



EXTENSION

College of Agriculture,
Biotechnology & Natural Resources

Hi-FiBER Dinner Recipes



Easy ways to add fiber to
your diet!



Grains



Beans/Legumes



Fruits



Vegetables



Nuts & Seeds



Fiber for Health

Our recipes have incorporated legumes that are rich in fiber. Legumes are often overlooked in our diets due to the lack of knowledge about their preparation. They can be soaked before preparation and pressure-cooked for easy results. Kidney beans, pinto beans, baked beans, black-eye peas, chickpeas, and all varieties of legumes are excellent sources of fiber. Adding legumes also helps to add variety to our diet.

The World Health Organization (WHO) 2023 recommends 25 to 30 grams of fiber intake per day. The recipes we include will provide you with $\frac{1}{3}$ of the amount of intake required for fiber. So that you can reach your fiber goals in every meal.

What is unique about our 'Hi-Fiber' recipes?

- Each recipe provides almost one-third fiber requirement for the day.
- A team of nutrition experts developed these recipes.
- The recipes are developed with easily available foods.
- They are low in cost.
- They are evaluated for taste, texture and overall satisfaction in our laboratory.
- Nutritive value per serving is provided.

Easy ways to achieve the daily fiber requirement

- The recipes provide 7-8 grams of fiber per serving.
- However, we need an additional 2-3 grams of fiber per meal.
- Have a fruit of your choice with every meal and you will be able to meet your fiber needs for the day.



Hi-Fiber

Dinner Recipes

Legumes to Consume

1. Bulgar Wheat with Veggies

Preparation Time: 30 minutes

Cost Per Serving: \$1.00

Makes 4 cups, (1 serving- 1 cup)

Ingredients:

- 1 cup bulgur wheat
- 1 cup chopped vegetables (carrot, green beans, celery, canned corn)
- ½ cup chopped onions
- ½ cup chopped tomatoes
- 1 cup spinach
- 2 tablespoon-oil
- ½ teaspoon chopped ginger
- ½ teaspoon chopped garlic
- 1 teaspoon chopped cilantro
- 2 green chilies slit into half.
- Salt to taste



Steps:

1. Cook the bulgur wheat with 2 cups of water and a little salt until soft and set aside.
2. Heat a pan and add the oil. Add onions and tomatoes and sauté until tender.
3. Add ginger and garlic and sauté for a few minutes.
4. Add the chopped vegetables and when tender add the spinach.
5. Add the slit green chilies.
6. Add the cooked bulgur wheat, and salt and mix well.
7. Remove the slit chilies and serve hot with chopped cilantro.

Variations Serving Suggestions:

- Use quinoa in place of bulgur wheat.
- Add any vegetables of choice like corn, green, or red pepper.
- Add the shredded chicken along with veggies.

Bulgar Wheat with Veggies		
Nutrition Facts		
Serving Size	1 Serving	
Amount Per Serving		
Calories	246.2	
	% Daily Value*	
Total Fat	7.4 g	10 %
Saturated Fat	1 g	5 %
Trans Fat	0 g	
Cholesterol	0 mg	0 %
Sodium	70.4 mg	3 %
Total Carbohydrate	40.8 g	15 %
Dietary Fiber	6.6 g	23 %
Total Sugars	2.8 g	
Added Sugars	0 g	0 %
Protein	4.8 g	
Vitamin D	0 mcg	0 %
Calcium	29.7 mg	2 %
Iron	1.4 mg	8 %
Potassium	353.6 mg	8 %
* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.		
Full Info at cronometer.com		</>

2. Red Lentil Soup

Preparation Time: 30 minutes

Cost Per Serving: \$1.46

Makes 4 cups, (1 serving- 1 cup)

Ingredients

3 tablespoons butter
1 large onion, chopped
2 garlic cloves, minced
1 tablespoon tomato paste
1 teaspoon ground cumin
4 cups chicken or vegetable broth
1 cup dry red lentils
1 large carrot, peeled and diced
3 tablespoons chopped fresh cilantro
Salt and black pepper
Pinch of chili powder or ground cayenne, plus
more to taste
Juice of ½ lemon, more to taste



Steps:

1. In a large pot, heat oil over high until hot. Add onion and garlic, and sauté until golden, about 4 minutes.
2. Stir in tomato paste, cumin, salt, black pepper, and chili powder, and sauté for 2 minutes longer.
3. Add broth, 2 cups water, lentils, and carrot. Bring to a simmer, then partly cover the pot and turn the heat to medium-low. Simmer until the lentils are soft, about 30 minutes.
4. Purée half the soup, then add it back to the pot.
5. Stir in lemon juice and cilantro. Serve soup drizzled with olive oil and dusted lightly with chili powder.

Red Lentil Soup

Nutrition Facts

Serving Size1 Serving

Amount Per Serving

Calories304.7

% Daily Value*

Total Fat	11.6 g	15 %
Saturated Fat	1.7 g	8 %
Trans Fat	0 g	
Cholesterol	0 mg	0 %
Sodium	681 mg	30 %
Total Carbohydrate	39.7 g	14 %
Dietary Fiber	6.7 g	24 %
Total Sugars	4.3 g	
Added Sugars	1.2 g	2 %
Protein	13.1 g	
Vitamin D	0 mcg	0 %
Calcium	56.5 mg	4 %
Iron	4.4 mg	25 %
Potassium	553.3 mg	12 %

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Full Info at cronometer.com

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3. Italian Pasta and Beans

Preparation Time: 30 minutes

Cost Per Serving: \$2.00

Makes 5 cups, (1 serving- 1 cup)

Ingredients

2 cans of beans (kidney, white beans, garbanzo, or pinto)
10 garlic cloves, smashed and chopped
2 large carrots, peeled, halved lengthwise if thick, sliced
2 celery stalks, sliced
4 tablespoon parmesan
1 large sprig of fresh rosemary (or 1 teaspoon of dried rosemary)
5 cups chicken broth
1 teaspoon dried oregano
1 teaspoon onion powder
1(15-ounce) can tomato sauce
8 ounces (about 1½ cups) ditalini pasta
1 tablespoon tomato paste
8 ounces green beans, cut into ½-inch lengths, optional
Kosher salt
Black pepper



Steps:

1. In a slow cooker, combine the beans, garlic, carrots, celery, Parmesan rind, rosemary, broth, oregano, and garlic and onion powders.
2. Cook on low until the beans are very tender, 6 to 7 hours or in a pressure cooker.
3. Increase the heat to high. Mix in the tomato sauce, ditalini, tomato paste, and green beans. Season with 2 teaspoons of salt and pepper.
4. Cover and cook until the pasta and green beans are just tender, 20 to 25 minutes.
5. Remove and discard the rosemary stem and Parmesan rind. Serve with grated Parmesan on top.

Italian Pasta & Beans		
Nutrition Facts		
Serving Size	1 Serving	
Amount Per Serving		
Calories	281.7	
	% Daily Value*	
Total Fat	3.9 g	5 %
Saturated Fat	1 g	5 %
Trans Fat	0.1 g	
Cholesterol	11.4 mg	4 %
Sodium	674.5 mg	29 %
Total Carbohydrate	49.9 g	18 %
Dietary Fiber	8.7 g	31 %
Total Sugars	9.8 g	
Added Sugars	0 g	0 %
Protein	14.9 g	
Vitamin D	0 mcg	0 %
Calcium	121.3 mg	9 %
Iron	3.4 mg	19 %
Potassium	765.9 mg	16 %
* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.		
Full Info at cronometer.com		</>

4. Ratatouille

Preparation Time: 30 minutes

Cost Per Serving: \$2.00

Makes 5 cups, (1 serving- 1 cup)

Ingredients:

- 1/2 white onion, finely chopped
- 2 garlic cloves, chopped
- 1 cup tomato puree
- 2 tablespoons butter
- 1 small eggplant
- 1 zucchini
- 1 yellow squash
- 1 longish red bell pepper
- 2 sprigs fresh thyme
- Salt and pepper
- 4 tablespoons soft cheese, for serving



Steps:

1. Preheat oven to 375 degrees F.
2. Pour tomato puree into the bottom of a baking dish. Stir in the sliced garlic cloves, chopped onion, olive oil, salt and pepper into the sauce
3. Cut the eggplant, zucchini, yellow squash, and red pepper into very thin slices using a mandolin or a sharp knife.
4. Atop the tomato sauce, arrange slices of prepared vegetables overlapping, alternating the vegetables.
5. Drizzle one tablespoon of melted butter over the vegetables and season with salt, pepper, and thyme.
6. Bake for approximately 45 to 55 minutes.
7. Serve with a dab of soft cheese.

Ratatouille		
Nutrition Facts		
Serving Size	1 Serving	
Amount Per Serving		
Calories	170.9	
% Daily Value*		
Total Fat	9.3 g	12 %
Saturated Fat	2.4 g	12 %
Trans Fat	0.1 g	
Cholesterol	4 mg	1 %
Sodium	215.3 mg	9 %
Total Carbohydrate	20.2 g	7 %
Dietary Fiber	7.2 g	26 %
Total Sugars	11.9 g	
Added Sugars	0 g	0 %
Protein	5.4 g	
Vitamin D	0 mcg	0 %
Calcium	55.5 mg	4 %
Iron	2.1 mg	12 %
Potassium	872 mg	19 %
* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.		
Full Info at cronometer.com		

5. Split Pea Soup

Preparation Time: 30 minutes

Cost Per Serving: \$1.82

Makes 5 cups, (1 serving- 1 cup)

Ingredients

- ½ lb ground turkey
- 1 teaspoon smoked paprika
- 2 tablespoons butter, plus more as needed
- 2 medium celery stalks, diced
- 4 garlic cloves, minced
- 1 medium onion, diced (about 1½ cups)
- Salt and black pepper
- 2 medium carrots, scrubbed and diced (about 1½ cups)
- 1 pound dried split green peas
- 2 fresh thyme sprigs
- 8 to 12 cups chicken stock or water
- Lemon wedges, for serving (optional)



Steps:

1. In a stock pot, cook the ground turkey until browned for 6-7 minutes.
2. Add the celery, garlic, carrot, onion, salt and pepper. Cook over medium heat, stirring occasionally, until tender, about 5 to 8 minutes.
3. Stir in the paprika, the split peas, thyme, and 8 cups stock of water. Bring to a boil.
4. Reduce the heat and simmer, partly covered, stirring occasionally, for about 45 minutes until peas are tender.
5. Blend the soup until smooth.
6. Serve hot.

Split Pea Soup

Nutrition Facts

Serving Size1 Serving

Amount Per Serving

Calories233.3

% Daily Value*

Total Fat5.3 g7 %

Saturated Fat1.3 g7 %

Trans Fat0.1 g

Cholesterol43 mg14 %

Sodium985.5 mg43 %

Total Carbohydrate27.5 g10 %

Dietary Fiber12.1 g43 %

Total Sugars3.6 g

Added Sugars0 g0 %

Protein20.2 g

Vitamin D0.1 mcg0 %

Calcium74.5 mg6 %

Iron2.2 mg12 %

Potassium681.7 mg15 %

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

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High fiber in legumes

Why and how should we add legumes to our diet?

- Adding legumes helps to add variety to our diet.
- Legumes are often neglected in our diets owing to the lack of knowledge about their preparation.
- In our recipes, we have incorporated legumes which are rich in fiber.
- They could be soaked before preparation and pressure-cooked for easy results.
- **Kidney beans, pinto beans, baked beans, black eye beans, chickpeas, and all varieties of pulses** are excellent sources of fiber.

How does fiber improve our health?

Fiber intake daily improves digestion, maintains body weight, blood sugar, and cholesterol levels, and improves heart and gut health. Fiber is also known to prevent certain types of cancers.

Insulin resistance is a condition where insulin is produced in our body, but our cells are unable to respond to it. Intake of processed foods increases insulin resistance.

On the contrary, consuming a fiber-rich diet at dinner helps in keep us satiated, keeps the fasting blood sugar under control, and prevents insulin resistance.

Fiber Highlights



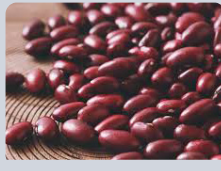
1/2 cup
Green
split peas

6g



1/2 cup
Chick
peas

5g



1/2 cup
Red
beans

5g



1/2 cup
Red
lentils

14g

**Let's add fiber
and flavor to
our diets!**

The University of Nevada, Reno Extension Office plays a key role in helping our community learn and grow. It belongs to the University's College of Agriculture, Biotechnology & Natural Resources. The Extension Office translates research into useful information to help the people of Nevada choose healthy practices and improve their quality of life. The Extension Office focuses on important areas like farming, gardening, nutrition, health, and community development.

The Extension Office is keen to promote public health and nutrition. We provide helpful resources and teach individuals and families how to make healthier food choices and be more active.

In short, the University of Nevada, Reno Extension Office is a valuable resource for our community. The Extension Office ensures that the benefits of science are experienced far beyond the campus, helping to improve lives and strengthen communities throughout Nevada.

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