



*Healthy Recipes for the Working
Individual*

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UTSA Nutrition and Dietetics

Chicken Avocado Sandwich



Servings: 1

Prepping Time: 10 min

Cooking Time: None

Ingredients

- 1 Ciabatta roll
- 1 Avocado
- 2 Tomato slices
- 1/4 C Arugula
- 2 oz Thin sliced chicken breast
- Drizzle of Balsamic Glaze

Directions

- Prepare the Ciabatta roll
- Spread the avocado on each side of the roll
- Lay the chicken breast on one side of the roll
- Lay the tomato on top of the chicken breast
- Place the arugula over the tomato slices
- Drizzle the Balsamic over the arugula
- Close the sandwich
- Enjoy!

Serving Size: 1 Sandwich

Calories: 618 | Carbs: 70 g | Fiber: 16 g | Protein: 22 g | Fat: 33 g | Sat. Fat: 4.9 g | Sugar: 16 g

Chickpea Salad Sandwich

Servings: 4

Prepping Time: 10 min

Cooking Time: 10 min

Ingredients

- 2 (15.5oz) cans no-salt-added chickpeas, rinsed
- 6 Tbsp extra-virgin olive oil
- 3 Tbsp lemon juice
- 2 tsp Dijon mustard
- 1/2 tsp garlic powder
- 1/4 cup finely chopped celery
- 1/4 cup finely chopped fresh dill
- Dash of salt & ground pepper
- 4 Tbsp mayonnaise
- 8 slices of whole-grain bread, toasted
- 4 green lettuce leaves
- 4 thin slices of red onion
- 4 tomato slices

Directions

- Combine chickpeas, oil, lemon juice, mustard, and garlic powder in large bowl. Crush chickpeas with fork or potato masher until most are mashed but some still whole. Stir in celery, dill, salt, and pepper.
- Spread 1 Tbsp of mayonnaise on 1 side of each of 4 slices of bread. Top evenly with lettuce, onion, tomato, and chickpea mixture. Top with the remaining 4 slices of bread.



Serving size: 1 sandwich

Calories: 623 kcal

Fat: 35 g

Carbs: 58 g

Protein: 18 g

Cucumber Sandwich



Prep Time: 10 minutes

Servings: 1

No Cooking Time!

Ingredients

- 2 ounces of room temp cream cheese
- 1 tbsp low-fat plain Greek yogurt
- 1 tbsp sliced fresh chives
- 1 tbsp chopped fresh dill
- 1/4 tsp ground pepper
- 2 slices whole-wheat sandwich bread
- 1/3 cup thinly sliced cucumbers

Directions

- combine cream cheese, yogurt, chives, dill, and pepper in a bowl and blend together
- evenly spread the mixture on one side of each bread slice
- top one bread with chopped cucumber slices
- close sandwich with other slice of bread
- cut if desired and enjoy!



Serving Size: 1 Sandwich

Calories: 358 Fat: 22g Carbs: 29g Protein: 12g



Peanut Butter Energy Bites



Prep Time: 10 minutes

Makes: 12 Energy Bites

No Heat Needed!

Ingredients

- 2/3 C - Creamy Peanut Butter
- 1/2 C - Dark Chocolate Chips
- 1 C - Old Fashioned Oats
- 1/2 C - Ground Flax Seeds
- 2 Tbsp - Honey

Directions

- Combine and stir all ingredients in a medium bowl
- Refrigerate mixture for 15-30 minutes
- Use mixture to shape 12 bites
- Enjoy!



*Keep refrigerated for up to 1 week

Serving Size: 1 Energy Bite

Calories: 200 | Carbs: 16 g | Fiber: 4 g | Protein: 6 g | Fat: 13 g | Sat. Fat: 3 g | Sugar: 7 g



Green Goddess Salad Jar



Servings: 2

Prepping Time: 10 min

Cooking Time: 15 min

Ingredients

- 1 cup cooked quinoa
- 1 cup chopped cucumbers (quarter slices)
- 1/3 cup chickpeas
- 2 tbsp capers
- 1 tbsp pumpkin seeds
- 1 tbsp sunflower seeds
- 2 - 3 cups spinach or mixed greens
- Salt and pepper (to taste)

Dressing:

- 1/2 cup Greek yogurt
- 1/2 cup parsley
- 1/2 cup cilantro
- Small handful of fresh basil
- 1 1/2 tbsp chives
- 1 1/2 tsp capers
- 1 tsp dried dill
- 3/4 tsp garlic powder
- 1 tbsp olive oil
- Salt and pepper (to taste)
- 1/2 juiced lemon

Directions

- Cook quinoa to your preferred consistency/doneness. Set aside and allow to cool.
- Chop and prepare all ingredients for salad component.
- Prepare the dressing by adding all ingredients into a blender or food processor. Blend on high until a smooth is achieved.
- Stack salad components one by one into a ~ 26oz/750mL jar
- Pour salad dressing last on top or store it in a separate small container and add later on prior to eating!

*Store salad in the fridge until you are ready to eat. Salad can be stored for 4 - 5 days.

*Can be made vegan by swapping Greek yogurt for dairy-free/vegan sour cream or yogurt.



Serving Size: 1/2 Jar

Calories: 508 | Carbs: 74g | Protein: 25g | Fat: 14g | Sat. Fat: 3g

Polyunsaturated Fat: 6g | Fiber: 11g | Sugar: 6g | Cholesterol: 9g | Sodium: 2705mg



Overnight Oats



Prep Time: 10 minutes

Makes: 1 Serving

No Cooking Time!

Ingredients

- 1/2 C - Milk (Dairy or Non-Dairy)
- 1/2 C - Old Fashioned Rolled Oats
- 1/3 to 1/2 C - Yogurt (Optional)
- 1 teaspoon - Chia seeds or Granola
- 1/2 C - Fruit of your choice
- 1-2 Tbsp - Nut butter of choice

Directions

- Add the desired amounts of milk, oats, yogurt, chia seeds and banana to a jar or container and give them a good stir. Refrigerate overnight or for **at least** 5 hours.
- In the morning, add additional liquid if you'd like. Once you achieve the desired consistency, top with fruit, nuts, nut butter, seeds, protein powder, granola, coconut, spices, zest or vanilla extract.



Serving Size: 1 Jar

Calories: 190 Carbs: 34 g | Fiber: 6 g | Protein: 6 g | Fat: 4 g | Sat. Fat: 0 g | Sugar: 8 g



Tomato and Cucumber Salad

Prep Time: 15 minutes

Makes: 12 servings

Ingredients

- 4 large tomatoes - cubed
- 1 large cucumber - chopped
- 1 cup red onion - chopped
- 1 cup green bell pepper - chopped
- 1/3 cup parsley - chopped

Dressing

- 1 tablespoon olive oil
- 1/3 cup apple cider vinegar
- 2 cloves garlic - minced
- 1/2 teaspoon salt
- 1/2 teaspoon ground black pepper
- 1/2 teaspoon sugar

Serving Size: 3/4 cup

Calories: 35 | Carbs: 5g | Fiber: 1g | Protein: 1g | Fat: 1g | Sat. Fat: 0g | Sugar: 3g

Directions

- Place tomato, cucumber, onion, bell pepper and parsley in a large bowl and set aside.
- In a small bowl, add olive oil, apple cider vinegar, garlic, salt, pepper and sugar. Using a whisk, blend until well mixed.
- Pour dressing over tomatoes, cucumbers, and onions. Toss salad to mix. Chill before serving.



Cranberry Bog Bars

Prep Time: 20 minutes

Makes: 16 servings

Cook Time: 40-50 minutes

Ingredients

- 3-4 cup sugar
- 1/4 cup melted butter
- 2 eggs
- 1 tbs vanilla extract
- 1 cup all-purpose flour
- 2 tsp baking soda
- 1-1/4 cup cranberries
- 1/4 cup chopped walnuts

Directions

- Preheat the oven to 350 F. Coat an 8-inch square baking pan with nonstick spray and set it aside.
- In a medium-sized bowl, beat the eggs until thick about 5 minutes.
- Add the sugar and beat until creamy and well-blended.
- Stir in the flour batter, and vanilla just until blended
- Stir in the cranberries and walnuts
- Scrape the batter into the prepared pan and spread it out evenly
- Bake until set and a toothpick inserted in the center comes out clean, 40-50 minutes
- Remove from the oven and place on a wire rack to cool completely
- Cut into 16 bars



a simple healthy, sweet, & fancy bars

Serving Size: 1 bar (1 serving)

Calories: 122 | Carbs: 19g | Fiber: 1g | Protein: 2g | Fat: 7g

Mason Jar Chicken Ramen

Ingredients

- 2 (5.6 oz) refrigerated yakisoba noodles
- 2 1/2 Tb low sodium vegetable broth base concentrate
- 1 1/2 Tb low sodium soy sauce
- 1 Tb rice wine vinegar
- 1 Tb freshly grated ginger
- 2 t sambal oelek (ground fresh chili paste)
- 2 t sesame oil
- 2 c shredded rotisserie chicken
- 3 c baby spinach
- 2 carrots peeled and grated
- 1 c sliced shiitake mushrooms
- 1/2 c fresh cilantro leaves
- 2 green onions thinly sliced
- 1 t sesame seeds

Serving Size: 1 jar (1 serving)

Calories: 324 | Carbs: 31g | Fiber: 2g | Protein: 23g | Fat: 3g

Cook Time: 35 minutes

Makes: 4 servings



Directions

- In a large pot of boiling water, cook the yakisoba until loosened, 1 to 2 minutes; drain well.
- In a small bowl, combine the broth base, soy sauce, vinegar, ginger, sambal oelek, and sesame oil.
- Divide the broth mixture into four (24-ounce) wide-mouth glass jars with lids, or other heatproof containers. Top with yakisoba, chicken, spinach, carrots, mushrooms, cilantro, green onions, and sesame seeds.
- To serve, uncover a jar and add enough hot water to cover the contents, about 1 1/4 cups. Microwave, uncovered, until heated through, 2 to 3 minutes. Let stand 5 minutes, stir to combine, and serve immediately.

High Protein & High Fiber Green Smoothie

Ingredients

- 1 cup unsweetened almond milk
- 1/2 banana or 1/2 cup blueberries (fresh or frozen)
- 2 tsp chia seeds or 1 tbsp ground flax seeds (or both!)
- 1 tbsp almond butter or peanut butter
- 1/2 cup water
- 1/4 cup vanilla protein powder (or flavor of choice)
- 1 cup of spinach or vegetable of choice

Cook Time: 5 minutes

Makes: 1 serving



Directions

- Add all ingredients (plus one cup of ice) into a blender. Cover the blender with the lid and press firmly. Blend until smooth.
- Add additional ice for a thicker smoothie and additional water for a skinnier smoothie.
- Pour smoothie into a glass and enjoy!

Serving Size: 1 glass

Calories: 335 | Carbs: 13g | Fiber: 8g | Protein: 32g | Fat: 35g

High Protein Cherry Smoothie

Prep Time: 5 minutes

Total Time: 5 minutes

Makes: 1 serving

Ingredients

- 1 cup plain low fat kefir
- 1 cup frozen cherries
- 1/2 cup baby spinach leaves
- 1/4 cup ripe avocado
- 1 tablespoon salted almond butter
- 1 (1/2 inch) piece peeled ginger
- 1 teaspoon chia seeds

Directions

- Add all ingredients in a blender; puree until smooth
- Add more chia seeds if desired after blending
- Pour smoothie into a glass and enjoy!



Serving Size: 1 glass

Calories: 410 | Carbs: 47g | Fiber: 10g | Protein: 17g | Fat: 20g