

## DESSERTS

### Lemon Squares

Yield: 16 servings (1 square per serving)

Source: "Forbidden Foods Diabetic Cooking"

1 cup cake flour	3 tbsp. all-purpose flour
2 tbsp. granulated sugar	½ tsp. baking powder
1 tsp. grated lemon zest	1/8 tsp. salt
1 tbsp. unsalted butter	2 eggs
2 tbsp. Canola oil	2/3 cup granulated sugar
3 tbsp. low-fat (1%) buttermilk	1/3 cup fresh lemon juice

Preheat the oven to 350 degrees F. Spray an 8 x 8-inch baking pan with non-stick cooking spray. In a small bowl, toss together the cake flour, 2 tbsp. sugar, and zest. With a pastry blender or 2 knives, cut the butter into the flour mixture until crumbly. Gradually add the oil, stirring with a fork until well blended. Sprinkle with the buttermilk and stir just until the dough begins to hold together. Press the dough into the bottom of the prepared baking pan. Bake until light golden along the edges, 13 to 15 minutes. In a small bowl, whisk together the flour, baking powder, and salt; set aside. In a large bowl, beat the eggs with the sugar and lemon juice until frothy. Add the reserved flour mixture and beat just until smooth, about 30 seconds. Pour the mixture over the hot crust and bake until the top is set and the edges are lightly browned, about 15 minutes. Cool completely in the pan and cut into 16 squares.

**Nutritional Information Per Serving (1 square):** Calories: 106, Fat: 3 g, Cholesterol: 29 mg, Sodium: 42 mg, Carbohydrate: 18 g, Dietary Fiber: 0 g, Sugars: 10 g, Protein: 2 g. **Diabetic Exchanges:** 1 Carbohydrate, 1/2 Fat.

### Fresh Fruit Calfouti

1-1/2 cups slice ripe nectarines, plums, peaches, or pitted cherries (about 10 oz. cut fruit)	2 tbsp. sugar
2/3 cup fat-free evaporated milk	½ tsp. pure vanilla extract
1 large egg, beaten, or 1/4 cup egg substitute	1/8 tsp. nutmeg, preferably freshly grated
2 tbsp. all-purpose flour	1/8 tsp. salt
	1 tbsp. sifted powdered sugar

Preheat the oven to 375 degrees F. Prepare an 8-inch glass pie plate with non-stick pan spray. Layer the fruit in the pie plate. Combine the milk, egg, flour, sugar, vanilla, nutmeg, and salt in a food processor. Process until smooth; pour over the fruit. Bake 35 to 40 minutes, or until puffed and golden brown. Serve warm or at room temperature. At serving time, sprinkle with powdered sugar and cut into 6 slices.

**Nutritional Information Per Serving (1 slice):** Calories: 92, Fat: 1 g, Cholesterol: 36 mg, Sodium: 92 mg, Carbohydrate: 17 g, Dietary Fiber: 1 g, Sugars: 13 g, Protein: 4 g Diabetic Exchanges: 1 Other Carbohydrate

### Oatmeal Lace Pennies

Yield: About 5-1/2 dozen cookies

Source: "America's Everyday Diabetes Cookbook" by Katherine E. Younker

1 cup old-fashioned rolled oats	½ tsp. salt
1 cup granulated sugar	1 egg, beaten
3 tbsp. all-purpose flour	½ cup margarine or butter, melted
1/4 tsp. baking powder	½ tsp. vanilla

Preheat oven to 350 degrees F. Line cookie sheet with foil, bright side up. In a bowl, mix together oats, sugar, flour, baking powder and salt. In another bowl, beat egg, margarine and vanilla. Add flour mixture and mix well. (If dough seems too soft, chill for 15 to 20 minutes to firm.) Drop by a rounded teaspoonful, about 2 inches apart, onto prepared cookie sheet. Bake in preheated oven for 8 to 10 minutes. Cool for 2 minutes on foil, then transfer to wire racks to cool completely.

**Nutritional Information Per Serving (1 cookie):** Calories: 32, Fat: 2 g, Carbohydrate: 4 g, Fiber: 0 g, Protein: 0 g, Sodium: 32 mg, Cholesterol: 7 mg. Diabetic Exchanges: 1/2 Other Carbohydrate, 1/2 Fat

## Peanut Butter-Coconut Raisin Granola Bars

Yield: 25 bars

Source: "America's Everyday Diabetes Cookbook" by Katherine E. Younker

1/3 cups rolled oats	1 tsp. baking soda
2/3 cup raisins	1/4 cup peanut butter
1/2 cup bran flakes	1/4 cup brown sugar
1/3 cup unsweetened coconut	3 tbsp. margarine or butter
3 tbsp. chocolate chips	3 tbsp. honey
2 tbsp. chopped pecans	1 tsp. vanilla

Preheat oven to 350 degrees F. Spray a 9-inch square pan with vegetable spray. Put rolled oats, raisins, bran flakes, coconut, chocolate chips, pecans, and baking soda in bowl. Combine until well mixed. In small saucepan, whisk together peanut butter, brown sugar, margarine, honey and vanilla over medium heat for approximately 30 seconds or just until sugar dissolves and mixture is smooth. Pour over dry ingredients and stir to combine. Press into prepared pan and bake for 15 to 20 minutes or until browned. Let cool completely before cutting into bars.

**Nutritional Information Per Serving (1 bar):** Calories: 97, Fat: 5 g, Carbohydrate: 13 g, Fiber: 1 g, Protein: 2 g, Sodium: 77 mg, Cholesterol: 0 mg. Diabetic Exchanges: 1/2 Fruit, 1/2 Other Carbohydrate, 1 Fat

## Granny Smith Apple Tart

Yield: 1 tart (8 servings)

Source: The New Family Cookbook for People with Diabetes

1 refrigerated fill-and-bake pie crust (7 to 7-1/2 oz.s)	1/4 cup packed brown sugar
3 large Granny Smith apples (about 1-1/2 pounds total), peeled, cored, and thinly sliced	1/4 cup sour half-and-half or 1/4 cup nonfat sour cream
2 tsp. fresh lemon juice	1 tbsp. quick-cooking tapioca
	1-1/2 tsp. ground cinnamon
	2 tsp. granulated sugar

Preheat the oven to 350 degrees F. Put the pie crust into a 9-inch-diameter tart pan with a removable bottom; press the crust against the fluted edge and trim off any pastry that extends over the top. Roll the trimmed dough into a ball; flatten to 1/4 inch and cut 2 or 3 shapes with a cookie cutter. Prick the tart shell in several places with the tines of a fork. Put the sliced apples in a large bowl; drizzle them with lemon juice and toss to mix. In a small bowl, blend the brown sugar, sour half-and-half, tapioca, and cinnamon. Fold the brown sugar mixture into the apples until all the fruit is coated. Spoon the apples into the tart shell; arrange the dough shapes on top of the apples. Sprinkle granulated sugar over the top. Bake for 35 minutes, or until the apples are tender. Cut in 8 equal slices. Serve hot or at room temperature.

**Nutritional Information Per Serving (1 slice):** Calories: 200, Fat: 8 g, Cholesterol: 8 mg, Sodium: 146 mg, Carbohydrate: 34 g, Dietary Fiber: 2 g, Sugars: 20 g, Protein: 1g Diabetic **Exchanges:** 2 Other Carbohydrate, 1 Fat

## Hawaiian Souffle Pudding

Yield: 1 Souffle (8 servings)

Source: The New Family Cookbook for People with Diabetes

2 cups orange juice	1 tsp. pure vanilla extract
1 cup white cornmeal	3 tbsp. sugar
1/4 tsp. salt	1 cup (2 oz.s) flaked unsweetened coconut
2 tbsp. margarine	4 large egg whites
1 cup fat-free evaporated milk	

Preheat the oven to 400 degrees F. Prepare a 1-1/2 quart souffle dish with non-stick pan spray. Combine the orange juice, cornmeal, and salt in a medium non-stick saucepan. Bring to a boil, whisking constantly. Reduce the heat; add the margarine. Cook and stir until thickened, about 5 minutes. Remove from the heat. Slowly whisk in the milk and vanilla. Stir in the sugar and coconut; mix well. Beat the egg whites to stiff peaks and fold them into the pudding. Pour the mixture into the souffle dish; bake 30 minutes. Reduce the oven temperature to 325 degrees F. and continue baking 15 minutes more, or until the souffle is puffed and golden brown. Cool 15 minutes. (The souffle will fall as it cools.) Serve warm or chilled.

**Nutritional Information Per Serving (about 3/4 cup):** Calories: 201, Fat: 5 g, Cholesterol: 1 mg, Sodium: 189 mg, Carbohydrate: 32g, Dietary Fiber: 2g, Sugars: 18g, Protein: 6g. Diabetic **Exchanges:** 2 Other Carbohydrate, 1 Fat

## Cranberry Nut Tea Cake

Yield: 1 Cake (9 Servings)

Source: The New Family Cookbook for People with Diabetes

1-3/4 cups all-purpose flour  
1/2 cup sugar  
2 tsp. baking powder  
1/2 tsp. salt  
1/2 tsp. ground cinnamon  
3/4 cup orange juice

1/3 cup plus 2 tbsp. Canola or corn oil  
1 large egg  
1/2 cup fresh or thawed frozen cranberries, chopped  
1/2 cup chopped walnuts  
1 tsp. grated orange zest  
1 tbsp. powdered sugar

Preheat the oven to 375 degrees F. Prepare an 8-inch square baking pan with non-stick pan spray. Combine the flour, sugar, baking powder, salt, and cinnamon in a medium bowl; mix to blend. Stir in the orange juice, oil, and egg. Fold in the cranberries, walnuts, and orange zest. Pour the batter into the prepared pan. bake for 25 to 30 minutes, until the top is firm and an inserted toothpick or knife comes out clean. Cool on a wire rack.

Before serving, sift powdered sugar on top of the cake and cut it into nine 2-1/2 inch squares.

**Nutritional Information Per Serving (1 piece-2-1/2 inch squares):** Calories: 299, Fat: 16 g, Cholesterol: 24 mg, Sodium: 218 mg, Carbohydrate: 35 g, Dietary Fiber: 1 g, Sugars: 15 g, Protein: 4 g **Diabetic Exchanges:** 2-1/2 Other Carbohydrate, 2-1/2 Fat

## Peanut Butter Cookies

Yield: 36 cookies (1 cookie per serving)

Source: "Forbidden Foods Diabetic Cooking"

1-1/4 cups all-purpose flour  
1 tsp. baking powder  
1/2 cup stick margarine  
1/2 cup granulated sugar

1/2 cup creamy (or crunchy) unsweetened peanut butter  
1 egg  
1 tsp. vanilla extract  
4 tsp. granulated sugar

In a small bowl, whisk together the flour and baking powder. In a large bowl, with an electric mixer at medium speed, beat the margarine until smooth. Add the sugar, peanut butter, egg, and vanilla; beat 1 minute. Slowly add the flour mixture and beat just until combined, about 1 minute. The dough will be crumbly. Cover and chill 30 minutes. Preheat the oven to 350 degrees F. Line a baking sheet with parchment paper. Measure the sugar onto a small plate. Roll the dough into 1-inch balls; place the balls 2 inches apart on the prepared baking sheet. Dip the bottom of a small juice glass into the sugar before flattening each ball to about 1/2-inch thickness. Bake until firm, about 7-9 minutes. With a spatula, gently remove the fragile cookies to a wire cooling rack.

**Nutritional Information Per Serving (1 cookie):** Calories: 74, Fat: 5 g, Cholesterol: 6 mg, Sodium: 55 mg, Carbohydrate: 7 g, Dietary Fiber: 0 g, Sugars: 3 g, Protein: 2g. Diabetic Exchanges: 1/2 Carbohydrate, 1 Fat

## Heartbeat Trifle

1 pkg. sugar-free vanilla pudding  
1 8-oz. nonfat yogurt, plain  
1 cup skim milk  
1 reduced calorie pound cake, cut into  
1/2 inch slices

1 pt. strawberries, sliced or 2 cups peeled and slice  
peaches  
1/4 cup orange juice  
3 pkg. artificial sweetener  
1 8-oz. light non-dairy whipped topping

Combine pudding, yogurt, and skim milk, Mix until smooth and allow setting for 3 minutes. In a separate bowl, combine orange juice, fruit and artificial sweetener. Line a glass bowl with half the pound cake; spread half the pudding over the cake. Top with half of the fruit mixture. Repeat layers. Garnish with non-dairy whipped topping. This recipe serves 8.

**Nutrition Information:** 3/4 cup, 179 calories, 5 grams of fat, 1 milligram of cholesterol and 200 milligrams of sodium.

## Oatmeal Raisin Cookies

Yield: About 54 cookies (27 servings)

Source: The New Family Cookbook for People with Diabetes

3/4 cup (1-1/2 sticks) margarine, at room temperature  
1/2 cup packed brown sugar  
1/2 cup granulated sugar  
1 large egg, or 1/4 cup egg substitute  
1 tsp. pure vanilla extract

1 cup all-purpose flour  
1 tsp. salt  
1/2 tsp. baking soda  
1/2 cup raisins, soaked in water and well drained  
3 cups rolled oats, quick-cooking or regular

Preheat the oven to 350 degrees F. In a large bowl, beat together the margarine, sugars, egg, 1/4 cup water, and vanilla until creamy. Combine the flour, salt, and soda in a medium bowl. Add to the creamed mixture. Add the raisins and rolled oats. Mix well. Drop by rounded teaspoonful on ungreased cookie sheets. Bake the cookies 12 to 15 minutes, or until set. Remove the cookies to wire cooling racks while still warm or they will stick to the pan. When they cool, store them in an airtight container.

**Nutritional Information Per Serving (2 cookies):** Calories: 137, Fat: 6 g, Cholesterol: 8 mg, Sodium: 173 mg, Carbohydrate: 20g, Dietary Fiber: 1g, Sugars: 10g, Protein: 2g. Diabetic Exchanges: 1 Other Carbohydrate, 1 Fat

## Raisin Oatmeal Cookies

Yield: 2-1/2 dozen cookies (1 per serving)

Source: "1,001 Recipes For People with Diabetes" by Surrey Books

6 tbsp. margarine, softened  
1/4 cup fat-free sour cream  
1 egg  
1 tsp. vanilla  
1 cup packed light brown sugar  
1-1/2 cups quick-cooking oats

1 cup all-purpose flour  
1/2 tsp. baking soda  
1/4 tsp. baking powder  
1 tsp. ground cinnamon  
1/2 cup raisins for baking

Mix margarine, sour cream, egg, and vanilla in large bowl; beat in brown sugar. Mix in combined oats, flour, baking soda, baking powder, and cinnamon. Mix in raisins. Drop dough onto greased cookie sheets, using 2 tbsp. for each cookie. Bake at 350 degrees F. until browned, 12 to 15 minutes. Cool on wire racks.

**Nutritional Information Per Serving (1 cookie):** Calories: 90, Fat: 2.7 g, Cholesterol: 7.1 mg, Sodium: 57 mg, Protein: 1.5 g, Carbohydrate: 15.3 g Diabetic Exchanges: 1 Bread/Starch, 1/2 Fat

## Splenda Apple Pie

2 9-inch pie crusts  
7 cups thin-sliced, cored peeled baking apples (about medium)  
1 cup Splenda Granula

3 tbsp. cornstarch  
3/4 tsp. cinnamon  
1/4 tsp. ground nutmeg  
1/4 tsp. salt

Prepare first pie crust and set into a 9-inch pie pan. Combine Splenda, cornstarch, cinnamon, nutmeg and salt in a small bowl. Sprinkle the mixture over apples and toss in a large bowl. Pour apple mixture into the pie crust. Place the second crust over the filling. Seal edges, trim and flute. Make small openings in the top crust following your preferred pattern. Bake in a preheated oven at 425° F until the top crust is golden (about 40 to 50 minutes). Chill before serving or serve warm.

**Nutritional Information Per-Serving** 1/12 pie. 165 Calories. Carbohydrates: 25 g. Exchanges: fruit .5, fat 1, starch 1.

## Sweet Potato Pie

1 (16 oz.) can or 2 cups mashed sweet potatoes  
3 eggs  
1/4 tsp. salt  
1 tsp. cinnamon  
1/4 tsp. ground nutmeg

1 (12 oz.) can evaporated skim milk  
5 1/2 tsp. sweetener or 18 individual packets Equal or Sweet 'N Low  
1/2 tsp. ground ginger  
1 pastry pie shell

Beat sweet potatoes, evaporated milk and eggs in medium bowl. Beat in remaining ingredients. Pour mixture into pastry shell. Bake in preheated 425°F oven 15 minutes; reduce heat to 350°F and bake 40 minutes or until knife inserted near center comes out clean. Cool on wire rack.

## Pumpkin Pie

6 tbsp. reduced calorie margarine  
1 1/4 cups graham cracker crumbs  
1 can (16 oz.) solid pack pumpkin  
1 can (12 oz.) evaporated skim milk  
1/2 cup packed brown sugar  
1 egg

2 egg whites  
1 tsp. ground cinnamon  
1 tsp. vanilla  
1/2 tsp. ground ginger  
1/4 tsp. ground nutmeg  
1/8 tsp. ground cloves

Preheat oven to 350°F. Melt margarine in small saucepan over medium heat. Stir in graham cracker crumbs until well blended. Press mixture firmly onto bottom and up side of 9-inch pie plate. Bake 10 minutes. Combine remaining ingredients in a large bowl until well blended. Pour into prepared pie crust. Bake 30 to 40 minutes or until knife inserted in center comes out clean. Cool completely in pan on wire rack before serving. Makes 12 servings.

Exchange: 1 starch, 1/2 milk, 1 fat

## Diabetic Fudge Candy

1/4 cup diet margarine  
2 oz. unsweetened chocolate  
1 cup Equal  
1 tsp. vanilla

8 oz. reduced fat cream cheese, softened  
1/2 cup chopped nuts or Grape-nuts (not flakes)

Melt margarine over low heat, add chocolate and stir until it is melted. Stir in Equal and vanilla. Combine chocolate with cream cheese and beat until smooth. Stir in nuts or Grape-nuts. Spread in a lightly greased 8 inch x 8 inch pan. Refrigerate until firm. Store in the refrigerator. Next time you can add more Equal if it is not sweet enough.

## Diabetic Coconut Candy

1 1/4 cups unsweetened grated coconut  
1/2 cup milk  
2 tsp. unflavored gelatin

1 tsp. cornstarch  
1 tsp. vanilla

Combine 1/4 cup coconut, milk, gelatin and cornstarch in a blender until smooth. Pour into a saucepan; cook and stir until thickened.. Remove from heat, stir in vanilla and remaining coconut. Form into 16 patties and dip into semisweet dipping chocolate.

Exchange, 1 candy: 1/3 whole milk, 1/2 fat, calories, 1 candy: 66, carbohydrates, 1 candy: 4 g.

### **Diabetic Chocolate Crunch**

1 cup nonfat dry milk powder	3 tbsp water
½ cup unsweetened cocoa powder	1-1/2 cups chow mien noodles
2 tbsp. liquid fructose	

Combine milk powder and cocoa in a blender or food processor. Process until it is a fine powder. Stir in fructose and water, beating until smooth and creamy. Slightly crush noodles and fold into chocolate mixture. Drop by teaspoonfuls onto waxed paper. Cool to room temperature.

Exchange, 1 piece: 1/5 bread Calories, 1 piece 11 Carbohydrates, 1 piece: 3 g

### **Diabetic Fudge**

13 oz can evaporated skim milk	dash of salt
3 tbsp unsweetened cocoa powder	1 tsp vanilla
1/4 cup butter	2-1/2 cups unsweetened cereal crumbs
1 tbsp granulated fructose	1/4 cup nuts, chopped very fine

Combine milk and cocoa; cook and beat over low heat until cocoa is dissolved. Add butter, fructose, salt and vanilla. Bring to a boil, reduce heat and cook 2 minutes. Cool 15 minutes, divide in half; roll each half into an eight inch long stick. Roll each stick in finely chopped nuts, wrap in waxed paper and refrigerate overnight. Cut into 1/4 inch thick slices.

Exchange, 1 candy: 1/4 bread. 1/4 fat Calories, 1 candy 30 Carbohydrates, 1 candy: 4 g

### **Diabetic Chocolate for Dipping**

1 cup nonfat dry milk powder	½ cup (125 ml) water
1/3 cup unsweetened cocoa	1 tbsp (15 ml). vegetable oil
2 tbsp grated paraffin wax	1 tbsp (15 ml). liquid fructose

Combine milk powder, cocoa and wax in a blender or food processor. Process to a soft powder. Place in a double boiler over hot (not boiling) water. Cook and stir until wax is completely melted and mixture is smooth and creamy. Remove from heat; stir in fructose. Allow to cool slightly. Dip candies in chocolate, shake off excess and place on waxed paper to cool. If you have trouble removing candies from waxed paper; slightly warm a cookie sheet, lay waxed paper with candies on the cookie sheet and remove them.

Exchange, full recipe: 3 low-fat milk, Calories, full recipe: 427, Carbohydrates, full recipe: 30 g

### **Diabetic Butter Rum Candy**

5 cups unsweetened puffed rice	2 tsp. butter rum flavoring
3 tbsp. granulated fructose	1 tsp. vanilla
2 egg whites	

Pour puffed rice into a blender and process to a powder. Pour into a bowl. Add remaining ingredients. Mix with a wood or plastic spoon until completely blended. Form sticky mixture into 20 patties. Place on an ungreased cookie sheet. Bake at 300°F. for 20 minutes or until surface feels dry.

Exchange, 1 candy: 1/5 bread calories, 1 candy: 23 carbohydrates, 1 candy: 3 g.

## Splenda Apple Pie

2 9-inch pie crusts	3 tbsp. cornstarch
7 cups thin-sliced, cored peeled baking apples (about medium)	3/4 tsp. cinnamon
1 cup Splenda Granular	1/4 tsp. ground nutmeg
	1/4 tsp. salt

Prepare first pie crust and set into a 9-inch pie pan.

Combine Splenda, cornstarch, cinnamon, nutmeg and salt in a small bowl. Sprinkle the mixture over apples and toss in a large bowl. Pour apple mixture into the pie crust.

Place the second crust over the filling. Seal edges, trim and flute. Make small openings in the top crust following your preferred pattern. Bake in a preheated oven at 425° F until the top crust is golden (about 40 to 50 minutes).

Chill before serving or serve warm.

Serving size: 1/12 pie. 165 Calories. Carbohydrates: 25 g.

Exchanges: fruit .5, fat 1, starch 1.

## Cherry Pie and Whipped Topping

1 Pre-baked single pie crust	1 tablespoons cornstarch
2 cans 16 ounce sweetened red cherries	1/4 tsp. almond flavoring
1 cup liquid from the cherries	1 cup sugar substitute

Drain cherries well, reserving 1 cup liquid. Set cherries aside and combine 1 cup liquid and cornstarch. Cook and stir over moderate heat until thickened and transparent and the starch taste is gone. Remove from heat and add sugar substitute, almond flavoring and cherries. Taste and add more sweetener, if desired. Cool to room temperature. Spread filling evenly in crust. Let set at least 15 minutes.

## Whipped Topped

1/2 cup instant dry milk	2 tbsp. sugar
1/2 cup water	1/4 cup dry sugar substitute (opt)
2 tbsp. lemon juice	1/2 tsp. vanilla

Combine dry milk and water and refrigerate for 30 minutes. Beat at high speed for 4 minutes. Add lemon juice to whipped milk and beat at high speed for 4 minutes. Stir in sugar and sugar substitute while it is being beaten. Add vanilla to whipped topping and refrigerate until use.

## Washington's Cherry Pie

9 inch unbaked pie shell	2 egg yolks
2 cups unsweetened cherries	1/4 cup evaporated milk
1/4 cup soft margarine	1/2 tsp. vanilla extract
1 tbsp. flour	2 egg whites
1/2 cup sugar replacement	2 tsp. granulated sugar replacement.

Drain cherries; pour into unbaked pie shell. Cream margarine, flour, and sugar replacement. Add egg yolks and beat until smooth. Add evaporated milk and vanilla extract. Pour over cherries. Bake at 450° F. for 10 minutes. Reduce heat. Bake at 350° F for 30 minutes.

Whip egg whites until soft peaks form. Add granulated sugar replacement; whip until thick and stiff. Top pie filling with meringue, carefully sealing edges. Bake at 350° F for 12-15 minutes, or until delicately brown.

1 serving (1/8 of piece) = 1 fruit, 1 fat, plus pie shell exchange calories - 88 plus pie shell calories.

## Cherry-Berry Compote

(Add a twist of lemon peel for a sugar-free garnish.)

1 tablespoon cornstarch  
Low calorie powdered sugar substitute to equal 2  
tablespoons  
2- 3 drops almond extract

2 cups fresh strawberries or frozen unsweetened whole  
strawberries, thawed  
3 cups fresh pitted dark sweet cherries, thawed

For sauce, in a medium saucepan cook and stir cornstarch and 3/4 cup cold water till thickened and bubbly. Cook and stir 2 minutes more. Remove from heat. Stir in sugar substitute, lemon juice, and almond extract.

Halve any large strawberries. Stir strawberries and cherries into sauce. Transfer to a bowl Cover and chill 2 to 24 hours. Makes 8 (1/2 cup servings). One serving equals: 1 fruit exchange.

## Pumpkin Pie

1 1/2 cup pumpkin; canned or fresh cooked  
non nutritive sweetener equivalent to 3/4 cup sugar  
1/2 tsp. salt  
1 1/4 tsp. cinnamon  
1/2 tsp. ground ginger; or to taste

1/4 tsp. ground nutmeg; or to taste  
1/4 tsp. ground cloves; or to taste  
2 large eggs; slightly beaten  
1 1/4 cup nonfat milk  
2 cup nonfat evaporated milk  
1 9-inch pie crust, unbaked

Preheat the oven to 400°F. Combine the pumpkin, sweetener, salt and spices, blending well then blend in the eggs, milk and evaporated milk. Pour into the unbaked pastry shell and bake until a knife inserted between the center and outside come out clean. Cool to room temperature before serving.

Pie crust:

1 1/3 cup flour; sifted  
1/2 tsp. salt

1/2 cup diet margarine; melted  
2 tbsp. cold water

Sift the flour and salt together, then dribble the margarine over the surface. Stir, with a fork, until completely mixed then add the water to the margarine-flour mixture and stir until a smooth ball is formed. Roll out the dough to fit the pie pan. Place in the pie pan and flue the edges with the fork. Refrigerate if the crust is to be filled prior to baking. If baked unfilled, make several cuts with a sharp knife in the bottom and sides of the crust. Bake at 450°F for 13 to 15 minutes or until golden brown.

Exchange Per Serving: Pie = 1/4 lean meat, 3/4 milk, 1/6 bread calories per serving filling 135. Exchange Pie Crust: 1/8 crust = 1 bread, 1 1/2 fat calories per serving: 130.

## Double Layer Diabetic Chocolate Pie

4 oz. Cream Cheese, softened 1 Tbsp. milk 1 Tbsp. sugar  
1 tub (8 oz.) cool whip Whipped Topping, thawed, divided

1 ready-to-use chocolate flavor crumb crust (6 oz. or 9 in.)  
2 cups cold milk 2 pkg. (4-serving size) jell-O Chocolate  
Flavor Instant Pudding & Pie Filling Cool whip Whipped  
Topping (optional)

Mix cream cheese, 1 tablespoon milk and sugar in large bowl with wire whisk until smooth. Gently stir in 1-1/2 cups of the whipped topping. Spread on bottom of crust. POUR 2 cups milk into bowl. Add pudding mixes. Beat with wire whisk until well mixed. (Mixture will be thick.) Immediately stir in remaining whipped topping. Spread over cream cheese layer. Refrigerate 4 hours or until set. Garnish with additional whipped topping, if desired. Store leftover pie in refrigerator.

## Chocolate Cake

6 tsp. reduced-calorie stick margarine  
1/4 cup unsweetened cocoa powder  
1/2 tsp. chocolate extract  
1 cup plus 2 tbsp. all-purpose flour  
2 tsp. baking powder  
1 tsp. baking soda  
1/4 tsp. salt  
1/4 cup plus 2 tbsp. sugar

12 packets or 4 tsp. bulk Sweet 'n Low granulated sugar substitute, divided  
1/4 cup liquid egg substitute  
2 tsp. vanilla extract  
1 tsp. grated orange peel  
1/2 cup buttermilk  
2 large egg whites, at room temperature  
1/4 tsp. cream of tartar

Preheat oven to 325°F. Spray Bundt pan with nonstick cooking spray; set aside. In small saucepan over medium heat, melt 2 tbsp. Margarine; remove from heat. Stir in cocoa and chocolate extract. Set aside to cool. Into small bowl, sift together flour, baking powder, baking soda and salt. Set aside.

In a large bowl with electric mixer at medium speed, cream remaining margarine, sugar, 9 packets Sweet'n Low ( or 3 tsp. bulk), egg substitute, vanilla and orange peel. Beat in reserved chocolate mixture. Add flour mixture alternately with buttermilk, beginning and ending with flour and beating well after each addition.

In a large metal bowl with electric mixer at high speed, beat egg whites, cream of tartar and remaining Sweet'n Low until stiff peaks form. Spoon into a prepared pan. Bake 30 minutes or until wooden toothpick inserted in center comes out clean. Cool 10 minutes. Remove cake from pan and cool completely on rack.

Yields 12; 1 starch, 1 fat; 112 calories.

## Kolache

1/2 cup butter or margarine, softened  
3 oz regular or reduced calorie cream cheese, softened  
1 tsp. vanilla  
1 cup all-purpose flour

1/8 tsp. salt  
6 tsp. no-sugar-added fruit spread, assorted flavors  
1 egg  
1 tsp. cold water

Combine butter and cream cheese in large bowl; beat until smooth and creamy. Blend in vanilla. Combine flour and salt; gradually add to butter mixture, mixing until mixture forms soft dough. Divide dough in half; wrap each half in plastic wrap. Refrigerate until firm. Preheat oven to 375°F. Roll out half of dough on lightly floured pastry cloth or board to 1/8 inch thickness. Cut with top of glass or biscuit cutter into 3-inch rounds. Spoon 1/2 tsp. fruit spread into center of each dough circle. Beat eggs with water; lightly brush onto edges of dough circle. Beat eggs with water; lightly brush onto edges of dough circles. Bring three edges of dough up over fruit spread; pinch edges together to seal. Place on ungreased cookie sheets; brush with egg mixture. Repeat with remaining dough and fruit spread. Bake 12 minutes or until golden brown. Let stand on cookie sheets one minute; transfer to wire rack. Cool completely. Store in tightly covered container. Yield: 24. One Kolache a serving size. Exchange 1/3 Starch/Bread, 1 Fat.

## Chewy Pineapple Pecan Squares

Yields 24 squares.

Source: Cinnamon Hearts - The Art of Living A Winning Diabetic Lifestyle

1 cup unbleached flour  
1 cup whole wheat flour  
1 cup brown sugar  
1/2 cup 30% less fat margarine  
1/2 cup toasted, chopped pecans  
1 tsp. cinnamon

1 tsp. baking soda  
1/4 teaspoon salt  
1 egg  
1 tsp. pure vanilla extract  
8 oz. crushed pineapple in juice, drained  
1/2 cup nonfat vanilla yogurt  
1/4 cup light sour cream

Preheat oven to 350 degrees F. Stir flours, sugar and margarine together until mixture is finely crumbled. Stir in nuts. Press 2 cups of flour mixture onto bottom of 13 x 9-inch baking pan which has been sprayed with vegetable coating. Stir cinnamon, baking soda and salt into remaining flour mixture. Beat in egg, vanilla, light sour cream and vanilla yogurt until blended. Stir in pineapple. Pour batter evenly over pressed flour mixture in pan. Bake for 40 minutes or until batter pulls away from sides of pan. Cool slightly before cutting.

Nutritional Information per serving: 164 cal; 4g fat; 31g carb; 2g pro; 6mg chol; 133mg sodium. Diabetic Exchanges: 1 Bread/Starch; 1 Fat

## Diabetic Ice Cream

8 ounces Pet Lite Milk 4 packs sugar substitute

1 teaspoon vanilla extract

Add one of the following:

2 ripe peaches, peeled and diced 1 banana, mashed 4 slices pineapple with juice

8 ounces orange juice 2 cups strawberries, crushed 2 cups raspberries, crushed

Mix all together and put in freezer of refrigerator until hardened. Remove; break up. Put into blender and whip until creamy. Serve. This can also be made in a small electric machines, or one that goes in the freezer.

**Nutrition Information:** Calories: 75. Exchanges: ½ Milk and 1/2 Fruit

## Diabetic Thanksgiving Cheesecake

Source: Home Cooking Magazine 11/91

1 (3 ounce ) box any flavor sugar-free gelatin 8 ounces light cream cheese 1 package D-Zerta topping, whipped as package directs

2 cups graham cracker crumbs 22 packets Sweet n' Low 7 tablespoons margarine, from sticks

Dissolve gelatin in 1 cup warm water. Set aside to cool. Mix together 6 packages Sweet n' Low and graham cracker crumbs. Add melted margarine. Press 2 cups of crumb mixture firmly into 9 x 13-inch pan. Reserve rest for top. Cream 16 packages of Sweet n' Low with cream cheese. Stir in prepared whipped topping. Pour mixture over crust and sprinkle with remaining cracker crumbs. Chill 3-4 hours. Also freezes well.

**Nutrition Information:** - 37 calories per square.

## Sugar-Free Confectioner's Sugar

2 cups nonfat dry milk powder 2 cups cornstarch

1 cup granulated sugar replacement

Combine all ingredients in food processor or blender. Whip until well blended and powdered.

**Exchange:** 1/4 cup: 1 bread; Calories 1/4 cup: 81

## Strawberry Whip

1/2 cup diet strawberry carbonated soda 2 envelopes unflavored gelatin 2 cups fresh strawberries, washed and hulled

1 1/4 cups crushed ice  
Strawberry flavored extract to taste  
Sugar substitute to taste

Heat strawberry soda in saucepan. Pour hot diet soda, dry gelatin and 1 cup of strawberries into blender; cover and blend 30 seconds. Add crushed ice; blend 20 seconds longer. Add remaining strawberries; blend about 3 seconds. Add strawberry flavored extract and sugar substitute as desired. Pour into chilled serving bowl. Chill 1 hour or until partially set. Spoon into 8 serving dishes.

Each serving equals: ½ cup free food

## Instant Banana Pudding

2 or 3 bananas 1 large box banana cream sugar-free pudding

1 large container Cool Whip® 1 box Murray sugar-free vanilla wafers

Mix pudding as directed on box adding about 1/2 cup more milk. Mix in half of the Cool Whip. Place a layer of wafers in bottom of dish. Slice bananas and place on top, then add some of the pudding mixture. Repeat layers. Spread the remaining Cool Whip on top. Refrigerate at least 2 hours before serving

## Chocolate Cream Pie

Pastry for single-crust 9-inch pie  
1/3 cup cornstarch  
1/4 to 1/3 cup European or Dutch-process cocoa  
10-3/4 teaspoons **Equal** for Recipes, **or** 36 packets  
**Equal** sweetener, **or** 1-1/2 cups **Equal** Spoonful™™™  
1/8 teaspoon salt

3 cups skim milk  
2 eggs  
2 egg whites  
1 teaspoon vanilla  
8 tablespoons thawed frozen light whipped topping

Equal sweetener can be substituted with other sweetener products. Nutrition contents might be different from those listed below.

Roll pastry on lightly floured surface into circle 1 inch larger than inverted 9-inch pie pan. Ease pastry into pan; trim and flute edge. Pierce bottom and side of pastry with fork. Bake in preheated 425°F oven until crust is browned, 10 to 15 minutes. Cool on wire rack. Combine cornstarch, cocoa, **Equal** and salt in medium saucepan; stir in milk. Heat to boiling over medium-high heat, whisking constantly. Boil until thickened, about 1 minute. Beat eggs and egg whites in small bowl; whisk about 1 cup chocolate mixture into eggs. Whisk egg mixture into chocolate mixture in saucepan. Cook over very low heat, whisking constantly, 30 to 60 seconds. Remove from heat; stir in vanilla. Spread hot filling in baked crust; refrigerate until chilled and set, about 6 hours. Cut into wedges and place on serving plates; garnish each serving with dollop of whipped topping, if desired.

Yield: Makes 8 servings.

**Nutritional Information:** Each serving provides: amount per serving. Calories: 188, Protein 7 g  
Total Carbohydrates 25 g, Total Fat 7 g. Cholesterol 60 mg, Sodium 174 mg. **Food Exchanges:** 1/2 milk, 1 bread, 1-1/2 fat  
. 50% calorie reduction from traditional recipe.

## Key Lime Pie

1 cup graham cracker crumbs  
3 tablespoons melted margarine  
1 teaspoon **Equal**®® for Recipes **or** 3 packets **Equal**®®  
sweetener **or** 2 tablespoons **Equal**®® Spoonful™™™  
1 envelope (1/4 ounce) unflavored gelatin 1-3/4 cups skim  
milk

1 package (8 ounces) reduced-fat cream cheese,  
softened  
1/3 to 1/2 cup fresh lime juice  
3-1/2 teaspoons **Equal**®® for Recipes?? **or** 12 packets  
**Equal**®® sweetener?? **or** 1/2 cup **Equal**®® Spoonful™™™  
Lime slices, raspberries and fresh mint sprigs, for garnish  
(optional)

Equal®® sweetener can be substituted with other sweetener products. Nutrition contents might be different from those listed below.

Combine graham cracker crumbs, margarine and 1 teaspoon Equal® for Recipes in bottom of 7-inch springform pan; pat evenly on bottom and 1/2 inch up side of pan. Sprinkle gelatin over 1/2 cup milk in small saucepan; let stand 2 to 3 minutes. Cook over low heat, stirring constantly, until gelatin is dissolved. Beat cream cheese in small bowl until fluffy; beat in remaining 1-1/4 cups milk and gelatin mixture. Mix in lime juice and 3-1/2 teaspoons Equa® for Recipes. Refrigerate pie until set, about 2 hours. To serve, loosen side of pie from pan with small spatula and remove side of pan. Place pie on serving plate; garnish with lime slices, raspberries and mint, if desired.

Yield: Makes 8 servings.

**Nutritional Information:** Each serving provides: amount per serving Calories: 200 Protein 7 g Total Carbohydrates 19 g.  
Total Fat 11 g Cholesterol 17 mg Sodium 254 mg. Food Exchanges: 1/2 milk, 1 bread, 2 fat  
33% calorie reduction from traditional recipe.

## Apricot Bars

Yield: 20 servings

Source: "Forbidden Foods Diabetic Cooking" by Maggie Powers

3/4 cup dried apricots, divided	1 egg
1/3 cup water	1/2 cup granulated sugar
3/4 cup all-purpose flour	1 tablespoon canola oil
1 teaspoon baking powder	1 tablespoon grated lemon zest
3/4 teaspoon cinnamon	1 teaspoon vanilla
1/4 teaspoon baking soda	2 teaspoons powdered sugar

Preheat the oven to 350 degrees F. Spray an 8x8-inch baking pan with nonstick cooking spray. In a small saucepan, simmer 1/2 cup of the apricots in the water, covered, for 2 minutes. Cool, but do not drain. In a small bowl, dice the remaining apricots.

Meanwhile, in a medium bowl, whisk together the flour, baking powder, cinnamon, and baking soda. Stir in the diced apricots. In a blender, add the cooled apricot mixture and puree, about 1 minute. Add the egg, granulated sugar, oil, zest, and vanilla and mix until just blended, about 30 seconds. Pour this mixture into the middle of the flour mixture and stir until just combined. Spread in the prepared pan and bake until golden brown and edges begin to crust, 18-20 minutes. Sprinkle powdered sugar over the warm bars. Cool before cutting.

**Nutritional Information Per Serving (1 bar):** Calories: 59, Fat: 1 g, Cholesterol: 11 mg, Sodium: 38 mg, Carbohydrate: 12 g, Dietary Fiber: 1 g, Sugars: 7 g, Protein: 1 g Diabetic Exchanges: 1 Carbohydrate.

## Old Fashioned Apple Crisp

Yield: 8 servings

Source: "Forbidden Foods Diabetic Cooking" by Maggie Powers

2 large baking apples, peeled, cored, and sliced (4 cups)	1/2 teaspoon cinnamon
1/3 cup old-fashioned rolled oats	1/4 teaspoon nutmeg
1/3 cup firmly packed brown sugar	1/4 cup margarine
1/3 cup all-purpose flour	1 cup lite whipped topping

Preheat then oven to 375 degrees F. Spray an 8x8-inch round cake pan with nonstick cooking spray. Place the apples in the bottom of the prepared pan; they should almost fill the pan.

In a medium bowl, stir together the oats, sugar, flour, cinnamon, and nutmeg. Cut in the margarine with a pastry blender or 2 knives until the mixture resembles coarse crumbs, 2-3 minutes. Spoon this mixture on top of the apples. bake until the top is crispy and lightly browned, 30 to 35 minutes. Top each serving with 2 tablespoons whipped topping.

**Nutritional Information Per Serving (1/8 of recipe):** Calories: 168, Fat: 7 g, Cholesterol: 0 mg, Sodium: 72 mg, Carbohydrate: 25 g, Dietary Fiber: 2 g, Sugars: 17 g, Protein: 1 g. Diabetic Exchanges: 1-1/2 Carbohydrate, 1-1/2 Fat

## CHOCOLATE PEANUT PUFFED RICE BARS

Yield: 9 servings

Source: "Forbidden Foods Diabetic Cooking" by Maggie Powers

1/4 cup light corn syrup	2 tablespoons mini-chocolate chips
2 tablespoons creamy peanut butter	2 cups puffed rice cereal

Spray an 8x8-inch baking pan with nonstick cooking spray.

In a medium saucepan, combine the corn syrup, peanut butter, and chocolate chips. Cook on low heat until the peanut butter and chocolate chips are melted, 3 minutes.

Remove from the heat and stir in the puffed rice until well incorporated. Spread in the prepared pan and cool for 10 minutes before cutting.

**Nutritional Information Per Serving (1 piece):**

Calories: 70, Fat: 3 g, Cholesterol: 0 mg, Sodium: 28 mg, Carbohydrate: 12 g, Dietary Fiber: 0 g, Sugars: 6 g, Protein: 1 g Diabetic Exchanges: 1 Carbohydrate

## BEVERAGES

### Blueberry Smoothie

Yield: 2 servings

1 cup blueberries  
8 oz. fat-free artificially sweetened blueberry yogurt  
Sugar substitute equivalent to 2 tsp. sugar  
3 cups ice cubes

Place blueberries and yogurt in a blender and blend until smooth. Add sugar substitute and ice and blend until thick.

**Nutritional Information Per Serving (1/2 of recipe):** Calories: 104, Fat: 0 g, Cholesterol: 2 mg, Sodium: 64 mg, Carbohydrate: 22 g, Dietary Fiber: 2 g, Sugars: 14 g, Protein: 4 g. Diabetic Exchanges: 1/2 Fruit, 1 Fat-free Milk.

### Strawberry Slush

Yield: 2 cups (3 servings)

Source: The New Family Cookbook for People with Diabetes

1 pint ripe fresh strawberries, washed and hulled  
2 tbsp. fresh lemon juice  
2 tbsp. fresh lime juice  
1 tbsp. sugar  
1/4 cup club soda  
1/2 to 1 cup ice cubes

Reserve 3 strawberries for garnish. Puree the remaining strawberries in a food processor or blender. Add the remaining ingredients. Blend well until smooth and foamy. Garnish each serving with a fresh strawberry.

**Nutritional Information Per Serving (2/3 cup):** Calories: 54, Fat: 0 g, Cholesterol: 0 mg, Sodium: 8 mg, Carbohydrate: 13 g, Dietary Fiber: 3 g, Sugars: 10 g, Protein: 1g Diabetic **Exchanges:** 1 Fruit

### Banana Shake

Yield: 2 cups (2 servings)

Source: The New Family Cookbook for People with Diabetes

1 cup fat-free milk  
1/2 cup vanilla low-fat frozen yogurt  
1 small ripe banana, peeled  
1/4 tsp. pure vanilla extract

Blend the milk and frozen yogurt in a blender or food processor about 1 minute. Add the banana and vanilla; blend a few seconds longer.

**Nutritional Information Per Serving (1 cup):** Calories: 130, Fat: 1 g, Cholesterol: 7 mg, Sodium: 83 mg, Carbohydrate: 24 g, Dietary Fiber: 1 g, Sugars: 17 g, Protein: 6 g. Diabetic Exchanges: 1 Fruit, 1/2 Low-Fat Milk

### Mulled Cider

Yield: 7 (1 cup) servings

Source: "The Diabetes Snack Munch Nibble Nosh Book"

6 cups hot decaffeinated or caffeinated tea  
1 cup orange juice  
2 tbsp. lemon juice  
3/4 cup Splenda, or to taste  
1/2 tsp. vanilla  
1/4 tsp. orange extract  
1 cinnamon stick  
6 whole cloves

Combine all ingredients in a large saucepan. Bring to a simmer. Simmer for 20 minutes to allow the spices to permeate the liquid. Ladle into mugs. Leftovers will keep in the refrigerator 2 to 3 days. Rewarm in the microwave.

**Nutritional Information Per Serving (1 cup):** Calories: 30, Fat: 0 g, Cholesterol: 0 mg, Sodium: 7 mg, Dietary Fiber: 0 g, Sugars: 6 g, Protein: 0 g. Diabetic Exchanges: 1/2 Carbohydrate

## Breakfast Shake

Yield: 4 servings (about 3/4 cup each)

Source: "1,001 Recipes For People with Diabetes" by Surrey Books

1 large banana, cut into chunks and frozen  
1 cup orange juice  
1 cup fat-free milk

1/4 cup wheat germ  
1 tsp. vanilla  
4 ice cubes

Process all ingredients in blender until smooth; serve immediately.

**Nutritional Information Per Serving (3/4 cup):** Calories: 104, Fat: 1.8 g, Cholesterol: 1.1 g, Sodium: 32 mg, Protein: 4.8 g, Carbohydrate: 19.4 g. Diabetic Exchanges: 1 Fruit, 1 Milk

## MEATS AND MAIN DISHES

### Fish Sticks

Yield: 8 servings (2 sticks each)

1 tbsp. canola oil	2 pounds firm white fish fillets, cut into 16 (4-inch) long,
1 egg	1/2-inch-wide strips
2/3 cup instant potato flakes	Pinch seasoned salt
	Pinch cayenne pepper

Preheat the oven to 400 degrees F. Grease a baking sheet with the oil. Beat the egg in a small shallow bowl, and pour the potato flakes in a pie plate or shallow bowl. One at a time, dip the fish fillets in the egg mixture, then dredge in the potato flakes, pressing with your fingers to help the flakes adhere. Place the fish on the prepared baking sheet.

Sprinkle the fish with the seasoned salt and cayenne pepper. Bake turning once, until puffy and golden, 20 to 25 minutes.

**Nutritional Information Per Serving (2 sticks):** Calories: 126, Fat: 3 g, Cholesterol: 75 mg, Sodium: 78 mg, Carbohydrate: 3 g, Dietary Fiber: 0 g, Sugars: 0 g, Protein: 21g. Diabetic **Exchanges:** 3 Very Lean Meat

### Lime Curry Chicken

Yield: 4 servings

Source: "Light and Easy Diabetes Cuisine" by Betty Marks

1 pound boneless skinned chicken breasts	Juice of 2 limes
2 tsp. virgin olive oil	1/4 cup plain low-fat yogurt
2 shallots, thinly sliced	Parsley sprigs
1/4 cup diced green bell pepper	1 tbsp. slivered almonds
1 tbsp. curry powder	

Cut chicken diagonally into thin slices. In a large non-stick skillet, heat oil and saute shallots until softened. Add bell pepper and cook until tender; stir in curry powder. Add chicken and stir-fry until chicken is no longer pink. Add lime juice. Just before serving, stir yogurt into skillet. Garnish with parsley and almonds.

**Nutritional Information Per Serving:** Calories: 185, Cholesterol: 72 mg, Carbohydrate: 5 g, Protein: 28 g, Sodium: 75 mg, Fat: 6 g **Diabetic Exchanges:** 3-1/2 Low-Fat Meat, 1 Vegetable

### Meatless Sloppy Joes

Yield: 4 servings

1/2 cup chopped onion	1 tbsp. prepared mustard
1/2 cup chopped green, or red, bell pepper	1/2 tsp. chili powder
1 tsp. minced garlic	2/3 cup textured vegetable protein OR 1-1/2 to 2 cups
1-2 tbsp. vegetable oil	frozen pre-browned all-vegetable protein crumbles
1/2 cup catsup	Salt and pepper, to taste
2/3 cup water	4 whole wheat hamburgers, toasted
2 tbsp. light brown sugar	

Sauté onion, bell pepper, and garlic in oil in medium saucepan 5 minutes. Stir in catsup, water, brown sugar, mustard, chili powder, and vegetable protein; heat to boiling. Reduce heat and simmer, covered, 10 minutes. Season to taste with salt and pepper. Spoon sandwich mixture into buns.

**Nutritional Information Per Serving (1/4 of recipe):** Calories: 239, Fat: 6.4 g, Cholesterol: 0 mg, Sodium: 675 mg, Protein: 8.6 g, Carbohydrate: 38.9 g. **Diabetic Exchanges:** 2-1/2 Bread, 1 Fat.

**Tomato Fillo Pizza** Yield: 8 servings

Source: "1,001 Recipes For People with Diabetes" by Surrey Books

Olive oil cooking spray  
 8 sheets frozen, thawed fillo pastry  
 2 cups (8 oz.s) shredded fat-free mozzarella cheese  
 1/2 cup thinly sliced onion

1 pound tomatoes, thinly sliced  
 Salt and pepper, to taste  
 1/4 cup (1 oz.) grated Parmesan cheese  
 3/4 tsp. dried dill weed  
 1/2 tsp. dried basil leaves

Spray jelly roll pan with cooking spray; place sheet of fillo on pan and spray generously with spray. Repeat with remaining sheets fillo. Sprinkle mozzarella cheese and onion over fillo; arrange tomato slices on top. Sprinkle lightly with salt and pepper. Sprinkle with Parmesan cheese and herbs. Bake pizza at 375 degrees F. until fillo is browned and cheese melted, about 15 minutes.

**Nutritional Information Per Serving (1/8 of recipe):** Calories: 79, Fat: 1.2 g, Cholesterol: 2.5 mg, Protein: 12 g, Carbohydrate: 5.4 g, Sodium: 270 mg **Diabetic Exchanges:** 1/2 Bread, 1 Meat

**Texas Beef Brisket**

Yield: 1 brisket (about 8 servings)

Sauce Ingredients:

1-1/2 cups finely chopped onions  
 2 cloves garlic, minced  
 2 tbsp. prepared mustard  
 2 packed tbsp. brown sugar  
 1 tbsp. Worcestershire sauce

1 tsp. chili powder  
 1/4 cup light soy sauce  
 1/4 cup dry red wine  
 1 tbsp. molasses

Remaining Ingredients: One 3-pound center-cut beef brisket, well trimmed

Preheat the oven to 325 degrees F. Place a 24-inch length of 18-inch-wide heavy-duty aluminum foil in a 13x9-inch baking pan. Combine all the sauce ingredients in a medium bowl. Place the brisket in the center of the foil. Pour the sauce over the meat. Bring the ends of the foil together; fold over and continue folding down to the top of meat. Fold the sides up to make a neatly sealed package. Bake 3 to 3-1/2 hours, or until the meat is tender. Remove from the oven. Trim the excess fat and thinly slice the meat across the grain. Skim the excess fat from the sauce with a spoon or fat-separator. Serve the defatted gravy over the meat.

**Nutritional Information Per Serving (About 1/8 of recipe):** Calories: 261, Fat: 10 g, Cholesterol: 92 mg, Sodium: 444 mg, Carbohydrate: 10 g, Dietary Fiber: 1 g, Sugars: 8 g, Protein: 30 g. **Diabetic Exchanges:** 1/2 Starch, 4 Lean Meat

**Chicken Parmesan**

Yield: 8 servings

1 (26 oz.) jar seasoned tomato sauce  
 20 oz.s skinless, boneless chicken breasts

1/2 cup shredded part-skim mozzarella cheese  
 1/2 cup grated Parmesan cheese

Preheat the oven to 350 degrees F. In a 9x13-inch baking pan or large casserole dish, spread half of the tomato sauce. Place the chicken on the sauce, then pour the rest of the sauce over the chicken. Sprinkle the mozzarella cheese on the chicken, then sprinkle on the Parmesan cheese. Cover and bake until bubbly and cheese is lightly browned, 30 minutes.

**Nutritional Information Per Serving (1/8 of recipe):** Calories: 153, Fat: 5 g, Cholesterol: 51 mg, Sodium: 762 mg, Carbohydrate: 7 g, Dietary Fiber: 1 g, Sugars: 5 g, Protein: 22 g. **Diabetic Exchanges:** 3 Very Lean Meat, 1 Vegetable, 1/2 Fat

## Country Egg and Green Onion Sandwich

Yield: 2 servings

Source: "1,001 Recipes For People with Diabetes" by Surrey Books

Butter-flavored vegetable cooking spray  
4 slices coarse-grained, or homemade,  
whole wheat bread  
2 large eggs

Salt and pepper, to taste  
1 tbsp. chili sauce  
2 green onions and tops, sliced

Spray small skillet with cooking spray; heat over medium heat until hot. Cook bread slices until toasted on both sides; remove from skillet. Add eggs to skillet and cook, covered, over low heat until white is set and yolk still somewhat runny. Sprinkle lightly with salt and pepper. Spread 2 slices of bread with chili sauce; top with eggs, green onions, and remaining bread slices.

**Nutritional Information Per Serving (1/2 of recipe):** Calories: 215, Fat: 7.1 g, Cholesterol: 212 mg, Sodium: 442 mg, Protein: 11.1 g, Carbohydrate: 26.8 g. Diabetic Exchanges: 2 Bread/Starch, 1 Meat, 1/2 Fat

## Steak Fajitas

Yield: 8 fajitas (4 servings)

Source: The New Family Cookbook for People with Diabetes

1 flank steak (1 pound), well-trimmed  
1/4 cup fresh lime juice  
1 tsp. salt  
1 clove garlic, minced  
1/4 tsp. freshly ground pepper  
1/8 tsp. cayenne pepper  
1 medium red onion, thinly sliced  
1 large red bell pepper, cored, seeded, and cut into thin strips

1 large green bell pepper, cored, seeded, and cut into thin strips  
1 tsp. canola or corn oil  
8 flour tortillas 8 inches in diameter, warmed  
1/2 cup chopped tomato  
1/2 cup shredded lettuce  
1/2 cup salsa  
1/4 cup fat-free sour cream

Score the steak by making long, shallow cut 1 inch apart in both sides. Make the marinade by mixing the lime juice, salt, garlic, black pepper, and cayenne in a large shallow dish. Add the steak; turn to coat. Refrigerate, covered, at least 3 hours or overnight, turning once. Preheat the broiler or prepare a grill. Remove the steak from the marinade. Broil or grill 6 inches from the heat for about 4 to 5 minutes on each side for medium-rare, or longer if you prefer. Slice the steak across the grain into thin strips. While the steak is cooking, saute the onion and peppers in the oil in a medium skillet until soft, about 5 minutes. Mix the steak into the vegetables. Divide the steak, onions, and peppers to top the tortillas. Divide the diced tomato, lettuce, salsa, sour cream to top the meat mixture on each tortilla.

**Nutritional Information Per Serving (2 fajitas):** Calories: 475, Fat: 15 g, Cholesterol: 54 mg, Sodium: 801 mg, Carbohydrate: 54 g, Dietary Fiber: 4 g, Sugars: 8 g, Protein: 30 g Diabetic Exchanges: 3 Starch/Bread, 2 Vegetable, 3 Very Lean Meat, 2 Fat

## Middle Eastern Tuna Salad

Yield: 4 servings (about 3-1/2 oz.s tuna)

Source: "The Diabetes Food and Nutrition Bible"

2 (7 oz.) cans water-packed tuna, drained  
1 large cucumber, peeled and diced  
1 small red onion, diced  
3 medium tomatoes, seeded and diced  
1/2 cup cooked canned chickpeas

1 tbsp. olive oil  
2 tbsp. fresh lemon juice  
1/2 tsp. ground cumin  
1/4 tsp. ground red pepper  
2 tsp. toasted sesame seeds

In a large salad bowl, combine all ingredients. Cover and chill for 1/2 hour.

**Nutritional Information Per Serving (3-1/2 oz.s tuna):** Calories: 213, Fat: 5g, Cholesterol: 25mg, Sodium: 344mg, Carbohydrate: 15g, Dietary Fiber: 4g, Sugars: 7g, Protein: 26g. Diabetic Exchanges: 1/2 Starch, 2 Vegetable, 3 Very Lean Meat, 1/2 Fat

## Teriyaki Kebabs

Yield: 4 Servings

Source: "Light and Easy Diabetes Cuisine"

1 pound boneless skinned chicken breasts  
2 tbsp. low-sodium soy sauce  
2 tbsp. water  
1 tbsp. peanut oil

1 tbsp. Dijon-Style mustard  
2 tbsp. grated gingerroot  
2 garlic cloves  
1 tbsp. grated orange zest  
1/4 cup dry sherry

Cut chicken in cubes. In a medium-size bowl, blend remaining ingredients; add chicken. Marinate at least 1 hour or preferably overnight in the refrigerator. Turn several times. Preheat broiler. Reserving marinade, thread chicken cubes on skewers. Broil about 6 inches from heat source about 3 minutes. Turn and brush with marinade. Continue broiling until all sides are cooked, 2 to 3 minutes more.

**Nutritional Information Per Serving (1 kebob):** Calories: 203, Fat: 7 g, Cholesterol: 72 mg, Carbohydrate: 3 g, Protein: 27 g, Sodium: 350 mg Diabetic Exchanges: 3 Low-Fat Meat

## Oven-Fried Chicken

Yield: 7 servings

Source: "Forbidden Foods Diabetic Cooking"

1 (3-1/2 pound) chicken, cut into 7 pieces and skinned  
1 cup low-fat (1%) buttermilk  
2 tbsp. canola oil

3/4 cup cornflake crumbs  
1 tsp. dried thyme  
1 tsp. dried oregano  
1/2 tsp. ground black pepper

In a gallon-size zippered plastic bag, combine the chicken and buttermilk. Seal the bag, squeezing out air; turn to coat the chicken. Refrigerate at least 2 hours and up to 8 hours, turn in the bag occasionally. Drain the chicken and discard the buttermilk. Preheat the oven to 400 degrees F. Line a baking sheet with foil and coat with 1 tbsp. of the oil. In a gallon-size zippered plastic bag, combine the cornflake crumbs, thyme, oregano, and pepper; shake well. Add the chicken, one piece at a time, and shake the bag to coat the chicken well. Place on the prepared baking sheet and drizzle evenly with the remaining oil. Bake until cooked through and the juices run clear when the chicken is pierced in the thickest part with a fork, 35 to 40 minutes.

**Nutritional Information Per Serving (1/7 of recipe):** Calories: 206, Fat: 9 g, Cholesterol: 65 mg, Sodium: 168 mg, Carbohydrate: 9 g, Dietary Fiber: 0 g, Sugars: 1 g, Protein: 22g. Diabetic Exchanges: 1/2 Starch/Bread, 3 Lean Meat

## Shrimp and Bean Skillet

Yield: 4 servings (about 4 oz.s each)

Source: "The Diabetes Food and Nutrition Bible"

2 tsp. olive oil  
1/2 cup diced onion  
1 cup diced red pepper  
1/2 cup diced celery  
1 pound peeled and deveined medium shrimp

1 cup canned black-eyed peas or black beans, rinsed & drained  
2 tbsp. minced parsley  
Salt and pepper, to taste  
Dash crushed red pepper

In a medium skillet over medium-high heat, heat the oil. Add the onion and sauté for 2 minutes. Add the red pepper and sauté for 2 minutes. Add the celery and sauté for 2 minutes. Add the shrimp and sauté until the shrimp turn pink about 5-6 minutes. Add the beans and parsley. Season with salt, pepper, and crushed red pepper. Cook 1 more minute.

**Nutritional Information Per Serving (4 oz.):** Calories: 171, Fat: 3g, Cholesterol: 161mg, Sodium: 269mg, Carbohydrate: 14g, Dietary Fiber: 4g, Sugars: 4g, Protein: 21g. Diabetic Exchanges: 1/2 Starch/Bread, 3 Very Lean Meat, 1 Vegetable.

## West Coast Chicken Breast

Yield: 4 servings

Serving Size: 1 stuffed chicken breast half

4 large skinless, boneless chicken breast halves  
(about 1 lb)  
1/4 cup chopped sun-dried tomatoes packed  
in oil, well drained  
1/4 cup packed chopped fresh basil leaves  
1 clove garlic, minced

1 tbsp. olive oil  
1/4 tsp. freshly ground pepper  
1/4 tsp. paprika  
1 slice whole wheat bread, crumbled to make soft crumbs

Preheat the oven to 425 degrees F. Prepare a shallow baking dish with olive oil-flavored nonstick pan spray. Pound the chicken breasts to 1/4-inch thickness. Combine the tomatoes, basil, and garlic in a small bowl. Spread the tomato mixture evenly over the chicken breasts; roll up and place seam side down in the prepared baking dish. Combine the oil, pepper, and paprika in a small bowl; brush evenly over the chicken rolls. Sprinkle with the bread crumbs. Press the crumbs onto the chicken rolls so they adhere. Bake 15 minutes, or until the chicken is tender and the crumbs are browned.

**Nutritional Information Per Serving:** Calories: 198, Fat: 8 g, Cholesterol: 69 mg, Sodium: 118 mg, Carbohydrate: 5 g, Dietary Fiber: 1 g, Sugars: 1 g, Protein: 26g. Diabetic Exchanges: 1/2 Starch, 4 Very Lean Meat, 1/2 Fat.

## 15 Minute Chili

Yield: 4 (1/2 cup) servings

Source: "Express Lane Diabetic Cooking" by Robyn Webb

1 pound ground turkey  
1 (15 oz.) can kidney or pinto beans, drained and rinsed  
1 can low-fat, low-sodium chicken broth  
1 (14.5 oz.) can diced tomatoes, undrained (flavored with  
chilies if you can find it)

1 (6 oz.) can tomato paste  
1 tbsp. chili powder  
1/8 tsp. cinnamon  
1/4 tsp. cumin  
1/2 tsp. fresh ground black pepper

In a large non-stick saucepan, brown the ground turkey until it is no longer pink. Drain off any excess fat. Add the remaining ingredients and bring to a boil. Lower the heat and simmer for 10 minutes.

**Nutritional Information Per Serving (1/2 cup):** Calories: 293, Fat: 5g, Cholesterol: 63mg, Sodium: 596mg, Carbohydrate: 30g, Dietary Fiber: 8g, Sugars: 7g, Protein: 33g Diabetic Exchanges: 2 Starch, 4 Very Lean Meat

## Seafood Fajitas

Yield: 4 servings

Source: "Express Lane Diabetic Cooking" by Robyn Webb

4 (4 oz.) frozen Italian or lemon-pepper fish fillets  
4 (10-inch) tortillas (frozen or refrigerated)  
4 tbsp. fat-free bean dip

4 tbsp. fat-free sour cream  
4 tbsp. salsa  
4 tbsp. low-fat shredded Cheddar cheese

Bake the fish according to the package directions. Meanwhile, wrap the tortillas in foil. Place in the oven with the fish for 5 minutes. Remove the fish and tortillas from the oven. Carefully spread each tortilla with the bean dip and sour cream. Flake fish and crumble on top. Add salsa and cheese. Fold over sides of tortilla and roll up end.

**Nutritional Information Per Serving (1/4 of recipe):** Calories: 377, Fat: 7g, Cholesterol: 68mg, Sodium: 589mg, Carbohydrate: 46g, Dietary Fiber: 3g, Sugars: 3g, Protein: 31g. Diabetic Exchanges: 3 Starch, 4 Very Lean Meat

## Breakfast Sandwich to Go

Yield: 1 sandwich

Source: "Quick and Easy Low-Carb Cooking"

4 reduced-sodium bacon slices  
8 whole wheat bread slices  
4 teaspoons reduced-fat margarine  
1-1/2 cups egg substitute

1/3 cup fat-free evaporated milk  
1/4 teaspoon black pepper  
6-8 drops hot pepper sauce  
2 slices reduced-fat American cheese, cut in half diagonally

Place a layer of paper towels on a microwave-safe plate. Arrange bacon in a single layer and cover with another layer of paper towels. Cook in microwave 3-4 minutes on HIGH setting or until crisp. Place a 12-inch nonstick skillet over medium heat until hot. Coat skillet with cooking spray add egg substitute, milk, black pepper, and hot pepper sauce. Cook 2 minutes, lifting cooked portion up with a spatula to allow uncooked portion to flow underneath. Remove from heat, top with cheese slices, cover tightly, and let stand 1 minute to let cheese melt. While cheese is melting, toast bread slices and spread 1/2 teaspoon margarine over each piece of toast. Break bacon slices in half and arrange 2 halves on top of 4 pieces of toast. Place 1/4 egg mixture evenly on bacon and top with another piece of toast.

**Nutritional Information Per Serving (1 sandwich):** Calories: 276, Fat: 9 g, Cholesterol: 10 mg, Sodium: 745, Carbohydrate: 30 g, Dietary Fiber: 4 g, Sugars: 5 g, Protein: 20 g Diabetic Exchanges: 2 Starch, 2 Lean Meat

## Italian-Style Grilled Chicken Breasts

Yield: 4 servings

Source: "America's Everyday Diabetes Cookbook" by Katherine E. Younker

1/2 cup plain low-fat yogurt  
1 tbsp. tomato paste  
2 green onions, coarsely chopped  
2 cloves garlic, quartered  
1 piece (1-inch) peeled ginger root, coarsely chopped  
(or 1 tsp. ground ginger)

1/2 tsp. ground cumin  
1/2 tsp. ground coriander  
1/4 tsp. cayenne pepper  
4 chicken breasts (bone-in)  
2 tbsp. chopped fresh coriander or parsley

Preheat barbecue grill or oven to 350 degrees F. In a food processor, combine yogurt, tomato paste, green onions, garlic, ginger, cumin, coriander, salt and cayenne pepper; puree until smooth. Arrange chicken in a shallow dish; coat with yogurt mixture. Cover and refrigerate for 1 hour or up to 1 day ahead. Remove from refrigerator 30 minutes before cooking. Place chicken skin-side down on greased grill over medium-high heat; cook for 15 minutes. Brush with marinade; turn and cook for 10 to 15 minutes longer until golden and juices run clear. (Or place chicken on rack set on baking sheet; roast, basting after 30 minutes with marinade, for 50 to 55 minutes or until juices run clear.) Serve garnished with chopped coriander.

**Nutritional Information Per Serving (1 piece of chicken):** Calories: 133, Fat: 2 g, Carbohydrate: 4 g, Fiber: 0 g, Protein: 24 g, Sodium: 300 mg, Cholesterol: 59 mg. Diabetic Exchanges: 1/4 Low-Fat Milk, 3 Very Lean Meat

## Mexican Chicken Cutlets

Yield: 4 servings

Source: "Express Lane Diabetic Cooking" by Robyn Webb

1 (1 pound) bag frozen peppers and onions  
1 pound frozen boneless, skinless chicken cutlets,  
defrosted

1/2 package taco seasoning mix (use more or less  
depending on desired spiciness)  
1/2 cup fat-free, reduced-sodium chicken broth

Combine all ingredients in a large nonstick skillet and bring to a boil over medium-high heat. Lower the heat, cover, and simmer for 15 minutes. Add more broth if necessary.

**Nutritional Information Per Serving (1/4 of recipe):** Calories: 170, Fat: 2g, Cholesterol: 64mg, Sodium: 383mg, Carbohydrate: 9g, Dietary Fiber: 2g, Sugars: 6g, Protein: 27g. Diabetic Exchanges: 1 Vegetable, 4 Very Lean Meat

## Fanny's Chicken and Rice

Yield: 6 Servings

Source: The New Family Cookbook for People with Diabetes

3/4 cup uncooked brown rice  
6 skinless chicken breasts, or 6 skinless chicken thighs and drumsticks (about 2 pounds)  
1 cup chopped onion  
3/4 cup chopped green bell pepper  
2 cloves garlic, minced  
1 tbsp. Canola or corn oil

2 tsp. curry powder  
1-1/2 tsp. fresh thyme, or 1/2 tsp. dried thyme  
3/4 tsp. salt  
One 14-15 oz. can diced tomatoes, with juice  
1 tbsp. chopped fresh parsley  
2 tbsp. dried currants  
2 tbsp. slivered almonds

Preheat the oven to 425 degrees F. Prepare a shallow baking pan with non-stick pan spray. Add the rice to 3 cups boiling water in a medium saucepan; cover and simmer 50 to 60 minutes. While the rice is cooking, put the chicken in the prepared pan. Bake, uncovered, 20 minutes. While the chicken is cooking, sauté the onion, pepper, and garlic in the oil in a large skillet for 5 minutes, until tender; add the curry powder, thyme, and salt and blend thoroughly. Add the tomatoes with their liquid, and the parsley; heat to a simmer. Pour the sauce over the chicken and sprinkle with the currants. Cover and bake at 350 degrees F. for 25 minutes. While the chicken is cooking, toast the almonds in a small skillet over medium heat for 3 minutes, or until lightly browned and fragrant. To serve, arrange the chicken parts next to 1/2 cup rice on individual plates. Divide the sauce over the rice. Sprinkle the almonds over the chicken. Serving Size: 1 breast half, or 1 drumstick and thigh, plus 1/2 cup rice and 1/2 cup sauce

**Nutritional Information Per Serving.** Calories: 304, Fat: 8 g, Cholesterol: 73 mg, Sodium: 469 mg, Carbohydrate: 28 g, Dietary Fiber: 3 g, Sugars: 7 g, Protein: 30 g **Diabetic Exchanges:** 1-1/2 Starch/Bread, 1 Vegetable, 4 Very Lean Meat, 1/2 Fat

## Pea, Tomato and Ham Salad

Yield: 4 servings (1-1/3 cups each)

Source: "Express Lane Diabetic Cooking" by Robyn Webb

1 (1 pound) package frozen peas, thawed (put in colander and run hot water over the peas to thaw)  
1 (14.5 oz.) can diced tomatoes, well drained  
1/2 tsp. cumin

Salt and fresh ground pepper to taste  
1 tbsp. mustard vinegar (if not available, use 1/2 tbsp Dijon mustard and 1/2 tbsp. white wine vinegar)  
1 cup diced baked ham

Combine all ingredients in a large bowl. Mix gently but thoroughly. Chill for at least 1 hour before serving.

**Nutritional Information Per Serving (1-1/3 cups each):** Calories: 166, Fat: 4g, Cholesterol: 32mg, Sodium: 306mg, Carbohydrate: 18g, Dietary Fiber: 6g, Sugars: 8g, Protein: 16g. Diabetic Exchanges: 1 Starch, 2 Very Lean Meat.

## Butter Beans, Mostacchili and Ham

Yield: 4 servings

Source: "1,001 Recipes For People with Diabetes" by Surrey Books

1-1/2 cups frozen, thawed small butter beans  
2 cans (14 oz. each) reduced-sodium fat-free chicken broth  
4 oz. mostaccioli  
4 oz. lean reduced-sodium ham, diced

1/2 can (2-oz. size) anchovies, rinsed, drained, mashed  
2 tsp. garlic  
1 small mild chili pepper, chopped  
1/2 cup sliced scallions  
1/4 cup grated Romano cheese

Combine beans, broth, mostaccioli, ham, anchovies, and garlic in large saucepan. Heat to boiling; reduce heat and simmer, covered, until pasta is tender, about 7 minutes. Add remaining ingredients; cook 1 minute.

**Nutritional Information Per Serving (1/4 of recipe):** Calories: 289, Fat: 4.9 g, Cholesterol: 28.4 g, Sodium: 783 mg, Protein: 23.5 g, Carbohydrate: 36 g. Diabetic Exchanges: 2-1/2 Bread/Starch, 2 Meat

## Middle Eastern-Style Chicken

Yield: 10 (3 piece) servings

Source: "The Diabetes Snack Munch Nibble Nosh Book"

1 pound boneless, skinless chicken breast, trimmed of all fat and cut into bite-sized pieces  
2 cups frozen mixed pepper and onion stir-fry  
2 garlic cloves, minced  
2 tsp. olive oil  
1 cup fat-free, low-sodium or regular chicken broth  
1 (14-1/2 oz.) can low-sodium or regular diced tomatoes

1/2 cup dark raisins  
1 large bay leaf  
1-1/2 tsp. dried thyme leaves  
1 tsp. cumin  
1/4 tsp. allspice  
1/8 tsp. cloves  
1/8 tsp. black pepper  
Salt to taste (optional)

In a nonstick skillet coated with nonstick spray coating, cook the chicken pieces over medium heat, turning frequently, until they begin to brown. Add the onion and pepper mixture, garlic, oil, and 1 tbsp. of the broth to the skillet. Stir up any browned bits from the bottom of the pan. Raise the heat and bring to a boil. Lower heat again and cook over medium heat, stirring frequently, 2 to 3 minutes, or until the onion is slightly softened. Add the remaining broth, tomato, raisins, bay leaf, thyme, cumin, allspice, cloves, and black pepper. Bring to a boil, reduce the heat, and simmer, uncovered, about 20 minutes, or until the chicken is tender and the sauce has cooked down slightly. Remove the bay leaf and discard. Add salt to taste (if desired). Serve at once, or transfer to a casserole, cover, and refrigerate. The chicken will keep for 2 to 3 days in the refrigerator.

**Nutritional Information Per Serving (3 pieces):** Calories: 99, Fat: 2 g, Cholesterol: 27 mg, Sodium: 106 mg, Carbohydrate: 9 g, Dietary Fiber: 1 g, Sugars: 7 g, Protein: 11g. Diabetic Exchanges: 1/2 Carbohydrate, 1 Lean Meat

## Tacos Picadillo

Yield: 12 servings (1 each)

Source: "1,001 Recipes For People with Diabetes" by Surrey Books

1-1/2 pounds pork tenderloin, cut into 1-inch cubes  
Vegetable cooking spray  
1/2 cup chopped onion  
4 cloves garlic, minced  
1 small jalapeno chili, seeds and veins discarded, minced  
2 medium tomatoes, chopped  
1/4 cup dark raisins

2 tbsp. slivered almonds, toasted  
1-2 tbsp. cider vinegar  
1-1/2 to 2 tsp. ground cinnamon  
1/2 tsp. ground cloves  
1/2 tsp. dried oregano leaves  
1/4 tsp. ground allspice  
Salt and pepper, to taste  
12 flour, or corn tortillas

Cover pork with water in medium saucepan; heat to boiling. Reduce heat and simmer, covered, until pork is tender, about 10 minutes. Drain; cool pork slightly and shred into small pieces. Spray medium skillet with cooking spray; heat over medium heat until hot. Sauté onion, garlic, and jalapeno chili until tender, about 5 minutes. Add pork, tomatoes, raisins, almonds, vinegar, cinnamon, cloves, oregano, and allspice; cook over medium heat, stirring occasionally, until pork is hot through and mixture is dry, about 5 minutes. Season to taste with salt and pepper. Spoon about 1/3 cup mixture on each tortilla and fold in half to make tacos. Spray large skillet with cooking spray; heat over medium heat until hot. Saute tacos until lightly browned, 1 to 2 minutes on each side.

**Nutritional Information Per Serving (1 each):** Calories: 176, Fat: 4.5 g, Cholesterol: 327 mg, Sodium: 151 mg, Protein: 14.6 g, Carbohydrate: 18.9 g. Diabetic Exchanges: 1 Vegetable, 1 Bread, 1-1/2 Meat

## Herb-Roasted Pork Tenderloin

Yield: 4 servings, Serving Size: 3/4 cup

Source: The Complete Diabetes Prevention Plan Book

1 whole pork tenderloin (1 pound)  
1 tablespoon grainy Dijon mustard  
1 tablespoon chopped fresh rosemary, or 1 tsp dried rosemary

1 tablespoon chopped fresh oregano, or 1 tsp dried oregano  
1 tablespoon chopped fresh sage, or 1 tsp dried sage  
1 tablespoon chopped fresh thyme, or 1 tsp dried thyme  
1/2 teaspoon freshly ground pepper

Preheat the oven to 450 degrees F. Prepare a shallow roasting pan and rack with non-stick pan spray.

Brush the tenderloin with the mustard. Combine the herbs; pat them evenly onto the tenderloin and sprinkle with pepper.

Place the pork on the rack in the roasting pan, set it in the oven, and immediately reduce the oven temperature to 350 degrees F. Roast until a meat thermometer inserted in the thickest part of the tenderloin registers 145 degrees F., about 25 minutes (depending on the size of the tenderloin). Remove the pork from the oven and let rest 5 minutes. Carve in 1/2-inch slices and serve with the pan juices.

Nutritional Information Per Serving: Calories: 141; Protein: 24 g; Sodium: 96 mg; Cholesterol: 66 mg; Carbohydrates: 0 g; Fat 4 g  
Exchanges: 4 Very Lean Meat

## VEGETABLES AND FRUITS

### Veggie Crisps

Yield: 8 servings (about 1/2 cup each)

Source: "1,001 Recipes For People with Diabetes"

2 pounds assorted vegetables (sweet potatoes, russet potatoes, large radishes, butternut squash, large carrots, turnips, parsnips, rutabaga, beets)  
Salt, to taste  
Vegetable cooking spray.

Peel vegetables and slice very thinly, about 1/16 inch thick. Sprinkle vegetable slices lightly and evenly with salt. Let stand 20 to 30 minutes, allowing vegetables to release moisture. Rinse well in cold water and dry completely on paper toweling. To dry vegetables in the microwave, arrange slices in single layer on large microwave-safe plate sprayed with cooking spray. Spray vegetables lightly with cooking spray. Microwave on high power until vegetables are dried, 5 to 7 minutes, checking and rearranging after 4 or 5 minutes and removing vegetables as they dry. The vegetables will become crisper as they cool. To dry vegetables in the oven, arrange slices in a single layer on jelly roll pan sprayed with cooking spray. Spray vegetables lightly with cooking spray. Bake at 275 degrees for 40 to 50 minutes, checking occasionally and removing vegetables as they dry. The vegetables will become crisper as they cool. Store cooled chips in airtight container at room temperature. **Note:** Different kinds of vegetables cook in different times, so it is important to check for doneness frequently. In microwave cooking it is better to cook 1 kind of vegetable at a time.

**Nutritional Information Per Serving (1/2 cup):** Calories: 87, Fat: 0.2 g, Cholesterol: 0 mg, Sodium: 22 mg, Protein: 1.8 g, Carbohydrate: 20 g. **Diabetic Exchanges:** 1/2 Vegetable, 1 Bread

### Pears in Pineapple Sauce

Yield: 2 servings

Source: Mix 'n Match Meals in Minutes

1 ripe medium pear  
1/2 cup fresh pineapple cubes  
Sugar substitute equivalent to 1 tsp.

1/2 tbsp. light rum  
Several mint leaves for garnish (optional)

Slice pears in half and remove core. Cut a thin slice from the rounded side of the pear so that it will sit flat. Place on 2 dessert plates rounded side down. Puree pineapple, sugar substitute, and rum together in a food processor or blender. Spoon over pears. Place mint leaves on the side for garnish.

**Nutritional Information Per Serving (1/2 of recipe):** Calories: 77, Fat: 0 g, Cholesterol: 0 mg, Sodium: 0 mg, Carbohydrate: 18 g, Dietary Fiber: 2 g, Sugars: 15 g, Protein: 0g. **Diabetic Exchanges:** 1 Fruit.

### Green Bean Salad

Yield: 3-3/4 cups (4 servings)

Source: The New Family Cookbook for People with Diabetes

12 oz.s fresh small green beans, ends trimmed  
8 fresh mushrooms, sliced  
1/2 cup chopped red onion  
3 tbsp. Canola or corn oil

1 tbsp. balsamic or red wine vinegar  
1 clove garlic, minced  
1/2 tsp. salt  
1/4 tsp. freshly ground pepper

Cook the green beans in a large pot of boiling water for 5 minutes; drain. Plunge the beans into a bowl of ice water to stop the cooking and retain their bright green color. Drain and place in a large bowl. Add the mushrooms and onions to the beans; toss to mix. For the dressing, whisk the oil into the vinegar in a small bowl; add the remaining ingredients and pour over the green beans. Toss lightly. Serve immediately.

**Nutritional Information Per Serving (about 1 cup):** Calories: 136, Fat: 11 g, Cholesterol: 0 mg, Sodium: 295 mg, Carbohydrate: 9 g, Dietary Fiber: 3 g, Sugars: 3 g, Protein: 2 g. **Diabetic Exchanges:** 2 Vegetable, 2 Fat

### Three-Bean Snack

Yield: 8 servings (1/2 cup per serving)

Source: "The Diabetes Snack Munch Nibble Nosh Book"

1/4 cup chili sauce  
3 tbsp. fat-free, low-sodium or regular chicken broth  
1-1/2 tbsp. red wine vinegar  
1 tbsp. olive oil  
2 tsp. Italian seasoning  
2-3 drops hot pepper sauce  
1/4 tsp. salt, or to taste (optional)

1 (16 oz.) can low-sodium or regular kidney beans, rinsed and well drained  
1 (14-1/2 oz.) can wax beans, rinsed and well drained  
1 (14-1/2 oz.) can low-sodium or regular cut green beans, rinsed and well drained  
2 tbsp. chopped red onion or other sweet onion

In a large bowl, combine the chili sauce, broth, vinegar, oil, Italian seasoning, hot pepper sauce, and salt (if desired). Stir to mix well. Add the beans and onion, and stir gently to coat with the dressing. Serve at once or cover and refrigerate. Leftover salad will keep in the refrigerator 3 to 4 days.

**Nutritional Information Per Serving (1/2 cup):** Calories: 80, Fat: 2 g, Cholesterol: 0 mg, Sodium: 260 mg, Carbohydrate: 12 g, Dietary Fiber: 4 g, Sugars: 3 g, Protein: 4g. **Diabetic Exchanges:** 1/2 Starch, 1 Vegetable, 1/2 Fat

### Peppery Red Onions

Yield: 4 to 6 servings

Source: America's Everyday Diabetes Cookbook

4 large red onions, quartered  
1 tbsp. extra-virgin olive oil  
1 tsp. dried oregano leaves

1/4 cup water or chicken or vegetable stock  
Salt and pepper, to taste  
Hot pepper sauce, to taste

In slow cooker stoneware, combine all ingredients except hot sauce. Stir thoroughly, cover and cook on low for 8 hours or on high for 4 hours, until onions are tender. Toss well with hot sauce and serve.

**Nutritional Information Per Serving (1/4 of recipe):** Calories: 49, Fat: 2 g, Carbohydrate: 7 g, Fiber: 1 g, Protein: 1 g, Sodium: 7 mg, Cholesterol: 0 mg. **Diabetic Exchanges:** 1 Vegetable, 1/2 Fat

### Jalapeno Broccoli

Yield: 4 to 5 servings

America's Everyday Diabetes Cookbook

1 tsp. salt, optional  
1 head broccoli, trimmed and separated into spears  
1 tbsp. balsamic vinegar  
2-3 tbsp. olive oil

2 fresh jalapeno peppers, thinly sliced (with or without seeds, depending on desired hotness)  
1/4 cup toasted pine nuts  
Few sprigs fresh coriander or parsley, chopped

Bring a pot of water to the boil and add optional salt. Add the broccoli spears and boil over high heat for 3 to 5 minutes (depending on desired tenderness). Drain and transfer broccoli to bowl of ice cold water for 30 seconds. Drain and lay out the cooked spears decoratively on a presentation plate. Drizzle evenly with balsamic vinegar. In a small frying pan, heat olive oil over medium heat for 30 seconds. Add sliced jalapeno peppers (with seeds, if using) and stir-fry for 2 to 3 minutes until softened. Take peppers with all the oil from the pan, and distribute evenly over the broccoli. Garnish with pine nuts and herbs.

**Nutritional Information Per Serving (1/4 of recipe):** Calories: 142, Fat: 9 g, Carbohydrate: 14 g, Fiber: 6 g, Protein: 8 g, Sodium: 206 mg, Cholesterol: 0 mg. **Diabetic Exchanges:** 2 Vegetable, 1/2 Lean Meat, 1-1/2 Fat

## Hash Brown Potatoes

Yield: 4 servings

Source: "Light and Easy Diabetes Cuisine" by Betty Marks

4 medium-size red or baking potatoes (about 1 pound)  
2 tsp. virgin olive oil  
1 medium-size green bell pepper, diced

1/4 tsp. salt  
Black pepper, to taste  
2 tbsp. chopped chives

Scrub potatoes well and cut into 1/3-inch cubes. In a large non-stick skillet, heat oil. Stir in potatoes, bell pepper, salt and black pepper. Cover and cook over medium heat, stirring occasionally, until potatoes are cooked through and crisp, 20 to 25 minutes. Stir in chives.

**Nutritional Information Per Serving (1/4 of recipe):** Calories: 68, Fat: 2 g, Cholesterol: 0 mg, Carbohydrate: 11 g, Protein: 1 g, Sodium: 115 mg. Diabetic Exchanges: 1 Starch/ Bread

## Three-Bean Salad

Yield: 3 cups (6 servings)

Source: The New Family Cookbook for People with Diabetes

1 cup cut green beans, drained (about 1/2 of a 16-oz. can)  
3/4 cup red kidney or pinto beans, drained (about 1/2 of a 15-oz. can)  
3/4 cup chick-peas (garbanzo beans), drained (about 1/2 of a 15-oz. can)  
1/4 cup finely chopped onion

1/4 cup chopped green bell pepper  
3 tbsp. vinegar  
1 tbsp. Canola or corn oil  
2 tsp. sugar  
1 clove garlic, minced  
1/2 tsp. dried oregano

Combine the drained beans, onion, and green pepper in a large bowl. In a small bowl, whisk together 1/4 cup water, the vinegar, oil, sugar, garlic, and oregano. Pour over the beans. Toss to mix. Cover and chill at least 2 hours before serving.

**Nutritional Information Per Serving (1/2 cup):** Calories: 98, Fat: 3 g, Cholesterol: 0 mg, Sodium: 124 mg, Carbohydrate: 15 g, Dietary Fiber: 3 g, Sugars: 4 g, Protein: 4g. Diabetic Exchanges: 1 Starch, 1/2 Fat

## Spinach Crepes

Yield: 8 filled crepes (4 servings)

Source: The New Family Cookbook for People with Diabetes

1 (10-oz.) package frozen chopped spinach, cooked and drained  
1/2 cup low-fat ricotta cheese  
2 eggs, slightly beaten, or 1/2 cup egg substitute  
3 tbsp. fat-free evaporated milk

1/4 tsp. salt  
1/8 tsp. freshly ground pepper  
Pinch of nutmeg  
8 Crepes  
2 tsp. margarine, melted  
3 tbsp. grated Parmesan cheese

Preheat the oven to 350 degrees F. Prepare a 9x13-inch baking pan with non-stick pan spray. Cook the spinach according to the package directions. Drain thoroughly in a colander, pressing hard on the spinach, or squeeze out the liquid by hand. In a medium bowl, mix the cooked spinach, ricotta, eggs, milk, salt, pepper, and nutmeg. Put 1/4 cup of the filling down the center of each crepe; overlap the sides. Place the crepes seam side down in the prepared baking dish. Brush with margarine and sprinkle with Parmesan cheese. Bake for 20 minutes, until the crepes are hot and the cheese has melted.

**Nutritional Information Per Serving (2 filled crepes):** Calories: 217, Fat: 9 g, Cholesterol: 123 mg, Sodium: 436 mg, Carbohydrate: 20 g, Dietary Fiber: 2 g, Sugars: 4 g, Protein: 16 g. Diabetic Exchanges: 1 Bread/Starch, 1 Vegetable, 2 Lean Meat.

### Minted Kiwi Salad

Yield: 4 servings (1 cup each)

Source: "The Diabetes Food and Nutrition Bible"

2 kiwi fruits, peeled and sliced into 1/4-inch thick rounds  
1 banana, sliced into 1/2-inch thick rounds

1 cup sliced strawberries  
1 orange, sectioned

Dressing: 1 cup nonfat, sugar-free vanilla yogurt  
2 tsp. fresh minced mint

1/2 tsp. cinnamon

On a platter, arrange the kiwi, banana, strawberries, and orange in rows. Combine the dressing ingredients. Serve the dressing with the fruit.

**Nutritional Information Per Serving (1 cup):** Calories: 113, Fat: 1 g, Cholesterol: 1 mg, Sodium: 38mg, Carbohydrate: 26g, Dietary Fiber: 4g, Sugars: 18g, Protein: 3g Diabetic Exchanges: 1-1/2 Fruit

### New Waldorf Salad

Yield: 4 servings (3/4 cup each)

Source: "The Diabetes Food and Nutrition Bible"

2 cups diced apple  
1/2 cup toasted walnuts  
1 cup sliced celery  
1/4 cup raisins

1/2 cup fat-free mayonnaise  
Salt and pepper to taste  
2 tsp. lemon juice  
Red lettuce leaves

In a salad bowl, combine the apples, walnuts, celery, and raisins. In a small bowl, mix together the mayonnaise, salt, pepper, and lemon juice. Toss the dressing with the apple-nut mixture. Serve the salad over lettuce leaves.

**Nutritional Information Per Serving (3/4 cup):** Calories: 186, Fat: 10 g, Cholesterol: 0 mg, Sodium: 241 mg, Carbohydrate: 25mg, Dietary Fiber: 3g, Sugars: 16g, Protein: 3g. Diabetic Exchanges: 1-1/2 Fruit, 2 Fat.

### Stuffed Celery Sticks

Yield: 27 servings (1 celery stick per serving)

Source: "The Diabetes Snack, Munch, Nibble, Nosh Book"

4 oz. Neufchatel cream cheese  
1/4 cup low-fat vanilla yogurt  
1/2 cup water-packed crushed pineapple,  
well drained

1/2 cup grated or shredded carrot  
2 tbsp. thinly sliced green onion tops  
27 (5-inch-long) celery sticks

In a small bowl, stir together the Neufchatel cheese and yogurt until well combined. Stir in the pineapple, carrot, and onion until well combined. Fill each celery stick with 2 tsp. of the mixture. The mixture can be used immediately or covered and refrigerated for up to 24 hours before using. The filling will keep, covered, in the refrigerator for 3 to 4 days.

**Nutritional Information Per Serving (1 celery stick):** Calories: 18, Fat: 1 g, Cholesterol: 3 mg, Sodium: 35 mg, Carbohydrate: 2 g, Dietary Fiber: 0 g, Sugars: 1 g, Protein: 1g Diabetic Exchanges: Free

## Blueberries and Almond Cream

Yield: 4 servings (1/2 cup per serving)

Source: "The Diabetes Food and Nutrition Bible"

2 cups washed blueberries  
1/2 cup reduced-fat cream cheese (Neufchatel)  
1 tbsp. fat-free milk

1 tbsp. powdered sugar  
1/4 tsp. almond extract  
2 tbsp. toasted sliced almonds

Divide the blueberries among four dessert dishes. Using electric beaters, cream together the cream cheese, milk, and sugar until smooth. Add the extract and mix 10 seconds more. Fold in the almonds. Serve the blueberries with a dollop of almond cream.

**Nutritional Information Per Serving (1/2 cup):** Calories: 142, Fat: 8g, Cholesterol: 20mg, Sodium: 127mg, Carbohydrate: 14g, Dietary Fiber: 2g, Sugars: 8g, Protein: 4g. Diabetic Exchanges: 1 Fruit, 1-1/2 Fat.

## Hot Cucumber Cups

Yield: 6 to 8 servings, makes about 16 hors d'oeuvres.

Source: "Light and Easy Diabetes Cuisine" by Betty Marks

2 medium-size cucumbers  
1/4 cup part-skim ricotta cheese  
1/4 cup low-fat (1%) cottage cheese  
2 tbsp. chopped green onion

1 garlic clove, minced  
1 tbsp. minced canned jalapeno chile  
1 tbsp. chopped fresh parsley

Peel cucumbers and cut crosswise in 1-inch pieces. Scoop out most of seeds with a small spoon or melon baller, and drain on paper towels. Blend cheeses, green onion, garlic, chile and parsley; spoon into the cucumber cups.

**Nutritional Information Per Serving:** 10 calories; 1 mg cholesterol; 1 g carbohydrate; 1 gram protein; 24 mg sodium; 0 g fat Diabetic Exchanges: Free

## Cranberry-Orange Sauce

Yield: 16 (2-tbsp.) servings

Source: "Light and Easy Diabetes Cuisine" by Betty Marks

1 (12 oz.) package fresh cranberries  
3 tbsp. frozen orange juice concentrate

1 tsp. no-sugar-added raspberry conserve  
1 orange, cut in 8 sections

Rinse cranberries and place in a medium-size saucepan with a small amount of water. Cook over medium heat, stirring in next 2 ingredients, until berries are soft. In a food processor fitted with the metal blade, process half the cranberries and four orange sections. Repeat with remaining cranberries and oranges. Chill before serving. Makes 2 cups.

**Nutritional Information Per Serving (2 tbsp.):** Calories: 21, Fat: 0 g, Cholesterol: 0 mg, Carbohydrate: 5 g, Protein: 0 g, Sodium: 0 mg. Diabetic Exchanges: FREE

## Healthy Coleslaw

Yield: 8 servings (1/2 cup each)

Source: "The Diabetes Food and Nutrition Bible"

Dressing:

1 cup non-fat plain yogurt  
1/4 cup apple cider vinegar  
1 tbsp. honey

Slaw:

1 pound (1 small head) green cabbage, shredded  
1/2 cup shredded carrot  
1 tbsp. poppy seeds  
1/4 cup raisins or currants

In a large bowl, combine the dressing ingredients. Add the cabbage, carrots, poppy seeds, and raisins. Mix well until the dressing completely coats the cabbage.

**Nutritional Information Per Serving (1/2 cup):** Calories: 58, Fat: 1g, Cholesterol: 1mg, Sodium: 36mg, Carbohydrate: 12g, Dietary Fiber: 2g, Sugars: 9g, Protein: 3g, Diabetic Exchanges: 1 Carbohydrate

## Berry Bonanza

Yield: 4 servings

Source: "Light and Easy Diabetes Cuisine" by Betty Marks

1 cup fresh blueberries  
1 cup sliced fresh strawberries  
1 cup cubed cantaloupe or other melon

2 tbsp. frozen orange juice concentrate  
1 tbsp. fresh lime juice  
1/4 tsp. ground cinnamon  
1 tsp. grated orange zest

Layer fruit in a serving bowl. Mix orange juice, lime juice and cinnamon; spoon over fruit. Top with orange zest.

**Nutritional Information Per Serving (1/4 of recipe):** Calories: 62, Fat: 0 g, Cholesterol: 0 mg, Carbohydrate: 15 g, Protein: 1 g, Sodium: 6 mg Diabetic Exchanges: 1 Fruit

## Rosemary Potatoes

Yield: 4 servings

Source: "Light and Easy Diabetes Cuisine" by Betty Marks

1 tbsp. virgin olive oil  
2 garlic cloves, minced  
1 pound new potatoes

1/4 tsp. salt  
1/4 tsp. pepper  
1 tsp. dried rosemary, crumbled

In a large non-stick skillet, heat oil. Add garlic and saute about 5 minutes. Cut potatoes into 1-inch pieces. Add to garlic and sprinkle with salt, pepper and rosemary. Toss. Increase heat to medium, cover and cook about 15 minutes. Remove cover and cook until potatoes are browned, about 4 minutes.

**Nutritional Information Per Serving (1/4 of recipe):** Calories: 120, Fat: 4 g, Cholesterol: 0 mg, Carbohydrate: 20 g, Protein: 3 g, Sodium: 120 mg. Diabetic Exchanges: 1 Starch/Bread, 1 Fat

## Bean Salad with Mustard-Dill Dressing

Yield: 6 servings

Source: "America's Everyday Diabetes Cookbook"

1 pound green beans  
1 can (19 oz.) chickpeas, rinsed and drained  
1/3 cup chopped red onions  
2 tbsp. finely chopped fresh dill  
2 tbsp. olive oil

2 tbsp. red wine vinegar  
1 tbsp. Dijon mustard  
1 tbsp. granulated sugar  
1/4 tsp. salt  
1/4 tsp. pepper

Trim ends of beans; cut into 1-inch lengths. In a large pot of boiling salted water, cook beans for 3 to 5 minutes (count from time water returns to boil) or until tender crisp. Drain; rinse under cold water to chill. Drain well. In a serving bowl, combine green beans, chickpeas, onions and dill. In a small bowl, whisk together oil, vinegar, mustard, sugar, salt and pepper until smooth. Pour over beans and toss well. Refrigerate until serving.

**Nutritional Information Per Serving (1/6 of recipe):** Calories: 219, Fat: 7 g, Carbohydrate: 32 g, Fiber: 5 g, Protein: 9 g, Sodium: 324 mg, Cholesterol: 0 mg. Diabetic Exchanges: 1-1/2 Starch, 1/2 Vegetable, 1/2 Very Lean Meat, 1-1/2 Fat

## New Orleans Braised Onions

Yield: 10 servings

Source: "America's Everyday Diabetes Cookbook"

2 to 3 large Spanish onions  
6 to 9 whole cloves  
½ tsp. salt  
½ tsp. cracked black peppercorns  
Pinch ground thyme

Grated zest and juice of 1 orange  
1/2 cup condensed beef broth, undiluted  
Finely chopped fresh parsley, optional  
Hot pepper sauce, optional

Stud onions with cloves. Place in slow cooker stoneware and sprinkle with salt, peppercorns, thyme and orange zest. Pour orange juice and beef broth over onions, cover and cook on Low for 8 hours or on High for 4 hours, until onions are tender. Keep onions warm. In a saucepan over medium heat, reduce cooking liquid by half. When ready to serve, cut onions into quarters. Place on a deep platter and cover with sauce. Sprinkle with parsley, if desired, and pass the hot pepper sauce, if desired.

**Nutritional Information Per Serving (1/10 of recipe):** Calories: 20, Fat: 0 g, Carbohydrate: 4 g, Fiber: 1 g, Protein: 1 g, Sodium: 188 mg, Cholesterol: 0 mg. Diabetic Exchanges: 1 Vegetable

## Cauliflower and Red Pepper

Yield: 6 servings

Source: "America's Everyday Diabetes Cookbook"

1 head cauliflower, florets only  
2 red bell peppers, roasted, skinned and  
cut into thick strips  
1/4 tsp. salt  
1/4 tsp. black pepper  
2 tbsp. lemon juice  
1 tbsp. Dijon mustard

1 tsp. vegetable oil  
1 tsp. black mustard seeds  
½ tsp. turmeric  
½ tsp. whole coriander seeds  
2 cloves garlic  
2 tbsp. olive oil

Blanch cauliflower florets in a large saucepan of boiling water for 5 to 6 minutes, until just cooked. Drain, refresh in iced water, drain again and transfer to a bowl. Add red peppers to cauliflower. Sprinkle with salt and pepper and toss. In a small bowl, whisk together the lemon juice and Dijon mustard until blended. Set aside. In a small frying pan heat vegetable oil over medium heat for 1 minute. Add mustard seeds, turmeric and coriander seeds, and stir-fry for 2 to 3 minutes, or until the seeds begin to pop. With a rubber spatula, scrape cooked spices from the pan into the lemon-mustard mixture. Squeeze garlic through a garlic press and add to the mixture. Add olive oil and whisk until the dressing has emulsified. Add dressing to the cauliflower-red pepper mixture. Toss gently but thoroughly to dress all the pieces evenly. Transfer to a serving bowl, propping up the red pepper ribbons to properly accent the yellow-tinted cauliflower. This salad benefits greatly from a 1-2 hour wait, after which it should be served at room temperature.

**Nutritional Information Per Serving (1/6 of recipe):** Calories: 83, Fat: 6 g, Carbohydrate: 7 g, Fiber: 2 g, Protein: 2 g, Sodium: 142 mg, Cholesterol: 0 mg. Diabetic Exchanges: 1 Vegetable, 1 Fat

## Potato Pancakes

Yield: 4 servings (2 pancakes per serving)

Source: "Forbidden Foods Diabetic Cooking"

2 eggs  
1/4 medium onion, diced  
2 tbsp. all-purpose flour  
2 tbsp. fresh lemon juice

½ tsp. salt  
1/4 tsp. ground white pepper  
2 cups shredded hash brown potatoes, thawed (if frozen)  
and patted dry

In a medium bowl, beat the eggs well. Add the onion, flour, lemon juice, salt, and pepper and whisk until blended. Stir in the potatoes. Spray a small nonstick skillet with nonstick cooking spray; heat. Drop heaping tbsp. of batter into the skillet. Cook until the edges of the pancakes appear formed, 3-4 minutes; flip and cook, 3-4 minutes. longer, or until firm in the center. Remove and keep warm. Repeat, spraying the skillet each time, until you make 8 pancakes.

**Nutritional Information Per Serving (2 pancakes):** Calories: 89, Fat: 3 g, Cholesterol: 107 mg, Sodium: 330 mg, Carbohydrate: 11 g, Dietary Fiber: 1 g, Sugars: 1 g, Protein: 4g. Diabetic Exchanges: 1 Starch

### Refried Beans

Yield: 6 servings (about ½ cup each)

Source: "1,001 Recipes For People with Diabetes" by Surrey Books

1-1/4 cups dried pinto beans

1 medium onion, coarsely chopped

Vegetable cooking spray

Salt and pepper to taste

Wash and sort beans, discarding any stones. Cover beans with 2 inches water in large saucepan; heat to boiling and boil, uncovered, 2 minutes. Remove from heat; let stand, covered, 1 hour. Drain beans; cover with 2 inches water and heat to boiling. Reduce heat and simmer, covered, until beans are tender 1-1/2 to 2 hours. Drain, reserving 2 cups liquid. Spray large skillet with cooking spray; heat over medium heat until hot. Saute onion until tender, 3 to 5 minutes. Add 1 cup beans and 1 cup reserved liquid to skillet; cook over high heat, mashing beans until almost smooth with end of meat mallet or potato masher. Add half the remaining beans and liquid; continue cooking, mashing beans. Repeat with remaining beans and liquid. Season to taste with salt and pepper.

**Nutritional Information Per Serving (1/6 of recipe):** Calories: 106, Fat: 0.4 g, Cholesterol: 0 mg, Sodium: 2 mg, Protein: 6.1 g, Carbohydrate: 20 g Diabetic Exchanges: 1-1/2 Bread

### Corn and Three-Pepper Pudding

Yield: 4 servings (1 cup each)

Source: "Express Lane Diabetic Cooking" by Robyn Webb

1 (10 oz.) package frozen corn

2 tsp. sugar

½ of 1 pound package frozen pepper stir-fry (3-pepper medley with onions)

Salt and fresh ground pepper to taste

1 (12 oz.) can evaporated fat-free milk

1-1/2 tsp. Italian seasoning

1 tbsp. butter, melted

½ tsp. paprika

½ cup egg substitute

Preheat oven to 350 degrees F. Defrost the frozen corn and peppers in the microwave. Chop peppers and onions into bite-size pieces. Combine all ingredients and pour into a glass casserole dish that has been sprayed with nonstick spray. Bake for 45 minutes until center is set and firm.

**Nutritional Information Per Serving (1 cup):** Calories: 207, Fat: 3g, Cholesterol: 8mg, Sodium: 218 mg, Carbohydrate: 33g, Dietary Fiber: 3g, Sugars: 15g, Protein: 13g. Diabetic Exchanges: 1-1/2 Starch, 1 Fat-free Milk, 1 Saturated Fat

### Creamed Spinach

Yield: 4 servings

Source: "1,001 Recipes For People with Diabetes" by Surrey Books

2 packages (10 oz. each) fresh spinach, stems trimmed

1 cup fat-free milk or fat-free half-and-half

1/4 cup finely chopped onion

1/4 cup fat-free sour cream

2 tsp. margarine

Ground nutmeg, to taste

2 tbsp. flour

Salt and pepper, to taste

Rinse spinach and place in large saucepan with water clinging to leaves. Cook, covered, over medium-high until spinach is wilted, 3 to 4 minutes. Drain excess liquid. Sauté onion in margarine in small saucepan until tender, 3 to 5 minutes. Stir in flour; cook over medium-low heat 1 minute, stirring constantly. Whisk in milk; heat to boiling. Boil, whisking constantly, until thickened, about 1 minute. Remove from heat and stir in sour cream. Pour sauce over spinach and mix lightly; season to taste with nutmeg, salt and pepper.

**Nutritional Information Per Serving (1/4 of recipe):** Calories: 92, Fat: 2.2 g, Cholesterol: 1 mg, Sodium: 145 mg, Protein: 6.6 g, Carbohydrate: 13.3 g. Diabetic Exchanges: 2-1/2 Vegetable, ½ Fat

## New England Baked Beans

Yield: 8 to 10 servings

Source: "1,001 Recipes For People with Diabetes" by Surrey Books

8 oz.s dried navy, or Great Northern beans,  
washed, sorted  
4 slices bacon, fried crisp, well drained,  
cut into 1-inch pieces  
3/4 cup chopped onion  
1 clove garlic

3 tbsp.s tomato paste  
3 tbsp.s dark molasses  
3 tbsp.s packed light brown sugar  
1/2 teaspoon dry mustard  
1/4 tsp. dried thyme leaves  
1/2 tsp. salt

Cover beans with 2 inches of water in large saucepan; heat to boiling and boil, uncovered, 2 minutes. Remove from heat and let stand, covered, 1 hour. Add more water to beans to cover, if necessary. Heat to boiling; reduce heat and simmer, covered, until beans are tender, about 1-1/4 hours. Drain beans; reserve liquid.

Mix beans, bacon, onion, garlic, tomato paste, molasses, brown sugar, dry mustard, thyme, and salt in 1-1/2-quart casserole; add enough reserved cooking liquid to cover beans. Bake, covered, at 325 degrees F, stirring occasionally, 3 hours. Bake, uncovered, until beans are desired consistency, about 1 hour more.

**Nutritional Information Per Serving (1/8 of recipe):** Calories: 161, Fat: 2.1 g, Cholesterol: 2.7 g, Sodium: 246 mg, Protein: 7.8 g, Carbohydrate: 29.1 g. Diabetic Exchanges: 2 Bread, 1/2 Fat.

## Frozen Fruit Salad

Yield: 8 servings

Source: "1,001 Recipes For People with Diabetes" by Surrey Books

1 package (8 oz.s) fat-free cream cheese  
1 cup fat-free sour cream  
1/3 cup sugar  
1 tbsp. grated lemon rind  
Pinch salt

5 cups assorted fresh, frozen, or canned fruit (drained  
crushed pineapple, sliced strawberries, blueberries,  
raspberries, cherries, chopped peaches, etc.)  
Lettuce leaves as garnish

Beat cream cheese, sour cream, sugar, lemon rind, and salt in large bowl until smooth. Mix in fruit. Spread in 11x7-inch baking dish and freeze until firm, 8 hours or overnight. Let stand at room temperature until softened enough to cut, 10 to 15 minutes. Cut into squares and serve on lettuce-lined plates.

**Nutritional Information Per Serving (1/8 of recipe):** Calories: 126, Fat: 0.3 g, Cholesterol: 0 mg, Sodium: 191 mg, Protein: 6.6 g, Carbohydrate: 25.2 g. Diabetic Exchanges: 1 Fruit, 1/2 Meat

## Luscious Limas

Yield: 4 servings (1/2 cup per serving)

Source: "The Diabetes Snack Munch Nibble Nosh Book"

1 (10 oz.) package frozen baby lima beans  
1 cup frozen mixed pepper and onion stir-fry  
2 tbsp. grated Parmesan cheese

1 tsp. olive oil  
1/8 tsp. salt (optional)  
Dash black pepper

In a medium saucepan over high heat, combine the lima beans, vegetables, and 3/4 cup boiling water. Return to a boil. Cover, lower the heat, and simmer 12 to 14 minutes or until the beans are tender. Drain in a colander. Transfer the bean mixture to a medium bowl. Stir in the cheese, oil, salt (if desired), and pepper. Serve at once. The beans will keep in the refrigerator for 3 to 4 days.

**Nutritional Information Per Serving (1/2 per serving):** Calories: 70, Fat: 2 g, Cholesterol: 4 mg, Sodium: 88 mg, Carbohydrate: 9 g, Dietary Fiber: 3 g, Sugars: 2 g, Protein: 4 g. Diabetic Exchanges: 1/2 Starch, 1/2 Fat

## Succotash

Yield: 4 servings

Source: "1,001 Recipes For People with Diabetes" by Surrey Books

1 small onion, chopped	½ cups reduced-sodium vegetable broth
1 tbsp. margarine	½ cup fat-free half-and-half or fat-free milk
2 cups frozen baby lima beans	Salt and pepper, to taste
2 cups fresh, or frozen, whole-kernel corn	

Sauté onions in margarine in a medium saucepan until tender, 5 to 8 minutes. Stir in lima beans, corn, broth, and Half-and-half; heat to boiling. Reduce heat and simmer, covered, until vegetables are tender, about 5 minutes. Season to taste with salt and pepper.

**Nutritional Information Per Serving (1/4 of recipe):** Calories: 146, Fat: 2.1 g, Cholesterol: 0 mg, Sodium: 69 mg, Protein: 6.6 g, Carbohydrate: 26.7 g Diabetic Exchanges: 1-1/2 Bread/Starch, Fat: 1/2 Fat

## Scalloped Potatoes

Yield: 8 servings

Source: "Forbidden Foods Diabetic Cooking"

5 medium potatoes, peeled	1 tablespoon fresh dill, minced
2 tablespoons stick margarine	1/2 teaspoon salt
2 tablespoons all-purpose flour	1/2 teaspoon dry mustard
2 cups low-fat (1%) milk	1/4 teaspoon ground white pepper
1/4 small rutabaga, peeled and shredded (about 1/2 cup)	1/2 cup shredded cheddar cheese
1/2 medium onion, chopped	

Preheat the oven to 350 degrees F. Spray a 9x13-inch pan with nonstick cooking spray.

Fill a medium bowl with cold water. Slice the potatoes 1/16 inch thick, dropping them directly into the water as you work to prevent browning. Set aside.

In a large nonstick skillet, melt the margarine. Add the flour and stir over medium heat until blended, about 1 minute. Add the milk and cook, stirring constantly, until the mixture thickens and bubbles, about 3-4 minutes. Stir in the rutabaga, onion, dill, salt, mustard, and pepper and heat 1 minute more. Remove from the heat.

Drain the potatoes and place in the prepared pan. Pour the sauce over the potatoes to coat. Sprinkle with the cheese. Bake, uncovered, until browned, about 1 hour.

**Nutritional Information Per Serving (1/8 of recipe):**

Calories: 155, Fat: 6 g, Cholesterol: 10 mg, Sodium: 260 mg, Carbohydrate: 20 g, Dietary Fiber: 2 g, Sugars: 5 g, Protein: 6 g Diabetic Exchanges: 1-1/2 Starch, 1 Fat

## SOUPS

### Zucchini Soup

Yield: 6 (1-cup) Servings

Source: "Light and Easy Diabetes Cuisine" by Betty Marks

2 cups chicken broth  
2-1/2 cups sliced zucchini  
1 cup chopped onion  
2 garlic cloves, minced  
Pinch dried leaf marjoram  
1 tsp. curry powder

Salt and pepper to taste  
2 tbsp. non-fat dry milk  
1 cup plain low-fat yogurt  
1 tsp. fresh lemon juice  
2 tbsp. diced red bell pepper, or pimento

In a medium-size saucepan, place all ingredients except yogurt, lemon juice and bell pepper; bring to a boil. Reduce heat, skim off any froth that accumulates, cover and simmer 10 minutes or until zucchini is tender. Cool. In a blender or a food processor fitted with the metal blade, process in batches until pureed. Add yogurt and lemon juice; chill well. Garnish with bell peppers.

**Nutritional Information Per Serving (1 cup):** Calories: 39, Fat: 0 g, Cholesterol: 3 mg, Carbohydrate: 7 g, Protein: 3 g, Sodium: 75 mg Diabetic Exchanges: ½ Milk, 1 Vegetable

### Curried Peanut Soup

Yield: 1 (1 cup) serving

Source: "The Diabetes Snack Munch Nibble Nosh Book"

2 tbsp. fat-free sour cream  
1 tbsp. natural peanut butter, at room temperature

½ tsp. mild curry powder, or to taste  
1 cup reduced-sodium chicken broth

In a small bowl, whisk together the sour cream, peanut butter, and curry powder until smooth. Gradually whisk in the chicken broth until well combined. Microwave 1 minute. Pour into a mug.

**Nutritional Information Per Serving (1 cup):** Calories: 138, Fat: 8 g, Cholesterol: 2 mg, Sodium: 595 mg, Carbohydrate: 9 g, Dietary Fiber: 1 g, Sugars: 4 g, Protein: 7g. Diabetic Exchanges: 1 High-Fat Meat, ½ Carbohydrate.

### Split Pea Soup

Yield: 4 (1 cup) servings

Source: "Light and Easy Diabetes Cuisine" by Betty Marks

1 cup green or yellow split peas  
6 cups water  
1 tbsp. low-sodium chicken or vegetable bouillon granules  
1 carrot, sliced

1 onion, quartered  
Pinch dried leaf marjoram  
Pinch dried leaf thyme  
Dash red (cayenne) pepper  
1 tsp. imitation bacon bits

Rinse split peas; soak overnight if possible. In a large saucepan, place all ingredients except bacon bits. Bring to a boil. Cover, reduce heat and simmer 45 minutes until tender. If a smooth soup is desired, process in a blender or a food processor fitted with the metal blade. Return to saucepan to warm before serving; add bacon bits for a meaty taste.

**Nutritional Information Per Serving (1 cup):** Calories: 184, Fat: 1 g, Cholesterol: 0 mg, Carbohydrate: 33 g, Protein: 13 g, Sodium: 28 mg. Diabetic Exchanges: 2 Starch/Bread, 1 Meat

## Santa Fe Sweet Potato Soup

Yield: 8 servings

Source: "America's Everyday Diabetes Cookbook" by Katherine E. Younker

2 dried New Mexico chili peppers	4 cups peeled, cubed sweet potatoes, about 1/2 inch
2 cups boiling water	6 cups vegetable or chicken broth
1 tbsp. vegetable oil	2 cups corn kernels, thawed if frozen
2 onions, finely chopped	1 tsp. grated lime zest
4 cloves garlic, minced	2 tbsp. lime juice
1 finely chopped jalapeno pepper, optional	2 roasted red peppers, cut into thin strips
1 tsp. salt, optional	Finely chopped cilantro
1 tsp. dried oregano leaves	

In a heat proof bowl, soak chilies in boiling water for 30 minutes. Drain, discarding soaking liquid and stems. Pat dry, chop finely and set aside. In a skillet, heat oil over medium heat. Add onions and cook, stirring, until softened. Add garlic, jalapeno pepper and salt, if using, oregano, and reserved chilies and cook, stirring, for 1 minute. Transfer mixture to slow cooker stoneware. Add sweet potatoes and broth and stir to combine. Cover and cook on Low for 8 to 10 hours or on High for 4 to 6 hours, until sweet potatoes are tender. Strain vegetables, reserving broth. In a blender or food processor, puree vegetables with 1 cup reserved broth until smooth. Return mixture, along with reserved broth, to slow cooker stoneware. Or, using a hand-held blender, puree the soup in stoneware. Add corn, lime zest and juice. Cover and cook on High for 20 minutes, until corn is tender. When ready to serve, ladle soup into individual bowls and garnish with red pepper strips and cilantro.

**Nutritional Information Per Serving (1/8 of recipe):** Calories: 175, Fat: 3 g, Carbohydrate: 31 g, Fiber: 4 g, Protein: 7 g, Sodium: 439 mg, Cholesterol: 0 mg. Diabetic Exchanges: 1-1/2 Starch, 1 Vegetable, 1/2 Fat

## Creamy Clam and Broccoli Chowder

Yield: 4 servings

Source: "1,001 Recipes For People with Diabetes" by Surrey Books

2 cups cooked navy, or other white beans, divided	2 cans (6-1/2 oz. each) minced clams, rinsed, drained
1 can (14 oz.) reduced-sodium fat-free chicken broth, divided	4 plum tomatoes, coarsely chopped
4 tsp. minced garlic	2 tbsp. dry white wine
1 tsp. olive oil	2 tbsp. 2% reduced-fat milk
1-1/2 cups broccoli florets	2 tbsp. snipped fresh dill weed
	Salt and pepper, to taste

Process 1 cup beans with 1/2 cup broth in food processor or blender until smooth. Saute garlic in oil in large saucepan 1 minute. Stir in pureed bean mixture, remaining 1 cup beans, remaining broth, and broccoli. Heat to boiling; reduce heat and simmer until broccoli is crisp-tender, about 4 minutes. Stir in clams, tomatoes, wine, milk, and dill weed. Heat just until hot through, 3 to 4 minutes; season to taste with salt and pepper.

**Nutritional Information Per Serving (1/4 of recipe):** Calories: 336, Fat: 4.1 g, Cholesterol: 62.2 g, Sodium: 199 mg, Protein: 36.4 g, Carbohydrate: 37.6 g. Diabetic Exchanges: 1 Vegetable, 2 Bread/Starch, 3 Meat.

## Easy Mexican Soup

Yield: 4 servings

Source: "Quick and Easy Low-Carb Cooking" by Nancy Hughes

1 boil-in-bag rice packet  
2 (14 ounce) cans low-fat reduced sodium chicken broth  
8 ounces frozen cooked cubed chicken breast meat  
1 (10.5 ounce) can tomatoes with green chilies,  
Mexican-style, drained

1/4 cup chopped cilantro leaves  
1/2 medium avocado, diced  
1-2 medium limes, cut in wedges

In a medium sauce pot, cook rice according to directions on package, omitting any salt or fats. When cooked, place rice in a separate bowl and set aside. Discard water for rice and add chicken broth to sauce pot. Bring to a boil, add frozen chicken, and return just to a boil. Reduce heat and simmer 2 minutes to heat chicken thoroughly. To serve, place 1/2 cup rice in the bottom of 4 individual shallow soup bowls, spoon 3/4 cup chicken around the mound of rice, top rice with 2 tablespoons tomatoes and 1 tablespoon cilantro, and sprinkle 2 tablespoons avocado around sides. Squeeze lime over all.

**Nutritional Information Per Serving (1/4 of recipe):** Calories: 234, Fat: 6 g, Cholesterol: 48 mg, Sodium: 350 mg, Carbohydrate: 25 g, Dietary Fiber: 2 g, Sugars: 1 g, Protein: 21 g Diabetic Exchanges: 1-1/2 Starch, 2 Very Lean Meat, 1 Fat

## BREADS AND GRAINS

### Confetti Rice

Yield: 6 servings

Source: "Light and Easy Diabetes Cuisine" by Betty Marks

1 tbsp. virgin olive oil  
1 small onion, chopped  
3/4 cup brown Basmati rice, soaked 2 hours  
1/4 cup dry white wine  
1/4 tsp. dried leaf thyme, crushed

1/8 tsp. pepper  
2 cups chicken broth, or vegetable broth  
1 cup frozen green peas, thawed  
1/2 cup diced red bell pepper  
2 tbsp. grated Parmesan cheese

In a medium-size non-stick saucepan, heat oil and saute onion until browned. Rinse and drain rice. Add to saucepan and brown. Add wine, thyme, pepper and broth; bring to a boil. Reduce heat, cover and simmer 15 to 20 minutes until rice is tender. Add peas and bell pepper. Cook, stirring occasionally, until all liquid is absorbed, about 5 minutes. Garnish with cheese and serve.

**Nutritional Information Per Serving:** Calories: 192, Cholesterol: 1 mg, Carbohydrate: 34 g, Protein: 5 g, Sodium: 59 mg, Fat: 3 g Diabetic Exchanges: 2 Starch/Bread, 1/2 Fat

### Chili-Cheese Corn Bread

Yield: 12 servings

Source: "Light and Easy Diabetes Cuisine" by Betty Marks

1 cup plus 2 tbsp. yellow cornmeal  
2 tsp. baking powder  
1/2 tsp. baking soda  
1/4 cup whole-wheat flour

1-1/4 cup buttermilk  
1 egg plus 1 egg white, lightly beaten  
1/4 cup shredded sharp Cheddar cheese  
2 tbsp. chopped mild green chile, or to taste

Preheat oven to 450 degrees F. Coat an 8-inch-square baking pan with non-stick cooking spray and dust with 2 tbsp. of cornmeal. Sift into a large bowl the remaining cornmeal, baking powder, baking soda, salt and flour. In another bowl, combine buttermilk, eggs, cheese, and chile, then stir into the dry ingredients. Pour batter into the prepared baking pan and place in upper third of oven. Bake 10 minutes or until dough is firm in center. Makes 12 (2-inch) pieces.

**Nutritional Information Per Serving:** Calories: 98, Cholesterol: 28 mg, Carbohydrate: 15 g, Protein: 4 g, Sodium: 253 mg, Fat: 2 g Diabetic Exchanges: 1 Starch/Bread, 1/2 Fat.

### Low Fat Applesauce Raisin Bread

Yield: 1 loaf

Source: "America's Everyday Diabetes Cookbook": by Katherine Younker

2 cups flour  
1/2 cup sugar  
1 tsp. baking powder  
1/2 tsp. baking soda  
1/4 tsp. salt

1/2 tsp. cinnamon  
1 cup raisins  
2 egg whites  
1 1/4 cups unsweetened applesauce

Preheat oven to 350 degrees F. Lightly greased 9x5 loaf pan. In large bowl, stir together flour, sugar, baking powder, baking soda, salt and cinnamon. Stir in raisins. In separate bowl, using an electric mixer, beat egg whites and applesauce until combined. Pour mixture over dry ingredients and stir just until combined. Spoon into prepared pan. Bake in preheated oven for 70 to 80 minutes or until a cake tester inserted in the center comes out clean. Let cool in pan on rack for 10 minutes. Remove from pan and let cool completely on rack.

**Nutritional Information Per Serving (1/16 of loaf):** Calories 123, Fat g. Carbohydrate: 29 g., Fiber: 1 g, Protein: 2 g., Sodium: 95 mg., Cholesterol: 0 mg. Diabetic Exchange: 2 Starch/Bread.

## Almond Wild Rice

Yield: 4 servings

Source: "Light and Easy Diabetes Cuisine" by Betty Marks

3/4 cup wild rice

1 celery stalk, chopped

1-1/2 cups chicken broth

1/2 cup sliced mushrooms

1 tsp. walnut oil

2 tbsp. toasted slivered almonds

In a medium-size saucepan, bring rice and broth to a boil. Reduce heat and simmer, covered, 35 minutes or until rice is tender. Drain, if necessary. Meanwhile, heat walnut oil in a small non-stick skillet and saute celery and mushrooms about 5 minutes. Fluff rice with a fork and add sauteed vegetables.

**Nutritional Information Per Serving:** Calories: 147, Cholesterol: 0 mg, Carbohydrate: 24 g, Protein: 5 g, Sodium: 10 mg, Fat: 4 g Diabetic Exchanges: 1 Starch/Bread, 1 Vegetable, 1/2 Fat

## Green Rice

Yield: 2 servings

Source: Mix 'n Match Meals in Minutes

5 oz. washed read-to-eat fresh spinach

2 tsp. sesame oil

1/2 cup quick-cooking 30-minute brown rice

2 scallions, sliced

1 cup fresh bean sprouts

Salt and freshly ground pepper, to taste

1 cup water

Place spinach, rice, bean sprouts, and water in a large saucepan. Bring the water to a boil and cover with a lid. Lower heat to medium and simmer 30 minutes or according to package instructions. The water should be absorbed and the rice cooked through. If the rice is cooked and there is still liquid in the pan, remove lid and boil to evaporate liquid. Stir in sesame oil and scallions. Add salt and pepper and serve.

**Nutritional Information Per Serving (1/2 of recipe):** Calories: 171, Fat: 6 g, Cholesterol: 0 mg, Sodium: 72 mg, Carbohydrate: 27 g, Dietary Fiber: 4 g, Sugars: 2 g, Protein: 6g. Diabetic Exchanges: 1-1/2 Starch, 1 Vegetable, 1 Fat.

## Potato Bread

Yield: 2 loaves (16 servings each loaf)

Source: "1,001 Recipes For People with Diabetes" by Surrey Books

1 package active dry yeast

1 cup mashed potatoes, lukewarm

1-1/2 cups warm water (110-115 degrees)

6 to 6-1/2 cups all-purpose flour

2 tbsp. sugar

1 cup whole wheat flour

3 tbsp. margarine, softened

1 tsp. salt

2 eggs

Fat-free milk

Mix yeast and warm water in large bowl; let stand 5 minutes. Mix in sugar, margarine, eggs, and mashed potatoes; mix in 5-1/2 cups all-purpose flour, whole wheat flour, and salt; mix in enough remaining 1 cup all-purpose flour to make smooth dough. Knead dough on floured surface until smooth and elastic, about 5 minutes. Place dough in greased bowl; let rise, covered, in warm place until double in size, 1 to 1-1/2 hours. Punch down dough. Divide dough into 2 equal pieces; shape into loaves and place in greased 9x5-inch loaf pans. Let stand, loosely covered, until double in size, about 45 minutes. Brush tops of loaves with milk. Bake at 375 degrees until loaves are golden and sound hollow when tapped, about 45 minutes. Remove from pans and cool on wire racks.

**Nutritional Information Per Serving (1 slice):** Calories: 121, Fat: 1.7 g, Cholesterol: 13.4 mg, Sodium: 103 mg, Protein: 3.6 g, Carbohydrate: 22.7 g. Diabetic Exchange3s: 1-1/2 Bread, 1/2 Fat

## Garlic-Parmesan Rolls

Yield: 2 servings (1/2 roll)

Source: "The Diabetes Snack, Munch, Nibble, Nosh Book"

1 whole-wheat or mixed-grain dinner roll (about 1-3/4 oz)  
2 tsp. reduced-fat tub style margarine (4.5g fat per tbsp)  
1/4 to 1/2 tsp. chopped garlic, or to taste

Pinch basil  
2 tsp. grated Parmesan cheese

If using the conventional oven, preheat to 425 degrees F. Cut the roll in half. Spread each half with half the margarine and half the garlic. Sprinkle on the Parmesan cheese, and press it into place with the back of a spoon. If using the toaster oven, place the roll halves on the rack, and crisp until browned. Serve immediately. If using the conventional oven, lay the rolls on a baking sheet and bake for about 5 minutes or until browned. Serve warm.

**Nutritional Information Per Serving (1/2 roll):** Calories: 86, Fat: 3 g, Cholesterol: 3 mg, Sodium: 203 mg, Carbohydrate: 12 g, Dietary Fiber: 2 g, Sugars: 2 g, Protein: 4g. Diabetic Exchanges: 1 Starch, 1/2 Fat.

## Blueberry Muffins

Yield: 18 servings (1 muffin)

Source: "Forbidden Foods Diabetic Cooking"

2 cups all-purpose flour  
2/3 cup granulated sugar  
1 tbsp. baking powder  
1/2 tsp. baking soda  
1/4 tsp. salt

1/4 cup vegetable oil  
1 egg  
1 cup low-fat (1%) milk  
1 tbsp. vanilla extract  
1 cup fresh or frozen blueberries

Preheat the oven to 350 degrees F. Spray 18 cups of 2 (12 cup) muffin tins with nonstick cooking spray or line with paper liners. In medium bowl, whisk together the flour, sugar, baking powder, baking soda, and salt until well blended, about 1 minute. In another medium bowl, combine the oil, egg, milk, and vanilla until well blended. Pour this liquid mixture into the middle of the flour mixture; stir until not quite all combined. Add the blueberries and gently finish combining. Spoon the batter into the cups, filling each about 2/3 full. Bake until a toothpick inserted in the center comes out clean, about 15-18 minutes. Cool in the tins on a rack, 5 minutes, then remove from pan and place on the rack to finish cooling.

**Nutritional Information Per Serving (1 muffin):** Calories: 142, Fat: 5 g, Cholesterol: 14 mg, Sodium: 71 mg, Carbohydrate: 24 g, Dietary Fiber: 1 g, Sugars: 14 g, Protein: 2g. Diabetic Exchanges: 1-1/2 Carbohydrate, 1 Fat.

## Pumpkin Cinnamon-Spice Muffins

Yield: 18 muffins (1 per serving)

Source: "1,001 Recipes For People with Diabetes" by Surrey Books

1-1/2 cups all-purpose flour  
1/2 cup whole wheat flour  
1-1/2 tsp. baking powder  
1/2 tsp. baking soda  
1-1/2 tsp. ground cinnamon  
1/8 tsp. ground cloves  
1/2 tsp. ground nutmeg  
1/2 tsp. allspice

3/4 cup brown sugar  
1 cup canned pumpkin  
1/4 cup liquid egg substitute  
1/3 cup fat-free milk  
1/4 cup corn oil  
3 oz. frozen unsweetened orange juice concentrate,  
thawed  
Vegetable cooking spray

Preheat oven to 400 degrees. Sift together flours, baking powder, baking soda, cinnamon, cloves, nutmeg, and allspice into a large bowl; add brown sugar. In a separate bowl, combine remaining ingredients, except cooking spray. Add wet ingredients to dry ingredients, stirring until just moistened. Spoon into 18 muffin cups coated with cooking spray; bake 14 minutes.

**Nutritional Information Per Serving (1 muffin):** Calories: 99, Fat: 0.2 g, Cholesterol: 0 g, Sodium: 87 mg, Protein: 2.2 g, Carbohydrate: 22.6 g Diabetic Exchanges: 1-1/2 Bread/Starch

## Spanish Rice Salad

Yield: 6 servings (1/2 cup per serving)

Source: "The Diabetes Snack Munch Nibble Nosh Book"

2 cups cooked brown rice

1 tbsp. olive oil

½ tbsp. lemon juice

1 medium tomato, diced

½ sweet red pepper, seeded and diced

1/4 cup thinly sliced green onion, including tops

1/4 cup chopped fresh parsley

1 garlic clove, minced

1/4 tsp. salt, or to taste (optional)

In a medium bowl, stir together the rice, olive oil, and lemon juice. Stir in the tomato, pepper, onion, parsley, garlic, and salt (if desired). Mix well. Serve at room temperature, or cover and refrigerate several hours. Leftover salad will keep in the refrigerator, covered, 3 to 4 days.

**Nutritional Information Per Serving (1/2 cup):** Calories: 105, Fat: 3 g, Cholesterol: 0 mg, Sodium: 8 mg, Carbohydrate: 18 g, Dietary Fiber: 2 g, Sugars: 2 g, Protein: 2g. Diabetic Exchanges: 1 Starch, 1/2 Fat

## HEALTHY SNACKS & APPETIZERS

### Black Bean Salsa

Yield: 28 (2 tbsp.) servings

Source: "The Diabetes Snack, Munch, Nibble, Nosh Book"

1 large tomato, chopped  
1/4 cup thinly sliced green onion tops  
1/2 sweet red or green pepper, seeded and chopped  
1 medium jalapeno chili pepper, seeds and membrane removed, chopped  
2 tsp. olive oil

2 tsp. lemon juice  
1/4 tsp. dried oregano leaves  
1 large garlic clove, minced  
1/4 tsp. salt, or to taste (optional)  
1-3/4 cups cooked black beans, or 1 (15 oz) can black beans, rinsed and well drained

In a medium bowl, combine the tomato, green onions, sweet pepper, hot pepper, olive oil, lemon juice, oregano, garlic, and salt (if desired). Stir to mix well. Carefully stir in the black beans. Serve at once, or cover and refrigerate 1 hour or up to 24 hours before serving. The salsa will keep for 4 to 5 days in the refrigerator. Serve with fat-free tortilla chips.

**Nutritional Information Per Serving (2 tbsp.):** Calories: 20, Fat: 0 g, Cholesterol: 0 mg, Sodium: 1 mg, Carbohydrate: 3 g, Dietary Fiber: 1 g, Sugars: 1 g, Protein: 1 g Diabetic Exchanges: Free

### Pepperoni-Jalapeno Melts

Yield: 4 (3 melts) servings

Source: "Quick and Easy Low-Carb Cooking" by Nancy Hughes

12 low-sodium Triscuit-style crackers  
6 turkey pepperoni slices, halved

2 jalapeno chili peppers, each cut in 6 slices crosswise  
1/4 cup shredded reduced-fat sharp Cheddar cheese

Place crackers in a single layer on a microwave-safe plate. Top each cracker with 1 pepperoni slice and 1 jalapeno slice. Sprinkle cheese evenly over all. Cook in microwave on HIGH setting 15 seconds or until cheese just begins to melt.

**Nutritional Information Per Serving (3 melts):** Calories: 88, Fat: 4 g, Cholesterol: 9 mg, Sodium: 148, Carbohydrate: 10 g, Dietary Fiber: 2 g, Sugars: 0 g, Protein: 4 g. Diabetic Exchanges: 1/2 Starch, 1 Fat

### Rosy Shrimp Spread

Yield: 1-1/2 cups (2 tbsp. per serving)

Source: "America's Everyday Diabetes Cookbook" by Katherine E. Younker

4 oz. light cream cheese, softened  
1/4 cup light sour cream or plain yogurt  
2 tbsp. prepared chili sauce  
1 tsp. prepared horseradish

Hot pepper sauce, to taste  
1 can (4 oz.) small shrimp, rinsed and drained  
1 tbsp. minced green onion tops or chives

In a bowl, beat cream cheese until smooth. Stir in sour cream, chili sauce, horseradish and hot pepper sauce. Fold in shrimp and green onions. Transfer to serving dish; cover and refrigerate until serving time.

**Nutritional Information Per Serving (2 tbsp.):** Calories: 48, Carbohydrate: 2 g, Fiber: 0 g, Protein: 4 g, Fat: 3 g, Sodium: 127 mg, Cholesterol: 27 mg. Diabetic Exchanges: 1/2 Very Lean Meat, 1/2 Fat.

## Tortilla Pinwheels

Yield: 2 servings (2 pieces)

Source: "The Diabetes Snack, Munch, Nibble, Nosh Book"

1 tbsp. fat-free cream cheese  
2 tbsp. shredded reduced-fat Cheddar cheese  
2 tbsp. mild salsa

1 tbsp. chopped green onion tops  
1/8 tsp. chili powder  
1 (6-inch) low-fat flour tortilla

In a small bowl, stir together the cream cheese and Cheddar cheese with a fork until the Cheddar is incorporated. Stir in the salsa, green onion, and chili powder. Spread the mixture evenly on the tortilla. Roll up and cut off the two ends. Cut tortilla into 4 pieces and serve.

**Nutritional Information Per Serving (2 pieces):** Calories: 70, Fat: 2 g, Cholesterol: 6 mg, Sodium: 258 mg, Carbohydrate: 10 g, Dietary Fiber: 1 g, Sugars: 1 g, Protein: 5g. Diabetic Exchanges: 1/2 Starch, 1 Very Lean Meat

**Black Bean Quesadillas** Yield: 12 servings

Source: "1,001 Recipes For People with Diabetes" by Surrey Books

1 cup cooked dried black beans or canned, rinsed and drained black beans  
1 cup milk, or hot, salsa, divided  
1/4 cup thinly sliced green onions and tops  
3 tbsp. finely chopped cilantro

2-3 tsp. minced jalapeno chili  
12 whole wheat, or white flour, tortillas  
3/4 cup (3 oz.) reduced-fat Monterey Jack cheese  
3/4 cup (3 oz.) fat-free Cheddar cheese  
Butter-flavored vegetable cooking spray

Mash beans slightly; mix in 1/4 cup salsa, green onions, cilantro, and chili. Divide mixture on 6 tortillas, spreading almost to edges. Sprinkle with cheese and top with remaining tortillas. Spray medium skillet with cooking spray; heat over medium heat until hot. Cook 1 quesadilla on medium to medium-low heat until browned on the bottom, 2 to 3 minutes. Spray top of quesadilla with cooking spray; turn and cook until browned on other side. Repeat with remaining quesadillas. Cut quesadillas into wedges; serve warm with remaining 3/4 cup salsa.

**Nutritional Information Per Serving (1/12 of recipe):** Calories: 169, Fat: 3.9 g, Cholesterol: 5.1 mg, Sodium: 427 mg, Protein: 9 g, Carbohydrate: 24.2 g. Diabetic Exchanges: 1-1/2 Bread/Starch, 1/2 Meat, 1/2 Fat

## Parmesan Triangles

Yield: 10 servings (5 pieces per serving)

Source: "The Diabetes Snack Munch Nibble Nosh Book"

1 tbsp. olive oil  
1 tbsp. water  
1 garlic clove, minced

1 tsp. Italian seasoning  
25 wonton wrappers, cut in half to form triangles  
2 tbsp. grated Parmesan cheese

Preheat the oven to 400 degrees. Spray a large baking sheet with nonstick spray coating. Set aside. In a small bowl, stir together the oil, water, garlic, and Italian seasoning. Set the wonton wrappers on the baking sheet in a single layer. With your fingers, spread the oil mixture over the wonton triangles. (If the mixture begins to separate, stir again.) Sprinkle with the cheese. Bake for 3 to 4 minutes until the triangles have crisped. Cool in pan on a wire rack, or serve warm. Triangles will keep for up to a week in an airtight container.

**Nutritional Information Per Serving (5 pieces):** Calories: 61, Fat: 2 g, Cholesterol: 4 mg, Sodium: 111 g, Carbohydrate: 9 g, Dietary Fiber: 1 g, Sugars: 0 g, Protein: 2 g. Diabetic Exchanges: 1/2 Starch, 1/2 Monounsaturated Fat.

## Con Queso Bean Dip

Yield: 20 servings (2 tbsp. each)

Source: "The Diabetes Snack Munch Nibble Nosh Book"

1 (15-1/2 oz.) can low-sodium or regular light red kidney beans, rinsed and well drained  
3/4 cup mild or medium salsa  
1 tsp. chili powder  
1 tsp. cumin

1/8 tsp. salt, or to taste (optional)  
1 cup shredded reduced-fat Cheddar cheese  
1/2 cup fat-free sour cream  
2 tbsp. chopped chives or green onions

In a 1-quart microwave-safe casserole, mash the beans with a fork. Stir in the salsa, chili powder, cumin, and salt (if desired). Stir to mix well. Stir in the cheese. Cover with the casserole lid, and microwave on high power for 3 to 4 minutes until heated through. Remove from microwave. Stir to mix in the melted cheese. Spread the sour cream on top. Sprinkle with the chives. Serve warm with fat-free tortilla chips. Cover and refrigerate leftovers, which will keep 3 to 4 days.

**Nutritional Information Per Serving (2 tbsp.):** Calories: 44, Fat: 1 g, Cholesterol: 4 mg, Sodium: 86 mg, Carbohydrate: 5 g, Dietary Fiber: 1 g, Sugars: 1 g, Protein: 3 g. Diabetic Exchanges: 1/2 Starch

## Better Deviled Eggs

Yield: 2 servings (1 egg per serving)

Source: "The Diabetes Snack Munch Nibble Nosh Book"

2 hard-cooked large eggs, cooled under running water  
2 tsp. fat-free sour cream  
1 tsp. sweet pickle relish  
1 tsp. reduced-fat mayonnaise

1/8 to 1/4 tsp. Dijon-style mustard  
Pinch salt (optional)  
2 tbsp. finely chopped celery

Cut each egg in half. Carefully remove the yolks. Discard one yolk. In a custard cup, mash the remaining egg yolk. Add the sour cream, pickle relish, mayonnaise, mustard, and salt (if desired). Stir to mix well. Stir in the celery. Serve at once, or cover and refrigerate. Deviled eggs will keep in the refrigerator 1 to 2 days.

**Nutritional Information Per Serving (1 egg):** Calories: 64, Fat: 3 g, Cholesterol: 107 mg, Sodium: 121 mg, Carbohydrate: 3 g, Dietary Fiber: 0 g, Sugars: 2 g, Protein: 5 g. Diabetic Exchanges: 1 Lean Meat

## South of the Border Pizza

Serves: 2 (1/2 muffin per serving)

Source: "The Diabetes Snack Munch Nibble Nosh Book"

1/3 cup frozen mixed pepper and onion stir-fry  
Scant 1/4 cup mild or medium salsa

1/4 cup shredded reduced-fat Cheddar cheese  
1 whole-wheat English muffin

In a medium non-stick skillet coated with non-stick spray coating, cook the onion and pepper mixture over medium heat, stirring frequently, until the onion is tender, about 4 to 6 minutes. Meanwhile, divide the salsa evenly between the English muffin halves, and spread it evenly over each half. Sprinkle the cheese evenly over the two halves. Toast the muffin halves in a toaster oven until the cheese melts. When the onion and pepper mixture is done, top the pizza halves with the pepper mixture, dividing it evenly.

**Nutritional Information Per Serving (1 muffin half):** Calories: 165, Fat: 7 g, Cholesterol: 20 mg, Sodium: 426 mg, Carbohydrate: 15 g, Dietary Fiber: 2 g, Sugars: 4 g, Protein: 12g Diabetic Exchanges: 1 Starch, 1 Medium Fat Meat

## White Bean and Sweet Red Pepper Salsa with Pita Wedges

Yield: 6 (1/4 cup salsa plus 6 pita wedges) servings

Source: "Quick and Easy Low-Carb Cooking" by Nancy Hughes

3 (6-inch) pita breads, each cut in half

1 tablespoon extra virgin olive oil

3/4 cup canned navy beans, rinsed and drained

1 tablespoon capers, drained

1 medium red bell pepper, finely chopped

1/2 teaspoon dried oregano leaves

2 tablespoons lemon juice

1/2 medium garlic clove, minced

Preheat oven to 350 degrees F. Cut each pita half into 6 wedges. Place on a baking sheet and bake 5 minutes or until just beginning to brown lightly. Cool completely. Meanwhile, combine remaining ingredients in a medium mixing bowl and toss gently, yet thoroughly. Serve with pita wedges.

**Nutritional Information Per Serving (1/4 cup salsa plus 6 pita wedges):** Calories: 145, Fat: 3 g, Cholesterol: 0 mg, Sodium: 257 mg, Carbohydrate: 25 g, Dietary Fiber: 3 g, Sugars: 2 g, Protein: 5g Diabetic Exchanges: 2 Starch

## MISCELLANEOUS

### Washington State Apple Butter

Yield: 3 Cups (24 Servings)

Source: The New Family Cookbook for People with Diabetes

2-1/2 pounds Golden Delicious apples, cored and cut into eighths  
2 tbsp. fresh lemon juice  
3/4 tsp. ground cinnamon  
1/8 tsp. ground cloves  
1/8 tsp. ground mace  
1 tbsp. brown sugar

Combine the apples, 3/4 cup water, and the lemon juice in a large non-stick pot. Bring to a boil over medium-high heat. Cover and simmer for 30 minutes. Drain. Push the apples through a food mill or strainer to puree and remove skin. Return the applesauce to the pot of water; add the cinnamon, cloves, mace, and brown sugar. Simmer, uncovered, over low heat until mixture thickens, about 45 to 60 minutes, stirring often. Cover and refrigerate. Apple butter keeps in the refrigerator for 1 week. Freeze for longer storage.

**Nutritional Information Per Serving (2 tbsp.):** Calories: 26, Fat: 0 g, Cholesterol: 0 mg, Sodium: 0 mg, Carbohydrate: 7 g, Dietary Fiber: 1 g, Sugars: 6 g, Protein: 0 g Diabetic Exchanges: 1/2 Fruit

### Tabouli

Yield: 6 (1/2 cup) servings

Source: "The Diabetes Snack Munch Nibble Nosh Book"

1 cup dry bulgur wheat  
1-1/2 cups boiling water  
2 tbsp. lemon juice  
2 tbsp. olive oil  
2 garlic cloves, minced  
1 tsp. salt, or to taste (optional)  
2-3 drops hot pepper sauce (optional)  
1/4 cup sliced green onion tops  
2 tbsp. fresh mint leaves or 1/2 tsp. dried mint  
1/2 cup coarsely chopped fresh parsley  
1 large tomato, diced  
1 small cucumber, peeled, seeded, and diced

In a large bowl, combine the bulgur and boiling water. Cover and let stand 15 to 20 minutes, until the bulgur has softened and most of the water has been absorbed. Drain in a sieve. Return the bulgur to the bowl. Add the lemon juice, oil, garlic, salt (if desired), and hot pepper sauce (if desired). Stir to mix well. Stir in the onions, mint, parsley, tomato and cucumber. Stir the vegetable mixture into the bulgur. Serve at once, or cover and refrigerate several hours. Stir before serving. Leftover tabouli will keep in the refrigerator for 2 to 3 days.

**Nutritional Information Per Serving (1/2 cup):** Calories: 135, Fat: 5 g, Cholesterol: 0 mg, Sodium: 12 mg, Carbohydrate: 21 g, Dietary Fiber: 5 g, Sugars: 2 g, Protein: 4 g. Diabetic Exchanges: 1 Starch, 1 Vegetable, 1/2 Monounsaturated Fat

### Braised Whole Artichoke

Yield: 4 servings

Source: "1,001 Recipes For People with Diabetes" by Surrey Books

4 medium artichokes  
Salt, to taste  
2 to 4 tsp. extra-virgin olive oil

Cut 1-inch from tops of artichokes and trim off stems. Place artichokes in medium saucepan and sprinkle lightly with salt; add 1-inch water. Heat to boiling; reduce heat and simmer, covered, until artichokes are tender, 30 to 40 minutes (bottom leaves will pull out easily). Remove artichokes from pan; discard any remaining water. Holding artichokes with a towel or hot pad, brush bottom of each with olive oil; return to saucepan. Cook, uncovered, over medium to medium-low heat until bottoms of artichokes are deeply browned, 10 to 15 minutes.

**Nutritional Information Per Serving (1 artichoke):** Calories: 80, Fat: 2.4 g, Cholesterol: 0 mg, Sodium: 114 mg, Protein: 4.2 g, Carbohydrate: 13.4 g. Diabetic Exchanges: 2 Vegetable, 1/2 Fat

## Tangy Mustard Sauce

Yield: 8 servings (1 tbsp. per serving)

Source: "The Diabetes Snack Munch Nibble Nosh Book"

1 tbsp. packed brown sugar

1 tbsp. hot water

1 tsp. dry mustard

1/4 cup fat-free sour cream

1 tbsp. cider vinegar

2 tbsp. reduced-fat mayonnaise

In a small microwave-safe bowl, combine the sugar and mustard. Stir to mix well. Stir in the vinegar and water. Cover with wax paper and microwave on high power for 1 minute, or until the flavors are well-blended.

Stir and cool slightly. Whisk in the sour cream and mayonnaise. Serve immediately, or cover and refrigerate several hours before serving. The sauce will keep in the refrigerator 4 to 5 days. Stir before serving.

**Nutritional Information Per Serving (1 tbsp.):** Calories: 26, Fat: 1 g, Cholesterol: 2 mg, Sodium: 38 mg, Carbohydrate: 3 g, Dietary Fiber: 0 g, Sugars: 3 g, Protein: 1 g Diabetic Exchanges: 1 Fat

