

OHIO STATE UNIVERSITY EXTENSION



Lesson 2 Lunch and Dinner Recipes



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THE OHIO STATE UNIVERSITY

COLLEGE OF FOOD, AGRICULTURAL, AND ENVIRONMENTAL SCIENCES
COLLEGE OF EDUCATION AND HUMAN ECOLOGY
COLLEGE OF NURSING

The Ohio State University is a partner in the Center for Disease Control's Million Hearts program, a national initiative to prevent heart attacks and strokes.

Mexican Lasagna

Recipe courtesy of *Deliciously Healthy Dinners*, National Heart, Lung, and Blood Institute, National Institute of Health, (healthyeating.nhlbi.nih.gov/)

Servings 4

Prep time: 15 Minutes

Cook time: 35

Ingredients

- 5 6-inch corn tortillas
- 1 C canned low-sodium black beans, rinsed
- 2 C Super Quick Chunky Tomato Sauce (see next page)
- 3/4 C Monterey Jack cheese, grated
- ½ bag (10 oz.) baby spinach leaves, rinsed
- 1 cups grilled chicken, diced
- 1Tbsp. fresh cilantro, rinsed, dried, and chopped (or substitute 1 tsp dried colander)

Nonstick cooking spray

Nutrition Facts			
Serving Size 1 square			
Servings Per Container 4			
Amount Per Serving			
Calories 304	Calories from Fat 90		
% Daily Values*			
Total Fat 10g			15%
Saturated Fat 4g			20%
Trans Fat 0g			
Cholesterol 52mg			17%
Sodium 275mg			11%
Total Carbohydrate 31g			10%
Dietary Fiber 6g			24%
Sugars 4g			
Protein 23g			46%
Vitamin A 80%	•	Vitamin C 15%	
Calcium 30%	•	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.			
	Calories	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2400mg	2400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Directions

1. Preheat oven to 400° F
2. Lightly spray a 8 by 8 inch baking pan with cooking spray. Place two corn tortillas on the bottom, trimming as necessary for a good fit.
3. Add beans, ½ cup tomato sauce, and ¼ cup grated cheese. Top with one to two more corn tortillas.
4. Add ½ cup tomato sauce, spinach and ¼ cup cheese. Top with one more corn tortillas.
5. Add chicken and ½ cup tomato sauce. Top with one more corn tortillas.
6. Add ½ cup tomato sauce, ¼ cup cheese, and cilantro.
7. Bake for 20-25 minutes, or until the cheese is melted and browned and chicken is reheated.
8. Let stand for 5 minutes. Cut into four even squares, and serve.

If you want to double the recipe use a 9 x 13 inch baking pan. Bake for 30 minutes.

Super Quick Chunky Tomato Sauce

Recipe courtesy of *Deliciously Healthy Dinners*, National Heart, Lung, and Blood Institute, National Institute of Health, (healthyeating.nhlbi.nih.gov/)

Serving 12

Prep time: 5 minutes

Cook time: 15 minutes (add 15 minutes if making

homemade roasted red peppers) *

Ingredients

- 2 tsp olive oil
- 1 tsp garlic, chopped (about 1 clove)
- 1 jar (12 oz.) roasted red peppers, drained and diced (or substitute fresh roasted red pepper; see tip)
- 2 cans (14 ½ oz. each) no-salt-added tomatoes
- 1 can (5 ½ oz.) low-sodium tomato juice
- 1 Tbsp fresh basil, rinsed, dried, and chopped (or 1 tsp dried)

Directions

1. In a medium saucepan, heat olive oil and garlic over medium heat. Cook until soft, but not browned (for about 30 seconds).
2. Add diced red peppers, and continue to cook for 2-3 minute, until the peppers begin to sizzle
3. Add tomatoes, tomato juice, basil, and pepper. Bring to a boil. Simmer for 10 minute, or until the sauce thickens slightly. (Sauce can be pureed for picky eaters).
4. Use immediately. Or, refrigerate in a tightly sealed container for 3-5 days or freeze for 1-2 months.

Nutrition Facts

Serving Size 1/2 cup
Servings Per Container 12

Amount Per Serving

Calories 31 Calories from Fat 9

% Daily Values*

Total Fat 1g **2%**

Saturated Fat 0g **0%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 76mg **3%**

Total Carbohydrate 4g **1%**

Dietary Fiber 1g **4%**

Sugars 2g

Protein 1g **2%**

Vitamin A 6% Vitamin C 15%

Calcium 2% Iron 2%

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

	Calories	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2400mg	2400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

* How to roast a Red Pepper

First to roast them, place red peppers on a non-stick baking sheet under a broiler for about 10 minutes or until the skin is blackened. Once the pepper is blackened, place it in a plastic bag or bowl wrapped with plastic, and let it rest for 5 minutes. Scrape off the burnt skin and rinse the pepper under cool water. Slice according to recipe instructions.

Corn and Black Bean Burritos

Recipe courtesy of *Deliciously Healthy Dinners*, National Heart, Lung, and Blood Institute, National Institute of Health, (healthyeating.nhlbi.nih.gov/)

Servings 3 Filling can be prepared and used over several days.

Prep Time: 20 minutes

Cook time: 5 minutes

Ingredients

- 1 Tbsp. scallions (green onions), rinsed and sliced into 1/4 – inch wide circles, including green tops.
- 1 Tbsp. celery, rinsed and finely diced
- 1/3 cup frozen yellow corn
- 2 Tbsp. ripe avocado, peeled and diced
- 1-1/2 tsp.. fresh cilantro, chopped (or substitute 2 tsp dried corlander)
- ½ cup (15 ½ oz.) black beans, drained and rinsed
- 1 Tbsp. reduced-fat shredded cheddar cheese
- 1 Tbsp. salsa or taco sauce (look for lowest sodium version)
- 3 (9-inch) whole-wheat tortillas

Directions

1. Preheat oven to 350° F.
2. Combine scallions, celery, and corn in a small saucepan. Add enough water to cover.
3. Cover with lid, bring to a boil, and reduce heat to medium. Simmer for 5 minutes, until vegetables soften. Drain vegetables. Set aside to cool.
4. Combine avocado, cilantro, and beans in a large mixing bowl. Add cheeses and salsa, and mix.
5. When corn mixture has cooled slightly, add to avocado mixture. Can refrigerate filling and use over several days.
6. In large nonstick pan over medium heat, warm each tortilla for about 15 seconds on each side. Place each tortilla on a flat surface. Spoon 1/3 cup of the mixture into the center of the tortilla. Fold the top and bottom of the tortilla over the filling. Fold in the sides to make a closed packet.
7. Repeat with the remaining tortillas.
8. When all tortillas are wrapped, continue heating in the oven 5 minutes, until all are warm and cheese is melted.

Nutrition Facts			
Serving Size (1g)			
Servings Per Container 3			
Amount Per Serving			
Calories 157			
		% Daily Values*	
Total Fat 4.3g			7%
Saturated Fat 0.8g			4%
Trans Fat 0g			
Cholesterol 1.3mg			0%
Sodium 3mg			0%
Total Carbohydrate 25.6g			9%
Dietary Fiber 4.2g			17%
Sugars 1.25g			
Protein 6g			12%
Vitamin A 4%	•	Vitamin C 5%	
Calcium 4%	•	Iron 8%	
*Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.			
	Calories	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2400mg	2400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Oven-crusted Chicken Breast

Recipe courtesy of *Deliciously Healthy Dinners*, National Heart, Lung, and Blood Institute, National Institute of Health, (healthyeating.nhlbi.nih.gov/)

Servings 4

Prep time: 20 minutes

Cook time: 20 minutes

Ingredients

For Chicken:

- 4 boneless, skinless chicken breast (3 oz. each)
- 1 egg white (or substitute liquid egg white)
- 1 C fat-free evaporated milk
- 1 C breadcrumbs
- ¼ C rolled oats, crushed; pulse a few times in the food processor or crush between finger to make smaller pieces
- 1 C whole-wheat flour
- 2 Tbsp olive oil or vegetable oil

For Salad:

- 2 Tbsp lemon juice
- ½ Tbsp olive oil
- 4 C red leaf lettuce, rinsed and dried
- 1 C cherry tomatoes, rinsed and halved
- ¼ tsp salt
- ¼ tsp ground black pepper

Directions

1. Preheat oven to 350° F.
2. Place chicken in a freezer bag with the air squeezed out, and pound each breast down to ½-inch thickness.
3. Combine the egg white and evaporated milk in a bowl, and mix well. In a separate bowl, combine the breadcrumbs and crushed oats, and mix well.
4. Coat the chicken breast in flour, and shake off the excess. Dip the chicken breast in the egg and milk mixture, and drain off the excess. Then dip the chicken breasts in the breadcrumbs mixture to coat, and shake off the excess. After all chicken breasts have been coated, discard any leftover breading mixture.
5. Heat oil in a large sauté pan. Stir fry the chicken over medium-high heat on one side until golden brown, about 2-3 minutes. Turn carefully, and pan fry the second side for an additional 2-3 minutes or until golden brown. Remove from the pan, and place on paper towels to soak up excess oil. Place on baking sheet, and finish cooking in a 350° F oven for about 5-8 minutes (to a minimum internal temperature of 165° F).
6. For the salad, combine lemon juice and olive oil, and mix well to make a dressing. Toss the lettuce leaves and cherry tomatoes with the dressing, salt, and pepper.
7. Serve 1 cup salad with one piece of chicken.

Nutrition Facts			
Serving Size 1 chicken breast			
Servings Per Container 4			
Amount Per Serving			
Calories 264	Calories from Fat 100		
% Daily Values*			
Total Fat 11g			17%
Saturated Fat 2g			10%
Trans Fat 0g			
Cholesterol 49mg			16%
Sodium 263mg			11%
Total Carbohydrate 18g			6%
Dietary Fiber 3g			12%
Sugars 11g			
Protein 24g			48%
Vitamin A 55%	•	Vitamin C 21%	
Calcium 26%	•	Iron 21%	
*Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.			
		Calories 2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2400mg	2400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Make-Your-Own Snack Mix

Recipe courtesy of *Deliciously Healthy Dinners*, National Heart, Lung, and Blood Institute, National Institute of Health, (healthyeating.nhlbi.nih.gov/)

Servings 4

Prep time: 5 minutes

Cook time: none

Ingredients

- 1 C toasted oat cereal
- ¼ C unsalted dry roasted peanuts (or other unsalted nut)
- ¼ C raisins
- ¼ C dried cranberries

Directions

1. Combine all ingredients, and toss well.
2. Serve immediately, or store for later snacking.

Tip: Put snack mix in individual snack-sized bags for a great grab-and-go snack.

Nutrition Facts			
Serving Size 1/2 cup			
Servings Per Container 4			
Amount Per Serving			
Calories	136	Calories from Fat 45	
% Daily Values*			
Total Fat	5g		8%
Saturated Fat	1g		5%
Trans Fat	0g		
Cholesterol	0mg		0%
Sodium	75mg		3%
Total Carbohydrate	22g		7%
Dietary Fiber	2g		8%
Sugars	10g		
Protein	3g		6%
Vitamin A	4%	•	Vitamin C 4%
Calcium	2%	•	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.			
	Calories	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2400mg	2400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Parmesan Green Beans

Recipe courtesy of *Deliciously Healthy Dinners*, National Heart, Lung, and Blood Institute, National Institute of Health, (healthyeating.nhlbi.nih.gov/)

Servings 2

Prep time: 5 minutes

Cook time: 8 minutes

Ingredients

- ½ Tbsp olive oil
- ½ tsp garlic, minced (about 1 clove)
(or ¼ tsp garlic powder)
- ½ small onion, thinly sliced (about ¼ C)
- 2 C frozen green beans
- ½ C low-sodium chicken broth
- 2 Tbsp grated parmesan cheese
- 1/8 tsp ground black pepper

Directions

1. Combine olive oil and garlic in a large saucepan. Cook until garlic is soft, but not browned (about 30 seconds).
2. Add onion, and continue to cook for about 5 minutes over medium heat until soft.
3. Add green beans and chicken broth. Bring to boil and simmer for 2 minutes, until the bean are heated through.
4. Sprinkle with parmesan cheese and pepper, and serve.

Nutrition Facts

Serving Size 1 cup

Servings Per Container 2

Amount Per Serving		Calories from Fat 45	
		% Daily Values*	
Calories	95		
Total Fat	5g	8%	
Saturated Fat	1g	5%	
Trans Fat	0g		
Cholesterol	4mg	1%	
Sodium	117mg	5%	
Total Carbohydrate	9g	3%	
Dietary Fiber	3g	12%	
Sugars	3g		
Protein	5g	10%	
Vitamin A	15%	•	Vitamin C 25%
Calcium	10%	•	Iron 4%
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	Calories	2,000	2,500
Total Fat	Less than	65g	80g
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Cholesterol	Less than	300mg	300mg
Sodium	Less than	2400mg	2400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Fresh Fruit Tarts

Recipe courtesy of Dining with Diabetes, Ohio State University Extension

Serving 4

Ingredients

- 4 wonton skins
- 2 tsp. sugar-free jelly or fruit spread
- ½ C diced fresh fruit *
- 1/3 C non-fat yogurt, any flavor

Cooking spray

* Fruit combinations depend on what is in season. Any of the following could be used: bananas, strawberries, blueberries, grapes, kiwi, raspberries, peaches, orange sections etc.

Directions

1. Preheat oven to 375° F and spray muffin tins with cooking spray.
2. Press wonton skins into muffin tins allowing the corners to stand up over the edges.
3. Bake wontons until lightly brown. Watch carefully, may bake very quickly.
4. Remove from oven; carefully take each wonton out of muffin tin and allow time for cooling.
5. Warm jelly or fruit spread and lightly coat bottom of each wonton.
6. Fill each wonton with fruit and rounded dollop of yogurt on top.
7. Garnish with small piece of fruit or a dab of jelly/spread and serve immediately.

Nutrition Facts

Serving Size (1g)
Servings Per Container 4

Amount Per Serving

Calories 45

% Daily Values*

Total Fat 0g **0%**

Saturated Fat 0g **0%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 55mg **2%**

Total Carbohydrate 10g **3%**

Dietary Fiber 0g **0%**

Sugars 4g

Protein 2g **4%**

Vitamin A 2% • Vitamin C 4%

Calcium 2% • Iron 2%

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		Calories	2,000	2,500
Total Fat	Less than	65g	80g	
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Cholesterol	Less than	300mg	300mg	
Sodium	Less than	2400mg	2400mg	
Total Carbohydrate		300g	375g	
Dietary Fiber		25g	30g	