

## Sample Menu #9

### **Breakfast**

Egg, scrambled or hard-boiled, 1 large, or ¼ cup egg substitute  
Whole wheat English muffin, toasted, 1 muffin, with 2 teaspoons soft margarine  
Orange, 1 small  
Milk, 1%, 1 cup

### **Snack**

Pear slices, canned in juice or water, drained and transferred to a bowl and microwaved if desired, with cinnamon, ½ cup  
Milk, 1%, 1 cup



### **Lunch**

Hamburger, made with 2 ounces cooked lean ground beef, 1 small (2 ounce) whole wheat hamburger bun, lettuce and tomato, 2 teaspoons mustard  
Corn, fresh or frozen, boiled (or no-salt-added canned, drained, heated), ½ cup, with 1 teaspoon soft margarine  
Side salad, made with 1 cup romaine lettuce, ½ cup sliced cucumbers or other vegetable, 1 tablespoon reduced-fat salad dressing

### **Snack**

Vanilla wafers, 5 wafers  
Pumpkin dip, made with ¼ cup canned pumpkin, 1 tablespoon cream cheese, ½ teaspoon cinnamon, and sweetened with artificial sweetener

### **Evening meal**

Chicken and rice, made with ½ cup cooked brown rice, 1 teaspoon soft tub margarine, 3 ounces skinless chicken breast, fresh or canned, with salt-free seasoning to taste  
Honey-Kissed Carrots (recipe provided)  
Black-eyed peas, frozen or canned, rinsed, drained, heated, ½ cup  
Mixed berries, fresh or frozen, ½ cup, or other seasonal fruit you enjoy

### **Snack**

Yogurt, low-fat and low-calorie, vanilla or fruit-flavored, ¾ cup  
Whole grain, ready-to-eat, unsweetened cereal, fortified (like Cheerios®), ¼ cup

## Honey-Kissed Carrots

Serves 2

### Ingredients:

- 1½ cups carrots, peeled and sliced (about 3 medium carrots)
- ½ cup water
- 2 teaspoons honey
- ⅛ teaspoon ground cinnamon
- 1 teaspoon soft tub margarine



### Directions:

1. Place carrot slices and water into a microwave-safe bowl; cover with a paper towel.
2. Microwave on HIGH approximately 6 to 8 minutes, or until carrots are fork-tender, stirring halfway through cooking time (carefully – bowl will be hot).\*
3. While carrots are still warm, add in margarine, honey, and cinnamon, and stir to evenly glaze the carrots and melt the margarine.
4. Serve warm.

\*Individual cooking times may vary depending on your microwave oven. If you prefer to steam your carrots on the stovetop, this method would also be a good option.



#### Try this!

Carrot slices are great for dipping in low-fat dressing, peanut butter, or other dip for a quick and healthy snack. You can also roast them in the oven with other vegetables and combine with whole wheat pasta to go with an evening meal. Shredding carrots makes a great salad addition.

#### Estimated Nutrition Facts per serving:

**60** calories  
**1 g** total fat  
**0 g** saturated fat  
**12 g** carbohydrate  
**1 g** protein  
**2 g** fiber