

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.

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

1. Cut avocado in half and remove the pit. Use a spoon to scoop out the insides of the avocado and place in a medium bowl. Mash it 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 pitas, lettuce wraps or on a bed of prewashed salad greens.

Calories: 130, Carbohydrate 4 g, Protein 18 g, Fat 5.0 g, Saturated Fat 0.8 g, Sugar 1 g, Dietary Fiber 3 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
© 2015 American Diabetes Association



Greek Chicken Salad

This Greek Chicken Salad is packed full of flavor, veggies and protein. Pick up a rotisserie chicken from your local grocery store deli for a real time-saver. Makes 4 servings. Serving size: about 2 heaping cups.

<i>Salad</i>		<i>Dressing</i>
1 (9 oz.) bag romaine lettuce	1/2 small red onion, thinly sliced	1/4 cup red wine vinegar
1 medium cucumber, peeled and diced	1/4 cup reduced-fat crumbled feta cheese	3 Tbsp. olive oil
2 roma tomatoes, diced	2 cups cooked chicken, diced	1/4 tsp. Dijon mustard
16 pitted kalamata olives, cut in half	16 baked whole wheat pita chips (about 1 1/2 oz.)	1/2 tsp. oregano
		1/8 tsp. ground black pepper

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

Calories: 340, Carbohydrate 16 g, Protein 25 g, Fat 20.0 g, Saturated Fat 3.8 g, Sugar 3 g, Dietary Fiber 4 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
© 2015 American Diabetes Association



Chicken Souvlaki

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

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

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

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

From *Diabetes Forecast*®, A Healthy Living Magazine, www.diabetesforecast.org
© 2015 American Diabetes Association



Roast Beef Rollups

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

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. cumin
1/4 tsp. freshly ground pepper

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 onto the lettuce leaves.
3. Combine the tomatoes, red peppers, oil, vinegar, cumin and pepper. Divide tomato mixture over the beef. Keep mixture separate if you are packing your lunch ahead of time and add it right before eating.
4. Roll the wax paper or foil over the tortilla to encase the filling. Roll until the sandwich is completely rolled up. Fold the excess paper or foil over the top and bottom of each rollup. To eat, peel back the paper and foil.

Calories: 295, Carbohydrate 43 g, Protein 19 g, Fat 6.0 g, Saturated Fat 1.6 g, Sugar 3 g, Dietary Fiber 6 g, Cholesterol 30 mg, Sodium 595 mg, Potassium 480 mg

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

From *The Smart Shopper Diabetes Cookbook* by Robyn Webb
© 2015 American Diabetes Association





**NATIONAL
HEALTHY
LUNCH DAY**SM

NOVEMBER 17, 2015

Lunch Right with Every Bite



American Diabetes Association.

wellnessliveshere.org



**NATIONAL
HEALTHY
LUNCH DAY**SM

NOVEMBER 17, 2015

Lunch Right with Every Bite



American Diabetes Association.

wellnessliveshere.org



**NATIONAL
HEALTHY
LUNCH DAY**SM

NOVEMBER 17, 2015

Lunch Right with Every Bite



American Diabetes Association.

wellnessliveshere.org



**NATIONAL
HEALTHY
LUNCH DAY**SM

NOVEMBER 17, 2015

Lunch Right with Every Bite



American Diabetes Association.

wellnessliveshere.org

Warm Chicken Salad with Apples

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

<i>Salad</i>	<i>Dressing</i>	
2 cups shredded or diced rotisserie (or homemade roasted) chicken breast meat, skinned	1 thin slice bacon, diced	1 Tbsp. coarse Dijon mustard
1 large Granny Smith apple, unpeeled, diced	2 scallions, minced	1/2 tsp. dried thyme leaves
2 tsp. fresh lemon juice	1 garlic clove, minced	1/4 tsp. sea salt
2 Tbsp. chopped walnuts, toasted	1/4 cup red wine vinegar	1/4 tsp. freshly ground black pepper
4 cups baby spinach leaves	2 Tbsp. olive oil	

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
© 2015 American Diabetes Association



Turkey and Veggie Chili

This healthy one-pot meal is quick, easy and perfect for a cold fall day. Prep time: 10 minutes. Cook Time: 30 minutes. Makes 8 servings. Serving size: 1 cup.

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

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

Calories 235, Carbohydrate 27 g, Protein 20 g, Fat 5 g, Saturated Fat 1.4 g, Sugar 8 g, Dietary Fiber 8 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
© 2015 American Diabetes Association



Italian Salmon Salad Sandwich

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

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

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 cling film, and add them to the sandwich just before serving.

Calories 285, Carbohydrate 21 g, Protein 22 g, Fat 12 g, Saturated Fat 2.5 g, Sugar 5 g, Dietary Fiber 4 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

From *Diabetes Forecast*®, A Healthy Living Magazine, www.diabetesforecast.org
© 2015 American Diabetes Association



Mozzarella, Tomato & 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.

2.5 oz. fresh mozzarella balls, drained	Pinch of kosher salt
1 cup cherry tomatoes	Freshly ground pepper, to taste
1 cup no-salt-added canned chickpeas	12 oz. fresh baby spinach
2 tsp. extra virgin olive oil	

1. Combine mozzarella balls, tomatoes and chickpeas in a medium bowl. Add olive oil, pinch of salt and pepper to taste.
2. Wash spinach (if it's not pre-washed) and layer it in the bottom of a serving bowl. Arrange 1/2 cup of mozzarella-tomato-chickpea mixture on top of spinach. Serve at room temperature.

Calories 155, Carbohydrate 16 g, Protein 10 g, Fat 7 g, Saturated Fat 2.3 g, Sugar 5 g, Dietary Fiber 5 g, Cholesterol 5 mg, Sodium 165 mg

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

From *Mediterranean Diabetes Cookbook* by Amy Riolo





**NATIONAL
HEALTHY
LUNCH DAY**SM

NOVEMBER 17, 2015

Lunch Right with Every Bite



American Diabetes Association.

wellnessliveshere.org



**NATIONAL
HEALTHY
LUNCH DAY**SM

NOVEMBER 17, 2015

Lunch Right with Every Bite



American Diabetes Association.

wellnessliveshere.org



**NATIONAL
HEALTHY
LUNCH DAY**SM

NOVEMBER 17, 2015

Lunch Right with Every Bite



American Diabetes Association.

wellnessliveshere.org



**NATIONAL
HEALTHY
LUNCH DAY**SM

NOVEMBER 17, 2015

Lunch Right with Every Bite



American Diabetes Association.

wellnessliveshere.org