



Chicken Salad Lettuce Wraps

Preparation Time: 30 Minutes

- 1 ½ cups cooked chicken breast
- 1 cup carrots, shredded
- 2 cups fresh spinach, chopped
- 1 cup fresh tomato, chopped
- 1 cup frozen corn, thawed
- 2 teaspoons garlic herb seasoning
- ¼ cup reduced-fat mayonnaise
- 16 romaine lettuce leaves, washed

Combine all ingredients except lettuce leaves and mix well. Place equal amount of salad mixture on each lettuce leaf. Roll from one end of the lettuce leaf to the middle. Fold in the sides and continue to roll. Secure with a toothpick. Arrange on a platter and serve.

Serves: 8. Each serving: 92 calories, 2.3 g fat, .5 g saturated fat, 0 g trans fat, 22 mg cholesterol, 115 mg sodium, 9 g carbohydrate, 2 g fiber, 9 g protein.

Adapted from Produce for Better Health Foundation - see fruitsandveggiesmorematters.org

Best Quick Meals

Spinach Bean Orzo

Preparation Time: 20 minutes

- 10 oz can low-sodium broth (chicken or beef)
- 14 oz can diced tomatoes no salt
- 1 can cannellini beans
- 1 box frozen spinach
- 1/2 cup orzo or small pasta
- 1 teaspoon Italian dry herbs
- Granulate garlic to taste
- Black pepper to taste

Combine all ingredients in a medium-sized sauce pan and heat over medium-high heat until mixture comes to a boil. Lower heat to simmer and cook until pasta is done, about 10 minutes.

Serve with optional grated parmesan cheese over the top and a side of fresh fruit.

Serves 5. Each 1-1/4 cup serving: 316 calories, 2 g fat, 0 g saturated fat, 0 g trans fat, 49 mg cholesterol, 248 mg sodium, 60 g carbohydrate, 5 g fiber, 13 g protein.

Note: You can also substitute whole grain pasta for the regular pasta in this recipe.



We surveyed over a hundred food and nutrition professionals to find out what their best quick meals might be. Here are the most popular meals that were listed over and over again:

- Baked potato stuffed with fat-free sour cream and broccoli, side salad
- Pasta and salad
- Burritos with beans, rice, lettuce and tomato
- Soft vegetarian tacos
- Lowfat veggie omelette made with egg white or egg substitute
- Broiled fish with veggies and rice
- Broiled or baked chicken with veggies and potato
- Chicken or Turkey Stew
- Skillet dinners with ground turkey or lean beef
- Salads - this was actually one of the most popular items we saw from our surveys.
- Stir fry dishes with frozen stir fry veggies, rice and lean protein

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