

HEALTHY DIABETES RECIPES

2015

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Carrot and Grape Slaw

Serve this flavorful—and colorful—dish as a side to a sandwich or a main meal like rotisserie chicken.

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| 2 cups shredded carrots | 1 tablespoon finely chopped red onion |
| 2 cups shredded cabbage (preferably red or purple) | 2 tablespoons red wine vinegar |
| 1 cup halved green grapes | 1 tablespoon olive oil |
| 1/4 cup roughly chopped walnuts | 1/4 teaspoon salt |
| | Freshly ground black pepper |

Toss all ingredients together in a large bowl. Serve. (If making slaw in advance, reserve the walnuts and toss in just before serving.)

NUTRITION INFORMATION Per serving:

140 calories; 8 g fat (1 g sat); 0 mg cholesterol; 16 g carbohydrate; 2 g protein; 3 g fiber; 45 mg calcium; 191 mg sodium; 10 g sugars.

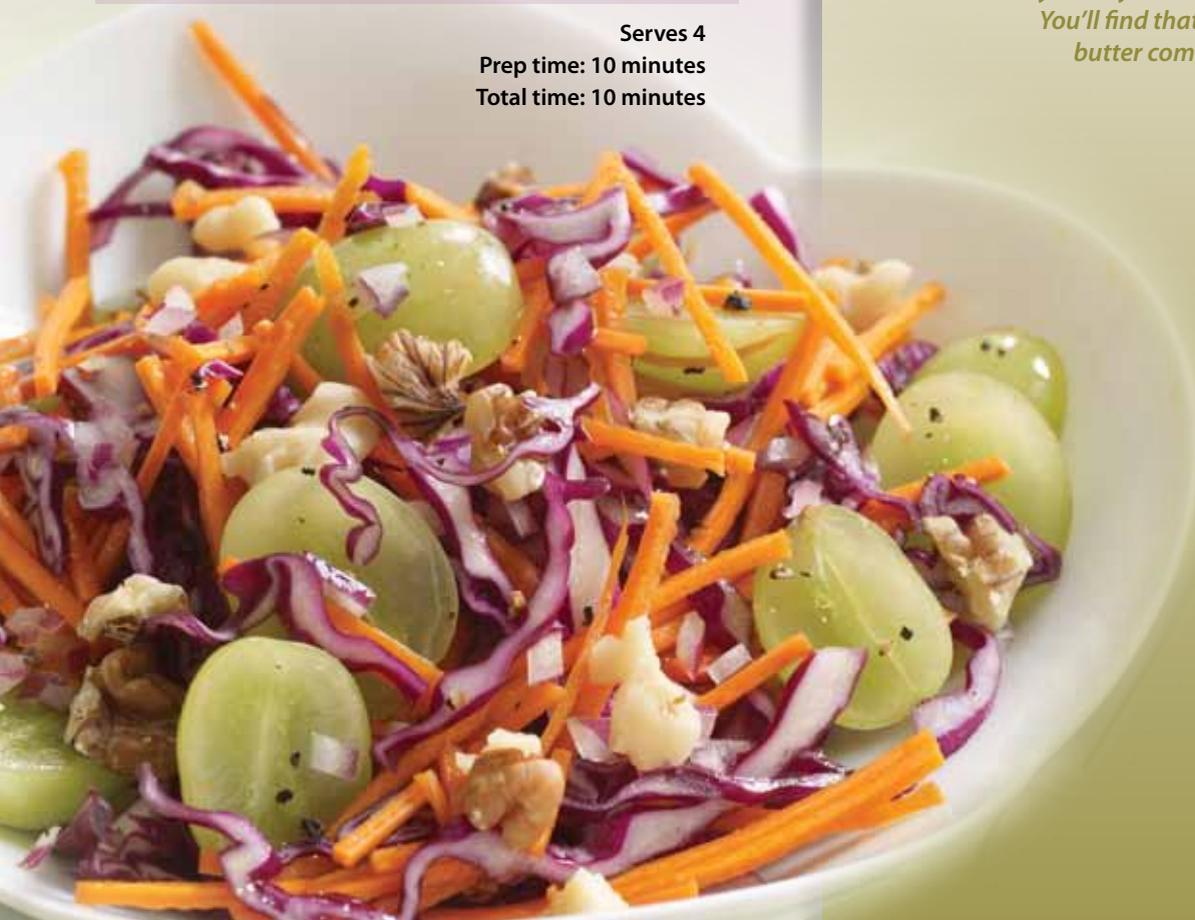
Dietary exchanges:

2 vegetable servings, 1/3 fruit serving, 1 1/2 fat servings

Serves 4

Prep time: 10 minutes

Total time: 10 minutes



Sugar Snaps with Peanut Dressing

Delicious raw sugar snaps are enhanced by a tasty dressing made of peanut butter. You'll find that the richness of the peanut butter combined with the freshness of a salad really hit the spot.

- 3 tablespoons peanut butter
- 3 tablespoons freshly squeezed orange juice
- 1 tablespoon water
- 1/4 teaspoon grated fresh ginger (optional)
- 1/8 teaspoon salt
- 3 cups sugar snaps
- 1 cup sprouts, any type (if sprouts aren't available, use 1 cup baby greens or chopped romaine)

1. Combine the peanut butter, orange juice, water, ginger, if desired, and salt in a food processor and puree until smooth, about 1 minute.

2. Put the sugar snaps and sprouts in a large bowl and dress with the peanut butter dressing. Serve.

NUTRITION INFORMATION Per serving:

104 calories; 6 g fat (1 g sat); 0 mg cholesterol; 9 g carbohydrate; 5 g protein; 3 g fiber; 30 mg calcium; 78 mg sodium; 4 g sugars.

Dietary exchanges:

2 vegetable servings, 1 1/2 fat servings

Serves 4

Prep time: 5 minutes

Total time: 5 minutes

Scallops with Jicama and Oranges

This fresh-tasting dish is perfect for either lunch or dinner.

- 2 cups peeled and cubed jicama
- 2 oranges, peeled and sectioned
- 1/4 teaspoon salt (1/8 for salad, 1/8 for scallops)
- Juice of 1 lime
- 1/2 cup cilantro
- Vegetable oil cooking spray
- 1 pound (12 to 16) sea scallops, each sliced in half horizontally
- Black pepper to taste

1. Heat a large, heavy-bottomed skillet over medium heat.
2. Combine the jicama, oranges, 1/8 teaspoon salt, lime juice and cilantro in a large bowl.
3. Spray the skillet with cooking spray and place the scallops in the pan. As soon as you put in the last scallop, flip the first scallop (if you would prefer to work slowly, cook half of the scallops at a time). As soon as you flip the last scallop, remove the first scallop to a clean plate. The scallops should be cooked only 30 seconds on each side. Season the scallops with 1/8 teaspoon salt and pepper.
4. Add the scallops to the jicama mixture, toss and serve.

NUTRITION INFORMATION Per serving:

160 calories; 1 g fat (0 g sat); 37 mg cholesterol; 17 g carbohydrate; 20 g protein; 5 g fiber; 67 g calcium; 334 mg sodium, 7 g sugars.

Dietary exchanges: 2 vegetable, 1/2 fruit, 4 lean protein

Serves 4

Prep time: 18 minutes

Total time: 20 minutes



All recipes (except Carrot and Grape Slaw) adapted from *The Best Life Diet Cookbook*, Simon & Schuster ©, 2009. Used with permission.

Carrot and Grape Slaw adapted from *The Best Life Diet, Revised and Updated*, Simon & Schuster ©, 2009. Used with permission.



Dijon Chicken Smothered in Mushrooms

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

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| 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.

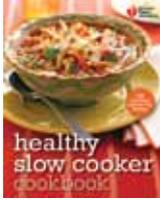
NUTRITION INFORMATION Per serving:

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 1/3 cup relish per serving
Slow cooker size/shape: 3- to 4 1/2-quart round or oval
Slow cooking time: 3 hours on low, or 1 1/2 hours on high

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| 1 | 1 | 1/2 | cup diced fresh pineapple |
| 4 | 3 | 1/2 | cup diced cantaloupe |
| 1/4 | 1 | 1 | medium fresh jalapeño, seeds and ribs discarded, minced |
| 1 | 2 | 1 | teaspoon grated lemon zest |
| 1/2 | 1 | 1 | teaspoon fresh lemon juice |
| 1/4 | 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 1 1/2 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: 1/2 fruit, 3 lean meat



Countryside Beef & Garden Vegetable Soup Serves 6

1 cup per serving
Slow cooker size/shape: 3- to 4 1/2-quart round or oval
Slow cooking time: 7 1/2 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

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| 1 | 1 | 1 1/2 | cup fresh cauliflower florets (about 1-inch pieces) |
| 12 | 1 | 1 | medium red potato (about 6 ounces), chopped |
| 1 | 4 | 1 | medium rib of celery, thinly sliced crosswise |
| 4 | 2 | | tablespoons no-salt-added tomato paste |

Vegetable & Mixed-Rice Pilaf Serves 8

Scant 2/3 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 3 1/2 hours on high

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| 3-4 | 1 | 1/2 | cup uncooked brown rice (not instant) |
| 6 | 1/2 | 1 3/4 | cups fat-free, low-sodium vegetable broth |
| 2 | 1 | 1 | teaspoon dried basil, crumbled |
| 1/2 | 2 | 1 | teaspoon dried thyme, crumbled |
| 1 | 1 | 1 | teaspoon salt-free all-purpose seasoning blend |
| 1 | 1 | 1 | teaspoon snipped fresh Italian (flat-leaf) parsley |
| 1 | 2 | | teaspoons fresh lemon juice |

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| 1 | 1 | 1 | teaspoon canola or corn oil |
| 12 | 1 | 1 | medium red potato (about 6 ounces), chopped |
| 1 | 4 | 1 | medium rib of celery, thinly sliced crosswise |
| 4 | 2 | | tablespoons no-salt-added tomato paste |

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| 1 1/2 | 1 | 1 | tablespoons sugar |
| 1 | 1 | 1 | tablespoon Worcestershire sauce (low sodium) |
| 2 | 1 | 1 | teaspoons dried oregano, crumbled |
| 1 | 1 | 1/2 | teaspoon salt |
| 1 1/2 | | | cups coarsely chopped cabbage |

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 3 1/2 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.

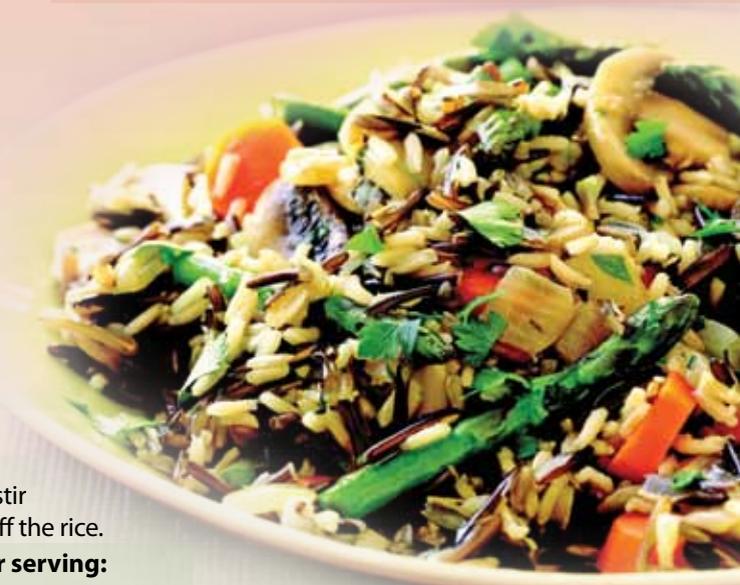
2. Pour 1 cup water into the skillet, scraping the bottom and side to dislodge any browned bits. Pour into the slow cooker. Stir in the remaining ingredients including the additional 1 cup water but not the cabbage. Cook, covered, on low for 7 1/2 to 8 hours or on high for 3 hours 45 minutes to 4 hours, 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: 1/2 starch, 2 vegetables, 1 1/2 lean meat



Adapted from the book *American Heart Association Healthy Slow Cooker Cookbook*. Copyright (c) 2012 by American Heart Association. Photographs copyright (c) 2012 by Ben Fink. Published by Clarkson Potter/Publishers, a division of Random House, Inc.

Grilled Salmon & Zucchini with Red Pepper Sauce

- 1/3 cup sliced almonds, toasted
- 1/4 cup chopped jarred roasted red peppers
- 1/4 cup halved grape tomatoes or cherry tomatoes
- 1 small clove garlic
- 1 tablespoon extra-virgin olive oil
- 1 tablespoon sherry vinegar or red-wine vinegar
- 1 teaspoon paprika, preferably smoked
- 3/4 teaspoon salt, divided
- 1/2 teaspoon freshly ground pepper, divided
- 1 1/4 pounds wild-caught salmon fillet, skinned and cut crosswise into 4 portions
- 2 medium zucchini, or summer squash (or 1 of each), halved lengthwise
- Canola or olive oil cooking spray
- 1 tablespoon chopped fresh parsley for garnish



4 servings

1. Preheat grill to medium.
2. Process almonds, peppers, tomatoes, garlic, oil, vinegar, paprika, 1/4 teaspoon salt and 1/4 teaspoon pepper in a food processor or blender until smooth; set aside.
3. Coat salmon and zucchini (and/or summer squash) on both sides with cooking spray, then sprinkle with the remaining 1/2 teaspoon salt and 1/4 teaspoon pepper. Grill, turning once, until the salmon is just cooked through and the squash is soft and browned, about 3 minutes per side.
4. Transfer the squash to a clean cutting board. When cool enough to handle, slice into 1/2-inch pieces. Toss in a bowl with half of the reserved sauce. Divide the squash among 4 plates along with a piece of salmon topped with some of the remaining sauce. Garnish with parsley, if desired.

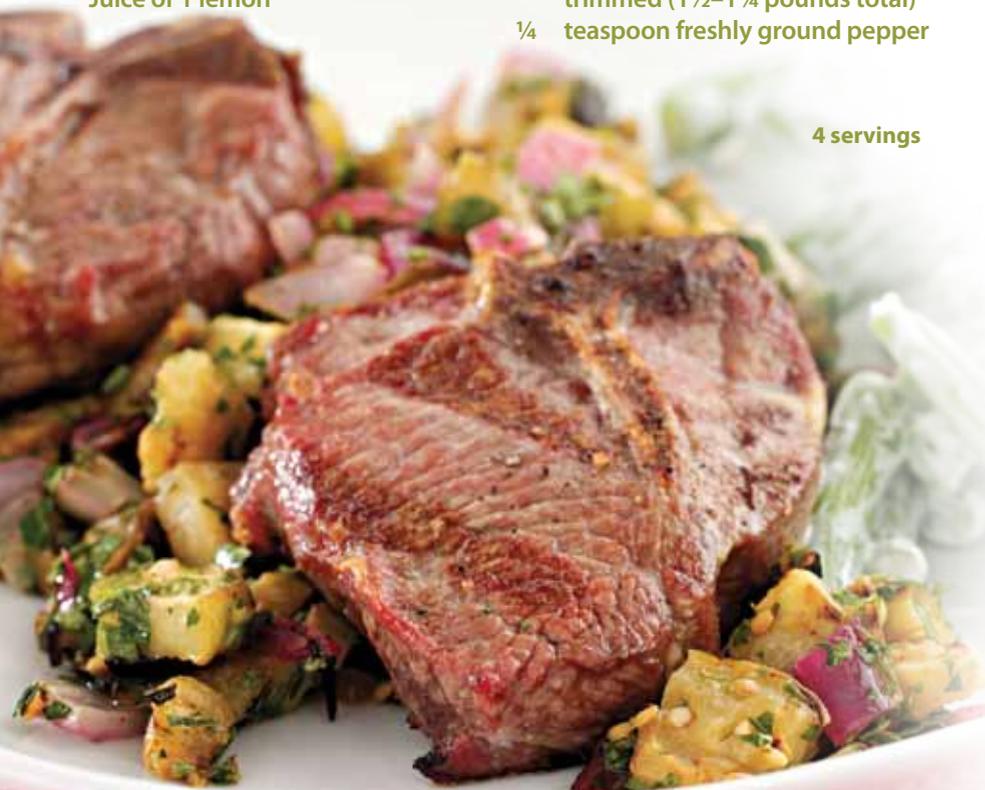
NUTRITION INFORMATION Per serving:

281 calories; 13 g fat (2 g sat, 7 g mono); 66 mg cholesterol; 8 g carbohydrates; 32 g protein; 2 g fiber; 599 mg sodium; 874 mg potassium

Dietary exchanges: 1 1/2 vegetable, 4 lean-meat, 1 fat

Grilled Lamb Chops with Eggplant Salad

- 1 medium eggplant (about 1 pound), peeled and sliced into 1/4-inch rounds
- 1 medium red onion, sliced into 1/4-inch rounds
- Canola or olive oil cooking spray
- Juice of 1 lemon
- 1/4 cup chopped fresh parsley
- 2 tablespoons chopped fresh mint
- 1 tablespoon extra-virgin olive oil
- 1 teaspoon salt, divided
- Pinch of cayenne pepper
- 8 lamb loin chops, 1-1 1/2 inches thick, trimmed (1 1/2-1 3/4 pounds total)
- 1/4 teaspoon freshly ground pepper



4 servings

1. Preheat grill to medium-high.
2. Spray both sides of eggplant and onion rounds with cooking spray. Grill the vegetables, turning once, until browned on both sides, 2 to 3 minutes per side. Transfer to a cutting board. When cool enough to handle, chop the eggplant and onion and combine in a medium bowl with lemon juice, parsley, mint, oil 1/2 teaspoon salt and cayenne.
3. Meanwhile, sprinkle lamb chops with pepper and the remaining 1/2 teaspoon salt. Grill the chops until browned on both sides and cooked to desired doneness, about 4 minutes per side for medium. Serve with the eggplant salad.

NUTRITION INFORMATION

Per serving:

231 calories; 11 g fat (3 g sat, 6 g mono); 68 mg cholesterol; 11 g carbohydrates; 23 g protein; 5 g fiber; 648 mg sodium; 627 mg potassium

Dietary exchanges:

2 vegetable, 3 lean meat, 1 fat

Mexican Grilled Corn

- 2 tablespoons low-fat mayonnaise
- 2 tablespoons nonfat plain yogurt
- 1/2 teaspoon chili powder
- 4 ears corn, husked
- 4 tablespoons finely shredded Cotija or Parmesan cheese
- 1 lime, quartered



4 servings

1. Preheat grill to medium-high.
2. Combine mayonnaise, yogurt and chili powder in a small bowl.
3. Grill corn, turning occasionally, until marked and tender, 8 to 12 minutes total. Spread each ear with 1 tablespoon of the sauce and sprinkle with 1 tablespoon Cotija or Parmesan. Serve with lime wedges.

NUTRITION INFORMATION Per serving:

100 calories; 2 g fat (1 g sat, 0 g mono); 2 mg cholesterol; 20 g carbohydrates; 4 g protein; 2 g fiber; 118 mg sodium; 282 mg potassium

Dietary exchanges: 1 starch, 1 fat



Recipes adapted from *The Simple Art of EatingWell Cookbook*, by Jessie Price & the EATINGWELL Test Kitchen (© 2010 by Eating Well, Inc., published by The Countryman Press). Available at your local bookstore, online at eatingwell.com or by calling 1-800-233-4830.



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



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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

Better-For-You Chocolate Chip Cookies

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| 1 cup all-purpose flour | 1/4 cup SLENDA® Granulated Sweetener |
| 1/2 cup white whole wheat or whole wheat pastry flour | 1 1/2 teaspoons vanilla extract |
| 3/4 teaspoon baking soda | 1 large egg |
| 1/3 cup butter, softened | 1/2 cup mini chocolate chips |
| 1/4 cup packed dark brown sugar | 1/4 cup chopped pecans or walnuts |
| 1/4 cup granulated sugar | |



Makes 30 cookies

- Preheat the oven to 375°F. Spray a cookie sheet with nonstick cooking spray.
- In a small bowl, combine the all-purpose flour, white whole wheat flour and baking soda.
- In a large bowl, with an electric mixer, beat the butter, sugars and sweetener until very light and creamy. Beat in the vanilla and egg. Add the flour mixture and beat just until blended. Stir in the chocolate chips and nuts.
- Drop the dough by level tablespoons onto a baking sheet 2 inches apart. Flatten the cookies by pressing down on the dough with a spatula or the bottom of a glass.
- Bake for 7 to 9 minutes, or until lightly browned and set. Cool on the baking sheet until firm. Remove to wire racks to finish cooling.

NUTRITION INFORMATION Per serving (1 cookie):
80 calories; 4.5 g fat (1 g sat fat); 20 mg cholesterol; 10 g carbohydrates; 1 g protein; 1 g fiber; 75 mg sodium; 4 g sugars.

Dietary exchanges: 1/2 carbohydrate, 1 fat

Lime Cheesecake "Cupcakes"

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| 3/4 cup graham cracker crumbs | 8 ounces light tub-style cream cheese |
| 2 tablespoons margarine or butter, melted | 3 tablespoons cornstarch |
| 2 tablespoons plus 3/4 cup SLENDA® Granulated Sweetener, divided | 2 tablespoons Key lime juice (from 3 to 4 Key limes) |
| 1 1/2 cups low-fat cottage cheese | Zest of 2 Key limes or 1 Persian lime |
| | 1 teaspoon vanilla extract |
| | 1 large egg |
| | 1 large egg white |

Serves 12



- Preheat the oven to 325°F. Coat a 12-cup muffin tin with nonstick baking spray.
- In a medium bowl, mix together the graham cracker crumbs, margarine and 2 tablespoons of the sweetener until well combined.
- Sprinkle a heaping tablespoon of crust mixture into each muffin cup. Press gently to form a crust on the bottom of each cup. Set aside.
- Using a food processor, blend the cottage cheese until very smooth and creamy. Spoon the cottage cheese into a large bowl. Add the cream cheese, the remaining 3/4 cup sweetener, the cornstarch, lime juice, zest and vanilla and beat with an electric mixer until creamy. Add the egg and the egg white and beat until just blended.
- Spoon 1/4 cup of cheesecake filling into each muffin cup.
- Bake for 18 to 20 minutes, or until the cheesecakes are set but centers jiggle slightly. Cool to room temperature. Chill in the refrigerator until firm, at least 2 hours.

NUTRITION INFORMATION Per serving:
140 calories; 7 g fat (4 g sat fat); 35 mg cholesterol; 12 g carbohydrates; 7 g protein; 0 g fiber; 270 mg sodium; 6 g sugars.

Dietary exchanges:
1 lean meat, 1 carbohydrate, 1/2 fat

Peanut Butter Mousse

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| 1/2 cup low-fat smooth peanut butter | 1/2 cup SLENDA® Granulated Sweetener |
| 4 ounces light tub-style cream cheese, at room temperature | 1/4 cup low-fat milk |
| 4 ounces fat-free cream cheese, at room temperature | 1/2 teaspoon vanilla extract |
| | 1 8-ounce tub light whipped topping, thawed |

- In a large bowl using an electric mixer, beat the peanut butter and cream cheeses. Add the sweetener, milk and vanilla.
- Beat until smooth.
- Gently fold in the whipped topping in three additions.
- Portion into eight serving dishes. Chill for at least 30 minutes, or until ready to serve.

** This is extra decadent when topped with a drizzle of reduced-sugar chocolate syrup and/or a single chocolate wafer cookie.*

NUTRITION INFORMATION Per serving (1/2 cup):
190 calories; 10 g fat (5 g sat fat); 5 mg cholesterol; 15 g carbohydrates; 8 g protein; 1 g fiber; 210 mg sodium, 6 g sugars.

Dietary exchanges:
1 carbohydrate, 2 fats



Serves 8



Recipes adapted from *Eat What You Love*, by Marlene Koch Running Press © 2010. Used with permission.

Beef & Bean Chile Verde

4 servings, about 1½ cups each. Active time 20 minutes; Total 30 minutes.

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| 1 pound 93%-lean ground beef | 1 16-ounce jar green salsa, green enchilada sauce or taco sauce |
| 1 large red bell pepper, chopped | ¼ cup water |
| 1 large onion, chopped | 1 15-ounce can pinto or kidney beans, rinsed |
| 6 cloves garlic, chopped | |
| 1 tablespoon chili powder | |
| 2 teaspoons ground cumin | |
| ¼ teaspoon cayenne pepper or to taste | |



1. Cook beef, bell pepper and onion in a large saucepan over medium heat, crumbling the meat with a wooden spoon, until the meat is browned, 8 to 10 minutes. Add garlic, chili powder, cumin and cayenne; cook until fragrant, about 15 seconds. Stir in salsa (or sauce) and water; bring to a simmer.
2. Reduce heat to medium-low, cover and cook, stirring occasionally, until the vegetables are tender, 10 to 15 minutes. Stir in beans and cook until heated through, about 1 minute.

NUTRITION INFORMATION Per serving:

309 calories; 8 g fat (3 g sat, 3 g mono); 64 mg cholesterol; 29 g carbohydrate; 27 g protein; 6 g fiber; 516 mg sodium; 641 mg potassium

Dietary exchanges: 1 starch, 2 vegetable, 3 lean meat

Moroccan Vegetable Soup (Chorba)

6 servings, about 2 cups each. Active time 35 minutes; Total 90 minutes.

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|--|---|
| 2 tablespoons extra-virgin olive oil | Pinch of saffron threads |
| 1 medium onion, finely diced | 12 sprigs flat-leaf parsley, plus more leaves for garnish |
| 2 teaspoons ground turmeric | 8 sprigs fresh cilantro, plus more leaves for garnish |
| 1 pound beef stew meat, (such as chuck) or lamb stew meat (shoulder or leg), trimmed and cut into ½-inch cubes | 1 large zucchini, peeled and cut into ¼-inch dice |
| 6 cups reduced-sodium beef broth or water | 2 ounces angel hair pasta, (capellini), broken into small pieces (about ½ cup), or orzo, preferably whole-wheat |
| 1 14-ounce can diced tomatoes | ¼-2 teaspoons salt |
| 2 small turnips, peeled and diced | ½ teaspoon freshly ground pepper |
| 2 carrots, diced | |
| 2 stalks celery, leaves included, thinly sliced | |

1. Heat oil in a Dutch oven over medium-high heat. Add onion and turmeric; stir to coat. Add meat and cook, stirring occasionally, until the onion is tender, 4 to 5 minutes. Add broth (or water), tomatoes and their juice, turnips, carrots, celery and saffron. Tie parsley and cilantro sprigs together with kitchen string and add to the pot. Bring the soup to a boil. Cover and reduce to a simmer. Cook until the meat is tender, 45 to 50 minutes.

2. Stir in zucchini and cook, covered, until soft, 8 to 10 minutes. Add pasta and cook until soft, 4 to 10 minutes, depending on the type of pasta. Discard the parsley and cilantro sprigs. Season with salt (start with ¼ teaspoon if you're using beef broth; add more if you're using water) and pepper. Serve sprinkled with parsley and/or cilantro leaves, if desired.

NUTRITION INFORMATION

Per serving:

237 calories; 8 g fat (2 g sat, 5 g mono); 37 mg cholesterol; 19 g carbohydrate; 21 g protein; 4 g fiber; 713 mg sodium; 767 mg potassium

Dietary exchanges: ½ starch, 1½ vegetable, 2 lean meat, ½ fat



Indian-Spiced Chicken Pitas

4 servings. Active time 30 minutes; Total 30 minutes.

- | | |
|--|------------------------------------|
| 1 pound boneless, skinless chicken breasts, trimmed | 2 teaspoons lemon juice |
| 1½ teaspoons garam masala (an Indian spice blend), divided | Freshly ground pepper, to taste |
| ¾ teaspoon kosher salt, divided | 4 6-inch whole-wheat pitas, warmed |
| 1 cup thinly sliced seeded cucumber | 1 cup shredded romaine lettuce |
| ¾ cup nonfat plain yogurt | 2 small or 1 large tomato, sliced |
| 1 tablespoon chopped fresh cilantro, or mint | ¼ cup thinly sliced red onion |

1. Preheat grill to medium-high or position rack in upper third of oven and preheat broiler. If grilling, oil the grill rack. If broiling, coat a broiler pan with cooking spray.

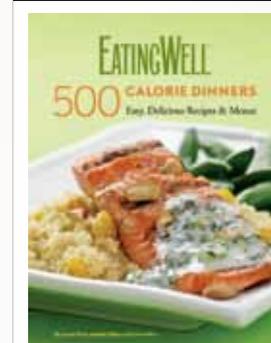
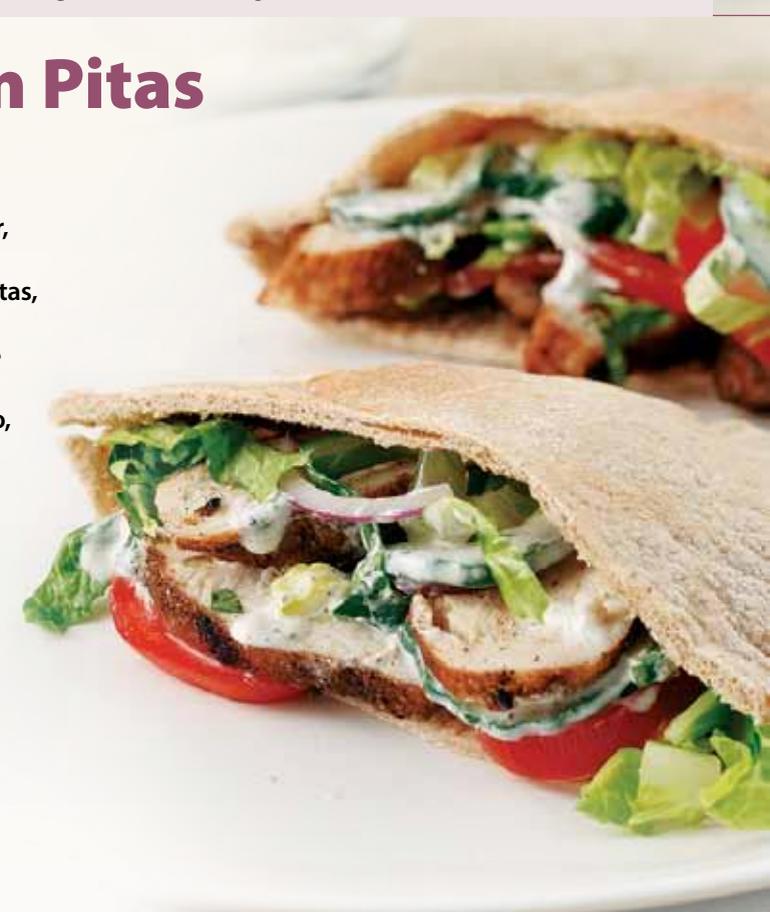
2. Sprinkle chicken with 1 teaspoon garam masala and ½ teaspoon salt. Place the chicken on the grill rack or prepared pan and cook until no longer pink in the center, and an instant-read thermometer inserted into the thickest part registers 165°F, 4 to 8 minutes per side, depending on the size of the breast. Transfer the chicken to a clean cutting board and let rest for 5 minutes.

3. Meanwhile, combine cucumber, yogurt, cilantro (or mint), lemon juice, the remaining ½ teaspoon garam masala and ¼ teaspoon salt and pepper in a small bowl. Thinly slice the chicken. Split open the warm pitas and fill with the chicken, yogurt sauce, lettuce, tomato and onion.

NUTRITION INFORMATION Per serving:

333 calories; 5 g fat (1 g sat, 1 g mono); 64 mg cholesterol; 44 g carbohydrate; 32 g protein; 6 g fiber; 637 mg sodium; 485 mg potassium

Dietary exchanges: 3 starch, 1 vegetable, 3 lean meat



Adapted from *EatingWell 500-Calorie Dinners* by Jessie Price, Nicci Micco & the Editors of EatingWell (© 2010 by Eating Well, Inc., published by The Countryman Press). Available at your local bookstore, online at EatingWell.com or www.countrymanpress.com, or by calling 1-800-233-4830.

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.

4. Use a half-cup scoop or ladle to portion out the batter onto the nonstick griddle. Cook on both sides until golden brown. Top with the grated cheese and serve.

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

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

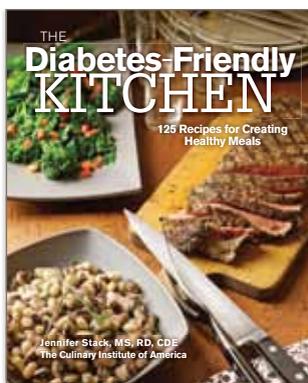


1. Preheat to 400°F.
2. Roast the beets and fennel until the beets are tender and easily pierced with a fork, about 1 hour. Allow to cool until easy to handle. Run the beets under cold water and peel using your hands. Cut the beets into large pieces.
3. In a large soup pot, bring the beets, fennel, cabbage, 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



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.



Serves 4

Quicker-Than-Take-Out Orange Chicken

SAUCE

- 1/2 cup water
- 1/3 cup light orange juice
- 1/2 cup SPLENDA® Granulated Sweetener
- 2 tablespoons brown sugar
- 3 tablespoons rice vinegar
- 2 tablespoons reduced-sodium soy sauce
- 3 tablespoons lemon juice

- 1/4 teaspoon ground ginger
- 1/8 teaspoon red pepper flakes
- 2 tablespoons cornstarch

CHICKEN

- 1 1/4 pounds boneless, skinless chicken breast, chopped
- 1 large egg, beaten
- 1/4 cup all-purpose flour
- 2 tablespoons canola oil
- 1 small red pepper, chopped
- 1 small onion, chopped

1. To make the sauce, in a medium saucepan, whisk together the first nine ingredients (water through pepper flakes). Place the pan over medium-high heat and bring to a low simmer.

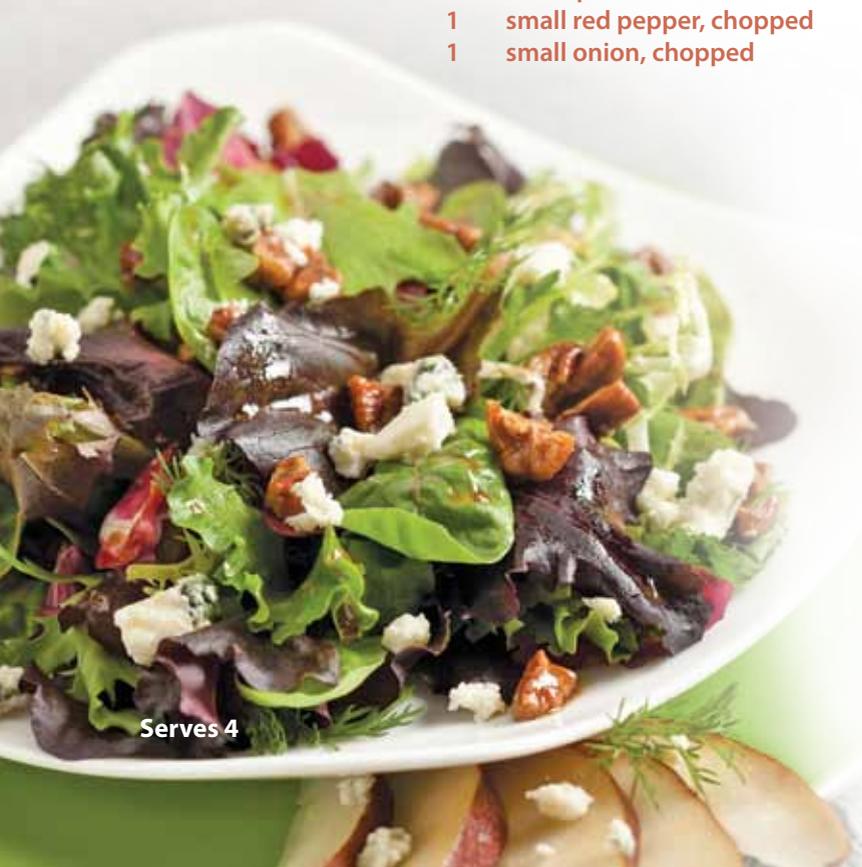
2. In a small bowl, mix together 2 tablespoons of water and the cornstarch to create a slurry and whisk into the sauce. Bring the sauce to a low boil and cook for 1 minute or until the sauce thickens and clears. Reduce the heat to low and allow to simmer.

3. Roll the chicken pieces in the egg and toss with flour to coat. Heat 1 tablespoon of the oil in a large nonstick skillet over medium-high heat. Add half of the chicken and cook 4 to 5 minutes, or until well browned on all sides and chicken is cooked through. Transfer the chicken to a bowl and cover. Heat the remaining oil and cook the remaining chicken pieces. Add the chicken to the bowl and set aside.

4. Add the red pepper and onion to pan and cook for 4 to 5 minutes, or until slightly softened. Add the chicken to the pan and then the orange sauce. Stir to coat and serve.

NUTRITION INFORMATION Per serving (1 cup): 290 calories; 9 g fat (1 g sat fat); 100 mg cholesterol; 18 g carbohydrates; 32 g protein; 0 g fiber; 360 mg sodium; 8 g sugars.

Dietary exchanges: 4 lean meat, 1 starch, 1/2 carbohydrate



Serves 4

Balsamic Salad with Pears, Blue Cheese and Pecans

DRESSING

- 3 tablespoons balsamic vinegar
- 2 tablespoons chicken broth
- 2 tablespoons extra-virgin olive oil
- 2 teaspoons Dijon mustard
- Pinch of salt
- Pepper to taste

Turkey Scaloppini and Creamy Mushroom Sauce

- 1 1/4 pounds boneless turkey breast cutlets
- 1 tablespoon olive oil
- 1 teaspoon plus 1/2 teaspoon crushed dried thyme
- 1 garlic clove, minced
- 1 (8-ounce) package sliced mushrooms
- 1/4 cup sherry
- 1/3 cup water
- 1 (15-ounce) can reduced-fat, reduced-sodium cream of mushroom soup
- 1/2 teaspoon Worcestershire sauce

1. Wrap the turkey breasts in plastic wrap and place on a cutting board. With a mallet gently pound each cutlet until thin (about 1/8-inch thick).

2. In a large skillet, heat the oil over medium-high heat. Sprinkle 1 teaspoon of the thyme over the turkey and place in the skillet. Cook for 3 to 4 minutes on each side, until browned and barely cooked through. Transfer the turkey to a plate and cover.



Serves 4

3. Add the garlic and mushrooms to the skillet and sauté for 1 minute. Add the sherry, water, soup, Worcestershire sauce and remaining 1/2 teaspoon of the thyme to the skillet. Whisk together and simmer on low for 5 minutes, or until slightly thickened.

4. Return the turkey to the pan and coat with the sauce. Simmer the turkey in the sauce for 5 more minutes before serving.

NUTRITION INFORMATION

Per serving (1 cutlet): 220 calories; 4 g fat (1 g sat fat); 85 mg cholesterol; 9 g carbohydrates; 33 g protein; 1 g fiber; 410 mg sodium; 3 g sugars.

Dietary exchanges: 4 1/2 lean meat, 1 1/2 carbohydrate

SALAD

- 4 cups packed mixed greens
- 6 tablespoons blue cheese crumbles
- 1/3 cup chopped pecans
- 1 large pear, cored and cut into thin slices (or 1 large apple)

1. To make the dressing, in a small bowl whisk together the vinegar, chicken broth, oil, mustard, salt and pepper.

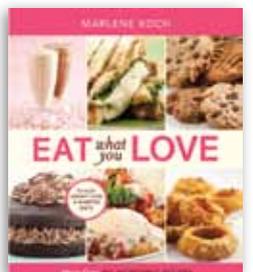
2. For the salad, place the greens in a large bowl. Pour the dressing over the greens and toss lightly.

3. Arrange the greens on plates. Divide the blue cheese and pecans evenly among the plates, sprinkling on top of the greens. Garnish plates with the pear slices and serve.

NUTRITION INFORMATION Per serving (1 salad):

210 calories; 16 g fat (3.5 g sat fat); 10 mg cholesterol; 12 g carbohydrates; 4 g protein; 3 g fiber; 260 mg sodium; 7 g sugars.

Dietary exchanges: 1 vegetable, 1/2 fruit, 1/2 high-fat meat, 2 fat



Recipes adapted from *Eat What You Love*, by Marlene Koch Running Press © 2010. Used with permission.



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
- ⅓ 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

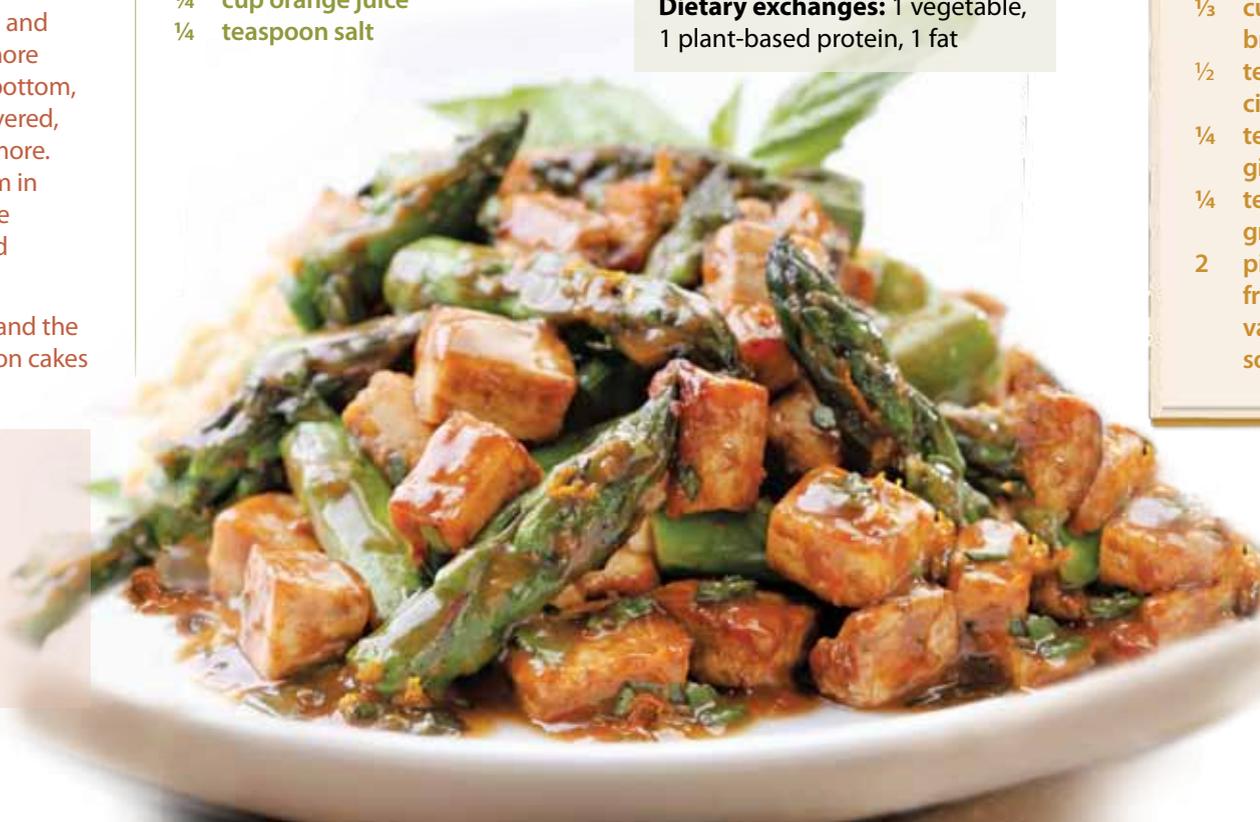
1. Preheat oven to 450°F. Coat a large baking sheet with cooking spray.
2. Pat tofu dry and cut into ½-inch cubes. Whisk 1 tablespoon miso, 1 tablespoon vinegar and 2 teaspoons oil in a large bowl until smooth. Add the tofu; gently toss to coat. Spread the tofu in an even layer on the prepared baking 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

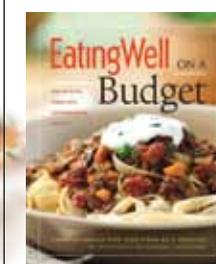
- 1 cup canned pumpkin puree
- ⅓ cup packed brown sugar
- ½ teaspoon ground cinnamon
- ¼ teaspoon ground ginger
- ¼ teaspoon freshly grated nutmeg
- 2 pints (4 cups) frozen low-fat vanilla ice cream, softened

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



Adapted from *Eating Well on a Budget*
by Jessie Price, & the Eating Well Test Kitchen
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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 $\frac{1}{4}$ teaspoon dried mint leaves
- $\frac{1}{4}$ teaspoon salt
- $\frac{1}{8}$ 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 $3\frac{1}{2}$ 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, $\frac{1}{2}$ Carb, 3 Lean Meat



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Roasted Pork Chops & Vegetables

Makes: 4 servings

Prep time: 20 minutes

Total time: 1 hour 20 minutes

- | | | | |
|---------------|--|---|--|
| 2 | teaspoons parsley flakes | 6 | olive oil-flavored cooking spray |
| $\frac{1}{2}$ | teaspoon dried marjoram leaves | 6 | new potatoes, cut into fourths (3 cups) |
| $\frac{1}{2}$ | teaspoon dried thyme leaves | 4 | ounces mushrooms, cut in half ($1\frac{1}{2}$ cups) |
| $\frac{1}{2}$ | teaspoon garlic salt | 1 | medium green bell pepper, cut into 1-inch pieces |
| $\frac{1}{4}$ | teaspoon coarse ground pepper | 1 | medium onion, cut into thin wedges |
| 4 | pork rib chops, $\frac{1}{2}$ inch thick (1 pound) | 1 | medium tomato, cut into 8 wedges |

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.

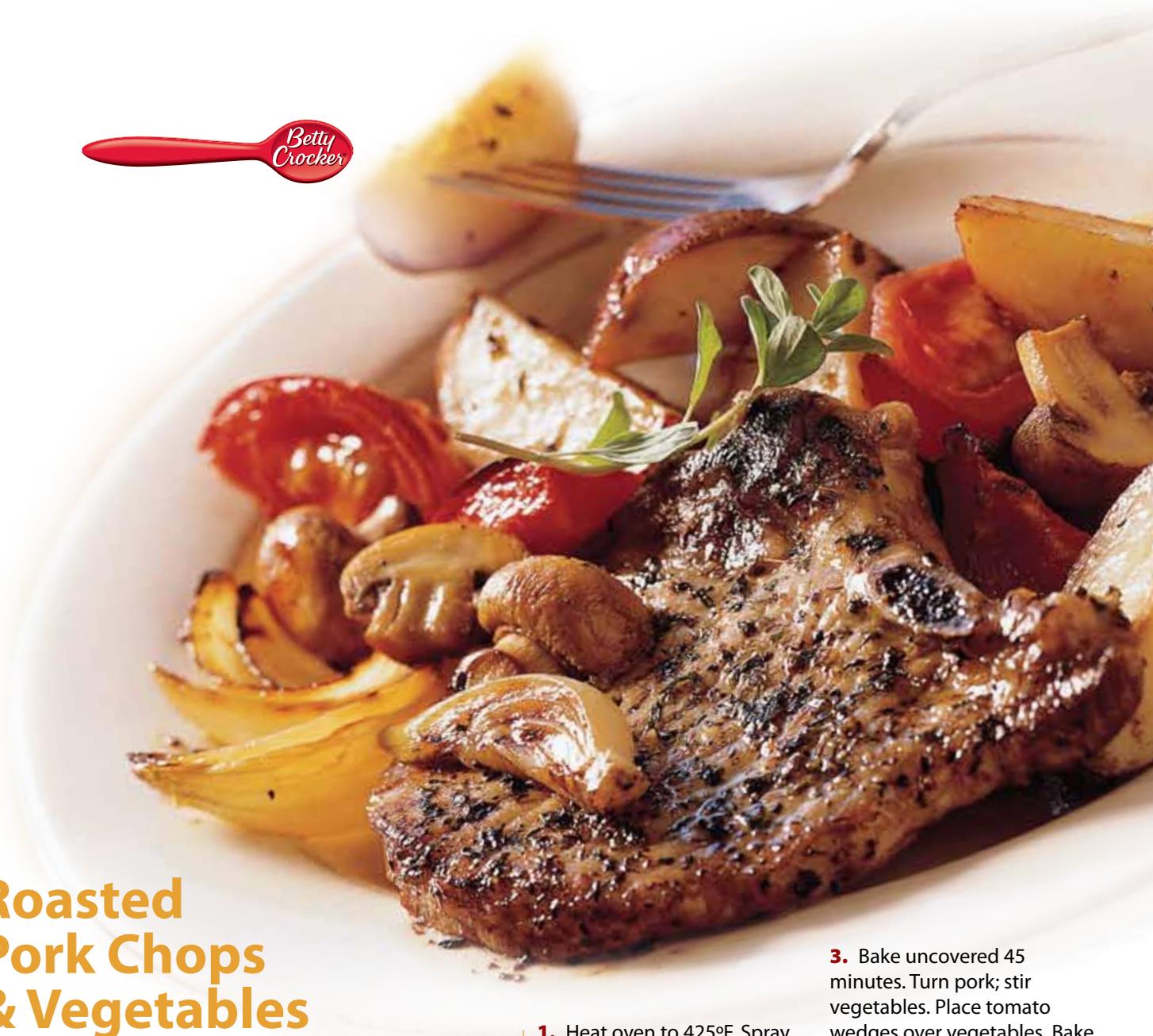
2. Mix potatoes, mushrooms, bell pepper and onion in large bowl. Spray vegetables 2 or 3 times with cooking spray; stir. Sprinkle with remaining herb mixture; toss to coat. Spread evenly in center of pan between pork chops.

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



Apple-Cinnamon Butternut Squash Soup

Makes: 8 servings
Prep time: 25 minutes
Total time: 45 minutes

- 8 cups cubed seeded peeled butternut squash (2 medium)
- 1 large apple, peeled, chopped
- 1 large onion, cut into 1-inch pieces
- 2 tablespoons packed brown sugar
- ¾ teaspoon salt
- ¾ teaspoon ground cinnamon
- ⅛ teaspoon pepper
- 3 cups Progresso® chicken broth (from 32-oz carton)
- ¾ cup milk
- 1 container (6 oz) Yoplait® Greek Fat Free plain yogurt
- 2 tablespoons chopped, fresh chives



1. In Dutch oven, mix squash, apple, onion, brown sugar, salt, cinnamon and pepper. Add broth. Cover; heat to boiling over medium-high heat. Reduce heat; simmer about 20 minutes or until squash is tender.
2. In blender or food processor, place ⅓ of mixture. Cover; blend until smooth. Repeat twice to use up remaining soup. Return to Dutch oven, stir in milk and yogurt. Heat over low heat, stirring occasionally, just until heated through. Ladle into bowls; sprinkle with chives.

NUTRITION INFORMATION
Per serving:
130 Calories (5 Calories from Fat); ½ g Total Fat (0 g Saturated Fat, 0 g Trans Fat); 0 mg Cholesterol; 570 mg Sodium; 25 g Total Carbohydrate (2 g Dietary Fiber, 15 g Sugars); 4 g Protein
Dietary exchanges:
½ Starch, 1 Carbohydrate, 1 Vegetable

Impossibly Easy Pumpkin-Pecan Pie

- 1 cup canned pumpkin (not pumpkin pie mix)
- ½ cup Original Bisquick® mix
- ½ cup sugar
- 1 cup evaporated milk (from 12-oz can)
- 1 tablespoon butter or margarine, softened
- 1 ½ teaspoons pumpkin pie spice
- 1 teaspoon vanilla

Winter Fruit Waldorf Salad

Makes: 16 servings
Prep time: 25 minutes
Total time: 25 minutes

- 2 medium unpeeled red apples, diced
- 2 medium unpeeled pears, diced
- ½ cup thinly sliced celery
- ½ cup golden raisins
- ½ cup chopped dates
- ¼ cup mayonnaise or salad dressing
- ¼ cup Yoplait® Original 99% Fat Free orange crème yogurt (from 6-oz container)
- 2 tablespoons frozen orange juice concentrate
- 8 cups shredded lettuce
- Walnut halves, if desired

1. In large bowl, mix apples, pears, celery, raisins and dates.
2. In small bowl, mix mayonnaise, yogurt and juice concentrate until well blended. Add to fruit; toss to coat. (Salad can be refrigerated up to 1 hour).
3. Serve salad on lettuce. Garnish with walnut halves.

NUTRITION INFORMATION Per serving: 1 cup
100 Calories (25 Calories from Fat); 3 g Total Fat (0 g Saturated Fat, 0 g Trans Fat), 0 mg Cholesterol; 30 mg Sodium; 17 g Total Carbohydrate (2 g Dietary Fiber, 12 g Sugars); 1 g Protein
Dietary exchanges: 1 Carbohydrate, 1 Fat



- 2 eggs
- ½ cup chopped pecans
- 1 ½ cups frozen (thawed) whipped topping
- ¼ teaspoon pumpkin pie spice
- 8 pecan halves, if desired

1. Heat oven to 350°F. Spray 9-inch glass pie plate with cooking spray.
2. In medium bowl, stir pumpkin, Bisquick mix, sugar, milk, butter, 1 ½ teaspoons pumpkin pie spice, vanilla and eggs until blended. Stir in chopped pecans. Pour into pie plate.
3. Bake 35 to 40 minutes or until knife inserted in center comes out clean. Cool completely, about 1 hour.

Makes: 8 servings
Prep time: 15 minutes
Total time: 1 hour, 55 minutes

4. Stir whipped topping and ¼ teaspoon pumpkin pie spice. Garnish pie with topping and pecan halves. Store covered in refrigerator.

NUTRITION INFORMATION Per serving:
250 Calories (110 Calories from Fat); 13 g Total Fat (4 ½ g Saturated Fat, 0 g Trans Fat); 60 mg Cholesterol; 170 mg Sodium; 28 g Total Carbohydrate (2 g Dietary Fiber, 20 g Sugars); 6 g Protein
Dietary exchanges:
1 Starch, 1 Other Carbohydrate, 2 ½ Fat



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Apricot-Almond Clafouti

Clafouti is sort of a cross between a flan and a fruit-filled pancake.

Makes 12 servings

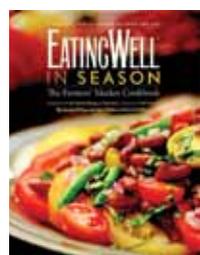
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| 1 | pound fresh apricots (about 8 medium), pitted and cut into wedges | 2 | large eggs |
| 1/4 | cup almond liqueur, such as amaretto, or orange juice | 1 | large egg white |
| 1 | lemon | 1 | cup low-fat milk |
| 1 | tablespoon plus 1/3 cup sugar, divided | 2/3 | cup all-purpose flour |
| | | 1/2 | teaspoon almond extract |
| | | | Pinch of salt |
| | | 1 | tablespoon sliced almonds |
| | | | Confectioners sugar for dusting |

- Combine apricots and almond liqueur (or orange juice) in a large bowl. Grate 2 teaspoons zest from the lemon and set aside. Juice the lemon and stir 2 teaspoons of the juice into the apricots. Let stand for at least 1 hour.
- Preheat oven to 350°F. Coat a 10-inch round baking dish or oval casserole with cooking spray. Sprinkle 1 tablespoon sugar evenly over the bottom. Drain the apricots (reserving the syrup) and arrange in the baking dish.
- Combine whole eggs, egg white and the remaining 1/3 cup sugar in a medium bowl. Beat with an electric mixer on medium speed until pale yellow. Add milk, flour, almond extract, salt, the reserved lemon zest and the reserved syrup; beat well to blend. Pour the batter over the apricots; sprinkle with almonds.
- Bake the clafouti until puffed and golden, 45 to 55 minutes. Let cool about 20 minutes. Sprinkle with confectioners sugar; serve warm.

NUTRITION INFORMATION Per serving:

116 calories; 2 g fat (0 g sat, 1 g mono); 37 mg cholesterol; 20 g carbohydrate; 3 g protein; 1 g fiber; 40 mg sodium; 34 mg potassium.

Dietary exchanges: 1 carbohydrate, 1/2 fat



Adapted from *EatingWell in Season: The Farmers' Market Cookbook* by Jessie Price & the Editors of *EatingWell*, \$24.95 (copyright 2009, The Countryman Press). Available at your local bookstore, online at EatingWell.com, or by calling 1-800-245-4151

Raspberry Bars

These bars highlight the tart, lively flavor of raspberries.

Makes 16 Bars

- | | |
|-----|---|
| | Crust |
| 3/4 | cup white whole-wheat flour |
| 1/2 | cup chopped pecans |
| 2 | tablespoons granulated sugar |
| 1/2 | teaspoon salt |
| 3 | tablespoons cold butter, cut into small pieces |
| 2 | tablespoons ice water |
| 1/2 | teaspoon vanilla extract |
| | Raspberry Filling |
| 2 | teaspoons unflavored gelatin |
| 2 | tablespoons water |
| 3 | cups fresh raspberries, divided |
| 1/2 | cup granulated sugar |
| 4 | tablespoons nonfat cream cheese, softened |
| 2 | tablespoons low-fat milk |
| 1 | tablespoon confectioners' sugar |

To prepare crust

- Preheat oven to 400°F. Coat an 8-inch-square baking pan with cooking spray.
- Place flour, pecans, 2 tablespoons sugar and salt in a food processor; process until the nuts are finely ground. Add butter one piece at a time, pulsing once or twice after each addition, until incorporated. Add ice water and vanilla and pulse just until the dough starts to come together. Transfer to the prepared pan. Press evenly and firmly into the pan to form a bottom crust.
- Bake the crust until it looks set, but not browned, about 15 minutes. Let cool on a wire rack.

To prepare raspberry filling

- Sprinkle gelatin over 2 tablespoons water in a small bowl; let stand, stirring once or twice, while you prepare the rest of the filling.
- Reserve 16 raspberries. Puree the remaining raspberries in a food processor until smooth. Transfer to a medium saucepan and stir in 1/2 cup sugar. Cook over medium heat until bubbling. Stir in the gelatin mixture and cook, stirring, until the gelatin is melted, about 1 minute.
- Fill a large bowl with ice water. Pour the raspberry mixture into a medium bowl and set it in the bowl of ice water. Refrigerate, stirring occasionally with a rubber spatula, until the mixture thickens to the consistency of loose jam and is beginning to set around the edges, about 30 minutes.
- Meanwhile, beat cream cheese, milk and confectioners' sugar in a medium bowl with an electric mixer until smooth.
- Spread the thickened raspberry filling evenly over the crust. Dollop the cream cheese mixture over the filling. Draw the tip of a sharp knife or skewer through the two fillings to create a swirled effect. Nestle the reserved berries into the filling, evenly spacing them so each bar will be topped with a berry when cut. Refrigerate until the bars are completely set, about 3 hours. Cut into 16 bars, one raspberry per bar.

NUTRITION INFORMATION Per bar:

101 calories; 5 g fat (2 g sat, 2 g mono); 6 mg cholesterol; 14 g carbohydrate; 2 g protein; 2 g fiber; 94 mg sodium; 64 mg potassium.

Dietary exchanges: 1 carbohydrate (other), 1 fat

Cranberry, Cherry & Walnut Marmalade

This year why not try an alternative to the same old cranberry sauce?

Makes 4 Cups

NUTRITION INFORMATION

Per 1/4 cup serving:

91 calories; 3 g fat (0 g sat, 1 g mono); 0 mg cholesterol; 14 g carbohydrate; 2 g protein; 2 g fiber; 2 mg sodium; 53 mg potassium.

Dietary exchanges: 1 other carbohydrate, 1/2 fat

- | | | | |
|-----|---|-----|---|
| 3/4 | cup sugar | 1/2 | cup dried tart cherries |
| 1 | cup water | 1 | 12-ounce package fresh or frozen cranberries |
| 1/2 | cup port or other sweet red wine | | |
| 1/4 | teaspoon ground cinnamon | 2/3 | cup chopped walnuts, toasted |
| 1/8 | teaspoon freshly grated nutmeg | 1/2 | teaspoon freshly grated orange zest |

- Combine sugar, water, port (or wine), cinnamon and nutmeg in a medium nonreactive saucepan; bring to a boil. Add cherries and cook for 1 minute. Stir in cranberries; return to a boil. Reduce heat and simmer until about half the cranberries pop, 10 to 12 minutes. Remove from the heat.
- Stir in walnuts and orange zest. Let cool completely. (The marmalade will thicken as it cools.) Serve at room temperature or chilled.



Catfish Amandine

Active Time: 30 Minutes | Total: 30 Minutes
Makes 4 Servings.



NUTRITION INFORMATION Per serving:
Calories 336, Fat 21g (Saturated 5g, Monounsaturated 11g), Cholesterol 117mg, Carbohydrate 10g, Protein 25g, Fiber 1g, Sodium 353mg, Potassium 452mg
Dietary Exchanges: 1 starch, 3 lean meats, 3 fats

- | | | | |
|-----|------------------------|-----|-------------------------|
| 1 | tablespoon plus 1½ | 1/3 | cup all-purpose flour |
| | teaspoons extra-virgin | 1/2 | teaspoon salt |
| | olive oil, divided | 1/2 | teaspoon cayenne |
| 1 | tablespoon butter | | pepper |
| 1/4 | cup sliced almonds | 1 | pound catfish, cut into |
| 3 | cloves garlic, thinly | 4 | portions |
| | sliced | 2 | tablespoons lemon |
| 1/2 | cup low-fat milk | | juice |
| 1 | large egg, lightly | 1 | tablespoon chopped |
| | beaten | | fresh parsley |

1. Heat 1 tablespoon oil and butter in a small saucepan over medium heat. Add almonds and garlic and cook until both are just beginning to brown, 1 to 3 minutes. Set aside.
2. Combine milk and egg in a shallow dish. In another shallow dish, combine flour, salt and cayenne. Dip fish in the milk mixture, then in the flour mixture; shake off any excess flour. (Discard any leftover mixtures.)
3. Heat the remaining 1½ teaspoons oil in a large nonstick skillet over medium heat. Add fish and cook until lightly browned and opaque in the center, 4 to 6 minutes per side.
4. Return the almond-garlic sauce to the stove over medium heat. Add lemon juice and heat through, 1 to 2 minutes. Pour the sauce over the fish and sprinkle with parsley.

Creamy Mashed Cauliflower

Active Time: 15 Minutes | Total: 30 Minute
Makes 4 Servings, ¾ Cup Each

- | | | | |
|-----|----------------------------|-----|-----------------------|
| 8 | cups bite-size cauliflower | 1 | teaspoon butter |
| | florets (about 1 head) | 1/2 | teaspoon salt |
| 4 | cloves garlic, crushed | | Freshly ground pepper |
| | and peeled | | to taste |
| 1/3 | cup nonfat buttermilk | | Snipped fresh chives |
| 4 | teaspoons extra-virgin | | for garnish |
| | olive oil, divided | | |

1. Place cauliflower florets and garlic in a steamer basket over boiling water, cover and steam until very tender, 12 to 15 minutes. (Alternatively, place florets and garlic in a microwave-safe bowl with ¼ cup water, cover and microwave on High for 3 to 5 minutes.)
2. Place the cooked cauliflower and garlic in a food processor. Add buttermilk, 2 teaspoons oil, butter, salt and pepper; pulse several times, then process until smooth and creamy. Transfer to a serving bowl. Drizzle with the remaining 2 teaspoons oil and garnish with chives, if desired. Serve hot.



NUTRITION INFORMATION Per serving:
Calories 107, Fat 7g (Saturated 1g, Monounsaturated 4g), Cholesterol 3mg, Carbohydrate 10g, Protein 5g, Fiber 4g, Sodium 339mg, Potassium 288mg
Dietary Exchanges: 2 vegetables, 1 fat

Turkey Albondigas Soup

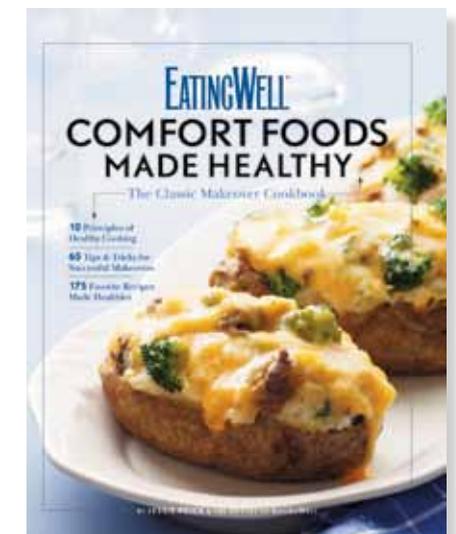
Active Time: 45 Minutes | Total: 1 Hour
Makes 6 Servings, About 1 2/3 Cups Each

- | | | | |
|-----|--------------------------|-----|---------------------------|
| 1 | pound 93%-lean | 3 | poblano peppers, diced |
| | ground turkey | 3 | plum tomatoes, diced |
| 1 | cup fresh whole-wheat | 6 | cups reduced-sodium |
| | breadcrumbs | | chicken broth |
| 1 | large egg | 1/2 | cup instant brown rice or |
| 2 | teaspoons ground cumin, | | 1/2 cup cooked brown rice |
| | divided | 2 | tablespoons lime juice |
| 2 | teaspoons dried oregano, | 1 | jalapeño, minced |
| | divided | 2 | tablespoons minced |
| 3/4 | teaspoon freshly ground | | fresh cilantro |
| | pepper, divided | | |
| 1/2 | teaspoon salt, divided | | |
| 1 | tablespoon canola oil | | |
| 1 | large white onion, diced | | |
| 2 | carrots, diced | | |



1. Line a large baking sheet with wax paper. Place turkey, breadcrumbs, egg, 1½ teaspoons cumin, 1½ teaspoons oregano, ½ teaspoon pepper and ¼ teaspoon salt in a medium bowl. Mix gently until combined. Shape the mixture into 1 ½-inch balls and transfer to the baking sheet. (You should have about 20 meatballs.) Place in the refrigerator and chill for at least 20 minutes or until ready to use.
2. Heat oil in a Dutch oven over medium-high heat. Add onion and carrots and cook, stirring often, until beginning to soften, about 4 minutes. Add peppers, tomatoes, the remaining ½ teaspoon cumin, ½ teaspoon oregano, ¼ teaspoon pepper and ¼ teaspoon salt; cook, stirring, until fragrant, about 1 minute. Add broth, increase heat to high and bring to a boil; reduce heat and simmer for 5 minutes.
3. Carefully submerge the meatballs in the simmering soup; return to a simmer and cook for 8 minutes. Add rice and cook, stirring occasionally, until tender, about 5 minutes. Remove from the heat and stir in lime juice. Garnish with jalapeño and cilantro.

NUTRITION INFORMATION Per serving:
Calories 288, Fat 10g (Saturated 2g, Monounsaturated 2g), Cholesterol 84mg, Carbohydrate 27g, Protein 24g, Fiber 6g, Sodium 438mg, Potassium 421mg
Dietary Exchanges: 2 starches, 3 lean meats, 2 fats



From *EatingWell Comfort Foods Made Healthy* (2009) by Jessie Price and the Editors of EatingWell (\$24.95, The Countryman Press)
Available at your local bookstore, online at EatingWell.com, or by calling 1-800-245-4151

Cheddar-Ale Soup

Active Time: 35 Minutes | Total: 35 Minutes
Makes 6 Servings, 1 3/4 Cups Each



NUTRITION INFORMATION Per serving:
389 calories, 12 g fat (5 g sat, 2 g mono), 32 mg cholesterol,
50 g carbohydrate, 16 g protein, 5 g fiber, 408 mg sodium,
238 mg potassium.

Dietary exchanges: 2 1/2 starches, 1 low-fat milk,
1 lean meat, 2 fats

- | | | | |
|---|--|-------|--|
| 1 | tablespoon canola oil | 1 | cup water |
| 1 | large onion, chopped | 2 1/2 | cups nonfat or low-fat milk |
| 1 | 12-ounce bottle beer, preferably ale | 1/4 | cup all-purpose flour |
| 2 | 18-ounce bags precooked diced peeled potatoes* | 1 1/2 | cups shredded sharp Cheddar cheese, divided |
| 1 | 14-ounce can vegetable broth or reduced-sodium chicken broth | 1 | small red bell pepper, thinly sliced or finely chopped |

* To make your own, peel 2 1/4 pounds Yukon Gold potatoes, cut into 1/2-inch pieces and boil until tender (about 15 minutes).

1. Heat oil in a Dutch oven over medium heat. Add onion and cook, stirring, until softened, about 3 minutes. Add beer; bring to a boil and boil for 5 minutes. Add potatoes, broth and water; cover and return to a boil. Reduce the heat to maintain a simmer, and cook until the potatoes are tender, about 4 minutes. Remove from the heat and mash the potatoes with a potato masher to the desired consistency.

2. Whisk milk and flour and add to the soup. Bring to a simmer over medium-high heat and cook, whisking occasionally, until thickened, about 3 minutes. Remove from the heat; stir in 1 1/4 cups Cheddar and stir until melted. Ladle the soup into bowls and garnish with the remaining 1/4 cup cheese and bell pepper.

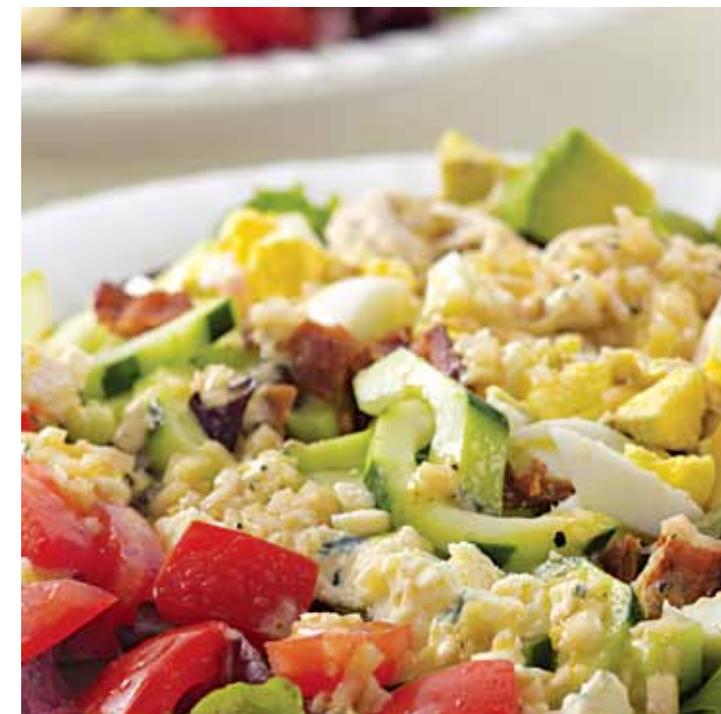
The EatingWell Cobb Salad

Active Time: 40 Minutes | Total: 40 Minutes
Makes 4 Servings

- | | | | |
|-----|------------------------------------|-----|---|
| 3 | tablespoons white-wine vinegar | 8 | ounces shredded cooked chicken breast (about 1 large breast half) |
| 2 | tablespoons finely minced shallot | 2 | large eggs, hard-boiled, peeled and chopped |
| 1 | tablespoon Dijon mustard | 2 | medium tomatoes, diced |
| 1 | teaspoon freshly ground pepper | 1 | large cucumber, seeded and sliced |
| 1/4 | teaspoon salt | 1 | avocado, diced |
| 3 | tablespoons extra-virgin olive oil | 2 | slices cooked bacon, crumbled |
| 10 | cups mixed salad greens | 1/2 | cup crumbled blue cheese (optional) |

1. Whisk vinegar, shallot, mustard, pepper and salt in a small bowl to combine. Whisk in oil until combined. Place salad greens in a large bowl. Add half of the dressing and toss to coat.

2. Divide the greens among 4 plates. Arrange equal portions of chicken, egg, tomatoes, cucumber, avocado, bacon and blue cheese (if using) on top of the lettuce. Drizzle the salads with the remaining dressing.



NUTRITION INFORMATION Per serving:
346 calories, 23 g fat (4 g sat, 15 g mono), 142 mg cholesterol,
18 g carbohydrate, 21 g protein, 8 g fiber,
397 mg sodium, 711 mg potassium.

Dietary exchanges: 3 vegetables,
3 medium-fat meats, 2 fats

Cream of Mushroom & Barley Soup

Active Time: 50 Minutes | Total: 1 1/4 Hour
Makes 4 Servings, About 1 3/4 Cups Each

- | | | | |
|-------|--|-----|--|
| 1/2 | cup pearl barley | 2 | stalks celery, finely chopped |
| 4 1/2 | cups reduced-sodium chicken broth or mushroom broth, divided | 1 | tablespoon minced fresh sage or 1 teaspoon dried |
| 1 | ounce dried porcini mushrooms | 1/2 | teaspoon salt |
| 2 | cups boiling water | 1/2 | teaspoon freshly ground pepper |
| 2 | teaspoons butter | 2 | tablespoons all-purpose flour |
| 1 | tablespoon extra-virgin olive oil | 1 | cup dry sherry |
| 1 | cup minced shallots (about 4 medium) | 1/2 | cup reduced-fat sour cream |
| 8 | cups sliced white mushrooms (about 20 ounces) | 1/4 | cup minced fresh chives |



1. Bring barley and 1 1/2 cups broth to a boil in a small saucepan over high heat. Cover, reduce heat to low and simmer until tender, 30 to 35 minutes.

2. Meanwhile, combine porcinis and boiling water in a medium bowl and soak until softened, about 20 minutes. Line a sieve with paper towels, set it over a bowl and pour in mushrooms and soaking liquid. Reserve the soaking liquid. Transfer the mushrooms to a cutting board and finely chop.

3. Heat butter and oil in a Dutch oven over medium-high heat. Add shallots and cook, stirring often, until softened, about 2 minutes. Add white mushrooms and cook, stirring often, until they start to brown, 8 to 10 minutes. Add the porcinis, celery, sage, salt and pepper and cook, stirring often, until beginning to soften, about 3 minutes. Sprinkle flour over the vegetables and cook, stirring, until the flour is incorporated, about 1 minute. Add sherry and cook, stirring, until most of the sherry has evaporated, about 1 minute.

4. Add the soaking liquid and the remaining 3 cups broth; increase heat to high and bring to a boil. Reduce heat and simmer, stirring occasionally, until the soup has thickened, 18 to 22 minutes. Add the cooked barley and continue cooking, stirring occasionally, until heated through, about 5 minutes more. Stir in sour cream until incorporated. Garnish with chives.

NUTRITION INFORMATION Per serving:
343 calories, 10 g fat (5 g sat, 4 g mono), 22 mg cholesterol,
38 g carbohydrate, 14 g protein, 7 g fiber, 501 mg sodium,
975 mg potassium.

Dietary exchanges: 2 1/2 starches, 2 lean meats, 2 fats



Adapted from *EatingWell Comfort Foods Made Healthy* (2009) by Jessie Price and the Editors of EatingWell (\$24.95, The Countryman Press)
Available at your local bookstore, online at EatingWell.com, or by calling 1-800-245-4151

Smoked Turkey & Roasted Tomato Salad

Start to Finish: 18 Minutes
Makes 4 servings

- 8 medium plum tomatoes, quartered lengthwise
- Olive oil spray
- Salt and freshly ground black pepper (optional)
- 6 cups packed mesclun or mixed salad greens (8 oz.)
- 4 oz. deli smoked turkey breast (1 thick slice cut about 1/4-inch thick)
- 2 oz. sliced smoked Provolone cheese
- 2 tablespoons balsamic vinegar
- 1 tablespoon extra virgin olive oil
- 1 clove garlic, minced
- 1/4 cup thinly sliced or chopped fresh basil



Preheat broiler. Place tomatoes, cut sides up, in a foil-lined jelly roll pan. Coat lightly with olive oil spray and season with salt and pepper if desired. Broil 3 inches from heat source 3 minutes or until hot and beginning to brown (do not overcook or tomatoes will become mushy).

Meanwhile, arrange salad greens on four serving plates. Cut turkey and cheese into julienne strips and arrange over greens. Combine vinegar, oil and garlic, mixing well with a fork or small whisk, and set aside.

Arrange warm tomatoes around edges of salads. Drizzle dressing over all. Sprinkle basil over salads and serve immediately.

NUTRITION INFORMATION
Per Serving:
Calories 233, (Calories from Fat 88), Total fat 10g, Cholesterol 23mg, Trans fatty acids 0g, Saturated fat 3g, Polyunsaturated fat 1g, Monounsaturated fat 3g, Fiber 6g, Carbohydrates 26g, Sugar 9g, Protein 14g, Sodium 544mg Calcium 144mg

Dietary Exchanges:
1 Starch, 2 Vegetables, 2 Lean Meat, 2 Fats

Sauteed Brussels Sprouts

Start to Finish: 23 Minutes
Makes 4 servings

- 1 lb. Brussels sprouts
- 2 teaspoons walnut oil
- 1 clove garlic, minced
- 3-4 tablespoons vegetable broth
- 1/8 teaspoon each: salt and freshly grated nutmeg
- 1/4 cup chopped walnuts, toasted
- 1/4 cup grated Parmigiano-Reggiano cheese

Trim off stem ends and thinly slice the sprouts crosswise.

Heat oil in a large nonstick skillet or sauté pan over medium heat. Add sprouts, garlic, salt, nutmeg and pepper and sauté 2 minutes. Add broth one tablespoon at a time and continue to sauté until sprouts are crisp-tender, 6 to 8 minutes longer.

Stir in walnuts and transfer to serving plates. Top with cheese.



NUTRITION INFORMATION Per Serving:
Calories 134, (Calories from Fat 78), Total fat 9g, Cholesterol 4mg, Trans fatty acids 0g, Saturated fat 1g, Polyunsaturated fat 4.5g, Monounsaturated fat 2g, Fiber 4g, Carbohydrates 10g, Sugar 2g, Protein 7g, Sodium 175mg, Calcium 103mg

Dietary Exchanges: 2 Vegetables, 1 Lean Meat, 2 Fats

Crab and Pumpkin Bisque

Start to Finish: 25 Minutes
Makes 4 servings

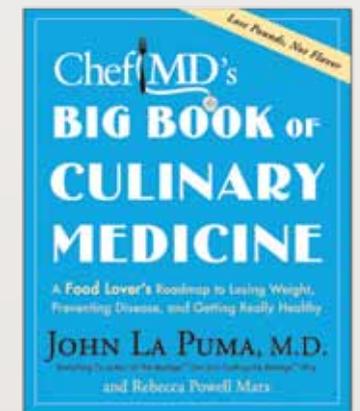
- 1 tablespoon unsalted nonhydrogenated margarine
- 1 large leek, white and light green part, thinly sliced (3/4 cup)
- 1 (15 oz.) can pumpkin puree
- 2-1/2 cups low-salt chicken broth
- 1/2 teaspoon ground cardamom
- 1/8 teaspoon cayenne pepper
- 6 oz. lump crabmeat
- 1/4 cup drained, thickened nonfat yogurt
- Optional garnishes: toasted pumpkin seeds, dried cranberries



Melt margarine in a large heavy saucepan over medium-high heat. Add leek and cook, stirring frequently until golden brown, 6 to 8 minutes. Transfer to a small bowl and set aside. Add pumpkin, broth, cardamom and cayenne pepper to same saucepan, mixing well. Bring to a boil over high heat. Reduce heat and simmer uncovered 5 minutes. Stir in crabmeat and heat through. Ladle into shallow bowls and top with yogurt and reserved leeks. Garnish as desired.

NUTRITION INFORMATION Per serving:
Calories 157 (Calories from Fat 53), Total fat 6g, Cholesterol 35mg, Trans fatty acids 0g, Saturated fat 2g, Polyunsaturated fat 1g, Monounsaturated fat 2g, Fiber 3g, Carbohydrates 14g, Sugar 5g, Protein 14g, Sodium 470mg, Calcium 105mg

Dietary Exchanges: 1 Starch, 2 Lean Meats, 1 Fat



Recipes adapted from
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Baja Butternut Squash Soup

This silky-smooth butternut soup gets a hint of spice from chipotle, cloves and cumin.

- | | |
|---|--|
| 1 1/2 pounds (1 small to medium) butternut or other winter squash | 1/8 teaspoon ground cloves |
| 1 teaspoon canola oil | 6 cups vegetable broth |
| 2 stalks celery, chopped | 1 teaspoon sea salt |
| 1 small onion, diced | 1/4 teaspoon freshly ground pepper |
| 1 carrot, chopped | 1/2 cup nonfat plain yogurt |
| 1 teaspoon ground cumin | 2 tablespoons snipped fresh chives or chopped parsley |
| 1/4-1/2 teaspoon ground chipotle chile peppers* | * chipotle chile peppers are dried, smoked jalapeño peppers. |

1. Preheat oven to 350°F.
2. Cut squash in half and seed. Place the halves on a baking sheet, cut-side down. Bake until tender when pierced with a knife, 45 minutes to 1 hour. Scoop out flesh when cool enough to handle.
3. Heat oil in a large saucepan over medium heat. Add celery, onion and carrot and stir to coat. Cover, reduce heat to medium-low and cook, stirring frequently, until soft, 8 to 10 minutes. Stir in the squash flesh, cumin, chipotle to taste and cloves. Add broth and simmer, covered, until the vegetables are very tender, 20 to 25 minutes.
4. Puree the soup with an immersion blender or a regular blender (in batches) until smooth. (Use caution when pureeing hot liquids.) Season with salt and pepper. Garnish with a drizzle of yogurt and sprinkle of chives (or parsley).



NUTRITION INFORMATION Per serving:
60 calories; 1 g fat (0 g sat, 0 g mono); 0 mg cholesterol; 12 g carbohydrate; 2 g protein; 3 g fiber; 532 mg sodium; 249 mg potassium.
Dietary exchanges: 1 vegetable

Makes 10 servings, about 3/4 cup each.
Active Time: 45 minutes. Total: 1 hour 20 minutes.

Butternut & Barley Pilaf

The pilaf is an excellent accompaniment to chicken and pork. Winter squash contributes a rich, full flavor.

- | | |
|--|--------------------------------------|
| 2 teaspoons extra-virgin olive oil | 1 medium onion, chopped |
| 1 14-ounce can reduced-sodium chicken broth or vegetable broth | 1 3/4 cups water |
| 1 cup pearl barley | 1 cup chopped flat-leaf parsley |
| 2 cups cubed, peeled butternut squash (3/4-inch cubes) | 1 teaspoon freshly grated lemon zest |
| 1/3 cup snipped fresh parsley | 1 tablespoon lemon juice |
| 1 clove garlic, minced | 1/4 teaspoon salt, or to taste |
| 1/4 cup snipped fresh parsley | Freshly ground pepper to taste |

Heat oil in a large saucepan over medium heat. Add onion and cook, stirring often, until softened, 2 to 3 minutes. Add broth, water, barley and squash; bring to a simmer, reduce heat to medium-low and simmer until the barley and squash are tender and most of the liquid has been absorbed, about 45 minutes. Add parsley, lemon zest, lemon juice, garlic, salt and pepper; mix gently.

NUTRITION INFORMATION Per serving:
176 calories; 2 g fat (0 g sat, 1 g mono); 0 mg cholesterol; 36 g carbohydrate; 5 g protein; 7 g fiber; 269 mg sodium, 400 mg potassium
Dietary exchanges: 2 carbs

Makes 6 servings, 2/3 cup each.
Active Time: 20 minutes. Total: 1 hour.



Creamy Chopped Cauliflower Salad

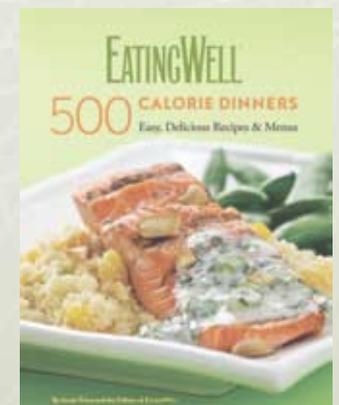
This German-style salad pairs nicely with pork. While a sturdy wurst is traditional, a leaner cut like tenderloin or well-trimmed loin chops works well.

NUTRITION INFORMATION Per serving:
48 calories; 1 g fat (0 g sat, 0 g mono); 0 mg cholesterol; 10 g carbohydrate; 1 g protein; 3 g fiber; 127 mg sodium; 225 mg potassium.
Dietary exchanges: 1 vegetable, 1/2 fat

Makes 6 servings, about 1 cup each.
Active Time: 15 minutes. Total: 15 minutes.

- | | |
|---------------------------------------|---|
| 5 tablespoons reduced-fat mayonnaise | 3 cups chopped cauliflower florets (about 1/2 large head) |
| 2 tablespoons cider vinegar | 2 cups chopped heart of romaine |
| 1 small shallot, finely chopped | 1 tart-sweet red apple, chopped |
| 1/2 teaspoon caraway seeds (optional) | |
| 1/4 teaspoon freshly ground pepper | |

Whisk mayonnaise, vinegar, shallot, caraway seeds (if using) and pepper in a large bowl until smooth. Add cauliflower, romaine and apple; toss to coat.



Adapted from *EatingWell 500 Calorie Dinners Cookbook* by Jessie Price, Nicci Micco & the Editors of EatingWell (© 2010 by Eating Well, Inc., published by The Countryman Press). Available at your local bookstore, online at EatingWell.com or www.countrymanpress.com, or by calling 1-800-245-4151.

Edamame Succotash with Shrimp

Total Time: 30 minutes
Makes 4 servings, about 1½ cups each

- 2 slices bacon
- 1 tablespoon extra-virgin olive oil
- 1 bunch scallions, sliced, or 1 medium onion, diced
- 1 red bell pepper, diced
- 2 cloves garlic, minced
- 1½ teaspoons chopped fresh thyme
- 1 10-ounce package frozen shelled edamame
- 1 10-ounce package frozen corn (about 2 cups), thawed
- ½ cup reduced-sodium chicken or vegetable broth
- 1 tablespoon cider vinegar
- ¼ teaspoon salt
- 1 pound raw shrimp (26-30 per pound), peeled and deveined
- ¼ teaspoon lemon pepper



1. Cook bacon in a large nonstick skillet over medium heat until crisp, about 5 minutes. Leaving the drippings in the pan, use tongs to transfer the bacon to a plate lined with paper towels; let cool.

2. Add oil to the pan. Add scallions (or onion), bell pepper, garlic and thyme and cook, stirring, until softened, about 3 minutes. Stir in edamame, corn, broth, vinegar and salt. Bring to a simmer; reduce heat to medium-low and cook for 5 minutes. Meanwhile, sprinkle shrimp on both sides with lemon pepper. Scatter the

shrimp on top of the vegetables, cover and cook until the shrimp are cooked through, about 5 minutes. Crumble the bacon and sprinkle it on top.

NUTRITION INFORMATION Per serving:
307 calories; 9 g fat (1 g sat, 4 g mono); 172 mg cholesterol; 26 g carbohydrate; 30 g protein; 7 g fiber; 491 mg sodium; 476 mg potassium.
Dietary Exchanges: 2 carbs, 4 lean meats, 1 fat

Filet Mignon with Blueberry-Bourbon Barbecue Sauce

Total Time: 45 minutes Makes 4 servings

Barbecue Sauce

- 1½ teaspoons canola oil
- ½ small red onion, chopped
- 2 cloves garlic, chopped
- 1 jalapeño pepper, seeded and chopped
- ¼ cup bourbon
- 1 cup fresh or frozen (not thawed) blueberries
- ¼ cup ketchup
- 3 tablespoons cider vinegar
- 1 tablespoon brown sugar
- 1½ teaspoons molasses
- Pinch of ground allspice

Filet Mignon

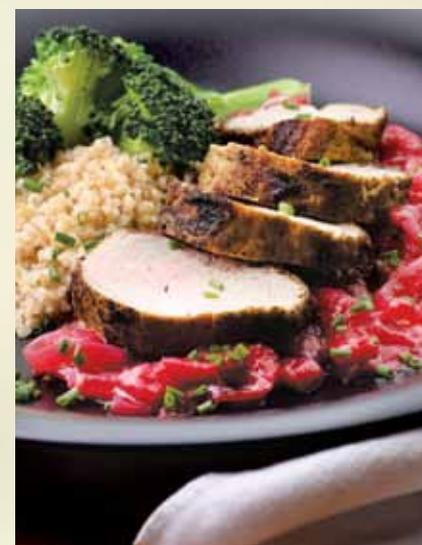
- 1 tablespoon chopped fresh thyme
- 1 tablespoon extra-virgin olive oil
- ¾ teaspoon kosher salt
- ½ teaspoon coarsely ground pepper
- 1 pound filet mignon, 1½ to 2 inches thick, trimmed and cut into 4 portions



1. To prepare sauce: Heat oil in a small saucepan over medium heat. Add onion and cook, stirring occasionally, until tender and just starting to brown, 2 to 4 minutes. Add garlic and jalapeño and cook, stirring, until fragrant, about 30 seconds. Add bourbon, increase heat to high and bring to a boil; cook until most of the liquid has evaporated, 2 to 5 minutes. Stir in blueberries, ketchup, vinegar, brown sugar, molasses and allspice; return to a boil. Reduce the heat and simmer, stirring occasionally, until thickened, 15 to 20 minutes.

2. Preheat grill to high.
3. Combine thyme, oil, salt and pepper in a small bowl. Rub the mixture on all sides of steaks. Grill the steaks 3 to 5 minutes per side for medium-rare. Let the steaks rest for 5 minutes before serving with the sauce.

NUTRITION INFORMATION Per serving:
309 calories; 12 g fat (3 g sat, 6 g mono); 67 mg cholesterol; 16 g carbohydrate; 25 g protein; 1 g fiber; 430 mg sodium; 462 mg potassium.
Dietary Exchanges: 1 carb, 3 lean meats, 1 fat



Roast Pork with Sweet Onion Rhubarb Sauce

Active Time: 35 minutes
Total Time: 40 minutes
Makes 4 servings

NUTRITION INFORMATION Per serving:
261 calories; 8 g fat (2 g sat, 5 g mono); 68 mg cholesterol; 23 g carbohydrate; 23 g protein; 2 g fiber; 348 mg sodium; 715 mg potassium.
Dietary Exchanges: 2 carbs, 3 lean meats

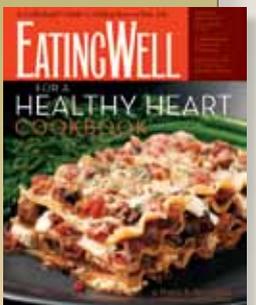
- 4 teaspoons extra-virgin olive oil, divided
- 1½ teaspoons ground coriander
- 1 teaspoon kosher salt, divided
- ¼ teaspoon freshly ground pepper
- 1-1¼ pounds pork tenderloin, trimmed
- 1 large sweet onion, sliced
- 2-4 tablespoons water
- 2 cups diced rhubarb
- ¼ cup red-wine vinegar
- ¼ cup brown sugar
- ¼ cup minced fresh chives

1. Preheat oven to 450°F.
2. Mix 1 teaspoon oil, coriander, ½ teaspoon salt and pepper in a small bowl. Rub the mixture into pork. Heat 1 teaspoon oil in a large ovenproof skillet over medium-high heat. Add the pork and cook, turning occasionally, until brown on all sides, 5 to 7 minutes. Transfer the pan to the oven and roast the pork until an instant-read thermometer registers 145°F, 15 to 17 minutes. Let rest 5 minutes before slicing.
3. Meanwhile, heat the remaining

2 teaspoons oil in a large nonstick skillet over medium heat. Add onion and the remaining ½ teaspoon salt; cook, stirring occasionally, until browned, 7 to 8 minutes. Add 2 tablespoons water; continue cooking, stirring often, until the onion is soft, 5 to 7 minutes more, adding water a tablespoon at a time if necessary to prevent burning. Stir in rhubarb, vinegar and brown sugar and cook, stirring often, until the rhubarb has broken down, about 5 minutes. Spoon the sauce over the sliced pork and sprinkle with chives.

Myth Your blood cholesterol levels are tied to your intake of cholesterol in foods.
Fact Your blood cholesterol levels and your levels of (bad) LDL cholesterol are much more closely tied to your intake of saturated fats and trans fats than they are to the actual intake of cholesterol.

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Italian Potato Dumpling Casserole

Preparation time: 20 minutes
Baking time: 40 minutes
Standing time: 15 minutes
Makes 6 servings

- 3/4 cup part-skim ricotta cheese
- 1/4 cup fresh basil, thinly sliced
- 1/2 cup (2 ounces) grated reduced-fat mozzarella, divided
- 2 tablespoons (1/2 ounce) grated parmesan cheese
- 1 egg, lightly beaten
- 3 cups tomato sauce
- 1 package (16 ounces) potato gnocchi
- 2 cups spinach leaves, thinly sliced

1. Preheat the oven to 400°F. Lightly coat a 1½-quart casserole or gratin dish with vegetable oil spray and set aside.
2. In a small bowl, combine the ricotta, basil, ¼ cup of the mozzarella, parmesan and egg. Stir until blended. Set aside.
3. Spread a thin layer of the tomato sauce in the reserved dish. On top of the sauce, layer half of the gnocchi and spinach. Using half of the ricotta mixture, place small dollops on top of the spinach. Cover with another thin layer of sauce. Repeat the process, ending with sauce.

Sprinkle on the remaining ¼ cup mozzarella.

4. Bake for 40 minutes, or until the top is bubbly and the cheese is lightly browned. Let stand for 15 minutes before serving.

NUTRITION INFORMATION Per serving: 250 calories, 25 g carbohydrate, 11 g protein, 12 g fat, 6 g saturated fat, 65 mg cholesterol, 400 mg sodium, 4 g fiber
Dietary Exchanges: 1 starch, 1½ vegetable, 1 meat, 2 fat



Roasted Catfish with Cumin Sweet Potatoes

Preparation time: 10 minutes • Cooking time: 1 hour • Makes 4 servings

- 1 pound sweet potatoes, peeled and sliced 1/4" thick
- 1/2 teaspoon ground cumin
- 1 tablespoon canola oil
- 4 catfish fillets (5 ounces each)
- 1 teaspoon chili powder
- 1/2 cup diagonally sliced scallions
- 1 bag (10 ounces) frozen corn kernels, thawed
- 1 medium green bell pepper, chopped
- 2 tablespoons fresh lime juice
- 1 tablespoon chopped cilantro
- 1 teaspoon finely chopped jalapeño chile pepper, or more to taste

1. Preheat the oven to 400°F. In a 13" x 9" baking dish, combine the potatoes, cumin and oil. Toss to coat. Spread in an even layer and roast for about 45 minutes, or until the potatoes are browned.
2. Remove the potatoes from the oven. Increase the temperature to 450°F. Use a wide spatula to gently turn the potato slices. Arrange the fish on top of the potatoes. Sprinkle with chili powder and scallions.
3. Return the fish and potatoes to the oven. Roast for 8 to 10 minutes per inch of thickness, or until the fish flakes easily.
4. Meanwhile, in a bowl, combine the corn, bell pepper, lime juice, cilantro and jalapeño pepper.

5. With a wide spatula, lift a portion of potatoes and fish onto serving plates. Spoon the corn salad on top.

NUTRITION INFORMATION Per serving: 393 calories, 40 g carbohydrate, 26 g protein, 15 g fat, 3 g saturated fat, 67 mg cholesterol, 112 mg sodium, 6 g fiber
Dietary Exchanges: 2 starch, 1/2 vegetable, 3 meat, 1 fat



The Greenhouse Crab Cakes

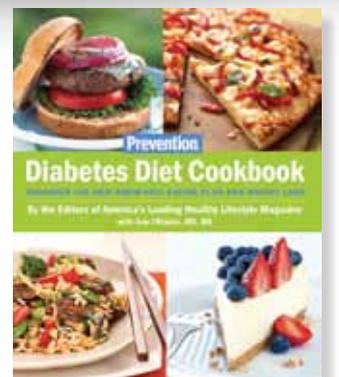
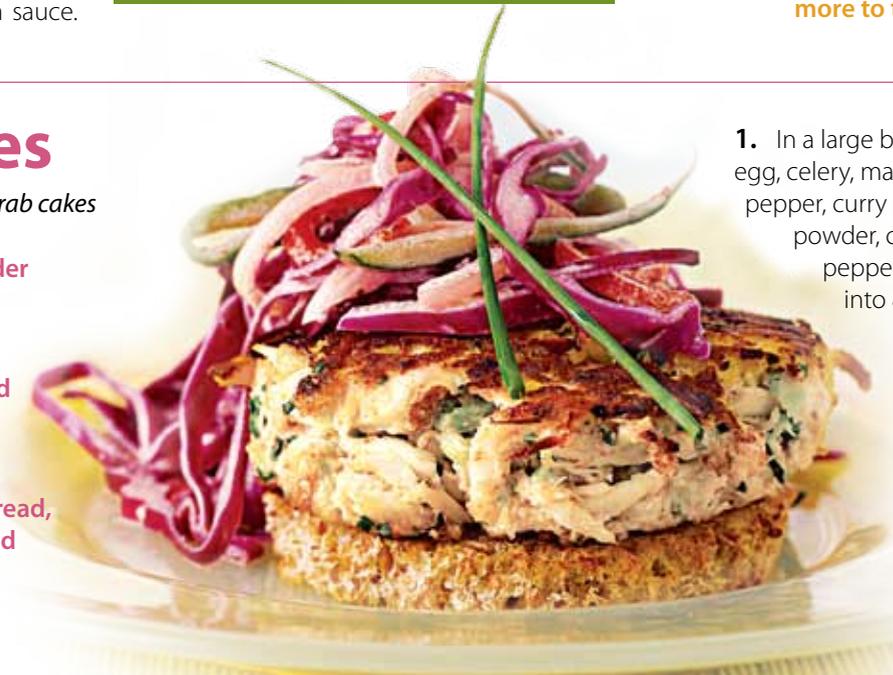
Preparation time: 20 minutes • Cooking time: 10 minutes • Makes 8 crab cakes

- 1 pound crabmeat
- 1 egg
- 1 cup finely chopped celery
- 1 tablespoon fat-free mayonnaise
- 1 tablespoon lemon juice
- 1/2 teaspoon ground white pepper
- 1/4 teaspoon curry powder
- 1/8 teaspoon ground red pepper
- 1/8 teaspoon mustard powder
- 2 tablespoons chopped fresh chives
- 1-2 tablespoons unseasoned dry bread crumbs
- 3 drops hot-pepper sauce
- 8-16 slices sprouted wheat bread, cut into 3"- 4" rounds and toasted (optional)

1. In a large bowl, combine the crabmeat, egg, celery, mayonnaise, lemon juice, white pepper, curry powder, red pepper, mustard powder, chives, bread crumbs and hot pepper sauce. Toss to mix. Form into 8 patties.
2. Heat the patties in a medium nonstick skillet over low heat until brown, 4 to 5 minutes per side. Serve warm alone, on 1 toast round or between 2 rounds as a sandwich.

NUTRITION INFORMATION Per serving (1 crab cake without bread): 67 calories, 2 g carbohydrate, 11 g protein, 2 g fat, 0.5 g saturated fat, 71 mg cholesterol, 212 mg sodium, 1 g fiber.
(1 crab cake with 2 rounds of bread): 202 calories, 26 g carbohydrate, 16 g protein, 3.5 g fat, 1 g saturated fat, 71 mg cholesterol, 487 mg sodium, 3 g fiber

Dietary Exchanges: 2 starch, 1½ meat



Recipes adapted from the forthcoming *Prevention Diabetes Diet Cookbook* (c) Copyright 2008 by Rodale Inc. Permission granted by Rodale, Inc., Emmaus, PA 18098. To be published in October 2008.

Parmesan Meatballs with Angel Hair Pasta

Start to Finish: 50 Minutes
Makes 4 servings



- ³/₄ cup Fiber One® original bran cereal
- 1 lb extra-lean (at least 90%) ground beef
- ¹/₄ cup shredded Parmesan cheese (1 oz)
- ³/₄ teaspoon Italian seasoning
- ¹/₄ teaspoon garlic powder
- 1 can (8 oz) tomato sauce
- 1 can (14.5 oz) diced tomatoes with green pepper and onion, undrained

- ¹/₈ teaspoon ground red pepper (cayenne)
- 6 oz uncooked whole wheat angel hair (capellini) pasta
- Additional shredded Parmesan cheese, if desired
- 1 to 2 tablespoons chopped fresh parsley, if desired

1. Place cereal in resealable food storage plastic bag; seal bag and finely crush with rolling pin or meat mallet (or finely crush in food processor).

2. In large bowl, mix cereal, ground beef, ¹/₄ cup cheese, the Italian seasoning, garlic powder and ¹/₄ cup of the tomato sauce until well blended. Shape into 16 (1½-inch) meatballs.

3. Spray 12-inch skillet with cooking spray. Cook meatballs in skillet over medium heat 8 to 10 minutes, turning occasionally, until browned. Drain if necessary. Add remaining tomato sauce, tomatoes and red pepper to skillet; turn meatballs to coat.

4. Cover; cook over medium-low heat 15

to 20 minutes, stirring sauce and turning meatballs occasionally, until meatballs are thoroughly cooked and no longer pink in center.

5. Meanwhile, cook and drain pasta as directed on package. Serve meatballs over pasta. Top each serving with additional Parmesan cheese and parsley.

NUTRITION INFORMATION Per serving: Calories 460 (Calories from Fat 110), Total Fat 12g (Saturated Fat 5g, Trans Fat 0.5g), Cholesterol 75mg, Sodium 950mg, Potassium 730mg, Total Carbohydrate 54g (Dietary Fiber 10g), Protein 33g
Dietary Exchanges: 2 ½ Starch, 1 Other Carbohydrate, 3 ½ Lean Meat

Chicken-Wild Rice Salad with Dried Cherries

Start to Finish: 30 Minutes
Makes 5 servings (1¼ cups each)

- 1 package (6.2 oz) fast-cooking long-grain and wild rice mix
- 2 cups chopped cooked chicken or turkey
- 1 medium unpeeled eating apple, chopped (1 cup)
- 1 medium green bell pepper, chopped (1 cup)
- 1 medium stalk celery, chopped (½ cup)
- ¹/₂ cup chopped dried apricots
- ¹/₃ cup chopped dried cherries
- 2 tablespoons soy sauce
- 2 tablespoons water
- 2 teaspoons sugar
- 2 teaspoons cider vinegar
- ¹/₃ cup dry-roasted peanuts

1. Cook rice mix as directed on package, omitting butter. On large cookie sheet, spread rice evenly in thin layer. Let stand 10 minutes, stirring occasionally, until cool.

2. Meanwhile, in large bowl, mix chicken, apple, bell pepper, celery, apricots and cherries. In small bowl, mix soy sauce, water, sugar and vinegar until sugar is dissolved.

3. Add rice and soy sauce mixture to apple mixture; toss gently until coated. Add peanuts; toss gently.

NUTRITION INFORMATION Per serving
Calories 380 (Calories from Fat 90), Total Fat 10g (Saturated Fat 2g, Trans Fat 0g), Cholesterol 50mg, Sodium 950mg, Potassium 510mg, Total Carbohydrate 50g (Dietary Fiber 4g), Protein 23g
Dietary Exchanges: 1½ Starch, 1½ Other Carbohydrate, 1 Vegetable, 2½ Lean Meat



Easy Chili Mole

Start to Finish: 30 Minutes
8 servings (about 1 cup each)



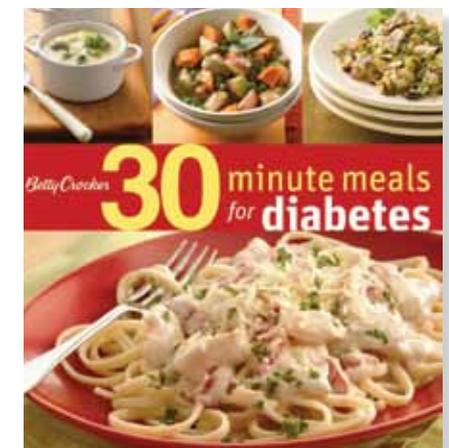
- 1 lb extra-lean (at least 90%) ground beef
- 1 medium onion, chopped (½ cup)
- 1 package (1.25 oz) Tex-Mex chili seasoning mix
- 1 can (28 oz) diced tomatoes, undrained
- 1 can (28 oz) crushed tomatoes
- 1 can (15 oz) spicy chili beans, undrained
- 1 oz unsweetened baking chocolate, coarsely chopped
- 8 soft corn tortillas (6 inch)

1. In 4 quart Dutch oven, cook beef and onion over medium heat, stirring occasionally, until beef is thoroughly cooked; drain.

2. Stir in seasoning mix, both tomatoes and beans. Heat to boiling over high heat. Reduce heat to low; cover and cook 15 minutes, stirring occasionally, to blend flavors. Stir in chocolate just until melted. Serve with tortillas.

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NUTRITION INFORMATION Per Serving: Calories 270 (Calories from Fat 70), Total Fat 8g (Saturated Fat 3g, Trans Fat 0g), Cholesterol 35mg, Sodium 830mg, Potassium 830mg, Total Carbohydrate 32g (Dietary Fiber 7g), Protein 18g
Dietary Exchanges: 1½ Starch, ½ Other Carbohydrate, 1 Vegetable, 1½ Lean Meat, ½ Fat



Chicken-Wild Rice Salad with Dried Cherries and Easy Chili Mole recipes from the new Betty Crocker 30-Minute Meals for Diabetes Cookbook, Copyright 2008 by John Wiley & Sons, Inc.