



EXTENSION

College of Agriculture,
Biotechnology & Natural Resources

Hi-FiBER Lunch Recipes



Easy ways to add fiber to
your diet!



Grains



Beans/ Lentils



Fruits



Vegetables



Nuts & Seeds



Fiber for Health

Fiber is known to have many health benefits when included in our diet. It improves gut health. Fiber helps to maintain blood sugar levels, especially in people with diabetes. It removes excess bad fat in our digestive system, which can lower bad cholesterol concentrations in the blood. It reduces blood pressure and the risk of heart disease and stroke.

High-fiber foods can keep you satiated for a longer period, which can avoid cravings and help to maintain a healthy weight. Strive for 25-30 grams daily, and drink plenty of water as you gradually increase your intake. Embrace fiber for a healthier, more vibrant you!

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 achieve 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 has 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

Lunch Recipes

Veggie Overload

1. Turkey-Veggie Wrap

Preparation Time: 30 minutes

Cost Per Serving: \$0.89

Makes 4 wraps, (1 serving- 2 wraps)

Ingredients:

- ½ cup ground turkey
- ¼ cup carrots
- ¼ cup green beans
- 2 diced tomatoes
- 2 table spoons spaghetti sauce
- ½ cup shredded cheese
- 4 whole wheat tortillas 12-inch
- Salt and pepper to taste



Steps:

1. Place the ground turkey in a deep skillet. Cook over medium heat with salt and pepper.
2. Remove from fire. Add carrots and beans and mix. Check salt and spice and add more if needed.
3. Divide into four equal portions.
4. Place the tortillas on a plate. Arrange tomato slices in a row and spoon the turkey-veggie mix.
5. Add spaghetti sauce over the filling.
6. Fold the sides of the tortilla and roll them up.
7. Repeat this with the remaining tortillas.

Variations Serving Suggestions:

- Add any vegetables, including salad vegetables, or substitute pre-cooked cold meat for a no-cook wrap recipe

Turkey Veggie Wrap

Nutrition Facts

Serving Size1 Serving

Amount Per Serving

Calories399.9

% Daily Value*

Total Fat

14.9 g

19 %

Saturated Fat

7.5 g

38 %

Trans Fat

0.1 g

Cholesterol

55.6 mg

19 %

Sodium

943.3 mg

41 %

Total Carbohydrate

40.1 g

15 %

Dietary Fiber

7 g

25 %

Total Sugars

8.1 g

Added Sugars

2.8 g

6 %

Protein

20.9 g

Vitamin D

0.2 mcg

1 %

Calcium

324.1 mg

25 %

Iron

3.4 mg

19 %

Potassium

713.1 mg

15 %

* 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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2. Vegetable Brown Rice

Preparation Time: 45 minutes

Cost Per Serving: \$1.00

Makes 4 cups, (1 serving- 1 cup)

Ingredients

- 2 cups cooked brown rice
- 1 cup black beans
- 2 scrambled eggs
- ¼ cup chopped onions
- ¼ cup chopped carrots
- ¼ cup corn
- ¼ cup green beans
- 4 jalapeno peppers slit vertically.
- ½ tea spoon chopped ginger
- ½ tea spoon chopped garlic
- 2 table spoon soy sauce
- Salt to taste



Steps:

1. Heat a pan and add 4 tsp of oil or butter.
2. Sauté onions, chopped garlic, and ginger.
3. Add the vegetables and stir fry till crisp.
4. Add soy sauce, cooked rice, salt, and scrambled eggs and mix well.
5. Garnish with herbs and serve hot.

Variations

- Add any mixed vegetables, or shredded meat of your choice.

Vegetable Brown Rice		
Nutrition Facts		
Serving Size	1 Serving	
Amount Per Serving		
Calories	268.4	
% Daily Value*		
Total Fat	5.6 g	7 %
Saturated Fat	1.6 g	8 %
Trans Fat	0 g	
Cholesterol	93.9 mg	31 %
Sodium	1038.5 mg	45 %
Total Carbohydrate	43.9 g	16 %
Dietary Fiber	7.5 g	27 %
Total Sugars	3 g	
Added Sugars	0 g	0 %
Protein	11.3 g	
Vitamin D	0.6 mcg	3 %
Calcium	70.2 mg	5 %
Iron	2.4 mg	13 %
Potassium	444.1 mg	9 %
* 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		</>

3. Hi-Five Sandwich

Preparation Time: 30 minutes

Cost Per Serving: \$0.67

Makes 4 sandwiches, (1 serving- 1 sandwich)

Ingredients

- ¼ cup chickpeas
- ¼ cup chopped cilantro
- ¼ cup corn
- 1 tea spoon greek yogurt (optional)
- ¼ cup chopped bell peppers
- ¼ cup grated cucumbers
- Chili flakes to taste
- 8 slices whole wheat bread



Steps:

1. In a blender add chickpeas and cilantro to make a fine paste.
2. Add the corn, Greek yogurt, salt, and chili flakes and blend for a second to retain the corn texture.
3. Transfer it to a bowl and add chopped peppers and cucumbers/ zucchini.
4. Fill between the slices of whole wheat bread.
5. Toast the sandwich on both sides and serve hot.

Variations

- Lettuce leaves, tomato slices, cheese, and flavorings of your choice can be added

Hi-Five Sandwich	
Nutrition Facts	
Serving Size	1 Serving
Amount Per Serving	
Calories	270.9
% Daily Value*	
Total Fat	4.8 g 6 %
Saturated Fat	1.1 g 6 %
Trans Fat	0 g
Cholesterol	2.3 mg 1 %
Sodium	485.3 mg 21 %
Total Carbohydrate	44.6 g 16 %
Dietary Fiber	7.4 g 27 %
Total Sugars	6.8 g
Added Sugars	3 g 6 %
Protein	13.6 g
Vitamin D	0 mcg 0 %
Calcium	177.8 mg 14 %
Iron	3.1 mg 17 %
Potassium	442 mg 9 %
* 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. Almond Lentil Salad

Preparation Time: 15 minutes

Cost Per Serving: \$1.70

Makes 4 cups, (1 serving- 1 cup)

Ingredients:

- ½ cup canned red beans
- ½ cup chopped cucumber
- ½ cup chopped carrots
- ½ cups cooked lentils
- 3 cups spinach
- ¼ cup shredded cheese of choice
- ¼ cup chopped almonds
- ¼ cup chopped walnuts
- ¼ cup raisins
- Juice of half a lemon
- Salt to taste
- ½ tea spoon of ground pepper
- 1 biscuit of shredded wheat



Steps:

1. Rinse the canned items and dry them using a paper towel.
2. Mix all the ingredients
3. Add crushed shredded wheat before consuming for added texture and fiber.

Almond Lentil Salad		
Nutrition Facts		
Serving Size	1 Serving	
Amount Per Serving		
Calories	250.9	
% Daily Value*		
Total Fat	10.7 g	14 %
Saturated Fat	2.1 g	11 %
Trans Fat	0 g	
Cholesterol	6.3 mg	2 %
Sodium	161.1 mg	7 %
Total Carbohydrate	29.5 g	11 %
Dietary Fiber	7.2 g	26 %
Total Sugars	8.2 g	
Added Sugars	0 g	0 %
Protein	11 g	
Vitamin D	0 mcg	0 %
Calcium	136.2 mg	10 %
Iron	3.1 mg	17 %
Potassium	603.1 mg	13 %
* 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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5. Crisp Apple Salad

Preparation Time: 15 minutes

Cost Per Serving: \$1.36

Makes 4 cups, (1 serving- 1 cup)

Ingredients

3 cups romaine lettuce chopped

2 large apples chopped

¼ cup walnuts

¼ cup feta cheese

1 ½ cup garbanzo beans or chick
pease

3 table spoons of light oil and
vinegar dressing



Steps:

1. Chop romaine lettuce into 1-inch sections.
2. Core and chop apples into cubes
3. Rinse the canned items and dry them using a paper towel.
4. Add ingredients together and toss to combine.

Crisp Apple Salad		
Nutrition Facts		
Serving Size	1 Serving	
Amount Per Serving		
Calories	268.9	
% Daily Value*		
Total Fat	11.5 g	15 %
Saturated Fat	2.8 g	14 %
Trans Fat	0.2 g	
Cholesterol	13.7 mg	5 %
Sodium	416.1 mg	18 %
Total Carbohydrate	35 g	13 %
Dietary Fiber	7.9 g	28 %
Total Sugars	18.2 g	
Added Sugars	0.5 g	1 %
Protein	8.1 g	
Vitamin D	0.1 mcg	0 %
Calcium	129 mg	10 %
Iron	1.4 mg	8 %
Potassium	330.5 mg	7 %
* 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		</>

High fiber in fruits

- ◆ Did you know that an apple provides 4.5 grams of fiber?
- ◆ Fruits often do not require cooking.
- ◆ To get maximum benefit have whole fruits and do not puree them.
- ◆ Fruits are a powerhouse of micronutrients.
- ◆ They contain vitamin A, vitamin C, and other water-soluble vitamins

How does fiber improve our health?

Daily intake of fiber improves digestion, maintains body weight, blood sugar, and cholesterol levels, and improves heart and gut health. Fiber is 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. Consuming processed foods on a daily basis increases insulin resistance.

Fiber Highlights



1/2 cup
Green

2g



1/2 cup
Carrots

2g



1/2 cup
Beets

4g



1/2 cup
Apple

4g

**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.

Our Team

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