Diabetic Cookbook

Healthy eating on a budget

Featuring ingredients typically found at food pantries and through gleaning programs.
Check with your doctor or a registered dietitian to find out exact portions and types of foods you should eat, we suggest you work with a registered dietitian (RD) who has experience working with people who have diabetes. A dietitian can help support your efforts to change your eating habits and control your blood glucose level. To find a registered dietitian near you:

1. Locate the names of American Diabetes Association Recognized Diabetes Education Programs in your area or call 1-800-DIABETES (1-800-342-3283).

2. Call The American Dietetic Association at 1-800-366-1655. Ask for the names of dietitians in your area that specialize in diabetes.

3. Call the American Association of Diabetes Educators, at 1-800-TEAM-UP4 (1-800-832-6874). Ask for the names of several diabetes educators in your area.

References

Recipes and the healthy eating tips used in this recipe book were taken from the 2008 American Diabetes Association, Food Fit, Life Clinic Health Management Systems, and Splenda® websites (in 2008). They can be found at:

www.Diabetes.org
www.FoodFit.com
www.LifeClinic.com
www.Splenda.com

Acknowledgements

Special thanks to:
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Baked Apple Pancake

Puffed, brown, and crusty on the outside, eggy-soft in the middle, and topped with caramelized brown sugar and cinnamon apples, this pancake is simply a slice of heaven. For a sumptuous brunch, serve with lean turkey sausages or Canadian bacon, freshly squeezed orange juice, and a mix of cantaloupe and honeydew melon balls.

Number of servings: 6
Serving Size: 6

Ingredients:

<table>
<thead>
<tr>
<th>Measure</th>
<th>Fat Free Milk</th>
<th>1 Cup</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>All-purpose Flour</td>
<td>¾ Cup</td>
</tr>
<tr>
<td></td>
<td>Egg whites</td>
<td>2 ea</td>
</tr>
<tr>
<td></td>
<td>Whole Egg</td>
<td>1 ea</td>
</tr>
<tr>
<td></td>
<td>Baking Powder</td>
<td>½ tsp</td>
</tr>
<tr>
<td></td>
<td>Sugar</td>
<td>2 Tbsp</td>
</tr>
</tbody>
</table>

Exchanges Per Serving: 2 Starch ½ Fat

Nutritional Information:

<table>
<thead>
<tr>
<th>Amount Per serving</th>
<th>Calories 177</th>
</tr>
</thead>
<tbody>
<tr>
<td>Calories from Fat 44</td>
<td>Total fat 5g</td>
</tr>
<tr>
<td>Saturated Fat 1g</td>
<td>Cholesterol 36 mg</td>
</tr>
<tr>
<td>Sodium 127 mg*</td>
<td>Total carbohydrates 18g</td>
</tr>
<tr>
<td>Dietary fiber 1g</td>
<td>Sugars 15g</td>
</tr>
<tr>
<td>Protein 5g</td>
<td></td>
</tr>
</tbody>
</table>

*Not appropriate for low sodium diets

Preparation Instructions

1. Preheat the oven to 400 degrees F. Spray a 10-inch ovenproof skillet with nonstick pan spray.
2. Combine all the pancake ingredients in blender or food processor; blend until smooth.
3. Pour into the prepared skillet; bake for 20 to 25 minutes or until puffed and brown.
4. Meanwhile, spray a small skillet with nonstick pan spray. Add the apple slices, brown sugar, lemon juice, and cinnamon. Sauté over low heat until the apples are softened and slightly caramelized, about 10 minutes.
5. Spoon over pancake. Cut the pancake into 6 servings and serve immediately.
Nana-Nut Bread

A tasty and healthy banana bread. This bread has potassium and fiber from the bananas, omega three fatty acids from the walnuts, and no cholesterol!

Number of servings: 8

<table>
<thead>
<tr>
<th>Ingredients</th>
<th>Measure</th>
</tr>
</thead>
<tbody>
<tr>
<td>All-purpose flour</td>
<td>1 ⅓ cups</td>
</tr>
<tr>
<td>Artificial Sweetener</td>
<td>½ cup</td>
</tr>
<tr>
<td>Baking powder</td>
<td>1 tsp</td>
</tr>
<tr>
<td>Baking soda</td>
<td>½ tsp</td>
</tr>
<tr>
<td>Salt</td>
<td>1 pinch</td>
</tr>
<tr>
<td>Bananas, mashed</td>
<td>1 ¼ cups</td>
</tr>
<tr>
<td>Canola Oil</td>
<td>1 Tbsp</td>
</tr>
<tr>
<td>Buttermilk, reduced-fat</td>
<td>⅓ cup</td>
</tr>
<tr>
<td>Vanilla</td>
<td>2 tsp</td>
</tr>
<tr>
<td>Walnuts (optional)</td>
<td>¼ cup</td>
</tr>
</tbody>
</table>

Exchanges Per Serving:
- 1 Fat
- 1 Starch
- ½ Fruit

Nutritional Information:

Amount Per serving
- Calories 160
- Calories from Fat 40
- Total fat 5g
- Saturated Fat 1g
- Cholesterol 0 mg
- Sodium 170 mg
- Total carbohydrates 25g
- Dietary fiber 2g
- Sugars 7g
- Protein 3g

*Not appropriate for low sodium diets

Preparation Instructions:

1. Preheat oven to 350 degrees F. Spray a 9x5 inch loaf pan with nonstick cooking spray. Set aside.
2. Blend the dry ingredients in a large mixing bowl. Set aside.
3. Add oil, buttermilk, and vanilla to the mashed bananas. Mix well. Pour banana mixture into dry ingredients. Stir until just mixed.
4. Pour batter into prepared pan. Bake in preheated 350 degree F oven for 45-55 minutes or until rich brown and the center is set.

Note: Walnuts can be used to create a uniquely flavored banana bread.
Oat Bran Pancakes

Number of Servings: 6  
Serving Size: 2 pancakes

Ingredients

<table>
<thead>
<tr>
<th>Measure</th>
<th>Oat bran hot cereal, uncooked</th>
<th>1 cup</th>
</tr>
</thead>
<tbody>
<tr>
<td>Measure</td>
<td>All-purpose flour</td>
<td>½ cup</td>
</tr>
<tr>
<td>Measure</td>
<td>Artificial sweetener</td>
<td>¼ cup</td>
</tr>
<tr>
<td>Measure</td>
<td>Baking powder</td>
<td>1 tsp</td>
</tr>
<tr>
<td>Measure</td>
<td>Baking soda</td>
<td>½ tsp</td>
</tr>
<tr>
<td>Measure</td>
<td>Salt</td>
<td>1/8 tsp</td>
</tr>
<tr>
<td>Measure</td>
<td>Buttermilk</td>
<td>2 cups</td>
</tr>
<tr>
<td>Measure</td>
<td>Egg Substitute</td>
<td>¼ cup</td>
</tr>
</tbody>
</table>

Preparation Instructions:

1. Heat nonstick skillet or frying pan over medium to medium-high heat.
2. Combine oat bran, flour, sweetener, baking powder, baking soda, and salt in a large bowl. Set aside.
3. Beat together buttermilk and egg substitute in a small bowl with a wire whisk. Pour the egg mixture over dry ingredients. Stir together until ingredients are just blended and no dry lumps appear.
4. Pour approximately ¼ cup pancake batter onto hot skillet or pan. Cook pancakes until puffed, browned, and slightly dry around the edges. Flip over and cook other side until golden brown.

Exchanges Per Serving:
- 1 very lean meat
- ½ fruit

*Not appropriate for low sodium diets

Nutritional Information:

Amount Per serving
- Calories 56
- Calories from Fat 7
- Total fat 1g
- Saturated Fat 0g
- Cholesterol 18 mg
- Sodium 71 mg*
- Total carbohydrates 4g
- Dietary fiber 0g
- Sugars 4g
- Protein 8g

*Nutritional Information: Not appropriate for low sodium diets.
Potato Pancake

A delicious classic without all the fat.

Number of servings: 6  
Serving size: ½ cup

Ingredients:  
Measure

- Medium potatoes, peeled 2 ea  
- Zucchini, unpeeled 1 ea  
- Small onion 1 ea  
- Dry breadcrumbs or matzo meal ½ cup  
- Nonstick cooking spray 2 spray  
- Canola or corn oil 2 tsp

Exchanges Per Serving:  
1-1/2 starch

Nutritional Information:  
Amount Per serving  
Calories 123  
Calories from Fat 31  
Total fat 3g  
Saturated Fat 1g  
Cholesterol 71mg  
Sodium 24 mg*  
Total carbohydrates 19g  
Dietary fiber 2g  
Sugars 2g  
Protein 4g  
*Not appropriate for low sodium diets

Preparation Instructions:

1. Great the potato and zucchini. Drain any accumulated liquid, or the potatoes will turn green. Grate the onion. Combine the potatoes, zucchini, and onion in a bowl. Add the eggs and the breadcrumbs or matzo meal. Mix well.
2. Preheat the oven to 300 degrees F. Spray a skillet with nonstick cooking spray. Heat the oil in the skillet over medium-high heat. Add ½ cup portions of the potato mixture.
3. Cook for about 5 minutes on one side, turn, and cook on the other side for 3 minutes until golden brown. Transfer cooked cakes to the oven to keep warm. Repeat until all the mixture is used.
Raspberry Peach Blender Breakfast

Number of Servings: 4  
Serving size: 1 cup

Ingredients:  
Measure:
Soy Milk 2 cups
Plain low-fat yogurt 1 cup
Frozen unsweetened sliced peaches 1 cup
Frozen unsweetened red raspberries ½ cup
Equal® or other substitute sweetener ½ cup
Vanilla 1 tsp
Fresh Mint (Optional) 1 sprig

Exchanges Per Serving:  
1 Milk

Nutritional Information:  
Amount Per serving
Calories 105
Calories from Fat 27
Total fat 3g
Saturated Fat 1g
Cholesterol 3mg
Sodium 54 mg*
Total carbohydrates 13g
Dietary fiber 3g
Sugars 0g
Protein 7g
*Not appropriate for low sodium diets

Preparation Instructions:

1. Place all ingredients in blender container. Cover with lid. Process until smooth.
2. Serve immediately in tall glasses. Garnish with fresh mint, if desired.

*Healthy Hint:  
Choose non-fat dairy such as skim milk, non-fat yogurt and non-fat cheese.
Vegetable Frittata

Number of servings: 4
Serving size: 1 slice

**Ingredients**

<table>
<thead>
<tr>
<th>Ingredient</th>
<th>Measure</th>
</tr>
</thead>
<tbody>
<tr>
<td>Margarine</td>
<td>1 tsp</td>
</tr>
<tr>
<td>Small Onion, thinly sliced</td>
<td>1 ea</td>
</tr>
<tr>
<td>Small red pepper, sliced into thin strips</td>
<td>1 ea</td>
</tr>
<tr>
<td>Boiled red potato, peeled, sliced</td>
<td>1 ea</td>
</tr>
<tr>
<td>Broccoli florets</td>
<td>1 cup</td>
</tr>
<tr>
<td>Shredded light Swiss cheese</td>
<td>¼ cup</td>
</tr>
<tr>
<td>Whole large eggs, lightly beaten</td>
<td>3 ea</td>
</tr>
<tr>
<td>Egg whites, lightly beaten</td>
<td>3 ea</td>
</tr>
<tr>
<td>Salt</td>
<td>¼ tsp</td>
</tr>
<tr>
<td>Freshly ground pepper</td>
<td>1/8 tsp</td>
</tr>
<tr>
<td>Pinch of paprika</td>
<td>1 pinch</td>
</tr>
</tbody>
</table>

**Exchanges Per Serving:**
- 2 vegetables
- 1 meat

**Nutritional Information:**

<table>
<thead>
<tr>
<th>Amount Per Serving</th>
<th>Calories</th>
<th>Calories from Fat</th>
<th>Total fat</th>
<th>Saturated Fat</th>
<th>Cholesterol</th>
<th>Sodium</th>
<th>Total carbohydrates</th>
<th>Dietary fiber</th>
<th>Sugars</th>
<th>Protein</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>133</td>
<td>52</td>
<td>6 g</td>
<td>2 g</td>
<td>162 mg</td>
<td>289 mg*</td>
<td>9 g</td>
<td>2 g</td>
<td>3 g</td>
<td>11 g</td>
</tr>
</tbody>
</table>

*Not appropriate for low sodium diets

**Preparation Instructions**

1. Preheat the oven to 450 degrees F.
2. Put the margarine in a 8-inch pie plate or quiche pan; place in the oven to melt. Arrange the onion slices on the margarine; cook in the hot oven for 5 minutes.
3. Remove the pan from the oven; arrange red peppers, potato, and broccoli on top of the onion. Sprinkle on the cheese.
4. In a medium bowl, combine the whole eggs, egg whites, salt and pepper; pour over the cheese mixture. Sprinkle with paprika. Bake for 12 to 15 minutes, or until the eggs are set in the middle. Slice into 4 equal portions and serve hot or cooled to room temperature.
Very Berry Blueberry Muffins

*These berry-filled muffins have a cake-like texture. Bake an extra batch and freeze some for a rainy day.*

Number of servings: 12

Ingredients:

<table>
<thead>
<tr>
<th>Name</th>
<th>Measure</th>
</tr>
</thead>
<tbody>
<tr>
<td>All-purpose flour</td>
<td>2 cups</td>
</tr>
<tr>
<td>Baking powder</td>
<td>2 tsp</td>
</tr>
<tr>
<td>Salt</td>
<td>¾ tsp</td>
</tr>
<tr>
<td>Light margarine, softened</td>
<td>½ cup</td>
</tr>
<tr>
<td>Artificial sweetener</td>
<td>1 cup</td>
</tr>
<tr>
<td>Honey</td>
<td>¼ cup</td>
</tr>
<tr>
<td>Eggs</td>
<td>2 large</td>
</tr>
<tr>
<td>Vanilla extract</td>
<td>1 tsp</td>
</tr>
<tr>
<td>1% low-fat milk</td>
<td>½ cup</td>
</tr>
<tr>
<td>Blueberries, fresh or frozen, thawed</td>
<td>1 cup</td>
</tr>
</tbody>
</table>

**Exchanges Per Serving:**
- 1 ½ Starches
- 1 Fat

**Nutritional Information:**
- Amount Per serving
  - Calories 160
  - Calories from Fat 45
  - Total fat 5g
  - Saturated Fat 1g
  - Cholesterol 35mg
  - Sodium 280 mg*
  - Total carbohydrates 24g
  - Dietary fiber 1g
  - Sugars 6g
  - Protein 4g

*Not appropriate for low sodium diets.

Preparation Instructions:

1. Place oven rack in top 1/3 of oven.
2. Preheat oven to 400 degrees F. Line 12 muffin cups with paper liners. Lightly spray liners with nonstick cooking spray.
5. Spoon batter evenly into paper lined muffin cups. Bake 20-22 minutes or until golden. Remove from pan immediately and cool on wire rack.

Note: To freeze muffins, wrap in heavy-duty aluminum foil or place in a zip-top plastic freezer bag. Freeze up to 3 months.
White Omelet

Number of servings: 1  
Serving size: 1 omelet

Ingredients:  
Measure:

Low-fat cottage cheese  ¼ cup  
Margarine  1 tsp  
Egg whites  3 ea  
Fat-free milk  1 Tbsp  
Thyme  ¼ tsp  
Pepper  1 dash  
Chopped green onion  1 Tbsp

Exchanges Per Serving:
½ carbohydrates  
2 very lean meat  
½ fat

Nutritional Information:
Amount Per serving  
Calories 132  
Calories from Fat 35  
Total fat 4g  
Saturated Fat 1g  
Cholesterol 3mg  
Sodium 423 mg*  
Total carbohydrates 5g  
Dietary fiber 0g  
Sugars 3g  
Protein 18g

*Not appropriate for low sodium diets

Preparation Instructions:

2. In a small bowl, whip egg whites, milk, thyme, and black pepper. Pour egg white mixture into hot pan. Swirl mixture around edges of the small skillet. Using a fork, pull the cooked edges inwards so uncooked portion leaks out towards the pan edges. When the top surface is just firm, flip the omelet over.
3. Spoon cottage cheese on % of the omelet. Top with green onion. Check underside to make sure omelet is cooked, then fold omelet carefully with spatula, or cut omelet in half and add top half to omelet. Remove from heat and serve.
Winter Beef Stew

_Pears and apples, wintertime's finest fruits, complement lean beef in this hearty stew._

Number of servings: 6  
Serving Size: 1 cup with 3-4 oz. beef

Ingredients:  

<table>
<thead>
<tr>
<th>Measure</th>
<th>Ingredients</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 Tbsp</td>
<td>Canola oil</td>
</tr>
<tr>
<td>1 cup</td>
<td>Chopped onions</td>
</tr>
<tr>
<td>3 each</td>
<td>Garlic cloves, minced</td>
</tr>
<tr>
<td>2 each</td>
<td>Carrots, cut into 1-inch cubes</td>
</tr>
<tr>
<td>1 ½ lbs</td>
<td>Lean stew beef, cut into 1-inch cubes</td>
</tr>
<tr>
<td>3 cups</td>
<td>Low-fat, low-sodium beef broth</td>
</tr>
<tr>
<td>1 tsp</td>
<td>Paprika</td>
</tr>
<tr>
<td>1 each</td>
<td>Fresh ground pepper and salt to taste</td>
</tr>
<tr>
<td>1 ½ cups</td>
<td>Mixed pears and apples, unpeeled, and chopped into 1-inch pieces</td>
</tr>
</tbody>
</table>

Exchanges Per Serving:  
1 starch  
3 very lean meat  
1 Monounsaturated Fat

Nutritional Information:  
Amount Per serving  
Calories 223  
Calories from Fat 69  
Total fat 8g  
Saturated Fat 2g  
Cholesterol 59mg  
Sodium 156 mg*  
Total carbohydrates 14g  
Dietary fiber 3g  
Sugars 9g  
Protein 27g  
*Not appropriate for low sodium diets.

Preparation Instructions:
1. Heat the oil in a large stockpot over medium-high heat. Add the onion and garlic and saute for another 5 minutes. Add carrots and saute for another 5 minutes. Add the meat and brown. Drain off any accumulated fat. Add the broth, paprika, pepper and salt (if desired).
2. Bring to a boil over high heat. Reduce the heat and simmer, uncovered, for 1 1/4 hours. Add the apples and pears and cover. Cook over low heat for 15-20 minutes until the apples and pears are soft, but not mushy.

Healthy Hint: Choose liquid oils for cooking instead of solid fats that can be high in saturated and trans fats. Remember that fats are high in calories. If you're trying to lose weight, watch your portion sizes of added fat.
Hearty Turkey Burgers

Make sure to buy lean ground turkey, some ground turkey contains dark meat and skin and is higher in fat.

Number of servings: 6  
Serving size: 1 burger

Ingredients:  
Measure:  
Lean ground turkey 1 lb.  
Egg 1  
Old-fashioned oatmeal ¼ cup  
Minced fresh mushrooms ½ cup  
Dried minced onion 2 Tbsp  
Garlic salt ½ tsp  
Ground black pepper ½ tsp  
Whole-wheat hamburger buns 6 ea

Exchanges Per Serving:  
2 lean meat  
½ fat  
2 starch

Nutritional Information:  
Amount Per serving  
Calories -  
Calories from Fat 301  
Total fat 102g  
Saturated Fat 11g  
Cholesterol 3mg  
Sodium 92 mg*  
Total carbohydrates 374g  
Dietary fiber 28g  
Sugars 3g  
Protein 4g  
*Not appropriate for low sodium diets.

Preparation Instructions:

1. Combine all ingredients except buns in a bowl. Divide turkey into 6 equal portions, shaping each into a patty ½ inch thick.
2. Place patties on grill rack; grill 7 minutes on each side or until done. (Or coat a large nonstick skillet with cooking spray and cook patties over medium heat for 3-4 minutes per side, or until juices run clear).
Chicken Baked in Spicy Yogurt

Number of servings: 8
Serving Size: 1/8 of recipe

Ingredients:  

<table>
<thead>
<tr>
<th>Item</th>
<th>Measure</th>
</tr>
</thead>
<tbody>
<tr>
<td>Chicken legs, skinned</td>
<td>3 ½ lb</td>
</tr>
<tr>
<td>Plain low-fat yogurt</td>
<td>1 cup</td>
</tr>
<tr>
<td>Cumin</td>
<td>½ tsp</td>
</tr>
<tr>
<td>Dry mustard</td>
<td>½ tsp</td>
</tr>
<tr>
<td>Crushed red pepper flakes</td>
<td>¼ tsp</td>
</tr>
<tr>
<td>Ground Ginger</td>
<td>¼ tsp</td>
</tr>
<tr>
<td>Clover garlic, minced</td>
<td>1 ea</td>
</tr>
<tr>
<td>Scallions, including green part,</td>
<td>½ cup</td>
</tr>
<tr>
<td>Thinly sliced</td>
<td></td>
</tr>
</tbody>
</table>

Preparation Instructions:

1. Rinse chicken under cold, running water; dry with paper towels.
2. Stir together all the other ingredients, except scallions.
3. Add chicken and tum pieces to coat with yogurt mixture. Cover and refrigerate for 8 hours or longer.
4. Spray 13x9-inch pan with nonstick cooking spray.
5. Arrange chicken in pan. Cover with remaining sauce.
6. Bake uncovered at 350 degrees F for about 1 hour.
7. Garnish with scallions.

Exchanges Per Serving:
- 4 lean meat

Nutritional Information:
- Amount Per serving
  - Calories 177
  - Calories from Fat 45
  - Total fat 5g
  - Saturated Fat 1g
  - Cholesterol 122mg
  - Sodium 149 mg*
  - Total carbohydrates 2g
  - Dietary fiber 0g
  - Sugars 0g
  - Protein 31g

*Not appropriate for low sodium diets.
Basic Pot Roast

This is probably one of the first, and best, one-pot meals. Make it on a day off or the weekend as it requires extra cooking time. It is very simple to put together, and the magic takes place while you are out of the kitchen. Although there are many ways to spice up this basic recipe, you will enjoy this version for its simplicity and fresh taste. The key to this recipe is browning the meat and cooking the vegetables just until they are tender.

Number of servings: 8
Serving size: 1 ½ cups

Ingredients:

<table>
<thead>
<tr>
<th>Measure</th>
<th>Quantity</th>
</tr>
</thead>
<tbody>
<tr>
<td>Boneless beef chuck arm roast, or similar cut</td>
<td>2 lbs</td>
</tr>
<tr>
<td>Canola oil</td>
<td>1 Tbsp</td>
</tr>
<tr>
<td>Medium onion, chopped</td>
<td>1 ea</td>
</tr>
<tr>
<td>Garlic cloves, minced</td>
<td>2 ea</td>
</tr>
<tr>
<td>Water, divided</td>
<td>4 ½ cups</td>
</tr>
<tr>
<td>Bay leaves</td>
<td>2 ea</td>
</tr>
<tr>
<td>Ground black pepper</td>
<td>1 tsp</td>
</tr>
<tr>
<td>Medium potatoes, skins on, quartered</td>
<td>6</td>
</tr>
<tr>
<td>Carrots, sliced</td>
<td>1 lb</td>
</tr>
<tr>
<td>Celery stalks, cut into 1-inch pieces</td>
<td>5 ea</td>
</tr>
<tr>
<td>All-purpose flour</td>
<td>3 Tbsp</td>
</tr>
</tbody>
</table>

Preparation Instructions:

1. In a Dutch oven or large pot with a lid, heat the oil on medium high, then add the meat and brown on both sides so a crispy crust forms, about 5-8 minutes preside. Reduce the heat to medium low and add the onion and garlic; cook until the onion is translucent, about 3 minutes.

2. Transfer the beef to a plate; keep warm. Return the pan to the heat; add 2 cups of water and cook; scraping up browned bits from the bottom of the pan. Return the beef to the pot, add the bay leaves and pepper, then cover and cook on low 1 hour, turning after 1/2 hour.

3. Add the potatoes on top of the meat and 2 more cups of water. Cover and simmer 10 minutes. Add the carrots and celery, cover, and simmer until a fork can easily pierce a potato, about 15 minutes.

4. Remove the bay leaves and discard. Remove the meat to a cutting board and slice; arrange the slices in a large serving dish. With a slotted spoon remove the potatoes, carrots, and celery and place around meat in serving dish. Keep warm.

5. In a small bowl, combine the flour with Y:z cup cold water until blended. Stir into remaining liquid in the pot. Cook, stirring constantly until thickened, about 3 minutes. Serve with the meat and vegetables.

Exchanges Per Serving:
- 2 starch
- 3 lean meat
- 1 vegetable

Nutritional Information:

<table>
<thead>
<tr>
<th>Amount Per serving</th>
<th>Calories</th>
<th>Calories from Fat</th>
<th>Total fat</th>
<th>Saturated Fat</th>
<th>Cholesterol</th>
<th>Sodium</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>352</td>
<td>84</td>
<td>9g</td>
<td>3g</td>
<td>93mg</td>
<td>110mg*</td>
</tr>
</tbody>
</table>

*Not appropriate for low sodium diets.
Stovetop Shepherd’s Pie

This recipe is ideal for when the weather turns cooler. It even comes with a bonus; you can use up almost any leftover veggies, chicken, or turkey that you have in the fridge to make a "stick-to-your-ribs" meal.

Number of servings: 8  
Serving size: 1/8 of recipe

Ingredients:

<table>
<thead>
<tr>
<th>Measure</th>
<th>Cubed cooked chicken</th>
<th>2 cups</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 ea</td>
<td>16 oz pack of frozen mixed vegetables, thawed and drained</td>
<td></td>
</tr>
<tr>
<td>1 ea</td>
<td>Condensed reduced-sodium cream of chicken soup can (10 ¾ oz)</td>
<td></td>
</tr>
<tr>
<td>½ cup</td>
<td>Low-fat 1% milk</td>
<td></td>
</tr>
<tr>
<td>¼ tsp</td>
<td>Onion Powder</td>
<td></td>
</tr>
<tr>
<td>¼ tsp</td>
<td>Black Pepper</td>
<td></td>
</tr>
<tr>
<td>3 cups</td>
<td>Hot mashed potatoes (can be instant or leftover)</td>
<td></td>
</tr>
</tbody>
</table>

Preparation Instructions:

1. In a large skillet, combine all the ingredients except potatoes over high heat; mix well. Cook for 5-8 minutes, or until heated through, stirring frequently.
2. Remove from the heat and top with the potatoes. Serve immediately.

*Healthy Hint: Choose lean meats like cuts of beef and pork that end in "loin" such as pork loin and sirloin. Remove skin from chicken and turkey.

Exchanges Per Serving:
- 2 lean meats
- 1 ½ starch

Nutritional Information:
- Amount Per serving
  - Calories 221
  - Total fat 8g
  - Saturated Fat 4g
  - Cholesterol 46 mg
  - Sodium 483 mg*
  - Total carbohydrates 23g
  - Dietary fiber 4g
  - Sugars 5g
  - Protein 14 g

*Not appropriate for low sodium diets.
Roasted Turkey and Vegetables

*Serve this dish with roasted sweet potatoes. It’s a great option for the holidays if you don’t want to cook the entire bird!*

Number of servings: 6  
Serving size: 4 oz turkey, ¼ vegetable mixture

**Ingredients:**

<table>
<thead>
<tr>
<th>Measure</th>
<th>Ingredients</th>
</tr>
</thead>
<tbody>
<tr>
<td>Cooking Spray</td>
<td></td>
</tr>
<tr>
<td>Celery</td>
<td>2 stalks</td>
</tr>
<tr>
<td>Carrots, peeled and chopped</td>
<td>2 med. size</td>
</tr>
<tr>
<td>Onion</td>
<td>1 ea.</td>
</tr>
<tr>
<td>Cabbage, chopped</td>
<td>½ head</td>
</tr>
<tr>
<td>Fresh thyme</td>
<td>5 sprigs</td>
</tr>
<tr>
<td>Chicken broth, fat free, low sodium</td>
<td>1 cup</td>
</tr>
<tr>
<td>Bone in turkey breast half</td>
<td>2 ½ lbs.</td>
</tr>
<tr>
<td>Olive oil</td>
<td>1 tsp</td>
</tr>
<tr>
<td>No salt spike seasoning (or other no salt seasoning)</td>
<td>1 Tbsp</td>
</tr>
<tr>
<td>Ground black pepper</td>
<td>½ tsp</td>
</tr>
</tbody>
</table>

**Preparation Instructions:**

1. Preheat the oven to 375 degrees F. Coat a baking dish with cooking spray.
2. Toss all of the vegetables and thyme together and place in the bottom of the pan. Pour the chicken broth over the vegetables.
3. Remove the skin from the turkey breast. Place it breast side up on top of the vegetables. Drizzle the turkey and vegetables with the olive oil and sprinkle it with the seasoning and ground black pepper.
4. Roast the turkey and vegetables in the oven for 1 hour or until the internal temperature of the turkey is 165 degrees F.
5. When the turkey comes out of the oven. Set it aside on a cutting board to rest. Remove the thyme stems and stir the vegetables.
6. Slice the turkey into 4-ounce slices and serve with the vegetables.

**Exchanges Per Serving:**

**Nutritional Information:**

<table>
<thead>
<tr>
<th>Amount Per serving</th>
</tr>
</thead>
<tbody>
<tr>
<td>Calories 200</td>
</tr>
<tr>
<td>Total fat 2g</td>
</tr>
<tr>
<td>Saturated Fat .5g</td>
</tr>
<tr>
<td>Cholesterol 90mg</td>
</tr>
<tr>
<td>Sodium 115 mg*</td>
</tr>
<tr>
<td>Total carbohydrates 10g</td>
</tr>
<tr>
<td>Dietary fiber 3g</td>
</tr>
<tr>
<td>Sugars 5g</td>
</tr>
<tr>
<td>Protein 35g</td>
</tr>
</tbody>
</table>

*Not appropriate for low sodium diets.*
BBQ Chicken Pizza

Serve this pizza with a big garden salad drizzled lightly with low-fat Ranch dressing. It's a quick, easy and budget-friendly meal!

Number of servings: 8
Serving size: 1/8 of pizza

Ingredients:

- Measure:
  - Cooking Spray
  - Boneless skinless chicken breast ½ lb.
  - Salt (optional) ¼ tsp
  - Ground black pepper ¼ tsp
  - Sugar-free apricot preserves ¼ cup
  - Barbecue sauce ¼ cup
  - Hot sauce ½ tsp
  - Whole wheat pizza crust, pre packaged 1 (12-inch)
  - Red onion, thinly sliced ½ onion
  - Italian style, reduced fat shredded cheese ½ cup
  - Oregano ½ tsp

Preparation Instructions:

1. Preheat the oven to 375 degrees F. Spray a baking sheet with cooking spray.
2. Season the chicken with salt (optional) and pepper on both sides.
3. Place the chicken on the prepared baking sheet and bake for 25 minutes or until the juices run clear. Remove the chicken from the oven and chop into half-inch pieces.
4. In a small saucepan, combine the sugar-free apricot preserves, barbecue sauce, and hot sauce. Bring to a boil.
5. Spoon the sauce over the pizza crust. Top the crust with cooked chicken, sliced onion, and cheese. Sprinkle the cheese with the dried oregano.
6. Bake the pizza for 20-25 minutes or until the cheese is melted and bubbly.

*Healthy Hint: Choose whole grain foods over processed grain products. Try brown rice with your stir-fry or whole-wheat spaghetti with your favorite pasta sauce. Include dry beans and lentils in your meals.
Vegetable Bake

Number of servings: 2  
Serving size: ½ recipe

Ingredients:

<table>
<thead>
<tr>
<th>Item</th>
<th>Measure</th>
</tr>
</thead>
<tbody>
<tr>
<td>Frozen, mixed vegetables</td>
<td>1 ½ cups</td>
</tr>
<tr>
<td>Flour</td>
<td>2 Tbsp</td>
</tr>
<tr>
<td>Low-calorie margarine</td>
<td>1 Tbsp</td>
</tr>
<tr>
<td>Fat-free milk</td>
<td>¼ cup</td>
</tr>
<tr>
<td>Parmesan cheese</td>
<td>1 Tbsp</td>
</tr>
<tr>
<td>Hot mash potatoes (instant or leftover)</td>
<td>1 cup</td>
</tr>
<tr>
<td>Paprika</td>
<td>1 dash</td>
</tr>
</tbody>
</table>

Measure:

<table>
<thead>
<tr>
<th>Item</th>
<th>Measure</th>
</tr>
</thead>
<tbody>
<tr>
<td>Frozen, mixed vegetables</td>
<td>1 ½ cups</td>
</tr>
<tr>
<td>Flour</td>
<td>2 Tbsp</td>
</tr>
<tr>
<td>Low-calorie margarine</td>
<td>1 Tbsp</td>
</tr>
<tr>
<td>Fat-free milk</td>
<td>¼ cup</td>
</tr>
<tr>
<td>Parmesan cheese</td>
<td>1 Tbsp</td>
</tr>
<tr>
<td>Hot mash potatoes (instant or leftover)</td>
<td>1 cup</td>
</tr>
<tr>
<td>Paprika</td>
<td>1 dash</td>
</tr>
</tbody>
</table>

Exchanges Per Serving:

- 1 ½ starch
- 1 ½ fat

Nutritional Information:

- Amount Per serving
  - Calories 186
  - Calories from Fat 67
  - Total fat 7g
  - Saturated Fat 2g
  - Cholesterol 4mg
  - Sodium 173 mg*
  - Total carbohydrates 26g
  - Dietary fiber 3g
  - Sugars 5g
  - Protein 6g

*Not appropriate for low sodium diets.

Preparation Instructions:

1. Heat oven to 350 degrees F. Mix vegetables and flour in a small nonstick casserole dish (or spray dish with nonstick cooking spray).

Bake 25-30 minutes or until potatoes slightly brown.
Veggie Pizza

Number of servings: 4
Serving slice: 2 slices

Ingredients:                               Measure:
Olive oil                                   1 tsp
Broccoli florets                           1 cup
Yellow Squash, sliced (about 1 cup)        1 each
Sliced mushrooms                           1 cup
Red bell pepper, sliced into thin strips   ½ cup
Garlic cloves, minced                      2 each
12-inch prepackaged pizza crust            1 each
Shredded, part-skim mozzarella cheese     ½ cup
Ground black pepper                       ¼ tsp
Crushed red pepper flakes                 ¼ tsp

Exchanges Per Serving:
3 starch
1 vegetable
1 lean meat
1 fat

Nutritional Information:
Amount Per serving
Calories 353
Calories from Fat 96
Total fat 11g
Saturated Fat 3g
Cholesterol 8mg
Sodium 632mg*
Total carbohydrates 50g
Dietary fiber 3g
Sugars 5g
Protein 15g

*Not appropriate for low sodium diets.

Preparation Instructions:

1. Preheat oven to 450 degrees. Add olive oil to a large nonstick skillet over medium heat. Add broccoli, squash, mushrooms, and red bell pepper; sauté for 3 minutes. Add garlic and sauté 30 more seconds.

2. Place pizza crust on a baking sheet. Spread the veggie mixture evenly over the pizza. Sprinkle with cheese, black pepper, and red pepper flakes.

Bake pizza in oven for 20 minutes or until the cheese begins to lightly brown.
Caesar Salad Sandwich

This is a healthy alternative to sandwiches made with processed meats.

Number of servings: 6  
Serving size: 1 3-oz roll with 3 oz chicken and ½ cup salad greens

Ingredients:  
Measure:
Medium hard rolls 6 each
(preferably whole grain)
Torn romaine lettuce 3 cups
Fat-free Caesar salad dressing ½ cup
Grated fresh parmesan cheese 1/3 cup
Chicken breasts, cut into strips about 3 inches long 1 ½ lb
Olive oil 2 tsp

Exchanges Per Serving:
2 starch
4 very lean meat
½ fat

Nutritional Information:
Amount Per serving
Calories 401  
Calories from Fat 84  
Total fat 9g  
Saturated Fat 3g  
Cholesterol 72mg
Sodium 793mg*  
Total carbohydrates 44g  
Dietary fiber 7g  
Sugars 5g  
Protein 36g  
*Not appropriate for low sodium diets.

Preparation Instructions:

1. Set the oven on broil. Cut each roll in half and scoop out the dough to form pocket in one side of the bread. Combine the lettuce, dressing, and cheese in a bowl.

2. Place the chicken strips on a broiler pan and brush with the olive oil. Broil the strips of chicken for a total of about 7 minutes, turning once. Add the chicken to the salad and pile the mixture into the bread pocket. Top with the other half of bread and serve.
Cabbage and Chicken Soup

Number of Servings: 8  
Serving Size: 1 cup

Ingredients:

Water  
Low-fat, low sodium Chicken broth  
Chopped Tomatoes  
Stalked celery, chopped  
Green onion, chopped with tops  
Potato, peeled and diced  
Bay leaf  
Salt  
Thyme  
Caraway seeds  
Shredded cabbage  
Chopped cooked chicken  
Lemon juice  
Sugar

Measure:

4 cups  
3 cups  
2 cups  
½ each  
4 each  
1 each  
1 each  
1 tsp  
½ tsp  
¼ tsp  
3 cups  
1 cup  
1 Tbsp  
2 tsp

Exchanges Per Serving:

2 vegetable  
1 very lean meat

Nutritional Information:

Amount Per serving  
Calories 81  
Calories from Fat 15  
Total fat 2g  
Saturated Fat 1g  
Cholesterol 16mg  
Sodium 526mg*  
Total carbohydrates 9g  
Dietary fiber 2g  
Sugars 4g  
Protein 7g

*Not appropriate for low sodium diets.

Preparation Instructions:

1. In a large soup pot, combine the water, broth, tomatoes, celery, onion, potato, bay leaf, salt, thyme, and caraway seeds.
2. Simmer for 30 minutes to 1 hour. Add cabbage, chicken, lemon juice, and sugar. Remove the bay leaf and serve.
Cream of Broccoli Soup

Number of Servings: 6  Servings Size: 1 cup

Ingredients:  Measure:
Water 1 ½ cups  
Chopped broccoli 3 cups  
Canola or corn oil 2 tsp  
Chopped onion 1 cup  
Garlic, chopped 1 Tbsp  
Flour 1 Tbsp  
Fat-free milk 3 cups  
Celery seeds ½ tsp  
Salt 1 tsp  
Pepper 1/8 tsp  
Cayenne pepper 1/8 tsp  
Grated Parmesan cheese ¾ cup

Exchanges Per Serving:
1 skim milk
1 fat
1 vegetable

Nutritional Information:
Amount Per serving
Calories 146
Calories from Fat 46
Total fat 5 mg
Saturated Fat 2g
Cholesterol 10mg
Sodium 658mg*
Total carbohydrates 15g
Dietary fiber 3g
Sugars 9g
Protein 11g

*Not appropriate for low sodium diets.

Preparation Instructions:

1. Combine the water and the broccoli and boil over medium heat for 10 minutes. Remove from the heat and set aside.
2. In a large skillet, heat the oil and sauté the onion and garlic until translucent, about 5 minutes.
3. Add the flour to the skillet, stirring constantly to mix. Add the liquid from the broccoli and cook until thickened, about 10 minutes.
4. Add the milk, broccoli, and spices and stir well (omit the salt if you need to reduce total sodium). Cook until hot, but don’t allow the milk to boil.

Top each serving with 1 Tbsp of Parmesan cheese.
Minestrone Soup

*Enjoy this warm and hearty soup for an excellent source of vitamin A, thanks to the vegetables. This recipe is provided by Kraft®.*

Substitute one can (16 oz.) red kidney beans, rinsed, drained for cooked kidney beans.

Number of servings: 8

Ingredients:  
Measure:

<table>
<thead>
<tr>
<th>Item</th>
<th>Measure</th>
</tr>
</thead>
<tbody>
<tr>
<td>Low fat, low sodium chicken broth</td>
<td>2 cans, 14 ½ oz.</td>
</tr>
<tr>
<td>Uncooked shell macaroni</td>
<td>¼ cup</td>
</tr>
<tr>
<td>No-salt added stewed tomatoes</td>
<td>1 can, 16 oz.</td>
</tr>
<tr>
<td>(reserve juice), coarsely chopped</td>
<td></td>
</tr>
<tr>
<td>Cooked kidney beans (prepared without salt)</td>
<td>2 cups</td>
</tr>
<tr>
<td>Garlic powder</td>
<td>1 tsp</td>
</tr>
<tr>
<td>Dried basil leaves</td>
<td>1 tsp</td>
</tr>
</tbody>
</table>

Exchanges Per Serving:  
2 starch  
2 vegetable  
2 fat  

Nutritional Information:  
Amount Per serving  
Calories 260  
Calories from Fat 0  
Total fat 6 mg  
Saturated Fat 1 g  
Cholesterol 0 mg  
Sodium 350 mg*  
Total carbohydrates 45g  
Dietary fiber 10g  
Sugars 5g  
Protein 11g  

*Not appropriate for low sodium diets.*

Preparation Instructions:

1. Heat all ingredients in large saucepan on medium-high heat to boil. Reduce heat; simmer 20 minutes or until macaroni is cooked.
2. Serve soup with Triscuit® Low Sodium Crackers.

*Healthy Hint:*  
Try to include fish in your meals 2-3 times a week.
White Bean and Turkey Soup

Number of servings: 6
Serving size: 1 cup with 2 oz turkey

Ingredients:

<table>
<thead>
<tr>
<th>Measure</th>
<th>Canola oil</th>
<th>Medium onion, minced</th>
<th>Carrots, diced</th>
<th>Stalks celery, sliced</th>
<th>Low fat, low-sodium chicken broth</th>
<th>15 oz white beans (navy or cannellini)</th>
<th>Diced cooked turkey</th>
<th>Paprika</th>
<th>Minced fresh thyme</th>
<th>Fresh ground pepper and salt to taste</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 Tbsp</td>
<td>1 each</td>
<td>3 each</td>
<td>3 each</td>
<td>3 cups</td>
<td>2 cans</td>
<td>2 cans</td>
<td>1 ¼ cups</td>
<td>2 tsp</td>
<td>1 tsp</td>
<td>1 each</td>
</tr>
</tbody>
</table>

Preparation Instructions:

1. Heat the oil in a large stockpot over medium-high heat. Add the onion and sauté from 5 minutes. Add the carrots and sauté for another 5 minutes. Add the celery and sauté for 2 minutes. Add the broth and bring to a boil. Simmer over low heat for 5 minutes.
2. Puree one can of the beans with its liquid. Add to the soup, simmer for 10 minutes. Add the other can of whole beans (drained), turkey, paprika, thyme, and pepper. Continue to simmer for 20 minutes.

Exchanges Per Serving:
- 2 ½ starch
- 2 very lean meat

Nutritional Information:
- Amount Per serving
  - Calories 281
  - Calories from Fat 53
  - Total fat 6 mg
  - Saturated Fat 1g
  - Cholesterol 27mg
  - Sodium 499mg*
  - Total carbohydrates 38g
  - Dietary fiber 8g
  - Sugars 7g
  - Protein 22g

*Not appropriate for low sodium diets.
Apple Slaw

Number of Servings: 8  
Serving Size: ½ cup

Ingredients:  
Measure:
- Fat-free sour cream: ¼ cup
- Sugar: 2 Tbsp
- Salt: ¼ tsp
- Pepper: ½ tsp
- Ground mustard: 1 tsp
- Unpeeled apples, shredded: 2 lb
- Lemon juice: 2 Tbsp
- Shredded cabbage: 1 each

Exchanges Per Serving:  
- 1 ½ fruit
- 1 vegetable

Nutritional Information:  
Amount Per serving  
- Calories: 114  
- Calories from Fat: 12  
- Total fat: 1 mg  
- Saturated Fat: 0g  
- Cholesterol: 3mg  
- Sodium: 173mg*  
- Total carbohydrates: 26g  
- Dietary fiber: 6g  
- Sugars: 21g  
- Protein: 2g  
*Not appropriate for low sodium diets.

Preparation Instructions:

1. In a large bowl, combine sour cream, sugar, salt, pepper, and ground mustard. Mix well, cover and chill for 1 hour.
2. Toss the apples with the lemon juice. Combine the apples and cabbage and mix well. Just before serving, add the dressing and toss.

*Healthy Hint: Eat lots of vegetables and fruits. Try picking from the rainbow of colors available.
Chocolate Chip Cookies

We had to include a special recipe for this all-time favorite cookie. Although there are many variations, we found this version to be a hit with crispy, cake-like and chewy chocolate chip cookie lovers alike.

Number of servings: 36  
Serving Size: 1 cookie

Ingredients: 

<table>
<thead>
<tr>
<th>Measure:</th>
</tr>
</thead>
<tbody>
<tr>
<td>All-purpose flour</td>
</tr>
<tr>
<td>Baking soda</td>
</tr>
<tr>
<td>Salt</td>
</tr>
<tr>
<td>Stick margarine</td>
</tr>
<tr>
<td>Powdered sugar</td>
</tr>
<tr>
<td>Firmly packed light brown sugar</td>
</tr>
<tr>
<td>Egg</td>
</tr>
<tr>
<td>Unsweetened applesauce</td>
</tr>
<tr>
<td>Low-fat 1% milk</td>
</tr>
<tr>
<td>Vanilla extract</td>
</tr>
<tr>
<td>Chocolate chips</td>
</tr>
</tbody>
</table>

Exchanges Per Serving: 
½ carbohydrate   
½ fat

Nutritional Information: 
Amount Per serving 
Calories 72 
Calories from Fat 31 
Total fat 3 g 
Saturated Fat 1g 
Cholesterol 6mg 
Sodium 66mg*
Total carbohydrates 10g 
Dietary fiber 0g 
Sugars 6g 
Protein 1g 
*Not appropriate for low sodium diets.

Preparation Instructions:

1. Preheat the oven to 350 degrees F. Spray 2 baking sheets with nonstick cooking spray.
2. In a small bowl, whisk together the flour, baking soda, and salt.
3. In a large bowl, with an electric mixer at medium speed, beat the margarine until fluffy. Add the sugars, egg, applesauce, milk and vanilla and beat one minute. Slowly add the flour mixture and beat until combined, about one minute. Stir in the chocolate chips.
4. Drop the dough by teaspoonfuls onto prepared baking sheet. Bake until lightly browned, 14-16 minutes. Remove and cool on a baking rack.
Oatmeal Raisin Cookies

*These oatmeal-raisin cookies are packed with flavor and have only 2 grams of fat per cookie. They'll keep in an airtight container up to 1 week or in the freezer for up to 1 month.*

Number of servings: 20

Serving size: 2 cookies

Ingredients:  

<table>
<thead>
<tr>
<th>Ingredient</th>
<th>Measure</th>
</tr>
</thead>
<tbody>
<tr>
<td>All-purpose flour</td>
<td>1 cup</td>
</tr>
<tr>
<td>Baking powder</td>
<td>½ tsp</td>
</tr>
<tr>
<td>Baking soda</td>
<td>½ tsp</td>
</tr>
<tr>
<td>Cinnamon</td>
<td>¾ tsp</td>
</tr>
<tr>
<td>Salt</td>
<td>¼ tsp</td>
</tr>
<tr>
<td>Stick margarine</td>
<td>5 Tbsp</td>
</tr>
<tr>
<td>Granulated Sugar</td>
<td>¼ cup</td>
</tr>
<tr>
<td>Firmly packed light brown sugar</td>
<td>¼ cup</td>
</tr>
<tr>
<td>Egg</td>
<td>1 each</td>
</tr>
<tr>
<td>Low-fat 1% milk</td>
<td>¼ cup</td>
</tr>
<tr>
<td>Pure vanilla extract</td>
<td>1 tsp</td>
</tr>
<tr>
<td>Quick-cooking oats</td>
<td>2 ¼ cups</td>
</tr>
<tr>
<td>Seedless raisins</td>
<td>1/3 cup</td>
</tr>
</tbody>
</table>

Exchanges Per Serving:  
1 Carbohydrate  
1 fat

Nutritional Information:  
Amount Per serving  
Calories 115  
Calories from Fat 34  
Total fat 4 g  
Saturated Fat 1 g  
Cholesterol 11 mg  
Sodium 109 mg*  
Total carbohydrates 18 g  
Dietary fiber 1 g  
Sugars 7 g  
Protein 3 g

*Not appropriate for low sodium diets.*

Preparation Instructions:

1. Preheat the oven to 375 degrees F. Fine a baking sheet with parchment paper or spray with nonstick cooking spray.
2. In a small bowl, whisk together the flour, baking powder, baking soda, cinnamon, and salt. Set aside.
3. In a medium bowl, with an electric mixer on medium speed, beat the margarine until creamy, 2 minutes. Gradually blend in the sugars. Add the egg and continue beating until smooth, 1 minute. Beat in the milk and vanilla until smooth. Add the flour mixture to the margarine mixture in thirds, and blend until smooth, 2 minutes. Stir in the oats and raisins.
4. Drop the dough by teaspoonfuls onto the prepared baking sheet. Bake until lightly browned, about 7-9 minutes. With a spatula, remove the cookies to a rack and cool completely.
**New Brownies**

Number of servings: 8  
Serving size: 1 brownie

<table>
<thead>
<tr>
<th>Ingredients</th>
<th>Measure</th>
</tr>
</thead>
<tbody>
<tr>
<td>Egg whites</td>
<td>4 each</td>
</tr>
<tr>
<td>Salt</td>
<td>¼ tsp</td>
</tr>
<tr>
<td>Sugar</td>
<td>1 cup</td>
</tr>
<tr>
<td>Vanilla</td>
<td>1 tsp</td>
</tr>
<tr>
<td>Chocolate wafer cookies crumbs</td>
<td>1 cup</td>
</tr>
<tr>
<td>Walnuts, roughly chopped</td>
<td>½ cup</td>
</tr>
</tbody>
</table>

**Preparation Instructions:**

1. Heat oven to 350 degrees F. In medium bowl, beat egg whites and salt with a mixer or wire whisk until soft peaks form. Slowly add sugar until peaks are glossy. Beat in vanilla.
2. Fold in cookie crumbs and walnuts. Pour mixture into a nonstick pie pan and carefully level mixture with spatula. Bake for 30 minutes.

*Healthy Hint: Cut back on high calorie snack foods and desserts like chips, cookies, cakes and full-fat ice cream.*

**Nutritional Information:**

*Not appropriate for low sodium diets.*
Easy Strawberry Smoothies

A thick refreshing drink made quickly and easily in a blender or food processor. Have it for breakfast or as a snack. It has 5 grams of protein and only 80 calories per serving thanks to Equal®.

Number of servings: 4
Serving size: ¼ of recipe

Ingredients: Measure:
Plain non-fat yogurt 1 cup
Fat-free (skim) milk ¼ cup
Equal® spoonful 6 Tbsp
Unsweetened strawberries, frozen 3 cups
Ice cubes 1 cup

Exchanges Per Serving:
½ milk
½ fruit

Nutritional Information:
Amount Per serving
Calories 80
Calories from Fat 0
Total fat 0 g
Saturated Fat 0 g
Cholesterol 2 mg
Sodium 60 mg*
Total carbohydrates 16 g
Dietary fiber 0 g
Sugars 0 g
Protein 5 g
*Not appropriate for low sodium diets.

Preparation Instructions:

1. Combine yogurt, milk and Equal® in a blender. With blender running, add berries, a few at a time, through opening in lid. Blend until smooth.
2. Add ice, one cube at a time through opening in lid, blend until slushy. Pour into glass and serve.

*Healthy Hint: Eating too much of even healthy foods can lead to weight gain. Watch your portion sizes.
**Hot Skins**

Number of Servings: 1  
Serving Size: 1 recipe

**Ingredients:**

<table>
<thead>
<tr>
<th>Measure</th>
<th>Ingredients</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 each</td>
<td>Medium baked potato</td>
</tr>
<tr>
<td>¼ tsp</td>
<td>Oregano</td>
</tr>
<tr>
<td>1/8 tsp</td>
<td>Garlic Powder</td>
</tr>
<tr>
<td>1/8 tsp</td>
<td>Black Pepper</td>
</tr>
<tr>
<td>1/8 tsp</td>
<td>Paprika</td>
</tr>
</tbody>
</table>

**Preparation Instructions:**

1. Heat oven to 400 degrees F. Cut cooled baked potato in half crosswise.
2. Scoop out insides and reserve for another use, leaving a thin layer of potato along the skin. Cut in half again lengthwise and place on baking sheet.
3. Spray with nonstick cooking spray. Sprinkle with seasonings and bake 10 minutes or until crisp.

Dip skins in mustard, salsa, ketchup or non-fat sour cream.

*Healthy Hint: Choose water instead of regular soda, Kool-Aid, fruit punch, sweet tea and other sugar-sweetened drinks.*
Glossary

**Baste:** To moisten foods during cooking with pan drippings or a special sauce.

**Beat:** To make a mixture smooth by briskly whipping or stirring.

**Blend:** To process foods in an electric blender.

**Coat:** To evenly cover food with crumbs, flour, or a batter.

**Dash:** An ingredient measure that equals about half of 1/8 teaspoon.

**Dissolve:** To stir a dry substance in a liquid.

**Flake:** To break food gently into small pieces.

**Fold:** To gently mix ingredients, using a folding motion.

**Glaze:** To brush a mixture on a food to give it a glossy appearance or a hard finish.

**Grind:** To use a food grinder or food processor to cut food into fine pieces.

**Julienned:** To cut into long, thin strips.

**Knead:** To work dough with the heel of your hand in a pressing and folding motion.

**Melt:** To heat a solid food, such as margarine or sugar, till it is a liquid.

**Mix:** To stir, usually with a spoon, till ingredients are thoroughly combined.

**Peel:** To remove the outer layer or skin from a fruit or vegetable.

**Preheat:** To heat an oven to the recommended temperature before cooking in it.

**Puree:** Food prepared by straining or blending.

**Sauté:** To cook or brown food in a small amount of hot fat.

**Sift:** To put one or more dry ingredients through a sifter or sieve to incorporate air and break up any lumps.

**Simmer:** To cook at or just below the boiling point.

**Stew:** To cook food in liquid for a long time till tender, usually in a covered pot.

**Translucent:** Clear; able to let light pass through.

**Whip:** To beat food lightly and rapidly using a wire whisk, rotary beater, or electric mixer to incorporate air into the mixture and increase its volume.