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NRS Nutrition Resource Book

**Section 1**: Synopsis of nutritional guidelines as outlined in EO 509 (which is based on 2005 Dietary Guidelines for Americans) with updated information from recently released 2010 Dietary Guidelines for Americans (based on DPH statements that the recommendations as outlined in EO 509 will be updated for most current recommendations).

* Key recommendations
* Menu specifications

**Section 2**: Menu template to comply with nutritional guidelines

**Section 3**: Sample menus

**Section 4:** General guidelines for optimal menu planning

* Guidelines for cooking with herbs

**Section 5:** Suggested recipes/ food/meal preparation techniques

* Poultry
* Pork
* Beef
* Pasta/Casseroles
* Seafood
* Desserts

**Section 6:** snack ideas

**Section 7:** Shopping Tips

**Section 8:** Food safety recommendations

**Section 9**: Soft food recipes

**Section 1 - nutirional guidlines**

**Key Recommendations of the Dietary Guidelines for Americans, 2010**:

* Balance calories to manage weight
* Reduce sodium (Na) intake to less than 2300 mg/day (less than 1500 mg/day if over 50 years old)
* Consume less than 30% of calories from fat, and less than 10% calories from saturated fat
* Consume less than 300 mg cholesterol daily
* **Limit** intake of:
  + *trans* fats (solid fats, or partially hydrogenated fats)
  + Added sugars
  + Refined (“white”) grains/starches
  + Foods with added salt or sodium
  + **No** deep fat frying
* **Increase** intake of:
  + Total servings of fruits and vegetables
  + Variety of fruits and vegetables (dark green, red, orange vegetables, beans, and peas)
  + whole grains (at least half of servings should be whole grain)
  + Skim or 1% low fat milk or milk products (such as cheese, yogurt, fortified soy beverages)
  + Variety of protein foods; include seafood, lean meats and poultry, eggs, beans, peas, soy products, unsalted nuts and seeds in place high fat or processed meats
  + Olive oil or canola in place of solid fats (butter or margarine)

**Menu Specifications**

* 2000 calories (increase or decrease to manage weight)
* Not more than 2300 mg Sodium (Na)
* Not more than 30% fat
* Not more than 10% saturated fat
* Not more than 300 mg cholesterol
* At least 4700 mg potassium
* At least 1000 mg calcium
* At least 8 mg iron
* At least 28 g fiber
* Optimal opportunity for water

**The menu contains**:

3 servings skim or 1% low fat milk or milk products

5+ servings fruits and vegetables

6 servings whole grains

Not more than 12 tsp. fat (including that used in meal preparation)

6 oz. protein equivalent

**Foods selected should have**:

* No trans fat (trans fat free “TFF”)
* Not more than 480 mg sodium **per serving** for individual items (ex: soup, canned meats, sausage)
* Not more than 800 mg sodium **per meal** for frozen whole meals
* Not more than 290 mg sodium **per serving** for canned items (ex: tuna, vegetables), bacon
* Not more than 215 mg sodium **per serving** for bread and cereal products, and cheese
* At least 2 g fiber **per serving** for breads
* At least 3 g fiber and 10 g or less of sugar **per serving** of cereal
* For condiments use :
  + Low fat mayonnaise
  + Reduced sodium soy sauce, ketchup
  + Low sodium, Low fat salad dressings

**Section 2 – menu template**

**Food Type # Servings Serving size Menu item**

**Breakfast (offer 8 oz. water)**

Protein 1 \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Whole grains 2 \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Fats 2 \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Fruits/veg 1 \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Milk 1 \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

beverage as desired \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Lunch (offer 8 oz. water)**

Protein 2 oz. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Whole grains 2 \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Vegetable 1-2 \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Fruit 1 \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Fat 2 \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Milk 1 \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Dinner (offer 8 oz. water)**

Protein 3 oz. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Whole grains 1 \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Vegetable 2-3 \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Fat 2 \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Snacks (choose from 2 or more groups)**

Fruit, veg, grain 1-2 \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Milk, protein, fat 1-2 \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**LF = low fat TFF=trans fat free LS = low sodium (Na)**

**Section 3 - sample menus**

\*\*see recipes

**Day 1**

**Food Type # Servings Serving size Menu item**

**Breakfast (offer 8 oz water)**

Protein 1 ¼ cup scrambled egg substitute

Whole grains 2 2 slices whole wheat toast

Fats 2 2 tsp. TFF\* margarine

Fruits/veg 1 6 oz. 100% orange juice

Milk 1 8 oz. skim milk

**Lunch (offer 8 oz water)**

Protein 2 oz. ½ c LS Tuna salad on 2 sl. whole

Whole grains 2 2 slices 100% whole wheat bread

Vegetable 1-2 lettuce, tomato

Fruit 1 1 small apple

Fat 2 Low Fat mayonnaise for sandwich

Milk 1 8 oz milk or 6 oz Low Fat yogurt

**Dinner (offer 8 oz water)**

Protein 3 oz. Poultry choice\*\*

Whole grains 1

Vegetable 2-3

Fat 2 2 tsp TFF marg. **or** oil in cooking

**Snacks (choose from 2 or more groups) (offer 8 oz water at each snack)**

Fruit, grain, or veg 1-2 6 oz LF yogurt w/1/2 c unsw. fruit

milk, protein, fat 1-2 5 whole grain crackers w/peanut

butter

**LF = low fat TFF=trans fat free LS = low sodium (Na)**

**Day 2** \*\*see recipes

**Food Type # Servings Serving size Menu item**

**Breakfast**

Protein 1 (use at lunch)

Whole grains 2 1 c. oatmeal

Fats 2 2 tsp. TFF margarine, as needed

Fruits/veg 1 2 Tbsp raisins

Milk 1 8 oz skim milk

Beverage as desired 8 oz water

**Lunch**

Protein 2 oz. 2 oz chicken salad sandwich on 2 slices

whole wheat

Whole grains 2 bread

Vegetable 1-2 lettuce, tomato

Fruit 1 1 small peach

Fat 2 LF mayonnaise for sandwich

Milk 1 8 oz skim milk or 6 oz LF yogurt

**Dinner**

Protein 3 oz. Red meat choice\*\*

Whole grains 1

Vegetable 2-3

Fat 2 2 tsp TFF marg. **or** oil in cooking

**Snacks (choose from 2 or more groups)**

Fruit, grain, veg 1-2 15 unsalted baked chips w/ salsa

milk, protein, fat 1-2 ½ c low fat cott cheese 2/ ½ c fruit

**LF = low fat TFF=trans fat free LS = low sodium (Na)**

**Day 3** \*\*see recipes

**Food Type # Servings Serving size Menu item**

**Breakfast**

Protein 1 1 poached egg (use pasteurized egg)

Whole grains 2 1 whole grain English muffin

Fats 2 2 tsp. TFF\* margarine

Fruits/veg 1 ½ c seasonal fresh fruit

Milk 1 8 oz. skim milk

Beverage as desired 8 oz water

**Lunch**

Protein 2 oz. 2 oz left over red meat choice\*\*

Whole grains 2 2/3 c brown rice (or other grain)

Vegetable 1-2 1 c. cooked vegetables

Fruit 1 1 small pear

Fat 2 2 tsp TFF marg. **or** oil in cooking

Milk 1 8 oz. skim milk or 6 oz LF yogurt

**Dinner**

Protein 3 oz. pasta/casserole choice\*\*

Whole grains 1

Vegetable 2-3

Fat 2 2 tsp TFF marg. **or** oil in cooking

**Snacks (choose from 2 or more groups)**

Fruit, grain, or veg 1-2 1 banana w/2 tbsp peanut butter

milk, protein, fat 1-2 smoothie w/1 cup skim milk

&frozen fruit

**LF = low fat TFF=trans fat free LS = low sodium (Na)**

**Day 4** \*\*see recipes

**Food Type # Servings Serving size Menu item**

**Breakfast**

Protein 1 2 Tbsp peanut butter

Whole grains 2 1 slice whole wheat toast & ½ c high fiber

cereal

Fats 2 (in the peanut butter)

Fruits/veg 1 1 small banana

Milk 1 8 oz skim milk

Beverage as desired 8 oz water

**Lunch**

Protein 2 oz. 1 cup leftover pasta choice\*\*

Whole grains 2 1 whole grain dinner roll

Vegetable 1-2 1 c cooked vegetables

Fruit 1 ½ c mandarin oranges

Fat 2 2 tsp TFF marg. **or** oil in cooking

Milk 1 8 oz. skim milk or 6 oz LF yogurt

**Dinner**

Protein 3 oz. seafood choice\*\*

Whole grains 1

Vegetable 2-3

Fat 2 2 tsp TFF marg. **or** oil in cooking

**Snacks (choose from 2 or more groups)**

Fruit, grain, or veg 1-2 ¼ c hummus w/ carrots, cucumber slices

milk, protein, fat 1-2 1 low fat mozzarella string cheese & 1 apple

**LF = low fat TFF=trans fat free LS = low sodium (Na)**

**Day 5** \*\*see recipes

**Food Type # Servings Serving size Menu item**

**Breakfast**

Protein 1 (use at lunch)

Whole grains 2 1 c whole grain cereal

Fats 2 (use at snack)

Fruits/veg 1 ½ c blueberries

Milk 1 8 oz milk

Beverage as desired 8 oz water

**Lunch**

Protein 2 oz. 2 oz. turkey for sandwich

Whole grains 2 2 slices whole grain bread

Vegetable 1-2 lettuce/tomato

Fruit 1 1 small banana

Fat 2 1 tbsp light mayonnaise

Milk 1 8 oz. skim milk or 6 oz LF yogurt

**Dinner**

Protein 3 oz. meatless choice\*\*

Whole grains 1

Vegetable 2-3

Fat 2 2 tsp TFF marg. **or** oil in cooking

**Snacks (choose from 2 or more groups)**

Fruit, grain, or veg 1-2 6 oz LF yogurt w/ ½ c fruit

milk, protein, fat 1-2 2 graham crackers w/ 2 tbsp pnut butter

**LF = low fat TFF=trans fat free LS = low sodium (Na)**

**Day 6** \*\*see recipes

**Food Type # Servings Serving size Menu item**

**Breakfast**

Protein 1 ¼ c scrambled egg substitute

Whole grains 2 1 sl wh. wheat bread & 1 wh. grain waffle

Fats 2 2 tsp TFF margarine

Fruits/veg 1 1/2 c unsweetened peaches

Milk 1 8 oz skim milk

Beverage as desired 8 oz water

**Lunch**

Protein 2 oz. Low sodium sliced ham for sandwich

Whole grains 2 2 slices whole grain bread

Vegetable 1-2 lettuce/tomato

Fruit 1 15 grapes

Fat 2 1 tbsp light mayo

Milk 1 8 oz. skim milk or 6 oz LF yogurt

**Dinner**

Protein 3 oz. poultry choice\*\*

Whole grains 1

Vegetable 2-3

Fat 2 2 tsp TFF marg. **or** oil in cooking

**Snacks (choose from 2 or more groups)**

Fruit, grain, or veg 1-2 ½ c cereal w/ ½ c skim milk & 3 strawberries

milk, protein, fat 1-2 asst raw vegs w/ 2 tbsp light ranch dressing

**LF = low fat TFF=trans fat free LS = low sodium (Na)**

**Day 7** \*\*see recipes

**Food Type # Servings Serving size Menu item**

**Breakfast**

Protein 1 (in pancakes)

Whole grains 2 2 whole grain pancakes

Fats 2 2 tsp TFF margarine

Fruits/veg 1 1/2c mixed fresh/frozen berries

Milk 1 8 oz skim milk

Beverage as desired 8 oz water

**Lunch**

Protein 2 oz. 2 oz leftover poultry choice\*\*

Whole grains 2 ½ c whole grain pasta & 1 sl wheat bread

Vegetable 1-2 1 c cooked vegetables

Fruit 1 1/2 c unsweetened applesauce

Fat 2 2 tsp TFF marg. **or** oil in cooking

Milk 1 8 oz. skim milk or 6 oz LF yogurt

**Dinner**

Protein 3 oz. beef choice\*\*

Whole grains 1

Vegetable 2-3

Fat 2 2 tsp TFF marg. **or** oil in cooking

**Snacks (choose from 2 or more groups)**

Fruit, grain, or veg 1-2 2 low fat fig cookies w/ ½ c skim milk

milk, protein, fat 1-2 5 whole grain crackers w/ ¼ c LF cottage

cheese

**LF = low fat TFF=trans fat free LS = low sodium (Na)**

**Section 4 - guidelines for menu planning**

**Successful menu planning tips**

Menus should be:

* Nutritionally balanced – include 3 or more of the major food groups at each meal
* Visually attractive
* Contain foods that complement each other well
* Include a **variety** of
  + **Flavors**
  + **Colors**
  + **Textures**
  + **Temperatures**
* Include “in-season” items whenever possible
* Accepted by clientele/residents
* Planned using appropriate serving sizes

**Serving sizes**

▪ 1 teaspoon (tsp)—about the size of a (pointer) fingertip  
▪ 1 tablespoon (Tbsp)—about the size of your thumb or a tube of lipstick  
▪ ¼ cup (C)—one large egg  
▪ ½ C—1 handful  
▪ 1 C—the size of a tennis ball   
▪ 1 oz meat—size of a matchbook or size of a golf ball  
▪ 3 oz cooked fish, poultry, or meat—size of a deck of cards, the palm of your hand, or a checkbook  
▪ 1 oz cheese—size of a lipstick tube or thumb  
▪ 1 Tbsp peanut butter—size of the tip of your thumb  
▪ 2 Tbsp peanut butter—size of a golf ball    
▪ 1 medium piece of fruit—size of a baseball  
▪ 1 medium bagel—size of a hockey puck  
▪ 1 oz cheese—size of four dice 

**Herbs: A Guide for Cooking With Herbs**

Adding herbs to food reduces the need for salty and/or less healthful seasonings. Herbs enhance flavor, nutrition, and freshness. Experiment different herbs to see which combinations are most appealing.

**Basil -** For best flavor, use very little basil in the cooking process, but add it to a finished dish. Tear the leaves, rather than chopping with a knife to prevent blackening. Basil **combines well with garlic, olive oil, lemon, tomatoes, peppers, eggplant, potatoes, beans, and rice**.

**Mint -**  Mint enhances the taste of **carrots, potatoes, eggplant, beans, grilled fish, lamb, and ice tea**. It is also compatible with ginger, cumin, cardamom, and cloves.

**Thyme -** Often used in slow-cooking recipes, thyme combines well with garlic, onion, red wine, basil, bay, lavender, marjoram, parsley, and savory. Use it when cooking **tomato- and wine-based sauces, vegetable soups, and marinades for pork and poultry.** It also works well with **mushrooms, leeks, eggplant, corn, tomatoes, and dried beans**.

**Marjoram -** It is used in a variety of dishes, but because its flavor is easily lost with the addition of heat**, add** **it to foods at the last minute**, after they have finished the cooking. Add to **salads and soft cheeses**, and use to flavor **artichokes, broccoli, zucchini, mushrooms, onions, eggs, and poultry**.

**Oregano -** Oregano is preferred in its dried form, and is best used in **pizza and tomato sauces, baked fish, lamb, stews, beans, marinades, and flavored oils and vinegars**.

**Parsley -** Parsley **enhances stuffing, omelets, salads, tabbouleh, and fish.**

**Cilantro -** Cilantro pairs well with garlic, basil, mint, parsley, lemon, lime, chilies, and coconut, and goes well in chutney, relishes, and salsas. This herb also does well when paired with **fish, seafood, beans, chickpeas, plantains, rice, root vegetables, and squash**. It is best added at the end of cooking to preserve its fresh flavor.

**Rosemary -** Best used when fresh. Combines well with thyme, bay leaves, garlic, and wine. Use rosemary when cooking **pork, lamb, and poultry, and add to marinades, eggplant, beans, cabbage, zucchini, potatoes, and tomatoes.**

**Section 5 - recipes**

**POULTRY RECIPES**

**Italian Chicken Sausage Soup**

**Ingredients**

* 2 oz (1/4 cup) olive oil
* 1 cup white onions chopped
* 3 cloves whole garlic
* 1 lb chicken sausage (with fennel optional), minced, ground or cut into small pieces
* 1 qt (32 oz) plus 1 cup water
* 7 oz dry spinach
* 2 cups tomato fillets or can plum tomatoes sliced
* 1 tsp salt
* ½ tsp pepper
* 1 tbs beef bouillon base
* 1 cup romano cheese
* 1 cup uncooked rice (instant brown rice)
* Shredded mozzarella cheese

**How to make soup**

* To make soup base – in large stock pot, sauté onion, whole garlic, spinach and sausage in olive oil for approx ½ hour. Add water, tom, salt, pepper and bring to boil (low, not rolling) for approx ½ hr. Add beef base and romano cheese and bring to boil for 5 mins. Add uncooked rice and boil 15 mins.
* To serve as soup heat 1 cup of base to 2 cups of water.

**CHICKEN STIR FRY WITH DRIED FRUIT**

YOU WILL NEED:

2 TBSP OLIVE OIL

6 CHICKEN BREAST

1 LARGE ONION

4 CLOVES OF GARLIC

30 DRIED APRICOTS

30 DRIED PRUNES

6 TBSP RED WINE VINEGAR

2 CUP COOKED COUSCOUS

166 OZ LOW SODIUM CHICKEN BROTH

FRESH GROUND PEPPER

Heat oil in pan, cook chicken until golden. Add onion + garlic, cook until soft, cut up chicken 1-2 pieces.

Add chicken broth to the above as well as apricots, prunes and red wine vinegar. Bring to boil, reduce heat cover and simmer 10 minutes. Stir in salt and pepper, serve with couscous.

**CHICKEN APPLE BURGER**

1 APPLE

¼ CUP CHOPPED ONION

½ LB LEAN GROUND CHICKEN

1 TBSP OLIVE OIL

2 THIN WHOLE WHEAT BUNS

8 THIN CUCUMBER SLICES

2 TBSP CHOBANI (GREEK YOGURT)

Spray pan with non stick spray, saute apple + onions until soft.

Put mixture (above) in a bowl, add ground chicken, mix well.

Divide into patties

Heat olive oil, place patties in a pan on low heat.

Cook 8-10 minutes per side.

Place on thin hamburger buns top with thin cucumber + yogurt.

**Roast Chicken with roasted potatoes and vegetables** (choose from sweet potato, red skin potato, peppers, onions, Brussels sprouts, beets, carrots, or celery)

1. 1 chicken, season with garlic and black pepper
2. sweet potatoes, quartered or 6 red-skinned potatoes, halved (skins scrubbed)
3. cups assorted, chopped fresh vegetables

Place chicken in roasting pan in oven at 325 degrees. Scrub outer skin of potatoes well, and cut into quarters. Place potatoes and vegetables in separate pan and lightly drizzle a small amount of olive or canola oil over them. Season with garlic powder, black pepper, and parsley. Toss to coat. Bake until chicken reaches temperature of 165 degrees and vegetables are tender to touch.

Yield: 6 servings

1 serving = 3 oz. meat, ½ c potatoes, 1 c. vegetables

**Puerto Rican Turkey with Vegetables**

1 lb. lean ground turkey

1 onion, peeled and cut into rings

15 black olives, halved

4 carrots, sliced

2 stalks celery, sliced

½ large green pepper, cut into 1 ½ “ pieces

1 (4 oz.) can mushroom stems and pieces (no salt added), plus juice

½ tsp. cumin

½ tsp. garlic powder

4 tomatoes (fresh or canned without salt)

3 strips low sodium bacon, cooked, drained on paper towel, & broken into pieces (optional)

Brown meat in frying pan, then drain fat.

Add fresh vegetables to meat, except tomatoes; add spices and cook over medium heat until vegetables are crisp tender.

Add remaining ingredients and heat through.

Serve over brown rice or whole wheat spaghetti.

Yield: 4 servings

**Apple and Thyme Chicken**

**Ingredients**

4[boneless skinless chicken breasts](http://www.dlife.com/diabetes/diabetic-recipes/boneless-skinless-chicken-breasts/f15054.html)   
Cooking spray   
1pinch [salt and pepper](http://www.dlife.com/diabetes/diabetic-recipes/salt-and-pepper/f1000036.html) (to taste)   
1cup [Apples, fresh, sliced,](http://www.dlife.com/diabetes/diabetic-recipes/Apples-fresh-sliced-USDA-Commodity-Commodity/f3002.html) (Granny Smith or any tart green apple)   
1[medium shallots](http://www.dlife.com/diabetes/diabetic-recipes/medium-shallots/f1000038.html) , minced   
1tbsp [fresh thyme](http://www.dlife.com/diabetes/diabetic-recipes/fresh-thyme/f26623.html) (or 1 tsp dried thyme)   
1/4cup [balsamic vinegar](http://www.dlife.com/diabetes/diabetic-recipes/balsamic-vinegar/f27130.html)

**Directions**

1. Preheat oven to 375°F   
2. Rinse chicken breasts and pat dry with paper towels.  
3. Spray a baking dish lightly with cooking spray.  
4. Sprinkle chicken breasts with salt (if using) and pepper. Place in a single layer in the prepared baking dish.  
5. Arrange thin apple slices over and around chicken breasts.  
6. Sprinkle with shallot and thyme leaves; pour on the balsamic vinegar.  
7. Bake for 15 to 20 minutes, until chicken is dense throughout (cut to test).  
8. Arrange cooked breasts on a platter with spoon apples and cooking juices on top. If desired, garnish with thyme sprigs. Serve at once.

Makes 4 servings.

**Per serving:** 153 calories, 27g protein, 1.5g total fat (0.4g saturated fat),

7g carbohydrates, .8g dietary fiber, 346mg potassium, 84mg sodium

**Diabetic** 3½ very lean meat

**exchanges:**

**Applesauce Glazed Chicken**

**Ingredients**

1 lb [chicken tenders](http://www.dlife.com/diabetes/diabetic-recipes/chicken-tenders/f81200.html) (or boneless, skinless chicken breasts)   
¼ cup [low sugar orange marmalade](http://www.dlife.com/diabetes/diabetic-recipes/low-sugar-orange-marmalade/f90899.html)   
1 tsp [cornstarch](http://www.dlife.com/diabetes/diabetic-recipes/cornstarch/f51126.html)   
¼ tsp [ground ginger](http://www.dlife.com/diabetes/diabetic-recipes/ground-ginger/f4086.html)   
½ tsp [minced garlic](http://www.dlife.com/diabetes/diabetic-recipes/minced-garlic/f9473.html)   
1 cup [unsweetened applesauce](http://www.dlife.com/diabetes/diabetic-recipes/unsweetened-applesauce/f3330.html)

**Directions**

1. Wash and dry chicken. If using chicken breasts, cut each breast lengthwise into 4 pieces.  
2. Place in single layer in foil-lined 13 x 9 x 2-inch baking pan. Set aside.  
3. In 1-quart saucepan, combine marmalade, cornstarch, ginger, and garlic. Add applesauce.   
4. Cook over medium heat, stirring constantly, until mixture starts to boil. Spread evenly over chicken.  
5. Bake at 400 degrees for about 20 minutes or until chicken is tender and juices run clear.   
Makes 4 servings.

**Per serving:** 148 calories, 26g protein, .6g total fat (0g saturated fat),

10g carbohydrates, .4g dietary fiber, 24mg potassium, 49 mg sodium

**Diabetic** 3 very lean meat, ¼ carbohydrate

**exchanges:**

**Asian Lemon Chicken**

**Ingredients**

2 [medium lemons](http://www.dlife.com/diabetes/diabetic-recipes/medium-lemons/f71979.html)   
2 tbsp [canola oil](http://www.dlife.com/diabetes/diabetic-recipes/canola-oil/f8084.html)   
4 [boneless skinless chicken breasts](http://www.dlife.com/diabetes/diabetic-recipes/boneless-skinless-chicken-breasts/f15054.html) , halves, cut into strips   
1/2 [chopped green bell peppers](http://www.dlife.com/diabetes/diabetic-recipes/chopped-green-bell-peppers/f6846.html) , seeded and cut into 1/4 inch strips   
1/2 [medium red bell peppers](http://www.dlife.com/diabetes/diabetic-recipes/medium-red-bell-peppers/f6989.html) , seeded and cut into 1/4 inch strips   
1/2 cup [fresh chopped green onion](http://www.dlife.com/diabetes/diabetic-recipes/fresh-chopped-green-onion/f5709.html) , sliced thin   
1/2 tsp [fresh ginger root](http://www.dlife.com/diabetes/diabetic-recipes/fresh-ginger-root/f90442.html) , grated   
1/2 cup [low fat unsalted chicken broth](http://www.dlife.com/diabetes/diabetic-recipes/low-fat-unsalted-chicken-broth/f40575.html)   
2 tbsp [cooking sherry](http://www.dlife.com/diabetes/diabetic-recipes/cooking-sherry/f27079.html)   
2 tbsp [low sodium soy sauce](http://www.dlife.com/diabetes/diabetic-recipes/low-sodium-soy-sauce/f53559.html)   
2 tsp [cornstarch](http://www.dlife.com/diabetes/diabetic-recipes/cornstarch/f51126.html)   
1.5 tsp [sugar](http://www.dlife.com/diabetes/diabetic-recipes/sugar/f25006.html)

**Directions**

1. Peel the lemon and cut into 1/8 inch pieces. Squeeze both lemons to create 3 tbsp of juice and then put that aside.  
2. In a large skillet, pour the oil and then heat for 2 minutes. Add chicken to the skillet. Stir fry for two minutes.  
3. Remove the chicken. Add the rest of the ingredients (bell pepper, green onion and gingerroot) to the skillet. Stir fry for one minute.  
4. Combine the lemon juice, chicken broth, sherry, soy sauce, cornstarch and sugar into a small bowl and mix. Add the mix to the skillet and stir fry for 3 minutes.  
5. Place the chicken back into the skillet for one minute. Serve.

Makes 4 servings: serving size 1 cup.

**Per serving:** 239 calories, 28g protein, 9g total fat (1g saturated fat),

10g carbohydrates, 1.3g dietary fiber, 463mg potassium, 672mg sodium

**Diabetic** 3½ very lean meat, 1¼ fat, ½ vegetable

**exchanges:**

**Athenian Chicken and Sauce**

**Ingredients**

1 lb [boneless skinless chicken breasts](http://www.dlife.com/diabetes/diabetic-recipes/boneless-skinless-chicken-breasts/f15054.html)   
1 tbsp [extra virgin olive oil](http://www.dlife.com/diabetes/diabetic-recipes/extra-virgin-olive-oil/f8361.html)   
1/2 cup [fresh chopped onion](http://www.dlife.com/diabetes/diabetic-recipes/fresh-chopped-onion/f5101.html)   
1 chopped green bell pepper  
3/4 cup [low sodium chicken broth](http://www.dlife.com/diabetes/diabetic-recipes/low-sodium-chicken-broth/f92159.html)   
2 tbsp [fresh lemon juice](http://www.dlife.com/diabetes/diabetic-recipes/fresh-lemon-juice/f3068.html)   
1 tbsp [fresh lemon peel](http://www.dlife.com/diabetes/diabetic-recipes/fresh-lemon-peel/f3067.html) , grated   
1 tsp [ground oregano](http://www.dlife.com/diabetes/diabetic-recipes/ground-oregano/f26009.html)   
8 [large black olives, canned](http://www.dlife.com/diabetes/diabetic-recipes/large-black-olives-canned/f27009.html) , sliced

**Directions**

1. In large pan, over medium heat, add oil and chicken. Cook 5 minutes per side, or until brown.  
2 .Add onion and pepper, sauté until chicken is thoroughly cooked and vegetables are tender, about 5 additional minutes.  
3. In small pot, add broth, lemon juice, lemon peel, and oregano. Bring to boil.  
4. Continue cooking 5 minutes, until broth reduced to about 1/2 cup.  
5. Move chicken to serving plates, topped with sauce and sliced olives.

Makes 4 servings: serving size 4 oz.

**Per serving:** 202 calories, 31g protein, 6g total fat (1g saturated fat),

4.6g carbohydrates, 1.3g dietary fiber, 444mg potassium, 266mg sodium

**Diabetic** 4 very lean meat, 1 fat, ½ vegetable

**exchanges:**

**Chicken Dijon**

**Ingredients**  
• 8 ounce carton plain yogurt unsweetened low-fat  
• ¼ cup Dijon mustard  
• 8 Chicken breast halves; (3oz) skinned  
• ½ cup Soft breadcrumbs  
• Vegetable cooking spray

1. Combine yogurt and mustard, stirring until well blended. Brush breast halves evenly with yogurt mixture, and dredge breadcrumbs.   
2. Arrange chicken in a 12 x 8 x 2 baking dish coated with cooking spray. Cover and bake at 400 degrees of 30 minutes. 3. Increase Temperature to 450 degrees. Bake, uncovered, for 15 minutes or until chicken is done and coating is browned.   
Makes 8 servings.

**Per serving:** 185 calories, 3g total fat, 5.5g carbohydrates

**Chicken Strips**

**Ingredients**

4 skinless, boneless chicken breasts, each 4 ounces and cut into 3 strips  
1/4 cup fat-free milk  
1/4 cup all-purpose (plain) flour  
1/4 teaspoon salt  
1/4 teaspoon cracked black pepper  
2 tablespoons canola oil

**For the dipping sauce**

½ cup honey

¼ cup Dijon mustard

**Directions**

In a large bowl, add the chicken strips. Pour milk over the chicken and mix to coat well. Place in a single layer on wax paper.

In a small bowl, mix together the flour, salt and pepper. Sprinkle over the chicken strips, turning the chicken to coat evenly. Shake to remove excess.

In a large, nonstick frying pan, heat the canola oil over medium-high heat. Place the chicken strips in an even layer in the pan. Sauté turning once on each side until golden brown, about 2 minutes. Remove and place on paper towels to drain.

To make dipping sauce, combine the mustard and honey in a small bowl and stir.

Makes 4 servings: serving size 3 chicken strips and 3 tablespoons dipping sauce.

**Per serving:** 380 calories, 30g protein, 10g total fat (2g saturated fat),

42g carbohydrates, 0g dietary fiber, 274mg potassium, 210mg sodium

**Diabetic** 4 lean protein

**exchanges:**

**CHICKEN BROCCOLI, ORANGE, ALMOND STIR FRY**

2 TBSP COCONUT OIL

4 CLOVES OF GARLIC

1 INCH PIECE OF GINGER (MINCED)

1 TSP TURMERIC POWDER

1 LB CHICKEN BREAST SLICED ½ INCH STRIPS

1 BUNCH OF CROCCOLI

¼ CUP WATER OR LOW SODIUM CHICKEN STOCK

¼ CUP ORANGE JUICE

2 TBSP TAMARI

1 TSP CORNSTARCH MIXED WITH 1 TBSP WATER

1 FESH NAVEL ORANGE PEELED + SECTIONED

¼ TSP WHITE PEPPER

½ CUP TOASTED ALMOND SLIVERS

* Heat oil, sauté garlic + ginger until brown; transfer to a Plate; set aside.
* Add chicken to pan sauté until brown- set aside on a plate.
* Put broccoli+ water or broth, cook for a few minutes, add chicken, OJ, tamari + cornstarch mixture cook until sauce thickens.
* Add orange pieces + heat through season with pepper+ add almond ; serve with Couscous.

Chicken with Pesto and Mozzarella Cheese

4 5-ounce (150 g) skinless, boneless, skinless breasts

1 1/2 teaspoons (7.5 ml) store bought pesto

1 ounce (30 g) skim milk mozzarella cheese, sliced into 8 thin strips

olive oil cooking spray

1. Preheat oven to 375°F
2. Cut a pocket in each breast, being careful not to cut thorough the chicken. Place 1/4 teaspoon pesto in each pocket and add 2 thin slices of the cheese. Using toothpicks close the pockets and place on a baking sheet. Continue the process until you have all 4 chicken breasts readied for the oven. Spread the remaining 1/2 teaspoon pesto on top of the chicken breasts and coat with cooking spray.
3. Bake the chicken for about 20 minutes until cooked through. Allow to set for 5 minutes, before serving. Remove the toothpicks before serving.

**Per serving:** 184 calories, 35g protein, 4g total fat (1.4g saturated fat),

0g carbohydrates, 0g dietary fiber, 369mg potassium, 141mg sodium

**Diabetic exchange** 4 lean protein

Roasted Chicken Breasts Mediterranean

olive oil cooking spray

4 skinless chicken breasts, all visible fat removed

3 large cloves garlic, minced

1/2 small onion, minced, about 2 tablespoons

1 red bell pepper, seeded, deveined and chopped

3 tomatoes, peeled, seeded, chopped

1/4 cup dry white wine

freshly ground pepper

1/4 cup basil leaves, cut into thin slices, divided

1. Preheat oven to 400° Coat a non-stick skillet with cooking spray and sauté the chicken breasts until brown on both sides. Remove from pan and set aside.
2. Re-coat the skillet. Add the garlic and onions, and sauté, stirring for 3 minutes. Add the bell pepper, tomatoes, wine, and pepper to taste; cook for another 4 minutes.
3. Place the chicken breasts in an oven proof dish, place half of the sliced basil on top, and pour the tomato sauce around the chicken pieces. Cover securely with aluminum foil and bake for 20-25 minutes or until done.
4. Remove the chicken breasts to a serving platter and then reduce the sauce for 5 minutes until it thickens. Pour over the chicken and top with remaining basil. Serve either hot, or at room temperature.

**Per serving:** 169 calories, 28g protein, 2g total fat (0.4g saturated fat),

8g carbohydrates, 2g dietary fiber, 84 mg sodium

**Diabetic** 3 very lean meat, .5 carbohydrate, 1½ vegetable

**exchanges:**

**Tarragon Chicken Linguine**

6 Ounces dried linguine or fettuccine

2 Cups broccoli florets

1/2 Cup reduced-sodium chicken broth

2 Teaspoons cornstarch

1/4 Teaspoon lemon-pepper seasoning or ground black pepper

1. skinless, boneless chicken breast halves, cut into bite-size strips

2 Teaspoons olive oil or cooking oil

1/2 teaspoon dried tarragon or dill,

**1.** Cook pasta according to directions, adding broccoli the last 4 minutes. Drain; keep warm.

**2.** Combine broth, cornstarch, and seasoning; set aside.

**3.** In a large nonstick skillet, cook chicken in hot oil 4 minutes or until no longer pink, stirring often.

**4.** Stir cornstarch mixture; add to skillet. Cook and stir until thickened. Stir in tarragon; cook for 2 minutes. Serve over pasta.

Makes 4 servings: serving size 1½ cups.

**Per serving:** 293 calories, 27g protein, 4g total fat (1g saturated fat),

36g carbohydrates, 2g dietary fiber, 153mg sodium

**Diabetic** 2½ very lean protein, 2 starch, 1 vegetable, ½ fat

**exchanges:**

**Turkey Chili**

**Measure Ingredients**

2 cups Chopped cooked turkey  
1 Garlic clove, minced  
1 medium Onion, chopped  
17 ounces Can red kidney beans  
6 ounces Can tomato paste  
28 ounces Can tomatoes  
1 Bay leaf  
1 tablespoon Chili powder (or 2 to taste)  
1/2 teaspoon Cumin seeds

1. Combine the turkey, garlic, onion, and green pepper in a nonstick skillet. Sauté until the vegetables are soft. Add the remaining ingredients and cover.

2. Simmer over low heat for 30 to 60 minutes or until the flavors are blended.

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**Turkey Meatballs with Quick And Spicy Tomato Sauce and Whole-Wheat Spaghetti**

The spicy kick and multiple herbs in this sauce lend layers of flavor without fat. The carrot, onion and Parmesan add volume and moisture.

Prep Time: 20 min

Cook Time: 30 min

Level: Intermediate

Serves: 6 servings

## Ingredients

### Sauce:

* 1 tablespoon olive oil
* 1 medium onion, chopped
* 4 cloves garlic, minced
* 3 tablespoons tomato paste
* 1 (28-ounce) can crushed fire-roasted tomatoes, liquid included
* 1 teaspoon finely minced canned chipotle en adobo and sauce, or more to taste
* 2 teaspoons chopped oregano leaves
* 1 sprig fresh rosemary
* Salt
* 1/4 cup torn fresh basil leaves

### Meatballs:

* Cooking spray
* 1 pound ground turkey meat
* 1 slice fresh whole-wheat bread, crusts removed, pulsed into crumbs
* 1/4 cup grated Parmesan, plus more for serving
* 1/2 cup finely grated carrot
* 1/2 cup finely chopped onion
* 2 large cloves garlic, minced
* 2 tablespoons minced fresh parsley leaves, plus more for garnish
* 2 teaspoons minced fresh thyme leaves
* 1 egg, lightly beaten
* 1/2 teaspoon salt
* Freshly ground black pepper
* 1 box (16 ounces) whole-wheat spaghetti

## Directions

Fill a large stockpot with water and bring to a boil for pasta.

Make Sauce:

In a 4-quart saucepan heat the oil over medium heat. Saute the onions until translucent, about 3 minutes, then add the garlic and cook for 1 minute more. Add tomato paste, tomatoes, chipotles, oregano, rosemary, and salt. Bring all the ingredients to a low boil, reduce heat and cook for approximately 15 minutes, until liquid has evaporated slightly. Season with salt and pepper, to taste. While sauce is cooking, make meatballs.

Meatballs:

Preheat the broiler. Spray a baking sheet with cooking spray. Combine the turkey with all other ingredients in a large work bowl. Form into 2 1/2 -inch balls and place on a baking sheet. Broil for 10 minutes, or until browned and almost entirely cooked through.

Meanwhile, remove rosemary sprig from sauce and add fresh basil. Add the meatballs to the sauce, cover, and cook additional 10 minutes, or until sauce has slightly thickened and meatballs have absorbed some of the sauce. While the meatballs are cooking, cook the whole-wheat spaghetti according to package directions.

Drain the pasta and return it to the pot. Add the sauce and meatballs, toss and heat through over medium heat. Divide evenly among 4 pasta bowls and garnish with parsley and 1 tablespoon grated Parmesan.

Yield: 6 servings (1 serving equals about 1 1/3 cups pasta and sauce, plus 2 meatballs

**Turkey sausage with spinach over whole-wheat pasta**

1 ½ lb Low sodium turkey sausage, sliced

1 onion, chopped

1 bag fresh spinach

1 jar tomato sauce, no salt added

1 lb whole wheat pasta

1 tsp olive or canola oil

Put oil into a non-stick skillet on medium heat. Add turkey sausage and chopped onion to the skillet. Once sausage is browned, add fresh spinach and cook, stirring constantly until spinach is wilted. Add a jar of low-sodium sauce, and simmer. Cook whole-wheat pasta according to directions. Serve sauce over pasta.

**Stove Top Pasta and Ground Turkey**

**Ingredients**

1/2 lb [Turkey, ground, 8% fat, raw](http://www.dlife.com/diabetes/diabetic-recipes/Turkey-ground-8-fat-raw/f16157.html)   
1 tsp [paprika](http://www.dlife.com/diabetes/diabetic-recipes/paprika/f26010.html)   
14.5 oz [canned, crushed tomatoes](http://www.dlife.com/diabetes/diabetic-recipes/canned-crushed-tomatoes/f6927.html)   
14 oz [fat free reduced sodium chicken broth](http://www.dlife.com/diabetes/diabetic-recipes/fat-free-reduced-sodium-chicken-broth/f40628.html)   
2 cup [Pasta, bow ties, dry](http://www.dlife.com/diabetes/diabetic-recipes/Pasta-bow-ties-semolina-dry/f66104.html)   
3 cup [Vegetables, broccoli cauliflower carrots, frozen](http://www.dlife.com/diabetes/diabetic-recipes/Vegetables-broccoli-cauliflower-carrots-frozen/f6584.html)   
1/2 cup [chopped parsley](http://www.dlife.com/diabetes/diabetic-recipes/chopped-parsley/f26012.html)   
1/4 cup [Bread Crumbs, Italian style](http://www.dlife.com/diabetes/diabetic-recipes/Bread-Crumbs-Italian-style/f42358.html)   
1/4 cup [grated Parmesan cheese](http://www.dlife.com/diabetes/diabetic-recipes/grated-Parmesan-cheese/f1267.html)

**Directions**

1. Heat a large nonstick pan over medium heat. Add ground turkey and paprika, cook, stirring until meat is browned and no longer pink, about 5 minutes.  
2. Stir in tomatoes, chicken broth and pasta. Bring mixture to a boil.   
3. Reduce heat to medium-low, cover and simmer until pasta is almost tender, about 10-15 minutes.  
4. Remove lid, add vegetables on top of pasta, replace lid. Cook until vegetables are tender, about 5 minutes.  
5. Mix parsley, bread crumbs and Parmesan cheese. Sprinkle over vegetables in skillet, cover and let sit for 3 minutes before serving.

Makes 6 servings: serving size 1 cup.

**Per serving:** 191 calories, 15g protein, 6g total fat (2g saturated fat),

21g carbohydrates, 4g dietary fiber, 404mg potassium, 565mg sodium

**Diabetic** 1 meat**,** 1 starch, ¼ fat, 2 vegetable

**exchanges:**

**TURKEY VEGGIE MEATLOAF**

1 ½ LB GROUND TURKEY BREAST

½ RED BELL PEPPER DICED

¼ CUP SPINACH

1 EGG

½ CUP OATS

**Mix all ingredients in bowl, mix well. Mold into loaf shape, place in bread pan.**

**Bake at 350 degrees for 1 hour.**

**Add spices to taste!!**

**Turkey Meatloaf w/ Mashed Sweet Potatoes**

**Ingredients:**

1lb Ground Turkey

1cup Whole Wheat Breadcrumbs

2 whole eggs

½ medium onion chopped

Garlic powder (to taste)

Onion powder (to taste)

Olive oil cooking spray

1 Tbsp Cinnamon

4 Large Yams/Sweet Potatoes

1cup skim milk

1 Tbsp Margarine

**Directions:** Pre-heat oven @ 350. In large bowl combine raw ground turkey, eggs, breadcrumbs, onion and desired seasoning. Mash and knead together until well mixed. Spray 8x10 deep glass dish or pan with cooking spray. Take the well mixed ground turkey and shape it into a loaf in the pan. Put into pre-heated oven for approximately 1hr or until cooked fully at the thickest part of the loaf. While loaf is cooking, wash and peel skin off of potatoes. Cut into cubes. Put potatoes in a pot filled with water that covers potatoes. Bring potatoes to a boil. Continue boiling for 10mins or until potatoes are soft enough a fork can slide through it. Drain cooked potatoes. Put potatoes in a bowl and using an electric mixer, mix potatoes. Add skim milk while mixing. Add more or less milk for desired consistency. Add margarine and cinnamon to potatoes and mix. Serve meatloaf and potatoes with your favorite desired vegetable and enjoy!

Chicken and Biscuit Pot Pie

Prep Time: 25 min

Cook Time: 20 min

Level: Easy

Serves: 6 servings

## Ingredients

### For the filling:

### [Cooking spray](http://www.foodterms.com/encyclopedia/cooking-spray/index.html)

* 3/4 teaspoon salt
* 1/2 teaspoon freshly ground black pepper
* 1 1/2 pounds boneless, skinless chicken breasts, cut into 1/2-inch chunks
* 4 teaspoons olive oil
* 1 medium [onion](http://www.foodterms.com/encyclopedia/onion/index.html), chopped
* 2 medium carrots, chopped
* 2 celery stalks, chopped
* 1/2 pound green [beans](http://www.foodterms.com/encyclopedia/beans/index.html), trimmed and chopped into 1/2-inch pieces
* 2 cloves garlic, minced
* 1 1/2 cups lowfat milk
* 1/4 cup all-purpose flour
* 1 cup low-sodium [chicken broth](http://www.foodterms.com/encyclopedia/broth/index.html)
* 1 cup peas, thawed if frozen
* 1 1/2 tablespoons fresh thyme leaves

### For the biscuit [crust](http://www.foodterms.com/encyclopedia/crust/index.html):

* 1/2 cup whole-wheat flour
* 1/4 cup all-purpose flour
* 3/4 teaspoon baking powder
* 1/4 teaspoon baking soda
* 1/4 teaspoon salt
* 3 tablespoons cold unsalted butter, cut into small pieces
* 2 tablespoons [canola oil](http://www.foodterms.com/encyclopedia/canola-oil/index.html)
* 1/2 cup lowfat buttermilk

## Directions

To make the filling: Preheat the oven to 375 degrees F. Spray a large shallow [casserole dish](http://www.foodterms.com/encyclopedia/casserole/index.html), or 6 individual casserole dishes with cooking spray.

Season the chicken with 1/4 teaspoon each salt and pepper. In a large nonstick skillet, heat 2 teaspoons of the oil over a medium-high heat. Add the chicken to the pan and cook for 5 minutes, stirring occasionally. Transfer the chicken with its juices to a bowl. .

Add 2 more teaspoons of oil to the same pan and heat it over a medium-high heat. Add the onions, carrots and [celery](http://www.foodterms.com/encyclopedia/celery/index.html) and cook until the vegetables begin to soften, about 3 minutes. Add the green beans, [garlic](http://www.foodterms.com/encyclopedia/garlic/index.html) and remaining salt and pepper and cook for 2 minute more. Add the milk. Stir the flour into the broth until it is completely dissolved and add to the pan. Cook, stirring, until the mixture comes to a [boil](http://www.foodterms.com/encyclopedia/boil/index.html). Reduce the heat to medium-low and cook for 2 minutes more. Return the chicken with its juices back to the pan. Add the peas and [thyme](http://www.foodterms.com/encyclopedia/thyme/index.html) and stir to combine. Season with salt and pepper, to taste. Spoon the mixture into the [baking dish](http://www.foodterms.com/encyclopedia/cookware-and-bakeware-materials/index.html) or individual dishes.

To make the crust: Put the whole-wheat flour, all-purpose flour, baking powder, baking soda and salt into a [food processor](http://www.foodterms.com/encyclopedia/food-processor/index.html) and pulse a few times to combine. Add the butter and [pulse](http://www.foodterms.com/encyclopedia/pulse/index.html) about 12 times, or until pebble sized pieces are formed.

Add the buttermilk then oil to the food processor and pulse until just moistened. Do not over mix. Drop the [batter](http://www.foodterms.com/encyclopedia/batter/index.html) in 6 mounds on top of the chicken mixture (1 mound on each individual dish, if using) spreading the batter out slightly. Bake until filling is bubbling and the [biscuit](http://www.foodterms.com/encyclopedia/biscuit/index.html) topping is golden brown, about 20 minutes.

* Nutritional analysis per serving
* Calories 400
* Total Fat 17 g
* (Sat Fat 5.7 g, Mono Fat 7.7 g, Poly Fat 2.7 g)
* Protein 31 g
* Carb 31 g
* Fiber 5 g
* Cholesterol 82 mg
* Sodium 600 mg

Excellent source of: Protein, Fiber, Vitamin A, Riboflavin, Niacin, Vitamin B6, Vitamin C, Vitamin K, Manganese, Phosphorus, Potassium, Selenium

Good source of: Thiamin, Vitamin B12, Folate, Pantothenic [Acid](http://www.foodterms.com/encyclopedia/acid/index.html), Calcium, Iodine, Iron, Magnesium, Zinc

PORK RECIPES

**Roast Pork with roasted potatoes and vegetables**

4 pound pork roast, season with garlic and black pepper

1. sweet potatoes, quartered or 6 red-skinned potatoes, halved (skins scrubbed)
2. cups assorted, chopped fresh vegetables (choose from peppers, onions, Brussels sprouts, beets, carrots, or celery)

Place meat in roasting pan in oven at 325 degrees. Scrub outer skin of potatoes well, and cut into quarters (peel if preferred). Place potatoes and vegetables in separate pan and lightly drizzle a small amount of olive or canola oil over them. Season with garlic powder, black pepper and parsley. Toss to coat. Bake until pork reaches temperature of 165 degrees, and vegetables are tender to touch.

Yield: 6 servings

1 serving = 3 oz. meat, ½ c potatoes, 1 c. vegetables

**Autumn Glazed Pork Chops**

**Ingredients**

4 [boneless pork chops](http://www.dlife.com/diabetes/diabetic-recipes/boneless-pork-chops/f28142.html) , 3/4-inch thick   
1/4 tsp [black pepper](http://www.dlife.com/diabetes/diabetic-recipes/black-pepper/f26522.html) , freshly ground   
1/4 cup [apple cider](http://www.dlife.com/diabetes/diabetic-recipes/apple-cider/f4085.html) (or juice)   
1/2 cup [canned whole cranberry sauce](http://www.dlife.com/diabetes/diabetic-recipes/canned-whole-cranberry-sauce/f3918.html)   
2 tbsp [honey](http://www.dlife.com/diabetes/diabetic-recipes/honey/f25132.html)   
2 tbsp [frozen orange juice concentrate](http://www.dlife.com/diabetes/diabetic-recipes/frozen-orange-juice-concentrate/f3094.html)   
1/4 tsp [ground ginger](http://www.dlife.com/diabetes/diabetic-recipes/ground-ginger/f4086.html)   
0.12 tsp [ground nutmeg](http://www.dlife.com/diabetes/diabetic-recipes/ground-nutmeg/f26026.html)

**Directions**

1. Spray a large nonstick skillet with nonstick coating. Heat over medium-high heat.  
2. Sprinkle both sides of chops with pepper. Brown chops on each side in hot skillet.  
3. Add apple cider. Cover tightly; cook over low heat for 5-6 minutes or until chops are just done. Drain off juices. In a small bowl combine cranberry sauce, honey, orange juice concentrate, ginger and nutmeg.  
4. Pour over chops. Cook for 1-2 minutes, until heated through.

Makes 4 servings.

**Per serving:** 260 calories, 21g protein, 10.8g total fat (4.1g saturated fat),

19g carbohydrates, .6g dietary fiber, 709mg potassium, 433mg sodium

**Diabetic** 3 meat, ½ fat, ½ carbohydrate, 1¼ fruit

**exchanges:**

**Barbecue Pulled Pork**

**Ingredients**

1 lb [Pork, tenderloin, lean, raw](http://www.dlife.com/diabetes/diabetic-recipes/Pork-tenderloin-lean-raw/f12220.html)   
1/2 tsp [black pepper](http://www.dlife.com/diabetes/diabetic-recipes/black-pepper/f26522.html)   
1/4 tsp [hot red pepper flakes](http://www.dlife.com/diabetes/diabetic-recipes/hot-red-pepper-flakes/f4330.html)   
1 tbsp [canola oil](http://www.dlife.com/diabetes/diabetic-recipes/canola-oil/f8084.html)   
1 cup [fresh chopped onion](http://www.dlife.com/diabetes/diabetic-recipes/fresh-chopped-onion/f7499.html) , diced   
2 [medium garlic cloves](http://www.dlife.com/diabetes/diabetic-recipes/medium-garlic-cloves/f1000043.html) , minced   
1/2 cup [barbecue sauce](http://www.dlife.com/diabetes/diabetic-recipes/barbecue-sauce/f53318.html)   
1/2 cup [Ketchup, low sodium](http://www.dlife.com/diabetes/diabetic-recipes/Ketchup-low-sodium/f9151.html)   
1/4p [cold water](http://www.dlife.com/diabetes/diabetic-recipes/cold-water/f21134.html)   
1 tsp [vinegar](http://www.dlife.com/diabetes/diabetic-recipes/vinegar/f92153.html)

**Directions**

1. While the oven is heating to 350 degrees, put the pork tenderloin in a hot, nonstick skillet to sear the outside. Take the pork off the heat and season with the red pepper flakes and pepper.  
2. Bake the tenderloin for 25 minutes. Be sure to cover tenderloin with foil.  
3. Sauté the onions and garlic in the oil for approximately 5 minutes (or until golden).  
4. Add the barbecue sauce, catsup, water, and vinegar together and simmer for 10 minutes. Shred with pork with two forks and add to the sauce.

Makes 4 servings.

**Per serving:** 274 calories, 28g protein, 6.7g total fat (1.2g saturated fat),

23g carbohydrates, .9g dietary fiber, 615mg potassium, 520mg sodium

**Diabetic** 2½ meat, 1 fat, 1 carbohydrate, 1 vegetable

**exchanges:**

**One-Pan Pork Chops, Potatoes, and Gravy**

**Ingredients**

4 [Pork, chop, top loin, lean, raw](http://www.dlife.com/diabetes/diabetic-recipes/Pork-chop-top-loin-lean-raw/f12061.html) , trimmed of all visible fat   
1 pinch [paprika](http://www.dlife.com/diabetes/diabetic-recipes/paprika/f26010.html) (to taste)   
1 pinch [black pepper](http://www.dlife.com/diabetes/diabetic-recipes/black-pepper/f26522.html) (to taste)   
2 cup [low fat unsalted chicken broth](http://www.dlife.com/diabetes/diabetic-recipes/low-fat-unsalted-chicken-broth/f40575.html)   
4 [Potatoes, fresh, small 1 3/4"-2 1/4"](http://www.dlife.com/diabetes/diabetic-recipes/Potatoes-with-skin-fresh-small-1-34_2-14/f15317.html) , red potatoes, cut into wedges   
2 [medium onions](http://www.dlife.com/diabetes/diabetic-recipes/medium-onions/f7319.html) , sliced thin   
2 [medium carrots](http://www.dlife.com/diabetes/diabetic-recipes/medium-carrots/f15302.html) , sliced thin   
1/4 tsp [ground tarragon](http://www.dlife.com/diabetes/diabetic-recipes/ground-tarragon/f26032.html)   
1/2 cup [Milk, evaporated, nonfat/skim](http://www.dlife.com/diabetes/diabetic-recipes/Milk-evaporated-nonfatskim/f165.html)   
2 tbsp [white all purpose flour](http://www.dlife.com/diabetes/diabetic-recipes/white-all-purpose-flour/f38030.html)   
3/4 tsp [salt](http://www.dlife.com/diabetes/diabetic-recipes/salt/f26014.html)   
4 oz [Pimientos, canned, whole](http://www.dlife.com/diabetes/diabetic-recipes/Pimientos-canned-whole/f9200.html) , sliced   
1 [cooking spray](http://www.dlife.com/diabetes/diabetic-recipes/cooking-spray/f44390.html)

**Directions**

1. Sprinkle paprika and pepper on one side of the pork chops.  
2. Lightly spray vegetable cooking spray into a large pan and heat over high heat.  
3. Add the pork chops, seasoned side down, and cook for 1 minute, remove from pan.  
4. Add the broth, potatoes, onions, carrots, and tarragon into pan and bring to a boil.   
5. Add pork chops on top, this time seasoned side up.   
6. Lower heat, cover, and simmer until pork is thoroughly cooked and potatoes are tender, about 12 minutes.  
7. Remove potatoes and vegetables with a slotted spoon and place into a large shallow bowl.   
8. Remove pork and place on top then cover with foil to keep warm.  
9. Raise heat to high and bring remaining broth to a boil, continue boiling until reduced to about 1 cup, about 2 minutes.  
10. Lower heat to medium and whisk in evaporated milk and flour until smooth.   
11. Stir in salt substitute and cook for 2 minutes then remove from heat.   
12. Stir in pimientos, and then pour over vegetables and pork. Makes 4 servings

Makes 4 servings: serving size 1each.

**Per serving:** 358 calories, 34g protein, 5g total fat (1.7g saturated fat),

44g carbohydrates, 7g dietary fiber, 1,324mg potassium, 633mg sodium

**Diabetic** 2½ meat, 2 starch, 1½ vegetable, ¼ milk

**exchanges:**

**Parmesan Pork Tenderloin**

**Ingredients**

1 lb [Pork, tenderloin, lean, raw](http://www.dlife.com/diabetes/diabetic-recipes/Pork-tenderloin-lean-raw/f12220.html)   
3 tbsp [Bread Crumbs, plain, grated, dry](http://www.dlife.com/diabetes/diabetic-recipes/Bread-Crumbs-plain-grated-dry/f42004.html)   
1 tbsp [grated Parmesan cheese](http://www.dlife.com/diabetes/diabetic-recipes/grated-Parmesan-cheese/f1267.html)   
1 tsp [salt](http://www.dlife.com/diabetes/diabetic-recipes/salt/f26014.html)   
0.12 tsp [black pepper](http://www.dlife.com/diabetes/diabetic-recipes/black-pepper/f26522.html)   
2 tsp [vegetable oil](http://www.dlife.com/diabetes/diabetic-recipes/vegetable-oil/f44886.html)   
1 [small onions](http://www.dlife.com/diabetes/diabetic-recipes/small-onions/f90472.html) , chopped   
1 [medium garlic cloves](http://www.dlife.com/diabetes/diabetic-recipes/medium-garlic-cloves/f1000043.html) , minced

**Directions**

1. Cut tenderloin crosswise into 8 slices, each approximately 1 inch thick.   
2. Place each slice on its cut surface and flatten with heel of hand to 1/2-inch thickness.   
3. Combine breadcrumbs, Parmesan cheese, salt and pepper; dredge pork slices to coat.   
4. Heat oil in a large skillet. Sauté tenderloin slices with onion and garlic for 10 minutes, turning once.

Makes 4 servings.

**Per serving:** 199 calories, 29g protein, 6g total fat (1.7g saturated fat),

5.6g carbohydrates, .5g dietary fiber, 506mg potassium, 719mg sodium

**Diabetic** 3 meat, ¼ vegetable, ½ fat

**Pork Diane**

1 Tablespoon water

1 Tablespoon water

1 Tablespoon Worcestershire sauce for chicken

1 Teaspoon lemon juice

1 Teaspoon Dijon-style mustard

4 3-ounceboneless pork top loin chops, cut 3/4 to 1 inch thick

1 teaspoon lemon-pepper seasoning

1 Tablespoon butter or margarine

1 Tablespoon snipped fresh chives, parsley, or oregano

**1.** For sauce, in a small bowl stir together the water, Worcestershire sauce, lemon juice, and mustard; set aside.

**2.** Trim fat from chops. Sprinkle both sides of each chop with lemon-pepper seasoning. In a 10-inch skillet melt butter over medium heat. Add chops and cook for 8 to 12 minutes or until pork juices run clear (160 degrees F), turning once halfway through cooking time. Remove from heat. Transfer chops to a serving platter; cover and keep warm.

**3.** Pour sauce into skillet; stir to scrape up any crusty browned bits from bottom of skillet. Pour sauce over chops. Sprinkle with chives.

Makes 4 servings.

**Per serving:** 131 calories, 19g protein, 5g total fat (2g saturated fat),

1g carbohydrate, 0g dietary fiber, 377mg sodium

**Diabetic** 3 very lean meat, ½ fat

**exchanges:**

Yield: 6 servings

BEEF RECIPES

**Roast Beef with roasted potatoes and vegetables**

4 pound roast beef, season with garlic and black pepper

1. sweet potatoes, quartered or 6 red-skinned potatoes, halved (skins scrubbed)
2. cups assorted, chopped fresh vegetables (choose from peppers, onions, Brussels sprouts, beets, carrots, squash, or celery)

Place meat in roasting pan in oven at 325 degrees. Scrub outer skin of potatoes well, and cut into quarters (peel if preferred). Place potatoes and vegetables in separate pan and lightly drizzle a small amount of olive or canola oil over them. Season with garlic powder, black pepper and parsley. Toss to coat. Bake until beef reaches temperature of 145 degrees, and vegetables are tender to touch.

Yield: 6 servings

1 serving = 3 oz. meat, ½ c potatoes, 1 c. vegetables

**Shepherd's Pie**

Prep Time: 20 min

Cook Time: 1 hr 50 min

Level: Easy

Serves: 6 to 8 servings

## Ingredients

### Garlicky Potato Topping:

* 4 large russet [potatoes](http://www.foodterms.com/encyclopedia/potato/index.html), peeled and quartered
* 10 whole garlic cloves, peeled
* 1/2 cup sour cream
* 1/4 to 1/2 cup beef broth
* 4 tablespoons [butter](http://www.foodterms.com/encyclopedia/butter/index.html), softened
* 1/2 teaspoon salt
* 1/2 teaspoon freshly ground black pepper
* Nonstick [cooking spray](http://www.foodterms.com/encyclopedia/cooking-spray/index.html)

### Filling:

* 4 slices bacon, cut into thin strips
* 1 tablespoon vegetable oil
* 2 medium onions, chopped
* 1/2 teaspoon salt, plus 1/2 teaspoon
* 1 teaspoon sugar
* 1 pound [ground beef](http://www.foodterms.com/encyclopedia/ground-beef/index.html)
* 2 to 3 medium carrots, roughly chopped, (about 1 cup)
* 3/4 cups frozen peas, thawed
* 2 [garlic](http://www.foodterms.com/encyclopedia/garlic/index.html) cloves, minced
* 2 tablespoons tomato paste
* 1 tablespoon all-purpose flour
* 1 (12-ounce) bottle light or dark [beer](http://www.foodterms.com/encyclopedia/beer/index.html)
* 1/2 cup beef broth
* 1 teaspoon finely minced fresh rosemary leaves
* 1/2 teaspoon freshly ground black pepper
* 1/2 cup grated Swiss or [Cheddar](http://www.foodterms.com/encyclopedia/cheddar/index.html)
* 2 tablespoons chopped fresh parsley leaves

## Directions

Prepare potato topping: In a large [saucepan](http://www.foodterms.com/encyclopedia/saucepan/index.html) add the potatoes and garlic and cover with cold water. Bring to a boil over medium heat and cook, uncovered, until the potatoes are fork-tender, about 15 to 20 minutes. [Drain](http://www.foodterms.com/encyclopedia/drain/index.html). Transfer the potatoes and garlic to a large bowl. Add the [sour cream](http://www.foodterms.com/encyclopedia/sour-cream/index.html), 1/4 cup of the broth, butter, salt and pepper, and beat on low speed with a hand [mixer](http://www.foodterms.com/encyclopedia/mixer/index.html) until the potatoes are light and fluffy, about 1 to 2 minutes. If the mixture is too dry, add the remaining 1/4 cup [broth](http://www.foodterms.com/encyclopedia/broth/index.html). Do not overmix. Cover and set aside.

Preheat the oven to 350 degrees F. Spray a 10-inch round baking dish with nonstick spray.

Prepare filling: Heat a large skillet over medium heat. Add the bacon and cook, stirring occasionally until browned and almost [crisp](http://www.foodterms.com/encyclopedia/crisp/index.html), about 7 to 8 minutes. With a slotted spoon, transfer the bacon to a plate; set aside.

Add the oil to the [drippings](http://www.foodterms.com/encyclopedia/drippings/index.html) in the skillet and put over medium heat. Add the onions and 1/2 teaspoon of salt, and cook, stirring occasionally, until the onions are very soft and just beginning to brown, about 10 minutes. Sprinkle in the [sugar](http://www.foodterms.com/encyclopedia/sugar/index.html), and cook, stirring occasionally, until the onions begin to [caramelize](http://www.foodterms.com/encyclopedia/caramelize/index.html), about 3 minutes. Stir in the beef and cook, stirring occasionally, over medium-high heat, until the beef begins to brown, about 7 minutes. Add the carrots, peas, and garlic and cook, stirring, until the vegetables begin to soften, about 5 minutes. Stir in the tomato paste and flour and cook, stirring, until well blended, about 2 minutes. Add the beer, bring to a [boil](http://www.foodterms.com/encyclopedia/boil/index.html) and boil for 3 minutes. Cook, stirring with a wooden spoon, and scraping up the browned bits from the bottom of the pan, about 2 minutes Add the cooked bacon, the broth, [rosemary](http://www.foodterms.com/encyclopedia/rosemary/index.html), 1/2 teaspoon of salt, and the pepper, and bring to a boil. Reduce the heat and [simmer](http://www.foodterms.com/encyclopedia/simmer/index.html), uncovered, until the sauce thickens, about 15 minutes.

Spoon the meat mixture into the prepared [baking dish](http://www.foodterms.com/encyclopedia/cookware-and-bakeware-materials/index.html). Spread the potato topping evenly over the beef mixture. Bake until the filling is hot, the topping is lightly browned and the edges are bubbly, about 35 minutes. Remove from the oven and sprinkle with the [cheese](http://www.foodterms.com/encyclopedia/cheese/index.html). Return to the oven and bake for 10 more minutes. Let rest out of the oven for 10 minutes before serving. Sprinkle with [parsley](http://www.foodterms.com/encyclopedia/parsley/index.html) and serve.

**Apple Meatballs**

**Ingredients**

1[egg](http://www.dlife.com/diabetes/diabetic-recipes/medium-eggs/f19504.html)  
2 tbsp [margarine](http://www.dlife.com/diabetes/diabetic-recipes/margarine/f44967.html) , melted (or butter, trans fat free)   
¼ cup [Stuffing, herb, dry mix](http://www.dlife.com/diabetes/diabetic-recipes/Stuffing-herb-dry-mix/f42414.html) , crushed   
1[onion soup mix](http://www.dlife.com/diabetes/diabetic-recipes/onion-soup-mix/f90254.html)   
2 1/2lb [extra lean ground beef (5% fat)](http://www.dlife.com/diabetes/diabetic-recipes/extra-lean-ground-beef-5-fat/f47140.html)

***Sauce Ingredients***   
36oz [Sauce, barbecue, low sodium](http://www.dlife.com/diabetes/diabetic-recipes/Sauce-barbecue-low-sodium/f53536.html) (2 bottles)   
12oz [Jelly, apple](http://www.dlife.com/diabetes/diabetic-recipes/Jelly-apple/f23285.html) (1 jar)   
8oz [no-salt tomato sauce](http://www.dlife.com/diabetes/diabetic-recipes/no_salt-tomato-sauce/f9524.html) (1 can)

**Directions**

1. Mix together egg, butter, stuffing, onion soup mix, and beef. Form mixture into 1 inch meatballs.   
2. Cook meatballs in a frying pan until just browned. Preheat oven to 350 degrees.   
3. For Sauce: Add barbecue sauce, apple jelly, and tomato sauce to a pot and let boil. Lower heat and let simmer 10 minutes.   
4. Place meatballs into an oven safe dish and top with sauce, cover, and bake 30 minutes until meatballs are fully cooked.

Makes 10 servings.

**Per serving:** 326 calories, 26g protein, 7g total fat (2g saturated fat),

42g carbohydrates, 1.2g dietary fiber, 291mg potassium, 223mg sodium

**Diabetic** ½ fat, 2¼ meat, 2 carbohydrate,1 vegetable

**exchanges:**

**Italian-Style Meat Loaf**

**Ingredients**

6 oz [unsalted tomato paste](http://www.dlife.com/diabetes/diabetic-recipes/unsalted-tomato-paste/f5181.html)   
1 cup [cold water](http://www.dlife.com/diabetes/diabetic-recipes/cold-water/f21134.html)   
1 tsp [minced garlic](http://www.dlife.com/diabetes/diabetic-recipes/minced-garlic/f9473.html)   
1/2 tsp [dried basil](http://www.dlife.com/diabetes/diabetic-recipes/dried-basil/f26001.html)   
1/2 tsp [ground oregano](http://www.dlife.com/diabetes/diabetic-recipes/ground-oregano/f26009.html)   
1/4 tsp [salt](http://www.dlife.com/diabetes/diabetic-recipes/salt/f26014.html)   
¾ LB [lean ground beef (10% fat)](http://www.dlife.com/diabetes/diabetic-recipes/lean-ground-beef-10-fat/f58111.html)   
¾ LB [ground turkey](http://www.dlife.com/diabetes/diabetic-recipes/ground-turkey/f16204.html) (ground turkey breast preferred)   
2 piece [sliced whole wheat bread](http://www.dlife.com/diabetes/diabetic-recipes/sliced-whole-wheat-bread/f42014.html) , made into bread crumbs (or 1 cup whole wheat bread crumbs)   
1/2 cup [chopped zucchini](http://www.dlife.com/diabetes/diabetic-recipes/chopped-zucchini/f5326.html) , shredded   
2 eggs

**Directions**

1 Preheat oven to 350 degrees. In a small saucepan combine the tomato paste with water, garlic, basil, oregano and salt. Bring mixture to a boil and reduce the heat to low, allowing the mixture to simmer, uncovered for 15 minutes. Set aside.  
2 In a large bowl combine the beef, turkey, bread crumbs, zucchini, and eggs and tomato mixture, Set aside 1 /2 cup of tomato mixture, add the rest to the meat, and mix. Shape it into a loaf and place it into an ungreased loaf pan 9X5X3-inch and bake 45 minutes.  
3 Discard any drippings. Pour the remaining 1/2 cup of tomato mixture over the top of the loaf and bake for an additional 15 minutes. Allow to cool 10 minutes before cutting into 8 slices.

Makes 8 servings: serving size 1 slice.

**Per serving:** 224 calories, 21g protein, 10g total fat (3.4g saturated fat),

11g carbohydrates, 2g dietary fiber, 668mg potassium, 242mg sodium

**Diabetic** 2½ meat**,** ½ fat, 1¼ vegetable

**exchanges:**

**Kung Fu Burgers**

**Ingredients**

1 lb [extra lean ground beef (5% fat)](http://www.dlife.com/diabetes/diabetic-recipes/extra-lean-ground-beef-5-fat/f47140.html)   
1 tbsp [low sodium soy sauce](http://www.dlife.com/diabetes/diabetic-recipes/low-sodium-soy-sauce/f53559.html)   
1 tsp [fresh ginger root](http://www.dlife.com/diabetes/diabetic-recipes/fresh-ginger-root/f90442.html) , minced   
1 pinch [salt and pepper](http://www.dlife.com/diabetes/diabetic-recipes/salt-and-pepper/f1000036.html)

**Directions**

1 Mix the meat, soy sauce, and ginger with a fork. Form into 4 burger patties.  
2 Heat skillet and spray with small amount of olive oil.  
3 Cook the patties over medium heat. When brown on first side, flip carefully onto opposite side. When burgers have reached an internal temperature of 160 degrees F (measure with meat thermometer, watch for juices to run clear) remove from skillet or grill.

Makes 4 servings.

**Per serving:** 133 calories, 24g protein, 4g total fat (1.5g saturated fat),

.4g carbohydrates, 0g dietary fiber, 12mg potassium, 168mg sodium

**Diabetic** 2¼ meat

**exchanges:**

**Salisbury Steak with Green Pepper Sauce**

**Ingredients**

[cooking spray](http://www.dlife.com/diabetes/diabetic-recipes/butter-flavored-cooking-spray/f8002.html)   
16 oz [lean ground beef (10% fat)](http://www.dlife.com/diabetes/diabetic-recipes/lean-ground-beef-10-fat/f58111.html)  
0.12 tsp [black pepper](http://www.dlife.com/diabetes/diabetic-recipes/black-pepper/f26522.html)   
6 tbsp [bread crumbs](http://www.dlife.com/diabetes/diabetic-recipes/bread-crumbs/f42439.html)   
1 3/4 cup [Tomato Sauce, chunky, canned](http://www.dlife.com/diabetes/diabetic-recipes/Tomato-Sauce-chunky-canned/f7426.html) , divided   
1/2 cup [sliced white onion](http://www.dlife.com/diabetes/diabetic-recipes/sliced-white-onion/f5102.html)   
2 green bell pepper coarsely chopped   
1 tsp [yellow mustard](http://www.dlife.com/diabetes/diabetic-recipes/yellow-mustard/f91714.html)   
2 tsp [Worcestershire sauce](http://www.dlife.com/diabetes/diabetic-recipes/Worcestershire-sauce/f53099.html)   
1 tbsp [brown sugar](http://www.dlife.com/diabetes/diabetic-recipes/brown-sugar/f63413.html)

**Directions**

1 Mix together the meat, black pepper, bread crumbs, and 1/4 cup tomato sauce in a large mixing bowl. Form this mixture into 6 separate patties.  
2 Place patties in a skillet sprayed with cooking spray and brown on each side for 3 minutes.  
3 Sprinkle on the onion and green pepper, and continue cooking for 4 to 5 minutes.  
4 Mix together the mustard, Worcestershire sauce, brown sugar, and remaining 1 1/2 cups tomato sauce. Pour this mixture over the meat patties.  
5 Lower the heat, cover, and let simmer for 15 minutes.

Makes 6 servings.

**Per serving:** 216 calories, 19g protein, 9g total fat (3.5g saturated fat),

13g carbohydrates, 1.6g dietary fiber, 304mg potassium, 328mg sodium

**Diabetic** 2½ meat**,** ½ fat, ¼ starch, 1 vegetable

**exchanges:**

Pasta and Casserole recipes

**Tetrazzini Casserole**

**Ingredients**

1 cup [cold water](http://www.dlife.com/diabetes/diabetic-recipes/cold-water/f21134.html)   
14.5 oz [low sodium chicken broth](http://www.dlife.com/diabetes/diabetic-recipes/low-sodium-chicken-broth/f92159.html) (1 can)   
4 oz [Pasta, spaghetti, whole wheat, dry](http://www.dlife.com/diabetes/diabetic-recipes/Pasta-spaghetti-whole-wheat-dry/f91690.html)   
1/2 cup [fresh chopped onion](http://www.dlife.com/diabetes/diabetic-recipes/fresh-chopped-onion/f5101.html)   
1 tbsp [olive oil](http://www.dlife.com/diabetes/diabetic-recipes/olive-oil/f8008.html)   
4 oz [boneless skinless chicken breasts](http://www.dlife.com/diabetes/diabetic-recipes/boneless-skinless-chicken-breasts/f15054.html) , cooked   
2 oz [shredded cheddar cheese](http://www.dlife.com/diabetes/diabetic-recipes/shredded-cheddar-cheese/f1008.html)   
2 tsp [whole wheat flour](http://www.dlife.com/diabetes/diabetic-recipes/whole-wheat-flour/f38032.html)

**Directions**

1. In a medium pot, bring the water and chicken broth to a boil. Add the spaghetti pasta, and cook until al dente. Drain well.  
2. In a large skillet sauté onion in olive oil until tender.  
3. Add chicken, mushrooms, 1 ounce of Cheddar cheese, flour, and cooked spaghetti. Mix well.  
4. Pour mixture into a 2 quart baking dish. Top dish with remaining ounce of Cheddar cheese.  
5. Bake in a preheated 350 degree oven for 30 to 40 minutes.

Makes 10 servings.

**Per serving:** 92 calories, 7g protein, 3g total fat (.6g saturated fat),

10g carbohydrates, 2g dietary fiber, 209mg potassium, 250mg sodium

**Diabetic** ½ fat, ½ starch, ½ very lean meat

**exchanges:**

**Beef and Cheese Skillet Casserole**

**Ingredients**

2 cup [Pasta, dry, package](http://www.dlife.com/diabetes/diabetic-recipes/Pasta-rotini-semolina-dry-package/f92836.html) , uncooked   
1 lb [extra lean ground beef (5% fat)](http://www.dlife.com/diabetes/diabetic-recipes/extra-lean-ground-beef-5-fat/f47140.html)   
14.5 fl oz [canned, crushed tomatoes](http://www.dlife.com/diabetes/diabetic-recipes/canned-crushed-tomatoes/f6927.html)   
8 fl oz [tomato sauce](http://www.dlife.com/diabetes/diabetic-recipes/tomato-sauce/f5180.html)   
2 tsp [chili powder](http://www.dlife.com/diabetes/diabetic-recipes/chili-powder/f91465.html)   
0.12 tsp [ground cayenne (red pepper)](http://www.dlife.com/diabetes/diabetic-recipes/ground-cayenne-red-pepper/f82043.html)   
1 tsp [garlic powder](http://www.dlife.com/diabetes/diabetic-recipes/garlic-powder/f26508.html)   
1 tsp [sweetener (sugar substitute)](http://www.dlife.com/diabetes/diabetic-recipes/sweetener-sugar-substitute/f25208.html)   
3/4 cup [low fat cheddar cheese, shredded](http://www.dlife.com/diabetes/diabetic-recipes/low-fat-cheddar-cheese-shredded/f1448.html)

**Directions**

1. Cook pasta according to package directions, omitting added salt or fat. Drain.  
2. In a large nonstick skillet, cook ground beef until beginning to brown, about 8-9 minutes. Drain any excess fat.  
3. Add remaining ingredients except cheese and pasta and bring to a boil. Reduce heat and simmer for 6-7 minutes or until beginning to thicken. Fold in cheese and toss with pasta.

Makes 7servings: serving size 1 cup.

**Per serving:** 239 calories, 28g protein, 6g total fat (3g saturated fat),

21g carbohydrates, 2g dietary fiber, 367mg potassium, 569mg sodium

**Diabetic** 1¼ meat, 1 starch, 1¼ vegetable

**exchanges:**

**Easy Chicken Casserole**

**Ingredients**

**12 oz** [**boneless skinless chicken breasts**](http://www.dlife.com/diabetes/diabetic-recipes/boneless-skinless-chicken-breasts/f15054.html) **(4 halves)   
1** [**cooking spray**](http://www.dlife.com/diabetes/diabetic-recipes/cooking-spray/f44390.html) **1/4 tsp** [**salt**](http://www.dlife.com/diabetes/diabetic-recipes/salt/f26014.html) **1/4 tsp** [**black pepper**](http://www.dlife.com/diabetes/diabetic-recipes/black-pepper/f26522.html) **1** [**Soup, cream of chicken, condensed, 10.75oz can**](http://www.dlife.com/diabetes/diabetic-recipes/Soup-cream-of-chicken-condensed-1075oz-can/f50019.html) **, undiluted   
1/2 cup** [**whole milk**](http://www.dlife.com/diabetes/diabetic-recipes/whole-milk/f222.html) **4 oz** [**plain yogurt**](http://www.dlife.com/diabetes/diabetic-recipes/plain-yogurt/f2424.html) **5** [**Crackers, saltine, unsalted tops**](http://www.dlife.com/diabetes/diabetic-recipes/Crackers-saltine-unsalted-tops/f11756.html) **, crushed   
1 tsp butter**

**Directions**

1 Begin by combing the chicken breast halves with enough water to cover them in a medium saucepan; cover and bring to a boil.   
2 Reduce the heat, and then simmer for about 20 minutes, or until the chicken is done. Drain the chicken and then coarsely chop it.  
3 Place the chopped chicken in a 1-quart casserole dish coated with cooking spray and then sprinkle with salt and paper.   
4 After combining the cream of chicken soup, milk, and yogurt in a bowl, pour the soup mixture over the chicken evenly.  
5 Preheat your oven to 350 degrees and then combine the crushed crackers and melted butter.   
6 Sprinkle the cracker mixture evenly over the top of the casserole and then bake for 20 minutes, or until it is thoroughly heated.

Makes 6 servings.

**Per serving:** 156 calories, 18g protein, 5.3g total fat (1.6g saturated fat),

8g carbohydrates, .2g dietary fiber, 196mg potassium, 523mg sodium

**Diabetic** 1 fat, ¼ starch, 2 very lean meat

**exchanges:**

Chicken Whole Meal Casserole

cooking spray

2 whole boneless, skinless chicken breasts, each, halved

4 boneless, skinless chicken thighs

8 small red potatoes, about 1 pound, scrubbed and quartered

1 large onion, 8 ounces, thinly sliced

4 cloves garlic, peeled and thinly sliced

8 dried apricot halves

8 dried pitted prunes

1/2 tablespoon crushed dried thyme

1/2 teaspoon crushed dried rosemary

freshly ground pepper

1 tablespoon olive oil

1 small navel orange, washed and thinly sliced crosswise

1 large lemon, thinly sliced and seeds removed

1. Preheat oven to 375°. Lightly coat a large baking pan with cooking spray.
2. Rinse chicken pieces; remove and discard any visible fat. Pat chicken pieces dry with paper towels.
3. Arrange chicken in the prepared pan and surround with potatoes and mushrooms. Scatter onion and garlic cover chicken and vegetables. Sprinkle with thyme, rosemary, and pepper. Drizzle the olive oil over all. Arrange orange and lemon slices on top. Cover the pan tightly with aluminum foil and bake for 45 minutes, uncovering the pan during the last 5 minutes of baking time.

**Per serving:** 247 calories, 27g protein, 5g total fat (1g saturated fat),

24g carbohydrates, 3g dietary fiber, 92 mg sodium

**Quick Pasta Primavera**

**Ingredients**

1 [medium onions](http://www.dlife.com/diabetes/diabetic-recipes/medium-onions/f7319.html) , diced   
2 tsp [olive oil](http://www.dlife.com/diabetes/diabetic-recipes/olive-oil/f8008.html)   
10 oz [Vegetables, peas & carrots, frozen](http://www.dlife.com/diabetes/diabetic-recipes/Vegetables-peas-carrots-frozen/f9665.html)   
10 oz [Broccoli, chopped, frozen, 10oz package](http://www.dlife.com/diabetes/diabetic-recipes/Broccoli-chopped-frozen-10oz-package/f5735.html)   
1 cup [low sodium vegetable broth](http://www.dlife.com/diabetes/diabetic-recipes/low-sodium-vegetable-broth/f14087.html)   
2 tbsp [cold water](http://www.dlife.com/diabetes/diabetic-recipes/cold-water/f21134.html) , cold   
2 tbsp [cornstarch](http://www.dlife.com/diabetes/diabetic-recipes/cornstarch/f51126.html)   
12 oz [Pasta, bow ties, dry](http://www.dlife.com/diabetes/diabetic-recipes/Pasta-bow-ties-semolina-dry/f66104.html)

**Directions**

1 In a 2 quart pot, sauté onion in olive oil until translucent.  
2 Add chicken broth and vegetables and bring to a boil.  
3 Mix cold water and cornstarch until blended, then add to vegetable mixture. Simmer 5 more minutes.  
4 In a separate pot, boil 1 quart water, add pasta, and cook 10 minutes or until soft, but not mushy.  
5 Drain pasta and add to vegetable mixture.  
Makes 8 servings: serving size 1 cup.

**Per serving:** 225 calories, 10g protein, 2.4g total fat (.4g saturated fat),

44g carbohydrates, 6g dietary fiber, 279mg potassium, 76mg sodium

**Diabetic** 2¼ starch, 1¼ vegetable

**exchanges:**

**Beef and Zucchini Spaghetti**

**Ingredients**

7 oz [Pasta, spaghetti, dry](http://www.dlife.com/diabetes/diabetic-recipes/Pasta-spaghetti-unenriched-dry/f38261.html)   
1/2 lb [extra lean ground beef (5% fat)](http://www.dlife.com/diabetes/diabetic-recipes/extra-lean-ground-beef-5-fat/f47140.html)   
1/4 cup [fresh chopped onion](http://www.dlife.com/diabetes/diabetic-recipes/fresh-chopped-onion/f5101.html)   
16 oz [no-salt tomato sauce](http://www.dlife.com/diabetes/diabetic-recipes/no_salt-tomato-sauce/f9524.html)   
1 tsp [Italian seasoning](http://www.dlife.com/diabetes/diabetic-recipes/italian-seasoning/f93327.html)   
1/2 tsp [salt](http://www.dlife.com/diabetes/diabetic-recipes/salt/f26014.html)   
1/4 tsp [garlic powder](http://www.dlife.com/diabetes/diabetic-recipes/garlic-powder/f26508.html)   
1/4 tsp [hot red pepper flakes](http://www.dlife.com/diabetes/diabetic-recipes/hot-red-pepper-flakes/f4330.html)   
1.5 cup [chopped zucchini](http://www.dlife.com/diabetes/diabetic-recipes/chopped-zucchini/f5326.html)   
1.5 cup [chopped tomato](http://www.dlife.com/diabetes/diabetic-recipes/chopped-tomato/f15331.html)

**Directions**

1. Prepare the spaghetti in accordance with the directions on the package. Omit any salt.  
2. Put the beef and onion in nonstick skillet. Cook for 4 to 5 minutes over high heat. Stir to break up the larger pieces. Drain the liquid from the pan.  
3. Mix in the tomato sauce, Italian seasoning, salt, garlic powder, and red pepper. Decrease the heat to medium and cook for 2 to 4 minutes.  
4. Add the spaghetti and zucchini. Cook for 2 minutes then mix in the tomato.

Makes 4 servings: serving size 1½ cups.

**Per serving:** 258 calories, 19g protein, 3 total fat (.9g saturated fat),

40g carbohydrates, 6g dietary fiber, 1,128mg potassium, 363mg sodium

**Diabetic Exchanges** 1¼ meat, 1 starch, 5½ vegetable

**Baked Beef and Macaroni**

**Ingredients**

1 [medium onions](http://www.dlife.com/diabetes/diabetic-recipes/medium-onions/f7319.html) , chopped   
1 [chopped green bell peppers](http://www.dlife.com/diabetes/diabetic-recipes/chopped-green-bell-peppers/f6846.html)   
1 lb [extra lean ground beef (5% fat)](http://www.dlife.com/diabetes/diabetic-recipes/extra-lean-ground-beef-5-fat/f47140.html)   
1 cup [pasta shells](http://www.dlife.com/diabetes/diabetic-recipes/pasta-shells/f38396.html)   
15 oz [no-salt tomato sauce](http://www.dlife.com/diabetes/diabetic-recipes/no_salt-tomato-sauce/f9524.html)   
3 tbsp [unsalted tomato paste](http://www.dlife.com/diabetes/diabetic-recipes/unsalted-tomato-paste/f5181.html)   
15.25 oz [Corn, whole kernel, canned](http://www.dlife.com/diabetes/diabetic-recipes/Corn-whole-kernel-canned/f7855.html) , drained   
1 tbsp [chili powder](http://www.dlife.com/diabetes/diabetic-recipes/chili-powder/f91465.html)   
1 pinch [salt and pepper](http://www.dlife.com/diabetes/diabetic-recipes/salt-and-pepper/f1000036.html)   
1 cup [Cheese, cheddar, fat free, shredded](http://www.dlife.com/diabetes/diabetic-recipes/Cheese-cheddar-fat-free-shredded/f1485.html)   
1 [cooking spray](http://www.dlife.com/diabetes/diabetic-recipes/cooking-spray/f44390.html)

**Directions**

1. Preheat oven to 350 degrees F. In a large pot coated with nonstick cooking spray, sauté the onion, green pepper, mushrooms, and meat until the vegetables are tender and the meat is done.  
2. Cook the macaroni according to the package directions, omitting any oil and salt, and drain.  
3. Add to the meat mixture, and add the tomato sauce, tomato paste, corn, and chili powder, and season with the salt and pepper, and transfer to a 2-quart casserole, and top with the shredded cheese, and bake for 20 minutes, or until well heated.

Makes 8 servings.

**Per serving:** 241 calories, 22g protein, 3g total fat (1g saturated fat),

31g carbohydrates, 4g dietary fiber, 661mg potassium, 303mg sodium

**Diabetic** 1¼ meat, 1 very lean meat, 1 starch, 3 vegetable

**exchanges:**

Baked Ziti with Meatballs

10 ounces ziti or penne

1 15-ounce container low-fat ricotta cheese

1 cup non-fat mozzarella cheese, grated

3 tablespoons Parmesan cheese

1 28- ounce can pureed tomatoes with basil

1/8 Teaspoon garlic powder

1/8 teaspoon dried red pepper flakes

**meatballs:**

1 pound ground sirloin

1/8 teaspoon garlic powder

1/8 Teaspoon onion powder

1/4 cup rolled oats

1 egg

1 tablespoon water

1/8 teaspoon kosher salt

freshly ground pepper

olive oil cooking spray

1. Preheat oven to 375 ° F
2. In a bowl stir together the ground sirloin, garlic and onion powder, rolled oats, egg, water, salt and pepper. Coat a nonstick skillet with cooking spray. Make 1-inch in diameter meatballs and sauté in batches, on all sides until browned and cooked through. Set aside.
3. In a large pot of water cook the pasta as per package directions for al dente. Drain and set aside.
4. In a bowl combine the ricotta, mozzarella and Parmesan cheeses. Add the garlic powder and red pepper flakes to the canned tomato puree.
5. Place 1/4 cup tomato puree in the bottom of a casserole. Top with a layer of meatballs, dollops of cheese mixture and tomato puree. Layer the casserole topping with a few dollops of cheese mixture.
6. Bake in oven for 45 minutes until the ricotta is browned and the casserole is hot.

**Per serving:** 487 calories, 36g protein, 12g total fat (5.2g saturated fat),

55g carbohydrates, 4g dietary fiber, 925 mg sodium

**Diabetic** 4 lean protein, 3½ carbohydrate, 3 vegetable

**exchanges:**

**Pasta with Broccoli, Ham and Cheese**

**Ingredients**

13.25 oz box pasta  
10 oz [frozen broccoli florets](http://www.dlife.com/diabetes/diabetic-recipes/frozen-broccoli-florets/f6193.html) (or 1 head fresh)   
2 tbsp [olive oil](http://www.dlife.com/diabetes/diabetic-recipes/olive-oil/f8008.html)   
6 oz [ham, 96% fat-free](http://www.dlife.com/diabetes/diabetic-recipes/ham-96-fat_free/f12251.html) , cut into small strips   
1/2 cup [grated parmesan cheese, low sodium](http://www.dlife.com/diabetes/diabetic-recipes/grated-parmesan-cheese-low-sodium/f1103.html)

**Directions**

1. Cook the pasta according to package directions.  
2. Wash and trim the broccoli florets away from the stems.   
3. Cook the fresh (or frozen) broccoli in a small amount of water in the microwave for 3 to 4 minutes, or until "crisp-tender".   
4. Drain and season with salt and pepper.  
5. Heat the oil in a small skillet and add the ham and broccoli florets. Cook for 1 minute, stirring.  
6. Toss the ham-broccoli mixture into the hot pasta with the cheese.

Makes 8 servings

**Per serving:** 226 calories, 10g protein, 5g total fat (.8g saturated fat),

6g carbohydrates, 5g dietary fiber, .5mg potassium, 289mg sodium

**Diabetic** ½meat, 1 fat, ¼ vegetable

**exchanges:**

**Seafood recipes**

**Roasted Salmon with Carrots and New Potatoes**

¼ cup olive oil or canola oil

¼ cup chopped parsley (optional)

2 cloves garlic, minced or pressed

¼ teaspoon black pepper

8 small red potatoes (~1 lb), unpeeled, scrubbed

2 large carrots, peeled

2 scallions

Mushrooms (optional) (fresh or canned no salt added)

1 pound salmon fillet

1. Preheat oven to 450 degrees
2. In a medium bowl, combine the oil, parsley (if using), garlic, and black pepper. Set aside.
3. Quarter the potatoes (or, if they are large, cut them into ¾ inch cubes). Cut the carrots on the diagonal into ½ inch slices. Cut the scallions (white & tender green parts) into 2-inch sections. If mushrooms are large, halve them.
4. Scatter the potatoes, carrots, scallions, and mushrooms over the bottom of a shallow 1 ½ quart baking dish. Drizzle 2 tablespoons of the garlic oil over them and toss gently to coat. Place the dish in the oven and roast until the potatoes are almost done & beginning to brown, about 30 minutes; stir the vegetables once or twice to ensure even cooking.
5. Meanwhile, cut the salmon into 1 ½ inch cubes. Add the salmon to the bowl of garlic oil and toss gently to coat.
6. Lower the oven temperature to 375 degrees. Gently stir the vegetables in the baking dish, scatter the salmon on top and roast until the vegetables are tender & the salmon just flakes when tested with a fork, about 10 minutes longer.

\*Time savers\* Do ahead: The garlic oil (step 2) can be made and the vegetables & fish cut up ahead of time.

**Tuna-Noodle Casserole**

**Ingredients**

2 cup [cooked pasta](http://www.dlife.com/diabetes/diabetic-recipes/cooked-pasta/f38047.html)   
1 cup [cream of mushroom soup, condensed, low sodium](http://www.dlife.com/diabetes/diabetic-recipes/cream-of-mushroom-soup-condensed-low-sodium/f14800.html)   
1 tsp [fresh chopped onion](http://www.dlife.com/diabetes/diabetic-recipes/fresh-chopped-onion/f5101.html) , steamed   
1 tbsp [fresh chopped celery](http://www.dlife.com/diabetes/diabetic-recipes/fresh-chopped-celery/f5659.html) , steamed   
1/2 cup [fat free milk](http://www.dlife.com/diabetes/diabetic-recipes/fat-free-milk/f209.html)   
1 oz [Cheese, American, pasteurized, processed, low fat, shredded](http://www.dlife.com/diabetes/diabetic-recipes/Cheese-American-pasteurized-processed-low-fat-shr/f1096.html) (or Cheddar or Colby; about 1/4 cup)   
8 oz can cooked carrots   
1 [canned white tuna, packed in water, drained](http://www.dlife.com/diabetes/diabetic-recipes/canned-white-tuna-packed-in-water-drained/f17159.html) , drained

**Directions**

1 Cook the egg noodles according to package directions. Drain and return to pan.  
2 Next, add all the ingredients to the pan and stir so they blend. Cook them over medium heat while stirring occasionally and until the cheese is melted.

Makes 4 servings.

**Per serving:** 284 calories, 20g protein, 7.6g total fat (1.3g saturated fat),

33g carbohydrates, 4g dietary fiber, 196mg potassium, 537mg sodium

**Diabetic** 1 fat, 2 starch, 2 very lean meat

**exchanges:**

**Quick Tuna Burgers**

Servings: 2Total time: 30 minutes

(Nutritional Profile: Low calorie, High Fiber, Low sat fat, Low cholesterol, Heart Healthy, Healthy Weight, Diabetes appropriate)

**Ingredients**

* 1 5-6 ounce can chunk light tuna (see note), drained
* ¼ cup coarse dry whole wheat breadcrumbs (see tip)
* ¼ cup low fat mayonnaise, divided
* 2 tablespoons chopped pimientos or roasted red peppers, divided
* 2 tablespoons finely chopped celery
* 2 tablespoons finely chopped onion
* ¼ teaspoon Old Bay seasoning, divided
* 1 ½ teaspoons extra virgin olive oil
* 2 whole wheat hamburger buns or English muffins, toasted
* 2 lettuce leaves
* 2 slices tomato

**Preparation**

1. Combine tuna, breadcrumbs, 2 tablespoons of mayonnaise, 1 tablespoon pimientos(or roasted red peppers), celery, onion, and 1/8 teaspoon Old Bay seasoning in a medium bowl, breaking up any larger pieces of tuna until the mixture is uniform and holds together.
2. Combine the remaining 2 tablespoons mayonnaise, 1 tablespoon pimientos(or peppers) and 1/8 teaspoon Old Bay seasoning in a small bowl.
3. Heat oil in a medium non-stick skillet over medium heat. Form the tuna mixture into two 3-inch burgers. Cook until heated through and golden brown, about 2 minutes per side.
4. Spread the top half of each bun(or English muffin) with pimiento mayonnaise and place a burger, lettuce, and tomato on the bottom half.

**Tips & NotesNote:** Chunk light tuna, like all fish and shellfish, contains some mercury. According to the FDA and EPA, women who are or might become pregnant, nursing mothers, and young children should limit consumption to 12 oz a week of fish with lower mercury, including canned “light” tuna. Consumption of canned albacore tuna(which is labeled “white”) should be limited to no more than 6 oz a week. And, if you’re looking for an environmentally sustainable canned tuna option, check the label- tuna that was caught by troll or pole and line is considered the best choice, according to Monterey Bay Aquarium’s Seafood Watch Program. Or look for the blue Certified Sustainable Seafood label from the Marine Stewardship Council.

**Tip:** To make your own coarse dry breadcrumbs, trim crusts from whole-wheat bread. Tear bread into pieces and process in a food processor until coarse crumbs form. Spread on a baking sheet and bake at 250 degrees Fahrenheit until dry, about 10-15 minutes. One slice of bread makes about 1/3 cup dry breadcrumbs. For store bought course dry breadcrumbs we like Ian’s brand, labeled “Panko breadcrumbs”. Find them at well-stocked supermarkets.

**Nutrition:** Per serving: 320 calories; 12 g fat(2 g saturated, 5 g mono); 20 mg cholesterol; 39 g carbohydrates; 5 g added sugars; 17 g protein; 5 g fiber; 646 mg sodim; 358 mg potassium

**Nutrition Bonus:** Vitamin C 33% daily value; Vitamin A 26% daily value

**Fish Fillet and Bean Bake**

This simple 5 ingredient recipe is so nutritious and good for you.

**Prep time:** 15 minutes

**Cook Time:** 30 minutes

**Total Time:** 45 minutes

**Ingredients:**

* 16 oz jar chunky garden salsa
* 2 (15 oz) cans Great northern or cannellini beans, rinsed & drained
* 2 cups frozen bell pepper and onion stir fry, thawed
* 1 lb red snapper or grouper fillets, cut into 4 pieces
* ½ cup grated parmesan cheese

**Preparation:**

Preheat oven to 425 degrees Fahrenheit. Grease 13x9” glass baking dish. Combine salsa, beans, and pepper & onion mixture in a large bowl. Place in prepared baking dish. Top with fish fillets. Sprinkle fish with Parmesan cheese. Cover dish with foil and bake at 425 degrees for 20-30 minutes or until fish flakes easily when tested with a fork.

**Serves 4**

**Mediterranean Sautéed Shrimp and Fennel**

4 servings

Total time: 25 minutes

**Ingredients:**

* 1 tablespoon extra virgin olive oil
* 1 large fennel bulb, cored & cut into 2 inch long strips (~4 cups)
* 1 (15 oz) can diced tomatoes, preferably fire-roasted
* 1 tablespoon chopped fresh oregano or 1 teaspoon dried
* 1 pound peeled & deveined raw shrimp (21-25 per pound)
* 2 tablespoons capers, rinsed
* ¼ teaspoon freshly ground black pepper
* ¼ cup crumbled feta cheese

**Preparation**

Heat oil in a large skillet over medium heat. Add fennel and cook, stirring occasionally, until starting to brown, 6-8 minutes. Add tomatoes & oregano and cook, stirring and scraping up browned bits, about 30 seconds. Add shrimp and cook, stirring occasionally, until pink and just cooked through, about 4 minutes. Stir in capers and pepper. Serve sprinkled with feta.

**Nutrition**

187 calories; 7 g fat(2 g sat, 3 g mono); 176 mg cholesterol; 10 g carbohydrates; 21 g protein; 3 g fiber; 610 mg sodium; 412 mg potassium

**Carbohydrate Servings:** ½

**Exchanges:** 1 vegetable, 3 lean meat, 1 fat

**Nutrition Note:** Vitamin C 45% daily value; Iron 20% dv; Vitamin A 15% dv

**TUNA CROQUETTES WITH RATATOUILLE**

4 Servings

*1 12-ounce can tuna, packed in water*

*1 egg white*

*1 tablespoon chopped onion*

*½ cup cracker crumbs*

*Vegetable cooking spray*

***Ratatouille***

*1 cup chopped tomato*

*1 cup chopped, unpeeled eggplant*

*¼ cup chopped green pepper*

*1/8 teaspoon salt*

*1 tablespoon olive oil*

Drain tuna & combine with the next 3 ingredients. Form into flat cakes and place in a skillet coated lightly with cooking spray.

Cook over medium heat until brown on both sides, turning once (approximately 4 minutes on each side).

Combine all ratatouille ingredients in nonstick skillet. Cover & bring mixture to a gentle boil over medium heat, stirring once or twice. Reduce heat & cook covered for 10 minutes or until vegetables are tender.

Top each croquette with ½ cup of vegetable mixture.

Serving size: 1 tuna croquette with ½ cup vegetable topping

Analysis per serving: 203 Calories, 27 g Protein, 10 g Carbohydrate

5 g Fat, 1 g Saturated Fat, % Calories from Fat 24, 16 mg Cholesterol, 498 mg Sodium

Diabetic Exchanges: 3 lean meats & 2 vegetables

Shrimp, Broccoli and Whole Wheat Pasta in Garlic Sauce

**Ingredients:**

1lb Whole Wheat Spaghetti

1lb Pre-cooked Shrimp

Extra Virgin Olive Oil

2Tbs Garlic powder

2Tbs Minced Garlic

1tsp Margarine

1 Large Package of fully cooked unfrozen broccoli

**Directions:** In a large pot bring water to a complete boil for spaghetti. Add pasta and cook for 10mins or until pasta is fully cooked. Drain and set aside. In a large sautéing pan pour in enough olive oil to coat the bottom of the pan. Peel tail of shrimp off and rinse. Put all rinsed shrimp into sautéing pan and add package of broccoli, garlic powder, margarine, and minced garlic. Sauté shrimp until fully brown. Once shrimp is completely brown, add the whole pan to the cooked spaghetti. Stir in until spaghetti is completely coated. Serve and enjoy!

**Broccoli - califlower salad**

4 c.small cauliflower

3 c small broccoli

1/2 c thinly sliced onions

3/4 c sliced radishes

1/2 c shredded carrot

1 c mayonnaise

2 tbs sugar

1 tbs lemon juice

1/2 tsp salt, 1/2 tsp pepper

6 slices bacon - crumbled

In lg. bowl layer cauliflower, broccoli, onion, radishes & carrots, set aside.

Dressing - combine mayonnaise, sugar, lemon juice,salt & pepper, spread over vegetables. Sprinkle bacon.Cover & chill for at least 4 hours. Stir before serving.

Diabetic friendly deserts

**Banana-Raspberry Yogurt Parfait**

2 medium ripe bananas, peeled and cut into small pieces

1 1/2 cups (360 g) plain low-fat yogurt

1 tablespoon (15 ml) spoonable brown sugar

2 tablespoons (30 ml) fresh orange juice

1cup (113 g) fresh or frozen (no sugar added) raspberries

4 sprigs of mint, for garnish

1. In a food processor or blender, combine the bananas, yogurt, brown sugar, and orange juice. Process until smooth.
2. Spoon some of the banana mixture into each of 4 parfait glasses. Top each with 1 tablespoon (15 ml) raspberries. Continue to layer yogurt and berries, ending with yogurt.
3. Garnish with a mint sprig and serve.

**Per serving:** 132 calories, 6g protein, 2g total fat (1g saturated fat),

25g carbohydrates, 4g dietary fiber, 67 mg sodium

**Diabetic** 2 carbohydrate, 1 fruit, 1 skim milk

**exchanges:**

**Banana Chocolate Parfait**

1 cup plain low-fat yogurt

1. 08-ounce (24 g) box sugar-free chocolate pudding mix

2 medium bananas, peeled

1 teaspoon fresh lemon juice

1/4 cup reduced-fat frozen dairy whipped topping

unsweetened cocoa powder

1. In a food processor or blender, combine yogurt and pudding mix until smooth.
2. Cut each banana into 6 pieces on the diagonal. Sprinkle with lemon juice
3. Place 2 banana quarters in each of 4 dessert parfait glasses. Top with 1/4 of the pudding mix. Top each with 1 tablespoon whipped topping.
4. Using a fine sieve, sift a little cocoa powder on top of each serving.

**Per serving:** 138 calories, 4g protein, 3g total fat (1.3g saturated fat),

25g carbohydrates, 2g dietary fiber, 336 mg sodium

**Diabetic** 1½ carbohydrate, ½ bread/starch, 1 fruit

**exchanges:**

**Butterscotch Chip Cookies**

**Ingredients**

18 oz [Cake, spice, with pudding, dry mix](http://www.dlife.com/diabetes/diabetic-recipes/Cake-spice-with-pudding-dry-mix/f72875.html) (1 box)   
2 tbsp [margarine](http://www.dlife.com/diabetes/diabetic-recipes/margarine/f44967.html) , softened   
2 tbsp [cold water](http://www.dlife.com/diabetes/diabetic-recipes/cold-water/f21134.html)   
3 eggs  
1 cup [quick cooking rolled oats](http://www.dlife.com/diabetes/diabetic-recipes/quick-cooking-rolled-oats/f93117.html)   
1 cup [Baking Chips, butterscotch morsels](http://www.dlife.com/diabetes/diabetic-recipes/Baking-Chips-butterscotch-morsels/f23184.html)

**Directions**

1 Preheat the oven to 350 degrees   
2 Mix the cake mix, margarine, water, eggs, using an electric mixer on medium speed. Mix in the oats and butterscotch chips.  
3 Spray baking sheets with cooking spray. Spoon the mixture, by the tablespoon, 2 inches apart onto baking sheets.  
4 Bake for 8 minutes. Use a spatula to take the cookies off of the sheets and let cool completely.

Makes 48 servings.

**Per serving:** 82 calories, 28g protein, 2.7g total fat, (1.6g saturated fat),

13g carbohydrates, .2g dietary fiber, 17mg potassium, 82mg sodium

**Diabetic** ½ fat, 1carbohydrate

**exchanges:**

**Chocolate Chip Cookies**

**Ingredients**

1/2 cup [margarine](http://www.dlife.com/diabetes/diabetic-recipes/margarine/f44967.html)   
3/4 cup [sugar](http://www.dlife.com/diabetes/diabetic-recipes/sugar/f63412.html)   
3/4 cup [brown sugar](http://www.dlife.com/diabetes/diabetic-recipes/brown-sugar/f63413.html)   
1 [egg](http://www.dlife.com/diabetes/diabetic-recipes/eggs/f19501.html)   
2 cups [white all purpose flour](http://www.dlife.com/diabetes/diabetic-recipes/white-all-purpose-flour/f38030.html)   
1 tsp [baking soda](http://www.dlife.com/diabetes/diabetic-recipes/baking-soda/f28003.html)   
1 tsp [vanilla extract](http://www.dlife.com/diabetes/diabetic-recipes/vanilla-extract/f26624.html)   
3/4 cup [semi sweet chocolate chips](http://www.dlife.com/diabetes/diabetic-recipes/semi-sweet-chocolate-chips/f23442.html)

**Directions**

1 Preheat oven to 375ºF.   
2 In a large mixing bowl, beat the margarine, sugar, and brown sugar until creamy. Add the egg, and beat well.   
3 In another bowl, mix the flour and baking soda. Add the flour mixture to the margarine mixture, and beat just until it is blended.  
4 Add the vanilla, and stir in the chocolate chips.   
5 Drop spoonfuls of dough onto a baking sheet coated with nonstick cooking spray.   
6 Bake for 8 to 10 minutes or until cookies are lightly browned.   
7 Remove from the cookie sheet and cool completely on a wire rack before serving.

Makes 48

**Per serving:** 60 calories , .7g protein, 2g total fat (.4g saturated fat),

10g carbohydrates, .2g dietary fiber, 7mg potassium, 45 mg sodium

**Diabetic** ½ fat, ¼ other carbohydrate

**exchanges:**

**Chocolate Silk Mousse**

11/4-ounce envelope unflavored gelatin

1/4 cup cold water

8 packets DiabetiSweet

1/3 cup unsweetened cocoa powder

3/4 cup nonfat (skim) milk

1/2 cup part-skim ricotta cheese

2 tablespoons natural vanilla

2 tablespoons rum extract

1/2 cup frozen non-dairy whipped topping, thawed

fresh strawberries (optional)

1. In a small bowl, sprinkle gelatin over water; allow to stand 2 minutes to soften.
2. In a medium saucepan, stir together the Diabetisweet and cocoa. Stir in milk and cook over medium heat, stirring constantly, until the mixture is very hot. Add the gelatin mixture, stirring until gelatin is dissolved.
3. Transfer mixture to a medium bowl and refrigerate until slightly cold (do not allow to gel).
4. In a food processor or blender, combine ricotta cheese, vanilla, and rum extract. Blend until smooth. Transfer to a small bowl. Add the whipped topping; stir until well combined.
5. Gradually fold ricotta mixture into the cocoa mixture. Spoon into 4 dessert cups. Refrigerate until set, about 4 hours. If desired, decorate each serving with strawberries.

**Per serving:** 151 calories, 8g protein, 6g total fat (5.6g saturated fat),

13g carbohydrates, 2g dietary fiber, 150 mg sodium

**Diabetic** ½ very lean meat, 1 carbohydrate (1 bread/starch), 1 fat

**exchanges:**

**Double Chocolate Brownies**

**Ingredients**

1 [**cooking spray**](http://www.dlife.com/diabetes/diabetic-recipes/cooking-spray/f44889.html) **1/4 cup** [**salted butter**](http://www.dlife.com/diabetes/diabetic-recipes/salted-butter/f8000.html) **3/4 cup** [**sugar**](http://www.dlife.com/diabetes/diabetic-recipes/sugar/f25006.html) **1/2 cup** [**cold water**](http://www.dlife.com/diabetes/diabetic-recipes/cold-water/f21134.html) **, cold   
1 tsp** [**vanilla extract**](http://www.dlife.com/diabetes/diabetic-recipes/vanilla-extract/f26624.html) **1 cup** [**white all purpose flour**](http://www.dlife.com/diabetes/diabetic-recipes/white-all-purpose-flour/f38030.html) **1/4 cup** [**unsweetened cocoa powder**](http://www.dlife.com/diabetes/diabetic-recipes/unsweetened-cocoa-powder/f28200.html) **1 tsp** [**low sodium baking powder**](http://www.dlife.com/diabetes/diabetic-recipes/low-sodium-baking-powder/f28006.html) **1/4 cup** [**mini semi sweet chocolate chips**](http://www.dlife.com/diabetes/diabetic-recipes/mini-semi-sweet-chocolate-chips/f90657.html)

**Directions**

1 Preheat oven to 350 degrees   
2 Lightly coat the bottom of a 9x9x2-inch baking pan with nonstick cooking spray, being careful not to coat sides of pan.  
3 In a medium saucepan melt butter; remove from heat.   
4 Stir in granulated sugar, water, and vanilla.   
5 Stir in flour, cocoa powder, and baking powder until combined.   
6 Stir in chocolate pieces.   
7 Pour batter into prepared pan.  
8 Bake for 15 to 18 minutes, or until a wooden toothpick inserted near the center comes out clean.   
9 Cool on a wire rack. Remove from pan. Cut into 16 squares. Sprinkle with powdered sugar if desired.

Makes 16 servings: serving size 1 piece.

**Per serving:** 102 calories, 1g protein, 4g total fat (2.4g saturated fat),

17g carbohydrates, .8g dietary fiber, 64mg potassium, 21 mg sodium

**Diabetic** 1 fat**,** ½ other carbohydrate, ¼ starch

**exchanges:**

DELICIOUS CHOBANI YOGURT SNACK WITH GINGER HONEY :

1 CUP OF PLAIN CHOBANI YOGURT

1 TSP GRATED GINGER

1 TBSP RAW HONEY

MIX WELL!! YUMMY

### Section 6 Healthy Snack Ideas

Healthy Snack Ideas

* 1/4 cup hummus, 3 carrot sticks, 3 celery sticks, and 3 cherry tomatoes
* 1 Multigrain Crisp bread topped with 1 tbsp guacamole and 1 tablespoon hummus
* 1/3 cup 1/2-inch-thick potato or sweet potato slices tossed with 1 teaspoon olive and a

pinch of finely chopped rosemary, baked at 450 for 30 minutes

* 1/4 cup black beans combined with 1 tablespoon salsa, 1 tablespoon cottage cheese

and 1/2 tablespoon guacamole; and 4 celery stalks or 1 high fiber wrap bread

* 1/4 cup cucumber slices, tossed with 4 oz nonfat plain yogurt, 2 teaspoons chopped

cashews,

* 1 teaspoon lemon juice and 1 teaspoon finely chopped fresh dill
* 1 Laughing Cow Light cheese wedge, 5 whole grain crackers
* 1 oz low fat string mozzarella, 1/2 cup cherry or grape tomatoes
* 25 unsalted “vegetable chips” with 2 tablespoons low fat sour cream dip
* 6 oz plain yogurt with ¼ c fresh or frozen unsweetened berries (raspberries,

blueberries, strawberries, blackberries)

* 5 frozen grapes with 1 oz low fat cheese
* 1 Strawberry Frozen Fruit bar with 2 graham crackers
* 2 Raspberry Newtons with ½ c skim milk
* 1 banana rolled in 1 tbsp peanut butter
* 1 mini-bag unbuttered microwave popcorn topped with a spritz of butter flavor

cooking spray and 1 fresh apple in wedges

* 24 Annie's Chocolate Chip Bunny Graham cookies with ½ c skim milk
* 3/4 cup high fiber cereal with 1/2 cup skim milk topped with ¼ c fruit
* 1 cup apple slices dipped in 2 tbsp almond butter or peanut butter
* 1 McDonald's Fruit 'n Yogurt Parfait or “make your own” yogurt with fruit and

¼ c crushed cereal or low fat granola

* 1 vanilla-almond shake: Blend 1/2 cup skim milk with 1/2 cup low fat frozen yogurt

and 1 drop almond extract

* 3/4 cup warm apple sauce with cinnamon, and 2 low fat Fig Newton cookies
* 1 ounce (oz) cheese and one piece of fruit or fresh vegetables
* One hard-boiled egg and five whole-grain crackers
* 1 tablespoon (Tbsp) hummus and one small pita pocket with thinly sliced vegetables
* One slice turkey, one slice low fat cheese, and one slice whole grain bread with one piece

fresh fruit

* ½ cup (C) low-fat cottage cheese, ½ C pineapple, and 1 tablespoon almonds
* One half of a peanut butter and jelly sandwich and one piece fresh fruit
* 2 oz soft pretzel, mustard, and 1 fresh orange
* 3 C homemade popcorn prepared in 1 Tbsp canola oil, topped with 1 tablespoon shredded

low fat cheese

* 2 C green salad with ¼ C kidney or black beans and 1 tablespoon low fat salad dressing
* Two graham crackers with 1 tablespoon hazelnut spread and one banana
* One baked potato or sweet potato, served with 1 teaspoon low fat sour cream and

½ C broccoli

* ½ C low fat frozen yogurt with 1 C unsweetened berries
* Asst raw vegetables and 2 tablespoon low fat sour cream dip
* One slice whole-grain bread, one slice cheese, tomato, and mustard
* 1 oz unsalted pretzels, or unsalted baked chips with 2 tablespoons salsa, and

½ c skim milk

* Side salad with light dressing and ¼ c low fat cottage cheese
* ½ C dried fruit and 20 almonds
* ½ C pasta with unsalted marinara sauce and a 1-oz meatball with vegetables
* ½ English muffin with 1 slice tomato and 1 slice low fat cheese, melted

**Section 7 Shopping Tips**