



Dining with Diabetes Recipes

Main 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.



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



Baked Pork Chops **Serves 4**



Hot & Spicy Seasoning

¼ c. paprika
 2 tsp. chili powder
 2 Tbsp. dried oregano, crushed
 1 tsp. black pepper
 1 tsp. garlic powder
 ½ tsp. cayenne pepper
 ½ tsp. dry mustard
 Mix all ingredients together.
 Store in an airtight container.

Ingredients

4 lean boneless pork chops, 4 oz. each
 1 egg white
 ¼ c. evaporated skim milk
 ½ c. cornflake crumbs (higher in sodium than plain bread crumbs)
 1 Tbsp. Hot & Spicy Seasoning (see above)
 Cooking spray

Equipment

Sharp knife	Shallow bowl
Plastic bag	Baking dish (9" x13")
Meat thermometer	
Measuring cups and spoons	

Directions

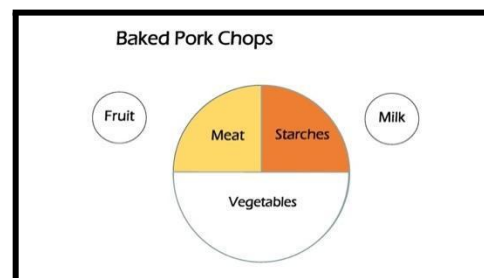
1. Trim all fat from chops and discard.
2. Beat egg white with evaporated skim milk. Place chops in milk mixture. Let stand for 5 minutes, turning chops once.
3. Mix together cornflake crumbs and Hot & Spicy Seasoning in a plastic bag.
4. Remove chops from milk mixture. Drop in plastic bag and shake to coat thoroughly.
5. Spray a 9" x 13" baking pan with cooking spray. Place chops in pan. Sprinkle the remaining crumb mixture on the chops.
6. Bake at 375°F for 15 minutes. Turn chops over; bake 5-10 minutes more or until the centers of the chops reach 145 °F.



Nutrition Facts

4 servings per container	
Serving size	1 chop (145g)
Amount per serving	
Calories	190
	% Daily Value*
Total Fat 3g	4%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 70mg	23%
Sodium 160mg	7%
Total Carbohydrate 11g	4%
Dietary Fiber 1g	4%
Total Sugars 2g	
Includes 0g Added Sugars	0%
Protein 28g	
Vitamin D 1mcg	6%
Calcium 39mg	4%
Iron 2mg	10%
Potassium 468mg	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.



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

Baked Pork Chops

1. Spicy seasoning mixtures add a new taste to recipes that have the salt reduced or eliminated. The Hot & Spicy Seasoning mixture keeps well and can be used on many foods such as chicken, fish, beef, and salads.
2. Modern pork production has reduced the amount of fat in the meat. The leanest cuts of pork include the tenderloin, sirloin chops, loin roast, and top loin chops. Pork is a good source of protein, iron, zinc, and B vitamins. When consumed in small portions and the leanest cuts are chosen, pork can be part of a healthy diet.
3. Evaporated skim milk gives a nice flavor to the coating for the pork chops. Regular skim milk can also be used.
4. Cornflake crumbs are tasty and somewhat salty. No additional salt is needed when the chops are breaded in this mixture.
5. This recipe is excellent with chicken, turkey cutlets, or fish. If fish is used, reduce baking time to 15 minutes total.
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.
2. **Flavor Notes:** Spicy seasoning mixtures add a new taste to recipes that have the salt reduced or eliminated. The Hot & Spicy Seasoning mixture keeps well and can be used on many foods such as chicken, fish, beef, and salads.

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



Beef Stew Serves 2



Ingredients

- 1 tsp. canola oil
- 1/3 c. chopped onion
- 1 garlic clove, minced
- 1 small carrot, cut into 1" pieces
- 1/2 pound (8-oz.) of lean stew beef, cut into 1-inch cubes
- 1 c. low-fat, low-sodium beef broth
- 1/4 tsp. paprika
- 1/4 tsp. pepper
- 1 small pear and 1 small apple, unpeeled and chopped into 1-inch pieces

Equipment

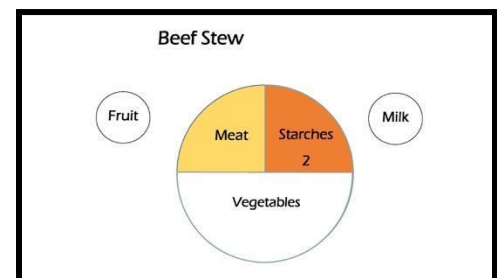
- Stockpot with lid
- Cutting boards
- Knives
- Measuring cups and spoons
- Mixing spoons

Directions

1. Heat the oil in a stockpot over medium-high heat.
2. Add the onion and garlic and sauté for 5 minutes.
3. Add carrots and sauté for another 5 minutes.
4. Add the meat and brown.
5. Drain off any accumulated fat.
6. Add the broth, paprika, and pepper.
7. Bring to a boil over high heat.
8. Reduce heat and simmer uncovered for 30 minutes.
9. Add the apple and pear chunks; cover.
10. Cook over low heat for 15-20 minutes until the apples and pears are soft, but not mushy. The stew should reach 165° F.



Nutrition Facts	
2 servings per container	
Serving size	1 cup (398g)
Amount per serving	
Calories	260
	% Daily Value*
Total Fat 8g	10%
Saturated Fat 2.5g	13%
Trans Fat 0g	
Cholesterol 70mg	23%
Sodium 300mg	13%
Total Carbohydrate 22g	8%
Dietary Fiber 5g	18%
Total Sugars 14g	
Includes 0g Added Sugars	0%
Protein 26g	
Vitamin D 0mcg	0%
Calcium 39mg	4%
Iron 3mg	15%
Potassium 690mg	15%
<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

Beef Stew

1. The pears and apples compliment the beef in this hearty dish.
2. When preparing this dish, remember the rules to prevent cross-contamination: use separate cutting boards and utensils for fresh produce and raw beef. Also remember to wash hands before and after handling raw meat products.
3. 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.

4. **Flavor Notes:**

Garlic: You can use fresh, minced OR 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: Garlic may be effective in reducing high blood pressure, blood cholesterol and hardening of the arteries, and blood glucose.

Spices like **paprika** can add great taste, aroma, and color to our foods, while reducing the amount of salt. Research continues and may show possible health benefits, even when using only small amounts of seasonings like paprika.

Broccoli Chicken Frittata

Serves 4

Ingredients

2 tsp. olive or canola oil
 1 c. finely chopped fresh broccoli florets
 1 c. diced red pepper
 1 (6-oz.) boneless skinless chicken breast, cooked and finely diced
 ¼ c. diced onion
 ¼ tsp. dried thyme
 ¼ tsp. dried oregano
 ⅛ tsp. black pepper
 ⅓ c. grated reduced-fat cheddar cheese
 2 c. egg substitute
 Nonstick cooking spray



Equipment

Cutting board
 Knife
 Measuring cups and spoons
 Medium skillet or electric frying pan
 Spatula
 Meat thermometer

Directions

1. Wash hands with soap and water. Wash all produce prior to preparing.
2. In a large skillet, heat oil over medium heat. Add broccoli, red pepper, cooked chicken, onion, thyme, oregano and black pepper. Sauté until vegetables are tender and chicken is heated through (about 5-6 minutes).
3. Sprinkle grated cheese evenly over surface of vegetable mixture.
4. Pour egg substitute evenly over all ingredients.
5. Cover and cook for 8-10 minutes or until firm.
6. Final temperature should be a minimum of 165 degrees.
7. Cut into four wedges and serve.

Nutrition Facts

4 servings per container

Serving size 1 wedge (231g)

Amount per serving

Calories **160**

% Daily Value*

Total Fat 4g **5%**

Saturated Fat 1g **5%**

Trans Fat 0g

Cholesterol 30mg **10%**

Sodium 330mg **14%**

Total Carbohydrate 7g **3%**

Dietary Fiber 1g **4%**

Total Sugars 5g

Includes 0g Added Sugars **0%**

Protein 24g

Vitamin D 2mcg **10%**

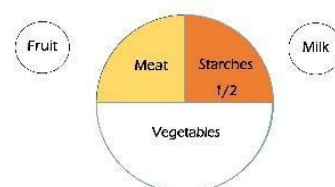
Calcium 139mg **10%**

Iron 3mg **15%**

Potassium 540mg **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.

Broccoli Chicken Frittata



Talking Points

Broccoli Chicken Frittata

1. Cheese can be grated ahead of time, and vegetables can be chopped ahead of time for quick preparation later.
2. This recipe is easy to prepare and requires little clean-up.
3. It is low in carbohydrate and a good source of protein.
4. This recipe calls for pre-cooked chicken breast. Baking or grilling the chicken instead of frying it will keep this dish heart-healthy.
5. Refrigerate any leftovers immediately. Serve within two days. When reheating leftovers, make sure the chicken is reheated to 165° F. (the safe internal temperature recommended by USDA).
6. **Flavor Notes:** Spices and herbs add taste, color and aroma to foods, as well as reducing sugar and salt in recipes. These seasonings may also offer other health benefits.

Thyme's small leaves add flecks of light green color, along with a very light taste.

- Thyme can also be added to sauces, beans, poultry, desserts, preferably at the end of the cooking process.
- *Possible Health Benefits:* Thyme is a source of vitamin A, iron and manganese. This herb may also offer antioxidant and antimicrobial properties.

Oregano is used in a very small amount in this recipe, but its flavor, smell, and taste will enhance the chicken and broccoli.

- *Possible Health Benefits:* Oregano is high in vitamin K and a source of minerals that include manganese and iron. Oregano also has antioxidant and antibacterial properties. Besides using oregano in tomato and pizza sauce, it can be added to sautéed vegetables and salad dressings.

Antioxidants are substances that slow or prevent damage to cells; help our bodies fight off chronic diseases, and promote healthy cell aging.

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

Does this recipe need more flavor? Try the recipe once with the recommended seasoning amounts. The next time, experiment by adding a bit more of either or both herbs.



Healthier Swiss-Steak Serves 2

Ingredients

- ½ lb. round steak, trimmed of visible fat and bone
- ⅛ tsp. black pepper
- 1 c. tomato sauce, no salt added
- 1 Tbsp. instant onion flakes
- ¾ c. sliced celery
- 1 (4-oz.) can sliced mushrooms and liquid
- ½ Tbsp. dried parsley flakes

Equipment

- Baking dish
- Plastic wrap
- Aluminum foil
- Spoon
- Measuring cup and spoons
- Meat thermometer

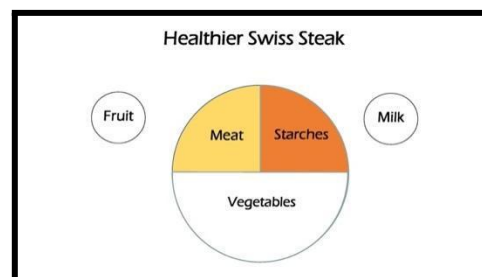
Directions

1. Trim all visible fat from meat. Cut in serving size pieces. Sprinkle with pepper.
2. Place in a baking dish. Pour tomato sauce over meat.
3. Cover with plastic wrap and marinate in the refrigerator overnight.
4. The next day, sprinkle on onion flakes and celery.
5. Add mushrooms and liquid. Top with parsley flakes.
6. Bake, covered with foil (shiny side down) at 350°F for 1½ hours or until steak is tender. Internal temperature should reach 165° F.



Nutrition Facts

2 servings per container	
Serving size	4 oz (289g)
Amount per serving	
Calories	210
	% Daily Value*
Total Fat 4.5g	6%
Saturated Fat 1.5g	8%
Trans Fat 0g	
Cholesterol 65mg	22%
Sodium 270mg	12%
Total Carbohydrate 15g	5%
Dietary Fiber 3g	11%
Total Sugars 8g	
Includes 0g Added Sugars	0%
Protein 28g	
Vitamin D 0mcg	0%
Calcium 31mg	2%
Iron 3mg	15%
Potassium 697mg	15%
<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

Healthier Swiss-Steak

1. This recipe is fairly high in sodium. To reduce sodium, use low sodium tomato sauce and fresh mushrooms. Take time to trim all of the fat. Each tablespoon of fat equals 45 calories. The tomato sauce is acidic and helps tenderize the meat.
2. This dish can be made ahead of time and reheated easily.
3. You can substitute green peppers or fresh mushrooms if desired. If you add canned mushrooms, they can be drained and rinsed to reduce the amount of sodium. You can also add more onions to increase the flavor of the dish.
4. 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.

5. Flavor Notes:

Parsley is more than “just a garnish.”

Try parsley with: chicken, shellfish, pasta.

Use parsley with and/or substitute for basil. Puree with white beans and olive oil and spread on whole grain crackers or toasted bread.

Puree with garlic and spinach, then mix with mashed potatoes.

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

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

Anti-Inflammatory – These compounds fight against inflammation, which may show up in our bodies as joint stiffness and 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.

Mini Meatloaves with Barbecue Sauce

Serves 12

Ingredients

2½ lbs. extra lean ground beef
1 c. quick oats
¾ c. minced onion
½ c. dried bread crumbs or cracker crumbs
1 (12-oz.) can evaporated skim milk
1 egg
2 Tbsp. chili powder
½ tsp. garlic powder
¼ tsp. salt
¼ tsp. black pepper
6 Tbsp. barbecue sauce

Equipment

Large mixing bowl
Mixing spoon
12-cup muffin pan
Measuring cups and spoons
Meat thermometer

Directions

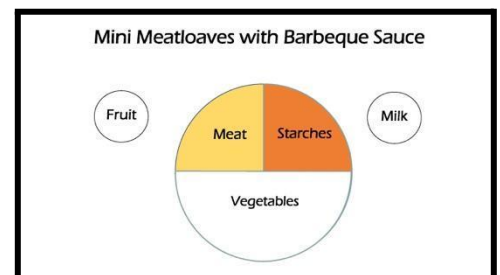
1. Preheat oven to 375°F. In a large bowl combine all ingredients except the barbecue sauce. Mix until ingredients are just combined. Using your hands works best, but thoroughly wash hands before and after mixing.
2. Divide mixture evenly among each muffin cup, pressing mixture lightly.
3. Spoon approximately 1½ tsp. barbecue sauce over each muffin.
4. Bake for 30-35 minutes or until centers reach the safe internal temperature of 160° F.



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.



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

Mini Meatloaves with Barbecue Sauce

1. Mix just until ingredients are evenly distributed. Over mixing the ingredients will make the meatloaf dry and tough. Using your hands is often easier than using a spoon; however, wash your hands thoroughly BEFORE and AFTER mixing.
2. Try adding diced celery, peppers, or shredded carrot to the mixture for variety in flavor and texture.
3. The egg will help bind the mixture and keep the meatloaves from crumbling when serving.
4. Using extra lean ground beef makes these meatloaves lower in fat and calories and higher in protein. A serving of this meatloaf provides 22 grams of high-quality protein and 10 grams of total fat. Compare that to a traditional serving of meatloaf (the same size) which provides 16 grams of protein and 12 grams of total fat.
5. Using the muffin pan helps control portion size.
6. The brand of barbecue sauce does not matter. Some stores carry reduced-sodium barbecue sauce which will help further reduce the sodium content of the recipe. Diabetics should also check the carbohydrate content of the sauce.
7. 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.

8. Flavor Notes:

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 = 1/2 tsp. minced garlic

Possible Health Benefits: Garlic may be effective in reducing high blood pressure, blood cholesterol and hardening of the arteries, and blood glucose.

When purchasing **chili powder**, check the ingredient list for "salt." Try to find a mix where no salt is added OR salt is not one of the first 2 or 3 ingredients in the list.

Oven-Fried Parmesan Chicken

Serves 2

Ingredients

1 (6-8 oz.) boneless skinless chicken breast, cut into strips
 ¼ c. nonfat plain yogurt
 ¼ c. bread crumbs
 1 Tbsp. grated Parmesan cheese
 ½ Tbsp. flour
 ¼ tsp. paprika
 Pinch of cayenne pepper
 Cooking spray

Equipment

Cookie sheet
 Medium bowl
 Small bowl
 Measuring cups and spoons
 Meat thermometer

Directions

1. Preheat the oven to 450°F. Spray cooking sheet.
2. Place chicken strips in yogurt and refrigerate while preparing the rest of the ingredients.
3. In a small bowl, mix remaining ingredients.
4. Coat each piece of chicken with yogurt and dredge in crumb mixture, pressing down on both sides to get a coating of crumbs.
5. Place chicken strips on cookie sheet, spray lightly with cooking spray.
6. Bake for 15-20 minutes or until chicken is tender and juice runs clear, or to the safe internal temperature of 165° F.



Nutrition Facts

2 servings per container
Serving size 3 oz (131g)

Amount per serving

Calories **190**

% Daily Value*

Total Fat 4g **5%**

Saturated Fat 1.5g **8%**

Trans Fat 0g

Cholesterol 65mg **22%**

Sodium 210mg **9%**

Total Carbohydrate 14g **5%**

Dietary Fiber 1g **4%**

Total Sugars 2g

Includes 0g Added Sugars **0%**

Protein 24g

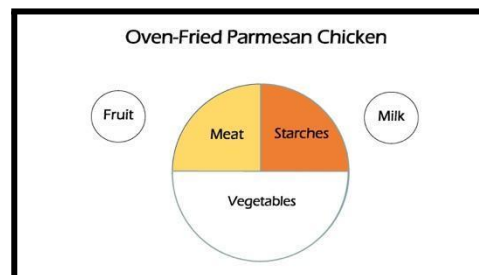
Vitamin D 0mcg **0%**

Calcium 113mg **8%**

Iron 1mg **6%**

Potassium 321mg **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-West Virginia University Extension Service, 2003.

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

Talking Points

Oven-Fried Parmesan Chicken

1. This recipe is quick and easy. It is also an easy finger food for children.
2. Make sure you are using skinless chicken since the skin is a significant source of fat.
3. For extra fiber, try using whole wheat bread crumbs instead of white bread crumbs.
4. Make sure to check for dates on packaged meats.
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:**
Spices like ***paprika and cayenne pepper*** can add great taste, aroma, and color to our foods, while reducing the amount of salt. Research continues, which may show possible health benefits, even when using only small amounts of these seasonings.



Parmesan Coated Filets **Serves 2**

Ingredients

½ lb. of flounder or other light/mild white fish filets
¼ c. low-fat plain yogurt
1 Tbsp. grated Parmesan cheese
½ Tbsp. Dijon mustard
½ Tbsp. fresh lemon juice
½ tsp. prepared horseradish, drained
Cooking spray

Equipment

Broiler pan
Aluminum foil
Small bowl
Measuring cups and spoons

Directions

1. Preheat the broiler and cover the broiler pan with foil. Spray with cooking spray.
2. Arrange fish on the broiler pan.
3. In a small bowl, combine the yogurt, cheese, mustard, lemon juice, and horseradish.
4. Spread the mixture on both sides of the fish.
5. Broil about 8 inches from the heat, turning once, for about 6 minutes, or until the fish flakes easily with a fork.



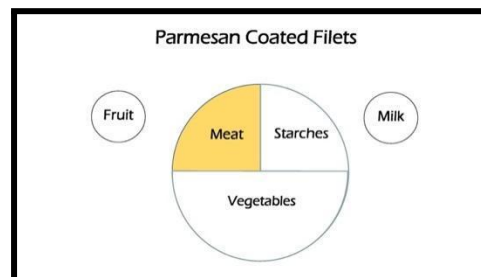
Nutrition Facts

2 servings per container
Serving size 1 fillet (118g)

Amount per serving
Calories **110**

	% Daily Value*
Total Fat 3.5g	4%
Saturated Fat 1.5g	8%
Trans Fat 0g	
Cholesterol 50mg	17%
Sodium 460mg	20%
Total Carbohydrate 3g	1%
Dietary Fiber 0g	0%
Total Sugars 1g	
Includes 0g Added Sugars	0%
Protein 15g	
Vitamin D 3mcg	15%
Calcium 102mg	8%
Iron 0mg	0%
Potassium 159mg	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.



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

Updated by: Kansas State University Agricultural Experiment Station and Cooperative Extension Service, 2020. 16

Talking Points

Parmesan Coated Filets

1. This dish is easy to prepare and low in fat. However, Parmesan cheese is high in fat, and because it is so flavorful, you only need to use a small amount.
2. The low-fat yogurt helps to keep the fish moist and adds calcium.
3. The lemon juice, mustard, and horseradish are a nice compliment to the fish. Experiment with other seasonings you enjoy (lime, lemon, dill, pepper, etc.).
4. Fish is a good source of omega-3 fatty acids which are thought to offer protection against heart disease.
5. Many people say they do not like fish, but it's because the fish was poor quality or not cooked properly. Knowing tips for purchasing fish can make a difference.
6. Look for supermarkets that offer a fresh variety of fish. Look for specials and always check for quality. When purchasing fresh fish, you may ask what days they are delivered.
7. Note the smell of fish when purchasing. If it smells "fishy", then it is probably not fresh. Some fish are milder than others.
8. Fresh whole fish appears firm and the eyes should be shiny. Filets should be firm and moist. Fresh fish smells like seaweed but should never smell "fishy". Refrigerate fresh fish immediately. Place filets or whole fish in ice (crushed or cubed) in a large container and cover loosely with plastic wrap. Store in the coolest place in the refrigerator.
9. It is never safe to thaw frozen fish or meat at room-temperature. Thaw in the refrigerator or in a plastic bag which is then placed in cold water. During the thawing process, change the water frequently enough to keep the temperature of the water cold. Do not thaw fish or meat in or under hot or warm water.
10. Wrappings from fresh or frozen fish will develop an unpleasant odor quickly if left at room temperature. Try storing the fish tightly sealed away from other foods in the freezer until time for garbage pickup.
11. Broiling is a good way to cook fish. Be careful not to overcook. As soon as the fish is white and flakes with a fork, it is ready. Serve fish immediately as it cools quickly.
12. 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.

13. **Flavor Notes:**

The **lemon juice, mustard, and horseradish** are great flavor compliments to the fish. In amounts used, possible health benefits will be minimal but taste will be noteworthy!

You could also try **Seasoning Mixes** available for purchase. Experiment with seasonings you might enjoy (lime, lemon, dill, pepper, etc.). Remember to check the ingredient list of a seasoning mix before you buy it. Look for a product with no salt or sugar added.

Spicy Grilled Chicken

Serves 4

Ingredients

1 lb. whole skinless chicken breasts (4 halves)
 ½ c. bottled salsa - mild or medium
 Cooking Spray

Equipment

Large mixing bowl
 Measuring cups
 Tongs
 Grill or broiler and grilling tools
 Baking dish
 Meat thermometer

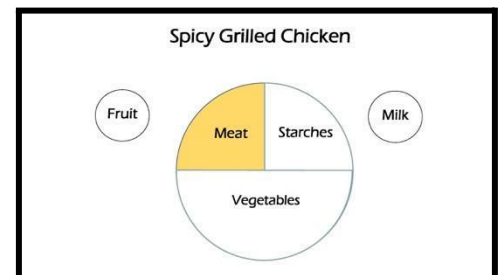
Directions

1. About 15 minutes before cooking, measure the salsa into a large bowl.
2. Remove any skin and fat from chicken. Add the salsa and turn with tongs to coat completely. Place the bowl in the refrigerator until ready to cook chicken.
3. Wash tongs and all surfaces that have touched the chicken with hot, soapy water. Wash hands thoroughly with soap and water for at least 20 seconds.
4. Lift the chicken pieces from bowl and place on hot grill or broiler pan. Grill or broil about 5 minutes on each side or until the chicken reaches the safe internal temperature (165°F) recommended by USDA.
 Chicken can also be baked. Coat baking dish lightly with cooking spray. Place chicken in baking dish and pour salsa over chicken. Cover tightly and bake at 400°F for 20 minutes. Test for doneness, as in grilling directions.
5. Wash tongs, bowl, and hands with hot soapy water before touching any other foods. Discard remaining salsa or heat to boiling before using as a sauce. Boiling the marinade will kill bacteria; uncooked marinade can be the source of foodborne illness.
6. Serve immediately or refrigerate to use in salads or sandwiches.



Nutrition Facts	
4 servings per container	
Serving size	1 piece (140g)
Amount per serving	
Calories	140
	% Daily Value*
Total Fat 3g	4%
Saturated Fat 0.5g	3%
Trans Fat 0g	
Cholesterol 85mg	28%
Sodium 280mg	12%
Total Carbohydrate 2g	1%
Dietary Fiber 1g	4%
Total Sugars 1g	
Includes 0g Added Sugars	0%
Protein 26g	
Vitamin D 0mcg	0%
Calcium 6mg	0%
Iron 0mg	0%
Potassium 379mg	8%

*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

Spicy Grilled Chicken

1. Bacteria that are sometimes found on raw chicken can make people very sick. Keep chicken refrigerated until ready to cook to prevent bacteria from multiplying. Freezing and refrigeration does not kill germs; heat kills bacteria.
2. Wash hands, fingernails, work surfaces, and all tools that have touched raw chicken before touching any other foods. Use hot, soapy water to wash.
3. Thoroughly cooked chicken is safe to eat. Chicken breast is low in total fat and saturated fat and can be a delicious part of a healthy diet.
4. Salsa is usually fat-free and low in added sugar. It makes a quick and delicious marinade for mild foods like chicken, fish, or trimmed lean pork. Try this recipe with fish.
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.



Spinach Lasagna Serves 8



Ingredients

2 tsp. olive or canola oil
 2 cloves garlic, minced
 1 (8-oz.) can tomato sauce (no sodium added)
 1 (15-1/2 oz.) can diced tomatoes (no sodium added)
 1/4 tsp. pepper
 1/2 tsp. oregano
 1 tsp. olive or canola oil
 1/4 c. chopped onions
 1 (10-oz.) pkg. fresh spinach, washed, stemmed and chopped (or one 10-oz. pkg. frozen chopped spinach, thawed and drained)
 8 oz. uncooked lasagna noodles (whole wheat, if possible)
 12 oz. of 1% fat cottage cheese (or 12 oz. reduced-fat ricotta)
 8 oz. shredded part-skim mozzarella cheese
 1/4 c. grated Parmesan cheese
 Cooking spray

Equipment

9" x 13" baking dish	Large saucepan
Large skillet	Stirring spoons
Measuring spoons	Can opener
Sharp knife	Rubber scraper
Measuring cups	

Directions

1. Preheat oven to 375°F. Lightly coat baking dish with cooking spray
2. In large saucepan over low heat, lightly sauté garlic in teaspoons of oil for 1 minute. Add tomato sauce, tomatoes, pepper, and oregano. Simmer gently over low heat, uncovered.
3. In large skillet over low heat, sauté onions in remaining 2 teaspoons olive oil, stirring constantly, until onions are transparent but not brown. Add chopped spinach, stirring constantly to break apart, and heat.
4. Layer *uncooked* lasagna noodles, sauce, spinach mixture, cottage cheese, and mozzarella in a baking pan. Repeat, using all ingredients, ending with a layer of sauce. Sprinkle top with Parmesan cheese.
5. Cover baking dish tightly with foil. Bake for one hour at 375°F. or until lasagna noodles are cooked. If noodles are cooked before assembling lasagna, bake uncovered and reduce baking time to 25 minutes.
6. Lasagna can be assembled and frozen, uncooked. To prepare lasagna that has been frozen, defrost in the refrigerator for 3-4 hours, and then bake, covered, for 1½ hours or more. Lasagna is done when the cheese in the center is melted, all noodles are cooked, and the casserole is very hot in the center.



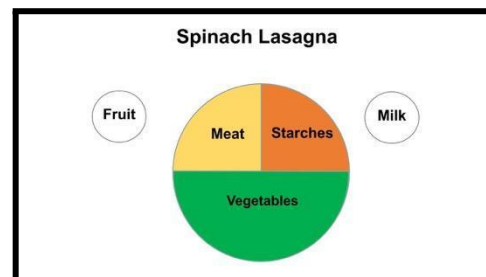
Nutrition Facts

about 8 servings per container
Serving size 1/2 cup (230g)

Amount per serving
Calories 290

	% Daily Value*
Total Fat 11g	14%
Saturated Fat 5g	25%
Trans Fat 0g	
Cholesterol 20mg	7%
Sodium 440mg	19%
Total Carbohydrate 30g	11%
Dietary Fiber 5g	18%
Total Sugars 5g	
Includes 0g Added Sugars	0%
Protein 20g	
Vitamin D 0mcg	0%
Calcium 328mg	25%
Iron 2mg	10%
Potassium 576mg	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.



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

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Talking Points

Spinach Lasagna

1. Traditional lasagna is very high in fat because it contains large amounts of cheese. This recipe uses small amounts of reduced-fat cheese. Fat-free cheese can be used, but it does not melt well. Lasagna made with fat-free cheese will be stringier and less creamy than traditional lasagna.
2. Look for tomatoes and other vegetables canned with “no added salt.”
3. Spinach is high in folate, vitamin A, and potassium. It provides a healthy and tasty addition to this and many other dishes. For other dishes, try adding raw spinach leaves to salads and at the very end of stir-fry dishes.
4. Olive oil is very good for sautéing garlic and onions. It adds healthy monounsaturated fats and a very traditional flavor to this recipe.
5. Using uncooked lasagna noodles reduces preparation time. Be sure to cover the casserole tightly so that the noodles get enough moisture to cook properly.
6. This is a good dish to assemble and freeze for baking later. Be sure to bake frozen uncooked lasagna long enough to heat all the way through. Improper reheating of frozen dishes can result in food spoilage and foodborne illness.
7. 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.

8. Flavor Notes:

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. Minced onion, onion powder, or minced chives can be substituted for garlic.

Possible Health Benefits: Garlic may be effective in reducing high blood pressure, cholesterol, hardening of the arteries, and blood glucose levels.

Oregano is used in a very small amount in this recipe, but its flavor, smell, and taste will enhance the tomato sauce, as well as the spinach.

Possible Health Benefits: Oregano is high in vitamin K and is a source of minerals, including manganese and iron. Oregano also has antioxidant and antibacterial properties. Besides using oregano in tomato and pizza sauce, it can be added to sautéed vegetables, egg dishes and salad dressings.

An **Italian Seasoning Mix** that may include basil, rosemary, and/or thyme, as well as oregano, would work well in this recipe. If any of these herbs are on your shelf, add a small amount and see what you think!



Sweet and Sour Pork **Serves 5**

Ingredients

- 1 lb. boneless pork loin cut into ½ inch cubes
- 1 tsp. vegetable oil
- 3 small unpeeled apples (Granny Smith preferred), cored and sliced into ½ inch wedges
- ¾ c. chicken broth (reduced sodium & fat)
- 1 tsp. brown sugar
- 3-5 packets heat stable artificial sweetener
- ¼ c. cider vinegar
- 3 Tbsp. cornstarch
- 2 Tbsp. low-sodium Worcestershire sauce
- ¼ tsp. black pepper

Equipment

- Skillet with cover
- Knives
- Measuring cups and spoons
- Spoon

Directions

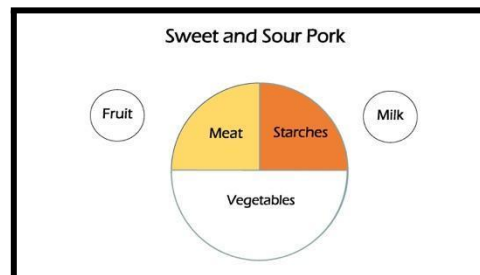
1. Heat skillet. Add oil. Brown pork on all sides.
2. Add apples, sauté 3 minutes, stirring occasionally.
3. Add ½ c. of broth. Reduce heat and simmer covered for 10 minutes.
4. Mix remaining broth with rest of ingredients. Add to the skillet.
5. Cover and cook over medium heat, stirring constantly until sauce thickens.



Nutrition Facts

about 5 servings per container	
Serving size	1/2 cup (225g)
Amount per serving	
Calories	200
% Daily Value*	
Total Fat 8g	10%
Saturated Fat 3g	15%
Trans Fat 0g	
Cholesterol 45mg	15%
Sodium 360mg	16%
Total Carbohydrate 19g	7%
Dietary Fiber 2g	7%
Total Sugars 10g	
Includes 1g Added Sugars	2%
Protein 16g	
Vitamin D 0mcg	0%
Calcium 7mg	0%
Iron 1mg	6%
Potassium 447mg	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.



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

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Talking Points

Sweet and Sour Pork

1. Certain cuts of pork like tenderloin are lean if they are trimmed well. This recipe reduces the amount of fat and cholesterol by combining it with lower fat ingredients like the apples. If Granny Smith apples are not available, substitute other cooking or all-purpose apples. Do not peel apples since the peels contain fiber.
2. Small amounts of brown sugar can be used if each serving contains less than one teaspoon of sugar. You may also use brown sugar substitutes.
3. 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.



Thick Turkey Chili Serves 8

Ingredients

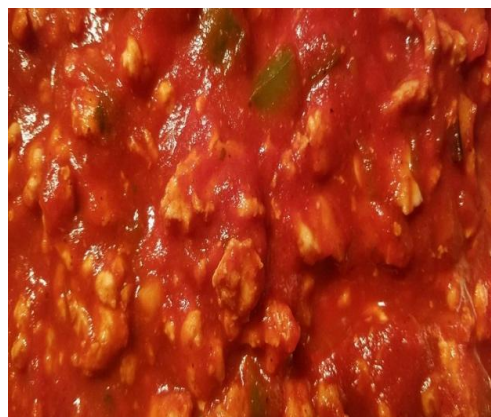
- 1 tsp. canola or olive oil
- 1 medium onion, diced
- 1 medium green bell pepper, diced
- 2 cloves garlic, minced (or ¼ tsp. garlic powder or 1 tsp. bottled pre-minced garlic)
- 1 Tbsp. chili powder
- 1 tsp. cumin
- ⅛ tsp. pepper
- 1 lb. lean ground turkey breast or extra-lean ground beef
- 4 c. tomato sauce (reduced-sodium if available)
- 1 (6-oz.) can tomato paste

Equipment

- Large saucepan or pot
- Measuring cups and spoons
- Colander (for draining fat)
- Spatula
- Ladle

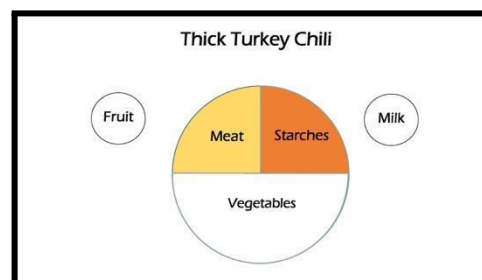
Directions

1. Heat oil in a large pot or saucepan over medium heat.
2. Sauté the onion, bell pepper, and garlic until tender and the onion is translucent. Add spices and cook for 1 minute.
3. Add turkey and cook for 5-7 minutes or until no longer pink.
4. Add tomato sauce and tomato paste. Simmer, covered for 20-30 minutes until flavors are blended and chili is thick.
5. Ladle into bowls and serve immediately.



Nutrition Facts	
about 8 servings per container	
Serving size	1 cup (261g)
Amount per serving	
Calories	230
% Daily Value*	
Total Fat 10g	13%
Saturated Fat 2.5g	13%
Trans Fat 0g	
Cholesterol 80mg	27%
Sodium 125mg	5%
Total Carbohydrate 15g	5%
Dietary Fiber 3g	11%
Total Sugars 9g	
Includes 0g Added Sugars	0%
Protein 23g	
Vitamin D 0mcg	0%
Calcium 29mg	2%
Iron 2mg	10%
Potassium 777mg	15%

*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.



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Talking Points **Thick Turkey Chili**

1. When buying ground turkey, be sure to read the label. Some packages may include the skin. Look for lean ground meat or ground turkey breast only. Ground turkey may also take a bit more time to brown and break up into smaller pieces as it cooks. Cook over medium heat and continue to stir with spatula. If lean ground turkey breast is not available, use extra-lean ground beef. Extra-lean ground beef has approximately the same amount of fat as lean ground turkey.
2. Adding the spices with the oil and vegetables at the start of cooking brings out the natural flavors and aromas in the spices. Adding them at the end of the cooking process will produce a less flavorful chili.
3. The recipe analysis is based on reduced-sodium tomato sauce. Note that sodium content will vary depending on the brand used.
4. This chili can be served in a bowl or as a sloppy joe on a bun. Remember that serving crackers or adding the bun will change the nutritional information by increasing calories and carbohydrates.
5. This chili freezes very well and can be portioned into individual serving containers and frozen for up to 6 months.
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:**

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: Garlic may be effective in reducing high blood pressure, blood cholesterol and hardening of the arteries, and blood glucose.

Chili Powder: When purchasing *chili powder*, check the ingredient list for "salt." Try to find a mix that has no salt added OR salt is not one of the first 2 or 3 ingredients in the list.