

# HEALTHY DIABETES RECIPES

2015

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# A real-life Costco Pharmacist on: quitting smoking



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## and real relief of cravings.

"As a Costco pharmacist, patients will sometimes come to me and ask for my advice on quitting and various medications they can use. I first tell them my own story, and I ask about their unique situation: How long have they smoked? How much? And, are they ready to quit? I do help them understand there are therapies, both prescription and over-the-counter, that can help ease the cravings and improve a person's chances of quitting.

Quitting is hard. Don't be afraid to ask your pharmacist for help. You never know: you might just be talking to a former smoker who can share some professional – and personal – advice."

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*Robbie Muehle*, RPh  
Costco Pharmacist, Ann Arbor, Michigan



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## Dijon Chicken Smothered in Mushrooms

**Prep Time: 20 Minutes. Total Time: 20 Minutes. Makes 4 Servings.**

- |  |   |
|--|---|
| 4 boneless skinless chicken breasts (about 1 lb) | chicken broth (from 14 oz can)                        |
| ¼ cup Gold Medal® all-purpose flour              | 1 jar (4.5 oz) Green Giant® sliced mushrooms, drained |
| ½ teaspoon salt                                  | 1½ tablespoons Dijon mustard                          |
| ¼ teaspoon pepper                                | Chopped fresh thyme, if desired                       |
| 2 tablespoons olive or canola oil                |   |
| ½ cup roasted garlic-seasoned                    |   |

1. Between pieces of plastic wrap or waxed paper, place each chicken breast smooth side down; gently pound with flat side of meat or rolling pin until about ¼ inch thick. In shallow pan, stir together flour, salt and pepper.

2. In 12-inch nonstick skillet, heat oil over medium-high heat. Coat both sides of chicken with flour mixture. Cook chicken in hot oil 6 to 8 minutes, turning once, until chicken is no longer pink in center. Remove chicken to serving plate; cover to keep warm.

3. Stir broth into skillet. Heat to boiling over medium-high heat. Stir in mushrooms and mustard. Cook 2 to 3 minutes, stirring frequently, until slightly thickened. Spoon sauce over chicken. Sprinkle with thyme.

### NUTRITION INFORMATION

#### Per serving:

240 calories (100 calories from fat); 11 g total fat (2 g saturated fat; 0 g trans fat); 70 mg cholesterol; 750 mg sodium; 8 g total carbohydrate; (1 g dietary fiber; 0 g sugars); 27 g protein

**Dietary exchanges:** ½ Starch, 3½ Lean Meat

## Tomato Lentil Soup

**Prep Time: 10 Minutes. Total Time: 45 Minutes. 6 Servings.**

- |   |  |
|---|--|
| 1 | tablespoon olive or vegetable oil                        |
| 1 | large onion, finely chopped (1 cup)                      |
| 1 | medium stalk celery, cut into ½-inch pieces              |
| 2 | cloves garlic, finely chopped                            |
| 2 | medium carrots, cut into ½-inch pieces (1 cup)           |
| 1 | cup dried lentils (8 oz), sorted, rinsed                 |
| 4 | cups water   |
| 4 | teaspoons chicken or vegetable bouillon granules         |
| 1 | teaspoon dried thyme leaves                              |
| ¼ | teaspoon pepper  |
| 1 | dried bay leaf   |
| 1 | can (28 oz) Muir Glen® organic diced tomatoes, undrained |

1. In 3-quart saucepan, heat oil over medium-high heat. Cook onion, celery and garlic in oil about 5 minutes, stirring occasionally, until softened.

2. Stir in remaining ingredients except tomatoes. Heat to boiling; reduce heat. Cover; simmer 15 to 20 minutes or until lentils and vegetables are tender.

3. Stir in tomatoes. Simmer uncovered about 15 minutes longer or until thoroughly heated. Remove bay leaf before serving.

### NUTRITION INFORMATION Per serving:

150 calories (25 calories from fat); 3 g total fat (0 g saturated fat; 0 g trans fat); 0 mg cholesterol; 1060 mg sodium; 30 g total carbohydrate (9 g dietary fiber; 0 g sugars); 10 g protein

**Dietary exchanges:** 1 Starch, 3 Vegetable



## Crème Caramel Pie

**Prep Time: 30 Minutes. Total Time: 4 hours 30 minutes. Makes 8 Servings.**

- |    |  |
|----|--|
| 1  | cup sugar  |
| 1¾ | cups fat-free (skim) milk  |
| 1  | cup fat-free cholesterol-free egg product or 8 egg whites          |
| ¼  | teaspoon salt  |
| 1  | teaspoon vanilla   |
| 2  | cups raspberries, blackberries, blueberries or sliced strawberries |

1. Heat oven to 325°F. Heat ½ cup of the sugar in medium nonstick skillet over medium heat 7 to 10 minutes, stirring frequently with wooden spoon, until sugar is melted and a light caramel color (mixture will be very hot and could melt a plastic spoon). Immediately pour sugar mixture into round pan, 8x1½ inches; tilt pan to coat bottom. Place on wire rack to cool.

2. Mix remaining ½ cup sugar, milk, egg product, salt and vanilla in large bowl. Pour mixture over sugar mixture in pan. Place in rectangular pan, 13x9x2 inches. Pour very hot water into rectangular pan to within ½ inch of top of round pan.

3. Bake 50 to 60 minutes or until knife inserted in center comes out clean. Remove round pan from pan of water. Cover; refrigerate until thoroughly chilled, about 3 hours or overnight. To unmold, run knife around edge of custard to loosen; invert onto serving platter. Top with fruit.

### NUTRITION INFORMATION Per serving:

150 calories; 0 g fat (0 g trans fats); 0 mg cholesterol; 32 g carbohydrates; 5 g protein; 2 g fiber; 31 g sugars; 160 mg sodium; 165 mg potassium

**Dietary exchanges:** ½ Fruit, 1½ Other Carbohydrate, ½ Very Lean Meat



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These healthy recipes are  
from the new *American Heart Association  
Healthy Slow Cooker Cookbook*

# Salmon Fillets with Pineapple-Melon Relish

Serves 4

**3 ounces fish and ⅓ cup relish per serving**  
**Slow cooker size/shape:** 3- to 4½-quart round or oval  
**Slow cooking time:** 3 hours on low,  
or 1½ hours on high

- |   |   |   |   |
|---|---|---|---|
|   | Cooking spray   | ½ | cup diced fresh pineapple                               |
| 1 | large lemon, cut crosswise into 6 slices                              | ½ | cup diced cantaloupe                                    |
| 4 | salmon fillets with skin (about 5 ounces each), rinsed and patted dry | 3 | tablespoons to ¼ cup chopped fresh mint                 |
| ¼ | cup water   | 1 | medium fresh jalapeño, seeds and ribs discarded, minced |
| 1 | teaspoon salt-free steak seasoning blend                              | 2 | tablespoons finely chopped red onion                    |
| ½ | teaspoon dried thyme, crumbled  | 1 | teaspoon grated lemon zest                              |
| ¼ | teaspoon garlic powder  | 1 | tablespoon fresh lemon juice                            |
| ¼ | teaspoon salt   | 2 | teaspoons sugar   |

1. Lightly spray the slow cooker with cooking spray. Arrange the lemon slices in a single layer in the slow cooker. Place the fish with the skin side down on the lemon. Pour the water over the fish.

2. In a small bowl, stir together the seasoning blend, thyme, garlic powder and salt. Sprinkle over the fish. Using your fingertips, gently press the seasonings so they stick to the fish. Cook, covered, on low for 3 hours or on high for 1½ hours, or to the desired result.

3. About 15 minutes before serving time, in a small bowl, stir together the remaining ingredients. Set the relish aside. Using a slotted spatula, transfer the fish to a serving platter, discarding the cooking liquid and lemon. Serve the fish with the relish spooned on top or at the side.

## NUTRITION INFORMATION

**Per serving:**

183 Calories; 5 g Total Fat; 1 g Saturated Fat; 0 g Trans Fat; 1 g Polyunsaturated Fat; 1.5 g Monounsaturated Fat; 53 mg Cholesterol; 241 mg Sodium; 9 g Carbohydrates; 1 g Fiber; 6 g Sugars; 25 g Protein

**Dietary exchanges:**  
½ fruit, 3 lean meat

# Countryside Beef & Garden Vegetable Soup

Serves 6

**1 cup per serving**  
**Slow cooker size/shape:**  
3- to 4½-quart round or oval  
**Slow cooking time:**  
7½ to 8 hours on low, plus 30  
minutes on high, or 3 hours  
45 minutes to 4 hours on high,  
plus 30 minutes on high

- |    |   |
|----|---|
| 1  | teaspoon canola or corn oil   |
| 12 | ounces boneless chuck shoulder pot roast, all visible fat discarded |
| 1  | cup water and 1 cup water, divided use                              |
| 4  | medium tomatoes, chopped  |
| 1  | large red or yellow bell pepper, chopped                            |

# Vegetable & Mixed-Rice Pilaf

Serves 8

**Scant ⅔ cup per serving**  
**Slow cooker size/shape:**  
3- to 4-quart round or oval  
**Slow cooking time:**  
5 to 6 hours on low, or  
3 to 3½ hours on high

- |     |   |
|-----|---|
| 3–4 | ounces button mushrooms, sliced (about 1 cup)                             |
| 6   | ounces asparagus spears, trimmed and cut into 2-inch pieces (about 1 cup) |
| 2   | medium carrots, sliced  |
| ½   | medium onion, chopped   |
| 1   | teaspoon olive oil  |

- |   |   |    |  |
|---|---|----|--|
| 1 | cup fresh cauliflower florets (about 1-inch pieces)             | 1½ | tablespoons sugar                            |
| 1 | medium red potato (about 6 ounces), chopped                     | 1  | tablespoon Worcestershire sauce (low sodium) |
| 4 | ounces fresh or frozen cut green beans, cut into 1½-inch pieces | 1  | tablespoon cider vinegar                     |
| 1 | medium rib of celery, thinly sliced crosswise                   | 2  | teaspoons dried oregano, crumbled            |
| 2 | tablespoons no-salt-added tomato paste                          | 1  | packet (1 teaspoon) salt-free beef bouillon  |
|   |   | ½  | teaspoon salt                                |
|   |   | 1½ | cups coarsely chopped cabbage                |

- |    |  |
|----|--|
| ½  | cup uncooked brown rice (not instant)                |
| ½  | cup uncooked wild rice, rinsed and drained           |
| 1¾ | cups fat-free, low-sodium vegetable broth            |
| 1  | cup water  |
| 2  | medium garlic cloves, minced                         |
| 1  | teaspoon dried basil, crumbled                       |
| ½  | teaspoon dried thyme, crumbled                       |
| ½  | teaspoon salt-free all-purpose seasoning blend       |
| ¼  | teaspoon salt  |
| 1  | tablespoon snipped fresh Italian (flat-leaf) parsley |
| 2  | teaspoons fresh lemon juice                          |

1. In the slow cooker, stir together the mushrooms, asparagus, carrots and onion. Add the oil, stirring to coat. Stir in the brown rice and wild rice. Stir in the broth, water, garlic, basil, thyme, seasoning blend and salt. Cook, covered, on low for 5 to 6 hours or on high for 3 to 3½ hours.

2. Just before serving, sprinkle the pilaf with the parsley. Drizzle with the lemon juice. Using a fork, stir to combine the ingredients and fluff the rice.

**NUTRITION INFORMATION Per serving:**  
105 Calories; 1 g Total Fat; 0 g Saturated Fat; 0 g Trans Fat; 0.5 g Polyunsaturated Fat; 0.5 g Monounsaturated Fat; 0 g Cholesterol; 102 mg Sodium; 21 g Carbohydrates; 3 g Fiber; 2 g Sugars; 4 g Protein

**Dietary exchanges:** 1 starch, 1 vegetable

1. In a medium nonstick skillet, heat the oil over medium heat, swirling to coat the bottom. Cook the beef on one side for 3 minutes, or until browned. Transfer with the browned side up to the slow cooker.

2. Pour 1 cup water into the skillet, scraping the bottom and side to dislodge any browned bits. Pour into the slow cooker. Stir in the remaining ingredients including the additional 1 cup water but not the cabbage. Cook, covered, on low for 7½ to 8 hours or on high for 3 hours 45 minutes to 4 hours, or until the beef is very tender.

3. Quickly transfer the beef to a cutting board, leaving the liquid in the slow cooker. Quickly stir in the cabbage and re-cover the slow cooker. If using the low setting, change it to high. Cook for 30 minutes, or until the cabbage is tender. Meanwhile, using one or two forks, shred the beef. Set aside until the cabbage is ready. Stir the beef into the soup.

**NUTRITION INFORMATION Per serving:**  
173 Calories; 5 g Total Fat; 1.5 g Saturated Fat; 0 g Trans Fat; 0.5 g Polyunsaturated Fat; 2.5 g Monounsaturated Fat; 30 mg Cholesterol; 252 mg Sodium; 19 g Carbohydrates; 4 g Fiber; 10 g Sugars; 14 g Protein

**Dietary exchanges:** ½ starch, 2 vegetables,  
1½ lean meat



Adapted from the book  
*American Heart Association  
Healthy Slow Cooker Cookbook*.  
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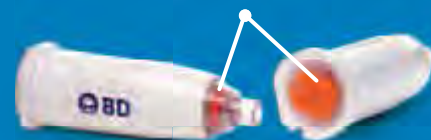
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# Cashew Curry Shrimp Salad

**Prep Time: 15 Minutes   Total Time: 2 Hours, 15 Minutes**  
**Makes 4 servings, 1¼ cups each**

### Curry Dressing

- ½ cup reduced-fat mayonnaise or salad dressing
- 2 tablespoons lemon juice
- 1 tablespoon milk
- 1 teaspoon curry powder
- ⅛ teaspoon pepper

### Salad

- 1 cup Green Giant® Valley Fresh Steamers™ frozen sweet peas
- 1 package (12 oz) frozen cooked deveined peeled shrimp, thawed, drained, tail shells removed
- 2 medium stalks celery, thinly sliced (¾ cup)
- 1 can (1.75 oz) shoestring potatoes (1¼ cups)
- ½ cup cashew halves
- 1 head Belgian endive

1. In small bowl, mix all dressing ingredients.
2. Cook and drain peas as directed on bag. Rinse with cold water; drain. In medium bowl, place shrimp, celery and peas. Add dressing; toss to coat. Cover; refrigerate at least two hours to blend flavors.
3. Just before serving, gently stir shoestring potatoes and cashews into shrimp mixture. Arrange endive leaves, pointed ends out, around edge of medium serving platter or four plates. Spoon shrimp mixture into center of platter or divide among four plates. Sprinkle with additional cashews and shoestring potatoes if desired.

**NUTRITION INFORMATION Per serving:**  
Calories 390 (Calories from Fat 210); Total Fat 23 g (Saturated Fat 4½ g, Trans Fat 0 g); Cholesterol 175 mg; Sodium 470 mg; Total Carbohydrates 21 g (Dietary Fiber 4 g, Sugars 5 g); Protein 24 g

**Dietary exchanges:**  
1 Starch, ½ Other Carbohydrate, 3 Very Lean Meat, 4 Fat

# Green Garden Fries

**Prep Time: 20 Minutes**  
**Total Time: 40 Minutes**  
**Makes 6 servings**

### Dip

- 1 container (6 oz) Yoplait® Greek Fat Free plain yogurt
- 1 tablespoon olive oil
- 1 tablespoon lemon juice
- 1 clove garlic, finely chopped
- ½ teaspoon salt
- 2 tablespoons fresh herbs (basil, dill, oregano and/or thyme)

### Vegetable Fries

- 1 cup Progresso® panko bread crumbs
- ½ cup finely shredded Parmesan cheese
- 1 tablespoon fresh herbs (basil, dill, oregano and/or thyme)
- ¼ teaspoon salt
- 3 tablespoons all-purpose flour
- 2 eggs, beaten
- 1½ lb sugar snap peas, broccolini, asparagus and/or zucchini
- 2 tablespoons butter, melted

# Oatmeal Brownies

**Prep Time: 15 Minutes**  
**Total Time: 3 Hours, 15 Minutes**  
**Makes 40 brownies**

- 2½ cups quick-cooking or old-fashioned oats
- ¾ cup Gold Medal® all-purpose flour
- ¾ cup packed brown sugar
- ½ teaspoon baking soda
- ¾ cup butter or margarine, softened
- 1 box (1 lb 2.4 oz) Betty Crocker® Original Supreme Premium brownie mix
- ¼ cup water
- ¼ cup vegetable oil
- 1 to 2 eggs
- ½ cup chopped nuts



1. In small bowl, mix dip ingredients. Cover and refrigerate.
2. Heat oven to 400°F. Line large cookie sheet with foil and spray with cooking spray; set aside.
3. In small bowl, mix bread crumbs, Parmesan cheese, 1 tablespoon fresh herbs and the salt. Line up three baking dishes or shallow bowls. Place flour in first dish. Place eggs in second dish. Place bread crumb mixture in third dish. Dip and roll vegetables into flour to coat, dip into eggs, then coat with bread crumb mixture. Place coated vegetables on cookie sheet. Sprinkle any remaining crumb mixture over vegetables. Drizzle with melted butter.
4. Bake 18 to 20 minutes or until vegetables are tender and coating is light golden brown. Serve with dip.

**NUTRITION INFORMATION Per serving:**  
Calories 260 (Calories from Fat 110); Total Fat 12 g (Saturated Fat 5 g, Trans Fat 0 g); Cholesterol 90 mg; Sodium 560 mg; Total Carbohydrates 24 g (Dietary Fiber 2 g, Sugars 5 g); Protein 12 g

**Dietary exchanges:** 1 Starch, 2 Vegetable, ½ Lean Meat, 2 Fat



1. Heat oven to 350°F (325°F for dark or nonstick pan). Grease bottom only of 13x9-inch pan, with shortening or cooking spray.
2. Mix oats, flour, brown sugar and baking soda in medium bowl; stir in butter. Reserve 1 cup of the oat mixture. Press remaining oat mixture in pan. Bake 10 minutes; cool 5 minutes.
3. Stir brownie mix, pouch of chocolate syrup, water, oil and 1 egg for fudgelike brownies (or 2 eggs for cakelike brownies) in medium bowl, using spoon, until well blended. Stir in nuts. Carefully spread over baked layer; sprinkle with reserved oat mixture.
4. Bake 40 to 45 minutes or until toothpick inserted 2 inches from side of pan comes out almost clean. Cool completely, about 2 hours. For brownies, cut into 8 rows by 5 rows. Store tightly covered.

**NUTRITION INFORMATION Per serving:**  
Calories 150 (Calories from Fat 60); Total Fat 7 g (Saturated Fat 3 g, Trans Fat 0 g); Cholesterol 15 mg; Sodium 85 mg; Total Carbohydrates 20 g (Dietary Fiber 1 g, Sugars 12 g); Protein 1 g

**Dietary exchanges:**  
½ Starch, 1 Other Carbohydrate, 1½ Fat



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# Zucchini-Mushroom Griddlecakes

Makes 9 griddlecakes

- 2    teaspoons olive oil
- 1    cup sliced cremini mushrooms
- ½   yellow onion, diced
- 1    medium zucchini, shredded
- 1    cup whole wheat instant baking mix
- ½   teaspoon kosher salt
- 1    tablespoon sugar
- 2    teaspoons Parisian fines herb mix (chives, dill, basil, tarragon, chervil)
- ¾   cup buttermilk
- 1    egg
- 1    oz grated hard cheese (Parmesan works well)

1. Heat the olive oil in a sauté pan over medium-high heat. Add the mushrooms. When the mushrooms have released some of their liquid, stir in the onion. Cook until the onion is soft and translucent and the mushrooms have released most of their liquid. Remove from the heat and stir in the zucchini. Set aside to cool.

2. Preheat a nonstick griddle to medium (about 300°F).

3. Combine the baking mix, salt, sugar and herb mix. Whisk together the egg and buttermilk. Add to the dry mixture and mix to combine. Stir in the zucchini mixture.



**NUTRITION INFORMATION PER GRIDDLECAKE:**  
**Calories** 54, **Total Fat** 3 g (Sat. Fat 1 g), **Sodium** 69 mg, **Carbs** 4 g, **Fiber** 1 g, **Protein** 3 g  
**Exchanges:** 1 Vegetable, 1 Fat

# Chilled Beet and Fennel Soup

Makes 10 servings

- 3    lb whole fresh beets
- 1    1-lb fennel bulb, cut in quarters
- 6    cups chopped savoy cabbage
- 2    garlic cloves, chopped
- ¼   cup chopped ginger
- 2    qt vegetable broth
- 1    teaspoon kosher salt
- ¼   teaspoon freshly ground black pepper
- 1    teaspoon orange zest
- 1    tablespoon agave syrup
- ¾   cup nonfat Greek yogurt
- 6    fennel sprigs



1. Preheat to 400°F.
2. Roast the beets and fennel until the beets are tender and easily pierced with a fork, about 1 hour. Allow to cool until easy to handle. Run the beets under cold water and peel using your hands. Cut the beets into large pieces.
3. In a large soup pot, bring the beets, fennel, cabbage, garlic, ginger and broth to a boil. Cover and simmer until the vegetables are tender, 35 to 40 minutes.
4. Remove the vegetables with a small amount of stock from the pot and purée in a blender or food processor until smooth. Strain the purée through a large-mesh sieve. Add the remaining stock back into the purée until it is the proper consistency. Season the soup with the salt, pepper, orange zest and agave syrup. Chill the soup.
5. Serve the chilled soup with a dollop of yogurt and a fennel sprig.

**NUTRITION INFORMATION PER SERVING:**  
**Calories** 100, **Total Fat** 1 g (Sat. Fat 0 g), **Sodium** 341 mg, **Carbohydrates** 21.5 g, **Fiber** 5 g, **Protein** 5 g  
**Exchanges:** 1 Starch, 1 Vegetable

# Red Chile Salsa

Makes about 1½ cups  
*This recipe is also part of the Stuffed Eggplant Parcels recipe on page 33.*

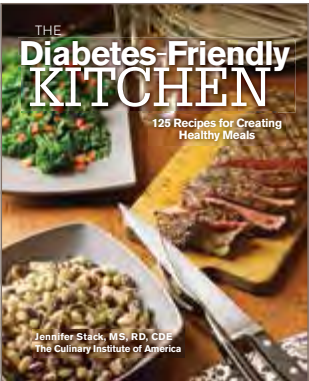
- 6    large dried red chiles, stems and seeds removed
- 4    cups hot water
- 1    plum (Roma) tomato, roasted
- ¼   cup chopped yellow onion, roasted

- 2    cloves roasted garlic
- 2    teaspoon dried Mexican oregano
- Salt and freshly ground black pepper, as needed

1. Preheat the oven to 350°F.
2. Place the chiles on a baking sheet and toast until aromatic but not browned, 3 to 4 minutes. Transfer the chiles to a bowl and cover with 2 cups hot water. Soak until soft, at least 15 minutes. Discard the soaking liquid. Transfer the chiles and 2 cups clean hot water to a food processor or blender and pulse until smooth. Add

- the tomato, onion and garlic and purée until smooth.
3. Transfer the mixture to a small saucepan. Bring to a simmer over medium heat. Cook, stirring occasionally, until the salsa is thick, 10 to 15 minutes.
4. Remove from the heat and stir in the oregano. Season with salt and pepper. Serve immediately or cool and store until needed.

**NUTRITION INFORMATION PER 1.5 OZ SERVING (3 TBSP):**  
**Calories** 15, **Total Fat** 0 g (Sat. Fat 0 g), **Sodium** 0 mg, **Carbs** 2 g, **Fiber** less than 1 g, **Protein** 1 g  
**Exchanges:** Free



Zucchini-Mushroom Griddlecakes and Chilled Beet and Fennel Soup recipes adapted with permission from *The Diabetes-Friendly Kitchen* by Jennifer Stack and The Culinary Institute of America. Photographs by Ben Fink. (Houghton Mifflin Harcourt). Copyright © 2012.



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# Salmon Rösti

4 servings, 2 rösti (salmon cakes) each.  
Active time 30 minutes. Total time 30 minutes.

- 2 6- to 7-ounce cans boneless, skinless wild Alaskan salmon, drained
- ½ cup finely chopped red onion
- 2 large eggs plus 1 large egg white, lightly beaten
- 1 tablespoon whole-grain mustard
- 3 tablespoons chopped fresh dill or 3 teaspoons dried, divided
- ½ teaspoon freshly ground pepper
- ¼ teaspoon salt
- 4 cups frozen hash-brown shredded potatoes (about 12 ounces)
- 2 tablespoons extra-virgin olive oil, divided
- ⅔ cup reduced-fat sour cream
- 1 tablespoon capers, rinsed and chopped
- 1 teaspoon lemon juice

1. Combine salmon, onion, eggs and egg white, mustard, 2 tablespoons fresh dill (or 2 teaspoons dried), pepper and salt in a large bowl. Add potatoes and stir to combine.
2. Preheat oven to 200°F.
3. Heat 1 tablespoon oil in a large nonstick skillet over medium heat until shimmering. Fill a 1-cup measure two-thirds full with the salmon mixture and firmly pack it down. Unmold into the pan and pat to form a 3-inch cake. Repeat, making 3 more cakes. Cover and cook until browned on the bottom, 3 to 5 minutes. Gently turn over and cook, covered, until crispy on the other side, 3 to 5 minutes more. Transfer the cakes to a baking dish; keep warm in the oven. Wipe out the skillet and cook 4 more cakes with the remaining 1 tablespoon oil and the remaining salmon mixture.
4. Combine sour cream, capers, lemon juice and the remaining dill in a small bowl. Serve the salmon cakes with the dill sauce.

**NUTRITION INFORMATION Per serving:**  
317 calories; 18 g fat (4 g sat , 7 g mono); 143 mg cholesterol; 19 g carbohydrates; 0 g added sugars; 21 g protein; 2 g fiber; 559 mg sodium; 605 mg potassium

**Dietary exchanges:** 1 starch, 2½ lean meat, 2 fat

# Savory Orange-Roasted Tofu & Asparagus

4 servings, scant 1 cup each.  
Active Time: 25 minutes.  
Total Time: 40 minutes.

- 1 14-ounce package extra-firm water-packed tofu, rinsed
- 2 tablespoons red miso, divided
- 2 tablespoons balsamic vinegar, divided
- 4 teaspoons extra-virgin olive oil, divided
- 1 pound asparagus, trimmed and cut into 1-inch pieces
- 3 tablespoons chopped fresh basil
- 1 teaspoon freshly grated orange zest
- ¼ cup orange juice
- ¼ teaspoon salt

1. Preheat oven to 450°F. Coat a large baking sheet with cooking spray.
2. Pat tofu dry and cut into ½-inch cubes. Whisk 1 tablespoon miso, 1 tablespoon vinegar and 2 teaspoons oil in a large bowl until smooth. Add the tofu; gently toss to coat. Spread the tofu in an even layer on the prepared baking sheet. Roast for 15 minutes. Gently toss asparagus with the tofu. Return to the oven and roast until the tofu is golden brown and the asparagus is tender, 8 to 10 minutes more.
3. Meanwhile, whisk the remaining 1 tablespoon miso, 1 tablespoon vinegar, 2 teaspoons oil, basil, orange zest and juice, and salt in the large bowl until smooth. Toss the roasted tofu and asparagus with the sauce and serve.

## NUTRITION INFORMATION

**Per serving:**  
152 calories; 9 g fat (2 g sat, 5 g mono); 0 mg cholesterol; 10 g carbohydrates; 0 g added sugars; 10 g protein; 4 g fiber; 482 mg sodium; 319 mg potassium

**Dietary exchanges:** 1 vegetable, 1 plant-based protein, 1 fat



# Frozen Pumpkin Mousse Pie

10 servings. Active time 20 minutes.  
Total time 2 hours 20 minutes (including freezing time).

## Crust

- 30 small gingersnap cookies, (about 7½ ounces)
- 2 tablespoons raisins
- 1 tablespoon canola oil

## Filling

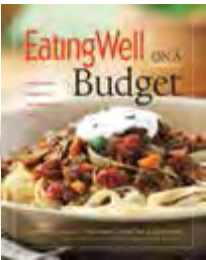
- 1 cup canned pumpkin puree
- ⅔ cup packed brown sugar
- ½ teaspoon ground cinnamon
- ¼ teaspoon ground ginger
- ¼ teaspoon freshly grated nutmeg
- 2 pints (4 cups) frozen low-fat vanilla ice cream, softened

1. Preheat oven to 350°F. Coat a 9-inch deep-dish pie pan with cooking spray.
2. To prepare crust: Combine gingersnaps and raisins in a food processor and pulse until finely chopped. Add oil and pulse until blended. Press evenly into the bottom and up the sides of the prepared pan.
3. Bake the crust until set, about 10 minutes. Transfer to a wire rack to cool completely.
4. To prepare filling: Combine pumpkin, sugar, cinnamon, ginger and nutmeg in a large bowl and mix well. Add ice cream and stir until blended. Spoon the mixture into the cooled pie crust. Freeze until firm, at least 2 hours. Let the pie soften slightly in the refrigerator for 20 to 30 minutes before serving.

## NUTRITION INFORMATION Per serving:

230 calories; 5 g fat (1 g sat, 2 g mono); 4 mg cholesterol; 42 g carbohydrates; 4 g protein; 2 g fiber; 179 mg sodium; 165 mg potassium

**Dietary exchanges:**  
3 other carbohydrate, 1 fat



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# Grilled Mint-Wine Lamb Chops

Makes 4 servings

- 8 lamb rib chops or lamb loin chops, about 1 inch thick (about 2 lbs)
- 2 tablespoons dry white wine or apple juice
- 2 tablespoons honey
- 1 teaspoon chopped fresh or ¼ teaspoon dried mint leaves
- ¼ teaspoon salt
- ⅛ teaspoon pepper

1. Heat coals or gas grill for direct heat. Remove excess fat from lamb. In small bowl, mix remaining ingredients.
2. Place lamb on grill over medium heat; brush with wine mixture. Cover and grill 9 to 11 minutes for medium doneness, turning once and brushing with wine mixture. Discard any remaining wine mixture.

## NUTRITION INFORMATION PER SERVING:

**Calories** 210, **Total Fat** 10 g, (Sat. Fat 3½ g, Trans Fat 1 g), **Cholesterol** 65 mg, **Sodium** 210 mg, **Carbs** 9 g, **Fiber** 0g, **Sugars** 9 g, **Protein** 20 g  
**Exchanges:** 0 Starch, 0 Fruit, ½ Carb, 3 Lean Meat

# Roasted Pork Chops & Vegetables

Makes: 4 servings  
Prep time: 20 minutes  
Total time: 1 hour 20 minutes

- |   |  |   |  |
|---|--|---|--|
| 2 | teaspoons parsley flakes               | 6 | new potatoes, cut into fourths (3 cups)          |
| ½ | teaspoon dried marjoram leaves         | 4 | ounces mushrooms, cut in half (1½ cups)          |
| ½ | teaspoon dried thyme leaves            | 1 | medium green bell pepper, cut into 1-inch pieces |
| ½ | teaspoon garlic salt                   | 1 | medium onion, cut into thin wedges               |
| ¼ | teaspoon coarse ground pepper          | 1 | medium tomato, cut into 8 wedges                 |
| 4 | pork rib chops, ½ inch thick (1 pound) |   |  |

1. Heat oven to 425°F. Spray jelly roll pan, 15½ x 10½ x 1 inch, with cooking spray. Mix parsley, marjoram, thyme, garlic salt and pepper. Spray both sides of pork chops with cooking spray. Sprinkle with 1-1½ teaspoons herb mixture. Place in corners of pan.
2. Mix potatoes, mushrooms, bell pepper and onion in large bowl. Spray vegetables 2 or 3 times with cooking spray; stir. Sprinkle with remaining herb mixture; toss to coat. Spread evenly in center of pan between pork chops.

3. Bake uncovered 45 minutes. Turn pork; stir vegetables. Place tomato wedges over vegetables. Bake uncovered 10 to 15 minutes or until pork is slightly pink when cut near bone and vegetables are tender.

## NUTRITION INFORMATION Per serving:

285 Calories (65 Calories from Fat); 7 g Total Fat (2 g Saturated Fat); 55 mg Cholesterol; 170 mg Sodium; 31 g Total Carbohydrate; 4 g Dietary Fiber; 24 g Protein

**Dietary exchanges:**  
1 Starch, 2 Vegetable, 3 Lean Meat

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