

Pasta and Chickpeas (Garbanzo Beans) and Spinach

Serves 4

Ingredients:

- 2 cups cooked wheat pasta (shells)
- 1 can chick peas (drained and washed)
- 1 can spinach (drained)
- 1 can Spaghetti sauce
- 4 tsp Parmesan cheese

Nutrition Facts per serving:

- 215 cal
- 2.33 grams fat
- 0.45 grams saturated fat
- 698 milligrams sodium
- 42.4 grams carbs
- 7.3 grams fiber
- 9.11 grams protein

Green Bean and Artichoke casserole

Serves 4

Ingredients:

- 1 can French style green beans
- 1 can quartered artichokes (chopped)
- 1 can Healthy request Cream of Mushroom
- 1 Tbsp bread crumbs

Directions:

- Drain green beans and combine with chopped artichoke hearts and cream of mushroom soup.
- Place in casserole dish and top with bread crumbs and bake at 350 degrees for 15-20 minutes or until bubbly and golden brown

Nutrition Facts per serving:

- 105.3 calories
- 2.79 grams fat
- 0.61 grams saturated fat
- 634 milligrams sodium
- 16.87 grams carbohydrates
- 5.37 grams fiber
- 4.29 grams protein

Marinated Beet Salad

Serves 2

Ingredients:

- 1 can sliced beets
- ½ sliced red onion
- 1 tsp olive oil
- 1 tsp vinegar

Nutrition facts per serving:

- 77 calories
- 2.4 grams fat
- 0.36 grams saturated fat
- 286 milligrams sodium
- 13.2 grams carbohydrates
- 3.1 grams fiber
- 1.65 grams protein

Chicken and Black bean whole wheat wrap

Serves 2

Ingredients:

- 2 (2 oz) cans cooked chopped white meat chicken
- 1 can black beans (drained and washed)
- 1 fresh tomato (diced)
- 4 Tbsp shredded low fat cheddar cheese
- 2 (50 cal) La Tortilla whole wheat wraps

Nutrition Facts per serving:

- 348 calories
- 8.17 grams fat
- 1.16 grams saturated fat
- 2202 milligrams sodium
- 46.7 grams carbohydrates
- 25.35 grams fiber
- 34.5 grams protein

Chicken Enchiladas

Serves 2

Ingredients:

- 2 (2 oz) cans cooked chopped white meat chicken
- 1 can Enchilada sauce
- 4 (50 cal) La Tortilla whole wheat wraps
- 1 medium diced onion
- 1 medium diced bell pepper
- 1 tsp olive oil
- 4 Tbsp shredded low-fat cheese

Nutrition Facts per serving:

- 279 calories
- 8.47 grams fat
- 0.97 grams saturated fat
- 1211 milligrams sodium
- 34 grams carbohydrates
- 17.2 grams fiber
- 28.6 grams protein

Mediterranean Albacore Tuna Salad

Serves 2

Ingredients:

- 1 (6 oz) albacore tuna in water
- 1 small can sliced black olives
- 1 medium diced tomato
- 1 Tbsp olive oil
- 1 Tbsp vinegar
- 1 lime

Nutrition Facts per serving:

- 197 cal
- 9.91 grams fat
- 1.73 grams saturated fat
- 58.5 milligrams sodium
- 6 grams carbohydrates
- 1.75 grams fiber
- 21.1 grams protein