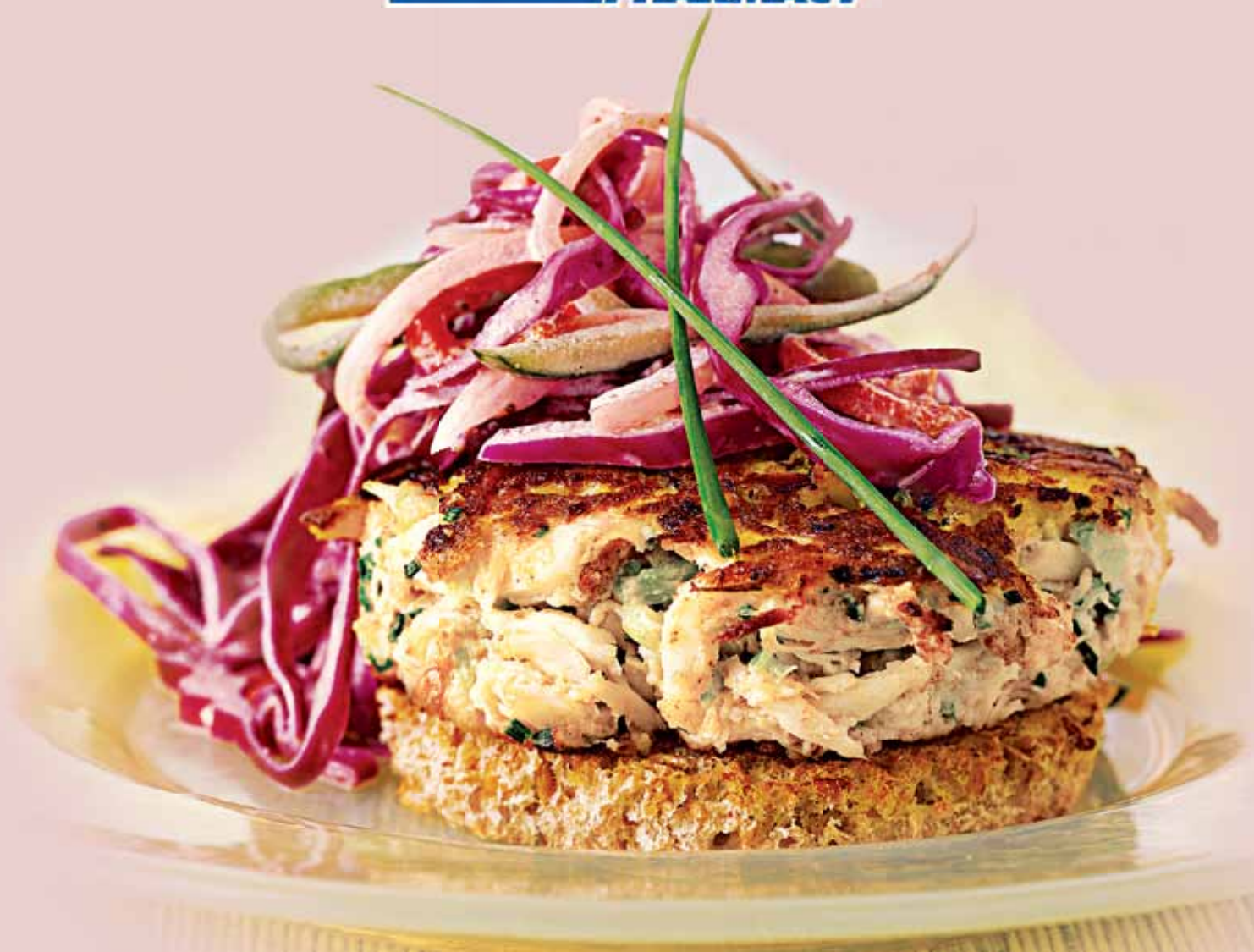


HEALTHY DIABETES RECIPES

2015

PART 3

brought to you by



Carrot and Grape Slaw

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

- | | |
|--|---------------------------------------|
| 2 cups shredded carrots | 1 tablespoon finely chopped red onion |
| 2 cups shredded cabbage (preferably red or purple) | 2 tablespoons red wine vinegar |
| 1 cup halved green grapes | 1 tablespoon olive oil |
| ¼ cup roughly chopped walnuts | ¼ teaspoon salt |
| | Freshly ground black pepper |

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

NUTRITION INFORMATION Per serving:

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

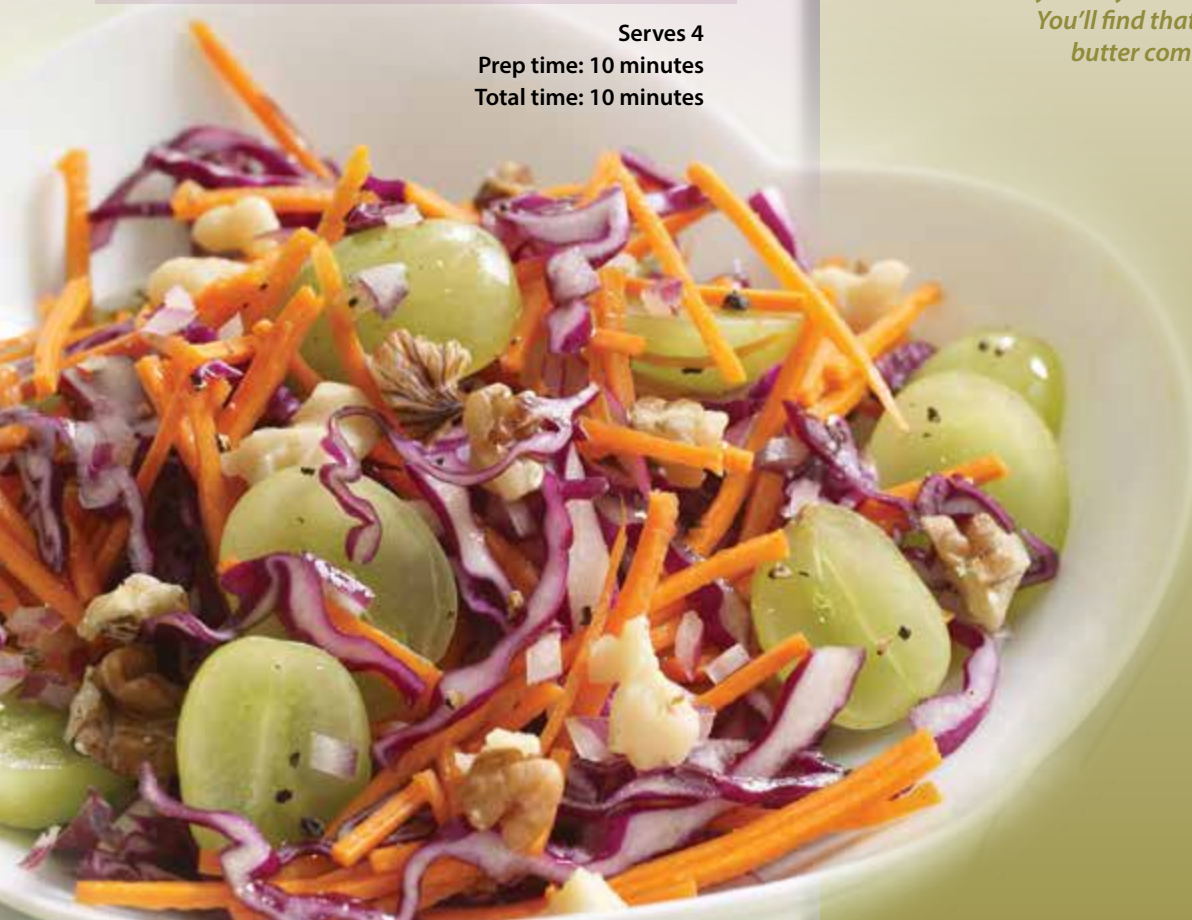
Dietary exchanges:

2 vegetable servings, ½ fruit serving, 1½ fat servings

Serves 4

Prep time: 10 minutes

Total time: 10 minutes



Sugar Snaps with Peanut Dressing

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

- 3 tablespoons peanut butter
- 3 tablespoons freshly squeezed orange juice
- 1 tablespoon water
- ¼ teaspoon grated fresh ginger (optional)
- ⅛ teaspoon salt
- 3 cups sugar snaps
- 1 cup sprouts, any type (if sprouts aren't available, use 1 cup baby greens or chopped romaine)

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

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

NUTRITION INFORMATION Per serving:

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

Dietary exchanges:

2 vegetable servings, 1½ fat servings

Serves 4

Prep time: 5 minutes

Total time: 5 minutes

Scallops with Jicama and Oranges

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

- 2 cups peeled and cubed jicama
- 2 oranges, peeled and sectioned
- ¼ teaspoon salt (⅛ for salad, ⅛ for scallops)
- Juice of 1 lime
- ½ cup cilantro
- Vegetable oil cooking spray
- 1 pound (12 to 16) sea scallops, each sliced in half horizontally
- Black pepper to taste

1. Heat a large, heavy-bottomed skillet over medium heat.
2. Combine the jicama, oranges, ⅛ teaspoon salt, lime juice and cilantro in a large bowl.
3. Spray the skillet with cooking spray and place the scallops in the pan. As soon as you put in the last scallop, flip the first scallop (if you would prefer to work slowly, cook half of the scallops at a time). As soon as you flip the last scallop, remove the first scallop to a clean plate. The scallops should be cooked only 30 seconds on each side. Season the scallops with ⅛ teaspoon salt and pepper.
4. Add the scallops to the jicama mixture, toss and serve.

NUTRITION INFORMATION Per serving:

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

Dietary exchanges: 2 vegetable, ½ fruit, 4 lean protein

Serves 4

Prep time: 18 minutes

Total time: 20 minutes



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

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Grilled Salmon & Zucchini with Red Pepper Sauce

- ⅓ cup sliced almonds, toasted
- ¼ cup chopped jarred roasted red peppers
- ¼ cup halved grape tomatoes or cherry tomatoes
- 1 small clove garlic
- 1 tablespoon extra-virgin olive oil
- 1 tablespoon sherry vinegar or red-wine vinegar
- 1 teaspoon paprika, preferably smoked
- ¾ teaspoon salt, divided
- ½ teaspoon freshly ground pepper, divided
- 1¼ pounds wild-caught salmon fillet, skinned and cut crosswise into 4 portions
- 2 medium zucchini, or summer squash (or 1 of each), halved lengthwise
- Canola or olive oil cooking spray
- 1 tablespoon chopped fresh parsley for garnish



4 servings

1. Preheat grill to medium.
2. Process almonds, peppers, tomatoes, garlic, oil, vinegar, paprika, ¼ teaspoon salt and ¼ teaspoon pepper in a food processor or blender until smooth; set aside.
3. Coat salmon and zucchini (and/or summer squash) on both sides with cooking spray, then sprinkle with the remaining ½ teaspoon salt and ¼ teaspoon pepper. Grill, turning once, until the salmon is just cooked through and the squash is soft and browned, about 3 minutes per side.
4. Transfer the squash to a clean cutting board. When cool enough to handle, slice into ½-inch pieces. Toss in a bowl with half of the reserved sauce. Divide the squash among 4 plates along with a piece of salmon topped with some of the remaining sauce. Garnish with parsley, if desired.

NUTRITION INFORMATION Per serving:
 281 calories; 13 g fat (2 g sat, 7 g mono); 66 mg cholesterol; 8 g carbohydrates; 32 g protein; 2 g fiber; 599 mg sodium; 874 mg potassium
Dietary exchanges: 1½ vegetable, 4 lean-meat, 1 fat

Grilled Lamb Chops with Eggplant Salad

- 1 medium eggplant (about 1 pound), peeled and sliced into ¼-inch rounds
- 1 medium red onion, sliced into ¼-inch rounds
- Canola or olive oil cooking spray
- Juice of 1 lemon
- ¼ cup chopped fresh parsley
- 2 tablespoons chopped fresh mint
- 1 tablespoon extra-virgin olive oil
- 1 teaspoon salt, divided
- Pinch of cayenne pepper
- 8 lamb loin chops, 1-1½ inches thick, trimmed (1½–1¾ pounds total)
- ¼ teaspoon freshly ground pepper



4 servings

1. Preheat grill to medium-high.
2. Spray both sides of eggplant and onion rounds with cooking spray. Grill the vegetables, turning once, until browned on both sides, 2 to 3 minutes per side. Transfer to a cutting board. When cool enough to handle, chop the eggplant and onion and combine in a medium bowl with lemon juice, parsley, mint, oil ½ teaspoon salt and cayenne.
3. Meanwhile, sprinkle lamb chops with pepper and the remaining ½ teaspoon salt. Grill the chops until browned on both sides and cooked to desired doneness, about 4 minutes per side for medium. Serve with the eggplant salad.

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

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

Mexican Grilled Corn

- 2 tablespoons low-fat mayonnaise
- 2 tablespoons nonfat plain yogurt
- ½ teaspoon chili powder
- 4 ears corn, husked
- 4 tablespoons finely shredded Cotija or Parmesan cheese
- 1 lime, quartered



4 servings

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

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

Dietary exchanges: 1 starch, 1 fat



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

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Better-For-You Chocolate Chip Cookies

- | | |
|---|------------------------------------|
| 1 cup all-purpose flour | ¼ cup SLENDA® Granulated Sweetener |
| ½ cup white whole wheat or whole wheat pastry flour | 1½ teaspoons vanilla extract |
| ¾ teaspoon baking soda | 1 large egg |
| ½ cup butter, softened | ½ cup mini chocolate chips |
| ¼ cup packed dark brown sugar | ¼ cup chopped pecans or walnuts |
| ¼ cup granulated sugar | |



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

Makes 30 cookies

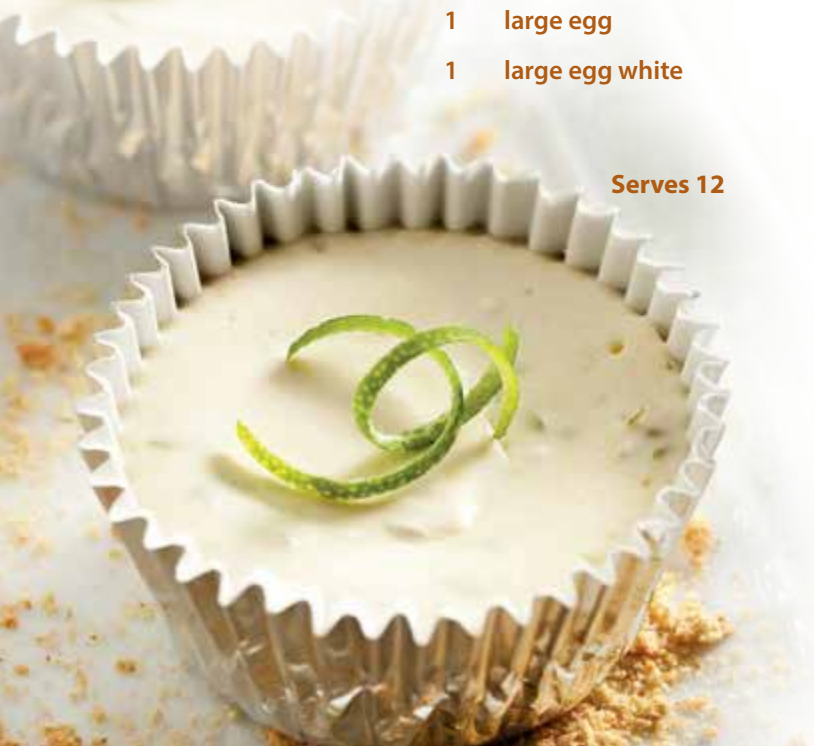
NUTRITION INFORMATION Per serving (1 cookie):
 80 calories; 4.5 g fat (1 g sat fat); 20 mg cholesterol; 10 g carbohydrates; 1 g protein; 1 g fiber; 75 mg sodium; 4 g sugars.
Dietary exchanges: ½ carbohydrate, 1 fat

Lime Cheesecake “Cupcakes”

- | | |
|--|--|
| ¾ cup graham cracker crumbs | 8 ounces light tub-style cream cheese |
| 2 tablespoons margarine or butter, melted | 3 tablespoons cornstarch |
| 2 tablespoons plus ¾ cup SLENDA® Granulated Sweetener, divided | 2 tablespoons Key lime juice (from 3 to 4 Key limes) |
| 1½ cups low-fat cottage cheese | Zest of 2 Key limes or 1 Persian lime |
| | 1 teaspoon vanilla extract |
| | 1 large egg |
| | 1 large egg white |

- Preheat the oven to 325°F. Coat a 12-cup muffin tin with nonstick baking spray.
- In a medium bowl, mix together the graham cracker crumbs, margarine and 2 tablespoons of the sweetener until well combined.
- Sprinkle a heaping tablespoon of crust mixture into each muffin cup. Press gently to form a crust on the bottom of each cup. Set aside.
- Using a food processor, blend the cottage cheese until very smooth and creamy. Spoon the cottage cheese into a large bowl. Add the cream cheese, the remaining ¾ cup sweetener, the cornstarch, lime juice, zest and vanilla and beat with an electric mixer until creamy. Add the egg and the egg white and beat until just blended.
- Spoon ¼ cup of cheesecake filling into each muffin cup.
- Bake for 18 to 20 minutes, or until the cheesecakes are set but centers jiggle slightly. Cool to room temperature. Chill in the refrigerator until firm, at least 2 hours.

Serves 12



NUTRITION INFORMATION Per serving:
 140 calories; 7 g fat (4 g sat fat); 35 mg cholesterol; 12 g carbohydrates; 7 g protein; 0 g fiber; 270 mg sodium; 6 g sugars.
Dietary exchanges:
 1 lean meat, 1 carbohydrate, ½ fat

Peanut Butter Mousse

- | | |
|--|---|
| ½ cup low-fat smooth peanut butter | ½ cup SLENDA® Granulated Sweetener |
| 4 ounces light tub-style cream cheese, at room temperature | ¼ cup low-fat milk |
| 4 ounces fat-free cream cheese, at room temperature | ½ teaspoon vanilla extract |
| | 1 8-ounce tub light whipped topping, thawed |

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

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

NUTRITION INFORMATION Per serving (½ cup):
 190 calories; 10 g fat (5 g sat fat); 5 mg cholesterol; 15 g carbohydrates; 8 g protein; 1 g fiber; 210 mg sodium, 6 g sugars.
Dietary exchanges:
 1 carbohydrate, 2 fats



Serves 8

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Beef & Bean Chile Verde

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

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



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

NUTRITION INFORMATION Per serving:

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

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

Moroccan Vegetable Soup (Chorba)

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

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

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

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

NUTRITION INFORMATION

Per serving:

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

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



Indian-Spiced Chicken Pitas

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

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

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

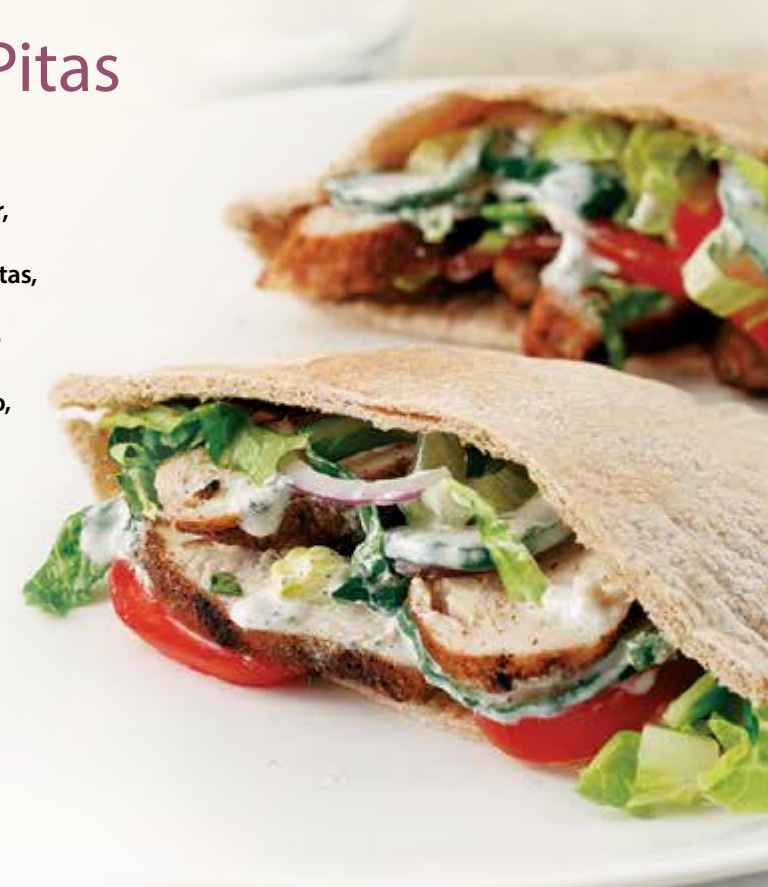
2. Sprinkle chicken with 1 teaspoon garam masala and ½ teaspoon salt. Place the chicken on the grill rack or prepared pan and cook until no longer pink in the center, and an instant-read thermometer inserted into the thickest part registers 165°F, 4 to 8 minutes per side, depending on the size of the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

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

NUTRITION INFORMATION Per serving:

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

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



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

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Serves 4

Quicker-Than-Take-Out Orange Chicken

SAUCE	1/4	teaspoon ground ginger
1/2 cup water	1/8	teaspoon red pepper flakes
1/3 cup light orange juice	2	tablespoons cornstarch
1/2 cup SPLENDA® Granulated Sweetener	CHICKEN	
2 tablespoons brown sugar	1 1/4	pounds boneless, skinless chicken breast, chopped
3 tablespoons rice vinegar	1	large egg, beaten
2 tablespoons reduced-sodium soy sauce	1/4	cup all-purpose flour
3 tablespoons lemon juice	2	tablespoons canola oil
	1	small red pepper, chopped
	1	small onion, chopped

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

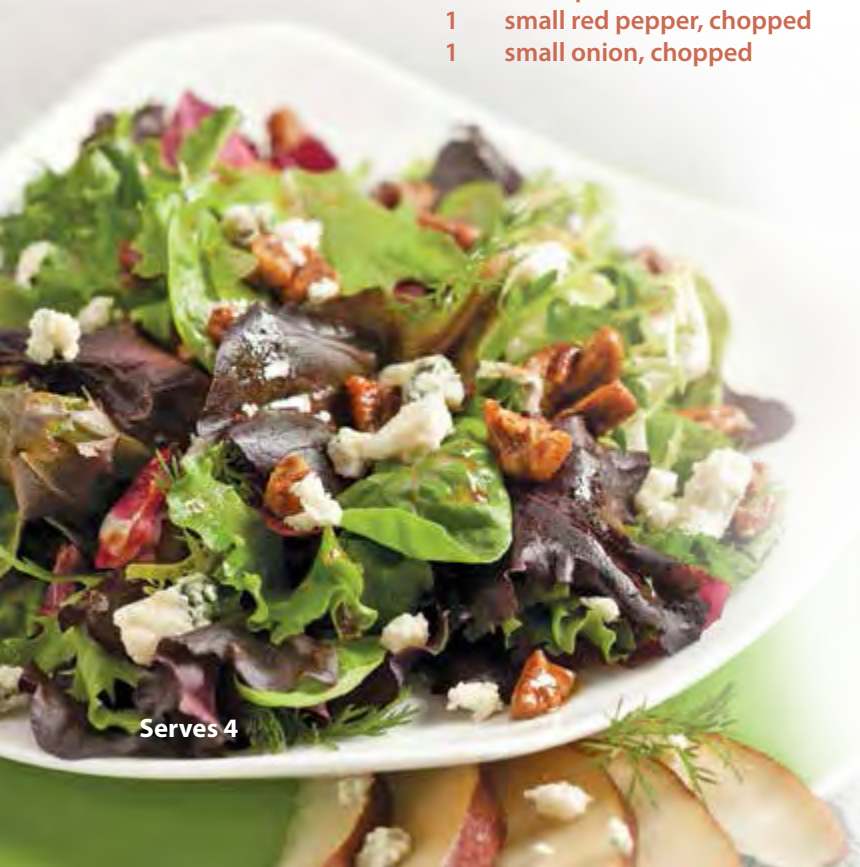
2. In a small bowl, mix together 2 tablespoons of water and the cornstarch to create a slurry and whisk into the sauce. Bring the sauce to a low boil and cook for 1 minute or until the sauce thickens and clears. Reduce the heat to low and allow to simmer.

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

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

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

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



Serves 4

Balsamic Salad with Pears, Blue Cheese and Pecans

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

Turkey Scaloppini and Creamy Mushroom Sauce

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

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

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

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

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

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

NUTRITION INFORMATION Per serving (1 salad): 210 calories; 16 g fat (3.5 g sat fat); 10 mg cholesterol; 12 g carbohydrates; 4 g protein; 3 g fiber; 260 mg sodium; 7 g sugars.

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



Serves 4

NUTRITION INFORMATION

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

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



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Italian Potato Dumpling Casserole

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

- ¾ cup part-skim ricotta cheese
- ¼ cup fresh basil, thinly sliced
- ½ cup (2 ounces) grated reduced-fat mozzarella, divided
- 2 tablespoons (½ ounce) grated parmesan cheese
- 1 egg, lightly beaten
- 3 cups tomato sauce
- 1 package (16 ounces) potato gnocchi
- 2 cups spinach leaves, thinly sliced

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

- Sprinkle on the remaining ¼ cup mozzarella.
4. Bake for 40 minutes, or until the top is bubbly and the cheese is lightly browned. Let stand for 15 minutes before serving.

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



Roasted Catfish with Cumin Sweet Potatoes

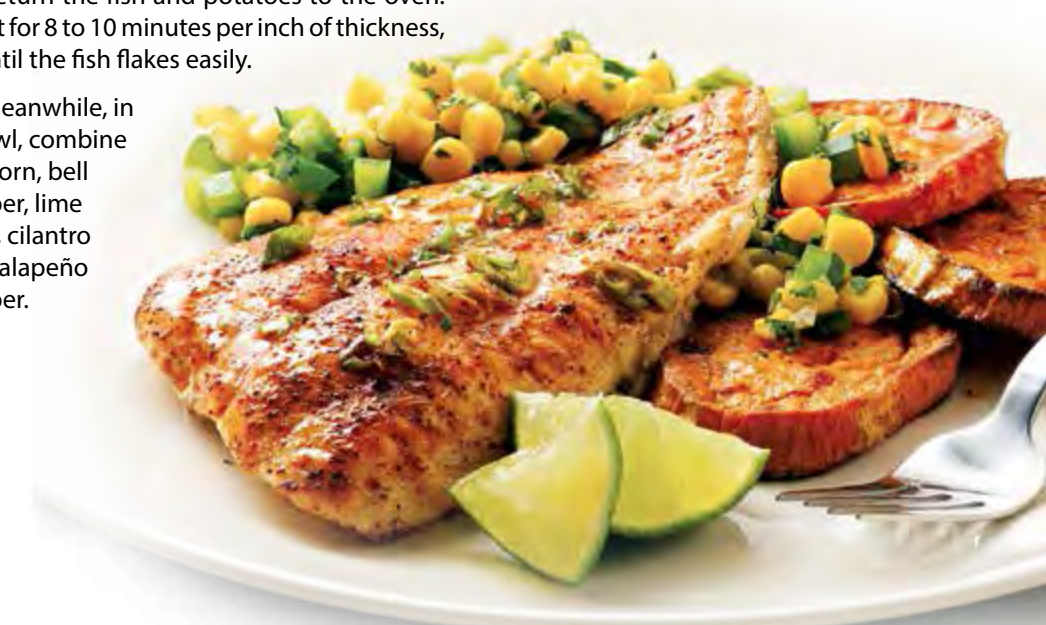
Preparation time: 10 minutes • Cooking time: 1 hour • Makes 4 servings

- 1 pound sweet potatoes, peeled and sliced ¼" thick
- ½ teaspoon ground cumin
- 1 tablespoon canola oil
- 4 catfish fillets (5 ounces each)
- 1 teaspoon chili powder
- ½ cup diagonally sliced scallions
- 1 bag (10 ounces) frozen corn kernels, thawed
- 1 medium green bell pepper, chopped
- 2 tablespoons fresh lime juice
- 1 tablespoon chopped cilantro
- 1 teaspoon finely chopped jalapeño chile pepper, or more to taste

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

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

NUTRITION INFORMATION Per serving:
 393 calories, 40 g carbohydrate, 26 g protein, 15 g fat, 3 g saturated fat, 67 mg cholesterol, 112 mg sodium, 6 g fiber
Dietary Exchanges: 2 starch, ½ vegetable, 3 meat, 1 fat



The Greenhouse Crab Cakes

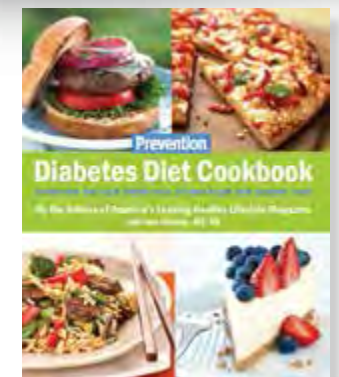
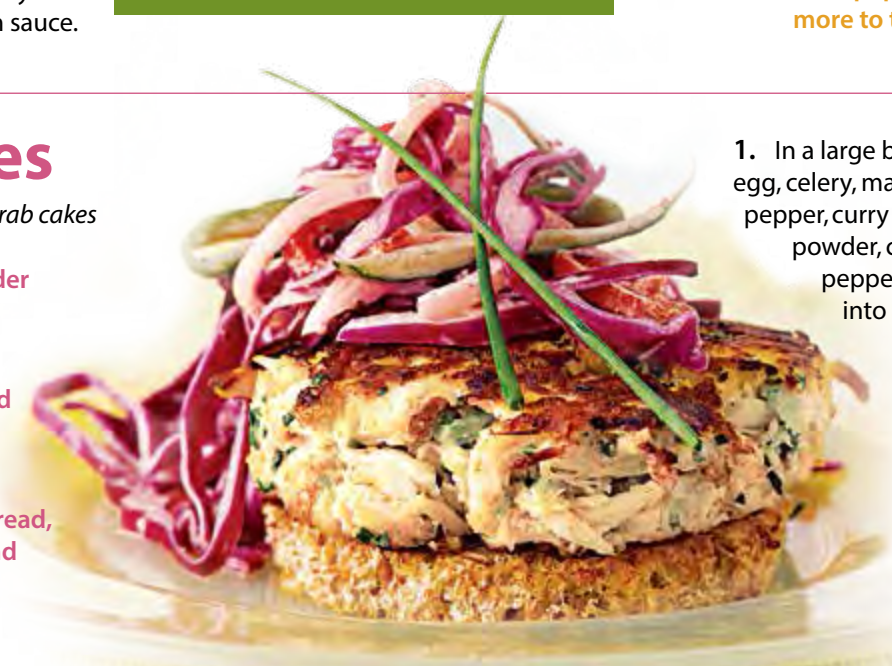
Preparation time: 20 minutes • Cooking time: 10 minutes • Makes 8 crab cakes

- 1 pound crabmeat
- 1 egg
- 1 cup finely chopped celery
- 1 tablespoon fat-free mayonnaise
- 1 tablespoon lemon juice
- ½ teaspoon ground white pepper
- ¼ teaspoon curry powder
- ⅛ teaspoon ground red pepper
- ⅛ teaspoon mustard powder
- 2 tablespoons chopped fresh chives
- 1-2 tablespoons unseasoned dry bread crumbs
- 3 drops hot-pepper sauce
- 8-16 slices sprouted wheat bread, cut into 3"-4" rounds and toasted (optional)

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

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

Dietary Exchanges: 2 starch, 1½ meat



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

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Cheddar-Ale Soup

Active Time: 35 Minutes | Total: 35 Minutes
Makes 6 Servings, 1 ¾ Cups Each



- | | | | |
|---|--|-----|--|
| 1 | tablespoon canola oil | 1 | cup water |
| 1 | large onion, chopped | 2 ½ | cups nonfat or low-fat milk |
| 1 | 12-ounce bottle beer, preferably ale | ¼ | cup all-purpose flour |
| 2 | 18-ounce bags precooked diced peeled potatoes* | 1 ½ | cups shredded sharp Cheddar cheese, divided |
| 1 | 14-ounce can vegetable broth or reduced-sodium chicken broth | 1 | small red bell pepper, thinly sliced or finely chopped |

* To make your own, peel 2 ¼ pounds Yukon Gold potatoes, cut into ½-inch pieces and boil until tender (about 15 minutes).

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

2. Whisk milk and flour and add to the soup. Bring to a simmer over medium-high heat and cook, whisking occasionally, until thickened, about 3 minutes. Remove from the heat; stir in 1 ¼ cups Cheddar and stir until melted. Ladle the soup into bowls and garnish with the remaining ¼ cup cheese and bell pepper.

NUTRITION INFORMATION Per serving:

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

Dietary exchanges: 2 ½ starches, 1 low-fat milk, 1 lean meat, 2 fats

Cream of Mushroom & Barley Soup

Active Time: 50 Minutes | Total: 1 ¼ Hour
Makes 4 Servings, About 1 ¾ Cups Each

- | | | | |
|-----|--|---|--|
| ½ | cup pearl barley | 2 | stalks celery, finely chopped |
| 4 ½ | cups reduced-sodium chicken broth or mushroom broth, divided | 1 | tablespoon minced fresh sage or 1 teaspoon dried |
| 1 | ounce dried porcini mushrooms | ½ | teaspoon salt |
| 2 | cups boiling water | ½ | teaspoon freshly ground pepper |
| 2 | teaspoons butter | 2 | tablespoons all-purpose flour |
| 1 | tablespoon extra-virgin olive oil | 1 | cup dry sherry |
| 1 | cup minced shallots (about 4 medium) | ½ | cup reduced-fat sour cream |
| 8 | cups sliced white mushrooms (about 20 ounces) | ¼ | cup minced fresh chives |



The EatingWell Cobb Salad

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

- | | | | |
|----|------------------------------------|---|---|
| 3 | tablespoons white-wine vinegar | 8 | ounces shredded cooked chicken breast (about 1 large breast half) |
| 2 | tablespoons finely minced shallot | 2 | large eggs, hard-boiled, peeled and chopped |
| 1 | tablespoon Dijon mustard | 2 | medium tomatoes, diced |
| 1 | teaspoon freshly ground pepper | 1 | large cucumber, seeded and sliced |
| ¼ | teaspoon salt | 1 | avocado, diced |
| 3 | tablespoons extra-virgin olive oil | 2 | slices cooked bacon, crumbled |
| 10 | cups mixed salad greens | ½ | cup crumbled blue cheese (optional) |

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

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



NUTRITION INFORMATION Per serving:

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

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

1. Bring barley and 1 ½ cups broth to a boil in a small saucepan over high heat. Cover, reduce heat to low and simmer until tender, 30 to 35 minutes.

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

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

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

NUTRITION INFORMATION Per serving:

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

Dietary exchanges: 2 ½ starches, 2 lean meats, 2 fats



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

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.

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