

Lesson 10: Snacking (Yapǎǎpǎpi) & Eating On-the-Go

We all live very busy lives. Many of us may feel like we don't have time to prepare healthy meals (owóte) (including breakfast) and snacks (yapǎǎpǎpi). However, eating healthy meals and snacks is essential for regulating blood sugar and keeping your energy level high. If you don't eat healthy meals and snacks, you may feel tired or have trouble controlling your blood sugar.

In this lesson, you will learn:

- Healthy, quick, and easy breakfast ideas
- Ideas for simple snacks that won't spike blood sugar
- Tips for making healthy choices when eating out
- Healthy alternatives to common convenience foods



Challenge Yourself!

Set a Goal

Choose (*kañníḡa*) one of the goals below (or set your own) to try during the next month:

- ☐ I will choose a healthy option the next time I eat at a restaurant or get take-out food.
- ☐ I will prepare a healthy homemade snack this month.
- ☐ I will eat a balanced breakfast three or more days this month.
- ☐ I will create one of this month's recipes at home.
- ☐ I will: _____



Breakfast is the Most Important Meal (Owóte) of the Day

You may have heard that breakfast is the most important meal of the day. This is especially true when you have diabetes. A healthy breakfast can help you control your blood sugar and maintain a healthy weight.

Choosing the right kinds of breakfast foods is important when you have diabetes. Many common breakfast foods are high in carbohydrates or sodium. Pancakes, waffles, French toast, and some popular cereals are high in carbohydrates. Breakfast sausages and bacon are high in sodium. Avoid these foods to optimize blood sugar levels.

Keep your pantry stocked with staple food items that can be used to create a healthy breakfast so that you can start your day out with a quick, nutritious meal that will keep you energized throughout the morning.



Stock Your Pantry¹

Keep your kitchen stocked with a variety of fruits, vegetables, whole grains, protein, and dairy foods so that it's easy to prepare breakfast every day.



Fruits (Waskúyeča)

- **Fresh fruit:** apples, oranges, bananas, and pears make for an easy grab-and-go breakfast.
- **Frozen fruit** (look for brands with no sugar added): keep a bag or two in your freezer to use in smoothies or to mix with unsweetened yogurt.
- **Canned fruit** (look for brands canned in juice, not syrup): try pears, peaches, or fruit cocktail.
- **Dried fruit** (look for brands with no sugar added): raisins and dried cranberries are great in oatmeal or mixed with nuts.

Whole Grains (Pħeží íŋkpa)

- **Quick oats:** a serving of quick oats can be ready to eat in less than 2 minutes by just adding boiling water.
- **100% whole wheat bread.**
- **Unsweetened whole grain or bran cereal,** such as Cheerios or Raisin Bran.

Nuts

- **Unsalted nuts:** try dry roasted walnuts, pecans, almonds, or peanuts.
- **Peanut butter and/or almond butter:** nut butters will keep you feeling full from the combination of protein and fat.

Eggs & Dairy

- **Eggs or egg substitute:** you can cook an egg (or egg substitute) in five minutes.
- **Unsweetened and non-fat yogurt (regular or Greek):** plain is best, flavored varieties have lots of added sugars.
- **Cottage cheese:** try nonfat or 1% or 2% milkfat cottage cheese to cut back on saturated fat.

Vegetables

- **Frozen peppers and onions:** you can add these to egg sandwiches or omelets.
- **Fresh tomatoes:** add tomatoes to egg sandwiches, omelets, or cottage cheese.

¹ Adapted from the American Diabetes Association "Quick Breakfast Ideas"

Breakfast Ideas that Suit All Morning Routines¹



Time not an issue? Try:

- **English muffin breakfast sandwich** (page 22)
- **Homemade healthy muffins** for a special treat (Month 9, Lesson 9)
- **Breakfast tacos:** Scramble an egg. Serve eggs with salsa and low-fat cheese in corn tortillas.

Only have a few minutes? Try:

- **Whole grain or bran cereal:** Add $\frac{1}{2}$ cup of skim or 1% milk. Top with some fruit if it will fit with your meal plan.
- **Oatmeal:** Mix $\frac{1}{4}$ cup of quick oats with $\frac{1}{2}$ cup water and cook in the microwave for about 1 minute or until oats are cooked. Stir in 1 teaspoon Splenda Brown Sugar Blend, some cinnamon, and a small handful of dry roasted nuts. Add fresh or dried fruit if it will fit with your meal plan.
- **Yogurt parfait:** (Month 5, Lesson 5)
- **Cottage cheese & fruit:** Portion out $\frac{1}{2}$ cup of cottage cheese and mix in $\frac{1}{2}$ cup canned peaches. If you don't like peaches, try another fruit, like pineapple, raspberries, blueberries or tomatoes.
- **100% whole wheat bread with nut butter:** Toast bread and top with 1-2 Tablespoons of natural peanut butter or almond butter. You could also top with some apple or banana slices if it will fit with your meal plan.
- **One-minute scrambled eggs:** In a microwave-safe bowl, crack an egg and whisk with 1 Tablespoon of skim or 1% milk. Sprinkle in garlic powder and ground pepper if desired. Cook mixture in microwave for about 45-60 seconds or until eggs are cooked through.
 - **Option 1:** If desired, top with 1 Tablespoon of salsa and sprinkle with a Tablespoon of reduced-fat cheese. Have with a slice of whole grain toast and/or a small piece of fruit.
 - **Option 2:** If desired, wrap the egg in a whole wheat tortilla with some sliced bell peppers and tomatoes. Top with a dash of hot sauce, wrap in foil and bring with you on-the-go.

If your mornings are hectic, get organized the night before:

- **Prep for breakfast the night before.** Set the table with bowls and spoons for cereal. Take out a pan for eggs. Chop up fruit to layer in a yogurt parfait or add to oatmeal or cereal. Cut up vegetables for an omelet.
 - **Grab-and-go breakfasts:** Grab a banana, a bag of trail mix made with whole-grain cereal, nuts, and dried fruit, or a premade peanut butter sandwich.
 - **Breakfast doesn't have to mean traditional breakfast foods.** If you want a change from cereal and eggs, think about serving leftovers from last night's dinner.
-

Choose Healthy Snacks to Regulate Blood Sugar

Many common snack foods are high in sodium and added sugars. Choosing healthy snacks high in protein, fiber, and healthy fats can help you regulate blood sugar and keep your energy level high.

Here are some ideas for simple healthy snacks:

- Hard-boiled eggs
- Handful of nuts (for example, almonds, peanuts, walnuts)
- Pork Rinds
- Popcorn (pop at home on stove or using air popper); many store-bought brands contain sodium and trans fat)
- Edamame (soybeans in pod; often found in freezer section of grocery stores)

You can also combine food groups for satisfying snacks:

- Sliced apple with peanut butter
- Whole-grain crackers with turkey or cheese
- Unsweetened yogurt with fresh or frozen berries
- Sliced veggies (for example, carrots and celery) with hummus
- Cottage cheese with canned or fresh peaches (choose cans with no added sugar)



Snack Smart

Instead of buttered popcorn...

Popcorn Sprinkles

- For the following recipes, start with 10 cups of popped popcorn. Mix the flavorings together and sprinkle on popcorn. For corn popped in oil, the sprinkles will stick. If you choose a healthier version of air-popped popcorn, spray on a fat-free butter spray before adding the sprinkles.

Popcorn Flavor	Toppings
Sour Cream and Onion	<ul style="list-style-type: none">• 2 Tablespoons buttermilk powder• 2 teaspoons onion salt
Cinnamon and Sugar	<ul style="list-style-type: none">• 2 teaspoons cinnamon• 1 Tablespoon sugar
Mexican	<ul style="list-style-type: none">• 2 teaspoons Mexican Seasoning (page 8)
Italian	<ul style="list-style-type: none">• See Month 1, Lesson 1
Herb Ranch	<ul style="list-style-type: none">• 2 teaspoons Herb Ranch Seasoning (page 8)
Spicy	<ul style="list-style-type: none">• 1 teaspoon chili powder• ½ teaspoon garlic powder

Remember:

Popcorn can cause choking in children under 3 years of age.



Instead of pre-made seasonings...

Herb Ranch Seasoning

- ¼ cup parsley leaf
 - 2 Tablespoons dried dill leaf or basil leaf, crumbled
 - 2 Tablespoons garlic powder
 - 2 Tablespoons onion powder
 - 1 teaspoon ground black pepper
1. Combine in small bowl, jar or plastic bag and blend well. Store in a tightly sealed container. Label and date. Keep in a cool, dry place for up to 6 months. Sprinkle on raw or cooked poultry and fish, on raw vegetables before roasting or baking, or use as a salt substitute.
 2. To make Ranch dip, mix 1 teaspoon with ½ cup low-fat mayonnaise, low-fat sour cream or low-fat plain yogurt (or a combination). To make salad dressing, make the dip and add low-fat milk or buttermilk to desired consistency.



Mexican Seasoning

- 2 Tablespoons chili powder
 - 2 Tablespoons paprika
 - 1 Tablespoon garlic powder
 - 2 teaspoons ground cumin
 - 1 teaspoon oregano
 - 1 teaspoon cayenne pepper or crushed red pepper flakes (optional)
 - ½ teaspoon salt (optional)
1. Combine in small bowl, jar or plastic bag and mix well. Store in a tightly sealed container. Label and date. Keep in a cool, dry place for up to 6 months. Use 1 Tablespoon to flavor 1 pound of ground meat. Try in tacos, burritos, fajitas, popcorn, or dips or sprinkle on grilled or roasted vegetables.



Instead of potato chips...

Mixed Dried-Cereal Snack

- 2 Tablespoons canola oil
- 2½ cups assorted unsweetened ready-to-eat whole-grain cereals
- ½ to 1 cup assorted nuts
- ¼ teaspoon onion powder
- ⅛ teaspoon garlic powder
- 1¼ teaspoons chili powder
- 1 teaspoon paprika

1. Add oil to bottom of large baking pan.
2. Pour in cereal and nuts. Stir well, so pieces are coated.
3. Sprinkle on seasonings; stir well again. Spread evenly in pan.
4. Bake uncovered at 250°F for 20 to 30 minutes or until cereal begins to brown.
5. Serve warm or cooled.
6. Store cooled mixture in tightly closed container.
7. To re-crisp, heat in oven at 250°F for a few minutes.

Variation:

- Less Spice- For a less spicy snack, decrease chili powder and paprika each to ½ teaspoon.



Nutrition Facts

Serving Size 1/2 cup (34.07g)

Servings Per Container 6

Amount Per Serving

Calories 180 Calories from Fat 100

% Daily Value*

Total Fat 11g **17%**

Saturated Fat 1.5g **8%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 130mg **5%**

Total Carbohydrate 16g **5%**

Dietary Fiber 3g **12%**

Sugars 3g

Protein 4g **8%**

*Percent Daily Values are based on a 2,000 calorie diet.

Snack Smart - Continued

Instead of cheesy crackers ...

Make Fruit and Cheese Kabobs

- Cut block cheese into small cubes.
- Wash, peel, and cut a variety of colorful fruits into bite-sized pieces.
- Slide food onto coffee stirrer “skewers” or whole wheat pretzel sticks. Switch between fruit and cheese pieces.

Make Cucumber Sammies

- Cut cucumbers into thin slices.
- Top half of the slices with small pieces of turkey and cheese.
- Cover each one with another cucumber slice.



Instead of potato chips or salty snacks ...

Trail Mix (Month 1, Lesson 1)

Instead of ice cream ...

Yogurt Parfaits (Month 5, Lesson 5)



Instead of frozen fruit snacks ...

Make Frozen Fruit Poppers

- Wash and peel a variety of colorful fruits.
- Cut fruits into bite-sized pieces. Place in a freezer-safe plastic bag.
- Let freeze in the freezer. Pull out and enjoy!

Make Fruit Pops

- In a blender, combine fresh or frozen fruit pieces, water, and a small amount of honey or sugar. Blend together.
- Pour mixture evenly into empty ice cube trays.
- Freeze until slushy, about 45 minutes. Stick a popsicle stick or toothpick into each cube. Freeze for 1 hour.

Challenge Yourself!

Read the Nutrition Facts labels for the following food items and answer the questions.



Nutrition Facts	
Serving Size 1/3 cups (28g)	
Servings Per Container 4	
Amount Per Serving	
Calories 130	Calories from Fat 40
% Daily Value*	
Total Fat 4.5g	7%
Saturated Fat 0.5g	3%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 200mg	8%
Total Carbohydrate 20g	7%
Dietary Fiber 1g	4%
Sugars 0g	
Protein 2g	4%
*Percent Daily Values are based on a 2,000 calorie diet.	

- What is a serving size? _____ cup
- How many servings are in the container? _____ servings
- What % Daily Value of sodium would you eat if you ate the whole bag?
 _____ servings per container times _____ % Daily Value per serving
 = _____ % Daily Value per container
- What % Daily Value of saturated fat would you eat if you ate the whole bag?
 _____ servings per container times _____ % Daily Value per serving
 = _____ % Daily Value per container
- Corn Nuts are not a healthy snack. They are high in sodium. What are some ideas for a healthier alternative to Corn Nuts?



Nutrition Facts	
Serving Size 11 chips (28g)	
Servings Per Container 3	
Amount Per Serving	
Calories 150	Calories from Fat 70
% Daily Value*	
Total Fat 8g	12%
Saturated Fat 1.5g	8%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 210mg	9%
Total Carbohydrate 17g	6%
Dietary Fiber 1g	4%
Sugars 1g	
Protein 2g	4%
*Percent Daily Values are based on a 2,000 calorie diet.	

- What is a serving size? _____
- How many servings are in the container? _____ **servings**
- What % Daily Value of sodium would you eat if you ate the whole bag?
 _____ servings per container times _____ % Daily Value per serving
 = _____ **% Daily Value per container**
- What % Daily Value of saturated fat would you eat if you ate the whole bag?
 _____ servings per container times _____ % Daily Value per serving
 = _____ **% Daily Value per container**
- Doritos are not a healthy snack. They are high in sodium. What are some ideas for a healthier alternative to Doritos?

Snacks (Yapǎpǎpi) Should Not Replace Meals (Owóte)—Pay Attention to Portion Size

Follow these tips to make healthy snacking easy:

- **Eat small amounts of food every 3-4 hours.** Waiting a long time between meals without snacking can cause blood sugar to drop, and may cause you to overeat.
- **Drink lots of water.** It is easy to confuse thirst and hunger. Stay hydrated. Keep a water bottle with you and drink throughout the day.
- **Portion out snack foods.** Use measuring cups to portion snack foods into baggies or containers when you get home from the store so they're ready to grab-and-go when you need them.
- **Plate your snacks.** Avoid eating snack food directly from the bag or box that it came in. Plate a single portion to avoid over-eating.
- **Keep healthier food handy.** This will help you avoid filling up on cookies, pastries, or candies between meals.



Eating On-the-Go

Many of us eat fast food or convenience food when we are busy. However, many types of fast food and convenience food are high in sodium, saturated fat, and carbohydrates. Eating these foods regularly may cause weight gain and high blood sugar.



Challenge Yourself!

Read the Nutrition Facts labels for popular fast food items and answer the questions below.

Dairy Queen ¹/₂ lb Cheese Grillburger™



Nutrition Facts	
Serving Size 1 grillburger	
Servings Per Container 1	
Amount Per Serving	
Calories 800	Calories from Fat 440
% Daily Value*	
Total Fat 49g	75%
Saturated Fat 21g	105%
Trans Fat 2g	
Cholesterol 165mg	55%
Sodium 1110mg	46%
Total Carbohydrate 42g	14%
Dietary Fiber 2g	8%
Sugars 12g	
Protein 47g	94%
*Percent Daily Values are based on a 2,000 calorie diet.	

List which nutrients have high % Daily Value (more than 20% Daily Value per serving)?

Potato Olés®



Nutrition Facts	
Serving Size 1 medium serving (198g)	
Servings Per Container 1	
Amount Per Serving	
Calories 670	Calories from Fat 350
% Daily Value*	
Total Fat 38g	58%
Saturated Fat 8g	40%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 1930mg	80%
Total Carbohydrate 73g	24%
Dietary Fiber 8g	32%
Sugars 1g	
Protein 7g	14%
*Percent Daily Values are based on a 2,000 calorie diet.	

List which nutrients have high % Daily Value (more than 20% Daily Value per serving)?

Eating Foods Away From Home

Use these 10 Tips to Make Healthy Food (Wóyute)

Choices When Eating On-the-Go

Full-service and fast-food restaurants, convenience stores, and grocery stores offer a variety of meal options. Typically, these meals are higher in calories, saturated fat, sodium, and added sugars than the food you prepare at home. Think about ways to make healthier choices when eating food away from home.

1 Consider your drink

Choose water, unsweetened tea, and other drinks without added sugars to complement your meal. If you drink alcohol, choose drinks lower in added sugars and be aware of the alcohol content of your beverage. Keep in mind that many coffee drinks may be high in saturated fat and added sugar.

2 Savor a salad

Start your meal with a salad packed with vegetables to help you feel satisfied sooner. Ask for dressing on the side and use a small amount of it.



3 Share a dish

Share a dish with a friend or family member. Or, ask the server to pack up half of your entree before it comes to the table to control the amount you eat.

4 Customize your meal

Order a side dish or an appetizer-sized portion instead of a regular entree. They're usually served on smaller plates and in smaller amounts.

5 Pack your snack

Pack fruit, sliced vegetables, low-fat string cheese, or unsalted nuts to eat during road trips or long commutes. No need to stop for other food when these snacks are ready-to-eat.

6 Fill your plate with vegetables and fruit

Stir-fries, kabobs, or vegetarian menu items usually have more vegetables. Select fruits as a side dish or dessert.

7 Compare the calories, fat, and sodium

Many menus now include nutrition information. Look for items that are lower in calories, saturated fat, and sodium. Check with your server if you don't see them on the menu. For more information, check www.FDA.gov.

8 Pass on the buffet

Have an item from the menu and avoid the "all-you-can-eat" buffet. Steamed, grilled, or broiled dishes have fewer calories than foods that are fried in oil or cooked in butter.

9 Get your whole grains

Request 100% whole-wheat breads, rolls, and pasta when choosing sandwiches, burgers, or main dishes.



10 Quit the "clean your plate club"

You don't have to eat everything on your plate. Take leftovers home and refrigerate within 2 hours. Leftovers in the refrigerator are safe to eat for about 3 to 4 days.

Cook It Up Quick

Short on time? Use these ideas to save time on busy weeknights.



Stay Organized

- Organize your kitchen. Know where to find the ingredients and cooking tools you need.
- Read the recipe all the way through at least twice. Make sure you have all the ingredients and supplies you will need.
- Prep all ingredients — such as rinsing and chopping all of the vegetables —before you start cooking. Everything should be ready to use as soon as the recipe calls for it. If you can, prep some ingredients the night before.

Use the Freezer

- Cut up large amounts of onions, carrots, celery, and peppers. Freeze in large, zip-top plastic bags. Use as needed.
- Double the recipe and freeze the extra portion. Serve it later in the month when you don't have time to cook.

Make Cleanup Easy

- Wipe up spills as they happen.
- Line baking sheets with aluminum foil. Then use it to cover leftovers.
- Presoak pots, pans, and dishes as soon as they are used.
- Clean as you cook. Don't save it all for the end.
- Use plastic dishes for easier cleanup and fewer accidents with kids.
- Organize a family cleanup team. Sing while you're working together.

Other ideas to save time?

Packaged Food Makeover

Love the convenience of packaged foods? Try these tips for making them healthier — or making them yourself!



Packaged Food	Make it Healthier	Make it Yourself
Ramen noodles	<ul style="list-style-type: none"> Look for brands that bake the noodles instead of frying them. Stir in fresh or frozen veggies. Try broccoli, peas, edamame (soy beans), or spinach. Add protein if you like. Try leftover cooked chicken, fish, or beef. Or, add cubes of tofu. Use only half of the seasoning packet. 	Cook whole grain angel hair pasta and your favorite chopped veggies in low-sodium broth until tender. Add leftover cooked chicken, fish, or beef, cubed tofu, or thawed edamame. Cook until heated through. Season with low-sodium soy sauce.
“Just add meat” boxed meals	<ul style="list-style-type: none"> Use lean ground beef, chicken, or turkey. Drain fat from cooked meat. Add whatever veggies you have on hand. Try broccoli, carrots, or spinach. 	Try Hamburger Casserole in Month 8, Lesson 8.
Boxed macaroni and cheese	<ul style="list-style-type: none"> Add fresh or frozen broccoli or spinach to the pasta during the last few minutes of cooking. 	Homemade mac and cheese is easier to make than you may think! See Month 5, Lesson 5 for our stovetop version.
Frozen Pizza	<ul style="list-style-type: none"> Buy a plain cheese pizza. Add your own toppings. Top with your favorite cooked veggies. Try broccoli, peppers, onions, and olives. If you want meat, add low-fat turkey pepperoni. Or, use cooked chicken or turkey sausage. Look for whole grain crusts if you can find them. If not, look for thin crusts. 	Making your own pizza is fun for the whole family. Try Pizza in Month 2, Lesson 2. If you have time, make your own whole grain crust!

Challenge Yourself!

Set a Goal

Choose (kaŋníġa) one of the goals below (or set your own) to try during the next month:

- ☐ I will choose a healthy option the next time I eat at a restaurant or get take-out food.
- ☐ I will prepare a healthy homemade snack this month.
- ☐ I will eat a balanced breakfast three or more days this month.
- ☐ I will create one of this month's recipes at home.
- ☐ I will: _____



Oatmeal Packets

Serves 1, serving size: 1 packet

Ingredients

- ½ cup quick oats
- 1 cup water

Apple Cinnamon option

Add 1 teaspoon of sugar, 1/4 teaspoon cinnamon, and 2 Tablespoons apples (chopped and dried)

Cinnamon Raisin option

Add 2 teaspoons packed brown sugar, 1/4 teaspoon cinnamon, and 2 Tablespoons raisins

Cinnamon Spice option

Add 1 teaspoon of sugar, 1/4 teaspoon cinnamon, and a scant 1/8 teaspoon nutmeg

Cocoa option Add 1 teaspoon baking cocoa and 1 teaspoon sugar or 2 teaspoons "quick type" chocolate drink powder

Sweetened option Add 1 teaspoon sugar or 2 teaspoons packed brown sugar



Directions

1. Put quick oats and optional ingredients into a plastic snack or sandwich bag.
2. Seal bag and store for future use.
3. Empty packet into microwave safe bowl when ready to use.
4. Stir in 1 cup water or milk.
5. Microwave on high 2 1/2-3 minutes.
6. Stir before serving.

Nutrition Facts	
Serving Size 1 packet	
Servings Per Container 1	
Amount Per Serving	
Calories 170	
	% Daily Value*
Total Fat 3g	5%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 10mg	0%
Total Carbohydrate 29g	10%
Dietary Fiber 5g	20%
Sugars 2g	
Protein 6g	12%
*Percent Daily Values are based on a 2,000 calorie diet.	



Chef's Notes

- Top with dried banana chips, small pieces of walnuts or almonds, dried cranberries, or other dried fruits.

Orange Oatmeal Pancakes

Serves 6, 2 (4-inch) pancakes per serving



Ingredients

- ½ cup all-purpose flour
- ½ cup whole wheat flour
- ½ cup quick oats
- 1 Tablespoon baking powder
- ¼ teaspoon salt
- 1 large egg
- ¾ cup orange juice
- ½ cup nonfat milk
- 2 Tablespoons canola oil
- Non-stick cooking spray

Directions

1. In a large bowl, combine flours, oats, baking powder, and salt. Mix well.
2. In another large bowl, crack egg. Beat lightly with a fork.
3. Add orange juice, milk, and canola oil to egg. Mix well.
4. Coat large skillet with non-stick cooking spray. Heat over medium-high heat.
5. Add wet ingredients to dry ingredients. Stir just until dry ingredients are moistened. Do not overmix.
6. Pour ¼ cup batter into hot pan for each pancake. Adjust heat as needed to avoid burning.
7. Flip pancakes when bubbles appear on top of the batter and the edges are slightly browned, about 3-4 minutes. Cook until second side is slightly browned, about 2-3 minutes more.

Nutrition Facts

Serving Size 2 (4-inch) pancakes
Servings Per Recipe 6

Amount Per Serving

Calories 180 **Calories from Fat** 60

% Daily Value*

Total Fat 7g **9%**

Saturated Fat 1g **5%**

Trans Fat 0g

Cholesterol 30mg **10%**

Sodium 360mg **16%**

Total Carbohydrate 25g **9%**

Dietary Fiber 1g **4%**

Sugars 4g

Protein 5g

Vitamin A 2% • Vitamin C 15%

Calcium 15% • Iron 10%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.



Chef's Notes - Make it Quick!

- If using an electric griddle instead of a skillet, preheat to 375°F before using.
- Chop and add 3 Tablespoons of your favorite nuts if no one is allergic to them.
- Make a double batch, cool, and then freeze the cooked leftovers. To prevent the pancakes from sticking together, layer waxed paper between each pancake. Place the stack in an airtight container or zip-top plastic bag. Freeze for no more than 6 weeks. Warm pancakes in a microwave or toaster oven for a quick breakfast.

English Muffin Breakfast Sandwich

Serves 2, 1 sandwich per serving



Ingredients

- 1 small tomato
- 2 cups fresh spinach
- 2 whole wheat English muffins
- 1 teaspoon canola oil
- 2 large eggs
- Pinch salt

Optional Ingredients

- 1 small avocado

Directions

1. Rinse and slice tomato into 4 slices. Rinse spinach. If using avocado, peel, remove pit, and slice now.
2. Split each muffin in half. Set muffin tops aside.
3. In a medium skillet over medium heat, heat oil.
4. Gently break eggs into skillet. Be careful not to break the yolk. Cook about 1 minute. Carefully flip each egg over with a rubber spatula. Cook until yolk is slightly firm, about 1–2 minutes. Top each muffin bottom with cooked egg.
5. Add spinach to skillet with a splash of water and pinch of salt. Cover and cook until wilted, about 1–2 minutes.
6. Top the egg with tomato and spinach. If using avocado, add avocado slices now. Cover with the muffin tops to make a sandwich.

Nutrition Facts

Serving Size 1 sandwich
Servings Per Recipe 2

Amount Per Serving

Calories 250 **Calories from Fat 80**

% Daily Value*

Total Fat 9g **12%**

Saturated Fat 2g **10%**

Trans Fat 0g

Cholesterol 185mg **62%**

Sodium 320mg **14%**

Total Carbohydrate 30g **11%**

Dietary Fiber 1g **4%**

Sugars 7g

Protein 13g

Vitamin A 60% • Vitamin C 15%

Calcium 20% • Iron 15%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.



Chef's Notes - Make it Quick!

- Scramble the eggs instead of frying, if you like.
- Try toasting the muffins in a toaster or in the oven set to broil before adding eggs and toppings.
- Top cooked eggs with sliced low-fat cheese or turkey bacon. Cook 1 slice turkey bacon in skillet for 1 minute on each side. Break into pieces and add to muffin.

Hummus

Serves 10, ¼ cup per serving

Ingredients

- 1 clove garlic
- 1 large lemon
- 1 (15½-ounce) can garbanzo beans
- ½ cup warm water
- 2 Tablespoons low-fat plain yogurt
- 2 Tablespoons canola oil
- 1 teaspoon salt
- ¼ teaspoon ground black pepper

Optional Ingredients

- 1 fresh red pepper, or 3 roasted red peppers from a jar
- Pinch ground cumin, ground cayenne pepper, or red pepper flakes



Directions

1. Peel and chop garlic. If using fresh red pepper, rinse, remove core and seeds, and mince now. Or, mince jarred roasted peppers.
2. Rinse lemon and cut in half. In a small bowl, squeeze juice. Discard seeds.
3. In a colander, drain and rinse beans.
4. Add garlic, lemon juice, beans, and remaining ingredients to blender. If using optional spices, add now. Blend until creamy and well-mixed.
5. If using, top hummus with minced red pepper.

Nutrition Facts

Serving Size ¼ cup
Servings Per Container 10

Amount Per Serving	
Calories 60	Calories from Fat 30
% Daily Value*	
Total Fat 3.5g	5%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 290mg	12%
Total Carbohydrate 6g	2%
Dietary Fiber 2g	8%
Sugars 1g	
Protein 2g	4%

*Percent Daily Values are based on a 2,000 calorie diet.



Chef's Notes - Make it Quick!

- Serve hummus with sliced whole wheat pita bread. Or, serve as a dip for cut-up fresh vegetables like cucumber, carrots, or broccoli.
- Make a tasty sandwich. Stuff a pita pocket with cut-up fresh veggies and hummus.
- If mixture seems too dry when blending, add more water or lemon juice 1 teaspoon at a time. Blend until smooth and creamy.
- For a different flavor, try using tahini or peanut butter instead of yogurt. Tahini is sold in jars and may be found in the ethnic foods section of your store.
- If you do not have a blender, use a potato masher to blend ingredients.
- Substitute 2 Tablespoons of olive oil for canola oil if available.

Chicken Burger

Serves 4, 1 burger per serving

Ingredients

- ¼ small bell pepper
- ¼ small red onion
- 1 pound lean ground chicken, turkey, or beef
- 1½ teaspoons garlic powder
- 1½ teaspoons onion powder
- ½ teaspoon dried parsley flakes
- 1 teaspoon ground black pepper
- ½ teaspoon salt
- 1 Tablespoon canola oil
- ¼ cup water

Nutrition Facts

Serving Size 1 burger
Servings Per Recipe 4

Amount Per Serving

Calories 210 **Calories from Fat 120**

% Daily Value*

Total Fat 13g **17%**

Saturated Fat 2.5g **13%**

Trans Fat 0g

Cholesterol 85mg **28%**

Sodium 370mg **16%**

Total Carbohydrate 3g **1%**

Dietary Fiber 1g **4%**

Sugars 0g

Protein 22g

Vitamin A 4% • Vitamin C 10%

Calcium 2% • Iron 10%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.



Directions

1. Peel onion. Rinse and finely chop bell pepper and onion.
2. In a medium bowl, combine bell pepper, onion, ground meat, garlic powder, onion powder, parsley, salt, and pepper.
3. Divide evenly into 4 pieces. Form pieces into patties about 4 inches across.
4. In a large skillet over medium heat, heat oil. Add burgers. Cook until browned on both sides, about 5 minutes per side. Add water to the pan. Cover and cook until the burgers reach 165°F, about 10 minutes more.



Chef's Notes

- Serve on whole wheat buns with lettuce, tomato, and onion. Or, pair with a tossed salad.
- Cut leftover bell pepper into strips. Add to a tossed salad or enjoy with a healthy dip.

Tomato Salsa

Serves 6, 1/3 cup per serving

Ingredients

- 2 medium jalapeño peppers
- 1/2 medium red onion
- 2 cloves garlic
- 1 Tablespoon cider vinegar
- 1 (14½-ounce) can diced tomatoes, no salt added

Optional Ingredients

- 1/4 cup fresh cilantro leaves



Directions

1. Rinse peppers. Remove seeds and mince.
2. Peel onion and garlic. Rinse onion and dice. Mince garlic.
3. If using, rinse and chop cilantro leaves.
4. In a medium pot, add peppers, garlic, onion, cider vinegar, and canned tomatoes. Heat mixture over medium heat for 15 minutes. Stir occasionally.
5. Chill before serving. If using, add cilantro to chilled salsa.

Nutrition Facts

Serving Size 1/3 cup
Servings Per Recipe 6

Amount Per Serving

Calories 20 Calories from Fat 0

% Daily Value*

Total Fat 0g 0%

Saturated Fat 0g 0%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 30mg 1%

Total Carbohydrate 5g 2%

Dietary Fiber 1g 4%

Sugars 3g

Protein 1g

Vitamin A 6% • Vitamin C 20%

Calcium 2% • Iron 0%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.



Chef's Notes

- Use any kind of onions or hot peppers you like.
- For an extra kick, add a third jalapeño or a serrano pepper.
- When in season, use 3 medium or 2 large fresh tomatoes in place of canned.
- Use juice from half a lime in place of cider vinegar if you like.
- Try serving this salsa as a dip with corn tortilla chips, as a topping on baked potatoes or tacos, or as a sauce for grilled meats and fish.
- Make a bigger batch and freeze.

Hearty Egg Burritos

Serves 4, 1 burrito per serving

Ingredients

- 3 green onions
- 1 medium red or green bell pepper
- 1 medium clove garlic
- 2 ounces low-fat cheddar cheese
- 1 (15½-ounce) can black beans, no salt added
- 1 teaspoon canola oil
- 4 large eggs
- ¾ teaspoon ground cumin, divided
- ¼ teaspoon ground black pepper
- Non-stick cooking spray
- 4 (8-inch) whole wheat flour tortillas

Optional Ingredients

- ½ cup nonfat plain yogurt
- ¼ cup fresh cilantro

Nutrition Facts

Serving Size 1 burrito
Servings Per Recipe 4

Amount Per Serving

Calories 360 Calories from Fat 100

% Daily Value*

Total Fat 11g 14%

Saturated Fat 3.5g 18%

Trans Fat 0g

Cholesterol 190mg 63%

Sodium 330mg 14%

Total Carbohydrate 46g 17%

Dietary Fiber 7g 25%

Sugars 5g

Protein 21g

Vitamin A 20% • Vitamin C 60%

Calcium 15% • Iron 20%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

Directions

1. Rinse green onions and bell pepper. Peel garlic clove.
2. Slice green onions. Remove core and dice bell pepper. Mince garlic.
3. If using fresh cilantro, rinse and chop leaves now.
4. Grate cheese.
5. In a colander, drain and rinse beans.
6. In a medium skillet over medium heat, heat oil. Add beans, green onions, bell pepper, and garlic. Cook until peppers are soft, about 3 minutes. Add ½ teaspoon ground cumin and black pepper. Transfer mixture to a plate.
7. In a small bowl, crack eggs. Add remaining ¼ teaspoon cumin. Beat mixture lightly with a fork.
8. Wipe out skillet with a paper towel. Coat with non-stick cooking spray. Heat at medium-low. Add egg mixture. Cook, stirring occasionally, until eggs are as firm as you like, about 3–5 minutes. If using cilantro, add now.
9. Spoon egg mixture into the center of each tortilla, dividing evenly. Add beans and veggies. Sprinkle cheese on top. If using yogurt, add a dollop to each tortilla.
10. Fold tortilla over mixture and serve.



Chef's Notes

- Add color and flavor with a fresh salsa. Mix chopped fresh or canned tomatoes, chopped onion, and chopped cilantro. Add a pinch of ground cumin for heat.
- For a different flavor, use Monterey Jack or colby cheese instead of cheddar.
- When selecting whole wheat tortillas, compare Nutrition Facts labels and look for options lower in sodium and saturated fat and with no trans fat.
- Steam, sauté, or grill a mix of veggies. Add to burritos.
- If you double the recipe, do not double cumin.
- Use 1 Tablespoon coriander instead of fresh cilantro, if you like.
- Burritos can be frozen for up to one week. Wrap tightly in plastic wrap, cover with aluminum foil, and freeze. To reheat, remove foil and plastic. Microwave 1½–2 minutes, turning as needed. Or, remove plastic wrap and re-cover in aluminum foil. Heat in a toaster oven or regular oven at 300°F for about 6 minutes.

Peanut Butter and Banana Pockets

Serves 4, 1 folded tortilla per serving

Ingredients

- 3 ripe banana
- 3 Tablespoons creamy peanut butter
- 1½ teaspoons honey
- ¼ teaspoon ground cinnamon
- 4 (8-inch) whole wheat flour tortillas
- Non-stick cooking spray



Directions

1. Peel and slice bananas about ¼-inch thick.
2. In a small bowl, stir together peanut butter, honey, and cinnamon.
3. Lay tortillas flat. Spread about 1 Tablespoon of the peanut butter mixture on one half of each tortilla.
4. Divide banana slices evenly among tortillas. Arrange in a single layer over peanut butter mixture. Fold each tortilla in half.
5. Coat a large skillet with non-stick cooking spray. Heat over medium-high heat.
6. Place folded tortillas in the skillet. Cook for 1–2 minutes on each side, or until golden brown.

Nutrition Facts

Serving Size 1 folded quesadilla
Servings Per Recipe 4

Amount Per Serving

Calories 300 **Calories from Fat** 100

% Daily Value*

Total Fat 11g **14%**

Saturated Fat 2.5g **13%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 370mg **16%**

Total Carbohydrate 47g **17%**

Dietary Fiber 3g **11%**

Sugars 14g

Protein 8g

Vitamin A 2% • Vitamin C 15%

Calcium 0% • Iron 0%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.



Chef's Notes

- For a richer flavor, stir 2 Tablespoons of low-fat cream cheese into the peanut butter mixture in step 2. Let cheese come to room temperature before adding.
- To serve as a dessert, add melted chocolate sauce. Or, sprinkle a few chocolate chips inside the tortilla while cooking.

Tuna Boats

Serves 4, ½ cucumber and 6 ounces filling per serving

Ingredients

- 2 large cucumbers
- 1 lemon
- 2 green onions
- 1 (6-ounce) can low-sodium tuna, packed in water
- 1 (15½-ounce) can white beans
- 1 Tablespoon canola oil
- 1 Tablespoon Dijon or country mustard
- ¼ teaspoon salt
- ¼ teaspoon ground black pepper

Nutrition Facts

Serving Size 1/2 cucumber
and 6 ounces filling
Servings Per Recipe 4

Amount Per Serving

Calories 220 **Calories from Fat 40**

% Daily Value*

Total Fat 4.5g **6%**

Saturated Fat 0g **0%**

Trans Fat 0g

Cholesterol 10mg **3%**

Sodium 500mg **22%**

Total Carbohydrate 26g **9%**

Dietary Fiber 6g **21%**

Sugars 3g

Protein 19g

Vitamin A 4% • Vitamin C 20%

Calcium 8% • Iron 20%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.



Directions

1. Rinse cucumbers. Peel off skin every ¼ inch, all the way around. Cut lengthwise. Scoop out the seeds with a small spoon.
2. Rinse lemon. Zest using the small holes of a box grater. Cut in half. In a small bowl, squeeze juice. Discard seeds.
3. Rinse and chop green onions.
4. Drain tuna. In a colander, drain and rinse beans.
5. In a medium bowl, mash beans lightly with a fork.
6. Add green onions, tuna, oil, mustard, salt, pepper, lemon zest, and 2 Tablespoons of the lemon juice to beans. Mix with a fork.
7. Fill each cucumber half with ¼ tuna mixture. Serve.



Chef's Notes

- For a snack or party food, cut cucumbers into thick slices. Do not remove seeds. Place a dollop of tuna mixture on top.
- Add chopped bell pepper or celery for extra nutrition and crunch.
- Try canned salmon, packed in water, instead of tuna.