

Simple Recipes for Healthy Living



*A Collection of Recipes from the
American Diabetes Association*

The logo for CCS Medical, featuring a stylized graphic of three overlapping diamond shapes above the text "CCS" and "MEDICAL" below it.

CCS
MEDICAL

Congratulations on Receiving your New Cookbook!

CCS Medical is honored to be a trusted resource for you. We always look for new ways to help our members. So, we are happy to bring you this exciting cookbook.

Lifestyle choices play a large role in managing a condition like diabetes. This can be challenging for someone who is newly diagnosed or someone who has dealt with the condition for many years. One important step is eating healthy, balanced meals. **CCS Medical** hopes this collection of recipes shows you healthy cooking can be simple.

The recipes in this cookbook were obtained from the American Diabetes Association. All of the recipes have one thing in common. They are easy to prepare and healthy! Nutrition content is also listed with each one.

Saving time is key with busy schedules today. We hope these simple recipes add new flavor to your cooking. So enjoy the appetizers. Try the main dishes. Share your favorites with your friends and family. We wish you good health and happy cooking!

Kristine A. Erdman RN, BSN, CDE, CPT
Manager, Corporate Diabetes Education

Please consult your certified diabetes educator or physician for an individualized meal plan and/or medical advice. The information and recipes in this cookbook should not replace the relationship you have with your healthcare professional. CCS Medical assumes no responsibility or liability for personal or other injury, loss, or damage that may result from the suggestions or information in this publication.

Table of Contents

Page

Appetizers and Beverages

Berry Frappe.....	1
Crab Cakes.....	2
Garlic Cheese Bites.....	3
Mini Margherita Pizza.....	4
Reuben Spread.....	5
Southern Spiced Tea.....	6
Tomato Bruschetta.....	7
Veggie-Stuffed Mushrooms.....	8

Breakfast

Broccoli-Cheese Omelet.....	9
Country Vegetable and Thyme Quiche.....	10
Peach Fizz Smoothie.....	11
Sausage and Hash Brown Casserole.....	12
Sticky Muffins.....	13

Soups and Salads

Bavarian Beef Stew.....	14
Cheese and Corn Chowder.....	15
Corn Salad.....	16
Dilly Cucumber.....	17
Ham and Bean Soup.....	18
Southwestern Chicken Salad.....	19
Tuna-Pasta Salad.....	20
Tuscan Orzo and White Bean Salad.....	21
White Chicken Chili.....	22

Table of Contents

Page

Main Dishes - Meat and Poultry

Beef Kabobs.....	23
Best Oven-Fried Chicken.....	24
Country-Fried Steak.....	25
Cranberry Pork Roast.....	26
Pepper Steak Oriental.....	27
Pork Tenderloin with Country Mustard Creamy Sauce.....	28
Quick Chicken Parmesan.....	29-30
Turkey Burgers.....	31

Main Dishes - Seafood

Codfish Florentine-Style.....	32-33
Lemon-Peppered Shrimp.....	34
No-Fry Fish Fry.....	35
Seared Salmon with Pineapple Salsa.....	36
Shrimp Jambalaya.....	37

Side Dishes

Broccoli and Toasted Nut Pilaf.....	38
Colorful Rice.....	39
Collard Greens.....	40
Marinated Coleslaw.....	41
Rice with Black Beans and Bacon.....	42
Saucy Green Beans and Cauliflower.....	43
Sautéed Kale with Garlic, Onions and Lemon.....	44
Simple Scalloped Potatoes.....	45

Table of Contents

Page

Desserts

Apple Crisp.....	46
Bread Pudding.....	47-48
Caramel Espresso Brownie.....	49
Chocolate Cookies.....	50
Fruit with Dip.....	51
No-Bake Key Lime Pie.....	52
Pumpkin Pie Snack Cake.....	53

Kids' Favorites

Aladdin's Pizza.....	54
Banana Pops.....	55
Egg 'N Muffin.....	56
Low-Fat Macaroni and Cheese.....	57
Pepper and Onion Quesadilla.....	58
Tuna Melts.....	59

Notes	60-61
--------------------	-------

<u>Alphabetical List of Recipes</u>	62
--	----

<u>Healthy Cooking Tips</u>	63
--	----

<u>About CCS Medical</u>	64
---------------------------------------	----

Berry Frappe

- ½ cup fresh berries
- 1 Tbsp sugar
- 1 cup fat-free milk
- 2 Tbsp nonfat dry milk powder
- 5 ice cubes

Servings 1

Serving Size: 1 recipe

1 Blend all ingredients until frothy.



Exchanges

Carbohydrate 1 ½

Fat-free milk 1

Calories 194

Total Fat 1 g

Saturated Fat 0 g

Calories from Fat 7

Cholesterol 6 mg

Sodium 176 mg

Carbohydrate 36 g

Dietary Fiber 2 g

Sugars 32 g

Protein 12 g

Crab Cakes

cooking spray
 ¼ cup onion, minced
 ¼ cup minced green bell pepper
 2 6-oz cans lump crabmeat, drained
 ½ cup bread crumbs
 1 egg
 1 egg white
 ½ tsp hot pepper sauce
 ½ tsp salt
 ¼ tsp ground black pepper
 1 Tbsp olive oil

Preparation Time

10 minutes

Servings 6

Serving Size: 1 cake

Exchanges

Starch	½
Lean Meat	1
Fat	½

Calories	114
-----------------	-----

Calories from Fat	36
-------------------	----

Total Fat	4 g
------------------	-----

Saturated Fat	1 g
---------------	-----

Cholesterol	70 mg
--------------------	-------

Sodium	425 mg
---------------	--------

Total Carbohydrate	8 g
---------------------------	-----

Dietary Fiber	0 g
---------------	-----

Sugars	1 g
--------	-----

Protein	11 g
----------------	------

- Coat a small nonstick skillet with cooking spray over medium-high heat. Add onion and green pepper and sauté 2-3 minutes or until onion is clear. Set aside to cool.
- In a medium bowl, combine crabmeat, bread crumbs, egg, egg white, hot pepper sauce, salt and pepper. Mix well. Stir in cooled onion and green pepper.
- Form crab mixture into ½-inch-thick patties with your hands using a heaping ¼ cup mixture for each patty.
- Add oil and a generous amount of cooking spray to a large nonstick skillet over medium-high heat. Fry crab cakes about 4-5 minutes on each side or until golden brown.
- If desired, serve each crab cake over a bed of Wilted Lettuce Salad (see recipe, page 9).

Garlic Cheese Bites

- 5 ¾-oz refrigerator biscuits
- 2 oz part-skim string cheese
(2 mozzarella sticks)
- ⅛ tsp garlic powder

Servings 1

Serving Size:
1 cheese bite

- 1** Heat oven to 400° F. With palm of hand, flatten each biscuit on cutting board. Cut a 2-inch piece of cheese.
- 2** Place cheese piece in center of biscuit and roll up to seal edges tightly. Sprinkle each biscuit with garlic powder.
- 3** Place biscuits on nonstick baking sheet and bake 10–12 minutes or until light brown.

Exchanges

Starch	½
Fat	½

Calories	79
Calories from Fat	22

Total Fat	2 g
Saturated Fat	1 g

Cholesterol	6 mg
--------------------	------

Sodium	233 mg
---------------	--------

Carbohydrate	10 g
Dietary Fiber	0 g

Sugars	1 g
--------	-----

Protein	4 g
----------------	-----

Mini Margherita Pizza

- 4 eight-inch flour tortillas*
- nonstick cooking spray*
- ¼ tsp dried oregano*
- ¼ tsp garlic powder*
- 3 medium plum tomatoes, thinly sliced (about ¾ lb)
- 2 Tbsp chopped fresh basil leaves
- ½ cup (2 oz) shredded real mozzarella cheese

- 1 Preheat the oven to 350° F.
- 2 Lightly spray both sides of the tortillas with cooking spray and place on rimmed baking sheets. Bake for 5 to 6 minutes per side or until crisp. Remove from the oven and sprinkle with oregano and garlic powder.
- 3 Layer the tortillas with tomato slices, basil and mozzarella cheese. Return to the oven and bake for 5 to 6 minutes or until the cheese is melted. Cut each tortilla into 8 wedges and serve.

Servings 16

Serving Size: 2 wedges

Exchanges

Starch _____ ½

Calories _____ 50

Total Fat _____ 2 g

Saturated Fat _____ 0.7 g

Calories from Fat _____ 15

Cholesterol _____ 3 mg

Sodium _____ 87 mg

Total Carbohydrate _____ 7 g

Dietary Fiber _____ 1 g

Sugars _____ 1 g

Protein _____ 2 g

* To make this recipe gluten-free, use corn-flour tortillas, nonstick cooking spray with no flour added and seasonings with no added starch from a gluten-containing source.

Reuben Spread

Clarice Williams, Fairbank, IA Julie McKenzie, Punxsutawney, PA

- ½ lb corned beef, shredded or chopped,
all visible fat removed
- 16-oz can sauerkraut, well drained
- 1 cup shredded Swiss cheese
- 1 cup shredded cheddar cheese
- 1 cup mayonnaise
- Thousand Island dressing, optional

Makes 52 Servings

(Ideal slow cooker
size: 3-quart)

- 1** Combine all ingredients except Thousand Island dressing in slow cooker. Mix well.
- 2** Cover. Cook on High 1-2 hours until heated through, stirring occasionally.
- 3** Turn to Low and keep warm in cooker while serving. Put spread on bread slices. Top individual servings with Thousand Island dressing, if desired.

Exchanges

Fat _____ 1

Calories _____ 58

Calories from Fat _____ 49

Total Fat _____ 5 g

Saturated Fat _____ 1.5 g

Polyunsaturated Fat _____ 1.9 g

Monounsaturated Fat _____ 1.6 g

Cholesterol _____ 10 mg

Sodium _____ 113 mg

Total Carbohydrate _____ 1 g

Dietary Fiber _____ 0 g

Sugars _____ 0 g

Protein _____ 2 g

Southern Spiced Tea

6 cups boiling water
 3 Tbsp black tea
 1 cinnamon stick
 1 cup orange juice
 2 Tbsp lemon juice
 ½ cup sugar

Preparation Time

10 minutes

Servings 8

Serving Size: 1 cup

- 1 Pour the boiling water over the tea and cinnamon. Steep for 10 minutes.
- 2 Strain the tea and add the remaining ingredients. The tea can be served hot or cold.

Exchanges

Carbohydrate _____ 1

Calories _____ 63

Total Fat _____ 0 g

Saturated Fat _____ 0 g

Calories from Fat _____ 0

Cholesterol _____ 0 mg

Sodium _____ 1 mg

Carbohydrate _____ 16 g

Dietary Fiber _____ 0 g

Sugars _____ 16 g

Protein _____ 0 g

Tomato Bruschetta

¼ cup seeded and diced tomatoes
 1 tsp fresh, chopped basil
 salt to taste
 freshly ground black pepper
 2 Tbsp extra virgin olive oil
 12 French bread slices
 2 cloves garlic

Preparation Time

10 minutes

Cooking Time

5 minutes

Servings 12

Serving Size: about 1 slice of bruschetta

- 1 In a mixing bowl, combine the tomatoes, basil, salt, pepper and 1 Tbsp olive oil and set aside.
- 2 Toast the bread on both sides in a toaster oven, under the broiler, or on the grill.
- 3 While the toasted slices are still warm, rub them with garlic and drizzle them with the remaining olive oil on one side.
- 4 Put a dollop of the tomato mixture on each slice of bruschetta and serve.

Exchanges

Starch 1
 Fat ½

Calories 99

Calories from Fat 28

Total Fat 3 g

Saturated Fat 0.5 g

Trans Fat 0.0 g

Polyunsaturated Fat 0.4 g

Monounsaturated Fat 2.0 g

Cholesterol 0 mg

Sodium 173 mg

Total Carbohydrate 15 g

Dietary Fiber 1 g

Sugars 0 g

Protein 3 g

Veggie-Stuffed Mushrooms

12 large mushrooms (about $\frac{3}{4}$ lb)

1 Tbsp olive oil

2 small zucchini, shredded
(about $\frac{1}{2}$ lb)

$\frac{1}{2}$ small onion, finely chopped

$\frac{1}{2}$ red bell pepper, finely chopped

$\frac{1}{4}$ cup plain bread crumbs*

$\frac{1}{2}$ tsp garlic powder*

$\frac{1}{4}$ tsp salt

$\frac{1}{4}$ tsp black pepper

Servings 6

Serving Size: 2 mushrooms

Exchanges

Vegetable..... 1

Fat..... $\frac{1}{2}$

Calories..... 65

Calories from Fat..... 26

Total Fat..... 3 g

Saturated Fat..... 0.4 g

Cholesterol..... 0 mg

Sodium..... 136 mg

Total Carbohydrate..... 9 g

Dietary Fiber..... 2 g

Sugars..... 3 g

Protein..... 2 g

1 Preheat the oven to 350° F.

2 Remove the mushroom stems from the caps; finely chop the stems.

3 In a large skillet, heat the oil over medium heat. Add the mushroom stems, zucchini, onion and bell pepper. Sauté the vegetables until tender, about 5 minutes. Add the bread crumbs, garlic powder, salt and black pepper.

4 Stuff each mushroom cap with the vegetable mixture and place on a large, ungreased, rimmed baking sheet. Bake for 20 to 25 minutes or until the mushrooms are tender and heated through. Serve immediately.

* To make this a gluten-free recipe, use a gluten-free bread crumb product and seasonings with no added starch from a gluten-containing source.

Broccoli-Cheese Omelette

- 1 Tbsp olive oil
- 2 cups chopped broccoli florets
- ¼ cup chopped onion
- 3 large eggs, plus 4 large egg whites
- ½ tsp dried basil leaves
- salt to taste (optional)
- ⅛ tsp pepper
- ½ cup reduced-fat shredded cheddar cheese
- 4 2-oz whole-wheat luncheon rolls

Preparation Time

6 minutes

Servings 4

Serving Size:

¼ of omelette

Exchanges

Starch	2
Medium-Fat Meat	1
Fat	1

Calories 280

Calories from Fat 107

Total Fat 12 g

Saturated Fat 4 g

Cholesterol 170 mg

Sodium 476 mg

Total Carbohydrate 27 g

Dietary Fiber 3 g

Sugars 5 g

Protein 16 g

- 1** In a large nonstick skillet with sloping sides, combine the oil, broccoli and onion. Cook over medium heat, stirring frequently, until the onion is tender, about 5 or 6 minutes.
- 2** Meanwhile, place the eggs and egg whites in a medium bowl. With a fork, beat in the basil, salt, if desired and pepper.
- 3** When the onion is tender, add the eggs to the pan, tipping the pan so that the egg mixture covers the entire bottom. Cook over medium heat for 2 minutes. Sprinkle the cheese over the top of the egg mixture. Cover and cook an additional 3 or 4 minutes or until the eggs are set.
- 4** With a plastic spatula, cut the omelette into four servings and transfer the servings to plates. Serve with luncheon rolls.

Country Vegetable and Thyme Quiche

- 1 lb frozen corn and vegetable blend (or your favorite vegetable blend), thawed
- ½ tsp dried thyme
- ¼ tsp salt
- ¼ tsp black pepper
- 1 ½ cups egg substitute
- ½ cup shredded, reduced-fat, sharp cheddar cheese

Preparation Time

5 minutes

Cooking Time

35 minutes

Stand Time

10 minutes

Servings 4

Serving Size: ¼ recipe

- 1 Preheat the oven to 350° F.
- 2 Coat a 9-inch deep-dish pie pan with nonstick cooking spray. Place the vegetables in the pan and sprinkle them evenly with thyme, salt and pepper. Pour egg substitute over the vegetables and bake 35 minutes or until just set.
- 3 Remove the quiche from the oven, sprinkle evenly with the cheese and let stand 10 minutes to melt the cheese and let the quiche set.

Exchanges

Starch	1
Lean Meat	2

Calories 153

Calories from Fat 29

Total Fat 3 g

Saturated Fat 2 g

Cholesterol 10 mg

Sodium 501 mg

Total Carbohydrate 17 g

Dietary Fiber 3 g

Sugars 5 g

Protein 16 g

Peach Fizz Smoothie

- 1 cup reduced-fat artificially sweetened vanilla ice cream
- 1 cup frozen unsweetened peach slices
- 1 12-oz can diet ginger ale
- 1 ½ Tbsp sugar
- 1 tsp vanilla

Servings 4
Serving Size: ¾ cup

1 Blend all ingredients until smooth.



Exchanges

Carbohydrate	1
Calories	83
Calories from Fat	21
Total Fat	2 g
Saturated Fat	1 g
Cholesterol	13 mg
Sodium	42 mg
Carbohydrate	14 g
Dietary Fiber	1 g
Sugars	11 g
Protein	2 g

Sausage and Hash Brown Casserole

- 6 oz 50% less fat breakfast pork sausage
- 1 lb frozen country-style hash brown potatoes
- 1 medium yellow onion, finely chopped
- 1 10 ¾-oz can 98% fat-free cream of chicken soup
- ½ cup fat-free half-and-half or evaporated milk
- ½ cup shredded reduced-fat sharp cheddar cheese
- ¼ tsp black pepper
- paprika
- 2 Tbsp chopped parsley leaves

Servings 4

Serving Size:
1 ¼ cups

Exchanges

Medium-Fat Meat	2
Fat	½
Carbohydrate	2

Calories	317
Calories from Fat	129
Total Fat	14 g
Saturated Fat	5 g
Cholesterol	47 mg
Sodium	748 mg
Total Carbohydrate	34 g
Dietary Fiber	2 g
Sugars	6 g
Protein	16 g

- 1 Preheat oven to 350° F.
- 2 Place a 12-inch ovenproof skillet over medium high heat until hot. Cook sausage 2-3 minutes or until browned and crumbled. Drain sausage on paper towels.
- 3 Add potatoes, onion, soup, milk, cheese and black pepper to skillet. Sprinkle sausage and paprika evenly over all.
- 4 Cover tightly and bake 30 minutes or until cheese melts. Remove from oven, sprinkle with parsley and let stand 5 minutes to allow flavors to blend.

Sticky Muffins

4 uncooked refrigerator biscuits
($\frac{3}{4}$ oz each)

2 Tbsp reduced-sugar orange
marmalade

Servings 2

Serving Size: 2 muffins

- 1 Heat oven to 375° F. Spray 4-muffin tin with nonstick cooking spray.
- 2 In a small bowl, tear biscuit dough into small pieces. Stir in orange marmalade until pieces are slightly coated on all sides.
- 3 Spoon pieces into muffin cups, filling $\frac{2}{3}$ full. Bake 15 minutes until puffed and light brown. Add 1 Tbsp raisins or dried cranberries for more fiber.

Exchanges

Starch..... 1 $\frac{1}{2}$

Calories..... 125

Calories from Fat..... 13

Total Fat..... 1 g

Saturated Fat..... 0 g

Cholesterol..... 0 mg

Sodium..... 371 mg

Carbohydrate..... 26 g

Dietary Fiber..... 1 g

Sugars..... 7 g

Protein..... 2 g

Bavarian Beef Stew

- 1 lb stew beef, trimmed of fat, cubed
- 1 15-oz can low-sodium or regular tomato sauce
- 1 cup canned sauerkraut
- 1 large onion, chopped
- 15 baby carrots
- 2 celery stalks
- 1 ½ Tbsp sugar
- 1 ½ tsp caraway seeds
- ⅛ tsp black pepper
- 5 oz (about 1 ½ cups) eggless egg noodles

- 1 In a 2-quart or larger slow cooker, combine the beef, tomato sauce, sauerkraut, onion, carrots, celery, sugar, caraway seeds and pepper.
- 2 Cover and cook on high setting 1 hour. Reduce heat and cook on low setting for 4 or 5 hours.
- 3 Cook the noodles according to package directions. Serve the beef and vegetables over noodles.

Preparation Time

18 minutes

Servings 5

Serving Size: 1 cup, plus
1 oz noodles

Exchanges

Starch.....	1 ½
Lean Meat.....	2
Vegetable.....	3

Calories	313
Calories from Fat.....	51

Total Fat	6 g
Saturated Fat.....	2 g

Cholesterol	54 mg
--------------------------	-------

Sodium	433 mg
---------------------	--------

Carbohydrate	39 g
Dietary Fiber.....	6 g

Sugars.....	15 g
-------------	------

Protein	26 g
----------------------	------

Cheese and Corn Chowder

Loretta Krahn, Mt. Lake, MN

Servings 8

(Ideal slow cooker

size: 4-quart)

- ¾ cup water
- ½ cup chopped onions
- 1 ½ cups sliced carrots
- 1 ½ cups chopped celery
- ¼ tsp salt
- ½ tsp pepper
- 15 ¼-oz can whole-kernel corn,
drained
- 15-oz can no-added-salt cream-
style corn
- 1 ½ cups fat-free milk
- 1 ½ cups fat-free half-and-half
- 1 cup grated fat-free cheddar cheese

- 1** Combine water, onions, carrots, celery, salt and pepper in slow cooker.
- 2** Cover. Cook on High 4–6 hours.
- 3** Add corn, milk, half-and-half and cheese. Heat on High 1 hour and then turn to Low until you are ready to eat.

Exchanges

Starch	1
Milk, fat-free	1

Calories 168

Calories from Fat 29

Total Fat 3 g

Saturated Fat 1.3 g

Polyunsaturated Fat 0.4 g

Monounsaturated Fat 0.9 g

Cholesterol 12 mg

Sodium 391 mg

Total Carbohydrate 26 g

Dietary Fiber 3 g

Sugars 13 g

Protein 11 g

Corn Salad

- 1 cup corn, fresh or frozen
- ½ cup chopped red bell pepper
- ½ cup chopped green bell pepper
- ¼ cup finely chopped onion
- 1 tomato, chopped
- 1 Tbsp olive oil
- 1 Tbsp lime juice
- ground black pepper, to taste

Servings 4

Serving Size: ½ cup

1 Mix all ingredients well and refrigerate 30 minutes before serving.

Exchanges

Starch	1
Fat	½

Calories 82

Calories from Fat 31

Total Fat 3 g

Saturated Fat 1 g

Cholesterol 0 mg

Sodium 7 mg

Carbohydrate 13 g

Dietary Fiber 2 g

Sugars 3 g

Protein 2 g



Dilly Cucumber

- 1 small cucumber, peeled and sliced
- 1 Tbsp chopped green onion
- 1 tsp chopped pimiento
- 2 Tbsp fat-free Italian dressing
- ½ tsp dried dill

Servings 1

Serving Size: 1 recipe

- 1 Combine all ingredients and chill at least 2 hours.



Exchanges

Vegetable _____ 1

Calories _____ 32

Calories from Fat _____ 1

Total Fat _____ 0 g

Saturated Fat _____ 0 g

Cholesterol _____ 0 mg

Sodium _____ 314 mg

Carbohydrate _____ 7 g

Dietary Fiber _____ 1 g

Sugars _____ 5 g

Protein _____ 1 g

Ham and Bean Soup

- 1 large onion, chopped
- 3 large celery stalks, minced
- 1 tsp minced garlic
- 1 Tbsp olive oil
- 3 cups fat-free, low-sodium, or regular chicken broth, divided
- 1 19-oz can cannellini beans, rinsed and well drained
- 1 15-oz can chunky Italian-style tomato sauce
- ½ lb low-fat ham, cut into small pieces
- ¾ oz uncooked angel hair pasta, broken into 2-inch pieces (about 1/3 cup)
- salt to taste (optional)

1 In a small Dutch oven or similar pot, combine the onion, celery, garlic, oil and ¼ cup broth. Cook over medium-high heat, stirring frequently, 6 or 7 minutes, or until the onion is tender.

2 Add the remaining broth, beans, tomato sauce and ham. Bring to a boil over high heat. Reduce the heat and simmer, uncovered, stirring occasionally, 15 minutes.

3 Bring the soup to a boil. Stir in the pasta. Reduce the heat and cook at a low boil 4 to 5 minutes until the pasta is tender. Add salt, if desired.

Preparation Time

20 minutes

Servings 7

Serving Size: 1 cup

Exchanges

Starch	1
Lean Meat	1
Vegetable	2

Calories 171

Calories from Fat 31

Total Fat 3 g

Saturated Fat 1 g

Cholesterol 16 mg

Sodium 1045 mg

Total Carbohydrate 24 g

Dietary Fiber 5 g

Sugars 7 g

Protein 13 g

Southwestern Chicken Salad

Salad

- 1 cup cooked corn kernels
- 1 cup diced tomatoes
- 1 cup green peas, frozen and thawed
- ½ cup each sliced red and green pepper
- ⅓ cup canned black beans, drained
- 2 cups cooked, cubed chicken breast

Dressing

- 1 Tbsp olive oil
- ¼ cup lime juice
- 2 tsp cumin
- 1 Tbsp chopped cilantro
- 2 tsp chili powder
- 1 tsp oregano

- 1 Combine all salad ingredients. In a blender or food processor, blend all dressing ingredients. Toss the dressing with the salad and serve.

Preparation Time

10 minutes

Servings 6

Serving Size: 1 cup

Exchanges

Starch	1
Very Lean Meat	2
Monounsaturated Fat	½

Calories	181
Calories from Fat	55

Total Fat	6 g
Saturated Fat	1 g

Cholesterol 42 mg

Sodium 94 mg

Carbohydrate 16 g

Dietary Fiber 4 g

Sugars 4 g

Protein 17 g

Tuna-Pasta Salad

5 oz (about 1 ½ cups) ziti or other medium tube-shaped pasta, cooked according to package directions

3 medium celery stalks, diced moderately fine

2 medium carrots, diced moderately fine

1 cup small cauliflower florets

1 cup grape tomatoes

2 Tbsp chopped fresh chives or finely chopped green onion (optional)

2 6-oz cans water-packed, solid white albacore tuna, well drained

Dressing

⅓ cup apple cider vinegar or to taste

2 ½ Tbsp olive oil

¾ tsp celery salt

¼ tsp black pepper

1 In a very large non-reactive bowl stir together the cooked pasta, celery, carrots, cauliflower, tomatoes and chives (or green onion), if using. Add the tuna, being careful not to break it up too much.

2 In a small non-reactive bowl, stir together the vinegar, oil, celery salt and pepper until well blended. Pour the dressing over the salad, tossing until evenly incorporated.

Preparation Time

15 minutes

Servings 10

Serving Size: 1 cup

Exchanges

Starch	1
Very Lean Meat	1
Vegetable	1
Fat	½

Calories 147

Calories from Fat 33

Total Fat 4 g

Saturated Fat 1 g

Cholesterol 9 mg

Sodium 230 mg

Total Carbohydrate 18 g

Dietary Fiber 2 g

Sugars 4 g

Protein 11 g

Tuscan Orzo and White Bean Salad

- 6 oz uncooked dry orzo pasta
- 12 kalamata olives, pitted and coarsely chopped
- 3 Tbsp capers, drained
- 2 Tbsp finely chopped parsley
- 2 Tbsp cider vinegar
- 2 Tbsp extra virgin olive oil
- 1 Tbsp dried basil leaves
- 1 garlic clove, minced
- 1 15.5-oz can navy beans
- 4 romaine lettuce leaves

Servings 4

Serving Size: 1 cup

Exchanges

Starch..... 3 ½

Fat..... 1 ½

Calories..... 342

Calories from Fat..... 81

Total Fat..... 9 g

Saturated Fat..... 1 g

Cholesterol..... 0 mg

Sodium..... 438 mg

Carbohydrate..... 53 g

Dietary Fiber..... 7 g

Sugars..... 4 g

Protein..... 12 g

- 1 Cook pasta according to directions on package, omitting any salt or fats.
- 2 Meanwhile, in a medium mixing bowl, combine olives, capers, parsley, vinegar, oil, basil and garlic.
- 3 Place beans in a colander and drain cooked pasta and water over beans. Run pasta mixture under cool water until completely cooled.
- 4 Shake off excess liquid and add pasta and beans to olive mixture. Mix gently, yet thoroughly.
- 5 Place a lettuce leaf on each plate and top each with 1 cup pasta mixture.

White Chicken Chili

cooking spray

1 lb boneless, skinless chicken breasts,
cut into 1-inch cubes

1 medium onion, finely diced

2 medium carrots, finely diced

3 garlic cloves, minced

2 15.5-oz cans Great Northern Beans,
undrained

1 cup fat-free, reduced-sodium
chicken broth

1 4-oz can mild green chilies, diced

½ tsp ground black pepper

1 Coat a large soup pot with cooking spray. Add chicken and cook over medium-high heat until lightly brown. Remove chicken from pan and set aside.

2 Spray pan again with cooking spray. Sauté onion and carrots about 4 minutes until onion turns clear.

3 Add all remaining ingredients and chicken and stir. Bring to a boil, reduce heat and simmer 15 minutes.

Preparation Time

10 minutes

Servings 7

Serving Size: 1 cup

Exchanges

Starch..... 1

Vegetable..... 1

Very Lean Meat..... 3

Calories..... 210

Calories from Fat..... 24

Total Fat..... 3 g

Saturated Fat..... 1 g

Cholesterol..... 39 mg

Sodium..... 588 mg

Total Carbohydrate..... 21 g

Dietary Fiber..... 6 g

Sugars..... 5 g

Protein..... 22 g

Beef Kabobs

South America

- 1 ½ lb beef top sirloin, cut into 24 pieces
- 1 cup white or apple cider vinegar
- ½ cup water
- 1-2 chile peppers, chopped fine,
as mild or hot as you like
- ¼ tsp chile powder
- 3 garlic cloves, crushed
- ½ tsp salt
- ⅛ tsp black pepper
- 2 Tbsp olive oil

Servings 6

Serving Size: 1 kabob

- 1 Combine all ingredients in a large zippered plastic bag. Refrigerate at least 1 hour or overnight, turning bag occasionally.
- 2 Place 4 pieces of meat on each of 6 skewers and grill or broil about 6 inches from the heat source for 10-15 minutes, turning kabobs frequently.

Exchanges

Lean Meat 3

Calories 150

Calories from Fat 53

Total Fat 6 g

Saturated Fat 2 g

Cholesterol 64 mg

Sodium 100 mg

Carbohydrate 1 g

Dietary Fiber 0 g

Sugars 0 g

Protein 22 g

Best Oven-Fried Chicken

- 1 cup bread crumbs
- ¼ cup Parmesan cheese
- 1 tsp garlic powder
- 1 tsp onion powder
- 1 tsp minced fresh thyme
- ½ tsp minced fresh oregano
- 1 tsp minced fresh basil
- 2 tsp paprika
- fresh ground pepper and salt to taste
- 2 eggs
- 2 egg whites
- 1 tsp hot pepper sauce
- 1 ½ lb boneless, skinless chicken breasts, halved
- 3 Tbsp olive oil

1 Preheat the oven to 350° F. Combine the bread crumbs, Parmesan cheese and spices in a plastic bag. In a shallow bowl, beat the eggs and egg whites. Add the hot pepper sauce. Dip each chicken breast into the beaten eggs. Roll in the bread crumb mixture.

2 Spread the chicken breasts out on a cookie sheet. Drizzle olive oil on each chicken breast. Bake the chicken for 30–35 minutes until no traces of pink remain.

Preparation Time

15 minutes

Servings 6

Serving Size: 3–4 oz

Exchanges

Starch..... 1

Lean Meat..... 4

Calories..... 311

Calories from Fat..... 120

Total Fat..... 13 g

Saturated Fat..... 3 g

Cholesterol..... 142 mg

Sodium..... 343 mg

Carbohydrate..... 14 g

Dietary Fiber..... 1 g

Sugars..... 1 g

Protein..... 32 g

Country-Fried Steak

1 lb lean boneless top round of beef
salt to taste (optional)
pepper to taste (optional)
1 Tbsp olive oil
2 medium onions, chopped
1 green bell pepper, seeded
and chopped
1 clove garlic, chopped
2 Tbsp flour
½ tsp Kitchen Bouquet®
½ cup water
½ cup stewed tomatoes

Preparation Time

20 minutes

Servings 6

Serving Size: 1 steak

Exchanges

Vegetable 2
Lean Meat 2
Fat ½

Calories 178

Calories from Fat 61

Total Fat 7 g

Saturated Fat 3 g

Cholesterol 45 mg

Sodium 156 mg

Carbohydrate 11 g

Dietary Fiber 1 g

Sugars 5 g

Protein 18 g

1 Cut the beef into 6 serving pieces. Place the pieces between sheets of waxed paper and pound with a mallet. Season the beef with salt and pepper.

2 Heat the oil in a large skillet and sauté the onion, green pepper, and garlic for 5 minutes. Push to the side of the skillet and brown the beef quickly on both sides. Stir in flour and enough Kitchen Bouquet to make the gravy a desired color.

3 Add water and stir as the gravy thickens. Add stewed tomatoes, cover and cook until beef is tender, about 30 minutes.

Cranberry Pork Roast

Barbara Aston, Ashdown, AR

- 2 ¾ lb boneless pork roast,
trimmed of fat
- pepper to taste
- 1 cup ground or finely chopped,
cranberries
- 3 Tbsp honey
- 1 tsp grated orange peel
- ¼ tsp ground cloves
- ¼ tsp ground nutmeg

- 1** Sprinkle roast with pepper.
Place in slow cooker.
- 2** Combine remaining ingredients.
Pour over roast.
- 3** Cover. Cook on Low 8–10 hours.

Servings 9

(Ideal slow cooker size:
4-quart)

You may want to add a little salt to this recipe if you generally use it in your diet.

Exchanges

Carbohydrate	0.5
Lean Meat	3.0

Calories 214

Calories from Fat 81

Total Fat 9 g

Saturated Fat 3.5 g

Polyunsaturated Fat 0.6 g

Monounsaturated Fat 4.3 g

Cholesterol 63 mg

Sodium 37 mg

Total Carbohydrate 7 g

Dietary Fiber 1 g

Sugars 7 g

Protein 25 g

Pepper Steak Oriental

Donna Lantgen, Rapid City, SD

1 lb round steak, trimmed of fat,
sliced thin

3 Tbsp light soy sauce

½ tsp ground ginger

1 garlic clove, minced

1 medium green pepper,
thinly sliced

4-oz can mushrooms, drained,
or 1 cup fresh mushrooms

1 medium onion, thinly sliced

½ tsp crushed red pepper

- 1 Combine all ingredients in slow cooker.
- 2 Cover. Cook on Low 6-8 hours.
- 3 Serve as steak sandwiches topped with provolone cheese or over rice.

Servings 6

(Ideal slow cooker
size: 4-quart)

Exchanges

Vegetable	1
Lean Meat	2

Calories 122

Calories from Fat 32

Total Fat 4 g

Saturated Fat 1.2 g

Polyunsaturated Fat 0.2 g

Monounsaturated Fat 1.5 g

Cholesterol 43 mg

Sodium 368 mg

Total Carbohydrate 6 g

Dietary Fiber 2 g

Sugars 3 g

Protein 16 g

Pork Tenderloin with Country Mustard Creamy Sauce

- 2 tsp olive oil
- 1 ½ lb pork tenderloin, cut into 3- to 4-oz fillets
- 1 cup diced onion
- 1 12-oz can evaporated skim milk
- 2 Tbsp coarse Dijon mustard
- 2 tsp fresh chopped rosemary
- 2 tsp minced chives
- ¼ cup minced parsley
- fresh ground pepper to taste

Preparation Time

10 minutes

Serving 6

Serving Size: 3-4 oz pork with ¼ cup sauce

1 In a large skillet over medium heat, heat the olive oil. Add the pork slices and sauté on each side for 6-7 minutes until no pink remains. Remove the pork from the skillet.

2 In the pan drippings, sauté the onion for 10 minutes. Add the evaporated milk, mustard and rosemary. Bring to a boil, then lower the heat to simmer. Add the pork and simmer for 5 minutes. Add the chives and parsley. Grind in the pepper and simmer for 3 more minutes.

Exchanges

Very Lean Meat	4
Starch	½
Monounsaturated Fat	½

Calories	212
-----------------	-----

Calories from Fat	54
-------------------	----

Total Fat	6 g
------------------	-----

Saturated Fat	2 g
---------------	-----

Cholesterol	68 mg
--------------------	-------

Sodium	177 mg
---------------	--------

Carbohydrate	10 g
---------------------	------

Dietary Fiber	1 g
---------------	-----

Sugars	7 g
--------	-----

Protein	28 g
----------------	------

Quick Chicken Parmesan

- 2 boneless chicken cutlets,
about 4 oz each
- 2 tsp olive oil
- salt to taste
- freshly ground black pepper
- ¼ tsp dried oregano
- flour for dredging
- 1 cup no-salt-added tomato sauce
- 1 Tbsp freshly grated
Parmesan cheese
- 1 Tbsp fat-free shredded
mozzarella cheese

- 1 Preheat the oven to 375° F.
- 2 Lay the chicken cutlets between two pieces of waxed paper. Pound each cutlet with the flat end of a mallet until thin.
- 3 Heat the olive oil in a large, nonstick skillet. While the oil is heating, season the chicken with salt, pepper and oregano and dredge it in flour.
-See next page for more cooking instructions-

Preparation Time

10 minutes

Cooking Time

20 minutes

Servings 2

Serving Size: 1 cutlet

Exchanges

Starch.....	½
Vegetable.....	1
Very Lean Meat.....	4
Fat.....	1

Calories

Calories from Fat..... 74

Total Fat..... 8 g

Saturated Fat..... 1.9 g

Trans Fat..... 0.0 g

Polyunsaturated Fat..... 1.1 g

Monounsaturated Fat..... 4.6 g

Cholesterol..... 69 mg

Sodium..... 199 mg

Total Carbohydrate..... 15 g

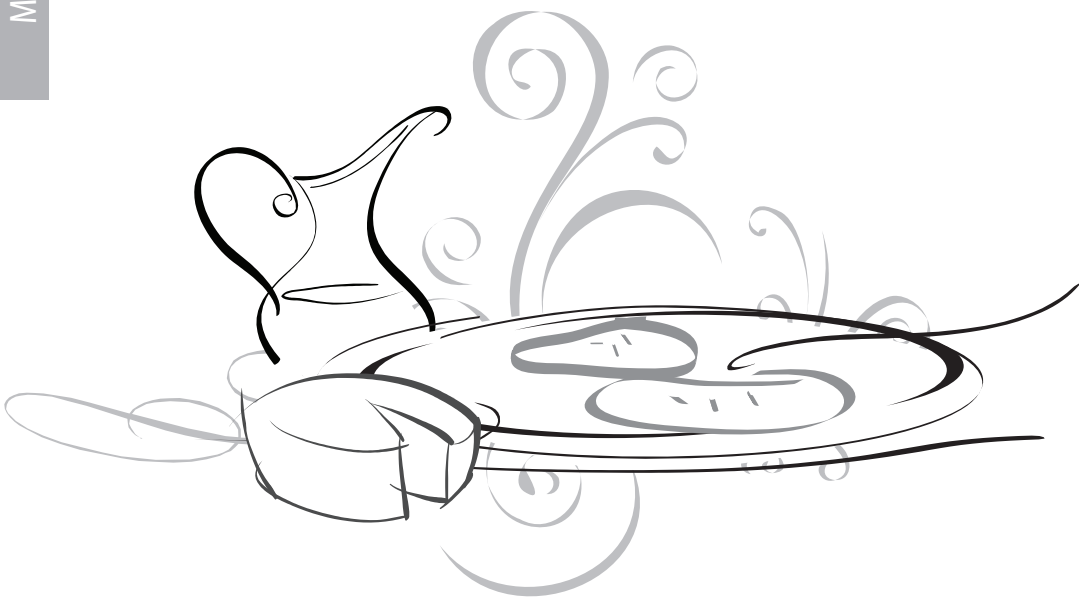
Dietary Fiber..... 2 g

Sugars..... 7 g

Protein..... 28 g

Quick Chicken Parmesan *cont'd*

- 4 Sauté the chicken over medium-high heat until golden brown, about 2 minutes on each side. Transfer the chicken to a shallow baking dish. Pour the tomato sauce over the chicken and sprinkle Parmesan.
- 5 Bake for 15 to 20 minutes until the sauce is bubbling. Remove from oven and sprinkle mozzarella over chicken. Let stand 5 minutes before serving.



Turkey Burgers

4 Tbsp fat-free mayonnaise
4 Tbsp barbecue sauce
1 lb lean ground turkey
salt to taste
freshly ground black pepper
4 large leaves of green leaf lettuce
½ cup fresh, diced tomatoes
4 rolls

Preparation Time

15 minutes

Cooking Time

10 minutes

Servings 4

Serving Size: 1 burger

- 1 In a small bowl, stir the mayonnaise and barbecue sauce together.
- 2 Preheat the grill to medium-high.
- 3 Shape the turkey into 4 patties, about ½-inch thick. Season with salt and pepper.
- 4 Grill the burgers on both sides until they are cooked through, about 6 minutes per side.
- 5 Toast the rolls on the grill.
- 6 Top the burgers with the mayonnaise sauce, lettuce and diced tomatoes and serve them on the toasted rolls.

Exchanges

Starch..... 1 ½
Very Lean Meat..... 4

Calories..... 262

Calories from Fat..... 32

Total Fat..... 4 g

Saturated Fat..... 0.9 g

Trans Fat..... 0.0 g

Polyunsaturated Fat..... 0.8 g

Monounsaturated Fat..... 1.5 g

Cholesterol..... 74 mg

Sodium..... 495 mg

Total Carbohydrate..... 25 g

Dietary Fiber..... 2 g

Sugars..... 6 g

Protein..... 32 g

Codfish Florentine-Style

- 4 oz uncooked penne or other similar pasta shape (about 1 ¼ cups)
- ¼ tsp salt (optional)
- ⅛ tsp black pepper
- 1 lb fresh or frozen (thawed) skinless codfish filets
- 1 Tbsp olive oil
- 1 15-oz can Italian-style chunky tomato sauce
- 1 cup chopped frozen spinach, thawed and well-drained
- 1 tsp minced garlic
- 2 Tbsp grated Parmesan cheese

- 1** Cook pasta according to package directions. Rinse and drain in a colander. Reserve.
- 2** Meanwhile, sprinkle salt, if desired and black pepper evenly over fish.
- 3** In a large nonstick skillet, cook fish in oil over medium heat until cooked through, about 6 minutes per side.

-See next page for more cooking instructions-

Preparation Time

10 minutes

Servings 4

Serving Size: 4 oz fish, plus 1 oz pasta and sauce

Exchanges

Starch	1 ½
Vegetable	3
Very Lean Meat	3
Fat	½

Calories 325

Calories from Fat 56

Total Fat 6 g

Saturated Fat 1 g

Cholesterol 54 mg

Sodium 913 mg

Total Carbohydrate 37 g

Dietary Fiber 4 g

Sugars 13 g

Protein 31 g

Codfish Florentine-Style *cont'd*

- 4 Meanwhile, in a medium bowl, mix together the tomato sauce, spinach and garlic. Stir to mix well. Pour evenly over fish.
- 5 Cover and cook, 5 or 6 minutes, to combine flavors. Add additional salt and pepper, if desired.
- 6 Arrange the pasta on a serving platter. Top with fish and then the tomato-spinach mixture. Sprinkle Parmesan cheese over all.



Lemon-Peppered Shrimp

- 1 lb peeled raw shrimp, rinsed and patted dry
- 1 Tbsp salt-free steak seasoning blend
- 1 tsp lemon zest
- 2-3 Tbsp lemon juice
- 3 Tbsp reduced-fat margarine (35% vegetable oil)
- ¼ tsp salt

Preparation Time

2 minutes

Cooking Time

7 minutes

Servings 4

Serving Size: ½ cup

- 1 Place a large nonstick skillet over medium heat until hot. Coat the skillet with nonstick cooking spray, add the shrimp, sprinkle evenly with the steak seasoning and cook 5 minutes or until the shrimp is opaque in the center, stirring frequently.

- 2 Stir in the lemon zest, juice, margarine and salt; cook 1 minute.

Exchanges

Lean Meat _____ 2

Calories _____ 118

Calories from Fat _____ 42

Total Fat _____ 5 g

Saturated Fat _____ 1 g

Cholesterol _____ 162 mg

Sodium _____ 327 mg

Total Carbohydrate _____ 1 g

Dietary Fiber _____ 0 g

Sugars _____ 0 g

Protein _____ 17 g

No-Fry Fish Fry

- 2 Tbsp yellow cornmeal
- 2 tsp Cajun seasoning
- 4 4-oz tilapia filets (or any mild, lean white fish filets), rinsed and patted dry
- 1/8 tsp salt
- lemon wedges (optional)

Preparation Time

7 minutes

Cooking Time

6 minutes

Servings 4

Serving Size: 1 filet

- 1 Preheat the broiler.
- 2 Coat a broiler rack and pan with nonstick cooking spray and set aside.
- 3 Mix the cornmeal and Cajun seasoning thoroughly in a shallow pan, such as a pie plate. Coat each filet with nonstick cooking spray and coat evenly with the cornmeal mixture.
- 4 Place the filets on the rack and broil 6 inches away from the heat source for 3 minutes on each side.
- 5 Place the filets on a serving platter, sprinkle each evenly with salt and serve with lemon wedges, if desired.

Exchanges

Starch	1/2
Lean Meat	2

Calories	134
Calories from Fat	23
Total Fat	3 g
Saturated Fat	1 g
Cholesterol	76 mg
Sodium	239 mg
Total Carbohydrate	5 g
Dietary Fiber	0 g
Sugars	0 g
Protein	23 g

Seared Salmon with Pineapple Salsa

- 1 15.25-oz can pineapple tidbits packed in juice, drained
- ½ cup finely chopped red bell pepper
- ¼ cup finely chopped red onion
- 1 tsp grated ginger root
- ⅛ tsp dried red pepper flakes, optional
- 4 4-oz salmon filets, rinsed and patted dry (about 1 inch thick)
- ¼ tsp dried thyme leaves
- ¼ tsp salt
- ¼ tsp black pepper

Servings 4

Serving Size: 1 filet

Exchanges

Lean Meat	3
Fruit	1

Calories 242

Calories from Fat 88

Total Fat 10 g

Saturated Fat 3 g

Cholesterol 78 mg

Sodium 206 mg

Carbohydrate 13 g

Dietary Fiber 1 g

Sugars 11 g

Protein 25 g

- 1 Preheat broiler.
- 2 In a small mixing bowl, combine pineapple, bell pepper, onion, ginger and red pepper flakes and set aside.
- 3 Sprinkle filets with thyme, salt and pepper. Place filets on a broiler pan coated with cooking spray. (If you use one big 16-oz filet, place it skin side down on the pan.)
- 4 Broil 10 minutes or until fish flakes. (Remove skin from large filet and discard skin.) Serve with salsa.

Shrimp Jambalaya

- 2 Tbsp olive oil
- 1 ½ lb peeled and deveined shrimp
- 1 medium onion, chopped
- 1 medium green bell pepper, chopped
- 2 cups cooked rice
- 1 16-oz can tomato sauce
- 1 tsp Cajun seasoning
- salt to taste (optional)
- pepper to taste (optional)
- hot pepper sauce to taste (optional)

Preparation Time

20 minutes

Servings 8

Serving Size: ¾ cup

- 1 Heat the oil in a large skillet and sauté the shrimp, onion and bell pepper until the shrimp is pink.
- 2 Stir in the remaining ingredients and cook until heated through.

Exchanges

Starch	1
Vegetable	1
Very Lean Meat	2
Monounsaturated Fat	½

Calories 203

Calories from Fat 32

Total Fat 4 g

Saturated Fat 1 g

Cholesterol 129 mg

Sodium 626 mg

Carbohydrate 19 g

Dietary Fiber 1 g

Sugars 5 g

Protein 20 g

Broccoli and Toasted Nut Pilaf

- 1/3 cup pecan pieces
- 5-oz package long grain and wild rice with seasonings
- 2 cups frozen broccoli florets, thawed
- 2 cups frozen corn kernels, thawed
- 1/2 cup water
- 1/4 tsp salt
- 1/8 tsp black pepper

Preparation Time

5 minutes

Cooking Time

28 minutes

Stand Time

2-3 minutes

Servings 4

Serving Size: 1 1/4 cups

- 1 Place a medium saucepan over medium heat until hot. Add the nuts and cook 2-3 minutes or until they begin to lightly brown and smell fragrant, stirring frequently. Place them on a plate and set aside.
- 2 Add the amount of water called for on the rice package to the saucepan. Bring to a boil, then add the rice and seasonings. Return to a boil, reduce the heat, cover tightly and cook 20 minutes. Add the broccoli, corn and water to the rice and stir. Cover and cook another 5 minutes or until the broccoli is just tender.
- 3 Remove the rice from the heat and add the pecans, salt and pepper. Let stand 2-3 minutes if any liquid remains in the pot.

Exchanges

Starch.....	3
Vegetable.....	1
Fat.....	1/2

Calories	275
Calories from Fat.....	69
Total Fat	8 g
Saturated Fat.....	1 g
Cholesterol	0 mg
Sodium	564 mg
Total Carbohydrate	48 g
Dietary Fiber.....	6 g
Sugars.....	5 g
Protein	10 g

Colorful Rice

Guatemala

Servings 8

Serving Size: ½ cup

- 1 Tbsp canola oil
- ¼ cup finely chopped onion
- 1 garlic clove, minced
- 1 cup long-grain rice
- ¼ cup finely diced carrots
- ¼ cup finely chopped green or red bell pepper
- ¼ cup frozen corn
- ¼ cup fresh or frozen peas
- 2 cups low-fat, low-sodium chicken broth
- ¼ tsp salt
- ⅛ tsp black pepper

- 1 Heat oil in medium saucepan over medium heat. Sauté onion, garlic and rice for 4-5 minutes, stirring constantly.
- 2 Add remaining ingredients and bring to a boil. Reduce heat to low, cover and simmer 20 minutes or until rice is tender.

Exchanges

Starch..... 1 ½

Calories..... 118

Calories from Fat..... 18

Total Fat..... 2 g

Saturated Fat..... 0 g

Cholesterol..... 0 mg

Sodium..... 200 mg

Carbohydrate..... 22 g

Dietary Fiber..... 1 g

Sugars..... 1 g

Protein..... 3 g

Collard Greens

- 4 lb collard greens
- 3 cups reduced-sodium, reduced-fat chicken broth
- 2 medium onions, chopped
- 3 whole garlic cloves, crushed
- 1 tsp red pepper flakes
- 1 tsp pepper

Preparation Time

20 minutes

Servings 8

Serving Size: 1 cup

- 1 Wash and cut the collard greens and place them in a large stockpot. Add the remaining ingredients and enough water to cover.
- 2 Cook until tender, stirring occasionally, about 3 ½ hours. The flavors will blend even more if you let the greens sit for a bit after cooking.

Exchanges

Vegetable..... 3

Calories..... 78

Calories from Fat..... 4

Total Fat..... 0 g

Saturated Fat..... 0 g

Cholesterol..... 0 mg

Sodium..... 240 mg

Carbohydrate..... 16 g

Dietary Fiber..... 6 g

Sugars..... 3 g

Protein..... 4 g

Marinated Coleslaw

- 1 small head of cabbage, finely shredded
- 1 large onion, finely sliced
- 1 cup white wine vinegar
- ¼ cup canola oil
- ¾ cup sugar
- 2 tsp salt
- 1 Tbsp dry mustard
- 1 Tbsp celery seeds
- 2 cups low-sodium chicken broth

Preparation Time

15 minutes,
Plus Marinating Time

Cooking Time

2 minutes

Servings 6

Serving Size: about
½ cup

- 1 Layer the cabbage with the onion slices in a non-reactive container by placing one-third of the cabbage in the container, then half of the onions, another third of the cabbage, the remaining onions and finally the remaining cabbage.
- 2 Bring the remaining ingredients to a boil and pour them over the cabbage mixture. Do not mix. Marinate for 6 to 8 hours or overnight in the refrigerator.
- 3 Toss the marinated cabbage mixture as if it were a salad. Serve chilled.

Exchanges

Starch	1
Vegetable	2
Fat	1

Calories 146

Calories from Fat 48

Total Fat 5 g

Saturated Fat 0.4 g

Trans Fat 0.0 g

Polyunsaturated Fat 1.6 g

Monounsaturated Fat 2.9 g

Cholesterol 1 mg

Sodium 430 mg

Total Carbohydrate 24 g

Dietary Fiber 3 g

Sugars 19 g

Protein 3 g

Rice with Black Beans and Bacon

Cuba

- 2 cups water
- 1 Tbsp canola oil
- ¼ cup finely chopped onion
- 3 garlic cloves, minced
- ¼ cup finely chopped green or red bell pepper
- 2 Tbsp chopped cilantro
- 1 cup long-grain rice
- ¼ cup tomato sauce
- 1 cup cooked black beans or canned, rinsed and drained
- ½ tsp salt
- 4 strips bacon, diced, cooked, and drained
- 6 pimiento strips

Servings 4

Serving Size: 1 cup

Exchanges

Starch	4
Fat	1

Calories	350
Calories from Fat	67

Total Fat	7 g
Saturated Fat	1 g

Cholesterol 5 mg

Sodium 583 mg

Carbohydrate 58 g

Dietary Fiber 8 g

Sugars 4 g

Protein 12 g

1 Set water to boil. Heat oil in a medium saucepan over medium heat. Sauté onion, garlic, pepper, cilantro and rice 2-3 minutes.

2 Stir in tomato sauce and beans. Cook for 2-3 minutes. Add boiling water, salt and bacon. Cover, reduce heat and simmer for 20 minutes.

3 Garnish serving bowl with pimiento strips.

Saucy Green Beans and Cauliflower

Vegetables

- 1 ½ cups cauliflower florets
- 1 ½ cups trimmed green beans

Preparation Time

10 minutes

Servings 6

Serving Size: ½ cup

Sauce

- 1 Tbsp lite, soft, tub margarine
- 1 Tbsp unbleached white flour
- ½ cup evaporated skim milk
- 1 ½ oz crumbled bleu cheese
- 2 tsp Dijon mustard

- 1 Steam the cauliflower over boiling water on a steamer rack for 5 minutes. Add the green beans and steam for an additional 2-3 minutes. Remove from heat.
- 2 Meanwhile, make the sauce. In a large skillet, heat the margarine. Add the flour and stir until smooth. Add the milk and cook until bubbly. Add the cheese and mustard. Toss the cooked vegetables and serve.

Exchanges

Fat..... ½

Vegetable..... 2

Calories..... 72

Calories from Fat..... 28

Total Fat..... 3 g

Saturated Fat..... 3 g

Cholesterol..... 5mg

Sodium..... 189 mg

Carbohydrate..... 8 g

Dietary Fiber..... 2 g

Sugars..... 3 g

Protein..... 4 g

Sautéed Kale with Garlic, Onions and Lemon

1 Tbsp olive oil
¼ cup diced onion
1 tsp minced garlic
4 cups kale, washed
salt to taste
freshly ground black pepper
juice of 1 lemon

Preparation Time

5 minutes

Cooking Time

5 minutes

Servings 4

Serving Size: about 1 cup

- 1 Heat the olive oil in a 10-inch skillet over medium-low heat.
- 2 Add the onion and cook until tender but not brown, about 2 minutes. Add the garlic and cook for 1 minute more.
- 3 Add the kale, salt and pepper and toss with the olive oil and garlic until the kale begins to wilt, about 2 minutes. Remove from the skillet, squeeze the lemon juice over the mixture, toss lightly and serve.

Exchanges

Vegetable 2
Fat ½

Calories

Calories from Fat 35

Total Fat 4 g

Saturated Fat 0.5 g

Trans Fat 0.0 g

Polyunsaturated Fat 0.6 g

Monounsaturated Fat 2.5 g

Cholesterol 0 mg

Sodium 32 mg

Total Carbohydrate 9 g

Dietary Fiber 2 g

Sugars 1 g

Protein 2 g

Simple Scalloped Potatoes

- nonstick cooking spray*
- 1 can (10-3/4 oz) reduced-fat condensed cream of mushroom soup*
- 3/4 cup fat-free milk
- 1/2 cup reduced-fat sour cream
- 1 tsp onion powder*
- 1/2 tsp salt
- 1/4 tsp white pepper
- 1 package (30 oz) frozen shredded potatoes, thawed
- 1/8 tsp paprika*
- 1 scallion, sliced

- 1 Preheat the oven to 400° F. Coat a 2-quart casserole dish with nonstick cooking spray.
- 2 In a large bowl, combine the soup, milk, sour cream, onion powder, salt and pepper; mix well. Add the potatoes; toss until evenly coated. Place the coated potatoes in the casserole dish; sprinkle with paprika.
- 3 Cover the dish and bake for 25 minutes.
- 4 Uncover and bake for 35 to 40 more minutes or until heated through and the top is golden. Sprinkle with the scallion and serve immediately.

Servings 12

Serving Size: 1/2 cup

Exchanges

Starch..... 1

Calories..... 94

Calories from Fat..... 16

Total Fat..... 2 g

Saturated Fat..... 0.8 g

Cholesterol..... 4 mg

Sodium..... 303 mg

Total Carbohydrate..... 17 g

Dietary Fiber..... 1 g

Sugars..... 2 g

Protein..... 3 g

* To make this a gluten-free recipe, use nonstick cooking spray with no flour added, gluten-free soup and seasonings with no added starch from a gluten-containing source.

© 2005 American Diabetes Association - From Mr. Food Diabetic Dinners in a Dash. Reprinted with permission from The American Diabetes Association. To order this book, please call 1-800-232-6455 or order online at <http://www.shopdiabetes.org/>

Apple Crisp

cooking spray

¼ cup packed brown sugar

¼ cup all-purpose flour

½ cup old-fashioned oats

2 Tbsp margarine, softened

1 tsp ground cinnamon

½ tsp ground nutmeg

1 tsp vanilla extract

5 cups peeled, sliced red apples
(about 5 apples)

Preparation Time

15 minutes

Servings 7

Serving Size: ½ cup

1 Preheat oven to 375° F. Coat a 13 x 9-inch pan with cooking spray.

2 In a small bowl, combine brown sugar, flour, oats, margarine, cinnamon, nutmeg and vanilla. Blend with a fork until moistened (mixture should be crumbly).

3 Layer apples in pan and sprinkle brown sugar mixture evenly over top. Bake 30 minutes.

Exchanges

Carbohydrate _____ 2

Calories _____ 145

Calories from Fat _____ 36

Total Fat _____ 4 g

Saturated Fat _____ 1 g

Cholesterol _____ 0 mg

Sodium _____ 41 mg

Total Carbohydrate _____ 27 g

Dietary Fiber _____ 2 g

Sugars _____ 18 g

Protein _____ 2 g

Bread Pudding

Latin America

- 2 cups fat-free evaporated milk
- 1 ½ cups water, divided
- 2 eggs, beaten
- ½ cup applesauce,
without sugar added
- ¼ cup canola oil
- 1 Tbsp vanilla extract
- ½ cup sugar
- ¼ tsp ground cloves
- 1 tsp cinnamon
- ½ tsp nutmeg
- ½ cup raisins, dates or other dried
fruit, chopped
- ¼ tsp salt
- 1 tsp lime zest
- 1 12-oz loaf French or Cuban
bread, cubed or 12 cups cubed
day-old white sandwich bread

*-See next page for
cooking instructions-*

Servings 15

Serving Size: 1 square
(2 ½ x 3 inches)

Exchanges

Carbohydrate..... 2

Fat..... ½

Calories..... 171

Calories from Fat..... 41

Total Fat..... 5 g

Saturated Fat..... 0 g

Cholesterol..... 28 mg

Sodium..... 226 mg

Carbohydrate..... 27 g

Dietary Fiber..... 1 g

Sugars..... 13 g

Protein..... 6 g

Bread Pudding *cont'd*

- 1** Combine all ingredients except bread in a large bowl, then add bread. Mix well and let sit for 10–15 minutes.
- 2** Heat oven to 325° F. If you want a pudding with a uniform texture, blend mixture in a blender or food processor. If mixture is still too dry, add a little more water.
- 3** Pour into a 13 x 9 x 2-inch nonstick baking dish. Bake 60–75 minutes or until a knife inserted in the center comes out clean. Serve hot or cold.



Caramel Espresso Brownies

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

- 1 Preheat the oven to 350° F. Coat an 8-inch square baking dish with nonstick cooking spray.
- 2 In a large bowl, dissolve the coffee granules in the water. Add the remaining ingredients except the caramel sauce; mix well. Pour the batter into the baking dish. Drizzle with caramel sauce and, using a knife, swirl the sauce into the batter.
- 3 Bake for 25 to 30 minutes or until a wooden toothpick inserted in the center comes out clean. Let cool completely. Cut into squares and serve or store in an airtight container until ready to serve.

Servings 16

Serving Size: 1 square

Exchanges

Carbohydrate..... 1

Fat..... 1/2

Calories..... 89

Calories from Fat..... 17

Total Fat..... 2 g

Saturated Fat..... 1.1 g

Cholesterol..... 4 mg

Sodium..... 59 mg

Total Carbohydrate..... 18 g

Dietary Fiber..... 1 g

Sugars..... 11 g

Protein..... 2 g

* To make this a gluten-free recipe, use nonstick cooking spray with no flour added and gluten-free vanilla extract and caramel sauce. Substitute 2/3 cup minus 2 Tbsp brown rice flour for the all-purpose flour.

Chocolate Cookies

- 2 egg whites, beaten until stiff
- 2 tsp margarine, softened
- ½ cup sugar
- ½ cup flour
- 2 Tbsp cocoa powder
- ½ tsp vanilla
- ½ tsp baking powder
- ⅛ tsp salt

Servings 12

Serving Size: 1 cookie

- 1 Heat oven to 350° F. Mix all ingredients in a small bowl.
- 2 Drop dough by spoonfuls on nonstick baking sheet. Bake 8-10 minutes.

Exchanges

Carbohydrate..... 1

Calories..... 65

Calories from Fat..... 7

Total Fat..... 1 g

Saturated Fat..... 0 g

Cholesterol..... 0 mg

Sodium..... 57 mg

Carbohydrate..... 14 g

Dietary Fiber..... 0 g

Sugars..... 8 g

Protein..... 1 g

Desserts

Fruit with Dip

Dip

- 1 cup sugar-free vanilla pudding
- 4 oz light whipped topping
- 1 tsp vanilla extract

Preparation Time

15 minutes

Servings 10

Serving Size: 1/10 recipe

Fruit

- 1 cup cubed watermelon
- 1 cup cubed cantaloupe
- 1 cup cubed honeydew
- 1 cup strawberries, stems cut off
- 2 bananas, sliced
- 2 apples, sliced with skin on

- 1 In a medium bowl, combine dip ingredients and mix well.
- 2 Arrange fruit on a platter with dip bowl in middle. Provide toothpicks.

Exchanges

Fruit	1
Carbohydrate	1/2

Calories

Calories	103
Calories from Fat	16
Total Fat	2 g
Saturated Fat	1 g
Cholesterol	0 mg
Sodium	7 mg
Total Carbohydrate	20 g
Dietary Fiber	2 g
Sugars	13 g
Protein	2 g

No-Bake Key Lime Pie

- nonstick cooking spray*
- 1 package (4-serving-size) sugar-free lime gelatin
- ½ cup boiling water
- 1 package (8 oz) fat-free cream cheese, softened
- 1 Tbsp fresh lime juice
- 1 tsp grated lime peel
- 2 cups frozen light whipped topping, thawed*

- 1 Coat a 9-inch pie plate with nonstick cooking spray.
- 2 In a small bowl, dissolve the gelatin in boiling water, stirring until dissolved.
- 3 In a large bowl, beat the cream cheese until smooth. Slowly add the liquid gelatin until well combined.
- 4 Stir in the lime juice and lime peel. Fold in the whipped topping until well blended. Pour into the pie plate, cover and chill for at least 3 hours or until set.

Servings 12

Serving Size: 1 slice

Exchanges

Carbohydrate..... ½

Calories..... 46

Calories from Fat..... 12

Total Fat..... 1 g

Saturated Fat..... 1.3 g

Cholesterol..... 2 mg

Sodium..... 122 mg

Total Carbohydrate..... 4 g

Dietary Fiber..... 0 g

Sugars..... 2 g

Protein..... 3 g

* To make this a gluten-free recipe, use nonstick cooking spray with no flour added and gluten-free whipped topping.

Pumpkin Pie Snack Cake

9-oz box white cake mix
½ cup water
1 egg white
2 tsp ground cinnamon
½ of a 15-oz can solid pumpkin,
not pumpkin pie mix
(about 1 cup)

Preparation Time

8 minutes

Cooking Time

20 minutes

Cooling Time

30 minutes

Servings 8

Serving Size: 1 piece

- 1 Preheat the oven to 350° F.
- 2 Coat an 8-inch-square baking pan with nonstick cooking spray.
- 3 Add the cake mix, water, egg white and cinnamon to a medium bowl. Using an electric mixer, beat according to package directions. Add the pumpkin and stir until well blended.
- 4 Pour the batter into the pan and bake 20 minutes or until a wooden toothpick comes out clean.
- 5 Place the pan on a wire rack to cool completely.

Exchanges

Carbohydrate _____ 2

Calories _____ 144

Calories from Fat _____ 26

Total Fat _____ 3 g

Saturated Fat _____ 1 g

Cholesterol _____ 0 mg

Sodium _____ 221 mg

Total Carbohydrate _____ 28 g

Dietary Fiber _____ 1 g

Sugars _____ 15 g

Protein _____ 2 g

Aladdin's Pizza

- 2 small pita bread rounds
- ¼ cup reduced-fat vanilla yogurt
- 2 Tbsp chopped dried fruit, such as apricots, raisins, apples, or pears

Preparation Time

3 minutes

Servings 2

Serving Size: 1 piece

- 1 Spread the pita bread rounds with yogurt.
- 2 Sprinkle with fruit. Serve immediately.

Exchanges

Starch	1
Fruit	1

Calories	145
Calories from Fat	8
Total Fat	1 g
Saturated Fat	0 g
Cholesterol	3 mg
Sodium	179 mg
Carbohydrate	31 g
Dietary Fiber	2 g
Sugars	12 g
Protein	4 g

Banana Pops

6 small ripe bananas
6 popsicle sticks
6 Tbsp chocolate syrup (optional)

Preparation Time

3 minutes

Servings 6

Serving Size: 1 pop

- 1 For each pop, carefully insert a popsicle stick into bottom of 1 banana, burying about half of the stick. Wrap each banana individually in plastic wrap and freeze for at least 6 hours.
- 2 To serve, unwrap each banana and eat like a popsicle. If desired, lay each banana on a plate and drizzle with 1 Tbsp of chocolate syrup before serving. To combat dripping chocolate, hold the pop over the plate while eating it.
- 3 Frozen banana pops will keep in the freezer, tightly wrapped, for 2 to 3 weeks.

Exchanges

Fruit..... 1

Calories..... 66

Calories from Fat..... 3

Total Fat..... 0 g

Saturated Fat..... 0 g

Cholesterol..... 0 mg

Sodium..... 1 mg

Carbohydrate..... 17 g

Dietary Fiber..... 2 g

Sugars..... 11 g

Protein..... 1 g

Egg 'N Muffin

- ½ cup frozen mixed pepper and onion stir-fry
- ⅓ cup liquid egg substitute
- pinch dry mustard
- pinch black pepper
- 1 Tbsp catsup
- 1 whole-wheat or oat bran English muffin, split in half
- 2 Tbsp reduced-fat shredded cheddar cheese

Preparation Time

6 minutes

Servings 2

Serving Size: 1 muffin half

1 In a medium nonstick skillet coated with nonstick spray, cook the pepper and onion mixture over medium-high heat until the onion is tender, 2 or 3 minutes.

2 Lower the heat to medium. Add the egg substitute and mustard and cook, stirring occasionally, until the egg is cooked through, about 2 minutes. Remove from heat and stir in catsup.

3 Spread the mixture evenly on open, untoasted English muffin halves. Sprinkle with cheese. Toast in toaster oven or under broiler until cheese is just melted and muffins are warmed.

Exchanges

Starch	1
Very Lean Meat	1

Calories 123

Calories from Fat 21

Total Fat 2 g

Saturated Fat 1 g

Cholesterol 5 mg

Sodium 333 mg

Carbohydrate 17 g

Dietary Fiber 2 g

Sugars 5 g

Protein 10 g

Low-Fat Macaroni and Cheese

- ¾ cup evaporated fat-free milk
- 1 cup low-fat cottage cheese
- ½ cup part-skim ricotta cheese
- ½ cup low-fat cheddar cheese
- ½ tsp nutmeg
- fresh ground pepper and salt to taste
- 1 lb cooked elbow macaroni
- 1 Tbsp Parmesan cheese
- 1 Tbsp dry bread crumbs

Preparation Time

15 minutes

Servings 6

Serving Size: 1 cup

- 1 Preheat the oven to 350° F. Heat the milk in a saucepan over low heat. Add the cheeses until they melt, stirring constantly.
- 2 Stir in the nutmeg, pepper and salt. Remove the cheese sauce from the heat. Add the cooked pasta to the cheese sauce and mix well.
- 3 Pour the mixture into a 2-quart casserole dish. Sprinkle with Parmesan cheese and bread crumbs. Bake the casserole for 15-20 minutes until bubbly and the top is browned.

Exchanges

Starch _____ 2

Very Lean Meat _____ 1

Calories _____ 203

Calories from Fat _____ 24

Total Fat _____ 3 g

Saturated Fat _____ 1 g

Cholesterol _____ 14 mg

Sodium _____ 331 mg

Carbohydrate _____ 28 g

Dietary Fiber _____ 1 g

Sugars _____ 6 g

Protein _____ 16 g

Pepper and Onion Quesadilla

½ cup frozen mixed pepper and onion stir-fry

1 6-inch low-fat flour tortilla

2 Tbsp grated reduced-fat cheddar cheese

1-2 Tbsp mild or medium salsa (optional)

Preparation Time

5 minutes

Servings 1

1 Coat a medium nonstick skillet with nonstick spray coating. Add the pepper and onion mixture and cook over medium-high heat, stirring frequently, until onions are softened, about 2 minutes.

2 Push the pepper and onion mixture to the side of the pan. Add the tortilla. Scoop up the pepper and onion mixture and arrange it evenly over the tortilla. Sprinkle with the cheese. Reduce heat to medium low. Cover skillet and cook until cheese is melted, 2 to 3 minutes.

3 If desired, spoon salsa over the melted cheese. Fold the tortilla and serve.

Exchanges

Starch	1
Vegetable	1
Saturated Fat	½

Calories 127

Calories from Fat 28

Total Fat 3 g

Saturated Fat 2 g

Cholesterol 10 mg

Sodium 342 mg

Carbohydrate 19 g

Dietary Fiber 2 g

Sugars 2 g

Protein 8 g

Tuna Melts

- 1 recipe tuna salad (see next page)
- 3 Tbsp grated sharp cheddar cheese
- 3 whole-wheat or oat bran English muffin halves

Preparation Time

8 minutes

Servings 3

Serving Size: 1 tuna melt

- 1 Divide the tuna salad equally among the English muffin halves, spreading it out over the muffin surface.
- 2 Sprinkle the cheese on top of the tuna mixture, dividing evenly. Toast until cheese is melted.

Exchanges

Starch	1
Lean Meat	1

Calories 130

Calories from Fat 36

Total Fat 4 g

Saturated Fat 1 g

Cholesterol 14 mg

Sodium 256 mg

Carbohydrate 14 g

Dietary Fiber 2 g

Sugars 2 g

Protein 10 g

Index

Alphabetical List of Recipes

— A —

Aladdin's Pizza, 54

Apple Crisp, 46

— B —

Banana Pops, 55

Bavarian Beef Stew, 14

Beef Kabobs, 23

Berry Frappe, 1

Best Oven-Fried Chicken, 24

Bread Pudding, 47-48

Broccoli and Toasted
Nut Pilaf, 38

Broccoli-Cheese
Omelette, 9

— C —

Carmel Espresso
Brownies, 49

Cheese and Corn Chowder, 15

Chocolate Cookies, 50

Codfish Florentine-Style, 32-33

Collard Greens, 40

Colorful Rice, 39

Corn Salad, 16

Country Vegetable
and Thyme Quiche, 10

Country-Fried Steak, 25

Crab Cakes, 2

Cranberry Pork Roast, 26

— D —

Dilly Cucumber, 17

— E —

Egg 'N Muffin, 56

— F —

Fruit with Dip, 51

— G —

Garlic Cheese Bites, 3

— H —

Ham and Bean Soup, 18

— L —

Lemon-Peppered Shrimp, 34

Low-Fat Macaroni
and Cheese, 57

— M —

Marinated Coleslaw, 41

Mini Margherita Pizza, 4

— N —

No-Bake Key Lime Pie, 52

No-Fry Fish Fry, 35

— P —

Peach Fizz Smoothie, 11

Pepper and Onion
Quesadilla, 58

Pepper Steak Oriental, 27

Pork Tenderloin with Country
Mustard Cream Sauce, 28

Pumpkin Pie Snack Cake, 53

— Q —

Quick Chicken Parmesan, 29-30

— R —

Rice with Black Beans
and Bacon, 42

Reuben Spread, 5

— S —

Saucy Green Beans
and Cauliflower, 43

Sausage and Hash Brown
Casserole, 12

Sautéed Kale with Garlic,
Onions and Lemon, 44

Seared Salmon with
Pineapple Salsa, 36

Shrimp Jambalaya, 37

Simple Scalloped
Potatoes, 45

Southern Spiced Tea, 6

Southwestern
Chicken Salad, 19

Sticky Muffins, 13

— T —

Tomato Bruschetta, 7

Tuna Melts, 59

Tuna-Pasta Salad, 20

Turkey Burgers, 31

Tuscan Orzo and
White Bean Salad, 21

— V —

Veggie-Stuffed
Mushrooms, 8

— W —

White Chicken Chili, 22

Healthy Cooking Tips

- **Choose the leanest cuts of meat.** Look for cuts such as beef round, loin, sirloin, pork loin chops and roasts.
- **Use non-stick cooking spray and non-stick cookware.** If you need to use oil, try a spray bottle or apply oil with a pastry brush.
- **Scrub vegetables rather than peel.** This way you will save many nutrients that are found in and close to the skin. Also, try to steam, stir-fry or microwave to help preserve the nutrients.
- **Cut the salt.** Try cutting out half of the salt in your favorite recipes. You may not even miss it. Consider replacing part of the salt with an herb, spice or flavored vinegar. Garlic or onion powder work well.
- **Use more herbs.** They add color, flavor and can replace the taste of oil and salt. Add them to your cooking in the last few minutes. To save money, grow your own. Dried herbs are more strongly flavored than fresh. One teaspoon of dried herbs equals about four teaspoons of fresh.
- **Substitute some whole grain products for all-purpose flour.** Try whole wheat flour, oatmeal or flax in bread and muffins for added fiber.

About CCS Medical

For more than a decade, hundreds of thousands of people have trusted **CCS Medical** with the home delivery of their medical supplies and medications.

Our philosophy is simple. We want to make it easy and affordable for our customers to get the medical supplies and medication they need, when they need them. Dedication to providing our customers with access to the best medical supplies available and unmatched customer service has earned **CCS Medical** a reputation as a leader in the medical supply industry.

Your friends and family deserve all the benefits we have to offer! Recommend **CCS Medical** to friends, family, neighbors, church members or anyone else who could benefit from our services, which include convenient home delivery of:

- Diabetes Testing Supplies
- Insulin Pumps & Pump Supplies
- Urological Supplies
- Ostomy Supplies
- Wound Care Supplies
- Prescription Medications
- Vacuum Therapy



**To enjoy the benefits of home delivery,
call 1-800-840-9443**



ISBN 978-0-615-36503-9 \$9.95
5 0995 >
9 780615 365039