

HEALTHY DIABETES RECIPES

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Warm Winter Sides



Grilled Caesar Salad

Makes 4 Servings

- 1 large sweet onion, cut into 1/4-inch slices
- 1 tablespoon plus 1 teaspoon olive oil, divided
- 1 large head romaine lettuce, cut in half lengthwise with core intact
- 1/4 cup shredded Parmesan cheese
- 1 (2-ounce) kaiser roll, split in half
- 1/2 cup light Caesar vinaigrette

1. Preheat grill to medium heat.
2. Place onions on grill and cook 3 to 4 minutes on each side, or until browned.
3. Drizzle 1 tablespoon olive oil on cut sides of romaine and place on grill. Cook each side 4 to 5 minutes, or just until lettuce begins to wilt.
4. Meanwhile, brush remaining olive oil on cut sides of kaiser roll and place, oil side down, on grill. Grill for 1 to 2

minutes, or until roll gets crispy. Cut roll into 1/2-inch cubes for croutons.

5. Place romaine on a platter; cut each half in half again. Top each romaine wedge with onion, Parmesan cheese, croutons, and Caesar vinaigrette, distributing evenly. Serve warm.

NUTRITION INFORMATION PER SERVING: Calories 215, Calories from Fat 110, Total Fat 12g, Saturated Fat 3g, Trans Fat 0g, Cholesterol 5mg, Sodium 560 mg, Potassium 475mg, Total Carbohydrate 21g, Dietary Fiber 4g, Sugars 7g, Protein 6g, Phosphorus 105mg
Exchanges: 1/2 Starch, 2 Vegetable, 2 1/2 Fat



Recipes adapted from *Mr. Food Test Kitchen's Hello Taste, Goodbye Guilt!* Published by the American Diabetes Association, 2013.



Sweet Potato Crowns

Makes 6 servings

- 3 tablespoons vegetable oil
- 1/2 teaspoon salt
- 2 large unpeeled sweet potatoes, cut into 1 1/2-inch slices with ends discarded
- 1/4 cup light brown sugar
- 1/4 cup chopped 1/4 pecans
- 1/4 teaspoon ground cinnamon
- 1 tablespoon light margarine, softened

1. Preheat oven to 400°F.
2. In a large bowl, combine oil and salt; mix well. Add sweet potatoes and toss until evenly coated, then place on a rimmed baking sheet.
3. Cook 25 to 30 minutes, or until fork-tender.
4. Meanwhile, in a small bowl, mix together brown sugar, pecans, cinnamon, and margarine until crumbly. Sprinkle on each potato round and return to oven; cook 8 to 10 minutes, or until sugar is melted. Serve immediately.

NUTRITION INFORMATION PER SERVING: Calories 180, Calories from Fat 100, Total Fat 11g, Saturated Fat 1.1g, Trans Fat 0g, Cholesterol 0mg, Sodium 230mg, Potassium 315mg, Total Carbohydrate 19g, Dietary Fiber 2g, Sugars 10g, Protein 2g, Phosphorus 45mg
Exchanges: 1 Starch, 1/2 Carbohydrate, 2 Fat

Rainbow Roasted Peppers

Makes 3 servings

- 2 tablespoons olive oil
- 1/4 teaspoon onion powder
- 1/4 teaspoon garlic powder
- 1/4 teaspoon kosher salt
- 1/4 teaspoon black pepper
- 4 large bell peppers (assorted colors), seeded and quartered

1. Preheat oven to 450°F.
2. In a medium bowl, combine all ingredients except bell peppers; mix well. Add peppers to the bowl and toss to coat well. Place peppers on a baking sheet.
3. Roast 20 to 25 minutes, or until tender.

Test Kitchen Tip: The key to really good roasted peppers is to make sure the oven is hot enough. If you want, you can peel the skin off the peppers once they are cooked.

NUTRITION INFORMATION PER SERVING: Calories 125, Calories from Fat 90, Total Fat 10g, Saturated Fat 1g, Trans Fat 0g, Cholesterol 0mg, Sodium 160mg, Potassium 375mg, Total Carbohydrate 11g, Dietary Fiber 4g, Sugars 7g, Protein 2g, Phosphorus 45mg
Exchanges: 2 Vegetable, 2 Fat





Unfried Chicken WITH ROASTED BRUSSELS SPROUTS

Makes 4 Servings

For the chicken

- 1 cup buttermilk
- 1 ½ teaspoons onion powder
- 1 tablespoon Louisiana Hot Sauce or another hot sauce
- 1 ½ teaspoons garlic powder
- 1 teaspoon paprika

- 4 skinless and boneless chicken breasts, cut in half

- 1 ½ cups multigrain or whole wheat panko bread crumbs

- 3 tablespoons grated Parmesan cheese

- 2 teaspoons ground black pepper

- 1 teaspoon cayenne

For the brussels sprouts

- 16 brussels sprouts, cut in half
- 1 ½ tablespoons extra-virgin olive oil
- Salt and freshly ground black pepper

For the garnish

- 1 lemon, quartered

1. To prepare the chicken: Preheat the oven to 400°F. In a mixing bowl, mix the buttermilk and hot sauce. Submerge the chicken pieces in the buttermilk and soak in the refrigerator for at least 1 hour but no more than 24 hours.

2. In a gallon-size plastic bag, combine the bread crumbs, Parmesan, black pepper, cayenne, onion powder, garlic powder, and paprika. Seal the bag and shake until well mixed. Remove the chicken from the buttermilk and transfer directly to the bag with the bread crumb mixture. Shake the bag until the chicken breasts are evenly coated with the bread crumbs. Remove the chicken breasts from the bag and lay flat on a nonstick baking sheet. Refrigerate, uncovered, for 30 minutes. Bake the chicken for 20 to 25 minutes or until just cooked through.

3. To prepare the brussels sprouts: Preheat the oven to 400°F. Place brussels sprouts in a medium mixing bowl, toss with the olive oil, and season with salt and pepper. Spread the brussels sprouts in a medium ovenproof baking dish and roast for 20 minutes or until caramelized and tender.

4. Divide the chicken and brussels sprouts among 4 serving plates, and squeeze the lemon over the chicken.

NUTRITION INFORMATION PER SERVING:

Calories 427, Carbohydrate 45g, Sugars 6g, Total Fat 12g, (Sat Fat 3g), Protein 40g, Fiber 9g, Cholesterol 79mg, Sodium 349mg

Adapted from "Art Smith's Healthy Comfort: How America's Favorite Celebrity Chef Got it Together, Lost Weight, and Reclaimed His Health!"
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For additional recipe ideas, visit TakingDiabetesToHeart.com

Shaved Brussels Sprout Salad

WITH PINE NUTS AND LEMON

Makes 4 servings

- 20 medium brussels sprouts, cleaned
- 4 tablespoons extra-virgin olive oil
- 2 tablespoons fresh lemon juice
- ¼ cup pine nuts
- ¼ cup grated pecorino Romano cheese
- Salt and freshly ground black pepper

1. Cut the brussels sprouts in half lengthwise. Thinly slice them until you get to the chunky white core of the brussels sprout (about three-fourths of the way down), then discard the rest of the brussels sprout. Place the sliced brussels sprouts in a medium mixing bowl and add the olive oil, lemon juice, pine nuts, and pecorino Romano cheese. Mix thoroughly. Season with salt and pepper. Cover and let sit for 30 minutes to let the flavors marry before serving.

2. Divide the brussels sprout salad among 4 bowls and top with freshly ground black pepper.

NUTRITION INFORMATION PER SERVING:

Calories 250, Carbohydrate 10g, Sugars 3g, Total Fat 22g, (Sat Fat 4g), Protein 7g, Fiber 4g, Cholesterol 8mg, Sodium 151mg

Lamb Kabobs

WITH CUCUMBER RAITA

Makes 4-6 servings

For the quinoa

- 1 cup quinoa, rinsed
- Salt
- 1 tablespoon fresh lemon juice
- 1 tablespoon extra-virgin olive oil
- 2 tablespoons chopped flat-leaf parsley

For the raita

- 12 ounces nonfat Greek yogurt
- ⅓ cup diced, peeled, and seeded cucumber
- 3 tablespoons chopped fresh mint leaves
- 1 ½ tablespoons fresh lemon juice
- 1 large garlic clove, minced
- Salt

For the lamb

- 1 lb boneless leg of lamb, trimmed and cut into 1-inch pieces
- 1 tablespoon curry powder
- 2 tablespoons extra-virgin olive oil
- Salt
- 16 grape or cherry tomatoes
- 1 yellow bell pepper, seeded and cut into 1-inch pieces
- 8 10-inch bamboo skewers, soaked in water

1. To prepare the quinoa: Place the quinoa in a medium saucepan. Cover with 2 cups cold water and add a pinch of salt. Cover the pan and bring to a boil. As soon as it begins to boil, reduce the heat to a simmer and set the lid slightly ajar to prevent boiling over. Simmer the quinoa for 15 to 20 minutes or until the liquid has been fully absorbed. You should see a little white ring release from the quinoa germ. Remove from heat, fluff with a fork, and stir in the lemon juice, olive oil, and parsley.

2. To prepare the raita: In a small mixing bowl, combine the yogurt, cucumber, mint, lemon juice, and garlic. Mix with a wooden spoon until fully incorporated. Season with salt. Cover and refrigerate until ready to use.

3. To prepare the lamb: Preheat a grill to moderate heat. In a medium mixing bowl, combine the lamb, curry powder, and 1 tablespoon of the olive oil. Season with salt. In a separate mixing bowl, combine the tomatoes and bell pepper. Toss with the remaining 1 tablespoon extra-virgin olive oil and season with salt. Thread the lamb, bell pepper, and tomatoes alternately onto the skewers. Place the prepared kabobs on the grill and cook for 5 minutes on each side or until cooked.

4. Spoon some quinoa on each plate, top with two lamb kabobs, and spoon some raita over the lamb. Sprinkle with additional chopped mint, if desired.

NUTRITION INFORMATION PER SERVING:

Calories 478, Carbohydrate 39g, Sugars 7g, Total Fat 9g, (Sat Fat 4g), Protein 38g, Fiber 5g, Cholesterol 73mg, Sodium 133mg



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Creamy Scrambled Eggs in Crispy Potato Skins

Makes 4 Servings

- 2 (12-ounce) baking potatoes, washed
- 4 large eggs, beaten
- 4 large egg whites, beaten
- 3 tablespoons, plus 4 teaspoons light sour cream
- 1/8 teaspoon each salt and black pepper
- 2 tablespoons chopped green onions
- 1/4 cup shredded reduced fat cheddar cheese
- 4 teaspoons real bacon bits
- 4 teaspoons finely chopped green onion tops

1. To prepare the potato skins, pierce potatoes with a fork and place in the microwave. Cook on high for 10 minutes. While potatoes are cooking, preheat oven to 425° F. Remove potatoes from microwave and cut lengthwise. Scoop out the potato pulp, leaving 1/4 inch of potato in the skin. Place skins onto a baking sheet and lightly spray with cooking oil. Bake for 10 to 12 minutes or until skin is crispy. (Discard potato pulp or reserve for another use.)

2. While potato skins are baking, whisk together the eggs, egg whites, and 3 tablespoons of sour cream. Spray a medium-size skillet with non-stick cooking spray

and place over medium low heat. Add eggs to pan and cook, stirring gently, for 2 to 3 minutes or until curds start to form. Add green onion and continue to cook for additional minute or two or until eggs are just set (eggs should be creamy, not dry).

3. Pile eggs into crispy potato skins. Top each with 1 tablespoon of cheddar cheese, 1 teaspoon light sour cream, 1 teaspoon of real bacon bits, and additional finely chopped green onion for garnish. Serve hot.

NUTRITION INFORMATION PER SERVING: Calories 230, Carbohydrate 24g, Sugars 3g, Total Fat 7g, (Sat Fat 3g), Protein 15g, Fiber 2g, Cholesterol 220mg, Sodium 250mg
Exchanges: 2 Medium Fat Meat, 1 1/2 Starch



Recipes adapted from
Eat More of What You Love,
by Marlene Koch
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Strawberry Shortcake Milkshake

Makes 1 serving

- 1/4 cup frozen strawberries, thawed
- 1 teaspoon granulated no-calorie sweetener (or 1/2 packet)
- 1/2 cup low-fat milk
- 1 tablespoon French vanilla sugar-free instant pudding mix
- 1/2 cup light, no-sugar added vanilla ice cream
- 1/2 cup crushed ice
- Light whipped cream (optional)

1. In a small bowl, mash strawberries and sweetener together. Set aside.

2. Combine the milk and pudding mix in a blender. Blend to mix.

3. Allow the pudding to set for 1 minute. Add ice cream and crushed ice to blender and blend on high until the ice is completely incorporated and the shake is thick and creamy.

4. Pour one-half of the milkshake into a tall glass; spoon strawberry mix onto shake. Carefully spoon remaining milkshake over strawberries. Top with squirt of light whipped cream, if desired (adds 20 calories).

NUTRITION INFORMATION PER SERVING: Calories 190, Carbohydrate 32g, Sugars 14g, Total Fat 5g, (Sat Fat 3g), Protein 7g, Fiber 5g, Cholesterol 5mg, Sodium 370mg
Exchanges: 1 1/2 Carbohydrate, 1/2 Low-Fat Milk, 1/2 Fat

Strawberry Cheesecake Pancake Stacks

Makes 4 servings

- 1/3 cup low fat cottage cheese
- 1/3 cup light cream cheese
- 3/4 cup light whipped topping, thawed
- 3 1/2 tablespoons granulated no-calorie sweetener, divided (or 5 packets)
- 1 cup unsweetened frozen strawberries, thawed
- 1 tablespoon no-sugar added strawberry jam
- 1 cup all-purpose flour
- 3/4 teaspoon baking powder
- 1/2 teaspoon baking soda
- 1 large egg
- 1 large egg white
- 1 cup low-fat buttermilk
- 3/4 teaspoon vanilla extract

1. Using a food processor or blender, process the cottage cheese until smooth. Blend in cream cheese and 1 tablespoon (or 1 1/2 packets) sweetener. Scoop into a small bowl and fold in whipped topping. Set aside. In another small bowl, combine strawberries, jam and 1 tablespoon (or 1 1/2 packets) sweetener. Set aside.

2. In a medium bowl, combine the flour, 1 1/2 tablespoons (or 2 packets) sweetener, baking powder, and baking soda. In a separate bowl, whisk together remaining ingredients. Pour into the dry ingredients and stir until well combined.

3. Spray a non-stick skillet or griddle with cooking spray and place over medium heat. Pour 1/4 cup of batter per pancake into the skillet and spread into a 3-inch circle. Cook the pancake for 3 to 4 minutes on the first side or until golden on the bottom. Flip the pancakes and cook until done, about 2 to 3 minutes. Stack on a plate and cover to keep warm.

4. For each stacker, lay one pancake on a plate. Top with 1/3 cup cheesecake filling and then another pancake. Pour 1/4 cup strawberry topping over the stack and dig in.

NUTRITION INFORMATION PER SERVING: Calories 270, Carbohydrate 38g, Sugars 10g, Total Fat 7g, (Sat Fat 3.5g), Protein 11g, Fiber 2g, Cholesterol 65mg, Sodium 420mg
Exchanges: 2 Starch, 1/2 Fruit, 1 Lean Meat, 1 Fat





Simple Southwestern Tilapia

Makes 4 Servings

- 1 lime, juice and zest
- 2 tablespoons light mayonnaise
- 1 pound tilapia filets
- 1 1/4 cups reduced-fat cheese crackers
- 1 tablespoon taco seasoning (40% less sodium)
- 2 tablespoons cornmeal
- Pinch cayenne pepper

1. Preheat the oven to 450°F. Spray a baking sheet with cooking spray.
2. Zest and juice the lime and place in a shallow flat bowl. Whisk in the mayonnaise, add the fish filets and marinate for 5 minutes.
3. Place the crackers in a plastic bag, crush with a rolling pin, and place crumbs on a plate. Add the taco seasoning and cornmeal and mix well.

4. Coat the filets with the cracker mixture and place on the prepared baking sheet. Bake for 5 minutes, turn the filets over, and bake for 5 to 7 minutes or until the fish flakes with a fork. Serve with optional salsa.

NUTRITION INFORMATION PER SERVING (1 filet):
250 Calories; 18g Carbohydrate (1g Sugars)
9g Total Fat (3.5g Sat Fat)
26g Protein; 1g Fiber; 30mg Cholesterol; 295mg Sodium
Exchanges: 3 1/2 Lean Meat, 1 Starch



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Quick 'n Healthy Taco Salad

Makes 4 Servings

Dressing

- 1/3 cup light sour cream
- 1/3 cup low-fat yogurt
- 1/2 cup chopped cilantro, loosely packed
- 2 tablespoons lime juice (about 1 lime)
- 1/8 teaspoon garlic salt

Salad

- 1 medium red bell pepper, diced
- 3/4 pound lean ground beef
- 1/2 teaspoon chili powder
- 3/4 cup salsa
- 6 cups chopped romaine lettuce
- 2 green onions, sliced
- 3/4 cup low-fat Mexican blend cheese
- 2 medium tomatoes, cut into wedges
- Reduced fat tortilla strips, optional

1. For the dressing, combine all the ingredients in a blender and blend until smooth.

2. For the salad, spray a large non-stick skillet with cooking spray and place over medium heat. Add diced pepper and sauté 3 to 4 minutes or until slightly softened. Add the beef and chili powder to the pan and sauté 5 to 6 minutes or until meat is well browned. Stir in the salsa and cook for one minute to combine. Remove from heat.

3. To assemble, place 1 1/2 cups chopped lettuce on each of four plates. Top each salad with 3/4 cup of the meat mixture. Sprinkle on 1/4 of the green onions, 3 tablespoons of dressing. Garnish with tomato wedges and optional tortilla strips, if desired.

NUTRITION INFORMATION PER SERVING (one salad):
280 Calories; 11g Carbohydrate; (6g Sugars); 14g Total Fat (7g Sat Fat); 27g Protein; 3g Fiber; 45mg Cholesterol; 460mg Sodium
Exchanges: 3 Lean Meat

Fiesta Lime Rice

Makes 4 servings

- 2/3 cup instant brown rice (like Uncle Ben's Fast and Natural)
- 3/4 cup canned black beans, rinsed and drained
- 1/4 cup frozen corn, thawed
- 1/3 cup diced red pepper
- 1 medium green onion, white and green parts, finely diced
- 1 medium lime
- 2 tablespoons chopped cilantro
- 1/4 teaspoon salt

1. Place the rice and 1 1/4 cups water in a medium saucepan and bring to a boil. Reduce heat to medium low, cover, and cook for 10 minutes. Remove the pan from heat and fluff the rice with a fork.

2. Immediately add the beans, corn, red pepper, green onion, and lime juice to the rice, toss gently to combine, and cover. Let sit for 3 to 4 minutes to warm added ingredients. Remove cover, stir in cilantro and salt to taste. Serve.

NUTRITION INFORMATION PER SERVING (3/4 cup):
120 Calories; 23g Carbohydrate; (2g Sugars); 1g Total Fat (0g Sat Fat); 4g Protein; 4g Fiber; 0mg Cholesterol; 250mg Sodium
Exchanges: 1 1/2 Starch, 1/2 Vegetable





Classic Spinach Salad with Bacon Dressing

Makes 4 Servings

- | | |
|--------------------------------|-------------------------|
| 3 slices center-cut lean bacon | 1 tablespoon sugar |
| ¼ cup diced red onion | ¼ teaspoon liquid smoke |
| 3 tablespoons cider vinegar | ⅛ teaspoon salt |
| | ⅛ teaspoon black pepper |

- 1 teaspoon cornstarch
 ½ cups sliced mushrooms
 8–10 cups cleaned spinach
 ½ cup thinly sliced red onion
 Fresh black pepper, optional

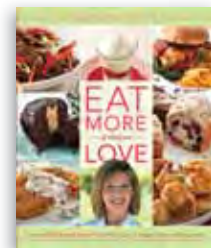
1. In a medium non-stick sauté pan, cook the bacon over medium heat until crisp. Transfer the bacon to a paper-towel-lined plate, crumble, and set aside.

2. Add the diced onion to the drippings in the pan. Cook onion for 3 to 4 minutes or until softened. Add vinegar, 3 tablespoons water, sugar, liquid smoke, salt, and black pepper, and stir, scraping the pan to incorporate drippings. Bring to a low boil. Mix cornstarch with 1 tablespoon of water and add to pan. Cook, while stirring, until thickened and clear. Add mushrooms to skillet, and sauté for 1 to 2 minutes, tossing until they soften slightly and are coated with the dressing.

3. In a large bowl, combine the spinach and onion. Pour hot dressing over spinach mixture and lightly toss. Sprinkle with bacon and fresh black pepper, if desired. Serve immediately.

Per Serving: (about 1½ cups)
 75 calories; 1.5 g total fat (1 g sat); 5 mg cholesterol; 9 g carbohydrate; 3 g protein; 2 g fiber; 105 mg sodium; 5 g total sugars

Exchanges: 1 Vegetable



Recipes adapted from *Eat More of What You Love*, by Marlene Koch Running Press © 2012. Used with permission.

Sticky Lemon Chicken

Makes 4 Servings

- ⅓ cup fresh lemon juice
- ⅓ cup granulated no-calorie sweetener (or 8 packets)
- 1 tablespoon honey
- ¼ cup reduced sodium chicken broth
- 1½ tablespoons reduced sodium soy sauce
- ½ teaspoon grated ginger
- 1 tablespoon cornstarch
- 8 boneless, skinless chicken thighs, well-trimmed
- 2 tablespoons all-purpose flour
- 2 teaspoons canola oil
- ½ lemon, thinly sliced
- 3 sliced green onions, white parts and green tops, divided

1. To make the sauce, whisk together the first 7 ingredients (lemon juice through cornstarch) in a small saucepan. Place the pan over low heat and simmer until clear and slightly thickened. Remove and set aside.

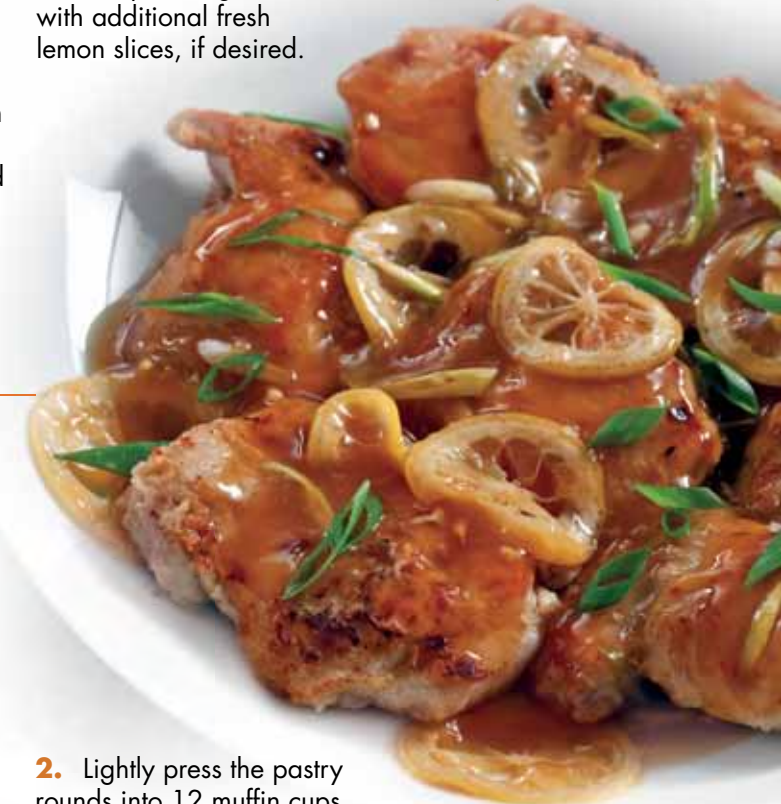
2. Roll the chicken in the flour, shaking to remove excess.

3. Heat the oil in a large non-stick skillet over medium high heat. Add the chicken and cook until well browned on both sides, about 4 to 5 minutes per side.

4. Reduce the heat to medium low. Sprinkle all of the white part and half of

the green tops of the onions over the chicken. Add the sauce and simmer for 3 to 4 minutes or until the chicken is just about cooked through and the sauce has thickened. Add the lemon slices to the sauce and cook for 2 more minutes. Sprinkle with remaining green onion tops and garnish with additional fresh lemon slices, if desired.

Per Serving: (2 thighs)
 235 calories;
 51 calories from fat;
 7 g total fat (2 g sat);
 125 mg cholesterol;
 11 g carbohydrate;
 28 g protein; 0 g fiber;
 420 mg sodium;
 5 g total sugars
Exchanges: 4 Lean Meat,
 1 Carbohydrate



Oh My, Pecan Pie

Makes 12 servings

- 1 package refrigerated pie crust
- ¾ cup pecan halves
- ¼ cup brown sugar
- 1 teaspoon cornstarch
- ½ cup granulated no-calorie sweetener (like Splenda)
- 2 eggs, beaten
- 1 cup sugar-free maple syrup
- 1½ teaspoons vanilla
- 3 tablespoons melted butter

1. Preheat the oven to 350°F. Place one pie crust on a cutting board or flat surface and roll out lightly to an 11-inch diameter. Using a 4-inch round cutter, cut out six rounds. Set scraps aside. Repeat with the second pie crust.

2. Lightly press the pastry rounds into 12 muffin cups, pressing into the bottom and up the sides. Set aside. Reserving 12 pecan halves, chop the remaining pecan halves and set aside.

3. In a medium bowl, whisk together the brown sugar, sweetener and cornstarch. Add the eggs, syrup, vanilla and melted butter and mix well. Stir in the chopped pecans. Divide the filling evenly among the 12 cups. Top each with a pecan half.

4. Bake for 30 to 35 minutes or until the tops and crust are nicely browned. Let cool slightly before serving.

Per Serving: (1 Pie cup)
 200 calories;
 13 g total fat (4 g sat);
 45 mg cholesterol;
 17 g carbohydrate;
 3 g protein; 1 g fiber;
 200 mg sodium;
 3 g total sugars

Exchanges:
 1 Carbohydrate, 2 Fat



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Pecan–Praline Sweet Potato Pie

Makes 1 9-inch pie

Sweet Potato Pie Filling

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

Pecan–Praline Topping

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

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

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

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

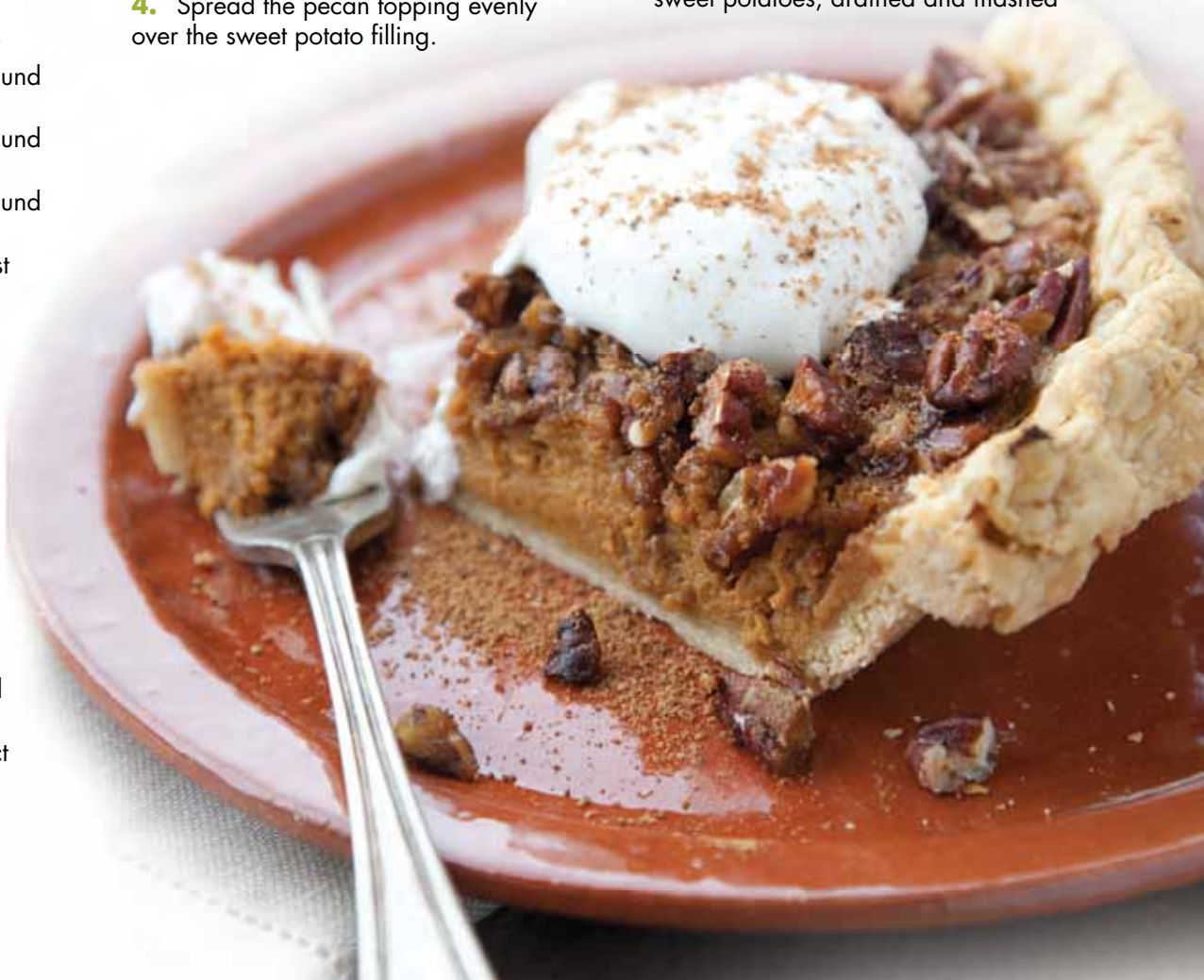
4. Spread the pecan topping evenly over the sweet potato filling.

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

Serving Size: 1/10 of pie

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

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



No-Bake Cookies

Makes 1 dozen cookies

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

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

Serving Size: 1 cookie

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



Fudge Pudding Cake

Makes 12 servings

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

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

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

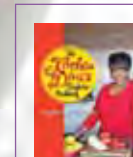
3. In a large bowl, combine the flour, Splenda, the ¼ cup of cocoa, the baking powder, and salt and stir with a whisk to blend. In a glass measuring cup, combine the milk, egg, canola oil, and vanilla. Make a well in the center of the dry ingredients

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

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

Serving Size: 1/12 of cake

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



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

Peas with Mint and Soft Poached Eggs

Serves 4

- 2 cups shelled fresh green peas
- ¼ cup distilled white vinegar
- 1 tablespoon fine sea salt
- 1 tablespoon lemon juice plus grated zest and juice of 1 lemon
- 8 organic cage-free eggs
- 3 tablespoons olive oil
- 1 celery rib, thinly sliced crosswise on the diagonal
- 1 small yellow onion, finely diced
- 2 garlic cloves, smashed and finely chopped
- ½ cup hand-torn fresh mint leaves
- 2 heirloom tomatoes or medium vine-ripened tomatoes, coarsely chopped
- Salt and freshly ground black pepper

1. Bring a large pot of water to a boil over medium-high heat. Blanch the peas in the boiling water until they turn bright green, about 25 seconds. Drain in a colander and run them under cold water for 30 seconds to stop the cooking. Set aside.

2. In a large saucepan, combine 4 cups of water with the vinegar, salt, and 1 tablespoon of the lemon juice. Bring the mixture to a rapid simmer over medium-high heat. Crack the eggs on the side of the pan and gently slip them into the water. Let the eggs settle into the liquid and cook until coagulated, about 3 minutes. Using a slotted spoon, transfer the cooked eggs to a shallow plate.

3. In a large skillet, heat the oil over medium-high heat. Add the celery, onion, and garlic and cook

until translucent, 2 to 3 minutes. Add the mint, tomatoes, and blanched peas. Season to taste with salt and pepper and sprinkle with the lemon zest and juice. Toss well to combine.

4. Divide the pea mixture among 4 plates and top with 2 poached eggs per serving.

Nutrition Information:
320 calories,
17 g protein, 19 g carbohydrates, 19 g total fat (4 g saturated), 360 mg cholesterol, 5 g fiber, 480 mg sodium



Courtesy of Sam Talbot, "The Sweet Life: Diabetes Without Boundaries" (Rodale, October, 2011)

Grilled Strip Loin with Carrot-Ginger Vinaigrette

Serves 4-6

CARROT-GINGER VINAIGRETTE

- 1 cup Roasted Garlic Oil (see below)
- 3 carrots, finely diced
- 3 tablespoons grated ginger
- 2 garlic cloves, finely chopped
- 1 large yellow onion, finely diced
- ½ cup red wine vinegar
- 3 tablespoons agave nectar
- 2 tablespoons sambal oelek chili paste
- 2 tablespoons reduced-sodium soy sauce
- 1 tablespoon Dijon mustard
- ½ teaspoon sea salt
- ¼ teaspoon freshly ground black pepper

STEAK

- 3 tablespoons Roasted Garlic Oil (see below)
- 3 tablespoons chopped fresh rosemary
- 4 garlic cloves, finely chopped
- 1 shallot, finely diced
- 2 tablespoons red wine vinegar
- 2 strip loin steaks (12 to 14 ounces each)
- Salt and freshly ground black pepper

1. To make the vinaigrette: In a medium skillet, heat 2 tablespoons of the garlic oil over medium-high heat. Add the carrots, ginger, and garlic and cook until the carrots are fork-tender, 2 to 3 minutes. Remove from the heat and set aside.

2. In a food processor or blender, combine the onion, vinegar, agave nectar, sambal, soy sauce, mustard, salt, and pepper. Blend the mixture until smooth, gradually adding the remaining ¾ cup plus 2 tablespoons garlic oil in a slow stream. Transfer the mixture to a small bowl and fold in the carrot-ginger mixture. If the vinaigrette is too thick for your liking, stir in 1 teaspoon of cold water. Set aside.

3. To cook the steaks: In a large bowl, whisk together the garlic oil, rosemary, chopped garlic, shallot, and vinegar. Add the steaks, turning to coat well with the marinade, then set the bowl aside to rest at room temperature for 10 minutes.

4. Preheat an outdoor grill or a stovetop grill pan to medium-high heat. Grill the steaks without turning for 2 minutes. Rotate them 45 degrees and cook another 2 minutes. Flip them over and repeat. The steaks cook a total of 4 minutes per side for medium-rare.

5. Transfer the cooked steaks to a cutting board and season to taste with salt and pepper. Let the steaks rest for 3 to 4 minutes before thinly slicing them against the grain. Serve the sliced steak topped with a couple tablespoons of the vinaigrette.



Nutrition Information:
373 calories, 40 g protein, 8 g carbohydrates, 20 g total fat (4 g saturated), 91 mg cholesterol, 1 g fiber, 259 mg sodium

ROASTED GARLIC AND ROASTED GARLIC OIL
2 cups grapeseed oil
20 garlic cloves (about 2 heads), peeled

In a large saucepan, heat the oil over low heat. Once the oil begins to shimmer (be careful not to let it boil), add the garlic cloves. Cook the garlic uncovered for 1 hour and 15 minutes, or until the cloves are easily mashed with a fork. Store the cooled oil and garlic cloves in a covered container in the refrigerator for up to 2 weeks.

Charred Pineapple with Honeycomb

Serves 6

- 1 pineapple, small
- 1 tablespoon butter
- ½ cup hand-torn fresh mint leaves
- ½ teaspoon coarse sea salt
- 6 teaspoon-size scoops honeycomb

1. Use a sharp, large knife to cut off the pineapple rind. Cut crosswise into 6 ½-inch-thick slices (save the rest for another use). In a large skillet, heat the butter over high heat. When the butter begins to bubble, add the pineapple and cook without turning until the sugars start to caramelize, 1 to 2 minutes.

2. Turn gently with tongs and cook until the pineapple has a nice golden color on all sides, 2 to 3 minutes. Transfer the pineapple to a platter and sprinkle with the mint and sea salt.

3. Top each round with a teaspoon of honeycomb.

Nutrition Information:
45 calories,
1 g protein,
7 g carbohydrates,
2 g total fat
(1 g saturated),
5 mg cholesterol,
1 g fiber,
139 mg sodium



Triple Chocolate Cheesecake Pie

MAKES 10 SERVINGS

- 1 cup chocolate graham cracker crumbs
- 1/3 cup plus 1 tablespoon cocoa powder, divided
- 3/4 cup Splenda granulated sweetener, divided
- 1 tablespoon margarine or butter, melted
- 1 tablespoon canola oil
- 2 tablespoons egg white*
- 2 ounces semisweet baking chocolate, chopped (or 1/2 cup semisweet chocolate chips)
- 8 ounces light tub-style cream cheese, at room temperature
- 4 ounces nonfat cream cheese, at room temperature
- 1 (8-ounce) tub light whipped topping, thawed
- 3 tablespoons sugar-free fudge topping
- 2 ounces sugar-free chocolate, for garnish

1. Preheat the oven to 350°F. Lightly coat a 9-inch pie pan with cooking spray.
2. In a medium bowl, combine the graham cracker crumbs, 1 tablespoon of the cocoa powder, 1/4 cup of the sweetener, the margarine, and oil. Add the egg white and stir well. Press the crumb mixture into the sides and bottom of the pie plate. Bake for 8 to 10 minutes, and set aside to cool.
3. Place the chocolate in a small microwave-safe bowl and heat for 1 to 1 1/2 minutes, or until it appears shiny and looks partially melted. Remove and stir. Set aside.
4. Using an electric mixer, beat together the cream cheeses in a medium bowl for 2 minutes, or until creamy. Beat in the melted chocolate, and the remaining 1/2 cup sweetener and 1/3 cup cocoa powder. Gently beat in the whipped topping.

5. Spoon the filling into the cooled crust and smooth the top. Refrigerate at least 2 hours or until set. Before serving, slightly warm the fudge sauce. Stir well and drizzle over the pie.

Nutrition Information:

Calories 225, Carbohydrate 25g (Sugars 12g), Total Fat 10g (Sat Fat 7g), Protein 7g, Fiber 2g, Cholesterol 10mg, Sodium 260mg

Exchanges:

1 1/2 Starch, 1 Lean Meat, 2 Fat

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



Asian Stir-Fried Vegetables with Ginger and Garlic

MAKES 4 SERVINGS

- | | |
|---|--|
| 2 teaspoons olive oil | SAUCE |
| 1 teaspoon minced garlic | 2 tablespoons reduced-sodium soy sauce |
| 1/2 teaspoon grated ginger | 2 tablespoons seasoned rice vinegar |
| 2 medium carrots, thinly sliced on a bias | 2 tablespoons sherry |
| 1 cup sliced onion | 1/2 teaspoon cornstarch |
| 1 small red bell pepper, cut into strips | 1 teaspoon sesame oil |
| 2 cups broccoli florets | 2 teaspoons sugar |
| 1 cup snow peas, cut in half | |

1. Heat the oil in a large skillet or wok on high heat. Add the garlic, ginger, and carrots, and cook for 2 minutes. Cover and cook 3 more minutes. Add 2 tablespoons water. Cover, and cook 2 more minutes. Add 1/4 cup more water and the broccoli. Recover and cook for 3 minutes. Uncover, stir in the onion, pepper, and snow peas and cook for 2 to 3 minutes.
2. While the vegetables are cooking, make the sauce. Combine the soy sauce, vinegar, sherry, cornstarch, sesame oil, and sugar in a small mixing bowl. Whisk to mix well.
3. Create a well in the center of the skillet by moving the vegetables to the outside edge. Add the sauce ingredients to the well, stirring to combine. Cook for 1 minute, or just until the sauce bubbles and thickens slightly.
4. Stir the vegetables back into the thickened sauce and toss until well coated.

Nutrition Information:

Calories 90, Carbohydrate 13g (Sugars 7g), Total Fat 3.5g (Sat Fat 0g), Protein 3g, Fiber 4g, Cholesterol 0mg, Sodium 320mg

Exchanges: 2 Vegetables, 1/2 Fat



Crab Cakes with Mustard Dill Sauce

MAKES ABOUT 4 SERVINGS

CRAB CAKES:

- 1 pound lump crabmeat (1-pound cans can be found in the seafood department)
- 3/4 cup dry breadcrumbs, divided
- 2 egg whites, lightly beaten
- 3 tablespoons light mayonnaise
- 2 tablespoons chopped fresh parsley
- 2 teaspoons Worcestershire sauce

- 1/2 teaspoon Old Bay seasoning
- Black pepper to taste

MUSTARD DILL SAUCE:

- 1/4 cup plain low-fat yogurt
- 2 tablespoons light mayonnaise
- 3/4 teaspoon prepared yellow mustard
- 1 1/2 teaspoons fresh minced dill (or 1/2 teaspoon dried)
- Pinch of sugar

1. Place the crabmeat in a large bowl. Add the remaining crab cake ingredients, using 1/2 cup of the breadcrumbs, and gently mix together with a large spoon, taking care to keep as many large crab pieces as possible. Mix all sauce ingredients in a small bowl and set aside.
2. Use your hands to shape the crabmeat mixture into 6 patties (using about 1/3 cup of mixture for each crab cake). Coat a large nonstick sauté pan with cooking spray and place over medium heat. Lightly dust both sides of the crab cakes with remaining breadcrumbs.
3. Add the crab cakes to the pan. Cook the crab cakes about 5 minutes on each side, or until lightly browned and warmed through. Repeat as necessary to cook all the crab using additional cooking spray if needed. Serve the crab cakes with mustard dill sauce.

Nutrition Information per crab cake:

Calories 175, Carbohydrate 11g (Sugars 0g), Total Fat 4g (Sat Fat 1/2 g), Protein 20g, Fiber 2g, Cholesterol 70mg, Sodium 480mg

Exchanges: 3 Lean Meat, 1 Starch, 1 Fat, 1/2 Meat and Alternatives.





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Butternut Apple Soup with Swiss Cheese

Works best in a large (minimum 5 quart) slow cooker

- 1 tbsp olive oil
- 2 onions, chopped
- 4 cloves garlic, minced
- 2 tsp dried rosemary leaves, crumbled, or 1 tbsp chopped fresh rosemary leaves
- ½ tsp cracked black peppercorns
- 5 cups lower-salt vegetable or chicken broth
- 1 butternut squash, peeled, seeded and

- cut into 1-inch cubes (about 2½ lbs)
- 2 tart apples, such as Granny Smith, cored, peeled and coarsely chopped
- 1 cup shredded light Swiss cheese
- ½ cup finely chopped walnuts, optional

1. In a skillet, heat oil over medium heat for 30 seconds.
2. Add onions and cook, stirring, until softened, about 3 minutes.
3. Add garlic, rosemary and peppercorns and cook, stirring, for 1 minute. Transfer to slow cooker stoneware. Add broth.
4. Stir in squash and apples. Cover and cook on Low for 8 hours or on High for 4 hours, until squash is tender.
5. Preheat broiler. Working in batches, purée soup in a food processor or blender. (You can also do this in the stoneware using an immersion blender.) Ladle soup into ovenproof bowls.
6. Sprinkle with cheese and broil until cheese melts, about 2 minutes. (You can also do this in a microwave oven, in batches, on High, about 1 minute per batch.) Sprinkle with walnuts, if using.

Nutrition Information:

Calories 158, Fat 5 g, Saturated Fat 2g, Cholesterol 9 mg, Sodium 329 mg, Carbohydrate 26 g, Fiber 4 g, Protein 6 g
Exchanges: 1 Starch, 2 Vegetable, 1 Fat, 1½ Carbohydrate, ½ Meat and Alternatives.



Cranberry Pear Brown Betty

Works best in a small (3½ quart) slow cooker

- Greased slow cooker stoneware
- 2 cups dry coarse whole wheat bread crumbs
- 2 tbsp butter, melted, or extra virgin olive oil
- 6 pears, peeled, cored and sliced
- 1 tbsp freshly squeezed lemon juice
- 1 cup fresh or frozen cranberries
- ¼ cup packed brown sugar
- ½ cup cranberry cocktail (no sugar added)

1. In a bowl, combine bread crumbs and butter. Set aside.
2. In a separate bowl, combine pears, lemon juice, cranberries and brown sugar.
3. In prepared slow cooker stoneware, spread one-third of the bread crumb mixture. Layer half of the pear mixture over top. Repeat.
4. Finish with a layer of crumbs and pour cranberry cocktail over top.
5. Cover and cook on High for 4 hours, until fruit is tender and mixture is hot and bubbly.

Nutrition Information:

Calories 150, Fat 4 g, Saturated Fat 9 g, Cholesterol 8 mg, Sodium 85 mg, Carbohydrate 30 g, Fiber 4 g, Protein 2 g
Exchanges: 1 Starch, 1 Fruit, ½ Fat, 2 Carbohydrate, ½ Fat



Brown Rice Chili

Works best in a large (minimum 5 quart) slow cooker

- 1 tbsp olive oil
- 2 onions, chopped
- 4 stalks celery, chopped
- 1 cup brown rice, rinsed
- 4 cloves garlic, finely chopped
- 1 tbsp dried oregano leaves

- 1 tsp ground cumin
- ½ tsp salt
- ½ tsp cracked black peppercorns
- 1 can (28 oz) diced tomatoes, include juice
- 2 cups cooked dried or canned red kidney beans, drained and rinsed
- 2 cups lower-salt vegetable broth, divided
- 2 dried ancho, mild New Mexico or guajillo chile peppers
- ½ cup chopped cilantro stems and leaves
- 2 cups corn kernels, thawed if frozen
- 1 green bell pepper, diced
- 1 jalapeño pepper, seeded and diced, optional

1. In a skillet, heat oil over medium heat for 30 seconds.
2. Add onions and celery and cook, stirring, until celery is softened, about 5 minutes. Add rice, garlic, oregano, cumin, salt and peppercorns and cook, stirring, for 1 minute.
3. Add tomatoes with juice and bring to a boil. Transfer to slow cooker stoneware.

Moroccan-Style Lamb

with Raisins and Apricots

Makes 8 servings

Works in slow cookers from 3½ to 6 quarts

- 1 tbsp liquid honey
- 1 cup dried apricots, chopped
- ½ cup raisins
- ¼ cup finely chopped cilantro leaves
- 1 tbsp cumin seeds
- 1 tsp coriander seeds
- 2 tbsp olive oil (approx.), divided
- 2 lbs trimmed stewing lamb, cut into 1-inch cubes
- 1 onion, finely chopped
- 1 tbsp minced gingerroot
- 1 tsp grated lemon zest
- 1 tsp salt
- ½ tsp cracked black peppercorns (approx.)
- 1-inch cinnamon stick
- 1½ cup lower-salt chicken broth
- 1 tbsp freshly squeezed lemon juice

1. In a dry skillet over medium heat, toast cumin and coriander seeds, stirring, until fragrant and cumin seeds just begin to brown, about 3 minutes. Immediately transfer to a mortar or a spice grinder and grind. Set aside.
2. In same skillet, heat 1 tbsp of the oil over medium-high heat for 30 seconds. Add lamb, in batches, and cook, stirring, adding more oil as necessary, until browned, about 4 minutes per batch. Transfer to slow cooker stoneware.
3. Reduce heat to medium. Add onion to pan and cook, stirring, until soft. Add gingerroot, lemon zest, salt, peppercorns, cinnamon stick and reserved cumin and coriander and cook, stirring, for 1 minute.

4. Add beans and 1½ cups of the broth and stir well.
5. Place two clean tea towels, each folded in half (four layers) over top of stoneware. Cover and cook on Low for 8 hours or on High for 4 hours, until hot and bubbly.
6. Half an hour before recipe has finished cooking, in a heatproof bowl, soak chili peppers in boiling water for 30 minutes, weighing down with a cup to ensure they remain submerged. Drain, discarding soaking water and stems, and chop coarsely. Transfer to a blender. Add remaining broth and cilantro. Purée.
7. Add chili mixture, corn, bell pepper and jalapeño pepper, if using, to stoneware and stir well. Cover and cook on High for 30 minutes, until pepper is tender and flavors meld.

Nutrition Information: Calories 206, Fat 3 g, Saturated Fat 0.5 g, Cholesterol 0 mg, Sodium 479 mg, Carbohydrate 40 g, Fiber 8 g, Protein 8 g
Exchanges: 2½ Starch, 2 Carbohydrate, ½ Meat and Alternatives.

4. Add broth and bring to a boil. Transfer to slow cooker stoneware.
5. Stir well.
6. Cover and cook on Low for 7 to 8 hours or on High for 3 to 4 hours, until lamb is tender. Add lemon juice and honey and stir well. Stir in apricots and raisins. Cover and cook on High for 20 minutes, until fruit is warmed through. Garnish with cilantro. Discard cinnamon stick.

Nutrition Information: Calories 246, Fat 9 g, Saturated Fat 3 g, Cholesterol 65 mg, Sodium 418 mg, Carbohydrate 23 g, Fiber 2 g, Protein 21 g
Exchanges: 1½ Fruit, 3 Lean Meat, 1 Carbohydrate, 2½ Meat and Alternatives.



Vegetable Frittata

Makes 2 servings

- 4 eggs
- 1 tbsp chopped fresh parsley (or 1 tsp dried parsley)
- ½ tsp dried oregano
- ¼ tsp garlic salt (optional)
- Pinch freshly ground black pepper
- 2 tsp margarine or butter
- 2 green onions, chopped
- ½ cup chopped broccoli, asparagus or green beans
- ½ cup chopped celery

1. In a bowl, whisk together eggs, parsley, oregano, garlic salt (if using), pepper and 1 tbsp water. Set aside.
2. In a heavy skillet, melt margarine over medium heat. Sauté green onions, broccoli and celery for 4 to 5 minutes or until tender-crisp.
3. Pour egg mixture over vegetable mixture and cook for 30 seconds. Cover and cook for 2 to 3 minutes or until set. Cut frittata in half and slide out of the skillet onto warmed plates.

Per Serving: 198 calories; 5 g carbohydrate; 1 g fiber; 13 g protein; 14 g total fat (4 g sat); 372 mg cholesterol; 313 mg sodium.

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Curried Pork and Fruit

Makes 4 servings Serving size: 2/3 cup

- 2 tbsp white or cider vinegar
- ½ tsp salt
- ¼ tsp freshly ground black pepper
- 1 lb boneless lean pork shoulder or leg, cut into bite-size pieces
- 1 small clove garlic, finely chopped
- 1 tsp finely chopped gingerroot
- 1 tsp curry powder
- ¼ tsp ground cinnamon
- ¼ tsp ground cloves
- 2 tsp vegetable oil
- 1 onion, chopped
- 2 tbsp all-purpose flour
- 3 tbsp raisins
- 1 peach or orange, cut into chunks

1. In a glass bowl, combine vinegar, salt and pepper. Add pork and toss to coat.
2. In a heavy skillet, combine garlic, ginger, curry powder, cinnamon, cloves and oil. Heat over medium heat, stirring, just until mixture bubbles. Add onion and 1/3 cup water; cook, stirring, for 4 minutes.
3. Sprinkle flour over pork mixture and toss to coat. Add to skillet and cook, stirring, for about 4 minutes or until meat loses its pink color. Stir in raisins and 2/3 cup water; bring to a boil. Reduce heat to low, cover and simmer, stirring occasionally, for 35 minutes or until pork is fork-tender (do not let boil).
4. Stir in peach, cover and simmer for 10 minutes.

Per Serving: 253 calories; 14 g carbohydrate; 2 g fiber; 24 g protein; 11 g total fat (4 g sat); 71 mg cholesterol; 265 mg sodium.

Beef Steak with Herb Garnish

Makes 4 servings

- 1 small clove garlic, very finely chopped
- 2 tbsp finely chopped green onion
- 2 tbsp finely chopped fresh parsley
- ¼ tsp salt
- Pinch freshly ground black pepper
- 2 tbsp freshly squeezed lemon juice
- 2 tsp vegetable oil
- Vegetable cooking spray
- 1¼ lbs boneless beef tenderloin (filet) or sirloin steak(s), about 1 inch thick

1. In a glass bowl, combine garlic, green onion, parsley, salt, pepper, lemon juice and oil; let stand at room temperature for at least 2 hours or for up to 8 hours.
2. Heat a heavy skillet over medium-high heat and spray with cooking spray. Add steak(s) and fry, turning once, for about 5 minutes for medium-rare, or to desired doneness. Transfer to a platter and let stand for 5 minutes.
3. Spoon herb garnish over each serving.

Per Serving: 224 calories; 1 g carbohydrate; 0 g fiber; 29 g protein; 10 g total fat (4 g sat); 69 mg cholesterol; 209 mg sodium.



Santa Fe Salad

This flavorful and colorful salad includes corn, beans and chicken, and is inspired by Mexican-American cuisine. It is served with tortilla chips and Banana Bread (recipe on next page).

Makes 4 servings

- | | |
|---|---|
| 12- oz can of corn | 1/2 head of lettuce, torn into bite-size pieces |
| 19- ounce can of black beans, rinsed in cold water and drained well | 1/2 cup shredded or grated cheese |
| 1 tbsp finely chopped fresh cilantro or parsley | 3 tbsp light coleslaw dressing |
| 2-3 green onions, chopped | 10 oz chicken breasts or thighs, boneless and skin removed, sliced into thin pieces |
| 1 red pepper, cut into thin 1-inch slices | 2 tbsp hickory smoke barbecue sauce |

1. In a large bowl, gently toss corn, black beans, cilantro, green onions, red pepper, lettuce and cheese. Mix in the coleslaw dressing. Divide salad onto four dinner plates (or large salad bowls).
2. Over medium heat, cook the chicken pieces in a nonstick pan with about 2 tablespoons (25 mL) of water. When the chicken is no longer pink inside, add the barbecue sauce. Reduce the heat and simmer for a couple of minutes.
3. Divide the chicken between the four plates, placing on top of the salad.

Per Serving: 348 calories; 8 g fat (4 g sat); 60 mg cholesterol; 43 g carbohydrate; 29 g protein; 9 g fiber; 860 mg sodium.



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Banana Bread

Banana Bread is a heart-warming accompaniment to the Santa Fe Salad. It serves as a starch and a sweet dessert.

Makes 12 slices

- | |
|-----------------------------------|
| 2 1/4 cups flour |
| 1 tbsp baking powder |
| 1/2 tsp salt |
| 1/2 tsp nutmeg |
| 2 tbsp margarine or butter |
| 1/2 cup sugar |
| 1 large egg |
| 1/4 cup skim milk |
| 3 small bananas |
| 1/2 cup raisins |
| 1/4 cup chopped walnuts or pecans |

1. Mix flour with baking powder, salt and nutmeg in a medium bowl.
2. In a large bowl, cream margarine and sugar with a wooden spoon. Beat in the egg and milk until smooth.
3. In a small bowl, mash the bananas with a fork.
4. Add mashed bananas and the flour mixture to the large bowl, and stir together. Then add the nuts and raisins.
5. Scrape into a lightly greased 9- by 5-inch loaf pan and bake for 1 hour at 350°F, until a knife inserted in the center comes out clean. Let cool in the pan, then remove and cut into 12 slices.

For a lower-carbohydrate alternative to this meal, add a few extra pieces of chicken to your salad and skip the banana bread

Per Slice: 204 calories; 4 g fat (1 g sat); 16 mg cholesterol; 39 g carbohydrate; 4 g protein; 2 g fiber; 197 mg sodium.

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Grilled Rosemary-Salmon Spedini

Makes 6 servings, 2 skewers each.

Active Time: 30 minutes Total: 30 minutes

- 2 teaspoons minced fresh rosemary
- 2 teaspoons extra-virgin olive oil
- 2 cloves garlic, minced
- 1 teaspoon freshly grated lemon zest
- 1 teaspoon lemon juice
- ½ teaspoon kosher salt
- ¼ teaspoon freshly ground pepper
- 1 pound center-cut salmon fillet, skinned and cut into 1-inch cubes
- 1 pint cherry tomatoes

1. Preheat grill to medium-high. **2.** Combine rosemary, oil, garlic, lemon zest, lemon juice, salt and pepper in a medium bowl. Add salmon; toss to coat. Alternating the salmon and tomatoes, divide among eight 12-inch skewers. **3.** Oil the grill rack. Grill the spedini, carefully turning once, until the salmon is cooked through, 4 to 6 minutes total. Serve immediately.

Per Serving: 246 calories; 15 g fat (3 g sat, 6 g mono); 67 mg cholesterol; 4 g carbohydrate; 23 g protein; 1 g fiber; 211 mg sodium; 598 mg potassium.



Grilled Rosemary-Salmon Spedini and Golden Chicken with Spicy Refried Beans recipes adapted from *The EatingWell Diet: 7 Steps to a Healthy, Trimmer You* by Dr. Jean Harvey-Berino, Ph.D., R.D., © 2007 by EatingWell, Inc.

Asian Tofu Salad recipe adapted from *EatingWell Healthy in a Hurry Cookbook* by Jim Romanoff and the editors of EatingWell magazine, © 2006 by EatingWell, Inc.

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Golden Chicken with Spicy Refried Beans

Makes 6 servings.

Active Time: 35 minutes Total: 35 minutes

- | | | | |
|---|--------------------------------|---|---|
| 2 | teaspoons ground cumin | 1 | jalapeño pepper, chopped |
| 2 | teaspoons ground coriander | 2 | 15-ounce cans white beans, rinsed |
| ¼ | teaspoon freshly ground pepper | ¾ | cup canned diced tomatoes with green chiles or tomato salsa |
| ¼ | teaspoon kosher salt | ¼ | cup shredded Monterey Jack or Cheddar cheese, as garnish |
| 1 | pound chicken tenders | | |
| 3 | teaspoons canola oil, divided | | |
| 1 | small onion, chopped | | |

1. Combine cumin, coriander, pepper and salt in a medium bowl. Add chicken and toss to coat. **2.** Heat 2 teaspoons oil in a large nonstick skillet over medium-high heat. Add the chicken and sauté until golden brown and just cooked through, 2 to 4 minutes per side. Transfer to a plate and cover to keep warm. **3.** Reduce heat to medium and add the remaining 1 teaspoon oil to the pan. Add onion and jalapeño and cook until beginning to soften, 1 to 2 minutes. Add beans, tomatoes (or salsa) and any accumulated juices from the chicken; cook, stirring often, until heated through, about 3 minutes. Transfer the bean mixture to a medium bowl and mash with a potato masher until creamy but still slightly chunky. Serve with the chicken.

Per Serving: 224 calories; 5 g fat (1 g sat, 2 g mono); 48 mg cholesterol; 26 g carbohydrate; 26 g protein; 8 g fiber; 692 mg sodium; 439 mg potassium.



Asian Tofu Salad

Makes 4 servings.

Active Time: 25 minutes Total: 25 minutes



- | | | | |
|---|------------------------------------|---|--|
| 3 | tablespoons canola oil | 1 | 14-ounce package extra-firm, water-packed tofu, rinsed, patted dry and cut into 1-inch cubes |
| 2 | tablespoons rice vinegar | 8 | cups mixed salad greens |
| 1 | tablespoon honey | 2 | medium carrots, peeled, halved lengthwise and sliced |
| 2 | teaspoons reduced-sodium soy sauce | 1 | large cucumber, chopped |
| 1 | teaspoon toasted sesame oil | | |
| 1 | teaspoon minced fresh ginger | | |
| ½ | teaspoon salt | | |

1. Whisk canola oil, vinegar, honey, soy sauce, sesame oil, ginger and salt in a bowl. **2.** Place tofu and 2 tablespoons of the dressing in a large nonstick skillet. Cook over medium-high heat, turning every 2 to 3 minutes, until golden brown, 12 to 15 minutes total. Remove from the heat, add 1 tablespoon of the dressing to the pan and stir to coat. **3.** Toss greens, carrots and cucumber with the remaining dressing. Serve immediately, topped with the warm tofu.

Per Serving: 237 calories; 16 g fat (2 g sat, 8 g mono); 0 mg cholesterol; 16 g carbohydrate; 11 g protein; 5 g fiber; 454 mg sodium.

Recipes adapted from *1,001 Delicious Recipes for People with Diabetes* Second Edition. Published by Surrey Books.

Mushrooms Stuffed With Orzo

Enjoy flavor accents of tangy goat cheese and a trio of fresh herbs.

Yield: 4 Servings (3 mushrooms each)

- | | |
|---|--|
| 12 large mushrooms, stems removed and chopped | 1/2 teaspoon finely chopped fresh or 1/8 teaspoon dried thyme leaves |
| 1 tablespoon each: finely chopped shallot, garlic, fresh basil leaves | 1/4 cup (2 ounces) orzo, cooked |
| 2 teaspoons finely chopped fresh or 1/2 teaspoon dried oregano leaves | 1 tablespoon goat cheese or reduced-fat cream cheese |

Sauté chopped mushroom stems, shallot, garlic and herbs in lightly greased medium skillet until tender, about 6 minutes. Stir in orzo and goat cheese. Spoon filling into mushroom caps and place in 13 x 9-inch baking pan. Bake at 350 degrees, covered with aluminum foil, until mushrooms are tender, about 15 minutes.

Per serving:

86 Calories, 24% of calories from fat, 3 gm Fat, 1 gm Saturated fat, 3 mg Cholesterol, 18 mg Sodium, 5 gm Protein, 13 gm Carbohydrate

Exchanges

Vegetable: 1, Bread: 0.5, Fat: 0.5



Creamed Corn Soup

For a flavor accent, garnish bowls of soup generously with finely chopped cilantro or parsley.

Yield: 4 first-course servings (about 1 cup each)

- | | |
|--|--|
| 1/2 cup chopped onion | 1/8 teaspoon cayenne pepper |
| 1 medium Idaho potato, peeled, cubed | 2 cans (14 1/2 ounces each) vegetable or chicken broth |
| 2 cloves garlic, minced | 1 cup fat-free milk |
| 1 can (15 1/2 ounces) whole kernel corn, drained | 2 medium tomatoes, seeded, chopped |
| 3 tablespoons flour | Salt and pepper, to taste |
| 1/2 teaspoon ground coriander | |

1. Sauté onion, potato, and garlic in lightly greased saucepan until onion is tender, about 5 minutes. Stir in corn, flour, coriander, and cayenne pepper; cook 1 minute longer. Stir in broth and heat to boiling; reduce heat and simmer, covered, until potato is tender, about 10 minutes.

2. Process soup in food processor or blender until almost smooth; return to saucepan; stir in milk and tomatoes and heat to boiling. Reduce heat and simmer, uncovered, 5 minutes. Season to taste with salt and pepper.

Per serving:

238 Calories, 8% of calories from fat, 2 gm Fat, 0 gm Saturated fat, 1 mg Cholesterol, 443 mg Sodium, 8 gm Protein, 46 gm Carbohydrate

Exchanges

Vegetables: 3, Bread: 2, Fat: 0.5

Pepper Steak

Perfect for buffet-style entertaining.

Yield: 6 servings

- | | |
|---|--------------------------------------|
| 3 cups thickly sliced bell peppers | 1 tablespoon tomato paste |
| 2 1/2 cups sliced onions | 1/2 teaspoon dried Italian seasoning |
| 4 cloves garlic, minced | 1 1/2 cups halved cherry tomatoes |
| 1 pound beef eye of round or sirloin, fat trimmed, cut into strips (3 x 1/4-inch) | 1-2 tablespoons Worcestershire sauce |
| 3 tablespoons flour | Salt and pepper, to taste |
| 2 cups reduced-sodium beef broth, divided | 4 cups cooked noodles, warm |

1. Sauté bell peppers in lightly greased Dutch oven until tender, about 5 minutes; remove from pan and reserve. Add onions and garlic to skillet; sauté until tender, 5 to 8 minutes. Add beef to pan and cook over medium heat until lightly browned, about 5 minutes, stirring frequently. Stir in flour and cook 1 minute.

2. Add broth, tomato paste, and Italian seasoning; heat to boiling. Reduce heat and simmer, covered, until beef is tender, about 45 minutes, adding tomatoes and reserved peppers during last 10 minutes. Season to taste with Worcestershire sauce, salt, and pepper. Serve with noodles.

Variation: Sweet-Sour Pepper Steak – Make recipe as above, substituting 1 1/2 cups snow peas for half the bell peppers and reduced-sodium soy sauce for the Worcestershire sauce. Stir in 1/4 cup apricot preserves, 1/2 cup sliced water chestnuts, and 2 to 3 teaspoons cider vinegar at the end of cooking time. Serve over rice.

Per serving:

383 Calories, 13% of calories from fat, 6 gm Fat, 1 gm Saturated fat, 43 mg Cholesterol, 127 mg Sodium, 29 gm Protein, 56 gm Carbohydrate

Exchanges

Vegetable: 3, Bread: 2.5, Meat: 2.5



Cinnamon Bread Pudding

For best texture, use day-old firm bread, such as French, Italian, or Vienna. Or, try sourdough bread, which lends a robust flavor.

Yield: 8 servings

- | | |
|---|--|
| 2 cups fat-free milk | 1/8 teaspoon ground cloves |
| 4 tablespoons margarine or butter, cut into pieces | 3 dashes ground nutmeg |
| 2 eggs | 1/4 teaspoon salt |
| 3 1/2 teaspoons Equal® for Recipes or 12 packets Equal® sweetener | 6 cups day-old French or Italian bread, cubed (3/4-inch) |
| 1 1/2 teaspoons ground cinnamon | |

1. Heat milk and margarine to simmering in medium saucepan; remove from heat and stir until margarine is melted. Cool 10 minutes. Beat eggs in large bowl until foamy; mix in Equal® for Recipes, spices, and salt. Mix in milk mixture and bread.

2. Spoon mixture into ungreased 1 1/2-quart casserole. Place casserole in roasting pan on middle oven rack; pour 1 inch hot water into pan. Bake, uncovered, at 350 degrees until pudding is set and sharp knife inserted halfway between center and edge comes out clean, 40 to 45 minutes.

Per serving:

153 Calories, 43% of calories from fat, 7 gm Fat, 2 gm Saturated fat, 28 mg Cholesterol, 308 mg Sodium, 7 gm Protein, 15 gm Carbohydrate

Exchanges

Bread: 1, Meat: 0.5, Fat: 1



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Soft Pretzels

To achieve their typical dense, chewy texture, pretzels are cooked in boiling water before baking.

Yield: 12 pretzels (1 each)

- | | |
|--|--|
| 1 package active dry yeast | 2 quarts water |
| ½ cup warm water (110-115 degrees) | 1 tablespoon baking soda |
| 1 tablespoon sugar | 1 egg, lightly beaten |
| 1 cup fat-free milk, heated to simmering, cooled | 1 tablespoon cold water |
| 2-4 cups all-purpose flour, divided | <i>Toppings: poppy seeds, sesame seeds, coarse salt, herbs, dried onion flakes, etc.</i> |
| 1 teaspoon salt | |

- Mix yeast, warm water, and sugar in large bowl; let stand 5 minutes. Add milk, 2 cups flour, and salt, beating until smooth. Mix in enough remaining 2 cups flour to make smooth dough. Knead dough on floured surface until smooth and elastic, about 5 minutes. Place in greased bowl; let rise, covered, in warm place until double in size, 45 to 60 minutes. Punch dough down.
- Roll dough on floured surface to rectangle 16 x 12 inches. Cut dough lengthwise into 12 strips, 1 inch wide. Roll one strip dough with palms of hands into "rope." 18 to inches long. Form loop, holding ends of "rope" and twisting 2 times. Bring ends of "rope" down and fasten at opposite sides of loop to form pretzel shape. Repeat with remaining dough, transferring pretzels to floured surface. Let pretzels stand, lightly covered, 30 minutes (they may not double in size).
- Heat 2 quarts water to boiling in large saucepan; stir in baking soda. Transfer pretzels, a few at a time, into boiling water; boil until dough feels firm, about 1 minute. Remove pretzels from boiling water with slotted spoon, draining well. Place on generously greased foil-lined cookie sheets. Brush pretzels with combined egg and cold water; sprinkle with desired toppings. Bake at 400 degrees until golden, 18 to 20 minutes. Cool on wire racks.

Per serving:
152 Calories, 5% of calories from fat, 1 gm Fat, 0 gm Saturated fat, 18 mg Cholesterol, 509 mg Sodium, 5 gm Protein, 30 gm Carbohydrate

Exchanges: 2 Bread

Carrot-Raisin Salad

Always a popular salad – a small can of drained pineapple tidbits can be added.

- Yield:** 6 servings
- 2½ cups shredded carrots
 - ¾ cup chopped celery
 - ⅓ cup each: raisins, coarsely chopped walnuts
 - ¾ cup fat-free mayonnaise
 - ½ teaspoon Dijon mustard
 - 1-2 teaspoons sugar
 - ⅛ teaspoon salt

Combine carrots, celery, raisins, and walnuts in bowl; mix in combined remaining ingredients.

Per serving:
115 Calories, 30% of calories from fat, 4 gm Fat, 0 gm Saturated fat, 0 mg Cholesterol, 460 mg Sodium, 3 gm Protein, 19 gm Carbohydrate

Exchanges:
2 Vegetable, ½ Fruit, 1 Fat



Roasted Summer Vegetables with Pasta

For attractive serving, the pasta can be shaped into small nests to contain the medley of roasted vegetables.

Yield: 8 servings

- | | |
|---|--|
| 1 medium eggplant, peeled, cubed (1-inch) | 2 tablespoons balsamic or red wine vinegar |
| 1 cup each: sliced zucchini, red or green bell pepper, red onion wedges | 1 teaspoon lemon juice |
| Olive oil cooking spray | 3 cloves garlic, minced |
| 2 teaspoons crushed caraway seeds | ¼ teaspoon each: salt, pepper |
| 3 tablespoons olive oil | 16 ounces linguine, cooked, warm |

- Arrange vegetables in single layer on greased foil-lined jelly roll pan; spray with cooking spray and sprinkle with caraway seeds.
- Roast at 425 degrees until vegetables are browned and tender, 30 to 40 minutes. Combine remaining ingredients, except pasta; drizzle over vegetables and toss. Serve with pasta.
- 45-minute preparation tip: cook pasta while vegetables are roasting.

Per serving:
275 Calories, 21% of calories from fat, 6 gm Fat, 1 gm Saturated fat, 0 mg Cholesterol, 258 mg Sodium, 17 gm Protein, 38 gm Carbohydrate

Exchanges:
1 Vegetable, 2 Bread, 2 Meat



French Toasted Cherry-Cheese Sandwiches

Crisp on the outside, melty on the inside, with a tart flavor accent of cherry

Yield: 2 Servings

- | | |
|--|------------------------------|
| 2 eggs | 4 slices whole wheat bread |
| ½ cup fat-free milk | ¼ cup chopped dried cherries |
| ¼ cup dry white wine or fat-free milk | |
| 4 ounces sliced reduced-fat Swiss cheese | |

- Beat eggs, milk, and wine in pie plate. Arrange cheese on 2 slices bread and sprinkle with dried cherries; top with remaining bread.
- Dip both sides of sandwiches in egg mixture; cook over medium-low heat in lightly greased skillet until browned, about 5 minutes on each side.

Per serving:
406 Calories, 23% of calories from fat, 10 gm Fat, 4 gm Saturated fat, 233 mg Cholesterol, 512 mg Sodium, 31 gm Protein, 45 gm Carbohydrate

Exchanges:
1 Fruit, 2 Bread, 3 Meat, ½ Fat

Variation: French toasted Swiss-Mushroom. Make recipe as above, spreading 2 bread slices with Dijon mustard and substituting reduced-fat Cheddar cheese for the Swiss cheese and 1/3 cup chopped mushrooms for the cherries.

Recipes adapted from *1,001 Delicious Recipes for People with Diabetes* Second Edition. Published by Surrey Books.

Recipes adapted from *1,001 Delicious Recipes for People with Diabetes* Second Edition. Published by Surrey Books.

Spinach and Cheese Mini-Quiches

Tiny fillo shells are delicious and wonderfully crisp. You can also make small pastries in mini-muffin cups using a favorite pie pastry.

Yield: 1½ dozen (1 per serving)

- | | |
|--|---|
| ¼ cups fat-free cottage cheese | ½ teaspoon each: dried oregano and thyme leaves |
| ¼ cup grated fat-free Parmesan cheese | Salt and white pepper, to taste |
| 2 tablespoons each: fat-free milk, flour | 2 eggs |
| ½ cup finely chopped fresh spinach | 1½ dozen frozen mini-fillo shells, thawed |

Mix cheeses, milk, flour, spinach and herbs; season to taste with salt and pepper. Stir in eggs. Spoon mixture into fillo shells on cookie sheet or in mini-muffin tins. Bake at 325 degrees until puffed and beginning to brown on the tops, about 20 minutes.

Per mini-Quiche:

48 Calories, 30% of calories from fat, 2 gm Fat, 0 gm Saturated fat, 24 mg Cholesterol, 61 mg Sodium, 4 gm Protein, 4 gm Carbohydrate

Exchanges

0.5 Bread, 0.5 Fat



Tortellini and Mushroom Soup

Porcini mushrooms, a Tuscan delicacy found fresh in the fall, are available in dried form year round. Porcini impart a wonderful earthy flavor to recipes. Other dried mushrooms can be substituted for a similar flavor.

Yield: 6 first-course servings (about 1 cup each)

- | | |
|---|---|
| 2 ounces dried porcini mushrooms | 2 cans (14½ ounces each) reduced-sodium beef broth |
| Hot water | ¼ cup dry sherry (optional) |
| 8 ounces fresh white mushrooms, sliced | 1 package (9 ounces) fresh tomato-and-cheese tortellini |
| 2 tablespoons finely chopped shallots or green onions | Salt and pepper, to taste |
| 2 cloves garlic, minced | |
| ½ teaspoon dried tarragon or thyme leaves | |

1. Place dried mushrooms in bowl; pour hot water over to cover. Let stand until mushrooms are soft, about 15 minutes; drain. Slice mushrooms, discarding any tough parts.

2. Sauté dried and white mushrooms, shallots, garlic, and tarragon in lightly greased saucepan until mushrooms are tender, about 5 minutes. Add broth and sherry and heat to boiling; add tortellini, salt, and pepper. Reduce heat and simmer, uncovered, until tortellini are al dente, about 5 minutes; season to taste with salt and pepper.

Per serving:

110 Calories, 16% of calories from fat, 2 gm Fat, 0 gm Saturated fat, 4 mg Cholesterol, 184 mg Sodium, 5 gm Protein, 17 gm Carbohydrate

Exchanges

1.0 Vegetable, 1.0 Bread, 0.5 Fat



Orange Chicken and Vegetables

Both orange juice and zest are used to accent this flavorful dish.

Yield: 6 servings

- | | |
|--|--------------------------------|
| 6 boneless, skinless chicken breast halves (4 ounces each) | 1-inch piece cinnamon stick |
| 1 cup each: cubed potatoes, sliced | 3 medium tomatoes, chopped |
| carrots, onion | 1½ cups orange juice |
| 2 cloves garlic, chopped | 2 teaspoons grated orange zest |
| ½ teaspoon each: dried marjoram and thyme leaves | salt and pepper, to taste |

1. Sauté chicken in lightly greased large skillet until browned, about 5 minutes on each side; arrange in 12 x 8-inch baking dish with potatoes and carrots. Add onion, garlic, herbs and cinnamon stick to skillet; sauté until onion is tender, about 5 minutes; add flour and cook 1 minute. Add tomatoes, orange juice, and zest; heat to boiling.

2. Reduce heat and simmer, uncovered, 5 minutes; season to taste with salt and pepper. Pour over chicken and vegetables in baking dish. Bake, covered, at 350 degrees until chicken is tender, about 30 minutes.

Per serving:

318 Calories, 10% of calories from fat, 4 gm Fat, 1 gm Saturated fat, 69 mg Cholesterol, 87 mg Sodium, 29 gm Protein, 42 gm Carbohydrate

Exchanges

2.0 Vegetable, 0.5 Fruit, 1.5 Bread, 2.5 Meat



Hot Fudge Pudding Cake

For the ultimate treat serve warm, topped with scoops of sugar-free ice cream or frozen yogurt.

Yield: 6 servings

- | | |
|--|-----------------------------|
| 1 cup all-purpose flour | ¼ teaspoon salt |
| ½ cup packed light brown sugar | ½ cup fat-free milk |
| 6 tablespoons Dutch process cocoa, divided | 2 tablespoons vegetable oil |
| 1½ teaspoons baking powder | 1 teaspoon vanilla |
| | ⅓ cup granulated sugar |
| | 1½ cups boiling water |

1. Combine flour, brown sugar, 3 tablespoons cocoa, baking powder and salt in medium bowl. Add combined milk, oil, and vanilla to flour mixture, mixing well. Spoon batter into greased 8- or 9-inch square baking pan; sprinkle with combined remaining 3 tablespoons cocoa and granulated sugar. Pour boiling water over batter; do not stir.

2. Bake at 350 degrees until cake springs back when touched, about 30 minutes. Cool on wire rack 5 to 10 minutes; serve warm.

Per serving:

259 Calories, 18% of calories from fat, 5 gm Fat, 1 gm Saturated fat, 0 mg Cholesterol, 240 mg Sodium, 4 gm Protein, 49 gm Carbohydrate

Exchanges

3.0 Bread, 1.0 Fat

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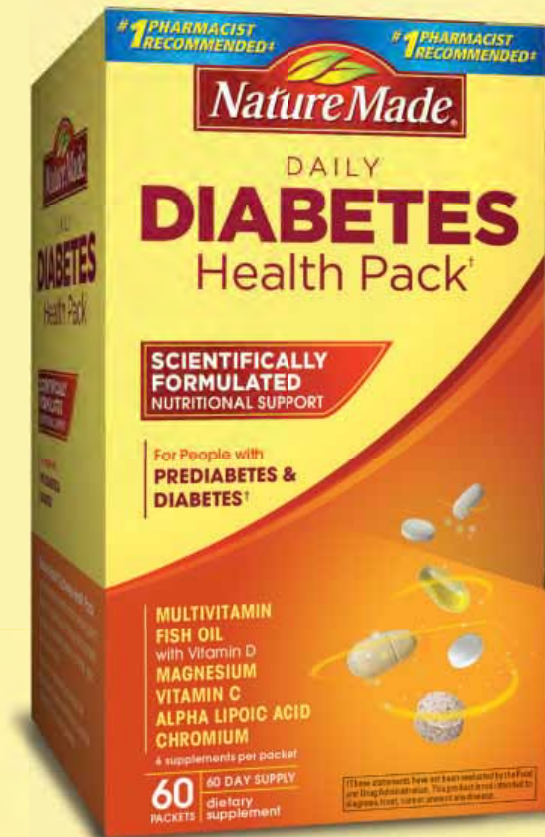


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Recipes adapted from *Light & Easy Diabetes Cuisine* written by Betty Marks. Published by Surrey Books.



Rosemary Pork Chops

- Serves: 4
- Cooking time: 15 minutes
- Preparation time: 5 minutes
- 4 pork loin chops, about 1/2 inch thick
- 1/4 teaspoon pepper
- 2 shallots, chopped
- 1/2 cup dry sherry
- 1 teaspoon dried rosemary, crumbled

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

Per Serving: 245 Calories, 77mg Cholesterol, 2g Carb, 23g Protein, 65mg Sodium, 12g Fat (4g Sat, 1g Poly, 5g Mono)
Exchanges: 3 meat



Tarragon Salmon Broil

- Serves: 4
- Cooking time: 6 to 8 minutes
- Preparation time: 5 minutes
- 4 salmon steaks, about 1 inch thick
- Salt and pepper to taste
- 1 teaspoon dried leaf tarragon, crushed
- 4 lemon slices

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

Per Serving: 184 Calories, 75mg Cholesterol, 1g Carb, 23g Protein, 114mg Sodium, 9g Fat (2g Sat, 2g Poly, 5g Mono)
Exchanges: 3 low-fat meat



Gingered Carrots

- Serves: 4
- Cooking time: 15 minutes
- Preparation time: 10 minutes
- 3/4 pound fresh carrots
- 1/2 cup Chicken Broth
- Dash onion powder
- 2 tablespoons fresh lemon juice
- 1/2 teaspoon ground ginger
- 1 tablespoon chopped fresh parsley
- 1 tablespoon whipped butter

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

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

Healthy Diabetes Cuisine



Grilled Mustard Turkey Cutlets

Serves: 4
Cooking time: 6 minutes
Preparation time: 5 minutes

- 1 pound turkey breast cutlet, 1/4-inch thick
- 2 tablespoons Dijon-style mustard
- 2 tablespoons no-cholesterol, reduced-calorie mayonnaise
- 1 teaspoon fresh lemon juice
- 2 tablespoons chopped fresh parsley
- Pepper to taste
- Paprika

Preheat broiler. Coat broiler pan with non-stick cooking spray. Rinse turkey and pat dry. Mix together mustard, mayonnaise and lemon juice in a small bowl. Coat one side of turkey with half of the mustard mixture. Broil about 4 inches from heat source 5 minutes. Turn and coat other side of turkey with mustard mixture and sprinkle with pepper and paprika. Broil 1 minute or until top is browned. Garnish with chopped parsley

Per Serving:	Exchanges:
150 Calories	3 low-fat meat
75 mg Cholesterol	
2 g Carbohydrate	
26 g Protein	
193 mg Sodium,	
3 g Fat (0.6 g Sat, 1.5 g Poly, 0.8 g Mono)	

Rutabaga Puree

Serves: 6
Cooking time: 30 minutes
Preparation time: 15 minutes

- 1 rutabaga (about 1 lb.) or 1 pound turnips
- 1 medium-size sweet potato
- 1/4 teaspoon red cayenne pepper
- 1/2 teaspoon freshly grated nutmeg
- 1/4 cup non-fat dry milk powder
- 3 tablespoons chopped fresh parsley

Peel and dice rutabaga and sweet potato; place in a sauce-pan. Cover with water and bring to a boil. Cover and simmer 30 minutes, until tender. Drain, reserving a little bit of water. Place vegetables in a blender or a food processor and blend to a puree. Add cayenne, nutmeg and dry milk; process to blend. Rewarm in saucepan with some of reserved water if necessary. Garnish with parsley and serve.

Per Serving:	Exchanges:
55 Calories	1 vegetable,
16 mg Cholesterol	1/2 starch/bread
12 g Carbohydrate	
2 g Protein	
32 mg Sodium	
0 g Fat	

Spicy Collard Greens



Serves: 4
Cooking time: 30 minutes
Preparation time: 10 minutes

- 1 pound collard greens
- 2 cups vegetable stock or chicken broth
- 3 to 4 leaves fresh basil or 1/2 teaspoon dried leaf basil
- 2 teaspoons virgin olive oil
- 3/4 cup chopped onion
- 2 garlic cloves, minced
- 1 tablespoon grated ginger root
- 1 teaspoon chopped jalapeno pepper
- 1/4 teaspoon sesame oil
- Pepper to taste
- 1 teaspoon sesame seeds

Rinse greens well in tepid water and slice in thin strips. Place in a saucepan with the stock and basil; cover and cook about 30 minutes, until greens are tender. Heat oil in a non-stick skillet and sauté onion and garlic; stir in ginger root and jalapeno pepper. Add collards and stir until liquid is nearly evaporated. Add sesame oil and pepper to taste; stir. Sprinkle with sesame seeds.



Per Serving:	Exchanges:
56 Calories	1 vegetable,
0 mg Cholesterol	1/2 fat
7 g Carbohydrate	
2 g Protein	
28 mg Sodium	
3 g Fat (0.4 g Sat, 0.5 g Poly, 1.7 g Mono)	

Peach Melba

Serves: 4
Cooking time: 2 minutes
Preparation time: 15 minutes

- 4 large ripe peaches
- 1 cup plus 2 tablespoons raspberries
- 1/2 cup part-skim ricotta cheese
- 2 tablespoons non-fat dry milk powder plus water to make 1/4 cup
- 1 tablespoon unsweetened grape juice

Blanch peaches by dropping them in boiling water for 30 seconds. Remove, run under cold water and peel off skins. Cut in half, discard pits and place 2 peach halves on each of 4 individual dessert dishes. Puree raspberries with remaining ingredients, reserving 2 tablespoons of berries for garnish. Spoon puree over peaches, top with berries and serve cold.



Per Serving:	Exchanges:
112 Calories	1 fruit, 1 meat
10 mg Cholesterol	
18 g Carbohydrate	
5 g Protein	
50 mg sodium	
2.7 g Fat (1.5 g Sat 0.2 g Poly 0.8 g Mono)	

Brownies

instructions

Preheat oven to 350°F. Line an 8-in. square baking pan with baking paper. With an electric mixer on a high setting, beat the eggs, slowly adding the oil and sugar substitute until the mixture gets thick. Sift the flours with the baking powder, baking soda and salt. Add the chopped nuts and nut flour. Mix the coffee, cocoa and vanilla extract. Mixing by hand with a wooden spoon, add the flour and coffee mixtures, alternating between the two. Pour into the prepared pan and bake for 25–30 minutes. When the top is just firm to the touch, remove from the oven. Do not use the toothpick test for doneness. This cake should come out very moist. Place on a grate to cool. Cover and refrigerate. When cold, using a serrated knife, cut into 12 equal squares. Store in an airtight container or freeze.

Yield:
12 servings



ingredients

- 2 eggs plus 1 egg white
- 1/3 cup walnut oil
- sugar substitute equal to 3/4 cup sugar
- 1/4 cup all-purpose flour
- 1/4 cup soy or whole wheat flour
- 1 teaspoon baking powder
- 1/2 teaspoon baking soda
- dash of salt
- 1/4 cup chopped nuts
- 1/4 cup almond flour or finely ground almonds
- 1/2 cup strong coffee
- 1/2 cup unsweetened dark cocoa
- 1 teaspoon vanilla extract

nutrition facts

Serving size: 1 brownie.
Calories 110, Protein 5 g, Carbs 5 g, Fat 8 g, Sat. Fat 1 g,
Cholesterol 36 mg, Sodium 96 mg, Calcium 24 mg, Fiber 2 g
Exchanges: Starch 1/4 Protein 1 Fat 1/2

Chewy Nut Treats

Yield: Approx. 10

Soy nuts and almonds are heart healthy.

ingredients

- 2 teaspoons peanut butter, melted
- 1 teaspoon margarine, melted
- 2 small squares sugar-free, bittersweet chocolate
- 1 teaspoon dark cocoa
- 1/2 teaspoon vanilla extract
- 1/2 cup roasted slivered almonds, coarsely chopped
- 1/4 cup roasted, salted soy nuts

nutrition facts

Serving Size:
1 ball
Calories 71
Protein 3 g
Carbs 3 g
Fat 5 g
Sat. Fat 1 g
Cholesterol 0 mg
Sodium 18 mg
Calcium 25 mg
Fiber 1 g
Exchanges:
Fat 1 Starch 1/4

In a small glass heat-proof bowl, melt peanut butter, margarine and chocolate in a microwave for 30-60 seconds. Mix in cocoa and vanilla. Add the nuts. Mix all together and form small balls. Put into mini-cupcake holders. Keep refrigerated or frozen.

Recipes from *Enlited Kosher Cooking* by Nechama Cohen of the Jewish Diabetes Association • Published by Feldheim Publishers

Apricot Bars

Yield:
12 servings

nutrition facts

Serving size:
1 bar
Calories 76
Protein 3 g
Carbs 8 g
Fat 3 g
Sat. Fat 0 g
Cholesterol 30 mg
Sodium 127 mg
Calcium 11 mg
Fiber 0 g
Exchanges: Starch 1/2
Protein 1/2 Fat 1/2

Preheat oven to 350°F. Line a long loaf pan with baking paper. Place boiling water and apricot jam in a glass dish. Cover with a plate or piece of foil. Let stand for 2 minutes. If the mixture does not blend easily, microwave for 30 seconds and mix with a wire whisk or fork and cool. Sift the flours, cinnamon, baking powder and baking soda. Mix the tea with the lemon rind and vanilla. In a mixer on a high setting, beat the egg, slowly adding the oil and sugar substitute. Beat until the mixture thickens. Add the apricot mixture, mixing by hand with a wooden spoon. Add the tea and flours, alternating between the two.

Continue mixing until blended. Spread in the pan and bake until the cake starts to turn brown and the sides begin to pull away, 20-30 minutes. Cool and garnish. Keep refrigerated or freeze. To prepare the glaze, place sugar substitute in a cup or small bowl. Slowly add water, lemon juice and vanilla extract a few drops at a time, mixing while you add, until the mixture is thick. Spoon or brush over the sliced bars. Sprinkle with nuts and freeze. Garnish: 1/2 cup chopped walnuts (optional)

- | | | |
|---|--|---|
| 3 tablespoons sugar-free apricot jam | 1/2 teaspoon baking powder | canola oil |
| 3 tablespoons boiling water | 1/4 teaspoon baking soda | sugar substitute equal to 3/4 cup sugar |
| 1/3 cup all-purpose flour | 1/4 cup fruit-flavored tea, cooled | Glaze (optional): |
| 1/4 cup soy or whole-wheat flour | 1 tablespoon grated lemon rind (only the yellow) | sugar substitute equal to 3 tablespoons sugar water |
| 1/4 cup almond flour or finely ground almonds | 1 teaspoon vanilla extract | lemon juice |
| 3/4 teaspoon cinnamon | 1 egg | vanilla extract |
| | 1/4 cup walnut or | |

instructions

Peanut Butter Chocolate Chip Cookies

Yield: Approx. 20

ingredients

- 1 cup natural, unsweetened peanut butter
- 2 tablespoons light margarine
- 1 egg plus 1 egg white
- sugar substitute equal to 3/4 cup sugar
- 1/4 cup soy or regular flour
- 1/4 cup oat flour
- 1/8 cup whole wheat flour
- 1 teaspoon baking soda
- 1 teaspoon vanilla extract
- 4 tablespoons sugar-free mini chocolate chips
- 3 tablespoons sugar-free peanut butter chips

Parent's Note: Cooking can be a fun learning experience for your child, but adult supervision is key to cooking or baking with kids. Please make sure that these recipes are prepared together.

nutrition facts

Serving size: 1 cookie. Calories 76, Protein 4 g, Carbs 5 g, Fat 4 g, Sat. Fat 1 g, Cholesterol 0 mg, Sodium 95 mg, Calcium 14 mg, Fiber 1 g. Exchanges: Starch 1/4, Protein 1

instructions

Preheat the oven to 375°F. Using a mixer on a medium setting, mix the peanut butter, margarine, sugar substitute and eggs until fluffy. Add the flours, baking soda and extract and combine well. Using a wooden spoon, mix in the chocolate chips by hand. Refrigerate for at least 30 minutes. Line a cookie sheet with baking paper. Using 2 moistened spoons, scoop up a heaping tablespoon of the mixture and slide it off with the other spoon onto the cookie sheet. Place cookies about 2 inches apart. Bake for about 10 minutes or until the bottom of the cookies

are light brown. Remove from pan and cool on a grate. The cookies will harden as they cool.

Note: These cookies are large. You can get double the amount of cookies with half the Nutrition Facts by using a heaping teaspoon instead of a tablespoon.



Apple Pie à La Mode

Makes 4 servings

You can also try this great parfait with pears, peaches or berries. If you do not have parfait glasses, use decorative cups or glasses

- | | |
|--|--|
| 1 pound peeled apples (a combination of Braeburn and Granny Smith or Golden Delicious would be nice) | 1 Tbsp fresh lemon juice |
| 3 Tbsp sugar substitute such as Splenda | 2 ounces crushed sugar free oatmeal cookies |
| 1 tsp ground cinnamon | 2 cups sugar free, low fat vanilla and chocolate ice cream |
| ¼ tsp nutmeg | 1 Tbsp chopped walnuts |
| | Frozen topping (optional) |

1. Combine the apples, sugar substitute, cinnamon, nutmeg and lemon juice in a saucepan, and bring to a simmer. Cover and cook for about 5 minutes or until the apples are tender, stirring twice. Cool.

2. Make the parfaits by layering 1 tablespoon cookie crumbs, 1/8 of the apple mixture and 3 tablespoons ice cream. Repeat the process ending with the ice cream. (Can be made to this point and frozen until ready to serve. Remove from freezer and allow to soften for 5 minutes before serving.) Top with a dollop of frozen topping and garnish with 1/4 of the nuts.

NUTRITION INFORMATION Per Serving: 150 calories (11% from fat), 8 g total fat (3 g saturated fat), 4 g protein, 45 g carb, 2 g dietary fiber, 10 mg cholesterol, 100 mg sodium, 25 mg potassium

Dietary Exchanges: 3 carbohydrate, 2 fat

Grilled All-In-One Turkey Burgers

Makes 4 servings

- 2 medium Roma tomatoes
- 2 slices dill pickles, chopped
- 2 scallions, white only, finely chopped
- 10 ounces ground turkey, no skin included
- 3 Tbsp old-fashioned oatmeal
- 2 tsp Worcestershire sauce
- 2 tsp yellow mustard
- 1 tsp tomato paste
- 2 6 ½ inch whole wheat pita loaves cut in half and opened

Butter flavored cooking spray
Lettuce leaves

1. Preheat the grill or broiler.
2. Slice one of the tomatoes into 8 thin slices. Chop the remaining tomato and place in bowl. Add the pickles, scallions, turkey, oatmeal, Worcestershire sauce, mustard and tomato paste. Make 4 burgers. Grill until done, about 8-10 minutes per side. Allow to rest for 5 minutes.

NUTRITION INFORMATION

Per serving:

210 calories (29% calories from fat), 7g total fat (2g saturated fat), 16 g protein, 21 g carb, 3 g dietary fiber, 55 mg cholesterol, 340 mg sodium, 328 mg potassium

Dietary Exchanges: 1 carb (bread/starch) 2 lean meat

Teriyaki Steak Dinner with Vegetable Skewers

Makes 4 servings

Marinade:

- ¼ cup reduced-sodium soy sauce
- 1 Tbsp minced scallion, white part and 1 inch of green part
- 2 tsp finely minced peeled fresh ginger
- 2 tsp light brown sugar
- 1 garlic clove, minced
- 1 tsp dark sesame oil
- ¼ tsp freshly ground pepper
- 1 pound boneless beef top sirloin steak, cut ½-inch thick, well-trimmed

Vegetable skewers:

- 1 medium red bell pepper, seeded and cut into eight 1-inch pieces
- 1 zucchini, cut into eight, 1-inch thick rounds
- 2 ears of corn, shucked, cut into eight, 1-inch rounds
- 8 10- to 12-inch bamboo skewers, soaked in water 30 minutes
- Butter-flavored cooking spray

1. Start the steak marinating, then assemble the vegetable skewers.
2. Light a grill or preheat the broiler.
3. Lightly coat the vegetables with the cooking spray and place the skewers on one side of the grill. Turn often until lightly charred and crisp-tender, about 10 minutes.
4. Place the steak on the grill for 3 to 4 minutes per side, turning once for medium-rare, or grill to desired temperature. Transfer the steak to a carving board and slice on the diagonal into thin slices. Transfer the steak to individual serving plates and serve alongside 2 vegetable skewers.

NUTRITION INFORMATION Per serving:

275 calories (22% calories from fat), 27 g protein, 26 g carb, 4 g dietary fiber, 7 g total fat (2g saturated fat), 42 mg cholesterol, 454 mg sodium, 868 mg potassium

Dietary Exchanges:

1 ½ carbohydrate,
2 ½ protein



Roasted Turkey and Cheese Sandwiches

Makes 12 servings

A tasty way to dress up your turkey.

- 24 ½-inch sliced bread, preferably whole wheat, oatmeal, etc.
- ⅓ cup country-style mustard
- ¾ pound thinly sliced deli white turkey meat
- ½ pound thinly sliced skim milk Swiss or mozzarella cheese

1. Spread one side of each slice of bread with some of the mustard. Assemble 12 turkey and cheese sandwiches. Wrap each in a piece of foil.
2. At the site, place sandwiches on a medium-hot grill. Roast for about 5 to 7 minutes, turning once. Bread should be lightly toasted and cheese melted.

NUTRITION INFORMATION

Per Serving:

222 calories (2% calories from fat), 15 g protein, 6 g total fat (2.5 g saturated fat), 28 g carb, 4 g dietary fiber, 22 g cholesterol, 859 mg sodium

Dietary Exchanges: 3 lean protein, 2 carbohydrate (bread/starch)

Recipes from Bonnie Sanders Polin, PhD, and Frances Towner Giedt, authors of several diabetes cookbooks including "The Joslin Diabetes Gourmet Cookbook."

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