

Class 6-10: Bunch of Lunch Trainers' Guide



Learning Objectives:

At the end of these four sessions, participants will be able to:

1. discuss at least two reasons to eat lunch;
2. discuss at least one way to make healthy soups;
3. demonstrate how to make a healthy sandwich or sandwich alternative;
4. describe how to make healthy fast food choices when eating out;
5. discuss at least three key components of a well-planned, healthy lunch



Class 6: Why Eat Lunch & Healthy Soups

Talking Points:

Why You Should Eat a Healthy Lunch

- A. Having a good lunch is important because it gives you the energy to stay alert. (Just be sure to stay away from heavy meals so you don't end up nodding off.)
- B. A satisfied stomach also won't growl every minute, allowing you and those around you to concentrate.
- C. Choosing to eat healthy can be cheaper than buying quick snacks. For example, a \$1.25 hotdog at the food cart with an 80-cent bag of chips and a 99-cent cup of soda adds up to a little more than \$3 with very little nutrition.
- D. A better choice would be buying a ham or turkey sandwich and bringing along a refillable bottle of water from home. Cost: \$2.75.
- E. You could also save more money by making your lunch at home.

Healthy Soups

- A. Study done in 2000 by researchers in Nebraska documented the health benefits of chicken soup
 - a. Dr. Stephen Rennard and colleagues, University of Nebraska Medical Center, "Chicken soup may contain a number of substances with beneficial medicinal activity."

- b. They found that chicken soup and many of its ingredients helped stop the movement of neutrophils - white blood cells that eat up bacteria and cellular debris and which are released in great numbers by viral infections like colds. Neutrophil activity can stimulate the release of mucous, which may be the cause of the coughs and stuffy nose caused by upper respiratory infections such as colds.
 - c. Vitamins and other agents in the ingredients could, plausibly, have biological action.
 - d. Even canned soups had some beneficial effects. The more vegetables, the higher the medicinal effects.
- B. Eating soup as a “first course” will reduce the amount you eat at a meal
- a. Broth-type soups are lower in calories than most cream soups, at 100-150 calories per serving
 - b. Soup cannot be eaten quickly, allowing the satiety from an increased blood sugar to kick in
 - c. Soups offer an opportunity for adding lots of vegetables to your diet
 - d. Soups are low-cost meal options that can often be made with leftovers

Recipes

RICH VEGETABLE SOUP

Ingredients

3 oz. lean, deli ham, diced
1 Tbsp canola or olive oil
2 leeks, cleaned and chopped
1 stick celery, chopped
1 onion, chopped
1 carrot, diced
3/4 cup lentils, rinsed and drained
3 1/2 cups chicken or vegetable stock
salt and pepper
1 bay leaf
2 tbsp chopped parsley

Directions

1. Cook the ham in oil in a large saucepan until it browns slightly.
2. Add the vegetables and fry gently for 5 minutes.
3. Add the lentils, stock, seasoning and bay leaf and simmer for 25-35 minutes until the lentils are tender.
4. Remove the bay leaf and stir in the parsley just before serving.

THREE-BEAN AND BROWN RICE SOUP (Crockpot Recipe)

Ingredients

1 can white kidney beans, drained and rinsed
1 can lima beans drained and rinsed
1 can black-eyed peas drained and rinsed
1 can diced tomatoes and green chilies
1 large carrot, chopped



1 yellow onion, diced
1/4 cup fresh Italian parsley, finely chopped
1 cup brown rice
1 bay leaf
3-4 cloves of garlic, minced or 1 Tbsp. granulated garlic
Pinch of cayenne
1 Tbsp. olive oil
ground black pepper and salt to taste

Directions

1. Add olive oil to bottom of crockpot. Turn on high. Add onions and bay leaf and let simmer for ten minutes, or until onions turn translucent.
2. Add garlic and stir until you smell cooked garlic aroma (you do not want the garlic to brown).
3. Add parsley, pinch of cayenne. Pour in can of tomatoes and chilis to stop the garlic from cooking.
4. Add the three cans of rinsed and drained beans to crockpot. Add carrots.
5. Add water until all ingredients are covered. Cover and cook on high all day.
6. Thirty minutes before serving, add cup of rice to crockpot. Turn on high and cover again. Salt and pepper to taste.

TOMATO BARLEY SOUP



Ingredients:

1 Tbsp. olive oil
2 carrots, sliced
2 onions, chopped
2 Tbsp. minced garlic
2-1/2 cups water
1 cup uncooked quick barley
2 (14 oz.) cans diced tomatoes, with juice
14 oz. can low sodium vegetable or chicken broth
1 tsp. pepper
1 tsp. dried thyme leaves

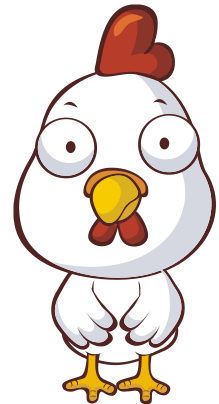
Directions

1. In heavy saucepan, heat olive oil; add carrots, onions, and garlic. Cook and stir over medium heat until vegetables are crisp tender, about 6 minutes.
2. Meanwhile, in another heavy saucepan or soup pot combine all remaining ingredients and bring to a boil over medium heat.
3. Add carrot mixture and bring to a boil again. Reduce heat to low, cover, and simmer until barley is tender, about 15 minutes.

HEARTY CHICKEN NOODLE SOUP

Ingredients

- 4 cups canned low-sodium chicken broth
- 2 tsp. ground black pepper
- 3 medium carrots, sliced
- 2 stalks celery, sliced
- 1/2 cup **uncooked** whole wheat egg noodles
- 1/2 cup shredded cooked chicken **or** turkey



Directions

1. Heat broth, black pepper, carrot and celery in 3-qt. saucepan over medium-high heat to a boil. Cook about 10 minutes
2. Stir noodles and chicken in saucepan. Reduce heat to medium. Cook 10 min. or until noodles are tender, stirring often.

Hint #1: Add additional leftover vegetables or canned diced tomatoes, if desired.

Hint #2: You can start with canned chicken noodle soup and add water and all the vegetables to it to reduce the sodium and increase the nutrition.