



Dining with Diabetes Recipes

Holiday Dishes

Disclaimer: These recipes were selected to provide a variety of foods for each lesson in the Dining with Diabetes series. They can be offered as samples or as a part of a meal. Nutrition information may vary slightly, depending on brands, product availability, and region. These selected recipes have been used in Dining with Diabetes classes by members of the National Extension Dining with Diabetes Working Group and are a sampling of a larger number of recipes available for teaching Dining with Diabetes classes.

Mission Statement:

The National Extension Dining with Diabetes Working Group provides leadership and coordination for unified program delivery and evaluation of Dining with Diabetes.

Recipes updated 10/21 by the NDWD Curriculum Team: Beverly Jackey, Julie Buck, Gretchen Manker, Sandra May, Kimi Moore, Jessica Clifford, and Maria Economos.

Acknowledgement to Kansas State University Agricultural Experimental Station and Cooperative Extension Service for their work in updating the recipes.



Holiday Recipe Index

Apple Stuffing.....	2
Double Layer Pumpkin Pie.....	4
Green Beans, Cranberries, & Nuts.....	6
Herb Roasted Turkey Breast	8
Skinny Gravy.....	10
Sweet Potato Puffs.....	12

Presented by the National Extension Dining with Diabetes Working Group.
November 2015



Apple Stuffing **Serves 16 - 1 serving = ½ cup**

Ingredients

- 1 c. water
- 2 c. low sodium broth
- 1 box low sodium stuffing mix
- 1 ½ cups whole grain, quick cook (minute) rice
- 1 Tbsp olive oil
- 1 cup apple, thinly sliced
- ½ cup onion, diced
- ½ cup celery, diced

Equipment

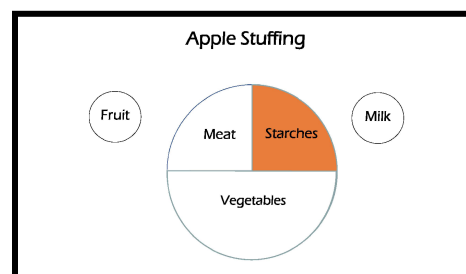
- 2 medium saucepans
- Large skillet
- Measuring cups and spoons

Directions

1. Wash hands with soap and water.
3. In a medium saucepan, combine 1 cup water with ½ cup low sodium broth and bring mixture to a boil.
4. Stir in a low sodium stuffing mix, cover, and set aside.
5. In a separate medium saucepan, bring 1 ½ cups low sodium broth to a boil.
6. Stir in rice, cover, and reduce heat. Simmer for 5 minutes. Set aside.
7. Add olive oil to a large skillet. Sauté apples (scrubbed with clean vegetable brush under running water and thinly sliced), onion (scrubbed with clean vegetable brush under running water and diced), and celery (scrubbed with clean vegetable brush under running water and diced) until tender.
8. Stir together stuffing, rice, and apple/onion/celery mixture.
9. Serve immediately.



Nutrition Facts	
about 12 servings per container	
Serving size	(155g)
Amount per serving	
Calories	250
% Daily Value*	
Total Fat 10g	13%
Saturated Fat 4g	20%
Trans Fat 0g	
Cholesterol 85mg	28%
Sodium 250mg	11%
Total Carbohydrate 15g	5%
Dietary Fiber 1g	4%
Total Sugars 7g	
Includes 0g Added Sugars	0%
Protein 22g	
Vitamin D 1mcg	6%
Calcium 95mg	8%
Iron 2mg	10%
Potassium 428mg	10%
*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	



Talking Points

Apple Stuffing

1. Using a boxed stuffing mix and quick cook rice reduces preparation time.
2. The butter/margarine is omitted from the traditional box stuffing directions to reduce fat and calories.
3. The addition of whole grain (or brown) rice increases the fiber content while enhancing the flavor.
4. The apples, onion, and celery are sautéed in olive oil, a monounsaturated oil. The addition of apples, onion, and celery improves the fiber content and adds texture and color to the dish.
5. Other fruits and vegetables can be substituted for the apples, onion, and celery.
6. This recipe has an image of the Plate Method to show which food groups are represented per serving. Use the Plate Method to select a daily balanced meal pattern.
7. **Flavor Notes:** Reduced sodium stuffing mix and broth significantly lower the sodium content. However, flavor is not compromised, particularly since a portion of the water is replaced with broth. Other high flavor ingredients (i.e., apples, onions, celery) also cause the absence of sodium to be less noticeable.

Double Layer Pumpkin Pie

Serves 16

Ingredients

- 1½ c. graham cracker crumbs
- 4 Tbsp. reduced-fat margarine
- 4 oz. reduced-fat cream cheese (Neufchatel), softened
- 2 Tbsp. skim milk
- 2 packets artificial sweetener
- 1 8-oz. tub light frozen whipped topping, thawed
- 1 c. skim milk
- 2 boxes (4 servings each) sugar-free instant vanilla pudding
- 15-oz. canned pumpkin (NOT pie mix)
- 1 tsp. cinnamon
- ½ tsp. ginger
- ¼ tsp. ground cloves (or use 1½ tsp. pumpkin pie spice in place of cinnamon, ginger, and cloves)

Equipment

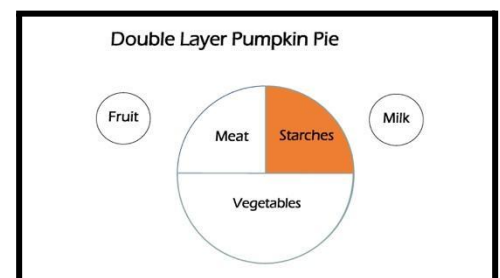
- 2, 9" pie pans or one 9" x 13" pan
- 2 mixing bowls
- Measuring cups & measuring spoons
- Electric mixer or wire whisk
- Rubber scraper

Directions

1. Mix graham cracker crumbs and reduced-fat margarine with fork until well blended. Press into the bottom of two 9" pie pans or one 9" x 13" pan. Bake for 5-7 minutes at 350°F.
2. Cool while mixing the next layer.
3. Beat cream cheese until very smooth. Beat in 2 Tbsp. skim milk and the artificial sweetener. Carefully fold in half of the whipped topping. Spread on cooled graham cracker crust. Place in the refrigerator while mixing the next layer.
4. Pour skim milk into a chilled bowl. Sprinkle both boxes of pudding mix over milk; beat on low speed; mixture will thicken. Stir in pumpkin and spices. Fold in remaining whipped topping. Spread on cream cheese layer. Chill for one hour.



Nutrition Facts	
16 servings per container	
Serving size	1 slice (78g)
Amount per serving	
Calories	130
% Daily Value*	
Total Fat 5g	6%
Saturated Fat 3g	15%
Trans Fat 0g	
Cholesterol 5mg	2%
Sodium 250mg	11%
Total Carbohydrate 18g	7%
Dietary Fiber 0g	0%
Total Sugars 6g	
Includes 0g Added Sugars	0%
Protein 2g	
Vitamin D 0mcg	0%
Calcium 39mg	4%
Iron 1mg	6%
Potassium 46mg	0%
*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	



Source: Dining with Diabetes-West Virginia University Extension Service, 2003.

Updated by: Kansas State University Agricultural Experiment Station and Cooperative Extension Service, 2020.

Talking Points

Double Layer Pumpkin Pie

1. Graham cracker crumb crusts can be high in calories, so this recipe uses just enough to cover the bottom of the pans. Using reduced-fat margarine helps to keep the calories and fat low in the recipes.
2. Reduced-fat cream cheese works well in recipes that are beaten or baked. Fat-free cream cheese does not work as well.
3. Sugar-free pudding mixes contain cornstarch, a carbohydrate-rich food. They are not free foods. Sugar-free gelatin mixes are “free foods”.
4. Pumpkin is rich in beta-carotene from which the body makes vitamin A. Beta-carotene is also an antioxidant which may have many health-promoting properties.
5. Frozen non-dairy whipped toppings contain highly saturated tropical oils, so choose “light” or fat-free varieties and use only occasionally.
6. This recipe has an image of the Plate Method to show which food groups are represented per serving. Use the Plate Method to select a daily balanced meal pattern.
7. **Flavor Notes: *Pumpkin Pie Spice*** is a mixture of cinnamon, ginger, cloves, nutmeg. Use the Pumpkin Pie Spice mix OR you can add the spices separately. Adding the spices separately allows you to adjust the recipe according to you and your family’s taste buds and use spices you may already have in your cupboard.

Cinnamon, Cloves and/or Nutmeg. (dried/powdered) Use these spices together or separately in sweet and savory dishes: mix into meats; sprinkle on vegetables or salads (i.e. apples, sweet potatoes, squash); and/or stir into warm or cold beverages, sprinkle in smoothies.

Possible Health Benefits:

Cinnamon, nutmeg, and cloves all contain antioxidants. Antioxidants can: slow or prevent damage to cells; help our bodies fight off chronic diseases; and promote healthy cell aging.

Ginger is used in Asian dishes like stir fries; sauces, glazes, marinades. Add ginger to hot water or beverages and let steep. *Serve hot or cold.*

Possible Health Benefits of Ginger: Ginger may aid in digestion. There is some evidence ginger can help decrease blood pressure and blood glucose. Ginger is an ancient herb used widely in history for its many natural medicinal properties and particularly as an antiemetic agent; which, prevents nausea and vomiting.

Green Beans, Cranberries, and Nuts

Serves 2

Ingredients

- 1 c. canned or frozen green beans or 1 c. fresh green beans, trimmed and cut into 4 inch pieces
- 1 tsp. canola or olive oil
- 2 Tbsp. dried cranberries, or ½ c. fresh or frozen cranberries
- 2 Tbsp. chopped nuts (walnuts, pecans, or almonds)
- ½ Tbsp. honey
- Lemon pepper, dill, or seasoning blend of your choice to taste

Equipment

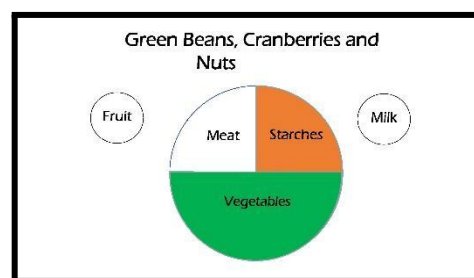
Medium saucepan
Colander
Measuring spoons

Directions

1. Drain and rinse canned green beans.
2. If using frozen or fresh, cook until crisp-tender and drain.
3. Heat oil in a saucepan; add cranberries and nuts. Cook, stirring often.
4. Once cranberries are softened, stir in green beans. Cook beans until they are heated through.
5. Add honey and stir well. Serve beans hot, sprinkled with choice of seasoning(s).



Nutrition Facts	
about 2 servings per container	
Serving size	2/3 cup (77g)
Amount per serving	
Calories	150
% Daily Value*	
Total Fat 10g	13%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 17g	6%
Dietary Fiber 3g	11%
Total Sugars 13g	
Includes 4g Added Sugars	8%
Protein 2g	
Vitamin D 0mcg	0%
Calcium 24mg	2%
Iron 1mg	6%
Potassium 141mg	4%
<small>*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.</small>	



Source: Dining with Diabetes-West Virginia University Extension Service, 2003.

Updated by: Kansas State University Agricultural Experiment Station and Cooperative Extension Service, 2020.

Talking Points

Green Beans, Cranberries, and Nuts

1. Recipe is very tasty and looks festive. It would make a great side dish to serve with dinner during the holiday season.
2. Dried cranberries were used in the nutritional analysis. Dried cranberries (and other dried fruits) are a concentrated source of sugar, therefore, it is important to follow the recipe accordingly.
3. In fact, dried cranberries contain six times the amount of calories compared to that of fresh (all from carbohydrates). If fresh or frozen cranberries are available, use the amount called for in the recipe and you can still significantly reduce the amount of carbohydrate listed on the analysis.
4. Chopped pecans were used for the nutritional analysis. You can substitute another type of nut without significantly affecting the nutritional content.
5. Draining and rinsing canned green beans can help reduce sodium , but a better choice would be to use no salt- added green beans, or fresh or frozen.
6. This recipe has an image of the Plate Method to show which food groups are represented per serving. Use the Plate Method to select a daily balanced meal pattern.
7. **Flavor Notes:** *Spicy seasoning mixtures* add a new taste to recipes that have the salt reduced or eliminated. Seasoning mixtures can be used on many foods such as vegetables, chicken, fish, beef, and salads.

There are many *Seasoning Mixes* available for purchase. Check the ingredient list before you buy it. Look for a product with no salt or sugar

Herbed Roasted Turkey Breast

Serves 16 - 1 serving = about 3 ounces

Ingredients

1 boneless, skinless turkey breast (about 3 lbs.)
Non-fat cooking spray

Optional seasoning rub

2 Tbsp. dried parsley
2 tsp. dried sage
1 Tbsp. dried rosemary
1 Tbsp. dried thyme
1 clove garlic, minced

Equipment

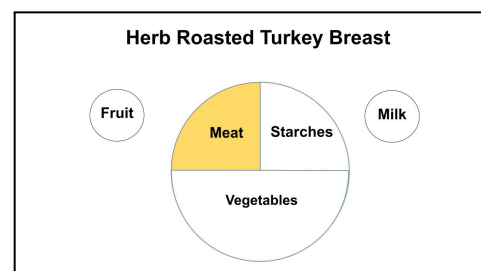
Small roasting pan
8 x 8 casserole or baking dish
Measuring cups and spoons
Meat thermometer

Directions

1. Wash hands with soap and water.
2. Do not rinse raw turkey breast.
3. Preheat the oven to 350°F.
4. Lightly spray a small roasting pan, casserole or baking dish with non-fat cooking spray.
5. Mix parsley, sage, rosemary, thyme, and garlic (scrubbed with a clean vegetable brush under running water and minced) together.
to create a seasoning rub. Apply to turkey breast.
6. Place turkey breast in a baking dish.
7. Wash hands with soap and water after handling raw turkey breast.
8. Wash and sanitize any surface that comes in contact with raw turkey breast.
9. Bake to an internal temperature of 165°F.
10. Serve hot.



Nutrition Facts	
16 servings per container	
Serving size	3 oz (83g)
Amount per serving	
Calories	100
% Daily Value*	
Total Fat 1.5g	2%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 50mg	17%
Sodium 95mg	4%
Total Carbohydrate 1g	0%
Dietary Fiber 0g	0%
Total Sugars 0g	
Includes 0g Added Sugars	0%
Protein 20g	
Vitamin D 0mcg	0%
Calcium 23mg	2%
Iron 1mg	6%
Potassium 218mg	4%
*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	



Talking Points

Herb Roasted Turkey Breast

1. For some people, turkey breasts can be easier to prepare than a whole turkey. They may not have a roasting pan in which to prepare a whole turkey. Turkey breasts simply require a casserole or baking dish.
2. Turkey breasts require less cooking time than a whole turkey and have less fat than other parts of the turkey.
3. You can use different “blends” of herbs and spices on your turkey depending on the flavors you and your family enjoy. For example, top turkey breasts with onion slices and garlic, marinate it in Italian dressing or top it with pineapple rings and maraschino cherries.
4. You may consider preparing your turkey breasts in the crock pot for a very tender product. This is helpful if you need your oven to prepare other foods for your meal.
5. Make sure to cook turkey breasts (and other poultry) to a minimum internal temperature of 165 °F to kill bacteria that are sometimes found in chicken. Keep the turkey breasts refrigerated until you are ready to cook them to prevent bacteria from multiplying. Wash hands, utensils, and work surfaces after touching raw poultry.
6. This recipe has an image of the Plate Method to show which food groups are represented per serving. Use the Plate Method to select a daily balanced meal pattern

7. **Flavor Notes:**

Parsley is more than “just a garnish.” Try parsley with chicken, shellfish and pasta.

Sage: Use with poultry, fish, beans, sauces, vegetables.

Rosemary: Use with meats, add to soups and sauces, and use with olive oil as dip for bread.

Thyme's small leaves add flecks of light green color, along with a very light taste. It can be added to sauces, beans, poultry and desserts.

Garlic: You can use fresh, minced, bottled OR garlic powder. Use garlic POWDER, not garlic salt. Garlic salt may seem to be less expensive, but you are paying mostly for salt.

1 garlic clove = 1/8 tsp garlic powder = ½ tsp. minced garlic

Possible Health Benefits:

Parsley contains vitamins C and K, and beta-carotene. It may offer antibacterial and anti-inflammatory properties.

Sage is a good source of vitamin K. It contains compounds that may inhibit plaque formation in the brain, which is linked to Alzheimer's disease.

Rosemary leaves contain oils with anti-inflammatory properties. Substances in leaves may also stimulate memory by increasing blood flow to the brain.

Thyme is a source of vitamin A, iron and manganese. This herb may also offer antioxidant and antimicrobial properties.

Garlic may be effective in reducing high blood pressure, cholesterol and hardening of the arteries. It also may help reduce blood glucose levels.

Antioxidants are substances that slow or prevent damage to cells; helps our bodies fight off chronic diseases; promotes healthy cell aging.

Antimicrobial or Antibacterial compounds slow or inhibit the growth of foodborne bacteria and other substances that make food unsafe.

Anti-Inflammatory are compounds that fight against inflammation, which may cause joint stiffness, pain or fever. Inflammation occurs when the body "over-responds" to an infection. Inflammation is linked to type 2 diabetes, Alzheimer's disease and certain cancers.



Skinny Gravy **Serves 8 - 1 serving = 1/4 cup**

Ingredients

2 cups defatted drippings, or non-fat broth
 2 Tbsp. corn starch

Equipment

Small saucepan
 Colander
 Measuring cups and spoons
 Whisk or wooden spoon

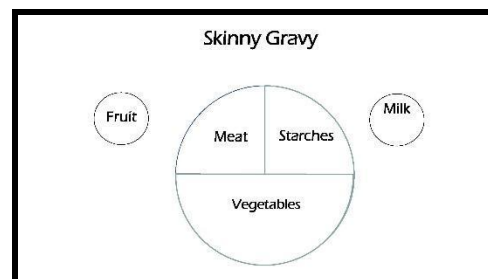


Directions

1. Wash hands with soap and water.
2. If using meat drippings, remove the fat from the broth by:
 - (1) allowing the fat and broth layers to separate in a gravy separator and then pouring off the fat layer or removing the fat layer with a baster
 - (2) add ice cubes to the drippings causing the fat to congeal around the ice cubes.
3. Bring the defatted broth to a rolling boil in a small saucepan.
4. Combine cornstarch in a small amount of cold water to dissolve.
5. Slowly pour cornstarch slurry into boiling broth while whisking or stirring constantly to prevent lumps.
6. Reduce gravy to a simmer. Cook until gravy thickens to desired consistency.

Nutrition Facts	
8 servings per container	
Serving size	1/4 cup (61g)
Amount per serving	
Calories	10
	% Daily Value*
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 140mg	6%
Total Carbohydrate 2g	1%
Dietary Fiber 0g	0%
Total Sugars 0g	
Includes 0g Added Sugars	0%
Protein 0g	
Vitamin D 0mcg	0%
Calcium 5mg	0%
Iron 0mg	0%
Potassium 2mg	0%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day.



Source: Dining with Diabetes WVUES 2000-Present

Updated by: Kansas State University Agricultural Experiment Station and Cooperative Extension Service, 2020.

Talking Points

Skinny Gravy

1. Gravy from the store can have quite a bit of fat and sodium compared to a gravy made from defatted drippings (or non-fat broth) mixed with cornstarch.
2. When you refrigerate meat products and/or chili, you may notice that white clumps or layers form on the top of the food. This white “stuff” is fat that has separated from the liquid and/or food product. Skimming off this top layer can reduce the amount of fat in your food. Defatting the broth may take a little extra time, but this process can really reduce the amount of fat in the gravy.
3. When a recipe calls for thickening with flour, you can substitute the flour with half as much corn starch (i.e., 2 Tbsp. flour = 1 Tbsp. cornstarch). Corn starch is used as a thickener for liquids.
4. Corn starch needs to be dissolved in a small amount of cold water before adding it to the boiling broth to disperse the granules and prevent lumps from forming in the gravy. If cornstarch is put directly into the boiling broth, it will cause the starch granules to swell quickly and cause clumps in the gravy. You also need to make sure you stir the mixture adequately to disperse the cornstarch and water mixture evenly throughout the gravy. After adding the corn starch, it is also important to continue to let it cook so that the starch granules within the corn starch can swell and thicken the mixture consistently throughout.
5. This recipe has an image of the Plate Method to show which food groups are represented per serving. Use the Plate Method to select a daily balanced meal pattern
6. **Flavor Notes:**
If you are used to the taste of gravy with fat and salt, you may want to consider adding some herbs and/or spices to this gravy recipe for added taste and aroma.
Here are some things to think about:
 - Do you have a favorite seasoning mix?
 - What food will you be eating with the gravy?
 - What spices or herbs would taste good with that food?

Sage, allspice, rosemary work well with poultry; **garlic or onion powder, parsley, sage** all complement beef – be creative! Use a small amount of gravy for a “taste test” to see what tastes good!

Remember, there are many seasoning mixes available for purchase. If you want to purchase a seasoning mix, check the ingredient list before you buy it. Look for a product with no salt or added sugar.



Sweet Potato Puffs

Serves 10 – 1 serving = 1 puff

Ingredients

2 lbs. sweet potatoes or yams,
 1/3 cup orange juice
 1 egg, lightly beaten
 1 Tbsp. grated orange peel
 ½ tsp. ground nutmeg
 ¼ cup finely chopped nuts

Equipment

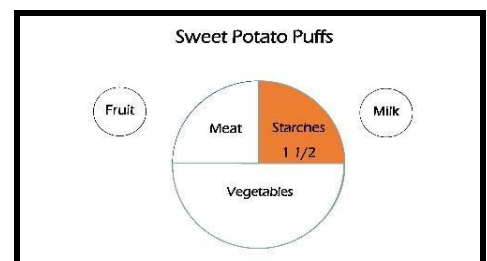
Medium saucepan
 Colander
 Large bowl
 Potato masher or mixer
 Measuring cups and spoons
 Cookie or baking sheet

Directions

1. Wash hands with soap and water.
2. Preheat the oven to 375 °F.
3. Spray cookie sheet with cooking oil.
4. Peel, and cut potatoes into 1-inch pieces. Place in medium saucepan, cover with water and bring to a boil.
5. Cook for 10-15 minutes until tender.
6. Drain, place in a large bowl and mash until smooth.
7. Add remaining ingredients, except for nuts.
8. Spoon mixture onto cookie sheet in 10 mounds. Sprinkle with nuts.
9. Bake for 30 minutes. Occasionally check for any burning while cooking.



Nutrition Facts	
10 servings per container	
Serving size	1 puff (69g)
Amount per serving	
Calories	80
	% Daily Value*
Total Fat 2.5g	3%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 20mg	7%
Sodium 25mg	1%
Total Carbohydrate 13g	5%
Dietary Fiber 2g	7%
Total Sugars 4g	
Includes 0g Added Sugars	0%
Protein 2g	
Vitamin D 0mcg	0%
Calcium 26mg	2%
Iron 1mg	6%
Potassium 287mg	6%
*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	



Source: Dining with Diabetes WVUES, 2000-Present

Updated by: Kansas State University Agricultural Experiment Station and Cooperative Extension Service, 2020.

Talking Points

Sweet Potato Puffs

1. Sweet potatoes are high in beta carotene, vitamin C, some B vitamins, magnesium, and potassium. They have a naturally sweet taste.
2. Adding orange juice enhances the sweetness of the puffs.
3. Nuts are a good source of fiber and add extra flavor. Many types, including pecans or walnuts could be used. Pecans were used for the analysis of this recipe.
4. This recipe takes a while to prepare, due to the time it takes to peel and then boil the potatoes. However, once the potatoes are done, it is easy and quick to finish. Steps 2, 3, and 4 can be done ahead of time.
5. Be careful not to burn the bottom of the puffs. You may want to use an oven thermometer to make sure your oven temperature is correct.
6. This recipe has an image of the Plate Method to show which food groups are represented per serving. Use the Plate Method to select a daily balanced meal pattern
7. **Flavor Notes:**
Nutmeg is a spice that can be used in sweet as well as savory dishes. Mix into meats; sprinkle on vegetables or salads (i.e., apples, sweet potatoes, squash); and/or stir into warm or cold beverages, sprinkle in smoothies.

*Other seasonings that could be used: **Cinnamon, Cloves and/or Pumpkin Pie Spice** (a mixture of cinnamon, ginger, cloves, nutmeg).*

*Possible Health Benefits: **Nutmeg, cinnamon, and cloves all** contain antioxidants. Antioxidants can slow or prevent damage to cells, help our bodies fight off chronic diseases, and promote healthy cell aging.*