

DIABETES DELICIOUS

By the editors of

Myabetes™

Introduction

We all know that what you put into your body is particularly important to your health. If you have diabetes, you must focus on this more than ever. As the editors of the Myabetes™ app (www.myabetes.com), we are always getting questions about what to cook. We understand that unhealthy eating habits can often contribute to type 2 diabetes, and when people are diagnosed, sometimes they are not sure how to change their eating habits, even if they are committed to a healthier lifestyle. People at all stages of diabetes ask the same question, “What’s for dinner?” So, we created this book to help.

Developing Your Plan

When you discover you have diabetes, your doctor may have recommended that you make an appointment with a dietitian (even if you have had diabetes for a while, this is still a good idea). A dietitian can give you tips for preparing healthy food, portion planning, and will assist you in making a meal plan that is right for you. Please remember that your dietitian and/or your medical provider should review your meal plan with you annually.

Healthy Food Choices

Sometimes we make healthy food choices; sometimes we do not. Below are some of the healthy food choices you may consider when selecting a meal plan or going to the grocery store. As always consult your doctor and/or your dietician about any foods that you should avoid and/or limit

- Non-starchy vegetables such as carrots, chilies, cabbage, eggplant, cauliflower, broccoli, spinach, kale, lettuce, peppers, and tomatoes
- Dried beans, peas, and lentils
- Whole grains such as oatmeal, brown rice, quinoa, whole wheat options (such as bread and pasta), whole grain corn, and popcorn
- Fruits, particularly whole fresh fruits. Try to avoid dried or canned fruit, or fruit juice, that have high sugar content.
- Low-fat or fat-free dairy foods, including milk, yogurt, cheese, soft margarine (without trans fats)
- Lean protein, including meats, turkey, chicken, eggs, seafood, nuts, and seeds (you should trim the excess fat from meats and remove the skin from your poultry)
- Oils, such as canola, olive, peanut, and safflower
- Remember to avoid added sugars, saturated fats, and salt, and drink alcohol only in moderation (or not at all).

Consider the American Diabetes Association's tools to help manage a healthy eating plan.

The ADA has some excellent tools designed to help you plan healthy meals. The ADA's Plan Your Portions Diabetes Plate method makes meal planning faster and more stress-free. To learn more, go to the ADA's Diabetes Food Hub at <https://www.diabetesfoodhub.org> to get additional recipes and meal planning tools.

Here are some additional resources for you:

American Diabetes Association <http://www.diabetes.org>

Centers for Disease Control and Prevention <https://www.cdc.gov/nutrition>

Academy of Nutrition and Dietetics <http://www.eatright.org>

If you have questions, suggestions, corrections, or just want to say, “Hi,” please feel free to email us at info@myabetes.com.

Note:

If you are looking for a diabetes educator, please go to the American Association of Diabetes Educators website <https://www.diabeteseducator.org/>

If you are looking for a dietitian, go to the Academy of Nutrition and Dietetics website <https://www.eatright.org>

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Quick and Simple Mango Salsa

Fresh mango combined with green onions, pepper, and the extra jolt of lime makes this salsa a refreshing and citrusy medley of flavors.

A perfect appetizer with whole grain crackers or baked chips, or even served with carrots or celery.

Ingredients

1 medium mango, peeled and chopped

1 lime, juiced (1–2 tablespoons)

1/4 cup chopped green bell pepper

1 green onion, chopped

Directions

Peel and chop mango. Remove the seed. Cut the pepper and onion into small chunks. Mix all the ingredients together and serve. Makes 4 servings.

Twice-Baked Tortillas

A perfect pre-meal snack.

Ingredients

6 corn tortillas

1/2 cup shredded low-fat cheddar cheese

1 jalapeno pepper, sliced and with seeds removed

Directions

Cut each tortilla into 6 pie-shaped pieces. Place tortillas on a cookie sheet.

Spread out. Bake at 400 degrees for 10 minutes. Remove from oven and turn each one over and return to oven for 4 more minutes. Put on microwave-safe plate. Sprinkle tortillas with cheese and top with sliced jalapenos. Microwave for 20 seconds. Makes 6 servings.

Bean Dip

Can be an appetizer with carrot sticks, celery sticks, or sliced red peppers. Or served with whole grain crackers or baked chips. Can even be a main course if served with tortillas.

Ingredients

4 cups cooked pinto beans
1/2 teaspoon garlic powder
1/2 teaspoon cumin
1/4 cup chopped onion
1/4 teaspoon salt
1/8 teaspoon oregano

Directions

Blend or mash beans. Mix the remaining ingredients into beans. Refrigerate and then serve.

Pineapple Refresher

The perfect addition to a hot summer day!

Ingredients

2 cups pineapple juice

2/3 cup nonfat dry milk

1 teaspoon vanilla

5 or 6 ice cubes, crushed

Directions

Combine all ingredients in a container with a tight lid. Shake until blended. Serve at once. Makes 4 servings.

Blueberry Smoother

A delicious way to indulge in fresh blueberries. But to make it extra refreshing on a hot day, use frozen blueberries.

Ingredients

1/2 cup chilled skim milk

1/2 teaspoon vanilla

1 packet of artificial sweetener

1 cup blueberries

Directions

Combine first three ingredients in blender or food processor. Add blueberries a few at a time and whirl after each addition until thick and creamy. Makes a single serving.

Cinnamon Kinda Coffee

Ingredients

1 cup skim milk

1 packet artificial sweetener

2 teaspoons cocoa powder

1 cup coffee

Directions

Heat milk in a saucepan over low heat until very warm. Stir in hot coffee. Sprinkle generously with cinnamon and serve immediately. Makes 4 servings.

Cranberry Family Punch

Ingredients

1-quart low-calorie cranberry juice

1-quart sugar-free ginger ale

A handful of ice cubes

Directions

Mix shortly before serving. Makes 16 1-cup servings.

Cranberry/Raspberry Tea

Ingredients

2 raspberry tea bags

1 1/2 cups boiling water

1 cup low-calorie cranberry juice cocktail

Directions

Pour boiling water over tea bags, steep for 4 minutes. Remove tea bags, let cool.

Stir in cranberry juice. Serve over ice. Makes 2 servings.

Hot Cocoa

Ingredients

1 cup skim milk

2 teaspoons cocoa powder

1/8 teaspoon of artificial sweetener

Directions

Heat skim milk. Slowly stir in cocoa and artificial sweetener. Makes one serving.

Spicy-Hot Tomato Juice

Ingredients

1 46-ounce can of low-sodium tomato juice

1/3 teaspoon sweet basil

1/3 teaspoon oregano

5 drops Tabasco sauce

2 teaspoons Worcestershire sauce

1/2 teaspoon garlic powder

Directions

Put ingredients in a large saucepan. Bring to a boil over low heat. Let cool, then pour into mugs. Makes 12 1/2-cup servings.

Simmering Cider

Ingredients

2 quarts unsweetened apple cider

1/3 teaspoon whole cloves

2 sticks cinnamon

1 sliver of lemon peel

1/3 teaspoon whole allspice

Directions

Heat all ingredients in a saucepan and let simmer for 12 minutes, or simmer in a crock pot. Strain and then serve. Makes 16 servings.

Extra Spicy Tea

Ingredients

4 cups water

1/3 teaspoon allspice

2 whole cloves

1 long strip lemon peel

1 dash of nutmeg

1 long strip orange peel

3 or 4 tea bags

2 cinnamon sticks

Directions

In a saucepan, combine all ingredients except tea bags. Simmer for 6 minutes.

Add tea bags. Let steep for 2 minutes. Strain and serve. Makes 4 servings.

Wild Blueberry Smoothie

Ingredients

1 cup of crushed pineapple that has been drained

1 cup low-fat milk

1 cup fresh blueberries

1 sliced banana

Directions

Combine pineapple, banana, milk, and blueberries in blender or food processor.

Blend until both thick and smooth. Serve immediately. Makes 3 servings.

Oatmeal Applesauce Muffins

Ingredients

- 1 1/2 cups oatmeal
- 1 cup applesauce
- 1 1/4 cups flour
- 2/3 cup skim milk
- 1/4 teaspoon cinnamon
- 1/4 cup sugar
- 1 teaspoon baking powder
- 2 tablespoons cooking oil
- 1 egg
- 3/4 teaspoon baking soda

Directions

Combine oatmeal, flour, baking powder, cinnamon, and baking soda. Add applesauce, milk, egg, and sugar; mix just until the dry ingredients are moistened. In an oiled muffin pan, fill muffin cups 2/3 full. Bake at 400 degrees for 20 minutes or until golden brown. Makes 18 muffins.

Biscuits

Ingredients

2 cups flour

1/4 cup margarine

2/4 cup skim milk

1/2 teaspoon salt

3 teaspoons baking powder

Directions

Mix flour, salt, and baking powder in bowl. Add in shortening thoroughly, until mixture looks like meal. Stir in milk. Round dough on a lightly floured board.

Knead lightly 25 times. Roll 1/2 inch thick. Cut with a floured biscuit cutter. Place on an ungreased baking sheet. Bake 12 minutes or until golden. Makes 12 biscuits.

Oatmeal Buttermilk Pancakes

Ingredients

- 1 1/4 cups skim buttermilk
- 1 1/2 cups flour
- 2/3 cup cooking rolled oats
- 1 1/2 tablespoons brown sugar
- 1/2 teaspoon vanilla
- 1/2 teaspoon baking soda
- 1 tablespoon cooking oil
- 1 egg
- 1/2 teaspoon salt

Directions

Combine buttermilk, vanilla, and oats into a bowl. Let stand 12 minutes, stirring occasionally. Stir in egg and oil. In a large bowl, combine flour, brown sugar, salt, and baking soda. Stir well. Add oat mixture to flour mixture, stirring until smooth. Spoon about 1/3 cup batter for each pancake onto a hot non-stick griddle. Turn pancakes when tops are covered with bubbles and edges look cooked. Makes 8 large pancakes.

Raisin Cinnamon Biscuits

Ingredients

2 cups flour
2 tablespoons sugar
2 tablespoons cooking oil
3 teaspoons baking powder
1/2 cup sifted powdered sugar
1/3 cup raisins
2 tablespoons sugar
1 1/2 tablespoons skim milk
1 teaspoon cinnamon
1/2 teaspoon vanilla
3/4 cup skim milk

Directions

Combine flour, baking powder, raisins, sugar, and cinnamon. Combine milk and oil, then add them to the dry ingredients, stirring until dry ingredients are just moistened. Turn dough out onto work surface, then knead lightly about 10 times. Roll dough to 1/2-inch thickness and cut it into round shapes with a metal or plastic biscuit cutter. Place the rounds on a baking sheet coated with non-stick cooking spray. Bake at 400 degrees for 12 minutes or until slightly brown. Combine powdered sugar, vanilla, milk. Stir well. Pour lightly over warm biscuits. Makes 18 biscuits.

Cranberry Orange Bread

Ingredients

- 2 cups flour
- 1 teaspoon grated orange peel
- 1/2 teaspoon baking soda
- 1/2 cup sugar
- 1 1/2 teaspoon baking powder
- 3/4 cup unsweetened orange juice
- 3/4 cup raisins
- 1 egg, beaten
- 2 tablespoons margarine
- 1 1/2 cups chopped cranberries

Directions

Sift dry ingredients together. Cut in margarine until the mixture is crumbly. Simultaneously add egg, orange juice, and orange peel. Stir until the mixture is moist and even. Fold in raisins and cranberries. Put into a greased 9x5x3-inch loaf pan. Bake at 350 degrees for 1 hour or until a toothpick inserted in the top of the loaf comes out clear. Remove from pan. Cool on rack. Makes 18 slices.

English Muffin Loaf

Ingredients

2 packages yeast

1/4 teaspoon baking soda

6 cups flour

1/2 cup water

2 cups skim milk

1/2 tablespoon sugar

3 teaspoons salt

Cornmeal to sprinkle

Directions

Combine 3 of the cups of the flour, yeast, sugar soda, and salt. Heat liquids until very warm (135 degrees) and then add to dry ingredients. Beat well. Stir in the rest of the flour to make a stiff batter. Spoon into two 9X5 inch loaf pans that have been oiled and sprinkled with cornmeal. Cover and let raise 45 minutes. Bake at 400 degrees for 23-25 minutes. Remove from pans immediately and cool. Makes 16 slices per loaf.

Orange French Toast

Ingredients

1 egg

1 teaspoon vanilla

2 egg whites

1 teaspoon grated orange peel

1/3 cup unsweetened orange juice

4 slices of bread

Directions

Beat egg and egg whites together. Mix the eggs with the remaining ingredients (except the bread) then pour into a pie plate. Dip the bread into the mixture. Heat frying pan over medium heat. Spray the pan with nonstick cooking spray. Lightly brown bread on both sides. Serve warm. Makes 4 servings.

Low-fat Double Apple Muffins

Ingredients

1 1/2 cups flour

3/4 cup skim milk

1/4 cup sugar

1/4 cup unsweetened applesauce

2 1/2 teaspoons baking powder

1 cup shredded apple, peeled

1/4 teaspoon salt

1 egg

Directions

In a mixing bowl, beat egg, milk, and applesauce. Stir in the shredded apple. Add flour, sugar, baking powder and salt all at once. Stir until just moistened. Fill the muffin liners/greased muffin tins 3/4 full of batter. Bake at 400 degrees for 25 minutes. Makes 12 muffins.

Yummy Muffins

Ingredients

1 egg 2 tablespoons sugar

1 cup skim milk

3 teaspoons baking powder

2 tablespoons vegetable oil

1/4 teaspoon salt

2 cups flour

Directions

Brush oil on the bottom of 12 muffin cups. Beat egg, stir in milk and oil. Mix in the remaining ingredients just until flour is moistened. Batter should have lumps. Fill the muffin cups 2/3 full. Bake at 400 degrees for 25 minutes, or until brown.

Remove from pan immediately. Makes 12 muffins.

Mom's Popovers

Ingredients

1 egg

1 tablespoon cooking oil

2 egg whites

1 cup flour

1 cup skim milk

1/2 teaspoon salt

Directions

Beat the egg and egg white together until frothy. Beat milk and oil into eggs.

Slowly beat in flour and salt. Batter should be light but not foamy. Preheat oven to 400 degrees. Generously oil the popover cups, then fill up to 1/2 inch of the top.

Bake immediately. Bake until very dark brown, for about 45 minutes. When done cut 2 small slits at the top of each popover to release its steam. Bake another 5 minutes. Remove from oven. Release from cups with a knife. Do not cover tops of the popovers or they will become soggy. Makes 6 popovers.

Homemade Chicken Soup

Ingredients

3 diced carrots

6 oz uncooked noodles

1 chopped large onion

2 cooked then cubed skinless chicken breasts

2 stalks of celery, chopped

6 cups low-sodium chicken broth

1/3 teaspoon salt

Directions

Combine carrots, onion, celery, and broth in Dutch oven. Heat until boiling. Cover and boil gently for 10-12 minutes. Add noodles. Cook until the noodles are tender. Add chicken and salt. Heat again to boiling. Makes 6 servings.

Nana's Lentil Soup

Ingredients

2 cups dried lentils

4 cups cold water

2/3 teaspoon salt

1/3 teaspoon pepper

1 large diced onion

1 28-ounce can low-sodium whole tomatoes

2 bay leaves

2 garlic cloves, crushed

Directions

Thoroughly rinse lentils. Place ingredients in a saucepan and bring to boil. Cover and simmer over a low heat for 2 ½ hours, or until lentils are tender. Add water to thin soup as desired. Makes 6 servings.

Old Country Minestrone Soup

Ingredients

- 3 cloves minced garlic
- 1 cup chopped onion
- 1 tablespoon cooking oil
- 5 cups low-sodium chicken broth
- 1 6-oz. can low-sodium tomato paste
- 1 cup green cabbage, sliced into small pieces
- 1 cup diced zucchini
- 1/2 cup chopped celery
- 1 carrot, diced
- 1 16-oz. can of drained chickpeas
- 1/2 cup uncooked salad macaroni
- 1 tablespoon dried basil leaves
- 1/2 teaspoon oregano
- 1/4 teaspoon black pepper

Directions

Cook garlic and onion in oil for 5 minutes or until onions begin to turn golden. Add chicken broth and tomato paste; bring to a boil. Add remaining ingredients. Return to a boil and then reduce heat. Cover and simmer for 20 minutes or until the vegetables and macaroni are tender. Makes 6 servings.

Creamy Potato Soup

Ingredients

5 medium potatoes, cubed
2 cups low-sodium beef broth
3 stalks celery, chopped
1 cup onion, minced
3 cups of skim milk
1 carrot, chopped
5 tablespoons flour

Directions

Put ingredients (except milk and flour) into a saucepan and simmer, covered, for 20 minutes or until potatoes are tender. Place milk and flour in shaker and use it to add milk and flour mixture to the other ingredients, stirring constantly. Simmer uncovered 5 to 10 minutes. Makes 6 servings.

Cold Pea Soup

Ingredients

2 cups fresh or frozen peas

1 cup skim milk

1 cup low-sodium chicken broth

2 tablespoons sherry

1/3 teaspoon grated lemon

1/4 teaspoon pepper

Directions

Combine peas, chicken broth, and pepper in a saucepan. Bring to a boil, then cover and cook until the peas are tender, about 5-7 minutes. Cool slightly and pour the peas and all liquid from the pan into a blender. Add the milk and sherry, blend until smooth. Pour soup into a container, then cover and refrigerate until cold. Serve the soup in chilled bowls. Makes 6 servings.

Extra Spicy Bean & Vegetable Soup

Ingredients

4 cups tomatoes
1 cup water
1 6-ounce can tomato paste
2 tablespoons chili powder
1 teaspoon garlic powder
1 teaspoon basil
1 teaspoon cumin
1/2 teaspoon black pepper
2 cups cooked red beans
2 cups cooked pinto beans
1 1/2 chopped onion
1 cup chopped celery
2 cups cooked garbanzo beans
2 cups frozen corn
1 cup chopped carrots

Directions

Combine ingredients in a large soup pan. Bring to a boil. Reduce heat, cover, and simmer for 25 minutes. Makes 12 servings.

Basil Tomato Bisque

Ingredients

3 cups fresh, seeded, peeled, chopped Roma tomatoes

1 1/2 cups low-sodium chicken broth

1 8-ounce can tomato sauce

1 1/2 tablespoons dried basil

Directions

In a blender or food processor, combine tomatoes, broth, and tomato sauce.

Cover and blend until smooth. Stir in basil. Cover and chill until serving time.

Makes 6 servings.

Tomato and Rice Soup

Ingredients

1 1/2 cups low-sodium tomato juice

1 1/2 cups low-sodium beef broth

1/2 teaspoon Worcestershire sauce

1 ½ teaspoons lemon juice

1 cup cooked rice

Directions

Combine all ingredients, bring to a boil. Reduce heat. Makes 3 servings.

Gameday Turkey Chili

Ingredients

- 2 cups shredded cooked turkey
- 1 cup chopped onion
- 1/2 cup chopped green pepper
- 2 cups cooked dark red kidney beans
- 1 cup water
- 6 oz can low sodium tomato paste
- 1 28 oz can of tomatoes whole peeled tomatoes
- 1 tablespoon of chili powder
- 1 teaspoon garlic powder

Directions

Combine all ingredients in a large saucepan. Cover and simmer over low heat for 60 minutes so the flavors are blended. Makes 6 servings.

Minnesota Cabbage Rolls

Ingredients

- 6 large cabbage leaves
- 1 pound lean ground beef
- 1 egg
- 1 cup cooked rice
- 1/4 teaspoon salt
- 1 cup low-sodium tomato sauce
- 1 teaspoon Worcestershire sauce
- 1 tablespoon lemon juice
- 1/2 cup chopped onion
- 1/4 teaspoon pepper
- 1/2 tablespoon brown sugar
- 1/3 cup skim milk

Directions

Combine egg, pepper, Worcestershire sauce, onion, salt, milk and mix well. Add ground beef and cooked rice, beat together with fork. Immerse cabbage leaves in boiling water for 3 minutes. Drain. Place 1/2 cup meat mixture on each cabbage leaf, fold in sides and roll ends over meat. Place rolls in baking dish. Combine and vigorously blend tomato juice, brown sugar, and lemon juice. Pour over cabbage rolls. Bake at 350 degrees for 1 hour. Makes 6 servings.

French Chicken Salad with Raspberry Vinaigrette

Ingredients

- 9 cups salad greens
- 4 small, skinless, boneless chicken breasts
- 1/4 cup raspberry flavored vinegar
- 1/2 teaspoon garlic powder
- 1 tablespoon olive oil
- 1 teaspoon dried basil
- 1/4 teaspoon sugar
- 1/2 teaspoon salt

Directions

Grill chicken breasts on grill at low heat. Combine the rest of the ingredients, except the salad greens, in a bowl. Mix vigorously. Pour vinegar mixture over salad greens and toss. Divide the salad greens on 4 plates. Cut warm chicken breasts into slices and place on top of greens. Serve immediately. Makes 4 servings.

Asian-American Salad

Ingredients

2 1/2 cups cooked chicken, cut into cubes

1 large bag of shredded cabbage

1 cup diced mushrooms

2 tablespoons chopped cilantro

2 shredded carrots

1 thinly sliced cucumber

3 thinly sliced green onions

1 tangerine, divided into sections

1/2 cup non-fat

Sugar-free Asian-sesame salad dressing

Directions

In a large bowl combine chicken, cabbage, mushrooms, carrot, cilantro, cucumber, and dressing. Toss well. Top with green onions and tangerine sections.

Makes 4 servings.

Vanilla Apple Salad

Ingredients

4 apples, sliced

1/2 cup plain low-fat yogurt

1/2 cup low calorie whipped topping

1/2 teaspoon apple pie spice

1 teaspoon vanilla

Directions

Combine all ingredients. Chill for 2 hours. Makes 4 servings.

Auntie's Apricot Salad

Ingredients

1 16-ounce can no-sugar added apricots, packed in water

2 cups low fat cottage cheese

1 small package of sugar-free lemon gelatin

1 cup boiling water

1 cup low-fat whipped topping

Drain and save water from apricots. Combine gelatin, water and 3/4 cup of liquid drained from apricots, stir until all gelatin is dissolved. Chill for 1 hour. Blend in whipped topping, apricots, and cottage cheese. Place in a bowl and chill until firm.

Makes 10 servings.

Bean and Broccoli Salad

Ingredients

1 15-ounce can white beans, rinsed and drained

2 1/2 cups small chopped broccoli

3 tablespoons sherry vinegar

2 teaspoons olive oil

1/2 teaspoon black pepper

1/4 teaspoon salt

1 clove garlic, chopped

2 tablespoons pimento, chopped

1/2 cup chopped onion

Steam broccoli, covered, for 4 minutes. Combine all ingredients. Chill for 1 hour.

Makes 6 servings.

Broccoli and Cauliflower Summer Salad

Ingredients

- 5 cups cauliflower, sliced into florets
- 8 ounces low-fat sour cream
- 1 tablespoon fresh lemon juice
- 3 cups broccoli, sliced into florets
- 3 tablespoons grated parmesan cheese
- 1 cup sliced radishes
- 1 bunch thinly sliced green onions
- 1/2 teaspoon garlic powder
- 1/2 teaspoon salt
- 1/4 cup sliced ripe olives
- 1/4 teaspoon black pepper

Directions

In a large bowl combine and toss cauliflower, broccoli, radishes, onion, and olives. In a blender, combine and blend parmesan cheese, sour cream, lemon juice, garlic powder, pepper, and salt. Pour the dressing over the vegetables, then toss to coat well. Cover and refrigerate 1 hour. Makes 10 servings.

Chicken Picnic Salad

Ingredients

4 skinless chicken breasts

2 tablespoons slivered almonds

1/2 cup diced celery

1/4 cup sugar-free and fat-free ranch salad dressing

3 tablespoons chopped onions

1 head of iceberg lettuce

Directions

Sautee and then slice chicken breasts into small cubes. Toss with celery, onion, almonds and ranch dressing. Mix and serve on a bed of lettuce. Makes 4 servings.

Winter Cole Slaw

Ingredients

4 cups shredded cabbage

1 cup diced green pepper

1/2 cup chopped onion

1/2 cup vinegar

2 tablespoons cooking oil

1/2 teaspoon celery seed

1/2 teaspoon dry mustard

1/2 teaspoon salt

Directions

Mix ingredients in a large bowl. Chill at least 1 hour. Makes 6 servings.

Farm-stand Buttermilk Salad Dressing

Ingredients

2 cups skim buttermilk

1/2 teaspoon black pepper

1 teaspoon garlic powder

1/2 teaspoon salt

1/2 teaspoon dried parsley flakes

1/2 cup finely minced onion

Directions

Mix all ingredients thoroughly. Chill at least 2 hours before serving. Dresses 16 salads.

Mediterranean Raisin-Carrot Salad

Ingredients

2 cups shredded raw carrot

1/2 cup raisins

5 tablespoons low-fat sour cream

Directions

Add ingredients into a mixing bowl. Toss until well-mixed. Chill at least 1 hour before serving. Makes 4 servings.

Quick and Easy Spring Salad

Ingredients

1 16oz can of “no-salt-added” string beans

1 fresh diced tomato

1/2 cup sugar-free Italian Salad Dressing

½ tablespoon chopped onion

Directions

Drain green beans, then combine with onion and Italian dressing. Chill for at least 30 minutes before serving. Toss diced tomato into salad before serving. Makes 6 servings.

Green Surprise Salad

Ingredients

1 cup of diced green apple

1/2 cup of low-fat lemon yogurt

1 cup of green grapes

3 tablespoon sliced almonds

1/4 cup of mini marshmallows

Directions

Dice apple (discard the core). Mix together with other ingredients. Makes 4 servings.

Easy Marinated Vegetables

4 cups sliced cauliflower, broken into florets

4 cups sliced broccoli, broken into florets

1 chopped green pepper

1 sliced cup onions

1 cup sliced mushrooms

1 cup chopped carrots

1 cup chopped celery

1 cucumber, sliced

1 8-ounce bottle sugar-free Italian salad dressing

Directions

Mix all ingredients together. Chill one hour and serve. Makes 24 servings.

Tunisian Raisin & Carrot Salad

Ingredients

1 pound baby carrots, sliced into 2 pieces each

1/2 tsp salt

1/4 cup minced parsley

3 tbsp lemon juice

1/4 tsp cayenne pepper

1/3 tsp ground cumin

1 cup raisins

1/2 tsp ground cinnamon

2 tbsp olive oil

1/2 tsp paprika

Directions

Cook carrots in boiling water 5 minutes. Drain, rinse with cold water, and then drain again. While carrots cool, in medium bowl mix lemon juice, paprika, cumin, cinnamon, pepper, and salt. Stir to dissolve salt. Mix in olive oil, parsley, and raisins. Finally, add carrots and toss. Cover and refrigerate 90 minutes. Makes 6 servings.

Polish Potato Salad with Dill

Ingredients

6 medium-sized potatoes

1/2 cup low fat sour cream

1/4 cup sugar-free Greek salad dressing

1/2 cup diced onion

2 tablespoon fresh dill

2 teaspoons Dijon-style mustard

2 teaspoons lemon juice

1/4 teaspoon salt

1/4 teaspoon pepper

Directions

Boil potatoes and let cool. Remove skins from potatoes. Cut potatoes into cubes.

Add remaining ingredients, mix, and refrigerate at least 90 minutes. Serve chilled.

Makes 10 servings.

Romaine and Fruit Salad

Ingredients

1 tablespoon olive oil

2 tablespoons sherry vinegar

1 tablespoon water

1/8 teaspoon salt

3 cloves garlic, minced

3 cups torn romaine lettuce

3 cups torn arugula lettuce

1 11-ounce can sugar-free mandarin oranges, drained

1 cup sliced fresh strawberries

1/2 red onion, sliced thin

Directions

Combine the oil, vinegar, water, salt, and garlic. Blend well. Chill at least 30 minutes before serving. In a bowl, combine all lettuce. Add mandarin oranges, strawberries, and onion. Before serving, pour the dressing over top of the salad and toss. Makes 6 servings.

Shrimp and Vegetable Salad

Ingredients

- 2 cups cooked fresh green beans
- 2 1/2 cups chopped tomato
- 1 cup thinly sliced red onion
- 1/2 pound cooked and peeled shrimp
- 10 sliced and pitted ripe olives
- 2 cups frozen corn, thawed and separated
- 1 cup salsa
- 2 tablespoon tarragon vinegar
- 3 teaspoon olive oil
- 1/2 teaspoon dried tarragon

Directions

Combine ingredients and mix well. Makes 8 servings.

Egyptian Tabbouleh Salad

Ingredients

1/2 cup cracked wheat

1 cup fresh parsley

3 tomatoes

1/2 cup lemon juice

1 green pepper

1/4 teaspoon salt

1 large onion

2 tablespoons cooking oil

1 cucumber

Directions

Soak wheat in 2 cups cold water for one hour. Dice green peppers, tomatoes, cucumber, onion, and mix with cracked wheat. Add parsley, lemon juice, salt, and oil. Chill for at least 1 hour. Makes 8 servings.

Carrot and Tuna Carrot Salad

Ingredients

1 cup cooked small elbow macaroni

1/2 cup grated carrots

1 can of water-packed tuna, drained

1/2 cup chopped celery

1/2 cup fresh peas

1 hardboiled egg, diced

1/4 cup fat-free mayonnaise

Directions

Mix all ingredients together and serve on lettuce leaves. Makes 4 servings.

Waldorf Salad

Ingredients

2 tablespoons low-fat sour cream

1/2 cup diced celery

3 tablespoons chopped walnuts

2 teaspoons lemon juice

3 medium peeled and diced apples

Directions

Mix sour cream and juice. Mix celery, apples, and nuts into dressing. Makes 4 servings.

New England Bread Stuffing

Ingredients

3/4 cup boiling water

1/4 cup diced celery

1 low-sodium chicken bouillon cube

4 cups dried bread cubes

1/2 teaspoon crushed dried sage

1/2 teaspoon low-sodium poultry seasoning

Directions

Dissolve bouillon cube in water. Add chopped onion and celery to bouillon and simmer 7 minutes. Stir in bread cubes and seasonings. Pour bouillon mixture over bread and toss gently until moistened. Bake in an 8X8 inch dish at 325 degrees for 25 minutes. Makes 6 servings.

Cheese and Vegetable Casserole

Ingredients

4 medium white potatoes, peeled and sliced 1/2 inch thick

1 cup cauliflower

1 1/2 cup water

1 cup broccoli

4 medium peeled and sliced carrots

1 large chopped onion

2 cup frozen, cut green beans

1 can reduced-fat cream of chicken soup

1 1/2 cup shredded reduced-fat cheddar cheese

1/2 cup skim milk

Directions

Bring water to a boil. Add the potatoes and cook, covered for 6 minutes. Add cauliflower, broccoli, beans, and onion. Return water to a boil, cover, and cook 12 minutes. Drain. Spray 2-quart baking dish with cooking spray. Add cooked vegetables. Combine soup and milk. Pour soup mixture over vegetables and mix. Preheat oven to 350 degrees. Cover and bake for 25 minutes. Uncover and sprinkle with cheese. Bake 4 more minutes, until cheese melts. Makes 8 servings.

Festival Rice

Ingredients

2/3 cup chopped onion

1/2 cup chopped celery

2/3 cup chopped green pepper

2 tablespoon margarine

2 cups cooked rice

1 cup sliced broccoli

1/2 teaspoon salt

Directions

Sauté onion, green pepper, and celery in margarine. Add broccoli, rice, and salt.

Stir and continue to cook until mixture is heated thoroughly. Makes 6 servings.

Chickpea and Tomato Sauce

Ingredients

- 2 16-ounce cans chickpeas, drained
- 1 8-ounce can low-sodium tomato sauce
- 1 large chopped onion
- 1 teaspoon cumin
- 1 tablespoon olive oil
- 1 teaspoon chili powder

Directions

Brown onion in oil. Add spices and cook for 6 minutes. Add Chickpeas and tomato sauce. Simmer till for 15 minutes. Makes 8 servings.

Holiday Green Bean Casserole

Ingredients

- 1 teaspoon cooking oil
- 1/2 cup chopped onion
- 2 tablespoons flour
- 1 cup skim milk
- 1/2 cup shredded, reduced-fat Swiss cheese
- 1/2 cup low-fat sour cream
- 1/2 teaspoon salt
- 1 lb. package of frozen green beans, thawed and drained
- 1 cup low-salt herb-seasoned stuffing mix
- 1 teaspoon margarine, melted

Directions

In a saucepan sauté onion in oil. Add flour and cook one minute, stirring constantly. Slowly add milk, stirring until blended. Stir in cheese, sour cream, and salt. Cook 5 minutes or until thickened and bubbly, stirring constantly. Put green beans in a baking dish; pour the sauce over top. In another bowl pour the melted margarine over the stuffing mix. Stir well and sprinkle over green bean mixture. Bake at 350 degrees for 25 minutes. Makes 8 servings.

Green Bean & Rice Casserole

Ingredients

3/4 cup chopped onion

1 16-ounce can low-sodium green beans

3 teaspoons cooking oil

1/2 cup cooked rice

1 16-ounce can of tomatoes

1/3 cup warm water

Directions Sauté the onions in oil until soft and brown. Add the rice, green beans, tomatoes, and water. Cook, simmer for 30 minutes. Makes 4 servings.

Potatoes with Grilled Vegetables

Ingredients

2 large unpeeled potatoes, washed and sliced

3 sliced carrots

1 sliced onion

Non-stick cooking spray

Directions

Spray large piece of aluminum foil with non-stick cooking spray. Place carrots, potatoes, and onions on aluminum foil. Sprinkle with 1 tablespoon of warm water. Fold foil around vegetable and seal. Place on a slow charcoal or a gas grill on low for 40 minutes. Makes 4 servings.

Easy-Cheesy Potato Fries

Ingredients

5 peeled potatoes, cut into strips

3/4 cup shredded low-fat mozzarella cheese

1/2 teaspoon garlic powder

1 teaspoon salt

Directions

Put cut potatoes in a baking dish that is not made of metal, making sure that the potatoes are only a single layer and not on top of each other. Sprinkle with salt, garlic powder, and cheese. Cover and microwave on high for 12 minutes or until potatoes are tender. Makes 8 servings.

Canadian Wild Rice Hotdish

Ingredients

- 1 cup wild rice
- 1 cup julienne carrots
- 2 cups low sodium chicken broth
- 1 tablespoon butter
- 1 cup diced fresh mushrooms
- 1 cup sliced celery
- 1/2 cup sliced green onion
- 1/4 teaspoon black pepper
- 1/3 cup chopped sweet red pepper
- 1/4 teaspoon salt
- 1/2 teaspoon dried thyme

Directions

Rinse wild rice under cold running water for 90 seconds, drain and then set aside. In a medium saucepan combine chicken broth and wild rice. Bring to a boil. Reduce heat, cover, and simmer for 35 minutes. In a large skillet melt butter. Add carrots, celery, and mushrooms. Cook while stirring for 10 minutes. Stir in green onion, red pepper, thyme, salt, and pepper. The slowly stir the rice into the vegetable mixture. Put the mixture into the casserole dish. Bake covered at 325 degrees for 50 minutes. Makes 8 servings.

Italian Basil and Parmesan Tomatoes

Ingredients

2 cups fresh, diced ripe tomatoes
1/4 teaspoon black pepper
3 tablespoons grated Parmesan cheese
1 teaspoon basil
1/2 teaspoon garlic powder

Directions

Mix ingredients (except for Parmesan cheese), and heat at 250 degrees for 20 minutes. Sprinkle Parmesan cheese on top and serve. Makes 4 servings.

Traditional Red Beans and Rice

Ingredients

2 cups pre-cooked, low-sodium red beans

1 cup chopped onion

2 cups cooked rice

1/2 cup chopped celery

2 chopped garlic cloves

1 tablespoon butter

1/4 teaspoon pepper

Directions

Sauté onion, garlic, and in butter until tender. Add remaining ingredients. Simmer together for 8 minutes to blend flavors. Makes 6 servings.

Barcelona Rice

Ingredients

1 cup uncooked rice

1 tablespoon olive oil

3/4 cup chopped onion

2 cups diced fresh tomatoes

1/2 pound lean ground beef, thoroughly cooked and drained of fat

1/2 cup chopped celery

1 cup water

1/2 teaspoon salt

Directions

Brown onions and celery in oil in skillet. Add water, tomatoes, rice, and salt.

Simmer and stir 15 minute or until rice is tender Stir in the ground beef and cook and stir slowly for 10 minutes. Makes 6 servings.

Cheesy Corn

Ingredients

2-16oz cans of low-sodium, whole kernel corn

2 egg whites

2 tablespoons flour

1/2 chopped green pepper

1/2 tablespoon sugar

1 teaspoon freeze-dried minced onion

1 egg, beaten

1/3 cup milk

4 oz shredded cheddar cheese

Directions

Drain corn and place with flour and sugar in an oiled baking dish. Mix well. Add milk, onion, egg, egg whites, and green pepper. Mix well. Spread cheddar cheese.

Asian Cabbage

Ingredients

6 cups cabbage, chopped

1 cup onion, chopped

1 clove garlic, chopped

2 teaspoons olive oil

3 tablespoons wine vinegar

1/4 teaspoon black pepper

1 1/2 tablespoon honey

1/8 teaspoon salt

Directions

Combine ingredients and place in a baking dish. Cover and bake at 400 degrees for 35 minutes. Stir and then serve. Makes 4 servings.

Wild Rice and Mushroom Casserole

Ingredients

1 cup wild rice

3 cups low-sodium chicken bullion

1/4 teaspoon pepper

1/4 teaspoon salt

2/3 cup chopped mushrooms

1/3 cup chopped onion

1/2 teaspoon sage

Directions

Coat the inside of a saucepan with non-stick cooking spray. Sauté mushrooms and onions. Rinse wild rice thoroughly in water before adding. Add wild rice, bullion, pepper, sage, and salt. Bring to a boil and simmer for 50 minutes, stirring occasionally. Makes 6 servings.

Double-Baked Sweet Potatoes

Ingredients

2 medium Sweet Potatoes

2 tablespoons skim milk

Directions

Wrap sweet potatoes in foil. Bake at 350 degrees for 1 hour. Split sweet potatoes in half, lengthwise. Scoop contents and whip with milk. Then spoon back in potato shells and heat in oven at 350 degrees for 20 minutes. Makes 4 of the one-half sweet potato servings.

Madrid Omelet

Ingredients

- 5 small potatoes, peeled and sliced
- Vegetable cooking spray
- 1 medium onion, chopped
- 1 small zucchini, sliced
- 1 cup green peppers, sliced thin
- 1 cup red peppers, sliced thin
- 6 medium mushrooms, sliced
- 3 whole eggs, beaten
- 5 egg whites, beaten
- 1/4 teaspoon pepper
- 1/4 teaspoon garlic salt
- 1/2 teaspoon oregano
- 1/2 teaspoon basil
- 4 ounces shredded low-fat mozzarella cheese
- 1 tablespoon reduced-fat Parmesan cheese

Directions

Preheat oven to 375 degrees. Boil potatoes in boiling water until tender. In a nonstick pan, add vegetable spray and warm an at medium heat. When warm, add onion and sauté until onion is brown. Then add vegetables and sauté until

vegetables are tender but not browned. In a large mixing bowl, slightly beat eggs and egg whites together, then add pepper, garlic salt, and low-fat mozzarella cheese. Stir egg-cheese mixture into the cooking vegetables. Coat 10-inch pie pan or ovenproof skillet with vegetable spray and transfer potatoes and egg mixture to pan. Sprinkle top with low-fat parmesan cheese and bake about 30 minutes until firm. Remove omelet from oven, cool for 15 minutes, and slice into serving pieces. Makes 5 servings.

Island Fiesta with Chips

Ingredients

- 1 tablespoon olive oil
- 1 chicken breast, cubed
- 1/4 teaspoon curry
- 1/4 teaspoon allspice
- 1/4 teaspoon hot sauce
- 8 corn tortilla chips
- 1/4 cup low-sodium black beans, rinsed and drained
- 4 grape tomatoes, diced
- 1/2 orange bell pepper, seeded and chopped
- 1 shallot, peeled and sliced
- 1 ounce reduced-fat shredded cheddar cheese

Directions

In a nonstick skillet, warm the olive oil. Add the chicken, spices, and sauté for 8 minutes, until chicken cooked thoroughly. Evenly spread the tortilla chips on plate and distribute chicken, beans, tomatoes, bell peppers, and shallots. Top with cheese and microwave for 1 minute. Makes 4 servings.

New England Turkey Stew

Ingredients

- 1 pound turkey breast, diced
- 2 tablespoons whole wheat flour
- 1/2 teaspoon salt
- 1/4 teaspoon pepper
- 1/4 teaspoon cumin
- 2 medium onions, diced
- 2 stalks celery, sliced
- 5 cups of low-sodium, low-fat turkey broth
- 5 small potatoes, peeled and sliced
- 12 small carrots, sliced
- 1 1/4 cups fresh green peas
- 2 tablespoons olive oil
- 2 cloves chopped garlic
- 1 medium green bell pepper, chopped
- 1 medium tomato, chopped finely

Directions

Preheat oven to 375 degrees. Mix whole wheat flour and salt, pepper, and cumin. Roll the turkey in the mixture. Shake off excess flour. In a large skillet, heat olive oil over medium heat. Add turkey cubes and sauté until brown, about 10 minutes. Place turkey in an ovenproof casserole dish. Add garlic, onions, peppers, and celery to skillet and sauté until vegetables are tender, about 8 minutes. Mix in

broth and tomato. Bring to a boil and pour over turkey in casserole dish. Cover dish tightly and bake 1 hour at 375 degrees. Remove from oven, then stir in potatoes, peas, and carrots. Bake for another 25 minutes at 375 degrees. Makes 4 servings.

Caribbean Salmon

Ingredients

- 1 pound red salmon fillet
- 1 medium onion, chopped
- 1/2 cup red pepper, chopped
- 2/3 cup carrots, cut into strips
- 1 clove garlic, chopped
- 1/2 cup dry white wine
- 2 tablespoons olive oil
- 2 tablespoons crumbled low-fat feta cheese
- 1 large chopped fresh tomato
- 2 tablespoons pitted ripe olives, sliced

Directions

In a large skillet, heat oil over medium heat. Add carrots, onion, red pepper, and garlic. Sauté for 12 minutes. Add wine and bring to boil. Arrange salmon in center of pan with other ingredients in pan surrounding it. Cover and cook for 6 minutes. Add tomato and olives. Garnish with cheese. Cover and cook for 3 minutes or until fish is firm but moist. Cover with vegetable and juice from pan. Makes 4 servings.

Pizzeria Cheese Pizza

Ingredients

2 Tbsp. whole wheat flour
1 refrigerated pizza crust
1/2 teaspoon dried basil
1/2 teaspoon dried oregano
4 ounces shredded low-fat mozzarella cheese
2 cups sliced mushrooms
1 large red pepper, sliced
2 tablespoons olive oil
2/3 cup low-fat ricotta cheese
1 medium onion, minced
2 cloves garlic, minced
1/2 teaspoon salt

Directions

Preheat oven to 425 degrees. Spread flour over working surface. Roll out pizza dough with rolling pin to desired thickness. Coat cookie sheet with vegetable cooking spray. Transfer pizza crust to sheet. Brush olive oil over face of crust. Mix ricotta cheese with dried oregano, basil, onion, garlic, and salt. Spread mixture over crust. Sprinkle crust with mozzarella cheese. Top cheese with red pepper and mushrooms. Bake at 425 degrees for 15 minutes or until crust is golden brown. Makes 4 servings of 2 slices each.

Burgundy Beef

Ingredients

1 pound sirloin steak, cubed
1/4 cup flour
1/4 teaspoon pepper
2 tablespoons cooking oil
2 cups chopped raw carrots
2 cups sliced mushrooms
3 cups diced potatoes
2/3 cup chopped onion
1 clove garlic
1 cup water
2 cups fresh tomatoes, chopped
1/2 teaspoon thyme
1/2 teaspoon basil
1/2 teaspoon oregano
1/4 teaspoon rosemary
1 tablespoon parsley
1/2 cup dry red wine

Directions

Coat beef with pepper and flour. Brown meat in skillet in oil. Add onion and garlic, then sauté until tender. Drain fat. Add all spices, wine, and water. Cover and simmer for 30 minutes, stirring occasionally, adding water when necessary. After

30 minutes, add potatoes, tomatoes, carrots, mushrooms, and simmer 1 additional hour. Makes 8 servings.

Tacos Avocados

Ingredients

- 1 medium onion, cut in thin slices
- 2 large green peppers, cut in thin slices
- 2 large red peppers, cut in thin slices
- 1 cup cilantro, finely minced
- 1 ripe avocado, peeled, pit removed, sliced into 12 pieces
- 1 ½ cups tomato salsa
- 12 10-inch flour tortillas (10" diameter)

Directions

Coat skillet with vegetable spray. Lightly sauté onion and peppers. Warm tortillas in oven. Remove and fill with peppers, onions, avocado, and salsa. Fold tortillas and serve. Garnish with cilantro. Makes 12 servings.

Cilantro Chicken

Ingredients

4 boneless, skinless chicken breasts, cut into cubes

1 clove garlic, minced

1 medium onion, chopped

1/4 teaspoon black pepper,

1/4 teaspoon salt

1 tablespoon butter

2 tablespoon cilantro

Directions

In a skillet cook garlic and onions until onions are soft and golden. Add chicken, pepper, and salt. Cook over medium-high heat about 10 minutes, stirring constantly. Stir in cilantro. Makes 4 servings.

Lemony Baked Shrimp

1 pound peeled and de-veined shrimp

1/2 teaspoon salt

3 garlic cloves, finely chopped

1/2 cup dry breadcrumbs

2 tablespoons fresh lemon juice

1 teaspoon olive oil

1 1/2 teaspoon dried parsley

1/2 teaspoon grated lemon peel

Directions

Coat 4 individual dishes with non-stick cooking spray. Divide shrimp equally between the dishes and set aside. Combine the breadcrumbs, lemon peel, parsley, salt, and garlic in bowl, then stir in olive oil and lemon juice. Sprinkle breadcrumb mixture over shrimp. Bake at 400 degrees for 20 minutes. Makes 4 servings.

Hearty Marinated Steak

1 pound trimmed lean round steak

1 bay leaf

1/8 teaspoon allspice

1/2 teaspoon crushed red pepper

1 large onion, thinly sliced

2 tablespoons Worcestershire Sauce

1/2 cup beef bone broth

Directions

Combine ingredients in plastic bag. Seal and marinate in the refrigerator for at least 10 hours, turning every 1-2 hours. Remove steak from plastic bag, but do not throw out onion and marinade. Place steak on rack of a broiler pan that has been coated with a non-stick cooking spray. Broil 7 to 8 minutes on each side. Set steak aside and cover. Coat a skillet with a non-stick cooking spray, add onion and sauté over medium-high heat until soft and golden. Add marinade, cover, reduce heat and simmer for 6 minutes. Remove bay leaf and discard. Transfer steak to platter and then spoon onion mixture over steak. Makes 4 servings.

Oven Chicken Fry

Ingredients

6 skinless chicken breasts

1 teaspoon paprika

1/2 cup flour

1 1/2 teaspoon garlic powder

1 teaspoon cooking oil

1/2 teaspoon black pepper

Directions

Preheat oven to 330 degrees. Spread oil thinly across a 9 X 12-inch pan. Combine chicken, flour, paprika, garlic salt, and pepper in a locking plastic bag. Shake until chicken is coated. Place chicken on the oiled pan and bake for 35 minutes. Makes 6 servings.

Bulgarian Rice Meat Balls

Ingredients

1 pound of extra-lean ground beef

1 cup of instant rice

1/2 teaspoon salt

1/8 teaspoon marjoram

1/8 teaspoon black pepper

1 egg

2 1/2 cups low-sodium tomato juice

1/4 cup diced onion

Directions

Except 2 cups of the tomato juice, mix all ingredients. Form into meat balls. Place balls into a skillet and brown on high heat. Drain fat. Pour remaining tomato juice over meat balls. Bring to a boil, reduce to medium heat, then cover and cook for 20 minutes. Makes 6 servings.

Sloppy Joes

Ingredients

- 1 pound of lean ground beef
- 1/4 cup canned, low-sodium tomato juice
- 3 tablespoons minced onion
- 1 tablespoon bottled mustard
- 1/4 teaspoon dry mustard
- 3 tablespoons ketchup
- 1/2 teaspoon salt

Directions

In skillet, brown ground beef and onions together until onions are golden and beef is cooked thoroughly. Drain fat. Add remaining ingredients. Simmer for 30 minutes. Serve on a hamburger bun. Makes 6 servings.

Caribbean Red Snapper

Ingredients

1 pound of frozen or fresh red snapper

1/2 teaspoon salt

1 teaspoon ground ginger

3 tablespoons lime juice

1/4 teaspoons black pepper

1/2 teaspoon paprika

Directions

Rinse fish thoroughly and pat dry with paper towels. Cut fish into 4 Equal portions. Brush lime juice on tops of fish portions. In a bowl combine paprika, salt, ginger, and black pepper. Rub mixture on fish. Arrange fish in a non-stick baking pan. Bake uncovered at 450 degrees for 15 minutes. Makes 4 servings.

San Francisco Chicken

Ingredients

- 1 pound skinless, boneless, and cubed chicken breast
- 1 cup green pepper, chopped
- 1 tablespoon cooking oil
- 1/2 cup chopped onion
- 1 cup carrots, cut into small cubes
- 1 minced clove garlic
- 1 cup low-sodium chicken broth
- 1 tablespoon cornstarch
- 1 tablespoon soy sauce
- 2 tablespoons cooking sherry
- 1 tablespoon brown sugar
- 1/2 teaspoon ground ginger
- 1 8-ounce can unsweetened pineapple chunks, sliced and drained
- 5 cups cooked brown rice

Directions

Heat oil in a large non-stick skillet over high heat. Add chicken and sauté, stirring regularly, until the chicken is browned. Add green pepper, onions, garlic, and carrots, and sauté for an additional 2 minutes, stirring regularly. Combine broth, brown sugar, soy sauce, cornstarch, ginger, and sherry, then stir well. Add the mixture and pineapple to skillet, bring to a boil and cook for 1 minute, stirring regularly. Serve over brown rice. Makes 8 servings.

Vegetable Fusilli

Ingredients

- 8 ounces fusilli
- 1 1/2 cup chopped onion
- 1 tablespoon olive oil
- 1/2 cup chopped celery
- 1/2 cup chopped green pepper
- 2 cloves garlic, finely chopped
- 1 tablespoon dried basil
- 1 teaspoon dried oregano
- 1 16-ounce can whole Italian tomatoes
- 1 15-ounce can low-sodium tomato sauce
- 1 teaspoons sugar
- 1/2 teaspoon crushed red pepper flakes
- 1/8 teaspoon black pepper

Directions

In a large skillet, sauté garlic, onion, green pepper, and celery in olive oil until the onions are golden. Add all ingredients except fusilli. Heat and simmer sauce for 40 minutes. Cook fusilli according to directions on package, then drain and put on platter. Pour sauce over the cooked fusilli. Optionally garnish with grated Parmesan cheese. Makes 6 servings.

...and More!

Tropical Fruit Fantasy

Ingredients

6 medium strawberries, sliced
1/2 cup honeydew, cubed
1/2 cup cantaloupe, cubed
1/2 cup watermelon, cubed
2 oranges, peeled seeded, and sliced
8 ounces sugar-free, fat-free orange yogurt
1/2 cup unsweetened orange juice
1 mango, peeled seeded, and sliced
1 papaya, peeled seeded, and sliced

Directions

Add fruits and yogurt to a bowl and mix. Add orange juice to mixture. Mix well and serve as dessert. Makes 12 servings.

Angel Food Cake

Ingredients

1 cup of egg whites (about 8 large eggs)

1 cup cake flour

1 teaspoon cream of tartar

1 teaspoon vanilla extract

1/4 cup artificial sweetener

Directions

Sift only 1/8 cup artificial sweetener with flour together 4 times. Beat cream of tartar and egg whites and until foaming. Add remaining artificial sweetener bit by bit, beating as you add it. Add flavorings and then beat until stiff. Fold flour into egg white and artificial sweetener mixture, sifting small amounts at a time. Pour into 10-inch, ungreased tube backing pan. Cut through with plastic spatula or wide knife to remove air bubbles. Bake at 280 degrees for 30 minutes, then raise the heat to 300 degrees and bake until golden brown on top. Turn pan upside down over pan over bottle neck for 1 hour before removing from pan. Makes 12 servings.

Apple Crisp

Ingredients

6 cups of cooking apples, sliced thin

3/4 teaspoon cinnamon

1/2 cup melted butter

1/4 cup sugar

1/4 cup brown sugar

1 1/2 cups flour

1 teaspoon baking powder

1 beaten egg

Directions

Carefully place apples in a 12x9 inch pan. Combine cinnamon and brown sugar, then sprinkle mixture over apples. Then mix baking powder, flour, and sugar. Beat egg into flour mixture with fork. Sprinkle flour mixture over apples. Drizzle melted butter over it all. Bake at 325 degrees for 50 minutes. Makes 18 servings.

Cherry Crunch

Ingredients

1 cup rolled oatmeal

1 can low-sugar cherry pie filling

1/4 cup brown sugar

1/3 cup flour

3 tablespoons butter

Directions

Evenly spread pie filling across 8-inch square baking dish. Mix oatmeal, flour, and brown sugar. Add butter into mixture. Crumble oatmeal and butter mixture over top of cherry filling. Bake at 30 minutes at 375 degrees. Makes 8 servings.

Cherry Lemon Cheesecake

Ingredients

1 package of sugar-free lemon gelatin

1 cup low-sugar cherry pie filling

1 whole crushed graham cracker

2/3 cup boiling water

8 ounces fat-free cream cheese

1 cup low-fat cottage cheese

2 cups low-fat whipped topping

Directions

Spray 9-inch pie plate lightly but thoroughly with non-stick cooking spray. Add graham cracker crumbs to bottom of pie plate. Dissolve gelatin in boiling water; then pour into blender. Add cottage cheese and cream cheese, then cover. Blend at medium speed, scraping down sides when needed, until mixture is smooth. Pour into a bowl and stir in whipped topping. Pour into pie plate. Chill 4 hours until set. When serving, top with cherry pie filling. Makes 8 servings.

Peach Crumble

Ingredients

4 cups of fresh sliced peaches

2 tablespoons flour

1/4 cup sugar

1 1/2 teaspoon cinnamon

4 tablespoons butter

1 teaspoon vanilla

1 cup rolled oatmeal

1/2 cup flour

Directions

In a bowl, add peaches, sugar, flour, vanilla, and 1/2 teaspoon of cinnamon. Mix and set aside bowl. In another bowl mix oatmeal, flour, and 1 teaspoon of cinnamon. Then Mix in diet margarine until mixture is crumbly. Place the peach mixture in bottom of an 8x8 inch baking pan. Sprinkle the oatmeal mixture over peaches. Bake at 350 degrees for 40 minutes. Makes 8 servings.

Strawberries and Cream Dream

Ingredients

3 cups strawberries, halved

2 cups skim milk

1/2 teaspoon almond extract

1/4 cup sugar

2 tablespoons cornstarch

Directions

Combine milk, cornstarch, and sugar in a small pan. Cook over medium heat, stirring constantly, until mixture begins to boil. Add almond extract. Cover and chill for at least 1 hour. Place 1/2 cup of strawberries on each of 6 individual dessert plates. Pour cream mixture over each of the servings. Makes 6 servings.