

## Lunch Recipes



### Pumpkin Peanut Butter Dip

¾ cup canned pumpkin

¾ cup peanut butter

2 Tablespoons brown sugar

1 teaspoon vanilla extract

Mix peanut butter and brown sugar. Add vanilla and pumpkin and stir until well blended. Spread it on graham crackers, apple slices, celery sticks or baby carrots. Store leftovers in a covered container in the refrigerator.

Yield: 20 servings, 2 Tablespoons each

Nutritional analysis per serving: 70 Calories, 5 grams fat, 4 grams total carbohydrate, 45 milligrams sodium, 3 grams protein, 1 gram fiber

### Crunchy Kale Chips

1 large bunch fresh Kale

Optional seasonings: Salt and pepper, garlic powder, red pepper flakes

¼ cup olive oil

Preheat oven to 350°F. Rinse kale and pat dry with a paper towel. Remove the stalks from the kale and discard. Tear the leaves into slightly larger than chip-size pieces (they will shrink). Place the kale into a bowl and drizzle with olive oil. Add the seasonings and toss to coat evenly. Arrange the leaves on an aluminum foil-lined baking sheet and place in oven for 10 to 15 minutes or until crisp. Remove immediately from baking sheet and place on paper towels to absorb excess oil. Let them cool slightly and serve.

Yield: 3-4 cups of chips

*(May also use Swiss chard instead of kale.)*

*Nutritional analysis per ½ cup serving: 70 Calories, 7 grams fat, 1 gram saturated fat, 0 milligrams cholesterol, 120 milligrams sodium, 2 grams carbohydrate, 1 gram dietary fiber, 1 gram protein*

### No-Cook Stir-Fry Salad

¼ cup low-fat bottled Asian sesame salad dressing

2 Tablespoons rice vinegar

¼ teaspoon red pepper flakes

1 (12 oz.) bag broccoli cole slaw

10 oz. boneless, skinless chicken breast, cooked and chopped

2 cups sugar snap peas

In a large bowl, combine salad dressing, vinegar and red pepper flakes. Add cole slaw, cooked chicken and sugar snap peas and toss until coated with dressing. Cover and refrigerate.

Yield: 4 servings, 1 ½ cups each

*Nutritional analysis per 1 ½ cup serving: 190 Calories, 4.5 grams fat, 60 milligrams cholesterol, 340 milligrams sodium, 11 grams carbohydrate, 4 grams dietary fiber, 26 grams protein*

## **Chicken Ranch Burritos**

1 lb. skinless, boneless chicken breasts  
1 Tablespoon chili powder  
2 teaspoons ground cumin  
4 Tablespoons fat-free Ranch dressing  
½ cup shredded lettuce  
4 oz. shredded, reduced-fat cheddar cheese  
4 (8-inch) whole wheat flour tortillas

Heat grill pan over medium heat. In a small bowl, combine chili powder and cumin. Rub chicken breasts with spice mixture, covering both sides. Grill chicken for about 4-6 minutes on each side or until thermometer reads internal temperature of at least 165°F. Allow chicken to rest 5 minutes or until cool enough to touch. Slice chicken into strips. Put in a covered container or sealed plastic bag and refrigerate. When ready to serve, fill each tortilla with 3-4 ounces of grilled chicken; top with 1 Tablespoon ranch dressing, 2 Tablespoons shredded lettuce, and 1 ounce shredded cheese. May serve cold or warm.

Yield: 4 servings, 1 burrito each

*Nutritional analysis per serving: 400 Calories, 10 grams fat, 105 milligrams cholesterol, 740 milligrams sodium, 29 grams carbohydrate, 4 grams dietary fiber, 47 grams protein*

## **Peanut Butter Crispies**

1 cup peanut butter, plain or chunky  
2/3 cup honey  
1/2 cup dry milk  
1 cup rolled/quick cooking oats  
1 cup crispy rice cereal

Combine peanut butter with honey. Add dry milk and stir until well-blended. Add oats to peanut butter mixture and mix well. Make 42 balls (tablespoon size) with peanut butter mixture. Pour rice cereal onto a plate and roll peanut butter balls in rice cereal.

Yield: 48 servings, 1 ball each

*Nutritional analysis per serving: 60 Calories, 3 grams fat, 0 milligrams cholesterol, 35 milligrams sodium, 7 grams carbohydrate, 1 gram dietary fiber, 2 grams protein*

## Toasted Coconut & Dark Chocolate Cookies

1 cup flaked sweetened coconut  
1 cup all-purpose flour  
½ teaspoon baking powder  
¼ teaspoon baking soda  
⅛ teaspoon salt  
¾ cup brown sugar, packed  
¼ cup trans-fat-free margarine spread  
1 teaspoon vanilla extract  
1 large egg  
2 ounces dark chocolate, chopped

Preheat oven to 350°F. Place coconut in a small baking pan, in a single layer. Bake until lightly toasted, stirring once. Set aside to cool. Combine flour, baking powder, baking soda, and salt in a medium bowl; stir with a whisk until blended. Place sugar and butter in a large bowl; beat with a mixer until well blended. Beat in vanilla and egg. Add flour mixture, beating at low speed until combined. Stir in toasted coconut and chocolate. Drop by tablespoons 2 inches apart onto greased baking sheets. Bake for 10 minutes or until bottoms of cookies begin to brown. Remove from pan, and cool on wire racks.

Yield: about 30 cookies

*Nutritional analysis per serving: 70 Calories, 3 grams fat, 10 milligrams cholesterol, 35 milligrams sodium, 11 grams carbohydrate, 0 grams dietary fiber, 1 grams protein*

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