

MORE *HEALTHY RECIPES*

Volume 5

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courtesy of dLife from
Chef Michel Nischan

Mexican Pizza

- 1

8-inch low-carb whole grain tortilla

Canola oil in a misting bottle (or cooking spray)

1/4 cup low-fat re-fried beans
- 1

tablespoon warm water

1/4 cup plus 1 tablespoon fresh store-bought salsa, drained

1/4 cup shredded low-fat mozzarella cheese
- 1

Place an 8- to 10-inch skillet over medium heat until hot. Lightly spray each side of the tortilla with oil.

2

Place the tortilla in the hot pan and cook 30 seconds to one minute or until lightly browned. Turn the tortilla over and repeat.

3

Remove from the pan and cool.

4

Combine the re-fried beans and water and mix until smooth. Use a rubber or plastic spatula to spread the bean paste over the tortilla. Be careful to leave 1/4 to 1/2 an inch of tortilla uncovered at the outer edge.

- 5

Gently spread the salsa evenly over the bean paste and sprinkle with the low-fat mozzarella cheese. Transfer to a baking sheet and place in a preheated 375 degree oven for five minutes or until the cheese is melted.

Enjoy as is or garnish with a dab of non-fat sour cream and fresh cilantro.

Nutritional Information Per Serving:
Calories 119, Total Fat 3g, Saturated Fat 1g, Cholesterol 5mg, Total Carbohydrate 19g, Dietary Fiber 10g, Protein 11g, Sodium 591mg

Pastel Omelet with Peppers, Mushrooms, Goat Cheese

- 12

shiitake mushrooms, stemmed

1/4 cup diced red and yellow peppers

Salt for sprinkling, plus more to taste

2

eggs

4

egg whites

1

tablespoon mixed minced fresh herbs (such as parsley, thyme, and chives)

Freshly ground pepper to taste

1

tablespoon canola oil

3

tablespoons crumbled goat cheese
- 1

Preheat the broiler. Wipe the mushroom caps with a damp paper towel. Set the mushrooms on a small baking sheet, coat lightly with nonstick vegetable-oil spray, and sprinkle with salt. Broil, gill side down, and about 4 inches from the heat source, for 2 minutes. Turn over and broil for about 2 minutes longer or until lightly browned. Transfer to a cutting board and let cool to the touch. Cut into slices.

2

In a medium bowl, combine the eggs, egg whites, and half the herbs. Whisk vigorously until well blended and frothy. Season with salt and pepper to taste.

3

Heat a 10-inch nonstick skillet over high heat and add the oil. Add the peppers and sauté 2 minutes or until the peppers begin to soften. Immediately pour in the eggs and scatter the mushrooms over them. Rapidly stir with a folding motion for about 2

- minutes, concentrating on moving the eggs from the outside of the pan to the center until the omelet begins to set.

4

Reduce the heat to low and continue stirring and folding for another 2 minutes or until the omelet sets. Remove from the heat and sprinkle the goat cheese evenly over the omelet.

5

Roll the omelet onto a warmed platter, garnish with the remaining herbs, and serve immediately.

Nutritional Information Per Serving:
Calories 332, Total Fat 16g, Saturated Fat 5g, Cholesterol 223mg, Total Carbohydrates 19g, Dietary Fiber 3g, Protein 19g, Sodium 221mg

Miso Scallops with Edamame Sauce

- 12

Sea Scallops, u-12 count, patted dry

Bamboo skewers, soaked for at least 30 minutes in water

1

tablespoon grapeseed oil

Marinade

3

tablespoons white or red miso paste

1/4

cup water

Sauce

1

cup shelled, blanched edamame beans or fresh or frozen lima beans

3

cloves blanched garlic (raw garlic cloves simmered in water for 5 minutes)

2

tablespoons silken or soft tofu

1

tablespoon freshly squeezed lemon juice

1/8

teaspoon salt

1/8

teaspoon pepper

Relish

1

medium tomato, chopped

2

tablespoons grapeseed OR canola oil

1

green onion, thinly sliced

1

teaspoon rice or mild apple cider vinegar

1/8

teaspoon salt

1/8

teaspoon pepper
- 1

Make 4 rows of 3 scallops each on cutting board. Thread 2 skewers through each row of scallops. Set aside.

2

For the marinade, whisk miso and water together in small bowl until smooth. Transfer marinade to shallow container or plate and set the scallop skewers in marinade. Cover with plastic wrap and marinate, refrigerated, 1 to 2 hours, turning once.

3

For the sauce, place beans and garlic in a small saucepan (with just enough water to cover) over medium heat and simmer for 7 minutes. Transfer mixture to a blender. Add tofu and lemon juice and blend until smooth. Season with salt and pepper; keep warm.

4

For the relish, heat oil over medium heat in small skillet until oil is hot. Add tomatoes and cook until tomato juices evaporate and the relish looks like a chunky sauce. Remove pan from heat and immediately stir in green onions. Season with salt and pepper; keep warm.

5

To prepare: Heat the oil in a large non-stick sauté pan over medium high heat until hot. Remove the scallops from the marinade and wipe any excess miso from the scallop skewers. Add the scallop skewers to the hot pan. Cook two minutes on each side or until nicely browned. Spoon some of the edamame sauce onto the center of four warmed plates and spread with the back of the spoon. Set the skewers over the sauce and top with the relish.

Nutritional Information Per Serving:
Calories 290, Carbohydrates 21g, Total Fat 14g, Saturated Fat 2g, Protein 24g, Cholesterol 9mg, Dietary Fiber 6g, Sodium 516mg

Southwestern Turkey Burger

- 10

oz. ground turkey

2

tablespoons silken tofu

1/2

teaspoon ground cumin

1/4

teaspoon ground garlic

Canola oil in a spray bottle

6

slices avocado

2

tablespoons non-fat sour cream

4

leaves of fresh leaf lettuce, each about the size of a burger

- 1

Combine the ground turkey, cumin and garlic in a bowl and mix well. Form into two patties. Heat a medium non-stick skillet over medium heat. Mist both sides of each burger with canola oil (about 1 tsp total). Place the burgers in the skillet and cook 3-1/2 minutes or until brown. Transfer to a pre-heated 350 degree oven and bake five minutes or until cooked through.

2

Let stand five minutes to cool slightly. Place each burger on a piece of leaf lettuce. Top each burger with three slices of avocado and a tablespoon of sour cream. Top each burger with the remaining slices of leaf lettuce and dig in.

3

Toppings can be altered according to taste and dietary restrictions.

Nutritional Information Per Serving:
Calories 328, Total Fat 28g, Satuarated Fat 6g, Cholesterol 114mg, Total Carbohydrate 11g, Dietary Fiber 3g, Protein 29g, Sodium 159mg

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Shrimp Creole

with Brown Rice and Carambola Cooler

Shrimp Creole

Brown Rice

Preparation Time: 20 minutes
Serves 2. Serving size ½ recipe

- 1 Tbsp canola oil
- 1 cup onion, sliced
- 1 cup green pepper, sliced
- 2 medium cloves garlic, crushed
- 2 cups diced tomatoes
- ½ Tbsp tomato paste
- 2 Tbsp water
- ½ Tbsp Worcestershire sauce
- 1 tsp hot pepper sauce
- ¾ lb medium peeled and deveined shrimp

Heat oil in a medium-size nonstick skillet over medium-high heat. Add onion, green pepper, and garlic and sauté 3 minutes.

Add tomatoes and sauté another 5 minutes.

Mix tomato paste with water and add to skillet along with Worcestershire and hot pepper sauce.

Cook 1 minute.

Add shrimp and sauté 2-3 minutes.

To serve, spoon shrimp and sauce over rice.

Nutrition Facts:
Exchanges/Choices
3 Vegetable, 4 Lean Meat, 1 ½ Fat
Calories 277, Calories from Fat: 81, Total Fat 9 g, Saturated Fat 0 g, Cholesterol 261 mg, Sodium 385 mg, Carbohydrate 19 g, Dietary Fiber 4 g, Sugars 11 g, Protein 31 g

Preparation time: 35 minutes
Serves 2. Serving size ½ recipe

- ½ cup quick-cooking brown rice
- 2 tsp canola oil
- Salt and freshly ground black pepper to taste

Fill a large saucepan ¾ full of water, bring to a boil, and add rice.

Gently boil rice according to package instructions. Test a few grains to see if they are cooked through but still firm. Strain into a colander, leaving a little water on the rice.

Add oil, salt, and pepper.

Nutrition Facts:
Exchanges/Choices
2 ½ Starch, ½ Fat, Calories 210, Calories from Fat 54, Total Fat 6 g, Saturated Fat 1 g, Cholesterol 0 mg, Sodium 3 mg, Carbohydrate 35 g, Dietary Fiber 2 g, Sugars 0 g, Protein 5 g

Carambola Cooler

Preparation time: 5 minutes
Serves 2. Serving size ½ recipe

- ½ lb ripe carambolas (2 medium or 5 small; 2 cups chunks yield ½ cup juice).

- 2 tsp sugar substitute
- ½ cup soda water (seltzer)
- 4 ice cubes

Wash carambola and slice 2 stars from the center of the largest fruit. Set aside for garnish.

Cut remaining fruit into large chunks. Place in food processor with sugar substitute and process 2 minutes or until fruit is turned into a pulpy juice. Strain into glass, being sure to press as much juice as possible from the pulp. Place in refrigerator until needed or up to 8 hours.

When ready, add soda water and ice cubes to the glasses.

Cut a slit halfway through each reserved star and stick it on the side of the glass as a garnish. Serve immediately.

Nutrition Facts:
Exchanges/Choices 1 ½ Fruit, Calories 36, Calories from Fat 3, Total Fat 0 g, Saturated Fat 0 g, Cholesterol 0 mg, Sodiun 14 mg,, Carbohydrate 8 g, Dietary Fiber 3 g, Sugars 6 g, Protein1 g

Toasted Almond Chicken Salad

with Pineapple Chunks

Preparation Time: 5 minutes
Serves 2. Serving size ½ recipe

- 8 oz ready-to-eat roasted chicken strips
- 2 stalks celery, sliced (2 cups)
- 1 Tbsp slivered almonds
- 1 tsp dried dill
- Salt and freshly ground pepper to taste
- 2 large slices rye bread

Coarsely chop chicken and celery in a food processor or by hand. Remove to a bowl.

Toast almonds in a toaster oven until golden.

Add almonds to chicken and stir in mayonnaise, dill, salt, and pepper. Spoon salad onto two plates and serve with rye bread or toast.

Nutrition Facts:
Exchanges/Choices, 1 Starch, 3 Vegetable, 5 Lean Meat, ½ Fat, Calories 36, Calories from Fat 111, Total Fat 12 g, Saturated Fat 2.3 g, Cholesterol 101 mg, Sodium 524 mg, Carbohydrate 22 g, Dietary Fiber 5 g, Sugars 2 g, Protein 40 g

Pineapple Chunks

Serve 1 cup per person.

Nutrition Facts:
Exchanges/Choices, 1½ Fruit
Calories 75, Calories from Fat 0, Total Fat 0 g, Saturated Fat 0 g, Cholesterol 0 mg, Sodium 0 mg, Carbohydrate 20 g, Dietary Fiber 2 g, Sugars 14 g, Protein 1 g

Roast Beef Sandwich

with Tomato and Corn Relish

Preparation Time: 10 minutes
Serves 2. Serving size ½ recipe

- 1 cup frozen corn kernels
- 1 cup diced tomatoes
- 1 Tbsp balsamic vinegar
- 3 Tbsp fresh cilantro
- Salt and freshly ground black pepper to taste
- 6 oz slice lean roast beef

Microwave corn 30 seconds to defrost or place in boiling water for 30 seconds and drain. Mix corn with tomatoes, vinegar, onion, slat, and cilantro. (You can use parsley instead of cilantro if you prefer).

Add salt and pepper.

Set relish aside to marinate for a few minutes.

Toast bread and place roast beef on two slices.

Spoon relish over roast beef and cover with remaining slices of bread.

Nutrition Facts:
Exchanges/Choices 2½ Starch, 1 Vegetable, 3 Lean Meat
Calories 366, Calories from Fat 62, Total Fat 7 g, Saturated Fat 2 g, Cholesterol 54 mg, Sodium 698 mg, Carbohydrate 48 g, Dietary Fiber 7 g, Sugars 8 g, Protein 31 g

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Spicy Indian Recipes

Indian Lamb & Spinach

Serves: 4
Cooking time: 30 minutes
Preparation: 15 minutes

- 1 pound lean lamb
- 1 pound fresh spinach, trimmed
- 2 teaspoons, virgin olive oil
- 1 onion, sliced
- 1 teaspoon ground turmeric
- 2 teaspoons ground coriander
- 2 teaspoons ground ginger
- 1/2 teaspoon chili powder
- 3 tablespoons low-fat yogurt
- 1/8 teaspoon dried leaf thyme
- 1 teaspoon prepared mustard

- Trim any fat from lamb and cut into 1-inch cubes.
- Cut spinach into 1/4-inch strips.
- In a large non-stick skillet, heat oil and sauté onion until softened. Add lamb, turmeric, coriander, ginger and chili powder. Simmer, stirring, 10 minutes until meat is browned.
- Stir in spinach and remaining ingredients.
- Cover and simmer 15 minutes, stirring occasionally. Add water if needed and simmer 15 minutes more, until meat is tender.

Per serving:
248 Calories, 81 mg Cholesterol,
8 g Carbohydrates, 29 g Protein,
163 mg Sodium, 11 g Fat (3.6 g. Saturated Fat)
Exchanges: 3 meat, 1 1/2 vegetable

Spiced Rice Pilaf

Serves: 6
Cooking time: 30 minutes
Preparation time: 5 minutes plus
2 hours soaking

- 1 cup brown Basmati rice
- 1 tablespoon vegetable oil
- 1 small onion, chopped
- 1 garlic clove, minced
- 4 whole cloves
- 1/8 teaspoon salt
- 2 cups chicken broth
- 1 cinnamon stick
- 1 teaspoon vegetable oil
- 1 tablespoon raisins
- 1 tablespoon blanched slivered almonds or pine nuts

- Soak rice 2 hours to shorten cooking time.
- Rinse and drain. In a large non-stick saucepan, heat 1 tablespoon oil and sauté onion and garlic until tender, 2 to 3 minutes.
- Add cloves and cook 1 minute. Add rice and stir to coat. Add salt, broth and the cinnamon stick. Bring to a boil.
- Cover, reduce heat and simmer 20 to 25 minutes, until liquid is absorbed. Discard cinnamon stick. Heat 1 teaspoon oil; add raisins and almonds and warm.
- Mix with rice and serve.

Per serving:
176 Calories, 0 mg. Cholesterol,
31 g Carbohydrates, 3 g Protein,
41 mg Sodium, 5 g Fat (0.5 g Saturated Fat)
Exchanges: 2 starch/bread, 1 fat

Indian Shrimp

Serves: 6
Cooking time: 25 minutes
Preparation time: 20 minutes

- 1 pound large shrimp
- 1 tablespoon virgin olive oil
- 1 medium-size onion, chopped
- 2 garlic cloves, minced
- 4 cups canned Italian plum tomatoes, drained well
- 2 tablespoons fresh lemon juice
- 1/2 teaspoon ground coriander
- 1/4 teaspoon ground ginger
- 1/8 teaspoon red (cayenne) pepper
- 1/4 teaspoon ground cumin
- Parsley sprigs

- Peel and remove vein from the shrimp.
- Rinse and let dry on paper towels. In a large non-stick skillet, heat olive oil.
- Add onion and garlic and sauté until softened, about 3 minutes.
- Chop tomatoes and add to skillet with lemon juice and spices.
- Bring to a boil; reduce heat and simmer, covered, 15 minutes, stirring once to blend.
- Stir in shrimp and cook 3 to 5 minutes, until pink.
- Garnish with parsley.

Per serving:
140 Calories, 116 mg Cholesterol,
10 g Carbohydrates, 17 g Protein,
374 mg Sodium, 4 g Fat (4 g Saturated Fat)
Exchanges: 2 meat, 2 vegetable

Peppered Potatoes

Serves: 4
Cooking time: 25 minutes
Preparation time: 5 minutes

- 2 medium-size Idaho potatoes (about 1 lb.)
- 2 garlic cloves, minced
- 6 whole black peppercorns
- 1/2 cup skim milk
- 1/4 teaspoon salt
- Paprika

- Peel potatoes and thinly slice. Place potatoes in a saucepan with garlic and peppercorns; cover with water.
- Bring to a boil and cook 20 to 25 minutes until potatoes are soft. Drain.
- Place in a food mill, a blender or a food processor fitted with the metal blade and process to a puree.
- Return to pan; add milk and salt. Heat, stirring until blended.
- Garnish with paprika. Makes 2 cups.

Per serving:
248 Calories, 1 mg Cholesterol,
17 g Carbohydrates, 3 g Protein,
134 mg Sodium, 0 g Fat
Exchanges: 1 starch/bread

Recipes adapted from:
Light & Easy Diabetes Cuisine
written by Betty Marks,
Surrey Books.

Pecan–Praline Sweet Potato Pie

Makes 1 9-inch pie

Sweet Potato Pie Filling

- 1 ½ cups mashed cooked sweet potatoes*
- ⅓ cup nonfat evaporated skim milk
- ¼ cup firmly packed Splenda brown sugar blend
- 1 tablespoon whipped butter, melted
- ½ teaspoon vanilla extract
- ¼ teaspoon salt
- ½ teaspoon ground cinnamon
- ¼ teaspoon ground allspice
- ¼ teaspoon ground nutmeg
- 1 Light Pie Crust

Pecan–Praline Topping

- 1 large egg
- ⅓ cup firmly packed Splenda brown sugar blend
- ¼ cup agave syrup
- 1 tablespoon whipped butter, melted
- ¼ teaspoon vanilla extract
- ⅔ cup chopped pecans

1. Adjust an oven rack on the bottom shelf. Preheat the oven to 350°F.

2. To make the filling, combine all the ingredients in a medium bowl and stir until combined. Spread the filling evenly into the pie crust.

3. To make the pecan topping, whisk the egg and brown sugar blend together in a medium bowl until blended. Add the agave syrup, butter, and vanilla and mix well. Stir in the pecans.

4. Spread the pecan topping evenly over the sweet potato filling.

5. Bake for 45 to 55 minutes, or until a knife inserted near the center comes out clean. Remove from the oven and let cool completely on a wire rack. Refrigerate for at least 3 hours before serving.

Serving Size: ⅓ of pie

Per Serving: 282 calories; 106 calories from fat; 12 g total fat (3 g sat); 23 mg cholesterol; 38 g carbohydrate; 4 g protein; 3 g fiber; 216 mg sodium; 22 g total sugars

*1 large or 2 medium sweet potatoes, or 1 (15-ounce) can no-sugar-added sweet potatoes, drained and mashed

No-Bake Cookies

Makes 1 dozen cookies

- ½ cup no-sugar-added peanut butter
- ½ cup agave syrup
- ¼ cup unsweetened applesauce
- 1 ½ cups nonfat dry milk
- ½ teaspoon salt

Mix together all the ingredients in a large bowl until smooth. Shape into golf ball-size pieces, then flatten. Store in an airtight container in the refrigerator for up to 3 days.

Serving Size: 1 cookie

Per Serving: 136 calories; 51 calories from fat; 6 g total fat (1 g sat); 1 mg cholesterol; 18 g carbohydrate; 5 g protein; 1 g fiber; 194 mg sodium; 17 g total sugars



Fudge Pudding Cake

Makes 12 servings

- ¾ cup pecan halves
- 1 cup all-purpose flour
- ⅓ cup Splenda no-calorie sweetener, granulated
- ¼ cup plus 3 tablespoons unsweetened cocoa powder
- 2 teaspoons baking powder
- ½ teaspoon salt
- ½ cup nonfat milk
- 1 large egg, lightly beaten
- 2 tablespoons canola oil
- 1 teaspoon vanilla extract
- ¾ cup firmly packed Splenda brown sugar blend
- 1 ½ cups hot, strong coffee

1. Preheat the oven to 375°F. Lightly coat an 8-inch square baking dish with butter-flavored cooking spray.

2. Place the nuts on a rimmed baking sheet and bake, stirring once, until fragrant, about 6 minutes. Pour into a bowl to cool.

3. In a large bowl, combine the flour, Splenda, the ¼ cup of cocoa, the baking powder, and salt and stir with a whisk to blend. In a glass measuring cup, combine the milk, egg, canola oil, and vanilla. Make a well in the center of the dry ingredients

and gradually stir in the milk mixture until combined. Stir in the pecans. Spoon the batter into the prepared pan and spread evenly. Dissolve the brown sugar blend in the coffee and spoon it over the batter.

4. Bake until the cake is almost set, 25 minutes. Remove from the oven and let stand for 10 minutes. Dust with the remaining 3 tablespoons of cocoa powder. Serve hot or warm.

Serving Size: ⅓ of cake

Per Serving: 159 calories; 42 calories from fat; 5 g total fat (0 g sat); 16 mg cholesterol; 23 g carbohydrate; 3 g protein; 1 g fiber; 175 mg sodium; 13 g total sugars



Courtesy of Angela Shelf Medearis' "The Kitchen Diva's Diabetic Cookbook" (Andrews McMeel Publishing, LLC, 2012)



Rosemary Pork Chops

Serves: 4

Cooking time: 15 minutes

Preparation time: 5 minutes

- 4 pork loin chops, about 1/2 inch thick
- 1/4 teaspoon pepper
- 2 shallots, chopped
- 1/2 cup dry sherry
- 1 teaspoon dried rosemary, crumbled

Trim any fat from pork chops. Heat a large non-stick skillet and brown pork chops on both sides. Sprinkle with pepper and add shallots, sherry and rosemary. Reduce heat to low, cover and simmer 10 minutes until the meat is tender. Serve pork chops with pan juices.

Per Serving: 245 Calories, 77mg Cholesterol, 2g Carb, 23g Protein, 65mg Sodium, 12g Fat (4g Sat, 1g Poly, 5g Mono)

Exchanges: 3 meat



Tarragon Salmon Broil

Serves: 4

Cooking time: 6 to 8 minutes

Preparation time: 5 minutes

- 4 salmon steaks, about 1 inch thick
- Salt and pepper to taste
- 1 teaspoon dried leaf tarragon, crushed
- 4 lemon slices

Preheat broiler. Coat broiler pan with non-stick cooking spray. Rinse salmon and pat dry. Sprinkle with salt and pepper on each side. Place salmon on broiler pan and sprinkle with half the tarragon. Place about 3 inches from heat source and broil 3 to 4 minutes. Turn, sprinkle with remaining tarragon and broil 3 to 4 minutes until fish turns translucent to opaque. Top each with a lemon slice.

Per Serving: 184 Calories, 75mg Cholesterol, 1g Carb, 23g Protein, 114mg Sodium, 9g Fat (2g Sat, 2g Poly, 5g Mono)

Exchanges: 3 low-fat meat



Gingered Carrots

Serves: 4

Cooking time: 15 minutes

Preparation time: 10 minutes

- 3/4 pound fresh carrots
- 1/2 cup Chicken Broth
- Dash onion powder
- 2 tablespoons fresh lemon juice
- 1/2 teaspoon ground ginger
- 1 tablespoon chopped fresh parsley
- 1 tablespoon whipped butter

Cut carrots in matchstick slices or thin rounds. Place in a saucepan with broth and onion powder. Cook 15 minutes or until tender. Drain, add remaining ingredients and toss lightly.

Per Serving: 56 Calories, 6 mg Cholesterol, 9g Carb, 1g Protein, 51mg Sodium, 2g Fat (1g Sat, 0g Poly, 1g Mono)

Exchanges: 2 vegetable