

High Fiber Meals

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Breakfast | Oatmeal with Raspberries:

- ½ cup rolled oats, cooked in 1 cup 1% milk
- ½ cup raspberries, fresh or frozen
- 2 tsp. honey

Cook oats and top with raspberries, honey and a pinch of cinnamon.

Calories: 337; 8 grams fiber

Lunch | Turkey & Cheese Melt

- 2 slices whole grain bread, toasted
- 2 tsp. Dijon mustard
- 4 slices low-sodium deli turkey
- 4 slices tomato
- 1 slice Cheddar cheese

Spread 1 slice of bread with mustard and layer on turkey, tomato and cheese. Toast until the cheese begins to brown and melt. Top with other slice of toast.

Calories: 393; 5 grams fiber

Lunch or Dinner | Chipotle Chicken Quinoa Burrito Bowl

- 1 tablespoon finely chopped chipotle peppers in adobe sauce
- 1 tablespoon extra-virgin olive oil
- ½ teaspoon garlic powder
- ½ teaspoon ground cumin
- 1 pound boneless, skinless chicken breast
- ¼ teaspoon salt
- 2 cups cooked quinoa
- 2 cups shredded romaine lettuce
- 1 cup canned pinto beans, rinsed
- 1 ripe avocado, diced
- ¼ cup prepared pico de gallo or other salsa
- ¼ cup shredded Cheddar or Monterey Jack cheese
- Lime wedges for serving

Preheat grill to medium-high or preheat broiler. Combine chipotles, oil garlic powder, and cumin in a small bowl. Oil the grill rack or a rimmed baking sheet, if broiling.

Season chicken with salt. Grill the chicken for 5 minutes or broil it on the prepared baking sheet for 9 minutes. Turn, brush with the chipotle glaze and continue cooking until an instant-read thermometer inserted in the thickest part registers 165 degrees F, 3 to 5 minutes more on the grill or 9 minutes more under the broiler.

Transfer to a clean cutting board. Chop into bite-size pieces. Assemble each burrito bowl with 1/2 cup quinoa, 1/2 cup chicken, 1/2 cup lettuce, 1/4 cup beans, 1/4 avocado, 1 tablespoon pico de gallo (or other salsa) and 1 tablespoon cheese. Serve with a lime wedge.

Calories: 452 (2 ½ cups); 9.4 grams fiber

