



Recipes with Analysis

Living Well with Diabetes



Appetizers



**DIVISION OF AGRICULTURE
RESEARCH & EXTENSION**

University of Arkansas System

Living Well with Diabetes



BLACK BEAN SPREAD

Ingredients:

- 1 (16 oz) can black beans, rinsed and drained
- 1 teaspoon lime juice
- 1 teaspoon olive oil
- ¼ - ½ teaspoons hot pepper sauce
- ¼ cup fresh cilantro leaves
- 2 Tablespoons finely chopped onions

Equipment/Utensils:

- Measuring cups and spoons
- Knives
- Cutting board
- Food processor or blender

Directions:

1. Place beans, lime juice, oil, and pepper sauce in food processor or blender with metal blade. Process until pureed. Add cilantro and onions; process just until coarsely chopped and well mixed.
2. Serve at room temperature or heat in microwave; top with grated fat-free cheddar cheese just before serving. Serve with crackers, homemade melba toast, or homemade tortilla chips.

Yield: 10 servings

Nutritional Information:

Serving size 2 Tablespoons

Calories	46
Carbohydrates	8g
Protein	3g
Fat	<1g
Cholesterol	0mg
Fiber	2g
Sodium	55mg

Source: Cheryl Maxwell, RD, County Extension Agent – FCS
University of Arkansas Cooperative Extension

University of Arkansas, United States Department of Agriculture and County Governments Cooperating

The Arkansas Cooperative Extension Service offers its programs to all eligible persons regardless of race, color, national origin, religion, gender, age, disability, marital or veteran status, or any other legally protected status, and is an Affirmative Action/Equal Opportunity Employer.



**DIVISION OF AGRICULTURE
RESEARCH & EXTENSION**

University of Arkansas System

Living Well with Diabetes



FRUIT DIP

Ingredients:

- 1 (8oz.) container plain or vanilla low-fat yogurt
- 2 teaspoons honey
- 2 Tablespoons orange juice concentrate
- Dash ground cinnamon (optional)

Equipment/Utensils:

- Small bowl
- Measuring spoons
- Mixing spoon

Directions:

1. In a small bowl, mix all ingredients until blended.
2. Refrigerate until serving time. Serve as a dip for fruits, such as apples, pears, bananas, melons or berries.

Yield: 8 servings

Nutritional Information:

Serving Size 2 Tablespoons

Calories	30
Carbohydrates	5g
Protein	2g
Fat	0g
Cholesterol	2mg
Fiber	0g
Sodium	20mg

Source: <http://www.cooks.com/rec/doc/0,1815,144177-243198,00.html>

University of Arkansas, United States Department of Agriculture and County Governments Cooperating

The Arkansas Cooperative Extension Service offers its programs to all eligible persons regardless of race, color, national origin, religion, gender, age, disability, marital or veteran status, or any other legally protected status, and is an Affirmative Action/Equal Opportunity Employer.



**DIVISION OF AGRICULTURE
RESEARCH & EXTENSION**

University of Arkansas System

Living Well with Diabetes



FUN FRUIT KABOBS

Ingredients:

- 40 small strawberries, green leaves removed
- 40 banana slices (equal to 3 small 4-ounce bananas)
- 40 green grapes
- 40 heavy toothpicks or small skewers (2 ¼ inches each)

Equipment/Utensils:

- Cutting board
- Knife

Directions:

1. Wash fruit. Remove leaves from strawberries. Slice banana.
2. Gently push 1 strawberry, 1 banana slice and 1 grape onto each toothpick.
3. Serve immediately.

Yield: 10 servings

Nutritional Information

Serving size: 1 kabob

Calories	94
Carbohydrates	22g
Protein	<1g
Fat	<1g
Cholesterol	0mg
Fiber	2g
Sodium	193mg

Source: Diabetic Cooking September/October 2005

University of Arkansas, United States Department of Agriculture and County Governments Cooperating

The Arkansas Cooperative Extension Service offers its programs to all eligible persons regardless of race, color, national origin, religion, gender, age, disability, marital or veteran status, or any other legally protected status, and is an Affirmative Action/Equal Opportunity Employer.



**DIVISION OF AGRICULTURE
RESEARCH & EXTENSION**

University of Arkansas System

Living Well with Diabetes



QUICK DILL DIP

Ingredients:

- 1 cup Light Salad Dressing
- 1 container (16 oz.) fat-free sour cream
- 1 Tablespoon dill weed
- 1 Tablespoon dried minced onion
- 1 Tablespoon parsley flakes

Equipment/Utensils:

- Bowl
- Measuring cups and spoons
- Mixing spoons

Directions:

1. Mix all ingredients; cover.
2. Refrigerate several hours or overnight.
3. Serve with assorted vegetable dippers.

Dip can be made a day in advance. Most vegetables can be cut up a day in advance as well. Cover and refrigerate until ready to serve.

Yield: 24

Nutritional Information

Serving size	2 Tablespoons	Fat	2g
Calories	45	Cholesterol	0mg
Carbohydrates	5g	Fiber	0g
Protein	1g	Sodium	100mg

Source: www.kraftfoods.com



**DIVISION OF AGRICULTURE
RESEARCH & EXTENSION**

University of Arkansas System

Living Well with Diabetes



ROASTED GARLIC

Ingredients:

- 1 head garlic
- 1 teaspoon extra virgin olive oil

Equipment/Utensils:

- Measuring spoon
- Aluminum foil or small baking dish

Directions:

1. Preheat the oven to 425° F.
2. Remove the outer papery covering of the garlic. Slice off the top of the head so most of the cloves are exposed. Place on a square of aluminum foil for easy cleanup, or in a small baking dish. Drizzle the oil over the cloves. Fold the foil over the head to completely enclose it, or cover the baking dish with foil.
3. Roast for about 45 minutes, until the garlic is completely soft and lightly browned.
4. Serve with warm bread and high-quality extra virgin olive oil. Separate the head into individual cloves. Dip the bread in olive oil, squeeze out the softened garlic and smear on bread.

Nutritional Information

Serving size 1 clove

Calories	4
Protein	3g
Carbohydrates	1g
Total Fat	0g
Cholesterol	0mg
Fiber	1.6g
Sodium	11mg

University of Arkansas, United States Department of Agriculture and County Governments Cooperating

The Arkansas Cooperative Extension Service offers its programs to all eligible persons regardless of race, color, national origin, religion, gender, age, disability, marital or veteran status, or any other legally protected status, and is an Affirmative Action/Equal Opportunity Employer.



**DIVISION OF AGRICULTURE
RESEARCH & EXTENSION**

University of Arkansas System

Living Well with Diabetes



ROASTED VEGETABLE SALSA

Ingredients:

- 2 cups chopped tomato
- 2 Tablespoons olive oil
- 1½ cups chopped summer squash
- ¾ Tablespoon thyme
- ¾ teaspoon salt
- ¾ teaspoon black pepper
- ½ cup chopped green pepper
- ½ cup chopped onions
- ¾ teaspoon dried dill weed
- Non stick spray coating

Take Out:

- 7 inch x 11inch glass pan
- Bowl
- Measuring cups and spoons
- Knife

Directions:

1. Spray a 7 inch x 11 inch glass pan with non-stick coating. Heat oven to 400°F.
2. Toss ingredients lightly in bowl. Pour into pan.
3. To shorten roasting time, cover pan with wax paper and microwave on high for 4-5 minutes. Roast for 25-30 minutes stirring occasionally. If not microwaving, roast for 45 minutes.
4. Serve warm or cold, as an appetizer with crackers or French bread or as a vegetable.

Yield: 6- ½ cup servings

Nutritional Information

Serving size	½ cup	Fat	1g
Calories	65	Cholesterol	0mg
Carbohydrates	3g	Fiber	2g
Protein	1g	Sodium	141mg

Source: Recipes for Diabetes. University of Illinois Extension.

<http://www.urbanext.uiuc.edu/diabetesrecipes/recipe.cfm?recipe=Roasted%20Vegetable%20Salsa>

University of Arkansas, United States Department of Agriculture and County Governments Cooperating

The Arkansas Cooperative Extension Service offers its programs to all eligible persons regardless of race, color, national origin, religion, gender, age, disability, marital or veteran status, or any other legally protected status, and is an Affirmative Action/Equal Opportunity Employer.

Living Well with Diabetes



Breads



**DIVISION OF AGRICULTURE
RESEARCH & EXTENSION**

University of Arkansas System

Living Well with Diabetes



ALMOND CRANBERRY MUFFINS

Ingredients:

- | | |
|-------------------------------|--------------------------|
| 3 cups flour | 1/3 cup skim milk |
| 1/2 cup Splenda® | 1/4 cup oil |
| 2 tsp. baking powder | 1/2 tsp. almond extract |
| 1 tsp. baking soda | 2 eggs |
| 1/4 tsp. salt | 1 cup dried cranberries |
| 16 oz. reduced fat sour cream | 1/4 cup slivered almonds |

Equipment/Utensils:

- Measuring cups and spoons
- 2 Mixing bowls
- Mixing spoons
- Rubber scraper
- Muffin pan
- Paper liners (optional)

Directions:

1. Preheat oven to 375° F. Grease and flour muffin pans, or use paper liners.
2. Mix flour, Splenda®, baking powder, baking soda, and salt. In a separate bowl mix sour cream, milk, oil, extract, and eggs until blended.
3. Stir sour cream mixture into flour mixture until just moistened. Stir in cranberries and almonds. Spoon batter into muffin cups.
4. Bake for 30 minutes until tops are slightly browned.

Yield: 18 muffins

Nutritional Information

Serving size 1 muffin

Calories	182
Protein	4g
Carbohydrate	24g
Total Fat	8g
Cholesterol	33mg
Sodium	190mg
Fiber	1g

Source: Recipes for Diabetes
University of Illinois Extension
<http://www.urbanext.uiuc.edu/diabetesrecipes/recipe.cfm?recipe=Almond%20Cranberry%20Muffins>



**DIVISION OF AGRICULTURE
RESEARCH & EXTENSION**

University of Arkansas System

Living Well with Diabetes



BUTTERMILK CORNBREAD

Ingredients:

- 1 cup cornmeal
- ½ cup all-purpose flour
- ½ teaspoon baking soda
- 1 teaspoon baking powder
- 1 teaspoon sugar
- 2 Tablespoons canola oil
- 1 egg, lightly beaten
- 1 cup buttermilk
- Non-Stick vegetable spray

Equipment/Utensils:

- 8 inch square baking pan or dish
- Medium bowl
- Small bowl
- Measuring cup and spoons

Directions:

1. Preheat oven to 450°F. Spray an 8-inch square baking pan or dish with nonstick spray.
2. Combine cornmeal, flour, soda, baking powder and sugar in a medium bowl. Combine oil, egg and buttermilk in another bowl. Add to cornmeal mixture and stir just until moistened.
3. Pour into prepared pan. Bake 20 to 25 minutes or until golden brown.
4. Cut into 8 rectangles.

Yield: 8 pieces

Nutritional Information:

Serving size 1 piece

Calories	146
Protein	4g
Fiber	2g
Carbohydrate	22g
Total Fat	5g
Cholesterol	28mg
Sodium	165mg

Source: That's My Home website: <http://www.thatsmyhome.com/sugar-free-recipes/cornbread.htm>

University of Arkansas, United States Department of Agriculture and County Governments Cooperating

The Arkansas Cooperative Extension Service offers its programs to all eligible persons regardless of race, color, national origin, religion, gender, age, disability, marital or veteran status, or any other legally protected status, and is an Affirmative Action/Equal Opportunity Employer.



**DIVISION OF AGRICULTURE
RESEARCH & EXTENSION**

University of Arkansas System

Living Well with Diabetes



HOMEMADE MELBA TOAST

Ingredients:

2 pounds extra thin whole-wheat bread

Equipment/Utensils:

Cutting board
Knife
Baking sheets

Directions:

1. Preheat oven to 300°F.
2. Cut crusts off of 2 pounds extra thin wheat bread and cut each slice into 4 triangles. Place on baking sheets.
3. Bake until dry, but not browned. Cool on rack. Store in airtight container.

Bread pieces can be sprayed with non-calorie olive oil spray and sprinkled with salt-free seasonings to vary the flavors of the toast pieces. Bread can be cut into cubes to make croutons.

Yield: About 50 pieces

Nutritional Information:

Serving size 4 pieces

Calories	40
Carbohydrates	8g
Protein	2g
Fat	1g
Cholesterol	0mg
Fiber	1g
Sodium	100mg

Source: Cheryl Maxwell, RD, County Extension Agent – FCS, University of Arkansas Cooperative Extension



**DIVISION OF AGRICULTURE
RESEARCH & EXTENSION**

University of Arkansas System

Living Well with Diabetes



SUGAR –FREE BANANA BREAD

Ingredients:

- | | |
|--------------------------|------------------------------|
| 2 cups flour | 1/3 cup non-fat plain yogurt |
| 2 eggs | 1 cup Splenda® |
| 1/2 teaspoon baking soda | 1 teaspoon vanilla |
| 3 ripe bananas, mashed | 1/4 cup margarine |
| 1/2 teaspoon salt | Vegetable cooking spray |

Equipment/Utensils:

- Measuring cups and spoons
- Mixing bowls
- Electric mixer
- Loaf pan

Directions:

1. Preheat oven to 350° F. Spray loaf pan with cooking spray.
2. Combine flour, soda, and salt.
3. Cream Splenda® and margarine with a mixer until well blended. Add eggs, one at a time, mixing after each addition. Add mashed bananas, yogurt, and vanilla, mixing well. Add flour mixture, beating at low speed just until moist.
4. Spoon batter into loaf pan. Bake 1 hour or until toothpick inserted in middle comes out clean.

Yield: 14 servings

Nutritional Information

Serving size 1/14 of loaf

Calories	145
Carbohydrate	24g
Protein	3g
Fat	4g
Cholesterol	30mg
Fiber	1g
Sodium	185mg

Source: Recipes for Diabetes.
University of Illinois Extension
<http://www.urbanext.uiuc.edu/diabetesrecipes/recipe.cfm?recipe=Sugar-free%20Banana%20Bread>



**DIVISION OF AGRICULTURE
RESEARCH & EXTENSION**

University of Arkansas System

Living Well with Diabetes



WHEAT YEAST ROLLS

Ingredients:

- | | |
|----------------------------------|--------------------------|
| 1 pkg. active dry yeast | 1 teaspoon salt |
| 1 cup warm water (100° to 115°F) | 1½ cup whole wheat flour |
| ⅓ cup vegetable oil | 1½ cup white flour |
| 3 Tablespoon sugar | |

Equipment/Utensils:

- Measuring cups and spoons
- 2 Mixing bowls
- Baking sheets
- Plastic trash bag

Directions:

1. In a mixing bowl, dissolve yeast in water. Add oil, sugar, salt, and whole wheat flour. Add enough white flour to form a soft dough. Turn onto a floured surface; knead until smooth and elastic, about 6 to 8 minutes.
2. Place in a bowl sprayed with nonstick spray. Turn once to grease the top. Cover bowl and let rise in a warm place until doubled, about 1 hour. Punch the dough down; divide into 18 pieces.
3. Shape into rolls; place 3 inches apart on baking sheets sprayed with nonstick spray. Cover and let rise until doubled, about 30 minutes. Bake at 375°F for 15 to 20 minutes until golden brown. Remove from pan and cool on wire rack.

Place pans of rolls in a large plastic kitchen trash bag, tie end, and poof up over the rolls so they won't stick to the plastic. This makes high humidity proofing box for the rolls. In a warm place, they will rise to a nice fine texture.

Yield: 18 rolls

Nutritional Information:

Serving size	1 roll	Total Fat	4g
Calories	122	Cholesterol	0mg
Carbohydrate	17g	Sodium	130mg
Protein	2g	Fiber	1g

Source: Kitchen Creations, New Mexico State University Cooperative Extension Service

University of Arkansas, United States Department of Agriculture and County Governments Cooperating

The Arkansas Cooperative Extension Service offers its programs to all eligible persons regardless of race, color, national origin, religion, gender, age, disability, marital or veteran status, or any other legally protected status, and is an Affirmative Action/Equal Opportunity Employer.



ZUCCHINI AND SWEET POTATO MUFFINS

Ingredients:

- | | |
|--|--|
| 2 cups all-purpose flour or 1 cup whole wheat plus 1 cup all-purpose flour | 1/4 cup brown sugar, packed |
| 1 teaspoon ground cinnamon | 1/4 cup vegetable oil |
| 1 teaspoon baking soda | 1 teaspoon pure vanilla extract |
| 1/4 teaspoon baking powder | 3 eggs |
| 1/4 teaspoon salt | 1 1/4 cups grated zucchini |
| 3/4 cups sugar | 1 3/4 cups peeled sweet potato, grated |

Equipment/Utensils:

- Measuring cups and spoons
- Muffin tin(s)
- Large and medium bowls
- Hand mixer

Directions:

1. Preheat the oven to 350° F.
2. Grease muffin tins with pure vegetable oil and dust lightly with flour.
3. Sift the dry ingredients into a medium bowl. In a large bowl, combine sugars, oil, and vanilla. Add the eggs and using a hand mixer, beat for about 1 minute until fluffy. Mix in zucchini and sweet potato. Add the dry ingredients to the zucchini mixture. Stir just until combined. Spoon batter into prepared muffin tins.
4. Bake for 25 to 30 minutes until cake tester (toothpick) inserted into the middle comes out clean. Cool in pan on rack for 5 minutes. Serve warm.

Yield: 12 muffins

Nutritional Information:

Serving size	1 muffin
Calories	218
Fat	6g
Cholesterol	53mg
Carbohydrates	37g
Protein	5g
Sodium	197mg
Fiber	2g

Living Well with Diabetes



Desserts



**DIVISION OF AGRICULTURE
RESEARCH & EXTENSION**

University of Arkansas System

Living Well with Diabetes



APPLE CRISP WITH SPLENDA®

Ingredients:

Filling

2 pounds firm baking apples, (about 5 medium peeled), cored and cut into 1/4-inch slices
2 tablespoons orange juice
1/4 cup Splenda Granular
1 tablespoon all-purpose flour
1/2 teaspoon cinnamon

Topping

1/2 cup all-purpose flour
6 tablespoons old-fashioned rolled oats
1/2 cup Splenda Granular
1 teaspoon cinnamon
4 tablespoons light butter

Equipment/Utensils:

Small mixing bowl
Large mixing bowl
8x8 inch glass baking dish
Measuring cups and spoons

Directions:

1. Preheat oven to 350 degrees. Lightly coat an 8x8 inch glass baking dish with non-stick cooking spray.
2. In a large bowl toss the apples with the orange juice.
3. Mix Splenda, flour and cinnamon together in a small bowl. Sprinkle over the apples and toss. Place apple in the prepared pan.
4. In a medium bowl, mix together the flour, oats, Splenda, and cinnamon. Cut in butter with a pastry blender, fork or fingers until mixture resembles fine crumbs. Sprinkle topping over apples.
5. Bake for 40 - 45 minutes, or until apples are tender and crisp is bubbling. Delicious when served warm.

Yield: 6 servings

Nutritional Information:

Serving size 3 inch x 2 1/4 inch piece

Calories	175
Carbohydrate	33 g
Protein	2 g
Fat	4.5 g
Fiber	4 g
Sodium	51 mg

Source: Apple Crisp with Splenda® by Marlene Koch, RD, DietWatch.com

University of Arkansas, United States Department of Agriculture and County Governments Cooperating

The Arkansas Cooperative Extension Service offers its programs to all eligible persons regardless of race, color, national origin, religion, gender, age, disability, marital or veteran status, or any other legally protected status, and is an Affirmative Action/Equal Opportunity Employer.



**DIVISION OF AGRICULTURE
RESEARCH & EXTENSION**

University of Arkansas System

Living Well with Diabetes



APPLE RAISIN BREAD PUDDING

Ingredients:

- | | |
|--|--|
| 4 cups "lite" white bread cubes (about 6 slices) | 12 ounces fat free evaporated skimmed milk |
| ½ cup apple juice | 1 cup raisins |
| 1 medium apple, chopped | 2 large eggs |
| ½ cup Splenda® | 1½ teaspoons cinnamon |
| | Non-stick cooking spray |

Equipment/Utensils:

- Measuring cups and spoons
- 2 mixing bowls
- 11"x7" baking dish
- Knife

Directions:

1. Preheat oven to 350° F. Spray an 11"x 7" baking dish with non-stick cooking spray.
2. Combine bread cubes, apple, and raisins in large bowl.
3. Beat eggs in a medium bowl. Stir in evaporated milk, apple juice, Splenda®, and cinnamon; mix well.
4. Pour egg mixture over bread mixture, pressing bread into egg mixture. Let stand for 10 minutes. Pour into baking dish.
5. Bake at 350°F for 40 to 45 minutes or until set and apples are tender.

Yield: 12 servings

Nutritional Information:

Serving size ½ cup

Calories	112
Protein	4g
Fat	1g
Carbohydrate	22g
Cholesterol	35mg
Sodium	120mg
Fiber	1g

Source: Recipes for Diabetes. University of Illinois Extension.

<http://www.urbanext.uiuc.edu/diabetesrecipes/recipe.cfm?recipe=Apple%20Raisin%20Bread%20Pudding>



**DIVISION OF AGRICULTURE
RESEARCH & EXTENSION**

University of Arkansas System

Living Well with Diabetes



CARROT CAKE

Ingredients:

- | | |
|--------------------------------|----------------------------|
| ½ cup canola oil | 1 teaspoon baking soda |
| ½ cup unsweetened applesauce | 2 teaspoons cinnamon |
| 2 Tablespoons sugar substitute | ¼ teaspoon nutmeg |
| 4 egg substitute equivalents | ½ teaspoon salt (optional) |
| ½ cup water | ½ cup chopped pecans |
| 2 cups flour | 3 cups grated carrots |
| 1 teaspoon baking powder | |

Equipment/Utensils:

- Measuring cups and spoons
- Large mixing bowl
- Mixing spoon
- 3-quart tube pan

Directions:

1. Preheat the oven to 350°F. In a large mixing bowl, beat together the oil, applesauce, sugar substitute, and eggs until well blended.
2. Add the water, flour, baking powder, baking soda, cinnamon, nutmeg, and salt and mix well.
3. Stir in the pecans and carrots. Coat a 3-quart tube pan with nonstick cooking spray. Pour in the batter and bake for 35 to 40 minutes or until a toothpick inserted in the cake comes out clean.
4. Let the cake cool 10 minutes in the pan, then invert cake and let cool completely. If you like, frost with Low-Fat Cream Cheese Frosting.

Yield: 16 servings

Nutritional Information:

Serving size 1/16 of a cake

Calories	155	Carbohydrate	15g	Source: Quick and Easy Cookbook. The American Heart Association. 1995.
Protein	3g	Sodium	173mg	
Fat	9g	Fiber	1g	
Cholesterol	0mg			

University of Arkansas, United States Department of Agriculture and County Governments Cooperating

The Arkansas Cooperative Extension Service offers its programs to all eligible persons regardless of race, color, national origin, religion, gender, age, disability, marital or veteran status, or any other legally protected status, and is an Affirmative Action/Equal Opportunity Employer.



**DIVISION OF AGRICULTURE
RESEARCH & EXTENSION**

University of Arkansas System

Living Well with Diabetes



CHOCOLATE ANGEL FOOD CAKE

Ingredients:

1 box (14.5 ounce angel food cake mix)
 ¼ cup unsweetened cocoa, sifted
 ¼ tsp. chocolate flavoring
 1 cup skim milk

1 4-serving box sugar-free instant
 chocolate pudding
 8 ounce light whipped topping substitute

Equipment/Utensils:

Electric mixer
 Large mixing bowl
 Flour sifter
 Liquid measuring cup
 Tube pan
 Dry measuring cups
 Medium mixing bowl
 Knife

Directions:

1. In large bowl, combine flour packet of cake with the cocoa. Prepare cake according to package directions.
2. Fold in chocolate flavoring.
3. Bake cake in tube pan according to package directions.
4. When cool, remove the pan.
5. In medium-sized bowl, blend milk and instant pudding with mixer for one to two minutes. Fold in whipped topping substitute. Spread on cooled cake before cutting. Garnish with fresh fruit if desired.

Yield: 12 servings

Nutritional Information

Serving size 1/12 of cake

Calories	205
Protein	6g
Fat	5g
Cholesterol	1mg
Carbohydrate	40g
Sodium	202mg
Fiber	1g

Source: Reprinted with permission of the University of Georgia. Connie Crawley. 2006. *Right Bite Diabetes Cooking School: Additional Recipes*. Athens, GA: The University of Georgia, Cooperative Extension.



**DIVISION OF AGRICULTURE
RESEARCH & EXTENSION**

University of Arkansas System

Living Well with Diabetes



CHOCOLATE COOKIES

Ingredients:

- 2 egg whites, beaten until stiff
- 2 teaspoons margarine, softened
- ½ cup sugar
- ½ cup flour
- 2 Tablespoons cocoa powder
- ½ teaspoon vanilla
- ½ teaspoon baking powder
- ⅛ teaspoon salt

Equipment/Utensils:

- Electric mixer
- Measuring cups and spoons
- Small mixing bowls
- Mixing spoon
- Nonstick baking sheet

Directions:

1. Heat oven to 350° F.
2. Beat egg whites until stiff with electric mixer.
3. Mix all dry ingredients in a small bowl.
4. Fold dry ingredients into egg whites.
4. Drop dough by spoonfuls on nonstick baking sheet.
5. Bake 8 to 10 minutes.

Yield: 12 servings

Nutritional Information:

Serving size	1 cookie
Calories	65
Fat	1g
Carbohydrate	14g
Protein	1g
Cholesterol	0mg
Sodium	57mg
Fiber	0g

Source: Diabetes Forecast October 2005 -
Volume 58 Number 10

University of Arkansas, United States Department of Agriculture and County Governments Cooperating

The Arkansas Cooperative Extension Service offers its programs to all eligible persons regardless of race, color, national origin, religion, gender, age, disability, marital or veteran status, or any other legally protected status, and is an Affirmative Action/Equal Opportunity Employer.



LIGHT PUMPKIN OR SWEET POTATO PIE

Ingredients:

- | | |
|---|---------------------------------------|
| 2 cups canned pumpkin or mashed cooked sweet potatoes | ¼ teaspoon salt (optional) |
| 2 eggs or ½ cup egg substitute or 4 egg whites, slightly beaten | 1 teaspoon ground cinnamon |
| 3 Tablespoons brown sugar | ½ teaspoon ginger |
| 12 packets aspartame (Equal) | 12 ounces of fat free evaporated milk |
| | 10 inch unbaked pie crust |

Equipment/Utensils:

- Dry measuring cups
- Spatula
- Measuring spoons
- Large mixing bowl
- Electric mixer
- Knife

Directions:

1. Preheat oven to 425° F.
2. Combine first 8 ingredients beginning with pumpkin or sweet potato and ending with evaporated milk.
3. Pour into pie shell.
4. Bake at 425° F for 10 minutes.
5. Reduce oven temperature to 325° F and continue baking for another 45 minutes or until knife inserted into center comes out clean. Cool and serve.

Yield: 10 servings

Nutritional Information:

Serving size: 1/10 of pie

Calories	163
Carbohydrate	22g
Protein	6g
Fat	7g
Sodium	198g

Source: Reprinted with permission of the University of Georgia. Connie Crawley. 2006. *Right Bite Diabetes Cooking School: Additional Recipes*. Athens, GA: The University of Georgia, Cooperative Extension.



**DIVISION OF AGRICULTURE
RESEARCH & EXTENSION**

University of Arkansas System

Living Well with Diabetes



PATTY CAKE COOKIES

Ingredients:

- 1 18.25-oz. box white cake mix
- 1/4 cup egg substitute
- 1 6-oz. jar baby food pureed pears
- 2 Tablespoons vegetable oil
- 1 Tablespoon lemon zest
- 3 Tablespoons all-fruit raspberry or apricot spread

Equipment/Utensils:

- Measuring cups and spoons
- Large mixing bowl
- Small mixing bowl
- Rubber spatula
- Non-stick baking sheet
- Fork

Directions:

1. Heat oven to 375° F.
2. In a large mixing bowl, combine all ingredients except fruit spread and stir until well blended, using a rubber spatula to break up lumps.
3. Spoon batter by level tablespoons about 2 inches apart on a nonstick baking sheet and bake 7 to 10 minutes or until edges are just slightly golden. Remove from oven and let stand on baking sheet 2 full minutes before removing. Cool completely. Repeat until all batter is used.
4. When cookies are completely cooled, place fruit spread in a small bowl. Using a fork, whisk until smooth and pliable. Top each cookie with 1/4 teaspoon spread.

Yield: 48 cookies

Nutritional Information

Serving size 1 cookie

Calories	54	Cholesterol	0mg	Source: Diabetes Forecast May 2005 - Volume 58 Number 5
Fat	1g	Sodium	75mg	
Carbohydrate	10g	Fiber	<1g	
Protein	1g			



**DIVISION OF AGRICULTURE
RESEARCH & EXTENSION**

University of Arkansas System

Living Well with Diabetes



PEACH COBLER

Ingredients:

- 1 Tablespoon cornstarch
- 2 Tablespoons unsweetened apple juice
- 4 cups unsweetened peach slices
- ½ cup unsweetened apple juice
- ¼ teaspoon ground nutmeg
- Non-stick vegetable spray

- ½ cup whole wheat flour plus ½ cup white flour
- 1 teaspoon baking powder
- 2 teaspoons sugar *or* 1 packet saccharin *or* Sweet One
- 2 Tablespoons reduced-fat margarine
- 5-6 Tablespoons skim milk

Equipment/Utensils:

- 8-inch square pan
- Large saucepan
- Mixing spoon
- Measuring spoons
- Liquid measuring cup

- Dry measuring cup
- Pastry cutter
- Pastry cloth or large cutting board
- Knife

Directions:

Peach Filling:

1. Combine cornstarch and 2 tablespoons of apple juice. Mix well.
2. Combine peaches, ½ cup apple juice, and nutmeg in saucepan. Cover and bring to boil. Reduce heat and simmer 10 minutes.
3. Stir in cornstarch mixture. Cook and stir constantly until thickened. Remove from heat and cool.
5. Spray baking pan with vegetable spray and pour peach mixture into pan.

Biscuit Crust:

1. Combine flours, baking powder and sugar or sugar substitute. Cut in margarine until dough resembles coarse meal.
2. Sprinkle milk over surface, stir until dry ingredients are moistened. Shape into ball.
3. Roll dough out on lightly floured surface into rectangle.
4. Place over peaches. Cut a few slits over surface of dough to allow steam to escape.
5. Bake cobbler at 425° F. for 10 minutes. Reduce heat to 350 degrees and bake for 25 minutes.

Yield: 6 servings

Nutritional Information:

Serving size 1 slice

Calories 158
Carbohydrate 33g
Protein 4g
Fat 2g
Sodium 107g

Source: Reprinted with permission of the University of Georgia. Connie Crawley. 2006. *Right Bite Diabetes Cooking School: Additional Recipes*. Athens, GA: The University of Georgia, Cooperative Extension.

University of Arkansas, United States Department of Agriculture and County Governments Cooperating

The Arkansas Cooperative Extension Service offers its programs to all eligible persons regardless of race, color, national origin, religion, gender, age, disability, marital or veteran status, or any other legally protected status, and is an Affirmative Action/Equal Opportunity Employer.



**DIVISION OF AGRICULTURE
RESEARCH & EXTENSION**

University of Arkansas System

Living Well with Diabetes



SLOW COOKER COCOA

Ingredients:

- 5 cups nonfat dry milk
- 1 cup cocoa
- ¾ cup Splenda (18 packets)
- 11 cups water
- 2 teaspoons vanilla

Equipment/Utensils:

- Slow cooker (5-6qt.)
- Large spoon
- Measuring cups and spoons

Directions:

1. Mix dry milk, cocoa and Splenda in a 5 to 6 quart slow cooker.
2. Stir in water.
3. Cover and cook on low heat setting 3 to 4 hours.

Variations: Add ½ teaspoon ground cinnamon. For Mocha Cocoa, add ¼ cup dry instant coffee.

Servings: 12

Nutritional information

Serving Size 1 cup

Calories	52
Carbohydrates	9g
Protein	5g
Fat	1g
Cholesterol	2mg
Fiber	2g
Sodium	61g

Source: Cheryl Maxwell, RD, County Extension Agent – FCS, University of Arkansas Cooperative Extension



**DIVISION OF AGRICULTURE
RESEARCH & EXTENSION**

University of Arkansas System

Living Well with Diabetes



SPLENDA® SPICE COOKIES

Ingredients:

- | | |
|------------------------------------|---------------------------------|
| 6 Tablespoons vegetable shortening | 2 cups sifted all-purpose flour |
| 6 Tablespoons margarine | ¾ teaspoon ground ginger |
| 1 cup Splenda® Granular | 1 teaspoon ground cinnamon |
| 1 large egg | ½ teaspoon ground cloves |
| ¼ cup molasses | |

Equipment/Utensils:

- Measuring cups and spoons
- Large mixing bowl
- Cookie sheet
- Fork

Directions:

1. Mix together shortening, margarine, Splenda®, egg and molasses.
2. Sift together and stir in dry ingredients. Mix thoroughly.
3. Chill dough in refrigerator until firm, about 2 hours.
4. Form into 16 balls. Place on cookie sheet and pat down gently with fork.
5. Bake for 10 to 12 minutes at 350° F. Do not over bake. Cookies will look chewy when they come out but they become crisp.

Yield: 16 servings

Nutritional Information

Serving size 1 cookie 1.1 oz.

Calories	160
Fat	10g
Carbohydrate	16g
Protein	2g
Cholesterol	15mg
Sodium	260mg
Fiber	1g

Source: Splenda® website:
<http://splenda.allrecipes.com/Recipe/Recipe.aspx?nprid=76270>

Living Well with Diabetes



Main Dishes



**DIVISION OF AGRICULTURE
RESEARCH & EXTENSION**

University of Arkansas System

Living Well with Diabetes



Baked Fish (Microwave)

- 2 T. margarine
- 2 T. flour
- 2 T. fresh lemon juice
- 1 T. parsley, snipped
- 1/8 tsp. pepper
- 1/4 tsp. salt
- 1 l b. Sole, flounder, catfish, or cod fillets (fresh or frozen, thawed)

Place margarine in rectangle baking dish (12x18 inches). Microwave on HIGH (100% power) until melted, 30 seconds to 1 minute. Blend in remaining ingredients, except fish fillets. Coat both sides of fish with sauce. Arrange in baking dish. Cover with waxed paper. Microwave at HIGH (100% power) until fish flakes easily in center with fork, 5 to 6 minutes. Serves 4.

Each serving provides:

- Calories: 221
- Protein: 22 g
- Fat: 7 g
- Carbohydrate: 4 g
- Fiber per serving: 0 g
- Cholesterol: 55 mg
- Sodium: 395 mg



**DIVISION OF AGRICULTURE
RESEARCH & EXTENSION**

University of Arkansas System

Living Well with Diabetes



BAKED PORK CHOPS

Ingredients:

Hot and Spicy Seasoning

- 4 teaspoons paprika
- 1 teaspoon chili powder
- 2 teaspoons dried oregano, crushed
- ½ teaspoon black pepper
- ½ teaspoon garlic powder
- ⅛ teaspoon red (cayenne pepper)
- ⅛ teaspoon dry mustard

Pork Chops

- 4 lean boneless pork chops, 4 ounces each
- 1 egg white
- 1 cup evaporated skim milk
- ¼ cup cornflake crumbs
- ¼ cup fine dry bread crumbs
- 2 teaspoons Hot and Spicy Seasoning

Equipment/Utensils:

- Sharp knife
- Shallow bowl
- Plastic bag
- Baking dish ⅞

Directions:

1. Mix all seasoning ingredients together. Store in airtight container.
2. Heat oven to 375° F. Trim all fat from chops and discard.
3. Beat egg white with evaporated skim milk. Place chops in milk mixture. Let stand for 5 minutes, turning chops once.
4. Mix together cornflake crumbs and Hot and Spicy Seasoning in plastic bag.
5. Remove chops from milk mixture. Lightly drain and drop one-by-one into plastic bag. Shake to coat thoroughly.
6. Spray a 13 x 9-inch baking pan with nonstick spray. Place chops in pan. Sprinkle all remaining crumb mixture on chops.
7. Bake at 375° F for 15 minutes. Turn chops; bake 5-10 minutes more or until no pink remains.

Yield: 4 chops

Nutritional Information:

Serving size 1 chop

Calories	216
Protein	25g
Carbohydrates	10g
Fat	8g
Cholesterol	62mg
Sodium	346mg
Fiber	1g

Source: *Keep the Beat: Heart Healthy Recipes.*

http://www.nhlbi.nih.gov/health/public/heart/ot/her/ktb_recipebk/ktb_maidish.pdf



**DIVISION OF AGRICULTURE
RESEARCH & EXTENSION**

University of Arkansas System

Living Well with Diabetes



CAJUN CATFISH

Ingredients:

- 1 Tablespoon Cajun seasoning such as Tony Chacere or blackening spice blend such as Paul Prudhomme
- 4 catfish fillets
- 1 Tablespoon margarine or butter
- 2 teaspoons chopped fresh parsley

Equipment/Utensils:

Heavy skillet or griddle
Spatula

Directions:

1. Sprinkle seasoning on both sides of fish. Refrigerate 1 hour (if you have time.)
2. Melt margarine in large heavy skillet or griddle over high heat. Add fish and cook about 8 minutes, turning fish two or three times until thickest part of fish flakes.
3. Serve hot, garnished with chopped parsley and lemon.

Yield: 4 servings

Nutritional Information:

Serving size	1 fillet
Calories	205
Carbohydrates	2g
Fat	12g
Cholesterol	45mg
Sodium	700mg
Protein	22g
Fiber	0g

University of Arkansas, United States Department of Agriculture and County Governments Cooperating

The Arkansas Cooperative Extension Service offers its programs to all eligible persons regardless of race, color, national origin, religion, gender, age, disability, marital or veteran status, or any other legally protected status, and is an Affirmative Action/Equal Opportunity Employer.



**DIVISION OF AGRICULTURE
RESEARCH & EXTENSION**

University of Arkansas System

Living Well with Diabetes



Chicken Marsala

- 1/8 t. pepper
- 1/4 t. salt
- 1/4 c. flour
- 4 chicken breasts, boned, skinless
- 1 T. olive oil
- 1/2 c. Marsala wine
- 1/2 c. chicken stock, fat free and low sodium
- 1/2 lemon, fresh lemon juice
- 1/2 c. fresh mushrooms, sliced
- 1/2 c. onion, chopped
- Cooked pasta
- 1 T. fresh parsley, chopped

Mix together pepper, salt, and flour. Pound chicken breasts with mallet between two pieces of plastic wrap. Coat chicken with seasoned flour. In a heavy skillet, heat oil. Place chicken in skillet and brown on both sides. Remove chicken and set aside. Add wine to skillet and stir until wine is heated. Add juice, stock, mushrooms, and onion. Stir to toss, reduce heat and cook for 10 minutes until the sauce is partially reduced. Return chicken to skillet. Spoon sauce over chicken. Cover and cook until chicken is done, 5-10 minutes. Serve sauce and chicken over pasta. Garnish with parsley.
Yield: 4 servings.

Each serving provides:

- Calories: 285
- Total fat: 8 g
- Cholesterol: 85 mg
- Sodium: 236 mg
- Fiber: 1 g
- Protein: 33 g
- Carbohydrate: 11 g

University of Arkansas, United States Department of Agriculture and County Governments Cooperating

The Arkansas Cooperative Extension Service offers its programs to all eligible persons regardless of race, color, national origin, religion, gender, age, disability, marital or veteran status, or any other legally protected status, and is an Affirmative Action/Equal Opportunity Employer.



**DIVISION OF AGRICULTURE
RESEARCH & EXTENSION**

University of Arkansas System

Living Well with Diabetes



CITRUS CHICKEN

Ingredients:

- | | |
|----------------------------------|--------------------------------|
| 4 4 oz. boneless chicken breasts | 2 Tablespoons orange marmalade |
| ¼ teaspoon salt | ¼ teaspoon ground ginger |
| 2 teaspoons cooking oil | ⅛ teaspoon crushed red pepper |
| 2 medium oranges | |

Equipment/Utensils:

- Non stick skillet
- Grater
- Small bowl

Directions:

1. Sprinkle chicken with salt. In a medium nonstick skillet cook chicken in hot oil over medium heat for 8 to 10 minutes or until chicken is done (170°F), turning once.
2. Meanwhile, finely shred enough of the orange peel to measure ¼ teaspoon; set aside. Peel orange. Cut orange in half lengthwise; cut crosswise into slices. In a small bowl combine orange peel and orange slices. Add orange marmalade, ginger, and, if desired, crushed red pepper; toss gently to coat.
3. Remove cooked chicken from skillet; cover and keep warm. Reduce heat to low. Add orange mixture to the skillet. Cook and stir for 30 to 60 seconds or until marmalade is melted and mixture is heated through. Serve the orange mixture over chicken.

Yield: 4 servings

Nutritional Information:

Serving size 1 breast

Total Fat	4g
Calories	207
Carbohydrates	14g
Protein	27g
Cholesterol	66mg
Sodium	210mg
Fiber	1.5g

Source: *Better Homes and Gardens
Easy Diabetic Meals*

University of Arkansas, United States Department of Agriculture and County Governments Cooperating

The Arkansas Cooperative Extension Service offers its programs to all eligible persons regardless of race, color, national origin, religion, gender, age, disability, marital or veteran status, or any other legally protected status, and is an Affirmative Action/Equal Opportunity Employer.



**DIVISION OF AGRICULTURE
RESEARCH & EXTENSION**

University of Arkansas System

Living Well with Diabetes



Creole Steak

Ingredients:

- | | |
|--|---------------------------------|
| 2 pounds lean round steak | 1 cup chopped onion |
| ¼ cup all-purpose flour | ⅓ cup chopped green bell pepper |
| ½ teaspoon creole seasoning | 1 16-ounce can tomatoes |
| 2 teaspoons paprika | ½ cup uncooked rice |
| ½ teaspoon freshly ground black pepper | 1 cup condensed beef broth |
| 3 Tablespoons corn or canola oil | 1 cup water |

Equipment/Utensils:

- Sharp knives
- Cutting board
- Medium sized bowl
- Measuring cups and spoons
- Non stick skillet
- Mixing spoon

Directions:

1. Cut steak into seven equal serving pieces.
2. In a medium bowl, mix flour, salt, paprika, and black pepper; dredge meat in mixture.
3. Heat oil in a large nonstick skillet. Lightly brown onion and green pepper. Remove vegetables from oil. Brown meat in remaining oil. Cover meat with onion and green pepper.
4. Cut up tomatoes and add with their liquid to meat.
5. Sprinkle rice into pan; add broth and water. Mix thoroughly; bring to a boil. Lower heat, and cover tightly.
6. Simmer 1½ hours or until meat is tender, stirring occasionally.

Yield: 7 servings

Nutritional Information:

Serving size 1 (3 oz. meat plus ½ cup rice mixture)

Calories	325
Total Fat	13g
Cholesterol	75mg
Carbohydrates	20
Protein	32g
Sodium	1,045mg
Fiber	1 g

Source:
The Art of Cooking for the Diabetic

University of Arkansas, United States Department of Agriculture and County Governments Cooperating

The Arkansas Cooperative Extension Service offers its programs to all eligible persons regardless of race, color, national origin, religion, gender, age, disability, marital or veteran status, or any other legally protected status, and is an Affirmative Action/Equal Opportunity Employer.



**DIVISION OF AGRICULTURE
RESEARCH & EXTENSION**

University of Arkansas System

Living Well with Diabetes



CRUSTLESS SPINACH QUICHE

Ingredients:

- | | |
|-------------------------------------|--|
| 5 large eggs, beaten | 10 ounce box frozen spinach, thawed, drained |
| 2 Tablespoons margarine | ½ cup shredded Swiss cheese |
| 6 ounces lowfat (1%) cottage cheese | Non-stick cooking spray |
| ½ teaspoon nutmeg | |
| 4 ounces Feta cheese | |

Equipment/Utensils:

- Quiche pan or 10-inch pie pan
- Large bowl
- Measuring cup and spoons
- Mixing spoon

Directions:

1. Preheat oven to 350° F.
2. Spray a quiche or 10-inch pie pan with cooking spray.
3. In a large bowl, combine all ingredients except spinach.
4. Stir in spinach
5. Pour into pan. Bake for 35-45 minutes until slightly browned on top.

Yield: 8 servings

Nutritional Information

Serving size 1/8 of a 10 inch pie

Calories	146
Protein	11g
Carbohydrates	3g
Fat	10g
Cholesterol	149mg
Fiber	1g
Sodium	382mg

Source: Recipes for Diabetes. University of Illinois Extension

<http://www.urbanext.uiuc.edu/diabetesrecipes/recipe.cfm?recipe=Crustless%20Spinach%20Quiche>

University of Arkansas, United States Department of Agriculture and County Governments Cooperating

The Arkansas Cooperative Extension Service offers its programs to all eligible persons regardless of race, color, national origin, religion, gender, age, disability, marital or veteran status, or any other legally protected status, and is an Affirmative Action/Equal Opportunity Employer.



**DIVISION OF AGRICULTURE
RESEARCH & EXTENSION**

University of Arkansas System

Living Well with Diabetes



ONE POT SPAGHETTI

Ingredients:

- | | |
|------------------------------|--|
| ½ pound lean ground beef | 2 teaspoons oregano |
| 1 medium onion, chopped | ½ teaspoons sugar |
| 2 cloves garlic, minced | ½ teaspoons black pepper |
| 2 carrots, washed and grated | ½ pound uncooked spaghetti, broken into pieces |
| 3½ cups water | |
| 1 can tomato sauce (15 oz) | |

Equipment/Utensils:

- Large pot
- Sharp knife
- Cutting board
- Grater
- Mixing spoon

Directions:

1. In a large pot over medium heat, brown the ground beef with the onion and the garlic.
2. Drain off and discard fat (can rinse quickly under hot running water to remove more fat).
3. Stir in the rest of the ingredients except for the spaghetti.
4. Bring to a boil. Add the spaghetti and turn the heat to low.
5. Cover and cook until the pasta is tender (Stir often to prevent sticking.)
Serve immediately.

Yield: 6 servings (1 ½ cup each)

Nutritional Information:

Serving size 1½ cups

Calories	300
Protein	18g
Carbohydrates	39g
Total Fat	7g
Sodium	488mg
Fiber	3g
Cholesterol	38g

Source: Reprinted with permission from *Ideas for cooking and Nutrition*. New Mexico State University Cooperative Extension Service.



**DIVISION OF AGRICULTURE
RESEARCH & EXTENSION**

University of Arkansas System

Living Well with Diabetes



QUICK TOMATO MUSHROOM PIZZA

Ingredients:

- 1 package refrigerated pizza crust
- 1 teaspoon olive oil
- 1 cup light shredded mozzarella cheese
- 4 plum or Italian tomatoes, sliced and patted dry
- 1 cup sliced mushrooms
- 1 teaspoon dried basil or 2 tsp. fresh chopped
- Nonstick cooking spray

Equipment/Utensils:

- Measuring cups and spoons
- Pizza pan or baking sheet
- Pastry brush
- Cutting board
- Knives

Directions:

1. Preheat oven to 450°F. Spray pizza pan or baking sheet with nonstick cooking spray.
2. Place pizza crust on pan. Bake for 8 minutes. Remove from oven and brush with olive oil.
3. Sprinkle with 1/3 cup cheese. Arrange tomato and mushroom slices to cover crust. Top with remaining cheese.
4. Sprinkle basil over pizza.
5. Bake for another 5-10 minutes until cheese melts and top is slightly brown. Cut into 8 slices.

Yield: 8 slices

Nutritional Information

Serving size	1 slice
Calories	173
Protein	4g
Carbohydrate	25g
Fat	4.5g
Cholesterol	8mg
Sodium	430mg

Source: Diabetes Life Lines. December 2002/January 2003.
University of Illinois Extension
<http://www.urbanext.uiuc.edu/diabetes/0212.html>

University of Arkansas, United States Department of Agriculture and County Governments Cooperating

The Arkansas Cooperative Extension Service offers its programs to all eligible persons regardless of race, color, national origin, religion, gender, age, disability, marital or veteran status, or any other legally protected status, and is an Affirmative Action/Equal Opportunity Employer.



**DIVISION OF AGRICULTURE
RESEARCH & EXTENSION**

University of Arkansas System

Living Well with Diabetes



VEGETABLE SALMON CAKES

Ingredients:

- | | |
|--|--|
| 1 pound canned salmon, drained | 1 cup instant mashed potatoes made from dehydrated potato flakes |
| 1 cup unseasoned dried bread crumbs | ½ cup grated carrots |
| ½ teaspoon salt | ½ cup minced onion |
| 3 medium (3 inches by 2 inches) russet or white potatoes or one large baking potato skinned, cooked and mashed; or | 2 Tablespoons fresh lemon juice |
| | 2 egg substitute equivalents, slightly beaten or 3 egg whites |

Equipment/Utensils:

- Measuring cups and spoons
- Grater
- Knives
- Cutting board
- Medium bowl
- Spoon
- Large skillet

Directions:

1. In a medium bowl, combine the salmon, ½ cup of the bread crumbs, salt, potatoes, carrots, onion, lemon juice, and eggs, mixing well.
2. Coat a large skillet with nonstick cooking spray and place over medium heat. Form the salmon into patties and coat with remaining bread crumbs.
3. Place the salmon cakes in the heated skillet and cook for 6 minutes per side or until golden brown. Remove from heat, transfer to a serving platter, and serve hot.
4. Garnish with lemon slices.

Yield: 8 servings

Nutritional Information:

Serving size 1 patty

Calories	322
Total Fat	7g
Saturated fat	2g
Cholesterol	36mg
Carbohydrates	38g
Protein	27g
Sodium	729mg

Source: *Quick and Hearty Cookbook*. The American Diabetes Association.



**DIVISION OF AGRICULTURE
RESEARCH & EXTENSION**

University of Arkansas System

Living Well with Diabetes



Baked Fish (Microwave)

- 2 T. margarine
- 2 T. flour
- 2 T. fresh lemon juice
- 1 T. parsley, snipped
- 1/8 tsp. pepper
- ¼ tsp. salt
- 1 l b. Sole, flounder, catfish, or cod fillets (fresh or frozen, thawed)

Place margarine in rectangle baking dish (12x18 inches). Microwave on HIGH (100% power) until melted, 30 seconds to 1 minute. Blend in remaining ingredients, except fish fillets. Coat both sides of fish with sauce. Arrange in baking dish. Cover with waxed paper. Microwave at HIGH (100% power) until fish flakes easily in center with fork, 5 to 6 minutes. Serves 4.

Each serving provides:

Calories: 221

Protein: 22 g

Fat: 7 g

Carbohydrate: 4 g

Fiber per serving: 0 g

Cholesterol: 55 mg

Sodium: 395 mg



**DIVISION OF AGRICULTURE
RESEARCH & EXTENSION**

University of Arkansas System

Living Well with Diabetes



BAKED PORK CHOPS

Ingredients:

Hot and Spicy Seasoning

- 4 teaspoons paprika
- 1 teaspoon chili powder
- 2 teaspoons dried oregano, crushed
- ½ teaspoon black pepper
- ½ teaspoon garlic powder
- ⅛ teaspoon red (cayenne pepper)
- ⅛ teaspoon dry mustard

Pork Chops

- 4 lean boneless pork chops, 4 ounces each
- 1 egg white
- 1 cup evaporated skim milk
- ¼ cup cornflake crumbs
- ¼ cup fine dry bread crumbs
- 2 teaspoons Hot and Spicy Seasoning

Equipment/Utensils:

- Sharp knife
- Shallow bowl
- Plastic bag
- Baking dish ⅞

Directions:

1. Mix all seasoning ingredients together. Store in airtight container.
2. Heat oven to 375° F. Trim all fat from chops and discard.
3. Beat egg white with evaporated skim milk. Place chops in milk mixture. Let stand for 5 minutes, turning chops once.
4. Mix together cornflake crumbs and Hot and Spicy Seasoning in plastic bag.
5. Remove chops from milk mixture. Lightly drain and drop one-by-one into plastic bag. Shake to coat thoroughly.
6. Spray a 13 x 9-inch baking pan with nonstick spray. Place chops in pan. Sprinkle all remaining crumb mixture on chops.
7. Bake at 375° F for 15 minutes. Turn chops; bake 5-10 minutes more or until no pink remains.

Yield: 4 chops

Nutritional Information:

Serving size 1 chop

Calories	216
Protein	25g
Carbohydrates	10g
Fat	8g
Cholesterol	62mg
Sodium	346mg
Fiber	1g

Source: *Keep the Beat: Heart Healthy Recipes.*

http://www.nhlbi.nih.gov/health/public/heart/ot/her/ktb_recipebk/ktb_maidish.pdf



**DIVISION OF AGRICULTURE
RESEARCH & EXTENSION**

University of Arkansas System

Living Well with Diabetes



CAJUN CATFISH

Ingredients:

- 1 Tablespoon Cajun seasoning such as Tony Chacere or blackening spice blend such as Paul Prudhomme
- 4 catfish fillets
- 1 Tablespoon margarine or butter
- 2 teaspoons chopped fresh parsley

Equipment/Utensils:

Heavy skillet or griddle
Spatula

Directions:

1. Sprinkle seasoning on both sides of fish. Refrigerate 1 hour (if you have time.)
2. Melt margarine in large heavy skillet or griddle over high heat. Add fish and cook about 8 minutes, turning fish two or three times until thickest part of fish flakes.
3. Serve hot, garnished with chopped parsley and lemon.

Yield: 4 servings

Nutritional Information:

Serving size	1 fillet
Calories	205
Carbohydrates	2g
Fat	12g
Cholesterol	45mg
Sodium	700mg
Protein	22g
Fiber	0g

University of Arkansas, United States Department of Agriculture and County Governments Cooperating

The Arkansas Cooperative Extension Service offers its programs to all eligible persons regardless of race, color, national origin, religion, gender, age, disability, marital or veteran status, or any other legally protected status, and is an Affirmative Action/Equal Opportunity Employer.



**DIVISION OF AGRICULTURE
RESEARCH & EXTENSION**

University of Arkansas System

Living Well with Diabetes



Chicken Marsala

- 1/8 t. pepper
- 1/4 t. salt
- 1/4 c. flour
- 4 chicken breasts, boned, skinless
- 1 T. olive oil
- 1/2 c. Marsala wine
- 1/2 c. chicken stock, fat free and low sodium
- 1/2 lemon, fresh lemon juice
- 1/2 c. fresh mushrooms, sliced
- 1/2 c. onion, chopped
- Cooked pasta
- 1 T. fresh parsley, chopped

Mix together pepper, salt, and flour. Pound chicken breasts with mallet between two pieces of plastic wrap. Coat chicken with seasoned flour. In a heavy skillet, heat oil. Place chicken in skillet and brown on both sides. Remove chicken and set aside. Add wine to skillet and stir until wine is heated. Add juice, stock, mushrooms, and onion. Stir to toss, reduce heat and cook for 10 minutes until the sauce is partially reduced. Return chicken to skillet. Spoon sauce over chicken. Cover and cook until chicken is done, 5-10 minutes. Serve sauce and chicken over pasta. Garnish with parsley.
Yield: 4 servings.

Each serving provides:

- Calories: 285
- Total fat: 8 g
- Cholesterol: 85 mg
- Sodium: 236 mg
- Fiber: 1 g
- Protein: 33 g
- Carbohydrate: 11 g

University of Arkansas, United States Department of Agriculture and County Governments Cooperating

The Arkansas Cooperative Extension Service offers its programs to all eligible persons regardless of race, color, national origin, religion, gender, age, disability, marital or veteran status, or any other legally protected status, and is an Affirmative Action/Equal Opportunity Employer.



**DIVISION OF AGRICULTURE
RESEARCH & EXTENSION**

University of Arkansas System

Living Well with Diabetes



CITRUS CHICKEN

Ingredients:

- | | |
|----------------------------------|--------------------------------|
| 4 4 oz. boneless chicken breasts | 2 Tablespoons orange marmalade |
| ¼ teaspoon salt | ¼ teaspoon ground ginger |
| 2 teaspoons cooking oil | ⅛ teaspoon crushed red pepper |
| 2 medium oranges | |

Equipment/Utensils:

- Non stick skillet
- Grater
- Small bowl

Directions:

1. Sprinkle chicken with salt. In a medium nonstick skillet cook chicken in hot oil over medium heat for 8 to 10 minutes or until chicken is done (170°F), turning once.
2. Meanwhile, finely shred enough of the orange peel to measure ¼ teaspoon; set aside. Peel orange. Cut orange in half lengthwise; cut crosswise into slices. In a small bowl combine orange peel and orange slices. Add orange marmalade, ginger, and, if desired, crushed red pepper; toss gently to coat.
3. Remove cooked chicken from skillet; cover and keep warm. Reduce heat to low. Add orange mixture to the skillet. Cook and stir for 30 to 60 seconds or until marmalade is melted and mixture is heated through. Serve the orange mixture over chicken.

Yield: 4 servings

Nutritional Information:

Serving size 1 breast

Total Fat	4g
Calories	207
Carbohydrates	14g
Protein	27g
Cholesterol	66mg
Sodium	210mg
Fiber	1.5g

Source: *Better Homes and Gardens
Easy Diabetic Meals*

University of Arkansas, United States Department of Agriculture and County Governments Cooperating

The Arkansas Cooperative Extension Service offers its programs to all eligible persons regardless of race, color, national origin, religion, gender, age, disability, marital or veteran status, or any other legally protected status, and is an Affirmative Action/Equal Opportunity Employer.



**DIVISION OF AGRICULTURE
RESEARCH & EXTENSION**

University of Arkansas System

Living Well with Diabetes



Creole Steak

Ingredients:

- | | |
|--|---------------------------------|
| 2 pounds lean round steak | 1 cup chopped onion |
| ¼ cup all-purpose flour | ⅓ cup chopped green bell pepper |
| ½ teaspoon creole seasoning | 1 16-ounce can tomatoes |
| 2 teaspoons paprika | ½ cup uncooked rice |
| ½ teaspoon freshly ground black pepper | 1 cup condensed beef broth |
| 3 Tablespoons corn or canola oil | 1 cup water |

Equipment/Utensils:

- Sharp knives
- Cutting board
- Medium sized bowl
- Measuring cups and spoons
- Non stick skillet
- Mixing spoon

Directions:

1. Cut steak into seven equal serving pieces.
2. In a medium bowl, mix flour, salt, paprika, and black pepper; dredge meat in mixture.
3. Heat oil in a large nonstick skillet. Lightly brown onion and green pepper. Remove vegetables from oil. Brown meat in remaining oil. Cover meat with onion and green pepper.
4. Cut up tomatoes and add with their liquid to meat.
5. Sprinkle rice into pan; add broth and water. Mix thoroughly; bring to a boil. Lower heat, and cover tightly.
6. Simmer 1½ hours or until meat is tender, stirring occasionally.

Yield: 7 servings

Nutritional Information:

Serving size 1 (3 oz. meat plus ½ cup rice mixture)

Calories	325
Total Fat	13g
Cholesterol	75mg
Carbohydrates	20
Protein	32g
Sodium	1,045mg
Fiber	1 g

Source:
The Art of Cooking for the Diabetic

University of Arkansas, United States Department of Agriculture and County Governments Cooperating

The Arkansas Cooperative Extension Service offers its programs to all eligible persons regardless of race, color, national origin, religion, gender, age, disability, marital or veteran status, or any other legally protected status, and is an Affirmative Action/Equal Opportunity Employer.



**DIVISION OF AGRICULTURE
RESEARCH & EXTENSION**

University of Arkansas System

Living Well with Diabetes



CRUSTLESS SPINACH QUICHE

Ingredients:

- 5 large eggs, beaten
- 2 Tablespoons margarine
- 6 ounces lowfat (1%) cottage cheese
- ½ teaspoon nutmeg
- 4 ounces Feta cheese
- 10 ounce box frozen spinach, thawed, drained
- ½ cup shredded Swiss cheese
- Non-stick cooking spray

Equipment/Utensils:

- Quiche pan or 10-inch pie pan
- Large bowl
- Measuring cup and spoons
- Mixing spoon

Directions:

1. Preheat oven to 350° F.
2. Spray a quiche or 10-inch pie pan with cooking spray.
3. In a large bowl, combine all ingredients except spinach.
4. Stir in spinach
5. Pour into pan. Bake for 35-45 minutes until slightly browned on top.

Yield: 8 servings

Nutritional Information

Serving size 1/8 of a 10 inch pie

Calories	146
Protein	11g
Carbohydrates	3g
Fat	10g
Cholesterol	149mg
Fiber	1g
Sodium	382mg

Source: Recipes for Diabetes. University of Illinois Extension

<http://www.urbanext.uiuc.edu/diabetesrecipes/recipe.cfm?recipe=Crustless%20Spinach%20Quiche>

University of Arkansas, United States Department of Agriculture and County Governments Cooperating

The Arkansas Cooperative Extension Service offers its programs to all eligible persons regardless of race, color, national origin, religion, gender, age, disability, marital or veteran status, or any other legally protected status, and is an Affirmative Action/Equal Opportunity Employer.



**DIVISION OF AGRICULTURE
RESEARCH & EXTENSION**

University of Arkansas System

Living Well with Diabetes



ONE POT SPAGHETTI

Ingredients:

- | | |
|------------------------------|--|
| ½ pound lean ground beef | 2 teaspoons oregano |
| 1 medium onion, chopped | ½ teaspoons sugar |
| 2 cloves garlic, minced | ½ teaspoons black pepper |
| 2 carrots, washed and grated | ½ pound uncooked spaghetti, broken into pieces |
| 3½ cups water | |
| 1 can tomato sauce (15 oz) | |

Equipment/Utensils:

- Large pot
- Sharp knife
- Cutting board
- Grater
- Mixing spoon

Directions:

1. In a large pot over medium heat, brown the ground beef with the onion and the garlic.
2. Drain off and discard fat (can rinse quickly under hot running water to remove more fat).
3. Stir in the rest of the ingredients except for the spaghetti.
4. Bring to a boil. Add the spaghetti and turn the heat to low.
5. Cover and cook until the pasta is tender (Stir often to prevent sticking.)
Serve immediately.

Yield: 6 servings (1 ½ cup each)

Nutritional Information:

Serving size 1½ cups

Calories	300
Protein	18g
Carbohydrates	39g
Total Fat	7g
Sodium	488mg
Fiber	3g
Cholesterol	38g

Source: Reprinted with permission from *Ideas for cooking and Nutrition*. New Mexico State University Cooperative Extension Service.



**DIVISION OF AGRICULTURE
RESEARCH & EXTENSION**

University of Arkansas System

Living Well with Diabetes



QUICK TOMATO MUSHROOM PIZZA

Ingredients:

- 1 package refrigerated pizza crust
- 1 teaspoon olive oil
- 1 cup light shredded mozzarella cheese
- 4 plum or Italian tomatoes, sliced and patted dry
- 1 cup sliced mushrooms
- 1 teaspoon dried basil or 2 tsp. fresh chopped
- Nonstick cooking spray

Equipment/Utensils:

- Measuring cups and spoons
- Pizza pan or baking sheet
- Pastry brush
- Cutting board
- Knives

Directions:

1. Preheat oven to 450°F. Spray pizza pan or baking sheet with nonstick cooking spray.
2. Place pizza crust on pan. Bake for 8 minutes. Remove from oven and brush with olive oil.
3. Sprinkle with 1/3 cup cheese. Arrange tomato and mushroom slices to cover crust. Top with remaining cheese.
4. Sprinkle basil over pizza.
5. Bake for another 5-10 minutes until cheese melts and top is slightly brown. Cut into 8 slices.

Yield: 8 slices

Nutritional Information

Serving size	1 slice
Calories	173
Protein	4g
Carbohydrate	25g
Fat	4.5g
Cholesterol	8mg
Sodium	430mg

Source: Diabetes Life Lines. December 2002/January 2003.
University of Illinois Extension
<http://www.urbanext.uiuc.edu/diabetes/0212.html>

University of Arkansas, United States Department of Agriculture and County Governments Cooperating

The Arkansas Cooperative Extension Service offers its programs to all eligible persons regardless of race, color, national origin, religion, gender, age, disability, marital or veteran status, or any other legally protected status, and is an Affirmative Action/Equal Opportunity Employer.



**DIVISION OF AGRICULTURE
RESEARCH & EXTENSION**

University of Arkansas System

Living Well with Diabetes



VEGETABLE SALMON CAKES

Ingredients:

- | | |
|--|--|
| 1 pound canned salmon, drained | 1 cup instant mashed potatoes made from dehydrated potato flakes |
| 1 cup unseasoned dried bread crumbs | ½ cup grated carrots |
| ½ teaspoon salt | ½ cup minced onion |
| 3 medium (3 inches by 2 inches) russet or white potatoes or one large baking potato skinned, cooked and mashed; or | 2 Tablespoons fresh lemon juice |
| | 2 egg substitute equivalents, slightly beaten or 3 egg whites |

Equipment/Utensils:

- Measuring cups and spoons
- Grater
- Knives
- Cutting board
- Medium bowl
- Spoon
- Large skillet

Directions:

1. In a medium bowl, combine the salmon, ½ cup of the bread crumbs, salt, potatoes, carrots, onion, lemon juice, and eggs, mixing well.
2. Coat a large skillet with nonstick cooking spray and place over medium heat. Form the salmon into patties and coat with remaining bread crumbs.
3. Place the salmon cakes in the heated skillet and cook for 6 minutes per side or until golden brown. Remove from heat, transfer to a serving platter, and serve hot.
4. Garnish with lemon slices.

Yield: 8 servings

Nutritional Information:

Serving size	1 patty
Calories	322
Total Fat	7g
Saturated fat	2g
Cholesterol	36mg
Carbohydrates	38g
Protein	27g
Sodium	729mg

Source: *Quick and Hearty Cookbook*. The American Diabetes Association.

Living Well with Diabetes



Salads



**DIVISION OF AGRICULTURE
RESEARCH & EXTENSION**

University of Arkansas System

Living Well with Diabetes



CINNAMON APPLE RAISIN SLAW

Ingredients:

- | | |
|--|-----------------------------------|
| 1 bag (16 ounces) rainbow salad
(broccoli, cauliflower, carrots and red
cabbage) or 1 large head cabbage,
finely shredded | ½ cup golden raisins |
| 2 red apples, chopped into bite-size
chunks | 3 Tablespoons corn oil |
| | 3 Tablespoons apple cider vinegar |
| | 2 teaspoons honey |
| | 1 teaspoon ground cinnamon |

Equipment/Utensils:

- Cutting board
- Knife
- Large and small mixing bowls
- Measuring spoons
- Whisk

Directions:

1. Combine rainbow salad, apples and raisins in large bowl.
2. Whisk together oil, vinegar, honey and cinnamon in small bowl. Drizzle over slaw mixture. Toss to coat.
3. Chill 1 hour.

Yield: 12 servings

Nutritional Information

Serving size	½ cup
Calories	68
Protein	<1g
Carbohydrates	11g
Total Fat	3g
Cholesterol	0mg
Fiber	2g
Sodium	12mg

Source: *Diabetic Cooking Quick and Easy Recipes for Two* September/October 2005

University of Arkansas, United States Department of Agriculture and County Governments Cooperating

The Arkansas Cooperative Extension Service offers its programs to all eligible persons regardless of race, color, national origin, religion, gender, age, disability, marital or veteran status, or any other legally protected status, and is an Affirmative Action/Equal Opportunity Employer.



**DIVISION OF AGRICULTURE
RESEARCH & EXTENSION**

University of Arkansas System

Living Well with Diabetes



CRANBERRY-CRUNCH CHICKEN SALAD

Ingredients

- 3 cups diced roasted chicken or turkey
- 2 cups cooked brown rice
- 2 cups peeled chopped Granny Smith apples (about 2-1/2 medium)
- 1 cup thinly sliced celery
- 1/2 cup dried sweetened cranberries
- 1/2 cup chopped walnuts or toasted pecans
- 1/3 cup mayonnaise
- 2/3 cup plain non fat yogurt

Directions

1. Combine chicken or turkey, brown rice, apples, celery, cranberries, and nuts in a large bowl. Mix well.
2. Add the mayonnaise and yogurt. Cover and refrigerate for at least 2 hours before serving.
3. Serve over a bed of fresh salad greens or mound each serving into the center of a cantaloupe half.

Yield: 10 servings

Nutritional Information

Serving Size: 1 cup

Calories	238
Protein	15 g
Carbohydrate	18 g
Fiber	2 g
Fat	11 g
Cholesterol	40 mg
Sodium	272 mg

NOTE: Use low-fat or fat-free mayonnaise to lower the fat content.

University of Arkansas, United States Department of Agriculture and County Governments Cooperating

The Arkansas Cooperative Extension Service offers its programs to all eligible persons regardless of race, color, national origin, religion, gender, age, disability, marital or veteran status, or any other legally protected status, and is an Affirmative Action/Equal Opportunity Employer.



**DIVISION OF AGRICULTURE
RESEARCH & EXTENSION**

University of Arkansas System

Living Well with Diabetes



MOTHER MAXWELL'S CRANBERRY SALAD

Ingredients:

- | | |
|---|----------------------------|
| 2 cups chopped fresh cranberries | Juice of two oranges |
| 1 cup sugar substitute such as Splenda® | 1 apple, chopped |
| 1 package sugar-free red flavored gelatin | ½ cups finely chopped nuts |

Equipment/Utensils:

- Food processor
- 2 medium bowls
- Medium pot
- Mixing spoon
- Measuring cup

Directions:

1. Chop cranberries in food processor. Pour Splenda® over chopped cranberries and refrigerate for several hours.
2. Add water to orange juice to make 1½ cups liquid. Heat liquid until very hot.
3. Place gelatin in medium bowl and stir in hot liquid. Chill mixture until thickened, but not set.
4. Chop apples and nuts in food processor.
5. Add cranberries, apple and nuts to chilled gelatin mixture, mix well and chill until set. Serve as a relish, salad or side dish with turkey, chicken or pork.

Yield: 8 servings

Nutritional Information:

Serving size	½ cup
Calories	81
Protein	4g
Carbohydrates	7g
Total Fat	5g
Cholesterol	0mg
Sodium	8mg
Fiber	2g

Source: Cheryl Maxwell, RD, County Extension Agent – FCS
University of Arkansas Cooperative Extension



**DIVISION OF AGRICULTURE
RESEARCH & EXTENSION**

University of Arkansas System

Living Well with Diabetes



CUCUMBER TOMATO SALAD

Ingredients:

- | | |
|--|---------------------------------------|
| ½ cup rice vinegar* | 2 cups chopped tomato (about 1 large) |
| 3 Tablespoons EQUAL® SPOONFUL** | ½ cup chopped red onion |
| 3 cups unpeeled ¼ -inch-thick sliced cucumbers, quartered (about 2 medium) | Salt and pepper to taste |

* Distilled white vinegar can be substituted for rice vinegar.

** Can substitute 4 ½ packets EQUAL® sweetener.

Equipment/Utensils:

- Cutting board
- Knives
- Large bowl with cover
- Measuring cups
- Measuring spoons

Directions:

1. Combine vinegar and Equal®.
2. Add cucumbers, tomato and onion.
3. Season to taste with salt and pepper; mix well.
4. Refrigerate covered, at least 30 minutes before serving.

Yield: 6 servings

Nutritional Information:

Serving size 1 cup

Calories	26
Protein	1g
Carbohydrates	6g
Fat	0g
Cholesterol	0mg
Fiber	1g
Sodium	7mg

Source:
Diabetic Cooking - July/August 2005



**DIVISION OF AGRICULTURE
RESEARCH & EXTENSION**

University of Arkansas System

Living Well with Diabetes



HONEY-LIME VINAIGRETTE

Ingredients:

- ¼ cup lime juice
- 2 Tablespoons low-sodium chicken broth
- 2 Tablespoons olive oil, acceptable vegetable oil, or combination
- 2 Tablespoons honey
- ¼ teaspoon bottled minced garlic

Take Out:

- Jar with lid
- Measuring cup

Directions:

1. Combine all ingredients in a jar with a tight-fitting lid.
 2. Cover and shake until ingredients are well combined.
 3. Toss this with greens such as romaine and spinach with mandarin oranges and toasted almonds.
- (This dressing can be stored, refrigerated, for up to 1 week.)

Yield: 4 servings

Nutritional Information

Serving size 2 Tablespoons

Calories	96
Protein	0g
Fat	7g
Carbohydrate	10g
Cholesterol	0mg
Sodium	5mg
Fiber	0g

Source: Quick and Easy Cookbook. The American Heart Association. 1995



**DIVISION OF AGRICULTURE
RESEARCH & EXTENSION**

University of Arkansas System

Living Well with Diabetes



LAYERED FRUIT SALAD

Ingredients:

- 3 9-inch bananas or 3 cups sliced
- 2 14-ounce cans pineapple chunks in own juice
- 4 cups seedless grapes (~1¼ pounds)
- 4 cups large fresh strawberries (~1 pound)

Equipment/Utensils:

- 4 quart trifle dish or glass bowl
- Cutting board
- Knife
- Measuring cups/Kitchen scales

Directions:

1. Slice bananas into bottom of trifle dish. Pour pineapple chunks and juice over bananas.
2. Sort and wash grapes. Arrange layer of grapes over pineapple.
3. Wash and stem strawberries, cutting away questionable areas. Arrange layer of strawberries over grapes. Cover with plastic wrap. Refrigerate until serving time.
4. If desired, garnish with washed fresh mint leaves or sliced kiwi fruit.

Yield: 22 servings

Nutritional Information:

Serving size ½ cup

Calories	58
Protein	1 g
Carbohydrates	15
Total Fat	0g
Cholesterol	0g
Sodium	1mg
Fiber	1.5g

Source: Reprinted with permission of the University of Georgia. Connie Crawley. 2006. *Right Bite Diabetes Cooking School: Additional Recipes*. Athens, GA: The University of Georgia, Cooperative Extension.



**DIVISION OF AGRICULTURE
RESEARCH & EXTENSION**

University of Arkansas System

Living Well with Diabetes



Oriental Salad

- 1 lb. pkg. broccoli slaw mix
- ½ c. sunflower seeds
- ½ c. sliced almonds
- 1 bunch green onions, sliced
- ¼ c. vegetable oil
- ⅓ c. cider vinegar
- 2 T. sugar
- 1 pkg. Ramen noodles w/ seasoning packet

In large bowl, combine slaw mix, almonds, sunflower seeds and green onions. Set aside. In a small bowl, combine oil, vinegar, sugar and seasoning packet. Pour dressing over salad. Refrigerate several hours. When ready to serve, crush Ramen noodles and stir into salad.

Yield: 12 servings

Nutritional Information

Calories	150
Protein	4 g
Carbohydrate	10 g
Fat	12 g
Cholesterol	0 mg
Sodium	130 mg
Fiber	1.3 g

University of Arkansas, United States Department of Agriculture and County Governments Cooperating

The Arkansas Cooperative Extension Service offers its programs to all eligible persons regardless of race, color, national origin, religion, gender, age, disability, marital or veteran status, or any other legally protected status, and is an Affirmative Action/Equal Opportunity Employer.



**DIVISION OF AGRICULTURE
RESEARCH & EXTENSION**

University of Arkansas System

Living Well with Diabetes



SPINACH ORANGE SALAD

Ingredients:

- | | |
|--|---------------------------------|
| 4 cups fresh spinach, washed & torn
into bite-size pieces | ½ cup almonds |
| 1 orange, peeled & cut into sections OR | ½ cup croutons |
| ¾ cup Mandarin orange slices, drained | Honey lime Vinaigrette Dressing |

Equipment/Utensils:

- Cutting board
- Knife
- Large bowl
- Measuring cup and spoons

Directions:

1. Toss spinach, oranges, almonds and croutons.
2. Serve salad dressing on the side.

Yield: 4 servings

Nutritional Information

Serving size: 1 ½ cup

Without dressing, with fresh oranges

Calories	148	Cholesterol	0mg
Protein	9g	Fiber	4g
Carbohydrates	11g	Sodium	86mg
Fat	10g		

Without dressing, with mandarin oranges

Calories	146	Cholesterol	0mg
Protein	5g	Fiber	3g
Carbohydrates	11g	Sodium	88mg
Fat	10g		

Source: Diabetes Life Lines. June/July 2001. University of Illinois Extension.

<http://www.urbanext.uiuc.edu/diabetes/0106.html>

University of Arkansas, United States Department of Agriculture and County Governments Cooperating

The Arkansas Cooperative Extension Service offers its programs to all eligible persons regardless of race, color, national origin, religion, gender, age, disability, marital or veteran status, or any other legally protected status, and is an Affirmative Action/Equal Opportunity Employer.

Living Well with Diabetes



Side Dishes



**DIVISION OF AGRICULTURE
RESEARCH & EXTENSION**

University of Arkansas System

Living Well with Diabetes



COMPANY BEETS

Ingredients:

- 2 Tablespoons brown sugar
- 1 Tablespoon cornstarch
- Dash salt
- 1 9-ounce can crushed pineapple
- 1 Tablespoon butter
- 1 Tablespoon lemon juice
- 1 1-pound can sliced or diced beets

Equipment/Utensils:

- Measuring spoons
- Medium saucepan
- Spoon

Directions:

1. In a saucepan, heat brown sugar, cornstarch, salt and pineapple to a boil. Cook until thickened.
2. Add butter, lemon juice and beets. Heat and serve.

Yield: 6 servings

Nutritional Information:

Serving size	½ cup
Calories	84
Carbohydrates	17g
Protein	1g
Fat	2g
Cholesterol	5mg
Fiber	2g
Sodium	175mg

Source: Cheryl Maxwell, RD, County Extension Agent – FCS, University of Arkansas Cooperative Extension

University of Arkansas, United States Department of Agriculture and County Governments Cooperating

The Arkansas Cooperative Extension Service offers its programs to all eligible persons regardless of race, color, national origin, religion, gender, age, disability, marital or veteran status, or any other legally protected status, and is an Affirmative Action/Equal Opportunity Employer.



**DIVISION OF AGRICULTURE
RESEARCH & EXTENSION**

University of Arkansas System

Living Well with Diabetes



COPPER CARROT PENNIES

Ingredients

- 2 pounds of carrots, peeled and sliced or
2 1-pound cans of sliced carrots,
drained and rinsed
- 1 green pepper, cored and sliced
- 1 onion, sliced vertically to make slivers

Marinade

- 1 (10.75-ounce) can tomato soup
- ½ cup cider vinegar
- 8 packets aspartame artificial sweetener
- 1 Tablespoon canola oil
- ½ teaspoon mustard
- 1 teaspoon Worcestershire sauce
- black pepper to taste

Equipment/Utensils

- Cutting board
- Knife
- Saucepan with lid
- Can opener
- Measuring cups and spoons
- Glass serving dish or bowl
- Vegetable peeler
- Mixing spoon

Directions

1. Cook sliced carrots in small amount of water in covered sauce pan until tender. Drain and cool.
2. Alternate layers of carrots, onion and pepper in glass serving dish or bowl.
3. Whisk together the marinade ingredients. Pour over layered vegetables. Cover with plastic wrap and chill, ideally for 24 hours.

Yield: 16 servings

Nutritional Information

Serving size ½ cup

Total Fat	1.3g
Calories	54
Carbohydrates	10.5
Sodium	139mg
Protein	1g
Cholesterol	0mg
Fiber	2g

Source: Reprinted with permission of the University of Georgia. Connie Crawley. 2006. *Right Bite Diabetes Cooking School: Additional Recipes*. Athens, GA: The University of Georgia, Cooperative Extension.

University of Arkansas, United States Department of Agriculture and County Governments Cooperating

The Arkansas Cooperative Extension Service offers its programs to all eligible persons regardless of race, color, national origin, religion, gender, age, disability, marital or veteran status, or any other legally protected status, and is an Affirmative Action/Equal Opportunity Employer.



**DIVISION OF AGRICULTURE
RESEARCH & EXTENSION**

University of Arkansas System

Living Well with Diabetes



FRIED RICE

Ingredients:

- 1 teaspoon vegetable oil
- 1 egg, beaten
- ½ cup cooked green peas
- ¼ cup green onion, thinly sliced
- 4 cups cooked white or brown rice
- 2 Tablespoons soy sauce (use low-sodium soy sauce to cut sodium or use one tablespoon soy sauce diluted with one tablespoon water)

Equipment/Utensils:

- Cutting board
- Knife
- Large skillet or wok
- Measuring cups and spoons

Directions:

1. Heat oil. Add egg; scramble loosely.
2. Add remaining ingredients all at once and stir-fry until all ingredients are heated.

Yield: 6 servings

Nutritional Information:

Serving	1 cup
Calories	211
Total Fat	2g
Cholesterol	35mg
Fiber	2g
Sodium	370mg

Source: Cheryl Maxwell, RD, County Extension Agent – FCS University of Arkansas Cooperative Extension



**DIVISION OF AGRICULTURE
RESEARCH & EXTENSION**

University of Arkansas System

Living Well with Diabetes



GREEN BEAN SAUTÉ

Ingredients:

- 1 pound fresh or frozen green beans, cut in 1-inch pieces
- 1 Tablespoon vegetable oil
- 1 large yellow onion, halved lengthwise, thinly sliced
- ½ teaspoon salt
- ⅛ teaspoon black pepper
- 1 Tablespoon fresh parsley, minced

Equipment/Utensils:

- Large saucepan
- Large skillet
- Measuring spoons

Directions:

1. If using fresh green beans, cook in boiling water for 10-12 minutes or steam for 2-3 minutes until barely fork tender. Drain well. If using frozen green beans, thaw first.
2. Heat oil in large skillet. Sauté onion until golden.
3. Stir in green beans, salt, and pepper. Heat through.
4. Before serving, toss with parsley.

Yield: 6 servings (½ cup each)

Nutritional Information

Serving size	½ cup
Calories	64
Protein	2g
Carbohydrates	8g
Total Fat	4g
Cholesterol	0mg
Sodium	282mg
Fiber	3g

Source: *Keep the Beat: Heart Healthy Recipes.*

http://www.nhlbi.nih.gov/health/public/heart/other/ktb_recipebk/ktb_sidedish.pdf

University of Arkansas, United States Department of Agriculture and County Governments Cooperating

The Arkansas Cooperative Extension Service offers its programs to all eligible persons regardless of race, color, national origin, religion, gender, age, disability, marital or veteran status, or any other legally protected status, and is an Affirmative Action/Equal Opportunity Employer.



**DIVISION OF AGRICULTURE
RESEARCH & EXTENSION**

University of Arkansas System

Living Well with Diabetes



OKRA CASSEROLE

Ingredients:

- | | |
|---------------------------------------|-----------------------------|
| 2 ½ cups fresh or frozen okra, sliced | 1/8 teaspoon pepper |
| ½ cup water | ¼ teaspoon seasoning salt |
| 1 small onion, chopped | ½ cup cheese, grated |
| 3 Tablespoons olive oil | 1 egg, beaten |
| ¼ teaspoon salt | ¾ cup bread crumbs, divided |

Equipment/Utensils:

- Cutting board
- Sharp knife
- Measuring cups and spoons
- Sauce pan with lid
- Casserole dish

Directions:

1. Preheat oven to 350° F. Cook okra in ½ cup boiling water in a covered saucepan for 8 to 10 minutes.
2. Sauté onion in 2 tablespoons of olive oil, add to sautéed onion, ¼ cup bread crumbs, salt, seasoning salt, pepper, and grated cheese.
3. Drain okra. Add drained okra to bread crumb mixture.
4. Pour beaten egg over bread crumb mixture and place in a 1-quart, greased, casserole.
5. Mix remaining tablespoon of olive oil with remaining ½ cup of bread crumbs. Sprinkle over casserole and bake 30 minutes, or until top is golden brown.

Yield: 6 servings

Nutritional Information:

Serving size	½ cup
Calories	194
Carbohydrates	17g
Protein	6.5g
Fat	11g
Cholesterol	45mg
Fiber	2.5g
Sodium	300mg

Source: Cheryl Maxwell, RD, County Extension Agent – FCS, University of Arkansas Cooperative Extension

University of Arkansas, United States Department of Agriculture and County Governments Cooperating

The Arkansas Cooperative Extension Service offers its programs to all eligible persons regardless of race, color, national origin, religion, gender, age, disability, marital or veteran status, or any other legally protected status, and is an Affirmative Action/Equal Opportunity Employer.



**DIVISION OF AGRICULTURE
RESEARCH & EXTENSION**

University of Arkansas System

Living Well with Diabetes



POTATO-CABBAGE PANCAKES

Ingredients:

- ½ cup refrigerated, ready-to-use, no-added-fat shredded hash brown potatoes
- ½ cup slaw mix, lightly packed
- ¼ cup egg whites
- ¼ teaspoon white pepper
- 4 Tablespoons unsweetened applesauce, optional
- 2 Tablespoons fat-free sour cream, optional

Equipment/Utensils:

- Medium bowl
- Spoon
- ½ cup measure
- Spatula
- Skillet
- Measuring spoons

Directions:

1. Mix together potatoes, slaw, egg whites and pepper in medium bowl.
2. Scoop and pack batter into ½-cup measure. Invert cup into skillet. Repeat with second pancake. Drizzle juices from bowl over pancakes.
3. When batter begins to sizzle, gently press down with spatula to flatten into pancakes that are ½ inch thick and about 4 inches in diameter. Cook until pancake browns on one side about 5 minutes. Turn pancakes. Cook second side until pancake browns, 4 to 5 minutes.
4. If desired, top each pancake with either 2 tablespoons applesauce or 1 tablespoon sour cream.

Yield: 2 servings

Nutritional Information:

Serving size 1 pancake

Calories	82
Carbohydrates	17g
Protein	5g
Fat	0g
Cholesterol	0mg
Sodium	74mg
Fiber	2g

Source: Diabetic Cooking
September/October 2005



**DIVISION OF AGRICULTURE
RESEARCH & EXTENSION**

University of Arkansas System

Living Well with Diabetes



RICE PILAF

Ingredients:

Vegetable cooking spray

- 1 teaspoon reduced-calorie margarine
- 1 Tablespoon minced walnuts (pecans work well, too)
- 2 Tablespoons minced onion
- 1 clove garlic, minced
- 2 cups canned low-sodium low-fat chicken broth, undiluted
- 1 cup rice (preferably brown) uncooked
- ¼ cup raisins

Equipment/Utensils:

- Large saucepan
- Measuring cup and spoons

Directions:

1. Coat a large saucepan with cooking spray; add margarine. Place over medium-high heat until hot.
2. Add walnuts, and cook, stirring constantly, until walnuts are toasted. Remove from saucepan, and set aside.
3. Add onion and garlic to saucepan; sauté until tender. Add chicken broth. Bring to a boil; stir in rice and raisins. Cover, reduce heat, and simmer 15 minutes. Remove from heat, and let stand 10 minutes.
4. Add toasted walnuts; toss gently with a fork. Serve immediately. For brown rice, cook 40-50 minutes or until tender.

Yield: 8 servings

Nutritional Information:

Serving size	½ cup
Calories	120
Protein	3g
Carbohydrates	23g
Cholesterol	0mg
Total Fat	2g
Sodium	26mg
Fiber	1g

Source: Cooking Light Cookbook 1994

University of Arkansas, United States Department of Agriculture and County Governments Cooperating

The Arkansas Cooperative Extension Service offers its programs to all eligible persons regardless of race, color, national origin, religion, gender, age, disability, marital or veteran status, or any other legally protected status, and is an Affirmative Action/Equal Opportunity Employer.



**DIVISION OF AGRICULTURE
RESEARCH & EXTENSION**

University of Arkansas System

Living Well with Diabetes



BALSAMIC-ROASTED VEGETABLES

Ingredients:

- ½ cup balsamic vinegar
- ¾ cup olive oil
- ¼ cup mixed chopped fresh herbs, such as thyme, rosemary and parsley, or 1 heaping tablespoon dried herbs
- 2 sweet potatoes, peeled and cut into 2 inch wedges
- 1 butternut squash, peeled and cut into 2 inch wedges
- 1 red onion, cut into 2 inch wedges.
- 1 pint cherry tomatoes, stems removed
- 2 red bell peppers, cored, seeded and cut into 2 inch pieces
- 1 head broccoli, stem removed, cut into florets
- 1 pound green beans, trimmed
- Salt and freshly ground black pepper to taste
- Fresh herbs for garnish, if desired

Equipment/Utensils:

- Large bowl
- Whisk
- Slotted spoon
- 2 Baking dishes

Directions:

1. Preheat oven to 400° F.
2. In a large bowl, whisk together the vinegar, olive oil and herbs. Add the sweet potatoes, squash and onion and toss until vegetables are well coated.
3. With a slotted spoon (reserve liquid in the bowl), transfer the vegetables to a baking dish and spread them out in one even layer. Roast them in the oven for 40 to 45 minutes, until potatoes are tender and slightly brown and the vinegar mixture has evaporated to a thick glaze. Stir several times during cooking.
4. Meanwhile, toss the tomatoes, red bell peppers, broccoli and green beans with the reserved liquid and spread them in one even layer in a separate baking dish. Roast them in the oven for 25 to 30 minutes, or until the skin on the tomatoes starts to shrink.
5. In the large bowl, gently toss all of the vegetables together with any remaining cooking liquid until just mixed. Season with salt and pepper; garnish with fresh herb leaves, if desired. Serve immediately or at room temperature.

Serves 8 to 10.

Source: Cheryl Maxwell, RD, County Extension Agent – FCS, University of Arkansas Cooperative Extension

University of Arkansas, United States Department of Agriculture and County Governments Cooperating

The Arkansas Cooperative Extension Service offers its programs to all eligible persons regardless of race, color, national origin, religion, gender, age, disability, marital or veteran status, or any other legally protected status, and is an Affirmative Action/Equal Opportunity Employer.



**DIVISION OF AGRICULTURE
RESEARCH & EXTENSION**

University of Arkansas System

Living Well with Diabetes



SUMMER SQUASH WITH DILL

Ingredients:

- 4 yellow summer squash or zucchini, about 5-6 inches long and 1½ inches in diameter, washed
- 1 Tablespoon liquid margarine
- 1-2 teaspoon dried dill weed

Equipment/Utensils:

- Cutting board
- Sharp knife
- Steamer
- Sauce pan
- Medium bowl

Directions:

1. Slice squash into rounds ¼ inch thick. Steam in vegetable steamer or in small amount of water until color has changed, about 5 minutes.
2. Remove from steamer and place drained squash in bowl. Drizzle liquid margarine and toss lightly.
3. Sprinkle dill weed on top and serve.

Yield: 4 servings

Nutritional Information

Serving size ½ cup

Calories	54
Carbohydrates	6g
Protein	2g
Fat	3g
Cholesterol	0mg
Fiber	2g
Sodium	32mg

Source: Recipes for Diabetes. University of Illinois Extension.

<http://www.urbanext.uiuc.edu/diabetesrecipes/recipe.cfm?recipe=Summer%20Squash%20with%20Dill>

University of Arkansas, United States Department of Agriculture and County Governments Cooperating

The Arkansas Cooperative Extension Service offers its programs to all eligible persons regardless of race, color, national origin, religion, gender, age, disability, marital or veteran status, or any other legally protected status, and is an Affirmative Action/Equal Opportunity Employer.