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diabetes.
For Life.

Recipes November, 2010



Winter Fruit Bowl

More Diabetic Meals in 30 Minutes or Less!

- 1 tart apple, unpeeled and diced
- 1 medium banana, peeled and sliced
- 2 Tbsp lemon juice
- 1/2 cup green or red grapes
- 1 small orange, sectioned and seeded
- 1 Tbsp minced crystallized ginger
- 2 tsp minced fresh mint, if available (or use dried mint)

Combine the apple and bananas and sprinkle with lemon juice. Add the remaining ingredients, toss well, and chill for several hours before serving.

5 servings, each:

Nutrition Facts: 59 calories (3 calories from fat), 0 g total fat, 0 mg cholesterol, 2 mg sodium, 15 g carbohydrate, 2 g dietary fiber, 11 g sugars, 1 g protein

Exchanges: 1 carb serving

Spiced Applesauce

Fix-It and Forget-It Diabetic Cookbook

- 12 cups cored, pared, thinly sliced, medium cooking apples
- 1/4 cup sugar (sugar substitute to equal 2 tablespoons)
- 1 1/2 tsp cinnamon
- 1 cup water
- 1 Tbsp lemon juice
- Freshly grated nutmeg, optional

Place apples in slow cooker. Combine sugar, sugar substitute, & cinnamon. Mix with apples. Stir in water and lemon juice. Add nutmeg, if desired.

Cover. Cook on Low 5-7 hours, or High 2 1/2 -3 1/2 hours.

Stir for a chunk sauce. Serve hot or cold.

12 servings, each serving:

Nutrition Facts: 75 calories (3 calories from fat), 0 g total fat, 0 mg cholesterol, 0 mg sodium, 20 g carbohydrate, 2 g dietary fiber, 18 g sugars, 0 g protein.

Exchanges: 1 carb serving

Jewish Penicillin

(Homemade Chicken Soup)

Mr Food's Quick & Easy Diabetic Cooking

- 1 (3 lb) chicken, cut into 8 pieces
- 8 cups cold water
- 4 carrots, cut into 1-inch chunks
- 3 celery stalks, cut into 1-inch chunks
- 2 medium onions, cut into 1-inch chunks
- 1 tsp salt
- 1 1/2 tsp black pepper

In a soup pot, bring all the ingredients to a boil over high heat. Reduce the heat to low, cover, and simmer for 2 1/2 to 3 hours, or until the chicken is falling off the bones.

Using tongs, remove the chicken from the soup and allow it to cool slightly before removing and discarding its bones and skin; cut the chicken into small pieces, and return those to the soup pot.

Nutrition Facts: 113 calories (30 calories from fat), 3 g total fat (1 g saturated fat), 39 mg cholesterol, 297 mg sodium, 7 g carbohydrate, 2 g dietary fiber, 4 g sugars, 14 g protein

Exchanges: 2 very lean meat, 1 vegetable

Shake on Steak "SOS" Seasoning

Diabetic Cooking for Seniors

2 tsp oregano
1/4 tsp cumin
1 tsp garlic powder
1 1/4 tsp onion powder

Combine all ingredients.

Nutrition Facts: 0 calories, 0 g fat, 0 mg cholesterol, 0 mg sodium, 0 g carbohydrate, 0 g protein

Exchanges: free food

Herb Blend for Vegetables

Diabetic Cooking for Seniors

1 tsp dill
1 tsp onion powder
1/2 tsp white pepper

Mix and shake over salads, tomatoes, squash, peas, zucchini, or carrots.

Nutrition Facts: 0 calories, 0 g fat, 0 mg cholesterol, 0 mg sodium, 0 g carbohydrate, 0 g protein

Exchanges: free food

Caramelized Cola Roast

Mr Food's Quick & Easy Diabetic Cooking

1 (3 lb) beef bottom round roast
1/2 tsp salt
1/2 tsp pepper
1/2 tsp garlic powder
1 cup diet cola
1/2 cup chili sauce
1 Tbsp Worcestershire sauce

Preheat the oven to 325°F. Coat a roasting pan with nonstick cooking spray and place the roast in the pan. Season with the salt, pepper, and garlic powder.

In a small bowl, combine the remaining ingredients and pour over the roast. Cover with aluminum foil and roast for 2 1/2 to 3 hours, or until tender.

Slice, and serve topped with the sauce from the pan.

Nutrition Facts: 229 calories (74 calories from fat), 8 g total fat (3 g saturated fat), 87 mg cholesterol, 447 mg sodium, 4 g carbohydrate, 0 g dietary fiber, 2 g sugars, 33 g protein

Exchanges: 4 lean meat

Pork Chops with Cranberry Glaze

Healthy Calendar Diabetic Cooking

4 bone-in, center-cut pork chops
1/4 tsp garlic salt
1/2 tsp ground black pepper
1 tsp olive oil
Cooking spray
1 large red onion, thinly sliced and separated into rings
1 Tbsp honey
1/2 cup balsamic vinegar
1/3 cup water
1/3 cup dried cranberries

Season pork chops well with garlic salt and pepper.

Add oil to a large nonstick skillet over medium-high heat. Sauté chops for 6-8 minutes or until browned, turning once. Remove from pan, keep chops warm.

Spray pan with cooking spray. Add onions and cook for 5-6 minutes or until they begin to caramelize. Stir in honey, balsamic vinegar, water, and cranberries and simmer for 5-7 minutes or until cranberries are soft and sauce takes on a glaze consistency.

Pour cranberry sauce over pork chops.

4 servings, each serving:

Nutrition Facts: 240 calories (66 calories from fat), 7 g total fat (2 g saturated fat), 59 mg cholesterol, 126 mg sodium, 23 g carbohydrate, 2 g dietary fiber, 19 g sugars, 21 g protein

Exchanges: 2 lean meat, 1 1/2 carb servings, 1/2 fat

Pork Chops Stuffed with Apples & Dates

Diabetes Forecast, November 2009

2 Tbsp sweet Madeira wine, divided
2 cups chopped Gala apples, unpeeled
1/2 cup diced pitted dates
2 Tbsp coarsely chopped walnuts
2 Tbsp minced fresh thyme
1 tsp honey
8 (4 oz) lean boneless pork chops (about 3/4 to 1-inch thick)
Salt and pepper to taste
2 tsp canola oil

Combine the wine with the apples, dates, walnuts, thyme and honey.

Make a horizontal slit in each pork chop. Stuff equal portions of the mixture into each chop.

Sprinkle each chop with salt and pepper.

Heat a large skillet over medium heat. Add half the canola oil, and sear 4 of the chops for about 7 to 8 minutes per side. Add the remaining oil to the pan, and repeat with the remaining chops.

8 servings, each serving:

Nutrition Facts: 230 calories (90 calories from fat), 10 g total fat (2.8 g saturated fat), 60 mg cholesterol, 45 mg sodium, 14 g carbohydrate, 2 g dietary fiber, 12 g sugars, 22 g protein

Exchanges: 1 carb servings, 3 lean meat, 1 fat

Rosemary Potato Frittata

Better Homes and Gardens
Diabetic Living flier

4 oz tiny new potatoes, cut into 1/4-inch slices (1 cup)
1/4 cup chopped red onion or yellow onion
1/4 cup chopped red, green, and/or yellow sweet pepper
1 cup refrigerated or frozen egg product, thawed, or 4 eggs
1/2 tsp snipped fresh rosemary or 1/4 tsp dried rosemary, crushed
1/8 tsp salt
1/8 tsp ground black pepper
Nonstick cooking spray
1/4 cup shredded Swiss cheese (1 oz)
Fresh rosemary (optional)

In a covered 6" to 7" nonstick skillet with flared sides, cook potatoes and onion in a small amount of boiling water for 7 minutes. Add sweet pepper. Cook, covered, for 3 to 5 minutes more or until vegetables are tender. Drain in a colander.

Meanwhile, in a small bowl, whisk together egg, 1/2 teaspoon rosemary, salt, and pepper. Set aside.

Wipe out skillet; lightly coat with cooking spray. Return vegetables to skillet. Pour egg mixture over vegetables. Cook over medium heat, without stirring, about 1 minute or until egg mixture begins to set. Run a spatula around the edge, lifting mixture so uncooked portion flows underneath. Continue cooking and lifting edges until egg is almost set but still glossy and moist.

Remove skillet from heat. Sprinkle with cheese. Let stand, covered, for 3 to 4 minutes or until top is set and cheese is melted.

To serve, cut frittata into wedges. If desired, top each serving with fresh rosemary.

1/2 cup servings, each serving:

Nutrition Facts: 168 calories, 4 g total fat (93 g saturated fat), 13 mg cholesterol, 407 mg sodium, 15 g carbohydrate, 2 g fiber, 17 g protein

Exchanges: 1 carb serving, 2 very lean meat, 1/2 fat

Mini Cheese Quiches

Diabetes Forecast, November 2009

24 frozen phyllo dough mini shells
2 eggs, beaten
1/2 cup fat-free milk
1 Tbsp melted butter
1/2 tsp salt
1 cup shredded 75% reduced-fat cheddar cheese (extra sharp, if available)
Paprika (not included in nutrition analysis)

Preheat the oven to 350°F. Place the shells on a baking sheet, and bake for 5 minutes.

Beat together the eggs, milk, butter, and salt. Once the shells are ready, distribute the cheese into each shell. Pour the egg mixture into each shell. Sprinkle with paprika. Bake for 25 minutes or until set.

24 servings, each serving:

Nutrition Facts: 80 calories (40 calories from fat), 4.5 g total fat (1.4 g saturated fat), 40 mg cholesterol, 210 mg sodium, 5 g carbohydrate, 0 g dietary fiber, 1 g sugar, 4 g protein

Exchanges: 1 fat, 1/2 carb serving

Nutty Carrot Cake Bars

Diabetic Living, Winter 2007

Nonstick cooking spray
3/4 cup all-purpose flour
1/2 cup sugar or sugar substitute*
 equivalent to 1/2 cup sugar
1/4 cup whole wheat flour
1 1/2 tsp pumpkin pie spice
1 tsp baking powder
1/8 tsp salt
1 cup finely shredded carrots
3/4 cup chopped walnuts or pecans, toasted
1/3 cup refrigerated or frozen egg product,
 thawed, or 3 egg whites, lightly beaten
1/4 cup cooking oil
1/4 cup fat-free milk
1 recipe Fluffy Cream Cheese Frosting (below)

Preheat oven to 350°F. Line a 9"x9"x2" baking pan with foil, extending over edges. Lightly coat foil with cooking spray. Set aside.

In a medium bowl, combine all-purpose flour, sugar, whole wheat flour, pumpkin pie spice, baking powder, and salt. Add carrots, 1/2 cup of the nuts, the eggs, oil, and milk. Stir just until combined. Spread evenly in the prepared pan.

Bake for 15 to 18 minutes or until a toothpick inserted near center comes out clean. Cool bars in pan on a wire rack.

Using the edges of the foil, lift the uncut bars out of the pan. Spread top evenly with Fluffy Cream Cheese Frosting. Sprinkle with the remaining 1/4 cup nuts. Cut into 20 bars.

Fluffy Cream Cheese Frosting

Thaw 1/2 cup frozen light whipped topping. In a medium bowl, beat half of the softened 8-oz package reduced-fat cream cheese (Neufchâtel) with an electric mixer on medium speed until smooth. Beat in 1/4 cup vanilla low-fat yogurt until smooth. Fold in thawed whipped topping.

20 bars, each:

Nutrition Facts: 121 calories, 7 g total fat (92 g saturated fat), 5 mg cholesterol, 64 mg sodium, 12 g carbohydrate, 1 g fiber, 3 g protein

Exchanges: 1 carb serving, 1 fat

Caramel Espresso Brownies

Mr Food Diabetic Dinners in a Dash

Nonstick cooking spray
1 Tbsp instant coffee granules
2 Tbsp water
2/3 cup all-purpose flour
2/3 cup sugar
1/2 cup unsweetened cocoa
1/4 cup (1/2 stick) light butter, melted
1/3 cup egg substitute
1 tsp vanilla extract
1/2 tsp baking powder
1/4 cup caramel sauce

Preheat the oven to 350°F. Coat an 8-inch square baking dish with nonstick cooking spray.

In a large bowl, dissolve the coffee granules in the water. Add the remaining ingredients except the caramel sauce; mix well. Pour the batter into the baking dish. Drizzle with caramel sauce and, using a knife, swirl the sauce into the batter.

Bake for 25 to 30 minutes, or until a wooden toothpick inserted in the center comes out clean. Let cool completely. Cut into squares and serve, or store in an airtight container until ready to serve.

Cut into 16 pieces, each piece:

Nutrition Facts: 89 calories (17 calories from fat), 2 g total fat (1.1 g saturated fat), 4 mg cholesterol, 59 mg sodium, 18 g carbohydrate, 1 g dietary fiber, 11 g sugars, 2 g protein

Exchanges: 1 carb serving, 1/2 fat

Mint Chocolate Chip Meringues

Diabetes Forecast, December 2009

3 egg whites
1/4 tsp cream of tartar
Pinch of salt
3/4 cup sugar
3 Tbsp unsweetened or Dutch process cocoa
1/3 cup mini chocolate chips
3/4 tsp peppermint extract
5 very finely crushed sugar-free peppermint candies

Preheat the oven to 250°F.

Cover a baking sheet with parchment paper.

Beat the egg whites, cream of tartar, and salt with an electric mixer on high until foamy.

Combine the sugar and cocoa. Gradually add the cocoa mixture to the egg whites, and beat until stiff peaks form. Gently fold in the chocolate chips, peppermint extract, and crushed candies.

Spoon the mixture into a pastry bag fitted with 1/2-inch round tip.

Pipe 30 cookies, 1/4 inch apart, on the prepared baking sheet.

Bake the cookies for 1 1/2 hours. Turn the oven off, and let the cookies cool in the oven for 1 hour. Store in a tightly sealed container.

Nutrition Facts: 70 calories (15 calories from fat), 1.5 g total fat (1 g saturated fat), 0 mg cholesterol, 10 mg sodium, 15 g carbohydrate, 1 g dietary fiber, 12 g sugars, 1 g protein

Exchanges: 1 carb serving

Hot Mulled Apple Tea

Fix-It and Forget-It Diabetic Cookbook

1/2 gallon apple cider
1/2 gallon strong tea
1 sliced lemon
1 sliced orange
3 (3") cinnamon sticks
1 Tbsp whole cloves
1 Tbsp allspice

Combine all in slow cooker.

Heat on Low 2 hours.

1/2 cup servings, each serving:

Nutrition Facts: 59 calories (1 calorie from fat), 0 g total fat, 0 mg cholesterol, 7 mg sodium, 15 g carbohydrate, 0 g dietary fiber, 13 g sugars, 0 g protein

Exchanges: 1 carb serving