add extra nutrients. For added texture and taste excitement, toss the salad with 2 tablespoons roasted sunflower seeds.

From The All-Natural Diabetes Cookbook, 2nd Edition, by Jackie Newgent, RDN, CDN
RECIPE 2:

Take-Away Thai Chicken Tortilla Roll-Up
Serves 4
Serving Size: 1 roll-up

Ingredients
1/4 cup bottled all-natural Thai-style peanut sauce
4 (10-inch) whole-wheat or other whole-grain flour tortillas
2 1/2 cups bite-size roasted chicken breast pieces, chilled (12 ounces)
2 cups fresh mung bean sprouts
3 scallions, green and white parts, thinly sliced
2 tablespoons finely chopped fresh cilantro

Directions
1. Spread the peanut sauce over the entire surface of each tortilla. Top with chicken, sprouts, scallions, and cilantro.

2. Tightly roll each tortilla and serve.

Cook’s Tip
Try this recipe with any plain roasted or grilled poultry or fish leftovers. Or if you want to stick with chicken, pick up a rotisserie chicken from your local market. Remove the skin from the breasts and shred the meat off the bones with your fingers.

Per Serving: Calories 390, Calories from Fat 60, Total Carbohydrate 45 g (Fiber 6 g, Sugars 7 g), Protein 38 g, Fat 7 g (Saturated Fat 1.5 g), Cholesterol 70 mg, Sodium 490 mg, Phosphorus 380 mg

Choices/Exchanges: 2 starch, 1 vegetable, 4 lean protein

From *The All-Natural Diabetes Cookbook*, 2nd Edition, by Jackie Newgent, RDN, CDN
RECIPES:

Tarragon Chicken, Garbanzo, and Kale Salad
4 Servings
Serving Size: 1 ¼ Cup

Ingredients
2 cups cooked diced chicken breast meat
1 (15-ounce) can no-salt-added garbanzo beans, rinsed and drained
1/2 cup diced red onion
1 cup finely chopped kale
2 tablespoons canola oil
1 tablespoon balsamic vinegar
2 teaspoons Dijon mustard
1/2 teaspoon dried tarragon leaves
1/4 teaspoon salt
1/4 teaspoon black pepper
1 1/4 ounce reduced-fat blue cheese or reduced-fat feta, crumbled

Directions
1. Combine all ingredients in a large bowl. Serve as is or on equal amounts of spring greens.

2. Serve immediately for peak flavors.

Cook’s Tip
If not serving immediately, add an additional 1 tablespoon vinegar to the recipe.

Calories 340, Calories from Fat 115, Fat 13.0 g, Saturated Fat 2.5 g, Carbohydrate 23 g, Fiber 6 g, Sugars 5 g, Cholesterol 65 mg, Sodium 390 mg, Potassium 470 mg, Protein 31 g, Phosphorus 320 mg

Choices/Exchanges: 1 Starch, 1 Nonstarchy Vegetable, 4 Lean Protein, 1 Fat

From Two-Step Diabetes Cookbook by Nancy S. Hughes
RECIPE 4:

White Bean and Pearl Couscous Main Salad
4 Servings
Serving size: 1 ¼ cup

Ingredients
1 1/4 cups water
4 ounces uncooked whole-wheat Israeli pearl couscous or regular couscous
1/2 (15.8-ounce) can reduced-sodium Great Northern beans, rinsed and drained
1 medium cucumber, diced
1 cup grape tomatoes, quartered
1/2 cup diced red onion
2 1/2 ounces small pimiento-stuffed olives, coarsely chopped
2 ounces part-skim mozzarella cheese, diced
2 1/2 to 3 tablespoons cider vinegar
2 tablespoons extra virgin olive oil
1 teaspoon dried basil leaves
1 medium garlic clove, minced
1/8 teaspoon salt

Directions
1 Bring the water to a boil in a medium saucepan, add the couscous, cover, and cook on medium-low heat for 8–10 minutes or until tender. Drain in a fine-mesh sieve and run under cold water until cooled completely, shaking off excess liquid.

2 Place couscous in a medium bowl with the remaining ingredients and toss until well blended.

Calories 295, Calories from Fat 110, Total Carbohydrate 37 g (Fiber 5 g, Sugars 4 g), Protein 11 g, Fat 12 g (Saturated Fat 2.8 g), Cholesterol 10 mg, Sodium 470 mg, Potassium 460 mg, Phosphorus 180 mg

Choices/Exchanges: 1 Nonstarchy Vegetable, 2 Starch, 1 Lean Protein, 1 ½ Fat

From Two-Step Diabetes Cookbook by Nancy S. Hughes