



# Dining with Diabetes Recipes

Main Dishes  
Side Dishes  
Desserts  
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.*



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Presented by the National Extension Dining with Diabetes Working Group.  
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## **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**

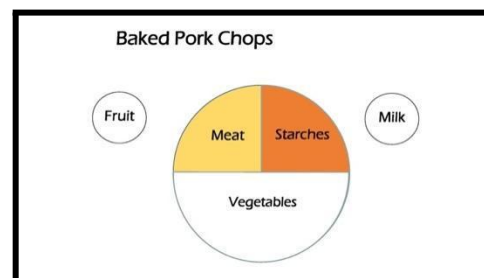
1. Trim all fat from chops and discard.
2. Beat egg white with evaporated skim milk. Place chops in milk mixture. Let stand for 5 minutes, turning chops once.
3. Mix together cornflake crumbs and Hot & Spicy Seasoning in a plastic bag.
4. Remove chops from milk mixture. Drop in plastic bag and shake 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	
<b>Serving size</b>	<b>1 chop (145g)</b>
<b>Amount per serving</b>	
<b>Calories</b>	<b>190</b>
	<b>% Daily Value*</b>
<b>Total Fat</b> 3g	<b>4%</b>
Saturated Fat 1g	<b>5%</b>
Trans Fat 0g	
<b>Cholesterol</b> 70mg	<b>23%</b>
<b>Sodium</b> 160mg	<b>7%</b>
<b>Total Carbohydrate</b> 11g	<b>4%</b>
Dietary Fiber 1g	<b>4%</b>
Total Sugars 2g	
Includes 0g Added Sugars	<b>0%</b>
<b>Protein</b> 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

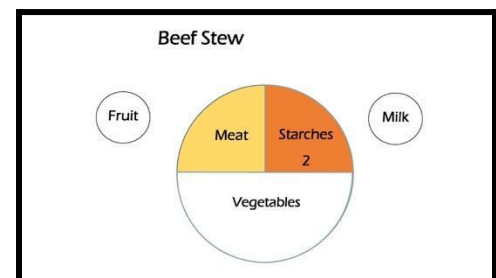
- Stockpot with lid
- Cutting boards
- Knives
- Measuring cups and spoons
- Mixing spoons

### 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	
<b>Serving size</b>	<b>1 cup (398g)</b>
<b>Amount per serving</b>	
<b>Calories</b>	<b>260</b>
	<b>% Daily Value*</b>
<b>Total Fat</b> 8g	<b>10%</b>
Saturated Fat 2.5g	13%
Trans Fat 0g	
<b>Cholesterol</b> 70mg	<b>23%</b>
<b>Sodium</b> 300mg	<b>13%</b>
<b>Total Carbohydrate</b> 22g	<b>8%</b>
Dietary Fiber 5g	18%
Total Sugars 14g	
Includes 0g Added Sugars	0%
<b>Protein</b> 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%

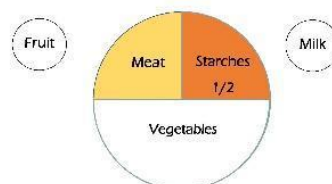
Calcium 139mg 10%

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

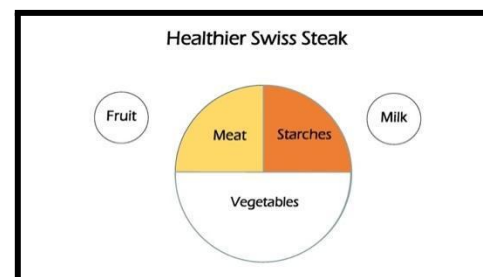
### Directions

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

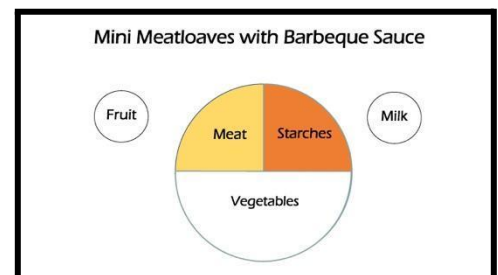
1. Preheat oven to 375°F. In a large bowl combine all ingredients except the barbecue sauce. Mix until ingredients are just combined. Using your hands works best, but thoroughly wash hands before and after mixing.
2. Divide mixture evenly among each muffin cup, pressing mixture lightly.
3. Spoon approximately 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	
<b>Serving size</b>	<b>(155g)</b>
<b>Amount per serving</b>	
<b>Calories</b>	<b>250</b>
<b>% Daily Value*</b>	
<b>Total Fat</b> 10g	<b>13%</b>
Saturated Fat 4g	<b>20%</b>
Trans Fat 0g	
<b>Cholesterol</b> 85mg	<b>28%</b>
<b>Sodium</b> 250mg	<b>11%</b>
<b>Total Carbohydrate</b> 15g	<b>5%</b>
Dietary Fiber 1g	<b>4%</b>
Total Sugars 7g	
Includes 0g Added Sugars	<b>0%</b>
<b>Protein</b> 22g	
Vitamin D 1mcg	<b>6%</b>
Calcium 95mg	<b>8%</b>
Iron 2mg	<b>10%</b>
Potassium 428mg	<b>10%</b>

\*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

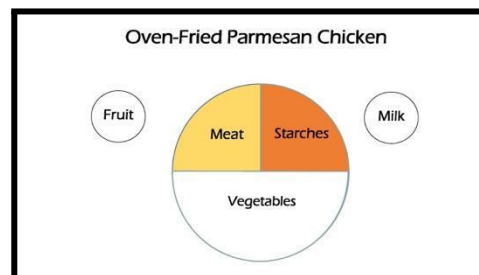
**Vitamin D** 0mcg **0%**

**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.



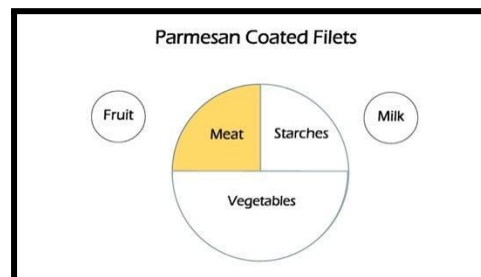
### **Nutrition Facts**

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

**Amount per serving**  
**Calories** **110**

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

\*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

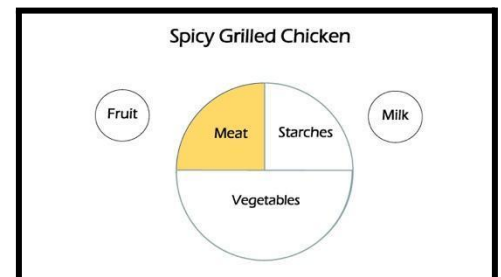
#### **Directions**

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.



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

\*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.



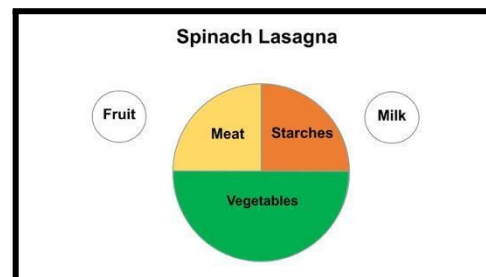
### **Nutrition Facts**

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

**Amount per serving**  
**Calories** **290**

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

\*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

### 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.

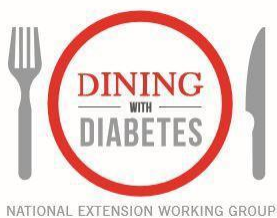
**Possible Health Benefits:** Garlic may be effective in reducing high blood pressure, cholesterol, hardening of the arteries, and blood glucose levels.

**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

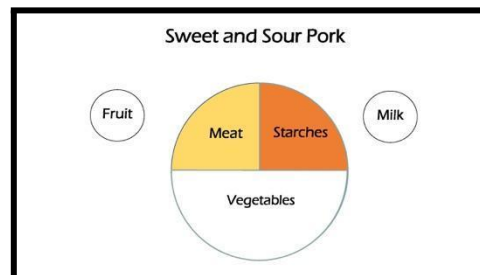
- Skillet with cover
- Knives
- Measuring cups and spoons
- Spoon

### 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	
<b>Serving size</b>	<b>1/2 cup (225g)</b>
Amount per serving	
<b>Calories</b>	<b>200</b>
% Daily Value*	
<b>Total Fat</b> 8g	<b>10%</b>
Saturated Fat 3g	<b>15%</b>
Trans Fat 0g	
<b>Cholesterol</b> 45mg	<b>15%</b>
<b>Sodium</b> 360mg	<b>16%</b>
<b>Total Carbohydrate</b> 19g	<b>7%</b>
Dietary Fiber 2g	<b>7%</b>
Total Sugars 10g	
Includes 1g Added Sugars	<b>2%</b>
<b>Protein</b> 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.

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

## **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**

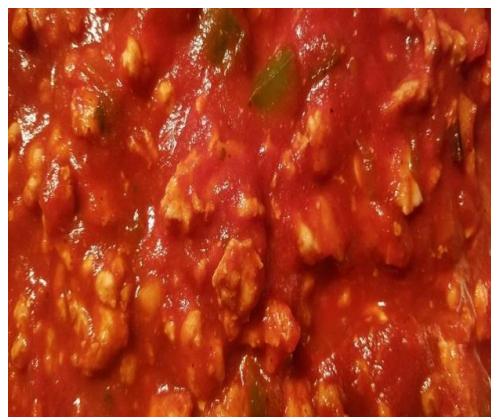
- 1 tsp. canola or olive oil
- 1 medium onion, diced
- 1 medium green bell pepper, diced
- 2 cloves garlic, minced (or ¼ tsp. garlic powder or 1 tsp. bottled pre-minced garlic)
- 1 Tbsp. chili powder
- 1 tsp. cumin
- ⅛ tsp. pepper
- 1 lb. lean ground turkey breast or extra-lean ground beef
- 4 c. tomato 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**

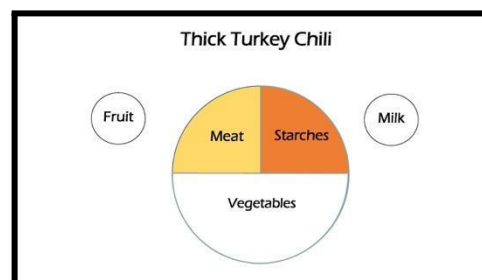
1. Heat oil in a large pot or saucepan over medium heat.
2. Sauté the onion, bell pepper, and garlic until tender and the onion is translucent. Add spices and cook for 1 minute.
3. Add turkey and cook for 5-7 minutes or until no longer pink.
4. Add tomato sauce and tomato paste. Simmer, covered for 20-30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



### **Nutrition Facts**

about 8 servings per container	
<b>Serving size</b>	<b>1 cup (261g)</b>
<b>Amount per serving</b>	
<b>Calories</b>	<b>230</b>
<b>% Daily Value*</b>	
<b>Total Fat</b> 10g	<b>13%</b>
Saturated Fat 2.5g	<b>13%</b>
Trans Fat 0g	
<b>Cholesterol</b> 80mg	<b>27%</b>
<b>Sodium</b> 125mg	<b>5%</b>
<b>Total Carbohydrate</b> 15g	<b>5%</b>
Dietary Fiber 3g	<b>11%</b>
Total Sugars 9g	
Includes 0g Added Sugars	<b>0%</b>
<b>Protein</b> 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.



**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

### 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 = 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.

**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.



## **Side Dish Index**

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Presented by the National Extension Dining with Diabetes Working Group.

November 2015

## Apple Slaw

### Serves 4

#### Ingredients

- ¼ cup fat-free vanilla yogurt
- 1 Tbsp. orange juice
- 1 Tbsp. Splenda, granulated
- Dash of cinnamon
- 1 small red apple, diced
- 2 cups shredded green cabbage
- ½ cup broccoli florets, chopped
- 1 small green bell pepper, diced



#### Equipment

- Medium and small bowl
- Tongs or other utensils to toss slaw
- Measuring cups and spoons
- Cutting board
- Knife

#### Directions

1. Wash hands with soap and water.
2. Scrub the apple with a clean vegetable brush under running water and dice.
3. Gently rub cabbage under running water and shred.
4. Gently rub broccoli under cold running water and chop.
5. Scrub bell pepper with a clean vegetable brush under running water and dice.
6. Combine the apple and vegetables in a medium bowl.
7. Mix yogurt, orange juice, Splenda, and cinnamon together in a small bowl.
8. Pour over salad and toss.
9. Serve immediately or refrigerate until ready to serve.

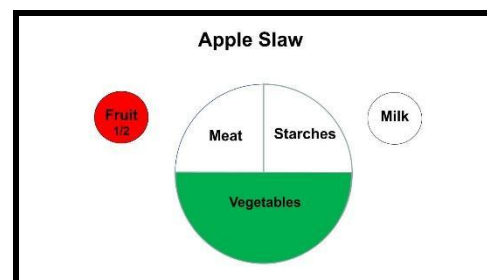
#### **Nutrition Facts**

4 servings per container  
**Serving size** 1/2 cup (115g)

**Amount per serving**  
**Calories** **50**

	% Daily Value*
<b>Total Fat</b> 0g	<b>0%</b>
Saturated Fat 0g	<b>0%</b>
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 15mg	<b>1%</b>
<b>Total Carbohydrate</b> 12g	<b>4%</b>
Dietary Fiber 2g	<b>7%</b>
Total Sugars 7g	
Includes 0g Added Sugars	<b>0%</b>
<b>Protein</b> 1g	
Vitamin D 0mcg	<b>0%</b>
Calcium 40mg	<b>4%</b>
Iron 0mg	<b>0%</b>
Potassium 186mg	<b>4%</b>

\*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 Slaw

1. This is an easy recipe to make and it's crunchy and colorful.
2. Using pre-packaged coleslaw mix in place of shredded cabbage will reduce prep time but may result in a drier product.
3. Research has indicated that cruciferous vegetables may help to protect against certain types of cancers, by protecting against "free-radicals." Cabbage is one cruciferous vegetable. Others include cauliflower, broccoli, Brussel sprouts, and bok choy.
4. The word "cruciferous" refers to the cross-shaped flower in the stem of these plants. We are encouraged to eat several of this type of vegetable every week.
5. Fiber is important to the diet, especially for those with diabetes because fiber helps slow the entry of glucose into the bloodstream.
6. By using an unpeeled apple in the recipe, you receive extra fiber, vitamins, and minerals. Apples contain both soluble and insoluble fiber. Soluble fiber reduces cholesterol absorption and insoluble fiber plays an important role in regulating bowel function. Choose the apple color to complement the salad.
7. When Momma said "an apple a day keeps the doctor away" she may not have known why this was true, but as research now indicates, there was a lot of truth in what she said.
8. The combination of yogurt, orange juice, and cinnamon/nutmeg makes a delicious fat-free dressing which could also be used with other salads such as apple Waldorf.
9. 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.
10. **Flavor Notes:** the cinnamon adds a nice touch. You could even try a dash of nutmeg! Or these spices can be omitted – your choice!

#### ***Cinnamon and/or Nutmeg, dried/powdered –***

Use these spices separately or together in sweet and savory dishes, mixed into meats, sprinkled on vegetables or salads (i.e. apples, sweet potatoes, squash), and/or stirred into warm or cold beverages.

#### ***Possible Health Benefits:***

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

## **Broccoli Salad with Creamy Dressing**

### **Serves 8 (1/2 cup serving)**

#### **Equipment**

Microwave- safe bowl  
Large and small bowls  
Plastic wrap or glass lid  
Cutting board  
Sharp knife  
Mixing spoon  
Measuring cups and spoons  
Microwave

#### **Ingredients**

##### **Salad**

4 c. fresh broccoli florets  
2 c. sliced red bell pepper  
¾ c. shredded carrot  
½ c. chopped red onion  
½ c. shredded light cheddar cheese

##### **Dressing**

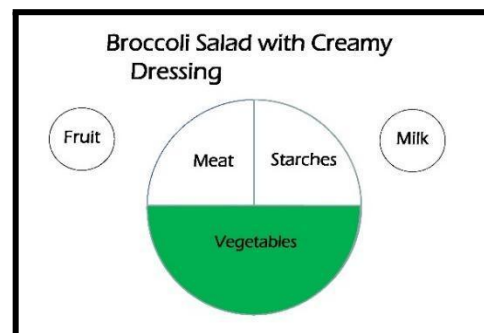
¼ c. light mayonnaise  
¼ c. fat-free sour cream  
1-2 Tbsp. granulated Splenda  
or 2-3 Splenda packets  
2 tsp. dried dill  
2 cloves garlic, minced (or ¼  
tsp. garlic powder or 1 tsp.  
bottled pre-minced garlic)  
¼ tsp. salt (may omit)  
1/8 tsp. black pepper

#### **Directions**

1. Wash hands with soap and water.
2. Wash all produce prior to preparing.
3. Break or cut broccoli into florets.
4. Place broccoli in a microwave safe bowl. Add ¼ c. water. Cover with a glass lid or plastic wrap pierced several times with a knife.
5. Microwave broccoli for 3-4 minutes until tender crisp.
6. Rinse broccoli under cold water. Drain well.
7. Shred or chop remaining vegetables as indicated.
8. Place broccoli, peppers, carrots, and red onion in a large bowl. Toss and set aside.
9. In a small bowl, mix all ingredients for dressing.
10. Toss dressing with broccoli mixture and stir in shredded cheddar cheese. Serve immediately.



<b>Nutrition Facts</b>	
about 8 servings per container	
<b>Serving size</b>	<b>1/2 cup (98g)</b>
<b>Amount per serving</b>	
<b>Calories</b>	<b>70</b>
	<b>% Daily Value*</b>
<b>Total Fat</b> 3g	<b>4%</b>
Saturated Fat 0.5g	<b>3%</b>
Trans Fat 0g	
<b>Cholesterol</b> 5mg	<b>2%</b>
<b>Sodium</b> 200mg	<b>9%</b>
<b>Total Carbohydrate</b> 7g	<b>3%</b>
Dietary Fiber 2g	<b>7%</b>
<b>Total Sugars</b> 3g	
Includes 0g Added Sugars	<b>0%</b>
<b>Protein</b> 4g	
<b>Vitamin D</b> 0mcg	<b>0%</b>
<b>Calcium</b> 73mg	<b>6%</b>
<b>Iron</b> 1mg	<b>6%</b>
<b>Potassium</b> 199mg	<b>4%</b>
<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

### Broccoli Salad with Creamy Dressing

1. A serving of this colorful salad provides 50% of daily Vitamin A and 110% of Vitamin C, making it an excellent source of powerful antioxidants. Generally speaking, brightly or deeply colored vegetables and fruits indicate high nutritional value and high levels of beneficial antioxidants which may help protect against certain cancers and heart disease.
2. Feta cheese would be a nice substitute for the cheddar. Feta is generally lower in fat than most cheeses.
3. Using fat-free sour cream and light mayonnaise lowers the fat and calories of this salad while maintaining its tangy flavor.
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:** Spices and herbs add great taste, aroma, and color to many foods. In addition to reducing sugar and salt, herbs and spices may also offer additional health benefits.

**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. mince garlic

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

**Dill:** Use dried dill or try fresh dill weed, minced, when available. You can also use dill weed to season salmon; add to yogurt and chopped cucumber as a dressing; or combine in dishes with basil and cilantro.

*Possible Health Benefits of Dill:* Dill is a source of calcium, manganese and iron. Dill has antibacterial properties that may slow or inhibit the growth of foodborne bacteria and other substances that make food unsafe.

## Classic Caesar Salad

### Serves 8

#### Ingredients

1 head Romaine lettuce, torn into bite-size pieces

#### Dressing

½ c. plain fat-free yogurt

¼ c. light mayonnaise

¼ c. fresh chopped parsley (or 1 Tbsp. dried parsley)

1 Tbsp. lemon juice

1 small clove garlic, minced

1 tsp. Dijon mustard

¼ tsp. salt

¼ c. light parmesan cheese

1/8 tsp. black pepper.

#### Equipment

Large bowl

Wire whisk

Tongs or salad servers

Measuring cups and spoons

#### Directions

1. Wash hands with soap and water.
2. Wash all produce prior to preparing.
3. In a large bowl, combine all ingredients for dressing.  
Whisk to combine thoroughly.
4. Add lettuce and toss gently to mix. Serve immediately.



#### **Nutrition Facts**

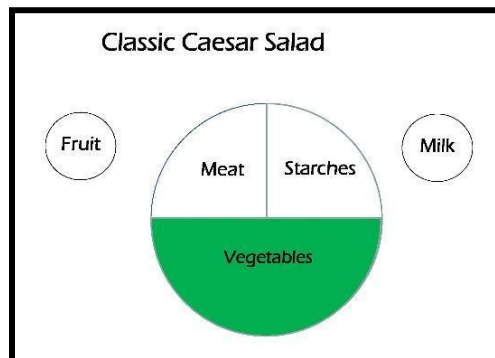
about 8 servings per container  
**Serving size** 1 cup (102g)

**Amount per serving**  
**Calories** **50**

	% Daily Value*
<b>Total Fat</b> 3g	<b>4%</b>
Saturated Fat 0.5g	3%
Trans Fat 0g	
<b>Cholesterol</b> 5mg	<b>2%</b>
<b>Sodium</b> 180mg	<b>8%</b>
<b>Total Carbohydrate</b> 5g	<b>2%</b>
Dietary Fiber 2g	7%
Total Sugars 2g	
Includes 0g Added Sugars	0%
<b>Protein</b> 2g	
Vitamin D 0mcg	0%
Calcium 73mg	6%
Iron 1mg	6%
Potassium 204mg	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.

#### Classic Caesar Salad



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

### Classic Caesar Salad

1. With only 50 calories, 3 grams of fat and 4 grams of carbohydrates per serving, this salad makes a light and healthy addition to any meal, especially pasta or pizza.
2. This dressing will keep for 4-7 days in a tightly sealed container in the refrigerator.
3. Make this dressing a day ahead. Flavors will develop into a tangier salad.
4. This salad tastes even fresher if real 100% Parmesan cheese from the dairy section is used. However, it is still good with the dry Parmesan cheese that is found in the shaker container on grocery store shelves.
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 and herbs add great taste, aroma, and color to foods, allowing us to reduce sugar and salt and possibly enjoy other health benefits.

***Using fresh garlic*** will make a noticeable difference in the flavor of this dressing. In this recipe, substituting garlic powder or bottled, minced garlic is not recommended.

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

***Parsley*** is more than “just a garnish.” Sprinkle fresh, chopped parsley on this salad. Also try parsley with chicken, shellfish, or 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*** compounds slow or inhibit the growth of foodborne bacteria and other substances making food unsafe.

***Anti-Inflammatory*** compounds fight against inflammation, which may cause 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.

## Double Corn Bread

### Serves 12

#### Ingredients

1 cup cornmeal  
 ½ cup all-purpose flour  
 4 tsp. baking powder  
 2 egg whites or ¼ cup egg substitute  
 ½ cup fat-free sour cream  
 2 Tbsp. canola oil  
 1 can of creamed corn ( 8 ½ oz.)

#### Equipment

Muffin tin, 9"x9" pan, or 8-inch iron skillet  
 Large and small mixing bowls  
 Measuring cups and spoons  
 Can opener  
 Mixing spoon  
 Rubber spatula  
 Cooking spray

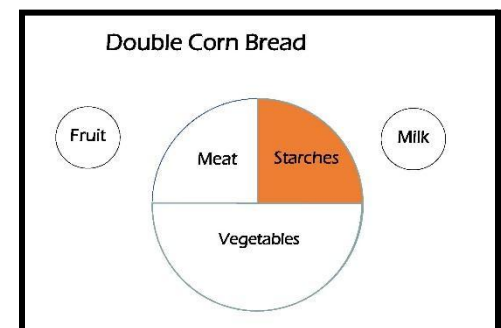
#### Directions

1. Wash hands with soap and water. Preheat the oven to 425°F. If using an iron skillet, heat the skillet in the oven.
2. Combine cornmeal, flour, and baking powder in a large mixing bowl.
3. In a small bowl, combine egg whites (or egg substitute) sour cream, oil, and creamed corn. Mix well.
4. Wash hands after handling raw eggs. Wash and sanitize any surface touched by raw eggs.
5. Add corn mixture to dry ingredients and stir to moisten dry ingredients.
6. If using muffin tins or 9"x9" pan, spray with cooking spray.  
 If using an iron skillet, remove from the oven and spray lightly with cooking spray.
7. Spoon batter into muffin tin or pan. Spray top lightly with cooking spray.
8. Bake muffins for 20 minutes; pan or skillet bread for 25 minutes.
9. Remove from the oven. Serve warm. Makes 12 portions.



Nutrition Facts	
12 servings per container	
<b>Serving size</b>	<b>1 muffin (60g)</b>
<b>Amount per serving</b>	
<b>Calories</b>	<b>110</b>
% Daily Value*	
<b>Total Fat</b> 3g	4%
Saturated Fat 0g	0%
Trans Fat 0g	
<b>Cholesterol</b> 0mg	0%
<b>Sodium</b> 210mg	9%
<b>Total Carbohydrate</b> 19g	7%
Dietary Fiber 1g	4%
Total Sugars 1g	
Includes 0g Added Sugars	0%
<b>Protein</b> 3g	
Vitamin D 0mcg	0%
Calcium 48mg	4%
Iron 1mg	6%
Potassium 68mg	2%

\*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 Corn Bread**

1. Fat-free sour cream gives desired flavor to this recipe without added fat. Fat-free plain yogurt can be used instead.
2. Whole wheat flour could be used to increase fiber in this recipe.
3. Baking powder is high in sodium; therefore, do not add salt to the recipe.
4. Creamed corn has some added sugar, which helps to make the recipe tender. The total carbohydrate in creamed corn is not much higher than regular canned corn, but the creamed corn makes a more tender product.
5. One whole egg, two egg whites, or  $\frac{1}{4}$  cup egg substitute could be used in this recipe.
6. Canola oil and olive oil are good sources of monounsaturated fat and should be used whenever possible in recipes.
7. Using an iron skillet adds color and flavor to this recipe. Be sure to coat with cooking spray to prevent sticking.
8. 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.

## **Four-Bean Salad**

### **Serves 8**

#### **Ingredients**

- 1 can (8½ oz.) cut green beans, rinse and drained
- 1 can (8½ oz.) cut wax beans, rinsed and drained
- 1 can (8½ oz.) lima beans, rinsed and drained
- 1 can (8½ oz.) kidney beans, rinsed and drained
- ½ c. thinly sliced red onion rings
- ½ c. chopped celery
- ¼ c. diced green pepper

#### **Dressing**

- 2 tsp. Dijon mustard
- 2 Tbsp. cider vinegar
- ½ tsp. sugar
- ½ tsp. dried thyme (or 1 tsp. chopped fresh thyme)
- ½ tsp. black pepper
- 1 clove garlic crushed or minced
- ¼ c. olive oil

#### **Equipment**

- Can opener
- Colander
- Cutting board and sharp knife
- Large and small mixing bowls
- Whisk or mixing spoon
- Plastic wrap or bowl cover

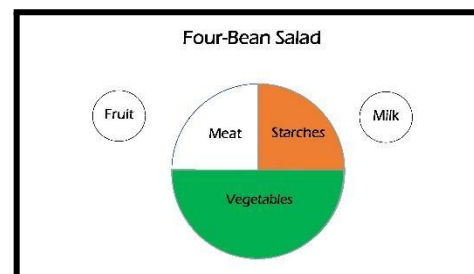
#### **Directions**

1. In a large mixing bowl, combine all beans, onion, celery and green pepper.
2. In a smaller mixing bowl, whisk together the mustard, vinegar, sugar, thyme, pepper, and garlic. Whisking continually, add the oil in a slow, thin stream until well blended.
3. Pour the dressing over the bean mixture and toss to coat. Cover and refrigerate 12-24 hours before serving.



Nutrition Facts	
servings per container	
<b>Serving size</b>	<b>(144g)</b>
<b>Amount per serving</b>	
<b>Calories</b>	<b>130</b>
% Daily Value*	
Total Fat 7g	9%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 180mg	8%
Total Carbohydrate 13g	5%
Dietary Fiber 4g	14%
Total Sugars 2g	
Includes 0g Added Sugars	0%
<b>Protein 4g</b>	
Vitamin D 0mcg	0%
Calcium 47mg	4%
Iron 1mg	6%
Potassium 220mg	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.



## Talking Points

### Four-Bean Salad

1. Canned vegetables are higher in sodium than fresh cooked or frozen vegetables. Draining liquid and rinsing canned vegetables helps reduce sodium.
2. Rinsing lima and kidney beans will reduce gas producing, non-digestible carbohydrates.
3. Kidney beans and lima beans are legumes. These vegetables are rich in soluble fiber which helps slow down digestion after meals. Legumes also may help reduce absorption of cholesterol from other foods in the same meal. They are also a great source of protein with no saturated fat.
4. Olive oil is a good source of monounsaturated fat which helps protect against heart disease. Although olive oil is high in fat like butter, lard, and shortening, it should be included in the diet in moderate amounts for its heart health benefits.
5. This recipe uses highly flavored vegetables, such as onion and garlic, as well as spices, to give flavor when salt is not added.
6. The Four bean salad will keep well for several days if tightly covered and refrigerated. The recipe can easily be doubled.
7. One tablespoon of Four-Bean Salad is only 15 calories. Try putting one tablespoon on salads as a tasty, low-sodium garnish.
8. 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.
9. **Flavor Notes:**
  - 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, egg dishes.
  - Possible Health Benefits:** In addition to reducing sugar and salt, herbs and spices may also offer other health benefits. Thyme is a source of vitamin A, iron and manganese. This herb may also offer antioxidant and antimicrobial properties.
  - 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, cholesterol and hardening of the arteries, and blood glucose.
  - Mustard:** Mustard is packed with flavor.
  - Possible Health Benefits:** Mustard contains powerful antioxidants as well as a variety of minerals (i.e. iron, magnesium, zinc, calcium).
  - Antioxidants** are substances that slow or prevent damage to cells; help our bodies fight off chronic diseases; and promote healthy cell aging.

## **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**

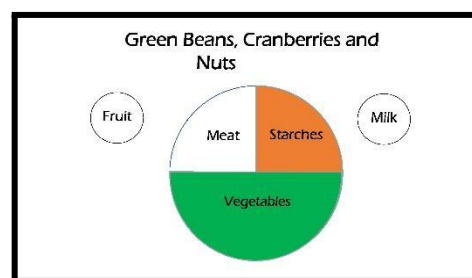
Medium saucepan  
Colander  
Measuring spoons

### **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).



<b>Nutrition Facts</b>	
about 2 servings per container	
<b>Serving size</b>	<b>2/3 cup (77g)</b>
<b>Amount per serving</b>	
<b>Calories</b>	<b>150</b>
<b>% Daily Value*</b>	
<b>Total Fat</b> 10g	<b>13%</b>
Saturated Fat 1g	5%
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 0mg	<b>0%</b>
<b>Total Carbohydrate</b> 17g	<b>6%</b>
Dietary Fiber 3g	11%
Total Sugars 13g	
Includes 4g Added Sugars	8%
<b>Protein</b> 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.



## Healthier Hash Brown Casserole Serves 6



### Ingredients

- 1 lb. frozen hash browns, thawed
- $\frac{3}{4}$  c. light sour cream
- $\frac{1}{2}$  c. reduced-fat cheddar cheese
- 1 can (10 $\frac{3}{4}$ -oz.) reduced sodium, low-fat cream of chicken soup
- 1 Tbsp. minced onions
- $\frac{1}{4}$  tsp. black pepper
- Cooking spray

### Topping

- $\frac{1}{2}$  c. crushed saltines (no-salt added)
- 1 Tbsp. melted margarine

### Equipment

- Mixing bowl
- Measuring cups and spoons
- 9" x 13" baking dish
- Mixing spoon or spatula
- Meat Thermometer

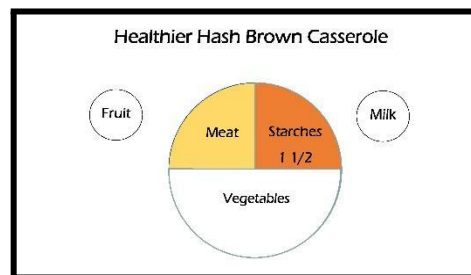
### Directions

1. Preheat the oven to 350°F.
2. Combine the first six ingredients. Place in baking dish that has been sprayed with cooking spray.
3. Combine crushed saltines with melted margarine. Sprinkle over potatoes.
4. Bake for 30-45 minutes or until potatoes are tender.
5. The internal temperature should reach 165° F.



Nutrition Facts	
6 servings per container	
Serving size	1/6 recipe (166g)
Amount per serving	
<b>Calories</b>	<b>150</b>
% Daily Value*	
Total Fat 5g	6%
Saturated Fat 2.5g	13%
Trans Fat 0g	
Cholesterol 15mg	5%
Sodium 310mg	13%
Total Carbohydrate 21g	8%
Dietary Fiber 2g	7%
Total Sugars 1g	
Includes 0g Added Sugars	0%
Protein 6g	
Vitamin D 0mcg	0%
Calcium 85mg	6%
Iron 0mg	0%
Potassium 467mg	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**

### **Healthier Hash Brown Casserole**

1. Choosing light and reduced-fat products reduces the calories and fat. Choose a reduced-fat creamed soup to lower the fat. More choices are available now in your supermarket. To reduce fat further, omit the margarine.
2. Using oil in place of melted margarine will reduce the saturated fat content yet still aid the browning of the crumb topping.
3. Canned condensed creamed soups are also high in sodium. Choose reduced-sodium soup to lower the sodium content. More choices are available now in your supermarket.
4. Substitute crushed wheat or bran flakes or no-salt saltines to reduce the sodium as well.
5. Note: This recipe freezes well. It can be divided either before or after baking for a quick and easy dish for another meal.
6. Recipe alternative note: Frozen hash brown potatoes are sold in 2-pound packages. This recipe can look small in a 9 x 13 pan. If using a 2-pound package of hash browns, double the other ingredients, except for the cream of chicken soup: 1 ½ c. light sour cream, 1 c. reduced-fat cheddar cheese, 2 Tbsp. minced onions, 1 c. crushed saltines, and 2 Tbsp. melted margarine.
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.

## **Lime Salad**

### **Serves 6**

#### **Ingredients**

- 1 box (4 servings) sugar-free lime gelatin
- 1 c. boiling water
- 1 c. low-fat cottage cheese
- 1 c. crushed pineapple in its own juice
- ¼ c. chopped pecans (optional)

#### **Equipment**

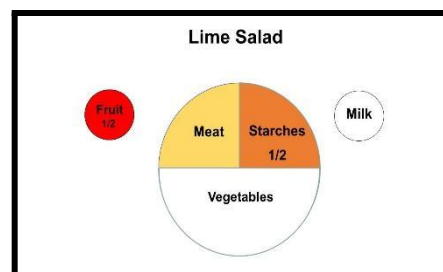
- Measuring cups
- Mixing bowl
- Mixing spoon

#### **Directions**

1. Thoroughly dissolve gelatin in boiling water.
2. Add cottage cheese, pineapple and nuts. Stir to blend well.
3. Pour into serving dish; cover with plastic wrap. Refrigerate until set.



<b>Nutrition Facts</b>	
6 servings per container	
<b>Serving size</b>	<b>1/2 cup (124g)</b>
<b>Amount per serving</b>	
<b>Calories</b>	<b>90</b>
	<b>% Daily Value*</b>
<b>Total Fat</b> 3.5g	<b>4%</b>
Saturated Fat 0.5g	3%
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 200mg	<b>9%</b>
<b>Total Carbohydrate</b> 7g	<b>3%</b>
Dietary Fiber 1g	4%
Total Sugars 6g	
Includes 0g Added Sugars	0%
<b>Protein</b> 6g	
Vitamin D 0mcg	0%
Calcium 27mg	2%
Iron 0mg	0%
Potassium 98mg	2%
*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**

### **Lime Salad**

1. This recipe is easy to make. Using sugar free gelatin and pineapple   canned in water or its own juice reduces the carbohydrate content.
2. 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.



## Orange-Almond Salad Serves 2

### Ingredients

- 1½ c. assorted fresh greens  
(romaine, spinach, kale, etc.)
- 1 navel or mandarin orange peeled, and separated  
into sections
- ¼ c. thinly sliced celery
- 1 Tbsp. chopped green onion
- 2 Tbsp. cider vinegar
- 1 Tbsp. Splenda, granulated or 3 Splenda packets
- 1 tsp. olive or canola oil
- 2 Tbsp. toasted slivered almonds



### **Nutrition Facts**

2 servings per container  
**Serving size** 1 cup (151g)

**Amount per serving**  
**Calories** **110**

**% Daily Value\***

**Total Fat** 6g 8%

Saturated Fat 0.5g 3%

Trans Fat 0g

**Cholesterol** 0mg 0%

**Sodium** 20mg 1%

**Total Carbohydrate** 14g 5%

Dietary Fiber 3g 11%

Total Sugars 7g

Includes 0g Added Sugars 0%

**Protein** 3g

Vitamin D 0mcg 0%

Calcium 66mg 6%

Iron 1mg 6%

Potassium 214mg 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.

### Equipment

- Large bowl
- Small mixing bowl
- Measuring cups and spoons
- Cutting board
- Sharp knife
- Whisk
- Salad tongs

### Directions

1. Wash hands with soap and water.
2. Combine greens, orange sections, celery, and green onions in a large bowl.
3. Combine vinegar, Splenda, and oil in a small mixing bowl. Stir until well blended.
4. Drizzle over greens and lightly toss.
5. To serve, garnish with toasted almonds. Serve immediately.



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

**Updated by:** Kansas State University Agricultural Experiment Station and Cooperative Extension Service, 2020. 18



## **Talking Points**

### **Orange-Almond Salad**

1. This light, refreshing salad provides a good source of fiber and is low in calories.
2. Sealed bags of salad greens may be used. Baby spring salad mixes make a very nice choice. Pre-washed salad greens should not be washed again for your own protection. Research has shown you are at a higher risk of contaminating greens by rewashing them.
3. Spinach and other deep greens are a better choice than iceberg lettuce because they are a good source of folate and Vitamin A.
4. The oranges are a good source of Vitamin C.
5. Remember that the recipe calls for fresh fruit. In the analysis, fresh navel orange sections were used.
6. Using canned fruit is acceptable BUT keep in mind that this changes the overall nutritional content. Choose fruits packed in their own juice or ones that are packed in light syrup. With canned fruits, most of the sugar that is reported on the label is from the juice itself. In this case, the juice should be drained and not consumed, therefore using canned is an acceptable alternative.
7. Olive and canola oils are better fat choices, because they are monounsaturated, instead of lard, butter, or shortening.
8. The nuts provide protein and monounsaturated fats or 'good' fats. Pecans may replace the almonds in this recipe.
9. Vegetables are low in calories and high in fiber. They help make the dish seem satisfying without raising blood sugar.
10. 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.



## Seasoned Green Beans with Red Pepper Strips

### Serves 2

#### Ingredients

8 oz. fresh green beans  
 1 small red bell pepper  
 1 Tbsp. toasted sesame seeds, OR  
 no-salt- added sunflower seeds  
 1 Tbsp. low-sodium soy sauce  
 ½ tsp. sesame or olive oil

#### Equipment

Medium saucepan  
 Cutting Board  
 Colander  
 Knife  
 Small sauté pan  
 Mixing spoons  
 Serving bowl  
 Spatula  
 Measuring spoons

#### Directions

1. Wash hands with soap and water.
2. Wash all produce prior to preparing.
3. Trim green beans and cook in boiling water until tender.
4. Drain and rinse beans in cold water.
5. Using a clean cutting board and knife, cut pepper into quarter-inch strips. Place in a serving bowl.
6. Place sesame/sunflower seeds in a small dry sauté pan over medium heat for 1 to 2 minutes. Stir frequently to toast.
7. Place beans in a serving bowl with pepper strips and seeds.
8. Toss with remaining ingredients.
9. Serve immediately or refrigerate until ready to serve.



#### Nutrition Facts

2 servings per container	
<b>Serving size</b>	<b>3/4 cup (156g)</b>
<b>Amount per serving</b>	
<b>Calories</b>	<b>90</b>
<b>% Daily Value*</b>	
<b>Total Fat</b> 3.5g	<b>4%</b>
Saturated Fat 0g	<b>0%</b>
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 290mg	<b>13%</b>
<b>Total Carbohydrate</b> 11g	<b>4%</b>
Dietary Fiber 4g	<b>14%</b>
Total Sugars 5g	
Includes 0g Added Sugars	<b>0%</b>
<b>Protein</b> 4g	
Vitamin D 0mcg	<b>0%</b>
Calcium 52mg	<b>4%</b>
Iron 2mg	<b>10%</b>
Potassium 301mg	<b>6%</b>

\*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**

### **Seasoned Green Beans with Red Pepper Strips**

1. This recipe is very quick and easy to make. It is very low in calories and festive looking. It also packs some impressive nutritional qualities.
2. To reduce nutrient loss, blanch beans (place them in boiling water) for 2 minutes. Package directions state to cook beans until tender. The longer vegetables are cooked in water, the more vitamins are lost. Remember, color loss and nutrient loss will occur during cooking.
3. Sweet bell pepper (red, green, orange or yellow) is one of the few vegetables that can be frozen without blanching. Slice or dice as you plan to use it in recipes. Peppers are an excellent source of Vitamins A and C.
4. The soy sauce comes from fermented soybeans, roasted wheat, salt, and yeast or malt. Although light soy sauce has half the sodium of regular soy sauce, it still has a considerable amount of sodium and is not considered a low-sodium food.
5. The law governs label terminology. If the label says 'low-sodium', it must have less than 140 mg per serving. If the label says, 'very low sodium', it must have less than 35 mg per serving.
6. Sodium recommendation for people with diabetes is 1500 mg whereas the general public is 2300 mg. Whether you have high blood pressure or not, you should still follow recommended guidelines and limit high sodium foods such as canned soups, pickles, olives, lunch meats, frozen and boxed meals, and other convenience items.
7. Sesame seeds provide a source of unsaturated fats. The hulled seeds are white with a nutty flavor. They are commonly used to flavor salads.
8. This recipe was analyzed using sesame seeds and sesame oil. Sesame oil is expensive so you can substitute with olive or canola oil.
9. Using no-salt sunflower seeds instead of sesame seeds will add a different flavor.
10. Sesame seeds are normally found in the spice section of your grocery store and sunflower seeds are located near the produce section or near the nuts.
11. 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.

## Strawberry Spinach Salad

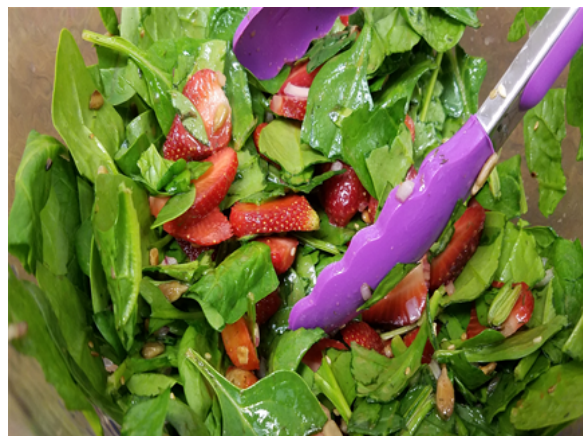
### Serves 8

#### Equipment Needed:

Cutting board  
Knife  
Measuring cups and spoons  
Salad bowl and salad tongs  
Jar with tight-fitting lid or small mixing bowl  
Wire whisk  
Baking sheet or pan to toast seeds

#### Ingredients:

8 cups fresh spinach, torn into pieces  
2 cups fresh strawberries, sliced  
2 Tbsp. finely chopped onion  
3 Tbsp. sunflower seeds, toasted (optional)  
1 tsp. sesame seeds, toasted (optional)  
2 Tbsp. canola oil  
2 Tbsp. red wine vinegar  
1 Tbsp. sugar  
1 tsp. mustard  
½ tsp. dried dill  
¼ tsp. salt  
⅛ tsp. garlic powder



#### Nutrition Facts

about 8 servings per container  
Serving size 1 cup (86g)

Amount per serving  
**Calories 80**

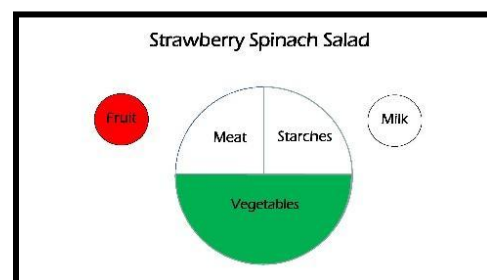
% Daily Value\*

<b>Total Fat</b> 5g	6%
Saturated Fat 0g	0%
Trans Fat 0g	
<b>Cholesterol</b> 0mg	0%
<b>Sodium</b> 110mg	5%
<b>Total Carbohydrate</b> 7g	3%
Dietary Fiber 2g	7%
Total Sugars 4g	
Includes 2g Added Sugars	4%
<b>Protein</b> 2g	
Vitamin D 0mcg	0%
Calcium 40mg	4%
Iron 1mg	6%
Potassium 228mg	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.

#### Directions:

1. Wash hands with soap and water. Wash all produce prior to preparing.
2. In a salad bowl, combine the spinach, strawberries, onion, sunflower kernels and sesame seeds.
3. In a jar with a tight-fitting lid, combine the remaining ingredients to make dressing, shake well.  
(Dressing can also be whisked together in a small bowl)
4. Pour dressing over salad and toss gently. Serve immediately.



## Talking Points

### Strawberry Spinach Salad

1. Using baby spinach saves time because it does not have to be torn into pieces.
2. Any fruit may be substituted in this recipe. Fresh peach, nectarines or plums, in season, would be a flavorful addition.
3. The sunflower and sesame seeds may be omitted, or they may be substituted with toasted pecans or walnuts. Research shows that eating 1 ounce of nuts 5 days per week may help reduce the risk of heart disease.
4. Toasting nuts and seeds brings out their natural oils and flavors. Below are three different methods for toasting: 1) *Stovetop method*: Place sesame/sunflower seeds in small dry sauté pan over medium-high heat for 2-3 minutes, stirring frequently, until lightly browned, 2) *Microwave method*: Place on microwave-safe plate, and microwave on high for about 1 minute, stirring every 15 seconds until lightly browned and, 3) *Oven method*: Spread nuts/seeds in a single layer on a baking sheet. Place in a 400 degree oven for 5-10 minutes, monitoring frequently as not to burn.
5. Red wine vinegar is recommended in this recipe, however any other vinegar, such as white, balsamic, or cider may be substituted.
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:**  
Spices and herbs add great taste, aroma, and color to many foods. In addition to reducing sugar and salt, herbs and spices may also offer other health benefits.

**Mustard:** Though used in a small amount in this recipe, mustard is packed with flavor.

**Possible Health Benefits:** Mustard contains powerful antioxidants as well as a variety of minerals (i.e. iron, magnesium, zinc, calcium).

**Garlic:** Use garlic POWDER, not garlic salt. Garlic salt may seem to be less expensive, but you are paying mostly for salt.

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

**Dill:** Use dried dill or try fresh dill weed, minced, when available. You can also use dill weed to season salmon; add to yogurt and chopped cucumber as a dressing; or combine in dishes with basil and cilantro.

**Possible Health Benefits:** Dill is a source of calcium, manganese and iron. Dill has antibacterial properties that may slow or inhibit the growth of foodborne bacteria and other substances that make food unsafe.



## **Zucchini, Carrots, and Basil**

### **Serves 8**

#### **Ingredients**

- 1 Tbsp. olive oil
- 3 carrots, sliced or julienned 3 zucchinis, sliced or julienned
- ½ c. green onions, sliced.
- 1 clove garlic, minced or ⅛ tsp. garlic powder
- ¼ tsp. salt
- ¼ tsp. pepper
- 1 tsp. lemon juice
- 2 Tbsp. fresh basil, chopped (or 1½ tsp. dry basil)



#### **Equipment**

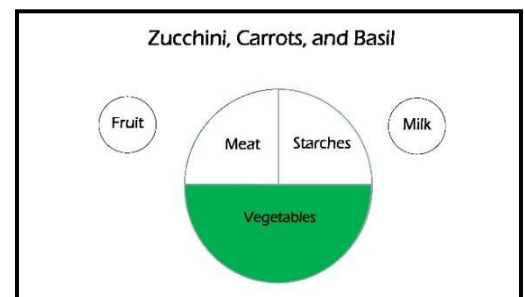
- Medium saucepan or electric frying pan
- Knife
- Cutting board
- Bowl
- Measuring spoons
- Spatula

#### **Directions**

1. Wash hands with soap and water. Wash all produce prior to preparation.
2. Prepare carrots, zucchini, green onions, and garlic as directed. Heat oil in a large skillet over medium-high heat. Add carrots and sauté for 3-5 minutes.
3. Add the zucchini, green onions and garlic; continue cooking for an additional 3-5 minutes, or until vegetables are crisp tender.
4. Add salt, pepper, lemon juice, and basil. Toss to coat and serve immediately.

<b>Nutrition Facts</b>	
8 servings per container	
<b>Serving size</b>	<b>1/2 cup (106g)</b>
<b>Amount per serving</b>	
<b>Calories</b>	<b>40</b>
	<b>% Daily Value*</b>
<b>Total Fat</b> 2g	<b>3%</b>
Saturated Fat 0g	<b>0%</b>
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 95mg	<b>4%</b>
<b>Total Carbohydrate</b> 5g	<b>2%</b>
Dietary Fiber 2g	<b>7%</b>
Total Sugars 3g	
Includes 0g Added Sugars	<b>0%</b>
<b>Protein</b> 1g	
Vitamin D 0mcg	<b>0%</b>
Calcium 27mg	<b>2%</b>
Iron 0mg	<b>0%</b>
Potassium 286mg	<b>6%</b>

\*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

### Zucchini, Carrots, and Basil

1. This is a light side dish with a colorful presentation. It goes great when served with chicken or steak.
2. Vegetables can be pre-sliced and refrigerated to save time during later preparation. Be careful when slicing. Protect your fingers by using proper cutting techniques. Use extra caution when cutting carrots as they can be a little more difficult to slice.
3. The recipe is low in fat, sodium, carbohydrates, and is cholesterol free and a great source of Vitamin A from the carrots.
4. Put the basil, pepper, and garlic in last so that you get the full flavor of the seasonings.
5. Do not overcook vegetables or they will become mushy in texture. Overcooked vegetables also lose nutrients. Loss of color equals loss of nutrition.
6. Summer squash includes varieties such as zucchini, yellow neck that are moist with edible seeds and rinds. Choose summer squash that is small in size to avoid very large seeds and tough rinds. If you have a large squash, try scooping out the seeds before slicing.
7. Summer squash has a high-water content, so keep them stored in a cool, dry place and use them as soon as possible.
8. Some of the best ways to enjoy summer squash are stuffed, baked, in casseroles, in a stir-fry, roasted, or in omelets.
9. 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.
10. **Flavor Notes:**
  - Basil:** Add basil to vegetables like zucchini and carrots, to enhance taste, aroma, and color. Fresh OR dried basil will add great flavor to this dish. Fresh will also add color.
  - Possible Health Benefits:** Basil is a good source of vitamin K, a nutrient important for bone health and blood clotting. Basil also contains beta-carotene (which the body can convert to Vitamin A). Eating basil may offer cardiovascular and cognitive health benefits, may reduce inflammation and diabetes risk, and may inhibit the growth of foodborne bacteria.
  - 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.



## **Desserts Index**

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## Apple-Berry Crisp

### Serves 4

#### Ingredients

- 1 8-oz. apple (medium), unpeeled
- $\frac{3}{4}$  c. fresh or frozen blueberries
- 1 packet aspartame sweetener (like Equal)
- 1 packet saccharin sweetener (like Sweeten Low)
- $\frac{1}{4}$  tsp. cinnamon

#### Topping

- $\frac{1}{4}$  c. uncooked rolled oats
- $\frac{1}{4}$  c. all-purpose or whole wheat flour
- 1 Tbsp. brown sugar
- 1 Tbsp. chopped pecans
- 1 packet aspartame sweetener (like Equal)
- $1\frac{1}{2}$  Tbsp. low-fat (not fat-free) margarine
- Cooking spray

#### Equipment

- Vegetable peeler
- Measuring cups & measuring spoons
- Sharp knife
- Mixing bowl and spoon
- Measuring spoons
- 1-quart baking dish

#### Directions

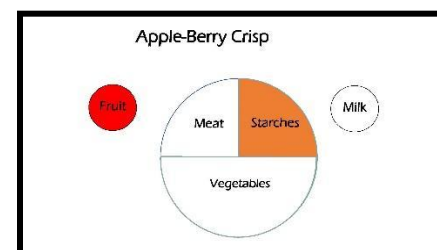
1. Preheat the oven to 350°F.
2. Coat inside of 1-quart heat-proof baking dish with cooking spray.
3. Slice apple into a dish. Add fresh or frozen blueberries. Toss lightly.
4. Combine cinnamon and sweeteners in a mixing bowl. Sprinkle over fruit.
5. In the same mixing bowl combine oats, flour, brown sugar, pecans and remaining one packet of sweetener. Add margarine and mix with a fork until crumbly. Sprinkle over fruit in a baking dish.
6. Bake for 20 minutes or just until fruit juices bubble up on sides and in the middle of the dish.
7. Serve warm with frozen whipped topping, milk, or vanilla frozen dessert. Remember that milk or a frozen dessert topping will add more calories and carbohydrates, while 2 tablespoons of frozen whipped topping is a free food.



#### Nutrition Facts

4 servings per container	
<b>Serving size</b>	
<b>Amount Per Serving</b>	
<b>Calories</b>	<b>170</b>
% Daily Value*	
<b>Total Fat</b> 7g	<b>9%</b>
Saturated Fat 2g	<b>10%</b>
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 0mg	<b>0%</b>
<b>Total Carbohydrate</b> 25g	<b>9%</b>
Dietary Fiber 3g	<b>11%</b>
Total Sugars 12g	
Includes 2g Added Sugars	<b>4%</b>
<b>Protein</b> 2g	<b>4%</b>
Vitamin D 0mcg	<b>0%</b>
Calcium 12mg	<b>0%</b>
Iron 1mg	<b>6%</b>
Potassium 12mg	<b>0%</b>

\*The % Daily Value (DV) 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**

### **Apple-Berry Crisp**

1. Blueberries contain special phytochemicals (plant substances) in the colored portion of the skins. These phytochemicals may be important in helping the body fight off chronic diseases. Eating a wide variety of fruits and vegetables is a good way to get the vitamins, minerals you need on a daily basis and the phytochemicals, which occur in very small amounts, in food.
2. Apples contain both soluble and insoluble fiber. Soluble fiber helps the body get rid of some of the cholesterol consumed at meals. The insoluble fiber in the skins of apples and other foods is important in regulating bowel function.
3. Whole wheat flour and nuts are other important sources of fiber in the diet. In addition, certain nuts are sources of healthy monounsaturated fat.
4. Combining two types of sweeteners (saccharin and aspartame) produces a much sweeter taste than if the saccharin or aspartame were used alone. In this way, the recipe can be made with less total artificial sweetener.
5. Note: this recipe can be made without the artificial sweetener since the other ingredients provide sweetness.
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.

## **Carrot Cake** **Serves 16**

### **Ingredients**

1¼ c. raisins  
 ½ c. water  
 1 packet each saccharin-type AND aspartame-type sweetener  
 ½ c. canola oil  
 c. grated carrots (about ½ lb.)  
 1¼ c. unsweetened applesauce  
 ¾ c. egg substitute or 1 whole egg & 4 egg whites  
 1 tsp. vanilla extract  
 1½ tsp. cinnamon  
 ½ tsp. allspice  
 3 packets aspartame-type sweetener  
 2 packets saccharin-type sweetener  
 1 tsp. baking soda  
 1 Tbsp. baking powder  
 1½ c. all-purpose flour  
 ½ c. whole wheat flour  
 Cooking spray

### **Equipment**

Small saucepan  
 Measuring cups and measuring spoons  
 Large and small mixing bowls  
 9" x 13" baking pan

### **Directions**

1. Preheat the oven to 350° F.
2. Combine raisins & water in a small saucepan. Simmer over medium heat until water is absorbed. Stir occasionally. Add 1 packet of saccharin and 1 packet of aspartame sweetener to raisins. (Or place raisins, water and sweeteners in a heatproof bowl and microwave on High for 2 minutes). Remove from heat and let cool.
3. In large bowl, combine raisins, oil, grated carrots, applesauce, eggs or egg substitute, and vanilla extract.
4. In a smaller bowl, combine cinnamon, allspice, 4 packets aspartame, 2 packets of saccharin, baking soda, baking powder, all-purpose flour, and whole wheat flour. Stir to combine.
5. Add dry mixture to fruits in a large bowl. Mix well.
6. Coat a 9" x 13" baking pan with cooking spray. Pour batter into the coated pan. Bake for 40 minutes or until the cake is light brown. Serve warm or cooled. Cut into 16 servings.



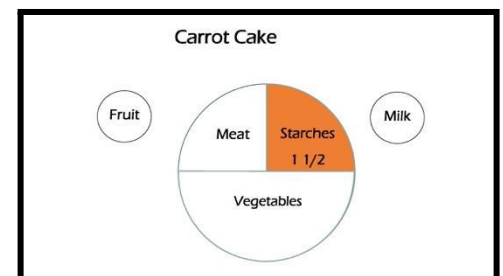
### **Nutrition Facts**

16 servings per container  
**Serving size 1 serving (84g)**

**Amount per serving**  
**Calories 180**

	% Daily Value*
<b>Total Fat</b> 7g	<b>9%</b>
Saturated Fat 0.5g	<b>3%</b>
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 220mg	<b>10%</b>
<b>Total Carbohydrate</b> 26g	<b>9%</b>
Dietary Fiber 2g	<b>7%</b>
Total Sugars 12g	
Includes 0g Added Sugars	<b>0%</b>
<b>Protein</b> 3g	
Vitamin D 0mcg	<b>0%</b>
Calcium 42mg	<b>4%</b>
Iron 1mg	<b>6%</b>
Potassium 163mg	<b>4%</b>

\*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

### Carrot Cake

1. To make this recipe in a food processor, use a grating disk to grate carrots. Unplug the food processor and carefully remove the grating disk, leaving carrots in the processor bowl. Insert metal blade. Place plumped raisins, applesauce, oil, egg or egg substitute, and vanilla extract in a bowl. Replace cover and pulse quickly two times to mix. In a separate bowl, measure flours, seasonings, sweeteners, baking powder, and baking soda. Stir to mix. Add all at once to the food processor bowl. Replace cover and pulse three or four times, just enough to mix in dry ingredients. Pour into a 9" x 13" inch pan that has been lightly coated with cooking spray. Bake as directed.
2. This recipe is high in fiber, potassium, and beta carotene. The addition of whole wheat flour gives the recipe a nutty taste without adding fat.
3. If nuts are added to this recipe, fiber, fat, and calories will be increased. Many nuts are rich in monounsaturated fat which is thought to help protect against heart disease. Nuts are low in carbohydrate, so they do not raise blood sugar levels significantly. If ½ c. of chopped pecans is added to this recipe and the cake is cut into 16 pieces, each piece would then have 203 calories and 10 grams. fat.
4. No icing is needed—could garnish with light whipped topping or a sprinkle of confectioners' sugar.
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: Cinnamon** has a naturally sweet flavor that may reduce the amount of sugar used in baked goods and desserts. *Other Uses for Cinnamon:* We can add cinnamon to stews and meat sauces. It can be sprinkled over sweet potatoes, winter squash, hot oatmeal, fruit desserts (baked apples, pears) and added to hot/cold beverages. *Possible Health Benefits:* Cinnamon is an excellent source of antioxidants, Antioxidants can: slow or prevent damage to cells; help our bodies fight off chronic diseases; and promote healthy cell aging.

**Allspice** is made from the ground berries of the *Pimenta dioica* plant. It is NOT a spice blend. The flavor does bring to mind cloves, cinnamon, nutmeg and pepper. Use allspice in both savory and sweet dishes: chicken, sausage, barbecue sauces, cider, meatballs, muffins, and desserts. *Possible Health Benefits:* More research is needed on the health benefits of Allspice. Use allspice to offer great taste, in place of salt and sugar.

## 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

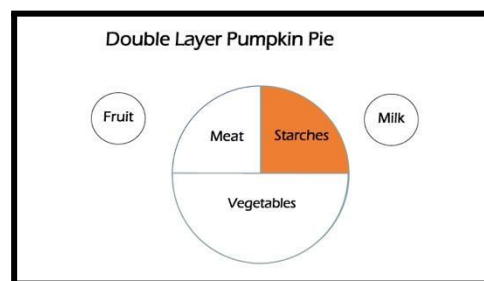
- 2, 9" pie pans or one 9" x 13" pan
- 2 mixing bowls
- Measuring cups & measuring spoons
- Electric mixer or wire whisk
- Rubber scraper

#### 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	
<b>Serving size</b>	<b>1 slice (78g)</b>
<b>Amount per serving</b>	
<b>Calories</b>	<b>130</b>
% Daily Value*	
<b>Total Fat</b> 5g	<b>6%</b>
Saturated Fat 3g	<b>15%</b>
Trans Fat 0g	
<b>Cholesterol</b> 5mg	<b>2%</b>
<b>Sodium</b> 250mg	<b>11%</b>
<b>Total Carbohydrate</b> 18g	<b>7%</b>
Dietary Fiber 0g	<b>0%</b>
Total Sugars 6g	
Includes 0g Added Sugars	<b>0%</b>
<b>Protein</b> 2g	
Vitamin D 0mcg	<b>0%</b>
Calcium 39mg	<b>4%</b>
Iron 1mg	<b>6%</b>
Potassium 46mg	<b>0%</b>
*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.



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## Fresh Fruit Tarts Serves 12

### Ingredients

- 12 wonton skins
- 2 Tbsp. sugar-free jelly or fruit spread
- 1½ c. diced fresh fruit\*
- 1 c. non-fat yogurt, any flavor
- Cooking spray
- \*Select fruit based on what is in season. Any of the following could be used: bananas, strawberries, blueberries, grapes, kiwi, raspberries, peaches, orange sections, etc.

### Equipment

- Cutting board and knife
- Measuring cups and spoons
- Bowl for fruit
- Small bowl for spread
- Spoon
- Small saucepan
- Muffin tin tray

### Directions

1. Wash hands with soap and water. Wash all produce prior to preparing.
2. Preheat oven to 375° F and spray muffin tins with cooking spray.
3. Press wonton skins into muffin tins allowing the corners to stand up over the edges.
4. Bake wontons until lightly brown, approximately 4-6 minutes. *Watch carefully, as Wonton skins bake very quickly.*
5. Remove from oven; carefully take each wonton out of muffin tin, place on a tray and allow time for cooling.
6. Warm jelly or fruit spread, and then lightly coat bottom of each wonton with a spoon.
7. Fill each wonton with fruit and a rounded dollop of yogurt on top.
8. Garnish with small piece of fruit or a dab of jelly/spread and serve immediately.



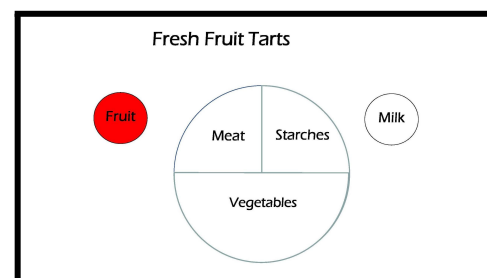
### **Nutrition Facts**

12 servings per container  
**Serving size** 1 tart (52g)

**Amount per serving**  
**Calories** 50

	% Daily Value*
<b>Total Fat</b> 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
<b>Cholesterol</b> 0mg	0%
<b>Sodium</b> 60mg	3%
<b>Total Carbohydrate</b> 11g	4%
Dietary Fiber 0g	0%
Total Sugars 5g	
Includes 0g Added Sugars	0%
<b>Protein</b> 2g	
Vitamin D 0mcg	0%
Calcium 38mg	2%
Iron 0mg	0%
Potassium 78mg	2%

\*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

### Fresh Fruit Tarts

1. Diced fresh peaches were used as the fruit choice in the nutrition analysis of this recipe.
2. This recipe can be used as a dessert or an appetizer. It is very easy to prepare.
3. Wonton shells are generally located near the produce section.
4. Wontons can also be baked in mini-muffin pans. A serving would be considered two.
5. Tarts can be topped with fat-free whipped cream such as “Redi-Whip.”
6. Thawed frozen fruit, such as berries, can be used for the fresh fruit. The nutrition fact information would change slightly.
7. Baked wonton shells can also be filled with pudding, ice cream, or other dessert items. They could also be used as a luncheon dish by filling them with chicken, tuna, or crab salad, but make sure you use low-fat ingredients.
8. 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.

9. **Flavor Notes:**

***Cinnamon and/or Nutmeg, dried/powdered –***

If using peaches, sprinkle the fruit with small amounts of cinnamon and nutmeg (1/2 tsp. cinnamon and ¼ tsp. nutmeg) to add a unique flavor to this dessert. Use these spices together or separate in sweet and savory dishes; mixed into meats; sprinkled on vegetables (i.e. sweet potatoes, squash); and/or stirred into warm or cold beverages.

***Fresh Mint, finely chopped --***

If you use berries and/or berry-flavored yogurt, try adding 2 tablespoons of fresh chopped mint. The mint flavor will complement the sweet berries, while the green mint color will contrast with the red berries.

Mint can be used in savory dishes as well as desserts.

***Possible Health Benefits:***

***Cinnamon and nutmeg*** both contain antioxidants. *Antioxidants* can: slow or prevent damage to cells; help our bodies fight off chronic diseases; and promote healthy cell aging. ***Fresh spearmint and peppermint*** contain beta-carotene, iron, manganese and vitamin C. Mint has a unique flavor that can add great taste, as well as reduce sugar in a recipe.

Mint and ginger may have uses as an antiemetic agent which prevents nausea and vomiting. The amounts of seasonings are suggestions. We recommend to begin with small amounts, do a taste test, add more if you wish.



## **Fruit and Yogurt Parfait**

### **Serves 8**

#### **Ingredients**

3 c. mixed fruit (choose berries, chopped fresh fruit, fruit cocktail packed in juice and well-drained, or any combination of fruit desired)

½ tsp. ground cinnamon

1 c. fat-free plain yogurt

1½ tsp. vanilla extract

1/3 c. Splenda, granular (optional)

½ c. low-fat granola

#### **Equipment**

Measuring cups and spoons

Mixing bowls and spoons

Serving spoons

Parfait glasses or clear plastic glasses (6 oz.)

#### **Directions**

1. Combine the fruit and cinnamon in a bowl and gently mix.
2. In a separate bowl, mix together yogurt, vanilla, and Splenda.
3. Layer 3 Tbsp. fruit in each parfait glass. Top with 3 Tbsp. yogurt. Repeat layers and garnish each parfait with 1 Tbsp. granola. These parfaits can also be prepared by layering ingredients in a clear glass or plastic bowl.



#### **Nutrition Facts**

8 servings per container

**Serving size** ¾ cup (186g)

**Amount per serving**

**Calories** **120**

% Daily Value\*

**Total Fat** 0g 0%

Saturated Fat 0g 0%

Trans Fat 0g

**Cholesterol** 5mg 2%

**Sodium** 75mg 3%

**Total Carbohydrate** 24g 9%

Dietary Fiber 0g 0%

Total Sugars 16g

Includes 0g Added Sugars 0%

**Protein** 4g

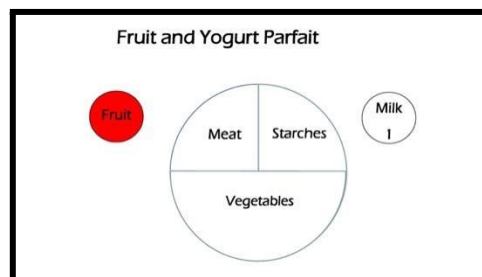
Vitamin D 1mcg 6%

Calcium 116mg 8%

Iron 1mg 6%

Potassium 105mg 2%

\*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. 10



## Talking Points

### Fruit and Yogurt Parfait

1. If preparing this dessert in a bowl, the recipe will yield about 20 sample- sized servings.
2. Plain, fat free yogurt is recommended as it is lower in carbohydrate than flavored yogurt. If you use a flavored yogurt in place of plain, fat free yogurt, check the carbohydrate. Omit the sweetener and cinnamon as flavored yogurts are much sweeter than plain.
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:**

***Cinnamon and/or Nutmeg, dried/powdered –***

Using **spices** such as cinnamon or nutmeg not only adds flavor but also enhances the taste of fruits that are used.

***Possible Health Benefits:***

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

**Herbs such as *mint, basil, or thyme*** will each add a different twist to the flavor of this recipe. ***Fresh Mint, finely chopped*** -- If you use berries and/or berry-flavored yogurt, try adding 2 tablespoons fresh chopped mint. The mint flavor will complement the sweet berries, while the green mint color will contrast with the red berries.

***Fresh Basil, chopped:*** Add 2 tablespoons chopped basil. You can begin with 1 tablespoon, taste, then add more if you like the flavor.

***Fresh Thyme, chopped:*** Add 3 tablespoons chopped *fresh* thyme to the yogurt. Thyme's small leaves add flecks of light green color, along with a very light taste.

***Possible Health Benefits:*** In addition to reducing sugar and salt, herbs may also offer other health benefits.

*Fresh spearmint and peppermint* contain beta-carotene, iron, manganese and vitamin C.

*Mint's* unique flavor adds great taste and reduces sugar and salt in a recipe.

Basil is a good source of vitamin K, a nutrient important for bone health and blood clotting. *Basil* also contains beta-carotene (which the body can convert to Vitamin A). Basil may offer cardiovascular and cognitive health benefits, may reduce inflammation and diabetes risk (*anti-inflammatory*) and may inhibit the growth of foodborne bacteria (*antimicrobial*).

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

The amounts of seasonings are suggestions. We recommend beginning with small amounts, do a taste test, add more if you wish.

## **Lemon Cake**

### **Serves 16-24**

#### **Ingredients**

- 1 purchased angel food cake, small or large
- 1 box (4 servings) sugar-free instant lemon pudding
- ½ c. skim milk
- 1 c. lemon flavored fat-free, no-sugar-added yogurt
- ½ of an 8 oz. tub light frozen whipped topping, thawed

#### **Equipment**

- Mixing bowl
- Measuring cups
- Serrated knife
- Electric mixer
- Whisk
- Serving plate

#### **Directions**

1. Cut angel food cake in half, horizontally using serrated knife in a sawing motion. Place the bottom layer on a serving plate.
2. Beat pudding with milk until thickened, about 1 minute. Stir in yogurt.
3. Fold whipped topping into pudding mixture.
4. Frost bottom layer of cake with lemon mixture. Place top layer on cake and frost with remaining mixture, OR make a second cake with remaining topping mixture. Chill until served. Garnish with thin strawberry, lemon, or kiwi slices.
5. Slice into 16 servings (small cake) or 24 servings (large cake).



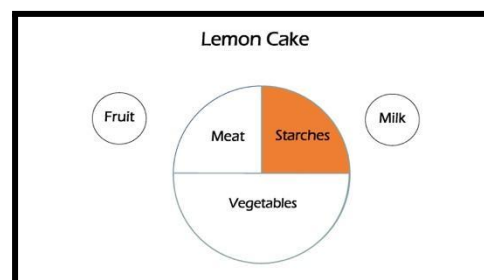
#### **Nutrition Facts**

16 servings per container  
Serving size **1 slice (53g)**

Amount per serving  
**Calories 90**

	% Daily Value*
<b>Total Fat</b> 1g	1%
Saturated Fat 1g	5%
Trans Fat 0g	
<b>Cholesterol</b> 0mg	0%
<b>Sodium</b> 250mg	11%
<b>Total Carbohydrate</b> 18g	7%
Dietary Fiber 0g	0%
Total Sugars 2g	
Includes 0g Added Sugars	0%
<b>Protein</b> 2g	
Vitamin D 0mcg	0%
Calcium 61mg	4%
Iron 0mg	0%
Potassium 60mg	2%

\*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

### Lemon Cake

1. Angel food cake is always fat-free, but it is high in carbohydrates. Desserts made with angel food cake should be cut into small servings.
2. A homemade angel food cake would be delicious in this recipe, but a purchased cake is quick and easy. Keep a purchased angel food cake and a carton of “light” whipped topping in the freezer for a last-minute dessert.
3. Angel food cake should be cut with a serrated knife using a light sawing motion. Cutting with a regular knife or pressing down on the cake will make very unattractive servings.
4. Sugar-free instant pudding is not a “free-food” because it is made with cornstarch and milk. It must be counted as part of the carbohydrate in recipes. Sugar-free gelatin is a “free food”.
5. Flavored yogurt can be very high in carbohydrates because of added sugar. Look for no-sugar-added or artificially sweetened yogurt to cut down on carbohydrates.
6. Frozen non-dairy whipped topping is made with tropical oil which contains highly saturated fat. It is fine for occasional use, but should not be used daily.
7. This is a very quick, easy, and delicious dessert.
8. 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.
9. **Flavor Notes:** Want to add a different twist to the lemon flavoring in this cake? Try using the herb: Thyme. Add 3 tablespoons chopped *fresh* thyme to the pudding/yogurt/whipped topping mixture, in Step 4 of the recipe. 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, egg dishes.

*Possible Health Benefits:* In addition to reducing sugar and salt, herbs and spices may also offer other health benefits. Thyme is a source of vitamin A, iron and manganese. This herb may also offer antioxidant and antimicrobial properties.

## **Peach and Berry Crisp**

### **Serves 16**

#### **Ingredients**

- 6 c. fresh or frozen sliced peaches, peeled and drained
- 2 c. fresh or frozen blueberries, raspberries, or blackberries
- 3-4 Tbsp. Splenda
- ½ tsp. ground nutmeg
- ¼ tsp. cinnamon
- ½ c. oatmeal
- 4 Tbsp. flour
- 2 Tbsp. packed brown sugar
- 2 Tbsp. reduced calorie margarine
- ¼ tsp. cinnamon

#### **Equipment**

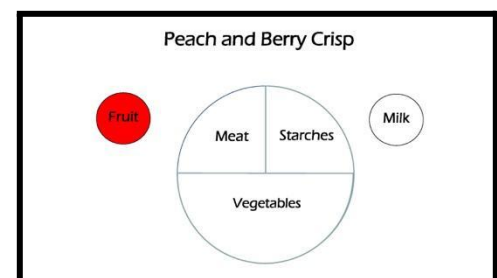
- 11" x 7" baking dish
- Small bowl
- Medium mixing bowl
- Measuring cups and spoons

#### **Directions**

1. Preheat the oven to 375°F.
2. Combine peaches and berries in an ungreased 11" x 7" baking dish.
3. Mix sweetener, nutmeg and cinnamon in small bowl; sprinkle over fruit and stir gently.
4. In medium bowl, mix oatmeal, flour, brown sugar, margarine, and cinnamon together; spread over fruit.
5. Bake uncovered, 35-40 minutes.



Nutrition Facts	
16 servings per container	
<b>Serving size</b>	<b>1/2 cup (81g)</b>
Amount per serving	
<b>Calories</b>	<b>60</b>
% Daily Value*	
<b>Total Fat</b> 1g	1%
Saturated Fat 0g	0%
Trans Fat 0g	
<b>Cholesterol</b> 0mg	0%
<b>Sodium</b> 10mg	0%
<b>Total Carbohydrate</b> 13g	5%
Dietary Fiber 1g	4%
Total Sugars 8g	
Includes 2g Added Sugars	4%
<b>Protein</b> 1g	
Vitamin D 0mcg	0%
Calcium 9mg	0%
Iron 0mg	0%
Potassium 139mg	2%
*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

### **Peach and Berry Crisp**

1. To save time on later preparation, slice fresh peach halves ahead and freeze. A little lemon juice prolongs the life of fresh cut produce.
2. Try substituting fresh raspberries or blackberries for the blueberries. Or mix two or three types of berries together for more color.
3. With only 1 carbohydrate exchange per serving, this makes a great low calorie treat.
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:**

##### ***Cinnamon and/or Nutmeg, dried/powdered –***

Use cinnamon and nutmeg in both sweet and savory dishes: mixed into meats, sprinkled on vegetables (i.e. sweet potatoes, squash) and/or stirred into warm or cold beverages.

##### ***Possible Health Benefits:***

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



## Poor Man's Oatmeal Cookies

### Serves 21

#### Ingredients

- 1 c. regular rolled oats
- ½ c. packed brown sugar
- ¼ c. Splenda
- ½ c. flour
- ⅛ tsp. salt
- ½ tsp. baking soda
- ⅛ c. hot water
- ¼ c. margarine, melted and cooled
- ½ tsp. vanilla extract or flavoring
- Cooking spray

#### Equipment

- Measuring cups and spoons
- 2 mixing bowls
- Cookie sheet

#### Directions

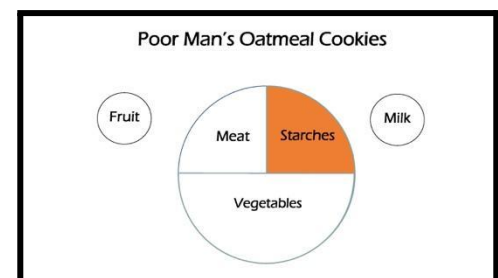
- 1 Preheat the oven to 350° F and spray the cookie sheet.
2. In a large mixing bowl, combine oats, sugars, flour, and salt.
3. In a small bowl, combine baking soda and water, melted margarine, and vanilla; stir into oat mixture.
4. Roll into walnut sized balls and place on prepared cookie sheet.
- 5.. Bake for 10 minutes or until golden brown.
6. Remove from oven and let cool for 2 minutes before placing on the cooling rack.



#### **Nutrition Facts**

21 servings per container	
<b>Serving size</b>	<b>1 cookie (17g)</b>
<b>Amount per serving</b>	
<b>Calories</b>	<b>60</b>
<b>% Daily Value*</b>	
<b>Total Fat</b> 2g	<b>3%</b>
Saturated Fat 0g	<b>0%</b>
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 65mg	<b>3%</b>
<b>Total Carbohydrate</b> 10g	<b>4%</b>
Dietary Fiber 0g	<b>0%</b>
Total Sugars 5g	
Includes 5g Added Sugars	<b>10%</b>
<b>Protein</b> 1g	
<b>Vitamin D</b> 0mcg	<b>0%</b>
<b>Calcium</b> 7mg	<b>0%</b>
<b>Iron</b> 0mg	<b>0%</b>
<b>Potassium</b> 25mg	<b>0%</b>

\*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**  
**Poor Man's Oatmeal Cookies**

1. This recipe tastes like the traditional oatmeal cookie but has fewer calories.
2. These cookies have no cholesterol and are low in saturated fat.
3. The small size helps to control portions.
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.

## **Raspberry-Filled Cookies**

### **Serves 24**

#### **Ingredients**

1/3 c. Splenda, granular  
 1/2 c. tub margarine (not light), softened  
 1 1/2 tsp. vanilla extract  
 1 egg white  
 1 c. all-purpose flour  
 2 Tbsp. cornstarch  
 1/4 tsp. baking powder  
 1/4 tsp. salt  
 1/3 c. reduced-sugar raspberry preserves  
 Cooking spray

#### **Glaze**

1/2 c. powdered sugar  
 2-3 tsp. lemon juice  
 1/4 tsp. almond extract (optional)

#### **Equipment**

Baking sheet	3 mixing bowls
Electric mixer	Small spoon
Measuring cups and spoons	Serrated knife

#### **Directions**

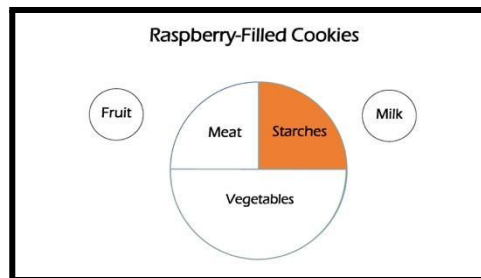
1. Preheat the oven to 375°F. Spray a baking sheet with cooking spray.
2. Beat Splenda and margarine with an electric mixer until well blended. Add vanilla extract and egg white; beat well. In a medium bowl, whisk together flour, cornstarch, baking powder, and salt. Add dry mixture to wet mixture, stirring well until blended. (Dough will be stiff). Divide dough into two equal portions.
3. Take 1 piece of dough and place on a baking sheet. Shape into a log, approximately 12 inches in length. Using index finger or handle of wooden spoon, form a 1/2 inch deep indentation down the length of the log. Repeat with the remaining piece of dough. Fill indentations with preserves and bake for 20 minutes. Let cool.
4. In a small bowl, combine all ingredients for glaze; stir until smooth.
5. Remove cooled logs; drizzle with glaze. Cut each log diagonally into 12 pieces.



#### **Nutrition Facts**

24 servings per container	
<b>Serving size</b>	<b>1 cookie (19g)</b>
<b>Amount per serving</b>	
<b>Calories</b>	<b>70</b>
<b>% Daily Value*</b>	
<b>Total Fat</b> 3g	<b>4%</b>
Saturated Fat 0g	0%
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 70mg	<b>3%</b>
<b>Total Carbohydrate</b> 9g	<b>3%</b>
Dietary Fiber 0g	0%
Total Sugars 4g	
Includes 2g Added Sugars	4%
<b>Protein</b> 1g	
Vitamin D 0mcg	0%
Calcium 3mg	0%
Iron 0mg	0%
Potassium 10mg	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**

### **Raspberry-Filled Cookies**

1. Dry ingredients can be mixed ahead of time and stored in an airtight container or zip-top bag until preparation.
2. Use different kinds (colors) of jam to fill each log and then alternate cookies on a serving plate for an attractive presentation. Apricot or blueberry contrasts well with raspberry.
3. Vanilla extract can be substituted for almond extract in the glaze, if desired.
4. Light margarine is not recommended for this recipe. It will cause the cookie dough to spread excessively on the baking sheet, making it difficult to fill indentations with jam.
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.

## Strawberry Dessert

### Serves 8

#### Ingredients

- ½ purchased angel food cake (small)
- 1 box (4 servings) sugar-free strawberry gelatin
- ¾ c. boiling water
- 1-pint fresh strawberries
- 1 packet artificial sweetener
- ¾ c. (½ of 12-oz. can) evaporated skim milk, chilled
- Fresh strawberries for garnish

#### Equipment

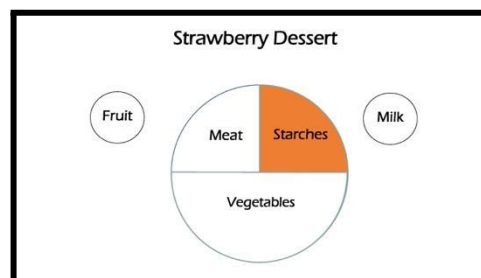
- Mixing bowl
- Blender
- 1½ qt. baking dish

#### Directions

1. Break angel food cake into bite size pieces in a large mixing bowl. Set aside.
2. Dissolve gelatin in boiling water; cool in the refrigerator for 30 minutes.
3. Wash strawberries; set aside 8 of the prettiest strawberries, leaving stems intact.
4. Stem and trim blemishes from remaining washed berries. Place in a blender with one packet of sweetener, chilled milk, and cooled gelatin. Process until well blended, light and fluffy.
5. Pour mixture over angel food cake pieces in a large mixing bowl; fold until cake pieces are coated. Pour into 1½ qt. baking dish. Cover with plastic wrap and chill until serving time.
6. To serve, cut into squares and garnish with strawberry
7. Fans made from reserved strawberries.



Nutrition Facts	
8 servings per container	
<b>Serving size</b>	<b>1 square (103g)</b>
<b>Amount per serving</b>	
<b>Calories</b>	<b>90</b>
	<b>% Daily Value*</b>
<b>Total Fat</b> 0g	<b>0%</b>
Saturated Fat 0g	0%
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 210mg	<b>9%</b>
<b>Total Carbohydrate</b> 18g	<b>7%</b>
Dietary Fiber 1g	4%
Total Sugars 5g	
Includes 0g Added Sugars	0%
<b>Protein</b> 3g	
Vitamin D 0mcg	0%
Calcium 94mg	8%
Iron 0mg	0%
Potassium 154mg	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.

## Talking Points

### Strawberry Dessert

1. This dessert is light and creamy and low in calories and fat.
2. Strawberry fans are made by using a paring knife and making slices from the bottom of the strawberry to the top without slicing all through the cap of the berry.
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:

##### ***Fresh Mint, finely chopped or Fresh Basil, chopped --***

Try adding 2 tablespoons of fresh, finely chopped mint. The mint flavor will complement the sweet of the strawberries, while the green mint color will contrast with the red berries.

(Mint can be used in savory dishes as well as desserts.)

***Fresh spearmint and peppermint*** contain beta-carotene, iron, manganese and vitamin C.

Mint has a unique flavor that can add great taste, as well as reduce sugar and salt in a recipe.

Or, you can use 2 tablespoons of fresh chopped basil.

***Basil*** is a good source of vitamin K, a nutrient important for bone health and blood clotting. Basil also contains beta-carotene (which the body can convert to Vitamin A).

Basil may offer cardiovascular and cognitive health benefits, may reduce inflammation and diabetes risk, and may inhibit the growth of foodborne bacteria.

***Anti-Inflammatory*** compounds fight against inflammation, which may cause 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.

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

You may find that you like the taste of these herbs, but need a stronger flavor. We recommend starting with a little taste, then add more to boost the taste.

## White-Chocolate Orange Pudding Serves 12

### Ingredients

3 c. cold skim milk  
2 boxes (4 servings each) sugar-free instant white chocolate pudding  
4 c. light whipped topping, thawed  
1½ tsp. grated orange peel

### Equipment

Mixing bowl  
Measuring cups and spoons  
Wire whisk  
Grater  
Gelatin mold or serving dish

### Directions

1. Pour milk into a large bowl and add pudding mix.
2. Beat with the wire whisk for 1 minute.
3. Gently fold in whipped topping and orange peel.
4. Spoon into mold or serving dish.
5. Refrigerate until ready to serve.



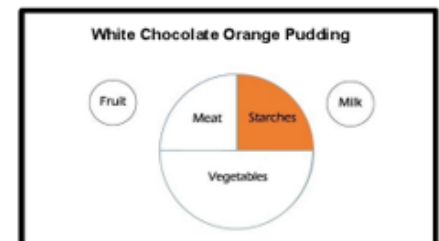
### **Nutrition Facts**

12 servings per container  
**Serving size** 1/3 cup (91g)

**Amount per serving**  
**Calories** **90**

	% Daily Value*
<b>Total Fat</b> 3g	<b>4%</b>
Saturated Fat 3g	15%
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 240mg	<b>10%</b>
<b>Total Carbohydrate</b> 15g	<b>5%</b>
Dietary Fiber 0g	0%
Total Sugars 6g	
Includes 0g Added Sugars	0%
<b>Protein</b> 2g	
Vitamin D 1mcg	6%
Calcium 79mg	6%
Iron 0mg	0%
Potassium 105mg	2%

\*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**  
**White-Chocolate Orange Pudding**

1. This recipe is easy and quick to make.
2. The milk provides some calcium.
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.



## **Holiday Recipe Index**

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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

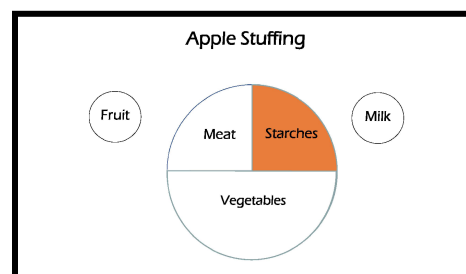
- 2 medium saucepans
- Large skillet
- Measuring cups and spoons

### 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	
<b>Serving size</b>	<b>(155g)</b>
Amount per serving	
<b>Calories</b>	<b>250</b>
% Daily Value*	
<b>Total Fat</b> 10g	<b>13%</b>
Saturated Fat 4g	<b>20%</b>
Trans Fat 0g	
<b>Cholesterol</b> 85mg	<b>28%</b>
<b>Sodium</b> 250mg	<b>11%</b>
<b>Total Carbohydrate</b> 15g	<b>5%</b>
Dietary Fiber 1g	<b>4%</b>
Total Sugars 7g	
Includes 0g Added Sugars	<b>0%</b>
<b>Protein</b> 22g	
<b>Vitamin D</b> 1mcg	<b>6%</b>
<b>Calcium</b> 95mg	<b>8%</b>
<b>Iron</b> 2mg	<b>10%</b>
<b>Potassium</b> 428mg	<b>10%</b>
*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

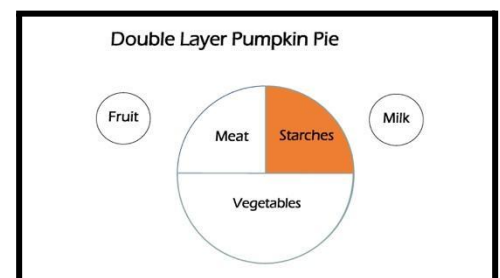
#### Directions

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	
<b>Serving size</b>	<b>1 slice (78g)</b>
<b>Amount per serving</b>	
<b>Calories</b>	<b>130</b>
% Daily Value*	
<b>Total Fat</b> 5g	<b>6%</b>
Saturated Fat 3g	<b>15%</b>
Trans Fat 0g	
<b>Cholesterol</b> 5mg	<b>2%</b>
<b>Sodium</b> 250mg	<b>11%</b>
<b>Total Carbohydrate</b> 18g	<b>7%</b>
Dietary Fiber 0g	<b>0%</b>
Total Sugars 6g	
Includes 0g Added Sugars	<b>0%</b>
<b>Protein</b> 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

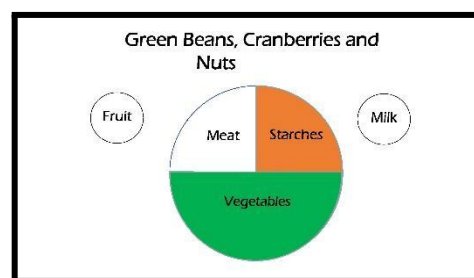
Medium saucepan  
Colander  
Measuring spoons

### 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	
<b>Calories</b>	<b>150</b>
% 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%
*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

### 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

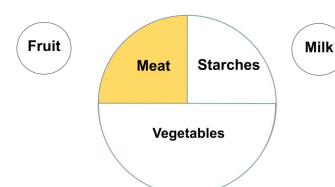
1. Wash hands with soap and water.
2. Do not rinse raw turkey breast.
3. Preheat the oven to 350°F.
4. Lightly spray a small roasting pan, casserole or baking dish with non-fat cooking spray.
5. Mix parsley, sage, rosemary, thyme, and garlic (scrubbed with a clean vegetable brush under running water 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	
<b>Serving size</b>	<b>3 oz (83g)</b>
<b>Amount per serving</b>	
<b>Calories</b>	<b>100</b>
<b>% Daily Value*</b>	
<b>Total Fat</b> 1.5g	<b>2%</b>
Saturated Fat 0g	<b>0%</b>
Trans Fat 0g	
<b>Cholesterol</b> 50mg	<b>17%</b>
<b>Sodium</b> 95mg	<b>4%</b>
<b>Total Carbohydrate</b> 1g	<b>0%</b>
Dietary Fiber 0g	<b>0%</b>
Total Sugars 0g	
Includes 0g Added Sugars	<b>0%</b>
<b>Protein</b> 20g	
Vitamin D 0mcg	<b>0%</b>
Calcium 23mg	<b>2%</b>
Iron 1mg	<b>6%</b>
Potassium 218mg	<b>4%</b>

\*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.

#### Herb Roasted Turkey Breast



## 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

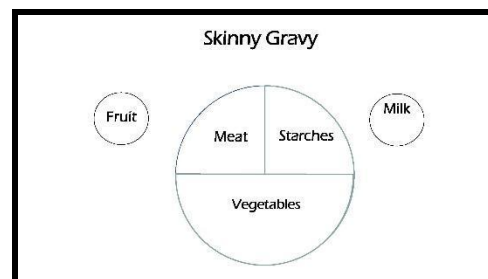


### **Directions**

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.

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

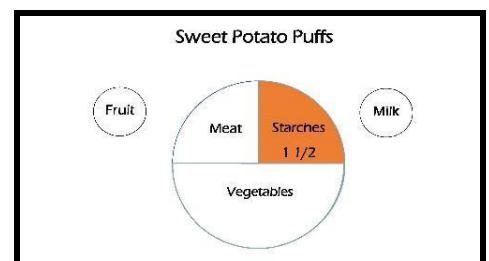
Medium saucepan  
 Colander  
 Large bowl  
 Potato masher or mixer  
 Measuring cups and spoons  
 Cookie or baking sheet

#### **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.



<b>Nutrition Facts</b>	
10 servings per container	
<b>Serving size</b>	<b>1 puff (69g)</b>
<b>Amount per serving</b>	
<b>Calories</b>	<b>80</b>
	<b>% Daily Value*</b>
<b>Total Fat</b> 2.5g	<b>3%</b>
Saturated Fat 0g	<b>0%</b>
Trans Fat 0g	
<b>Cholesterol</b> 20mg	<b>7%</b>
<b>Sodium</b> 25mg	<b>1%</b>
<b>Total Carbohydrate</b> 13g	<b>5%</b>
Dietary Fiber 2g	<b>7%</b>
Total Sugars 4g	
Includes 0g Added Sugars	<b>0%</b>
<b>Protein</b> 2g	
Vitamin D 0mcg	<b>0%</b>
Calcium 26mg	<b>2%</b>
Iron 1mg	<b>6%</b>
Potassium 287mg	<b>6%</b>
<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 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.*