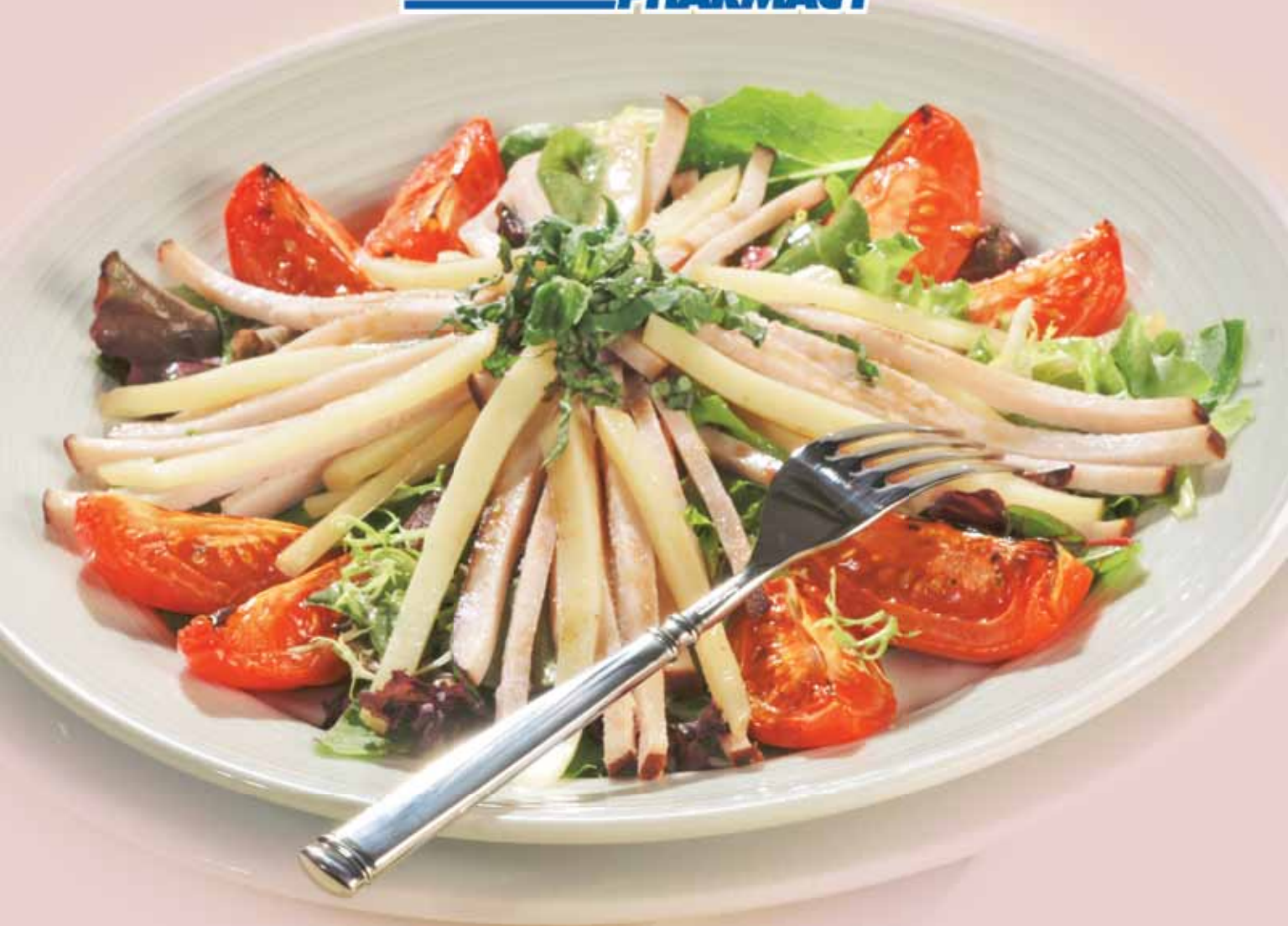


HEALTHY DIABETES RECIPES

2015

PART 2

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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

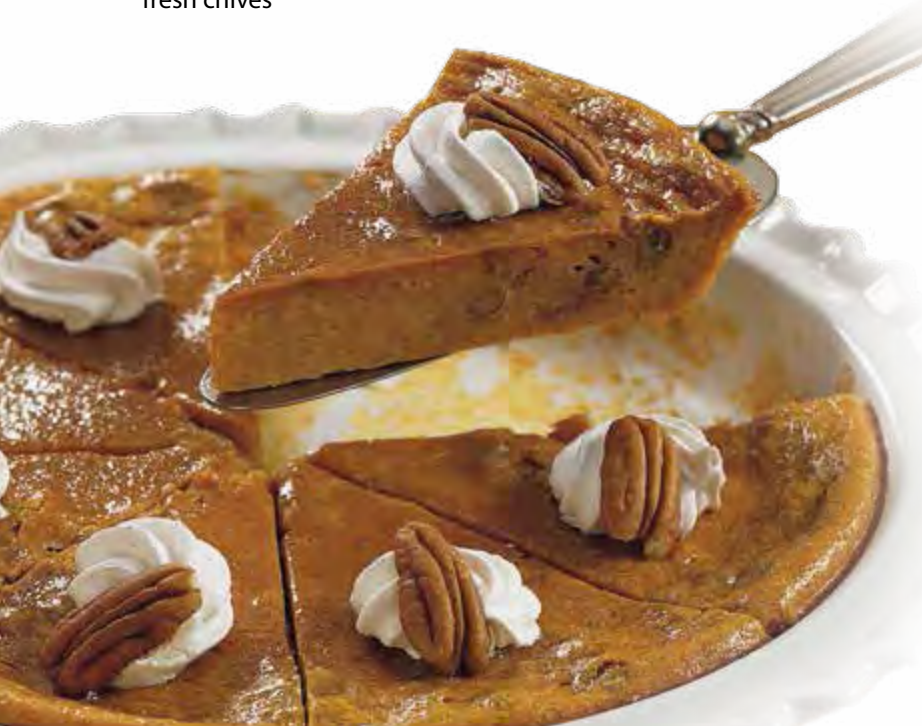


1. In Dutch oven, mix squash, apple, onion, brown sugar, salt, cinnamon and pepper. Add broth. Cover; heat to boiling over medium-high heat. Reduce heat; simmer about 20 minutes or until squash is tender.
2. In blender or food processor, place ⅓ of mixture. Cover; blend until smooth. Repeat twice to 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 cup canned pumpkin (not

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

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.

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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A real-life Costco Pharmacist on: quitting smoking



“I smoked for 15 years, successfully quitting for good nearly a decade ago. So, I know how hard quitting is. The first few months are the hardest and you need good strategies to get you through them.”

and real relief of cravings.

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

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

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Robbi Amodeo, RPh
Costco Pharmacist, Ann Arbor, Michigan



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Apricot-Almond Clafouti

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

Makes 12 servings

- | | | | |
|-----|--|-----|--|
| 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 | 2/3 | cup chopped walnuts, toasted |
| 1/4 | teaspoon ground cinnamon | 1/2 | teaspoon freshly grated orange zest |
| 1/8 | teaspoon freshly grated nutmeg | | |

- 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.





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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 | ⅓ | cup all-purpose flour |
| | teaspoons extra-virgin | ½ | teaspoon salt |
| | olive oil, divided | ½ | teaspoon cayenne |
| 1 | tablespoon butter | | pepper |
| ¼ | cup sliced almonds | 1 | pound catfish, cut into |
| 3 | cloves garlic, thinly | | 4 portions |
| | sliced | 2 | tablespoons lemon |
| ½ | 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) | ½ | teaspoon salt |
| 4 | cloves garlic, crushed | | Freshly ground pepper |
| | and peeled | | to taste |
| ⅓ | 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 ⅔ 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 | ½ | cup instant brown rice or |
| 2 | teaspoons ground cumin, | | ½ cup cooked brown rice |
| | divided | 2 | tablespoons lime juice |
| 2 | teaspoons dried oregano, | 1 | jalapeño, minced |
| | divided | 2 | tablespoons minced |
| ¾ | teaspoon freshly ground | | fresh cilantro |
| | pepper, divided | | |
| ½ | 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)
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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

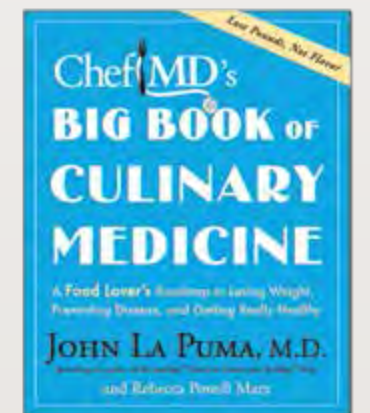
- 1 tablespoon unsalted nonhydrogenated margarine
 - 1 large leek, white and light green part, thinly sliced (3/4 cup)
 - 1 (15 oz.) can pumpkin puree
 - 2-1/2 cups low-salt chicken broth
 - 1/2 teaspoon ground cardamom
 - 1/8 teaspoon cayenne pepper
 - 6 oz. lump crabmeat
 - 1/4 cup drained, thickened 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
Chef MD's Big Book of Culinary Medicine,
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To order, go to chefmd.com.

Baja Butternut Squash Soup

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

- | | |
|---|--|
| 1 ½ pounds (1 small to medium) butternut or other winter squash | ⅛ teaspoon ground cloves |
| 1 teaspoon canola oil | 6 cups vegetable broth |
| 2 stalks celery, chopped | 1 teaspoon sea salt |
| 1 small onion, diced | ¼ teaspoon freshly ground pepper |
| 1 carrot, chopped | ½ cup nonfat plain yogurt |
| 1 teaspoon ground cumin | 2 tablespoons snipped fresh chives or chopped parsley |
| ¼-½ 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 ¾ 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 ¾ cups water
- 1 cup pearl barley
- 2 cups cubed, peeled butternut squash (¾-inch cubes)
- ⅓ cup chopped flat-leaf parsley
- 1 teaspoon freshly grated lemon zest
- 1 tablespoon lemon juice
- 1 clove garlic, minced
- ¼ teaspoon salt, or to taste

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.

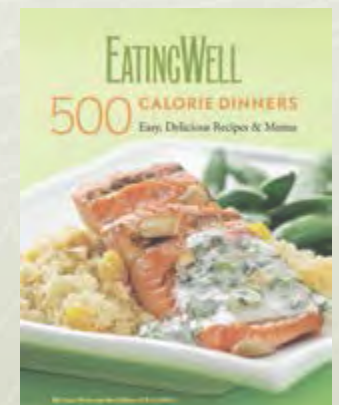
NUTRITION INFORMATION Per serving:
48 calories; 1 g fat (0 g sat, 0 g mono); 0 mg cholesterol; 10 g carbohydrate; 1 g protein; 3 g fiber; 127 mg sodium; 225 mg potassium.

Dietary exchanges: 1 vegetable, ½ 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 |
| ½ teaspoon caraway seeds (optional) | |
| ¼ 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.

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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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Parmesan Meatballs with Angel Hair Pasta

Start to Finish: 50 Minutes
Makes 4 servings



- ¾ cup Fiber One® original bran cereal
- 1 lb extra-lean (at least 90%) ground beef
- ¼ cup shredded Parmesan cheese (1 oz)
- ¾ teaspoon Italian seasoning
- ¼ teaspoon garlic powder
- 1 can (8 oz) tomato sauce
- 1 can (14.5 oz) diced tomatoes with green pepper and onion, undrained
- ⅛ 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, ¼ cup cheese, the Italian seasoning, garlic powder and ¼ 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)
- ½ cup chopped dried apricots
- ⅓ cup chopped dried cherries
- 2 tablespoons soy sauce
- 2 tablespoons water
- 2 teaspoons sugar
- 2 teaspoons cider vinegar
- ⅓ 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)



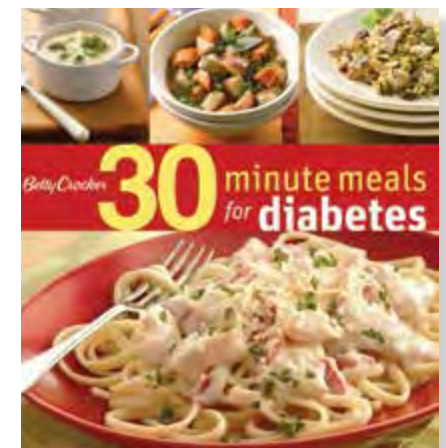
- 1 lb extra-lean (at least 90%) ground beef
- 1 medium onion, chopped (½ cup)
- 1 package (1.25 oz) Tex-Mex chili seasoning mix
- 1 can (28 oz) diced tomatoes, undrained
- 1 can (28 oz) crushed tomatoes
- 1 can (15 oz) spicy chili beans, undrained
- 1 oz unsweetened baking chocolate, coarsely chopped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

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