

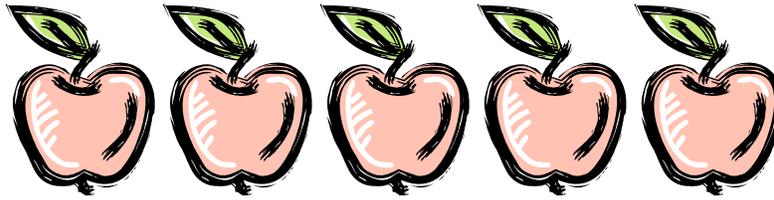
Healthy Diabetes Recipes and more . . .

Department of Health & Human Services

DHHS
NEBRASKA

Diabetes Prevention & Control Program

Healthy Diabetes Recipes and more . . .



**Nebraska Diabetes Prevention & Control Program
Disease Prevention and Health Promotion**

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AA/ADA/EOE

Healthy eating should be important to everyone, whether or not you have diabetes. Healthy food can also taste good. These recipes are intended for anyone. We hope you enjoy this collection of recipes and ideas for healthy eating. We claim no originality for the recipes in this cookbook. It is difficult to find an entirely new and original recipe.

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Diabetes Prevention and Control Program Manager*



This cookbook is dedicated to the thousands of people in Nebraska who have had diabetes touch their lives.

This is a revised version of “Healthy Diabetes Recipes and more...” which contains minor corrections and updates. The recipes and basic content have not changed.

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Smart Eating

Eating right, controlling weight and getting regular exercise will help manage diabetes successfully. The following guidelines are important for diabetes control.

Whole Grains, Breads, Cereals, Rice and Pasta: These foods provide complex carbohydrates (starches), which are an excellent source of energy, and good sources of vitamins, minerals and fiber. Fiber may help lower cholesterol levels and control appetite. These foods are naturally low in fat and cholesterol. Just remember not to add extra fat.

Fruits and Vegetables: Fruits and vegetables provide vitamins and minerals, such as vitamins A and C, potassium, folate, iron and magnesium. These foods are naturally low in fat and sodium, and many are good sources of fiber.

Lean Meat, Poultry, Fish and Proteins: Meat, poultry and fish supply protein, iron, B vitamins and zinc. Other protein foods in this group are good sources of vitamins and minerals. Choose lean cuts of meat and trim visible fat. Remove skin from poultry. Eat no more than 3-4 egg yolks per week; egg whites are not limited.

Milk and Dairy: Milk products supply protein, vitamins and minerals. Dairy products are the best sources of calcium. Whole milk and high-fat cheeses are high in saturated fat and cholesterol; these fats aren't good for the heart. The best choices in this group are skim or non-fat milk, low-fat cheese and non-fat yogurt. Remember, low-fat dairy products have all the vitamins and calcium of higher fat dairy foods.

Cut the Sugar: Choose a diet low in sugar. Sugars include white sugar, brown sugar, corn syrup, honey, molasses and others. Sugars supply calories and little else. Limit foods with added sugar such as cake, cookies, candy, regular soft drinks, jams and jellies, and sugar that you add at the table.

Cut Fat: Eat fewer foods that are high in solid fats.

- Make major sources of saturated fats – such as cake, cookies, ice cream, pizza, cheese, sausages, and hot dogs – occasional choices, not everyday choices.
- Select lean cuts of meats or poultry and fat-free or low-fat milk, yogurt, and cheese.
- Switch from solid fats to oils when preparing food.

Smart Cooking: Bake, roast, grill, poach, stew, steam or broil meat, fish and poultry. Use non-stick pans or cooking spray when frying foods. Trim visible fat from meat. Decrease the sugar and fat in most recipes by using vanilla, cinnamon, and nutmeg to add a sweet taste without adding sugar or calories.

10 tips

Nutrition
Education Series

choose MyPlate

10 tips to a great plate



Making food choices for a healthy lifestyle can be as simple as using these 10 Tips.

Use the ideas in this list to *balance your calories*, to choose foods to *eat more often*, and to cut back on foods to *eat less often*.

1 balance calories

Find out how many calories YOU need for a day as a first step in managing your weight. Go to www.ChooseMyPlate.gov to find your calorie level. Being physically active also helps you balance calories.

2 enjoy your food, but eat less

Take the time to fully enjoy your food as you eat it. Eating too fast or when your attention is elsewhere may lead to eating too many calories. Pay attention to hunger and fullness cues before, during, and after meals. Use them to recognize when to eat and when you've had enough.



3 avoid oversized portions

Use a smaller plate, bowl, and glass. Portion out foods before you eat. When eating out, choose a smaller size option, share a dish, or take home part of your meal.

4 foods to eat more often

Eat more vegetables, fruits, whole grains, and fat-free or 1% milk and dairy products. These foods have the nutrients you need for health—including potassium, calcium, vitamin D, and fiber. Make them the basis for meals and snacks.



5 make half your plate fruits and vegetables

Choose red, orange, and dark-green vegetables like tomatoes, sweet potatoes, and broccoli, along with other vegetables for your meals. Add fruit to meals as part of main or side dishes or as dessert.

6 switch to fat-free or low-fat (1%) milk

They have the same amount of calcium and other essential nutrients as whole milk, but fewer calories and less saturated fat.



7 make half your grains whole grains

To eat more whole grains, substitute a whole-grain product for a refined product—such as eating whole-wheat bread instead of white bread or brown rice instead of white rice.

8 foods to eat less often

Cut back on foods high in solid fats, added sugars, and salt. They include cakes, cookies, ice cream, candies, sweetened drinks, pizza, and fatty meats like ribs, sausages, bacon, and hot dogs. Use these foods as occasional treats, not everyday foods.

9 compare sodium in foods

Use the Nutrition Facts label to choose lower sodium versions of foods like soup, bread, and frozen meals. Select canned foods labeled “low sodium,” “reduced sodium,” or “no salt added.”



10 drink water instead of sugary drinks

Cut calories by drinking water or unsweetened beverages. Soda, energy drinks, and sports drinks are a major source of added sugar, and calories, in American diets.

10 tips

Nutrition
Education Series

build a healthy meal

10 tips for healthy meals



A healthy meal starts with more vegetables and fruits and smaller portions of protein and grains. Think about how you can adjust the portions on your plate to get more of what you need without too many calories. And don't forget dairy—make it the beverage with your meal or add fat-free or low-fat dairy products to your plate.

1 make half your plate veggies and fruits

Vegetables and fruits are full of nutrients and may help to promote good health. Choose red, orange, and dark-green vegetables such as tomatoes, sweet potatoes, and broccoli.



2 add lean protein

Choose protein foods, such as lean beef and pork, or chicken, turkey, beans, or tofu. Twice a week, make seafood the protein on your plate.

3 include whole grains

Aim to make at least half your grains whole grains. Look for the words “100% whole grain” or “100% whole wheat” on the food label. Whole grains provide more nutrients, like fiber, than refined grains.

4 don't forget the dairy

Pair your meal with a cup of fat-free or low-fat milk. They provide the same amount of calcium and other essential nutrients as whole milk, but less fat and calories. Don't drink milk? Try soy milk (soy beverage) as your beverage or include fat-free or low-fat yogurt in your meal.



5 avoid extra fat

Using heavy gravies or sauces will add fat and calories to otherwise healthy choices. For example, steamed broccoli is great, but avoid topping it with cheese sauce. Try other options, like a sprinkling of low-fat parmesan cheese or a squeeze of lemon.

6 take your time

Savor your food. Eat slowly, enjoy the taste and textures, and pay attention to how you feel. Be mindful. Eating very quickly may cause you to eat too much.

7 use a smaller plate

Use a smaller plate at meals to help with portion control. That way you can finish your entire plate and feel satisfied without overeating.

8 take control of your food

Eat at home more often so you know exactly what you are eating. If you eat out, check and compare the nutrition information. Choose healthier options such as baked instead of fried.

9 try new foods

Keep it interesting by picking out new foods you've never tried before, like mango, lentils, or kale. You may find a new favorite! Trade fun and tasty recipes with friends or find them online.



10 satisfy your sweet tooth in a healthy way

Indulge in a naturally sweet dessert dish—fruit! Serve a fresh fruit cocktail or a fruit parfait made with yogurt. For a hot dessert, bake apples and top with cinnamon.

What Counts As One Serving?

Breads, Beans, Grains and Starchy Vegetables:

- 1 slice bread
- ½ small bagel, English muffin, pita bread, hamburger or hot dog bun
- ½ cup cooked cereal, pasta or rice
- ¾ cup dry cereal
- ½ cup cooked beans, lentils, peas or corn
- 1 small potato

Fruits:

- 1 small fresh fruit
- ½ cup fruit canned in juice or w/o sugar
- ½ cup fruit juice
- ¼ cup dried fruit

Vegetables:

- 1 cup raw vegetables
- ½ cup cooked vegetables
- ½ cup vegetable juice

Milk:

- 1 cup milk
- 1 cup yogurt

Meat & Others:

- 2-3 ounces cooked lean meat, poultry or fish
- ½ to ¾ cup tuna or cottage cheese
- 2 to 3 ounces cheese
- 1 egg
- 2 tablespoons peanut butter
- ½ cup cooked beans or lentils

Fats, Oils and Sweets:

Use sparingly

How many servings do you need each day?			
	Women & some older adults	Children, teen girls, active women, most men	Teen boys & active men
Calorie level*	about 1,600	about 2,200	about 2,800
Bread group	6	9	11
Vegetable group	3	4	5
Fruit group	2	3	4
Milk group	**2-3	**2-3	**2-3
Meat group	2, for a total of 5 ounces	2, for a total of 6 ounces	3, for a total of 7 ounces
<p>*These are the calorie levels if you choose low-fat, lean foods from the 5 major food groups and use foods from the fats, oils and sweets group sparingly.</p> <p>**Women who are pregnant or breastfeeding, teenagers, and young adults to age 24 need 3 servings.</p>			

Snack Ideas

- ◆ Bread, toast, bagels, English muffins, bread sticks or low-fat crackers.
- ◆ Air-popped popcorn or low-fat microwaved popcorn.
- ◆ Cereal snack mix. Cut down on the margarine in the recipe. Use spices such as garlic or onion powder instead of salt.
- ◆ Fresh fruits, such as: berries, melon, oranges, pineapple, pears, apples, peaches, tangerines, grapes, kiwi, or exotic fruits like mangoes or papayas.
- ◆ Fresh vegetables such as: broccoli, carrots, cucumbers, cauliflower, tomatoes, radishes or zucchini. Try unusual raw vegetables such as: raw sweet potatoes or jicama.
- ◆ Frozen juice bars. You can make your own frozen juice bars by freezing juice in ice cube trays and inserting a popsicle stick.
- ◆ Low or non-fat fruited yogurt, artificially sweetened or frozen low-fat yogurt bars.
- ◆ Pretzels, rice or popcorn cakes, unsweetened cereal or a plain tortilla.
- ◆ Fruit and nut breads made with whole grains and minimal sugar and fat.
- ◆ Sandwiches using lean meat, poultry, fish or low-fat cheeses. For a change, try a sandwich with all vegetables. Go light on the sandwich spreads.
- ◆ Low-fat commercial snacks such as vanilla wafers, animal crackers, gingersnaps, graham crackers or fig bars.
- ◆ Skim milk or hot cocoa prepared with skim milk, cocoa powder, and an artificial sweetener.
- ◆ Spread ricotta cheese or low-fat cottage cheese on bread and then toast.

Food Labels

When you have diabetes it's important to know what's in the food you eat. If you don't know, it may be difficult to achieve good blood glucose control. Food labels can help provide you with the information that you need to be able to compare foods to help you make food choices. The nutrition and ingredient information on a food label is required.

So what does the food label tell us? Let's look at it a little closer.

Nutrition Facts			
Serving Size 1 cup (228g) Servings Per Container 2			
Amount Per Serving			
Calories 90		Calories from Fat 30	
% Daily Value*			
Total Fat	3g	5%	
Saturated Fat	0g	0%	
Cholesterol	0 mg	0%	
Sodium	300 mg	13%	
Total Carbohydrate	13g	4%	
Dietary Fiber	3g	12%	
Sugars	3g		
Protein	3g		
Vitamin A	80%	-	Vitamin C 60%
Calcium	4%	-	Iron 4%
* Percent Daily Values are based on a 2,000-calorie diet. Your daily values may be higher or lower depending on your calorie needs:			
	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2400mg	2400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g
Calories per gram:			
Fat	9	-	Carbohydrate 4 - Protein 4

- Φ **Serving size:** Serving sizes reflect the amounts people actually eat and are stated in both household and metric measures. Serving sizes may not be the same as those used with your diabetes meal plan.
- Φ **Calories from fat:** Calories from fat are listed on the label to help consumers meet dietary guidelines which recommend that people get no more than 30 percent of their calories from fat.
- Φ **List of nutrients:** The list of nutrients include: fat, saturated fat, cholesterol, sodium, carbohydrate, and protein. Knowing the amount of these nutrients may take some of the guesswork out of meal planning.
- Φ **Vitamins and Minerals:** Only vitamins A and C, calcium, and iron are required on a food label. Food companies can list other vitamins and minerals if they choose to do so.
- Φ **Percent Daily Value:** Shows how a food fits into the overall daily diet. You can use the Percent Daily Value information to see how an amount of a nutrient can fit into the 2,000 calorie reference diet. You may need more or less than the 2,000 calorie diet that the Percent Daily Value is based on. Your nutrient needs may be more or less than the Daily Values on the label.

Ingredient List: Ingredients are listed on a product by weight, from most to least. Ingredient lists don't show the exact amount of any ingredient, but they do give you an idea of the relative amount. For example, if vegetable oil is listed first, the food has more oil (fat) than any other ingredient.

Claims on the Food Label: Some food packages make nutrient claims. These claims can only be used on a label if a food meets strict government definitions. Following are some of the definitions.

<i>LABEL CLAIM</i>	<i>DEFINITION*</i>
Calorie Free:	Less than 5 calories
Low Calorie:	40 calories or less**
Light or Lite:	1/3 fewer calories or 50% less fat; if more than half the calories are from fat, fat content must be reduced by 50% or more
Light in Sodium:	50% less sodium
Fat Free:	Less than 1/2 gram fat
Low Fat:	3 grams or less fat**
Cholesterol Free:	Less than 2 milligrams cholesterol and 2 grams or less saturated fat**
Low Cholesterol:	20 milligrams or less cholesterol and 2 grams or less saturated fat**
Sodium Free:	Less than 5 milligrams sodium*
Very Low Sodium:	35 milligrams or less sodium**
Low Sodium:	140 milligrams or less sodium**
High Fiber:	5 grams or more fiber
<p>*Per Reference Amount (standard serving size). Some claims have high nutrient levels for main dish products and meat products, such as frozen entries and dinners.</p> <p>**Also per 50 g for products with small serving sizes (References Amt. is 30 g or less, or 2 tbsp. or less).</p>	





The “Fruits and Veggies—More Matters” health initiative was developed by the Produce for Better Health Foundation. The program demonstrates that eating **MORE** fruits and vegetables does matter to all of us. It’s a great way to stay healthy and is a perfect fit for busy lives.

There are many potential benefits associated with eating more fruits and vegetables. Consuming fruits and vegetables is associated with a lower risk for heart disease, some cancers, type 2 diabetes, and obesity. Reducing your risk of certain chronic diseases is only the beginning. Every step taken towards eating more fruits and vegetables helps you and your family be at their best.

According to the Dietary Guidelines for Americans, fruits and vegetables are the foods that should be eaten most often. A general guideline is to make fruits and vegetables about half of what you eat, every time you eat. The current recommendation for intake of fruits and vegetables ranges from 4 to 13 servings a day or 2 to 6 ½ cups, depending on age, gender and activity level. Most adults need 7 to 13 servings a day. For most fruits and vegetables, a serving is ½ cup. A serving of dried fruit is ¼ cup and a serving of lettuce is 1 cup.

All forms of fruits and vegetables matter: fresh, frozen, canned, dried, and 100% juice. The following categories are important to eat at least several times a week because they are rich in vital nutrients:

- Dark green vegetables, such as spinach, broccoli and leaf lettuces.
- Orange vegetables, such as sweet potatoes and carrots.
- Starchy vegetables, such as potatoes and corn.
- Dry beans, such as kidney beans, black-eyed peas and black beans.

Healthy Weight Management

Research suggests that eating more fruits and vegetables is associated with better weight management. Those who consume more fruits and vegetables while cutting down on fats and added sugar manage their weight better, are less hungry, and have better intake of other nutrients such as vitamins and minerals.

Fruits and vegetables help with managing weight because they:

- Are low in calories compared to the same volume of other foods.
- Help you feel full because they have a high water and fiber content which may help to delay feelings of hunger between eating occasions.
- Help you eat less because they require more chewing which may slow down the pace of eating, helping to decrease intake at a meal.
- Replace foods that are high in fat and sugar.



Diet and Physical Activity – The Role of Fruits & Vegetables

Eating more fruits and veggies matters when it comes to maintaining a healthy weight – and it may even reduce your family’s risk of many diseases. Every step towards getting more physical activity also matters in weight management and overall health. You and your family can be at your best with a balance of diet and exercise.

Research has shown that physical activity helps you lose weight and keep it off. Not only does it burn calories but there are numerous other advantages of a physically active lifestyle:

- Helps regulate the appetite.
- Helps to boost metabolism.
- Reduces stress.
- May help with insomnia.
- Is associated with a decreased risk for heart disease, type 2 diabetes, high blood pressure, Osteoporosis.

Physical activity does not have to be about spending hours at the gym. There are many ways to become more physically active such as taking the stairs, parking at the far end of the parking lot, walking at lunch time, getting up to change the channel, etc. The calories burned by being more active in your daily routine will add up. And don’t forget recreational activities with your family and friends.

The Top 10 Reasons to Eat MORE Fruits and Vegetables are:

10. **Color & Texture.** Fruits and veggies add color, texture and appeal to your plate.
9. **Convenience.** Fruits and veggies are nutritious in any form and they’re ready when you are!
8. **Fiber.** Fruits and veggies provide fiber that helps fill you up and keeps your digestive system happy.
7. **Low in Calories.** Fruits and veggies are naturally low in calories.
6. **May Reduce Disease Risk.** Eating plenty of fruits and veggies may help reduce the risk of many diseases, including heart disease, high blood pressure, and some cancers.
5. **Vitamins & Minerals.** Fruits and veggies are rich in vitamins and minerals that help you feel healthy and energized.
4. **Variety.** Fruits and veggies are available in an almost infinite variety...there’s always something new to try.
3. **Quick, Natural Snack.** Fruits and veggies are nature’s treat and easy to grab for a snack.
2. **Fun to Eat!** Some crunch, some squirt, some you peel...some you don’t, and some grow right in your own back yard!
1. **They Taste Great!**

You can find a great deal of information at the “Fruits and Vegetables More Matters” website, www.fruitsandveggiesmorematters.org. The site provides planning, shopping and cooking tips, questions and answers, a fruit and veggie database, information about some possibly misleading thoughts about fruits and vegetables, and much, much more.

Healthy Snacking

Snacks can be good for you! Snacks can help supply your body with nutrients that aren't in other meals and may help control blood glucose levels. Be careful that snacks are part of your overall eating plan and aren't extra "empty calorie" foods. Well-planned, nutritious snacks can prevent you from being so hungry that you eat too many empty calorie foods.

Young children may not be able to eat all the food they need at a mealtime. Children's calorie needs may be as high as some adults; however, they have smaller stomachs. Snacks should be offered according to their meal plan, which is usually 1½ or 2 hours before meals and should be given at the same time each day.

If you have Type 1 diabetes, snacks help to control changes in blood glucose levels. Snacks are planned when insulin is peaking and for physical activity. If you have Type 2 diabetes, snacks help to spread calories evenly throughout the day to help the insulin that the body makes work better and to keep blood glucose levels in better control.

The following are ideas for healthy snacking:

- Φ Prepare or buy snacks that are low in fat, sugar and salt.
- Φ Be careful of commercially made snack bars and snack foods. Many times these foods contain as much sugar and fat as candy bars.
- Φ When you prepare snacks cut down on the amount of sugar, fat and salt used in recipes. Sugar can be reduced by ¼ to ½; fat can be reduced by ¼; salt can be cut or eliminated from most recipes (except for yeast breads).
- Φ Eat snack foods high in carbohydrates and fiber. These foods are good sources of vitamins and minerals.
- Φ Keep fresh fruits and vegetables on hand in the refrigerator. These foods make excellent quick snacks.
- Φ Look at the list of ingredients and the nutrition label on snack foods. Try to find snacks that have three or less grams of fat per serving.
- Φ Plan ahead to make sure you have appetizing snacks available.

- Φ Watch portion sizes. Make sure they fit into your meal plan.
- Φ If your meal plan includes snacks, don't skip them. Your blood glucose may become too low if you skip a planned snack.

Remember, when you snack, make sure the food you eat fits into your meal plan. Eating too much, or the wrong snack, can cause blood glucose levels to go up, and you may eat more calories than you want.

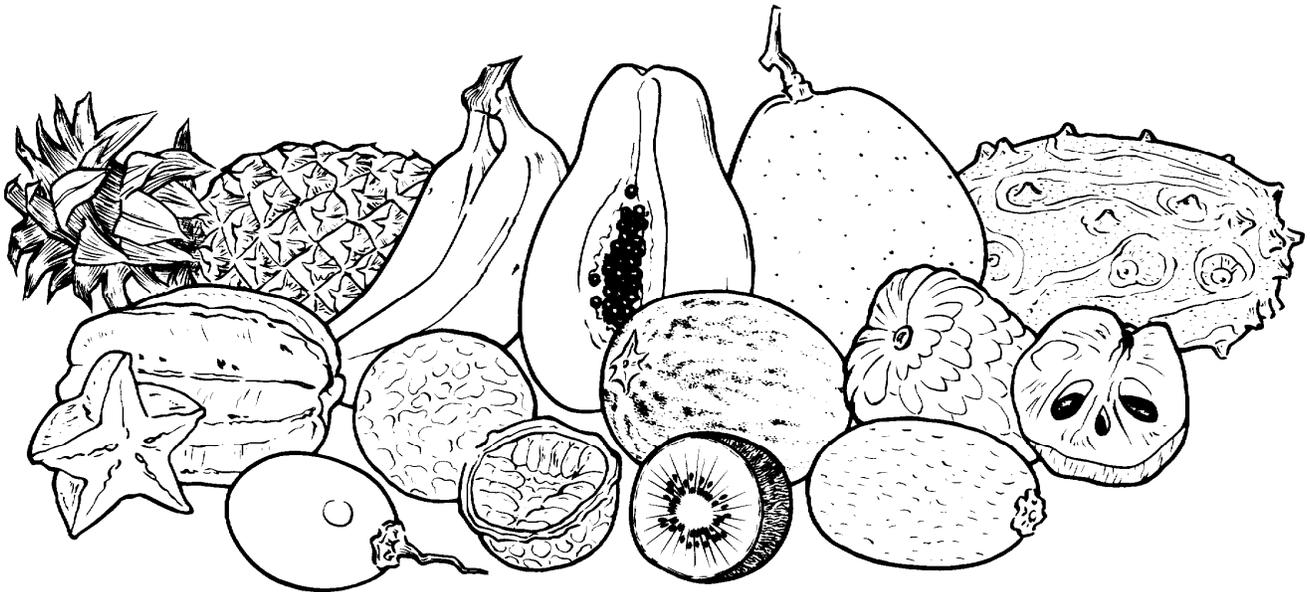


Recipe Ingredient Alternatives

For	Use	Calories Saved	Fat Saved
1 cup whole milk 150 cal., 8 g fat	1 cup skim milk 86 cal., .4 g fat	64	7.6 g
1 cup evaporated whole milk 340 cal., 20 g fat	1 cup evaporated skim milk 200 cal., .5 g fat	140	19.5 g
1 whole egg 75 cal., 5 g fat	2 egg whites 34 cal., 0 g fat	41	5 g
½ cup margarine 815 cal., 91 g fat	½ cup “diet” margarine 400 cal., 44.8 g fat	415	46.2 g
1 Tbsp. vegetable oil 120 cal., 13.6 g fat	Non-stick vegetable spray 0 cal., 0 fat	120	13.6 g
½ cup mayonnaise 788 cal., 87.5 g fat	½ cup lite mayonnaise 278 cal., 23.1 g fat	510	64.4 g
½ cup sour cream 247 cal., 24.1 g fat	½ cup plain low-fat yogurt 72 cal., 1.7 g fat	175	22.4 g
4 ounces cream cheese 395 cal., 39.5 g fat	4 ounces Neufchatel cheese 295 cal., 26.8 g fat	100	12.7 g
½ cup whole milk ricotta cheese 214 cal., 16 g fat	½ cup part-skim ricotta cheese 170 cal., 9 g fat	44	7 g
½ cup creamed cottage cheese 117 cal., 5 g fat	½ cup low-fat cottage cheese 82 cal., 1.2 g fat	35	3.8 g
1 ounce cheddar cheese 114 cal., 9.4 g fat	1 oz. Skim mozzarella cheese 80 cal., 4.5 g fat	34	4.9 g
½ cup ice cream 134 cal., 7 g fat	½ cup ice milk 92 cal., 2.8 g fat	42	4.2 g
½ cup flavored gelatin 70 cal., 0 g fat	½ cup sugar-free gelatin 8 cal., 0 g fat	62	0 g
4 ounces strawberries, sweetened 109 cal., 0 g fat	4 ounces strawberries, unsweetened 40 cal., 0 g fat	69	0 g
4 ounces pineapple in syrup 88 cal., 0 g fat	4 ounces pineapple in juice 68 cal., 0 g fat	20	0 g
1 ounce baking chocolate 145 cal., 15 g fat	3 Tbsp. Cocoa 42 cal., 3 g fat	103	12 g

Recipe Ingredient Alternatives

For	Use	Calories Saved	Fat Saved
1/6 of a double crust pie 300 cal., 18 g fat	1/6 of a single crust pie 150 cal., 9 g fat	150	9 g
6 ½ ounces tuna, oil-packed, drained 339 cal., 14 g fat	6 ½ ounces tuna, water-packed, drained 216 cal., 1 g fat	123	13 g
12 ounces regular soft drink 140 cal., 0 g fat	12 ounces diet soft drink 1-2 cal., 0 g fat	138	0 g
1 cup sugar 720 cal., 0 g fat	½ cup sugar 360 cal., 0 g fat	360	0 g



Healthy Cooking Tips

- ◆ Sugar can be decreased in most recipes by one-fourth to one-half, and fat can be decreased by one-fourth, without affecting the quality of most foods.
- ◆ When making cakes, soft-drop cookies, muffins or quick breads, use no more than two tablespoons of fat for each cup of flour. In some baked products, you can use low-fat plain yogurt, applesauce or fruit purees in place of the fat.
- ◆ Use vanilla, cinnamon and nutmeg in recipes. These flavorings and spices add a sweet taste without adding sugar and calories.
- ◆ Use lean cuts of meats, poultry, fish and seafood. Use lower fat cooking methods such as broiling, baking, roasting and poaching rather than frying. Also remember to trim any visible fat from meat.
- ◆ Defat homemade soups, stews and meat drippings by skimming the fat off the surface, or chilling overnight to congeal the fat and remove the hardened fat from the surface.
- ◆ When sautéing onion or green peppers for flavoring stews, soups and sauces, use water, stock or nonstick spray in pans.
- ◆ Use non-stick pans for fat-free sautéing and frying.
- ◆ Don't cook vegetables with meat. The vegetables soak up the extra fat.
- ◆ Cook stuffing outside the chicken or turkey. Stuffing soaks up extra fat.
- ◆ Self-basting turkeys and butterball turkeys are higher in fat. Select a non self-basting turkey. Baste with chicken or turkey broth, apple juice, cranberry juice or sherry.
- ◆ Use herbs and spices to enhance the flavor of food instead of butter.
- ◆ When making salad dressings, use fruit juice to replace half of the oil in your usual salad dressing recipe. You can also add extra flavor by using herbs and spices. Try flavored vinegars in salad dressing such as: raspberry, red wine, or balsamic vinegars.
- ◆ Use fruits in creative ways for a nutritious and sweet ending to a meal.
- ◆ Cook to fit. If you are responsible for a special meal, plan for the number of guests, not twice as many. Family and friends come for company and conversation, not to stuff themselves. If you prepare too much food, divvy up leftovers and share with family and friends, or be ready to freeze the leftovers.

Cooking Terms

- Φ **Bake:** To cook in the oven with dry heat.
- Φ **Barbecue:** To cook on a grill, over hot coals or over a fire. In some cases the food is basted with a highly seasoned sauce.
- Φ **Baste:** To moisten meat while roasting to keep the meat from drying out and to add flavor. Water, meat juices, broth, fruit juices and other liquids can be used.
- Φ **Beat:** To mix ingredients using a hand or electric mixer, spoon or wire whip.
- Φ **Blend:** To thoroughly mix ingredients together.
- Φ **Boil:** To cook foods in a bubbling liquid, usually on stove top.
- Φ **Broil:** To cook over or under a direct heat.
- Φ **Cream:** To mix sugar and fat together until creamy and soft.
- Φ **Cut in:** To cut solid fat into flour with a mixer or fork until mixture particles are the desired size.
- Φ **Fry:** To cook in hot fat.
- Φ **Julienne:** To cut food into fine strips or shreds.
- Φ **Marinate to** let food set in a marinade sauce long enough to enhance the flavor of the food.
- Φ **Poach:** To cook food slowly in a hot liquid.
- Φ **Roast:** To cook uncovered in an oven by dry heat, with no added liquid.
- Φ **Sauté:** To cook in a small amount of fat.
- Φ **Steam:** To cook food in steam, or over a boiling liquid, with or without pressure.
- Φ **Stir-fry:** To cook food quickly in a small amount of oil, over high heat.
- Φ **Stir:** To mix foods with a circular motion.
- Φ **Whip:** To beat air rapidly into a food to add volume.

Guidelines for Eating in Restaurants

Healthy Eating Attitude – Decide ahead of time that you can go out to a restaurant and eat a healthy meal without blowing your meal plan. Too many times eating out is a signal for us to eat anything we want. Develop a positive attitude so that you can have a healthy and enjoyable meal when you dine out.

Plan Ahead – Choose a restaurant that offers healthier options. Before you arrive at the restaurant, consider what selections might be healthier.

Order for You – When you look at the menu, watch out for high fat foods, rich and creamy sauces, foods that have been fried or have extra fats. Order smaller portions. If you order a large portion, you will be more likely to eat it all.

Be Creative when Ordering – Order soup and salad or an appetizer as your entrée. Split an entrée with another person if the restaurant allows it. If you must have a dessert, split it with someone.

Make Requests – If your request is practical, many restaurants will accommodate you. Ask for a baked potato instead of fried potatoes. Many restaurants are willing to serve salad dressings, butter or margarine, gravies, sauces, sour cream or whipped cream on the side. Some restaurants have low-calorie or reduced-calorie salad dressing, or skim or low-fat milk. These items may not be on the menu but may be available if you ask.

Consider Food Preparation – Think about how the food is prepared. Is it baked, broiled, fried, roasted, breaded, pan-fried, stir-fried, sautéed, escalloped or au gratin? Watch out for cream, butter, cheese, sour cream, sauces or gravies. Don't be afraid to ask how a food is prepared or what's in it if you aren't sure.

Know When to Stop – Many of us eat everything on our plate. Stop and leave a few bites. It's not rude to leave food or, ask for a container to take food home – you may have enough for another meal.



Dining With Diversity

Many people enjoy the diversity of healthful, ethnic foods. Varied and interesting ingredients can be used without giving up the tastes that are part of the heritages.

French: French foods are often cooked in fat and served with rich sauces. An alternative is a bordelaise, which is a wine sauce that isn't as high in fat or cholesterol. When possible, ask for the sauce to be served on the side. Foods labeled "au gratin" often come with toppings of cheese and butter, which are very high in fat.

Italian: Bread and pastas are associated with Italian meals. Pastas are an excellent choice, as long as they aren't filled or layered with cheese or high fat meat, or have a butter or cream sauce. Good choices included marinara sauce made with tomatoes, onions and garlic; or marsala sauce, which is made with wine. Other choices include chicken and fish dishes that aren't prepared with extra fat. Dishes such as veal scallopini or Parmigiana are prepared by adding fat.

Southwest: Southwest is a blend of Mexican, American Indian, and Spanish cultures. Beans, whole grains and tortillas are staples. Be aware that lard or bacon fat is frequently used in Mexican cooking. Soft tortillas contain little fat and are good choices; however, hard taco shells are deep fried and high in fat. Lean chicken and beef that's grilled are excellent choices. Lean beef, chicken or beans (without added fat), soft burritos, enchiladas and soft tacos are good choices. Top with salsa or sauces made from low-fat sour cream or low-fat yogurt. Go lightly on regular sour cream, guacamole and grated cheese.

Oriental: Oriental foods usually contain large amounts of vegetables and rice, which are good choices. Select menu items that are boiled, steamed, sautéed, grilled or lightly stir-fried. Choose fried dishes and sweet-and-sour sauces less often.

Greek: Pita bread is very low in fat. Look for dishes prepared with small amounts of olive oil. Order dressings on the side of your Greek salad. Stick with an entrée such as kabobs that have been broiled and served with vegetables and rice. Desserts made with phyllo dough are very high in fat.

Indian: Indian food is often low in saturated fat and calories. Many of the foods are prepared with a yogurt-based curry sauce. Many salads are made of vegetables and yogurt. Vegetables and lentils are an essential part of many Indian dishes. Ghee, or clarified butter, may be used on vegetables, which may make the vegetables high in fat. Rice is often served.

Vegetarian: Vegetarian dishes are usually high in whole grains, legumes and vegetables. These foods are an important part of a healthy diet. Dishes with vegetable proteins can be low in fat, unless high-fat dairy products such as cheese, whole milk, butter and cream are used in their preparation. Nuts and seeds are also high fat foods that may be used frequently. Make sure when selecting vegetarian dishes that low-fat dairy products are used and that oils, nuts and seeds are limited in food preparation.

Leaner Eating at Restaurants

Appetizer: Select appetizers or hors d'oeuvres such as fresh fruit and vegetables, vegetable juices, unsweetened fruit juices, broth or tomato-based soup, bouillon, consommé, or shrimp or crab cocktails with cocktail sauce.

Beverage: Choose beverages such as: coffee, tea, skim milk, diet soft drinks or mineral waters without added sugar. (Many mineral waters have sugar or high fructose corn syrup added.)

Salad: Request vegetable or fresh fruit salads, without dressings added. Use a lemon wedge, vinegar or a known amount of dressing or dressing on the side.

Vegetables: Order raw, stewed, steamed, boiled, broiled, baked or stir-fried vegetables. Don't select vegetables that are glazed, deep-fried or with a sweet or sour sauce. If ordering a baked potato, ask for it plain or with the margarine or sour cream on the side.

Entrees: Select roasted, baked, broiled, grilled, stir-fried or blackened meat, fish, poultry or seafood. Trim off excess fat. Ask that gravy or sauces be served on the side, or not at all.

Starches: Choose mashed, baked, broiled or steamed potatoes; steamed rice; noodles; or corn on the cob.

Breads: Order breads that aren't frosted or glazed and don't have a high fat content. Many biscuits, muffins and croissants are high in fat.

Sandwiches: Order sandwiches with smaller meat portions. Select fillings such as sliced turkey, lean ham, lean roast beef, or even a veggie filling. Hold the special sauces, mayonnaise, margarine and butter. Many special sauces are mayonnaise-based; mayonnaise is 100 percent fat. Enjoy the flavors of mustard, tomato and lettuce instead!

Desserts: Select fresh fruit, frozen non-fat yogurt, plain ice cream or sherbet, sponge cake or angel food cake.

Fats: Order margarine, butter, salad dressing, mayonnaise and sour cream on the side. Use sparingly!

If you see foods on the menu with special names, ask the server what's in the dish and how it's made. If an item isn't on the menu, ask for it. Restaurants may have skim milk, diet pop and other foods available. Choose low-fat foods the rest of the day! If you eat a high-fat meal, cut the fat later.

Restaurant Food Preparation Terms

It is sometimes difficult to know how restaurant foods are prepared. Following is a list of some of the terms and what they mean:

a la` King: Served in a cream sauce with green peppers, pimento and mushrooms.

a la` Mode: When applied to desserts, it means with ice cream. A la Mode Boeuf means a high fat piece of beef cooked slowly in water with vegetables.

a la` Newberg: Creamed with egg yolk added, flavored with sherry.

Al dente: Pasta that is cooked to a point at which it is still fairly firm to the bite.

Almandine: Served with almonds.

Antipasto: Appetizer made up of relishes, vegetables, fish or cold cuts.

Aspic: A jellied liquid or meat juice held together with gelatin.

Au gratin: Made with crumbs, scalloped. Often refers to dishes made with cheese.

Bernaise: A sauce of melted butter, vinegar, egg yolks, onions and spices.

Béchamel: A cream sauce made with equal parts of chicken stock and cream or milk.

Bordelaise: A brown sauce made with Bordeaux wine and various seasonings.

Cacciatore: Stewed with tomatoes, onions, garlic and other seasonings.

Coq au Vin: Sautéed in red wine and brown sauce with onions and mushrooms.

Creole: Spicy combinations of foods containing meat or vegetables with tomatoes, peppers and onions.

Curry: A highly spiced condiment from India.

Escalloped: Same as “scalloped”.

Florentine: Food containing or placed upon spinach.

Fricassee: To cook by browning in a small amount of fat, then steaming or stewing. Usually applied to veal or poultry.

Hollandaise: Sauce made of eggs, butter, lemon juice and seasonings.

Jambalaya: A spicy mixture of rice, tomatoes, green peppers, onions, okra and seasonings, usually cooked in oil.

Julienne: Vegetables or other foods cut into fine strips or shreds.

Kiev: Stuffed with seasoned butter and flour; often deep-fried in oil.

Kippered: Lightly salted and smoked fish.

Lyonnaise: Cooked with onions and butter.

Marinara: Tomato-based sauce with garlic, onion and other seasonings.

Mornay: A sauce with cream, grated cheese and sometimes egg yolks.

Parmigiana: Covered with breadcrumbs and Parmesan cheese, sautéed in butter, and served with a tomato sauce. Usually includes mozzarella cheese.

Remoulade: Sauce made of hard-cooked eggs, mustard, oil, vinegar and seasonings.

Sauté: To cook in a small amount of fat.

Scalloped: Food covered with a liquid or sauce, with or without breadcrumbs, then baked. The food and sauce may be mixed together or arranged in alternate layers in a baking dish.

Scallopini: Meat pounded very thin, floured, and broiled or sautéed in wine sauce.

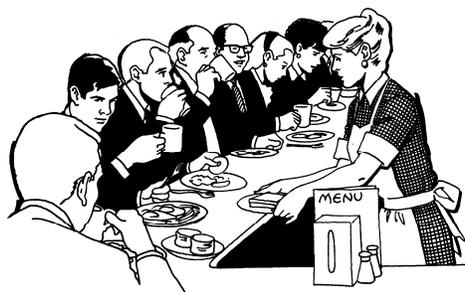
Stir-fry: To cook quickly in oil over high heat, using light tossing and stirring motion.

Sweet-and-Sour: Sugar and vinegar added to sauces.

Thermidor: Cream sauce seasoned with wine and herbs or mustard.

Tournedos: Small round filets of beef.

Vinaigrette: Oil and vinegar combination.



Dining in the Fast Lane

Fast food encounters are challenging. Fast food menus are loaded with high-fat foods. One of the problems with fast foods is that they tend to provide large amounts of calories, saturated fats, cholesterol and sodium. Some restaurants are responding to consumer demand with some healthier choices; however, it can be difficult to determine what the healthier choices are. Following are some points to consider when dining in a fast food establishment:

Burgers: Select the smallest meat patty. Cheese on your burger adds extra fat and calories: $\frac{3}{4}$ ounce of cheese is 83 calories and 7 grams of fat. Special sauces also add extra fat, since many are mayonnaise-based. Ketchup and mustard are relatively low in fat, but add calories.

Chicken and Fish: Chicken and fish are thought of as being lean, which they are, until they've been deep-fried. Deep-fried chicken and fish items are extremely high in fat, and may be the highest fat items on the menu. Deep-fried chicken and fish sandwiches can have 400-700 calories and contain 4 to 7 teaspoons of fat. Extra-crispy chicken soaks up even more fat and has an even higher fat and calorie content. The best choices are a grilled chicken breast or baked fish. Skip the tartar sauces (about 70 calories per tablespoon) and use cocktail sauce (15 calories per tablespoon) or lemon juice (0 calories) instead.

Sandwiches: There are many good lean meat sandwiches available such as lean roast beef, ham and cheese, and turkey. Select the junior-sized sandwiches when available. Use mustard or horseradish instead of mayonnaise-based dressings. Be careful though, as some horseradish sauces are mayonnaise-based and high in fat. If you add bacon or cheese, you are also adding fat. Hot dogs, especially the super or jumbo hot dogs, are high in fat.

Potatoes: A plain baked potato is an excellent choice. Be careful of added toppings. Toppings such as butter, margarine, sour cream, bacon, cheese or cheese sauce can add 30 to 40 or more grams of fat. Try a plain baked potato with low-fat sour cream, plain low-fat yogurt, or add chili or vegetables to keep the fat low. French fries are high in fat. A medium order of fries averages 17 grams of fat. Limit French-fries to an occasional order, split the order with someone or order a small order of fries and leave a few.

Pizza: Pizza can be a good, nutritious choice. However, pizza can be high in fat and calories. When ordering pizza, skip the fatty toppings such as extra cheese, pepperoni, sausage, olives and anchovies; select vegetable toppings instead.

Tacos and Burritos: Go for the soft tacos, burritos or other items that are not fried or high in fat content. Limit the amount of sour cream and guacamole. Salsa and tomatoes are low in fat, so use them as much as you want. Beans are naturally high in fiber and protein, but if they are refried they can be high in fat.

Salads and Salad Bars: Salads and salad bars can offer a healthful choice to dining out, or can be a high-fat nightmare, depending on the selections made. Go easy on dressings, bacon bits, cheese, sunflower seeds, mayonnaise-based salads such as potato salad or coleslaw, and whipped cream salads. Select salads with lots of vegetables and low-fat or reduced-fat salad dressings, or use less salad dressing.

Soups: Broth-based soups or chili can be a healthy low-fat choice when dining out. Be careful of cream soups. Cream soups may sound healthy and may even have vegetables in the soup; however, many times these soups may be made with whole milk, cream and butter.

Breakfast: Fast food breakfasts can be extremely high in fat. Eggs, bacon, sausage, biscuits, pastries and croissants are some of the high-fat breakfast choices. Instead, try bagels, English muffins or pancakes (watch how much butter and syrup you put on pancakes, or how much cream cheese you put on a bagel.) If you select a bagel, select a smaller bagel or half of a bagel. A large bagel may have twice the calories as a small bagel. Ask for low-fat cream cheese and reduced-calorie or lite syrup.



Take a look at the fat and calorie values for some of the popular fast foods. (Values are averages based on foods from several fast food restaurants.)

	Calories	Grams of Fat	Calories From Fat	% Calories From Fat
Hamburger	275	12	108	39%
Cheeseburger, regular	295	14	126	43%
¼ Pound Cheeseburger	520	29	261	50%
Double Patty, special sauce	560	33	297	53%
Fish Sandwich, deep fried	440	26	234	53%
Chicken Sandwich, Broiled	379	18	162	43%
Chicken Sandwich, Deep Fried	490	29	261	53%
Roast Beef Sandwich	300	11	99	33%
French Fries, Medium Order	320	17	153	48%
Chicken Strips, nuggets, 6 pieces	270	15	135	50%
Pizza, cheese, 1 piece medium	253	9	81	32%
Pizza, sausage, 1 piece medium	313	15	135	43%
Chicken, fried breast	260	14	126	48%
Chicken, fried breast, extra crispy	342	20	180	53%
Chili, small	190	6	54	28%
Baked Potato, plain	300	Trace	0	0%
Baked Potato, cheese	550	24	216	39%
Taco	184	11	99	54%
Beef Burrito	402	17	153	38%
Sausage & Egg Biscuit	505	33	297	59%
English Muffin, w/butter	170	5	45	26%

Kitchen Measurements

Teaspoons:

10 drops = dash
1/8 teaspoon = a few grains
1 teaspoon = 6 dashes
1 teaspoon = 5 milliliters
3 teaspoons = 1 tablespoon
6 teaspoons = 1 ounce

Tablespoons:

1 tablespoon = 1/2 fluid ounce
1 tablespoon = 15 milliliters
2 tablespoons = 1 fluid ounce
4 tablespoons = 1/4 cup or 2 ounces
8 tablespoons = 1/2 cup or 4 ounces
16 tablespoons = 1 cup or 8 ounces

Cups:

1/8 cup = 1 ounce or 2 tablespoons
3/8 cup = 6 tablespoons
1/3 cup = 5 tablespoons + 1 teaspoon
1/2 cup = 8 tablespoons or 4 ounces
1 cup = 1/2 pint
1 cup = 240 milliliters
4 cups = 1 quart

Dry Volumes:

2 cups = 1 pint
2 pints = 1 quart

Weight:

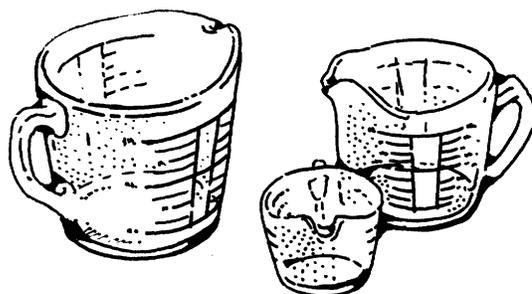
1 ounce = 28 grams
1 pound = 454 grams

Liquid Measures:

1 1/2 ounce = 1 jigger
1 tablespoon = 1/2 liquid ounce
1 cup = 8 ounces
1 pint = 16 ounces
1 quart = 32 ounces
1 quart = 64 tablespoons
4 quarts = 1 gallon

Equivalent Amounts:

1 pound margarine = 2 cups or 32
32 tablespoons
1 stick margarine = 1/2 cup
1 pound American or cheddar type
cheese = 4 cups grated
1 pound cottage cheese = 2 cups
2 large eggs = 1/2 cup
3 medium eggs = 1/2 cup
1 pound all-purpose flour = 4 cups
1 pound granulated sugar = 2 cups
1 pound powdered sugar = 3 1/2 cups
1 pound brown sugar = 2 2/3 cups
1 cup uncooked rice = 3 cups
cooked
1 cup dry beans = 2 1/2 cups cooked
1 pound macaroni = 4 cups dry or
10 cups cooked
1 medium onion = 1/2 cup chopped



APPETIZERS

Baked Tortillas

6 corn tortillas

Cut each tortilla into six pie-shaped pieces. Place tortillas on a cookie sheet. Spread out. Bake at 400° for 10 minutes. Remove from oven and turn each one over and return for 3 to 4 minutes more. Makes 6 servings.

One serving:

Calories: 67

Carbohydrate: 14 grams

Protein: 2 grams

Fat: 1 gram

Saturated fat: trace

Exchanges: 1 carbohydrate

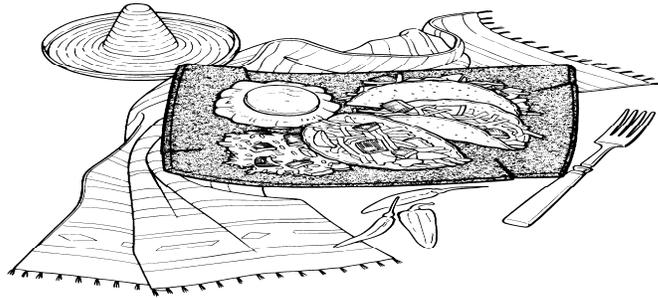
Cholesterol: 0 mg

Fiber: 2 grams

Sodium: 48 mg

Potassium: 46 mg

Calcium: 53 mg



Bean Dip

4 cups cooked pinto beans

¼ cup chopped onion

½ teaspoon garlic powder

½ teaspoon cumin

1/8 teaspoon oregano

¼ teaspoon salt

Mash or blend pinto beans. Mix the remaining ingredients into the beans. Refrigerate and serve. You may want to use carrot or celery sticks to scoop up the bean dip. One serving equals ¼ cup.

One serving:

Calories: 60

Carbohydrate: 11 grams

Protein: 4 grams

Fat: trace

Saturated fat: trace

Exchanges: 1 carbohydrate

Cholesterol: 0

Fiber: 4 grams

Sodium: 34 mg

Potassium: 206 mg

Calcium: 22 mg

BEVERAGES

Cran-Raspberry Tea

2 raspberry tea bags
1 ½ cups boiling water

1 cup low-calorie cranberry juice cocktail

Combine tea bags and water; steep tea in water for 5 minutes. Remove and discard tea bags; let cool. Stir in cranberry juice. Serve over ice. Makes 2 servings.

One serving:

Calories: 25
Carbohydrate: 6 grams
Protein: 0
Fat: 0
Saturated Fat: 0
Exchanges: ½ carbohydrate

Cholesterol: 0 mg
Fiber: trace
Sodium: 11 mg
Potassium: 115 mg
Calcium: 11 mg



Special Tea

4 cups water
2 whole cloves
Dash of nutmeg
3 or 4 tea bags

1 cinnamon stick
½ teaspoon allspice
1 long strip lemon peel
1 long strip orange peel

In a saucepan, combine all ingredients except tea bags. Simmer for 5 minutes. Add tea bags. Let steep to taste. Strain and serve. Makes 4 servings.

One serving:

Calories: 4
Carbohydrate: 1 gram
Protein: 0
Fat: 0
Saturated Fat: 0
Exchanges: Free

Cholesterol: 0 mg
Fiber: 0
Sodium: 7 mg
Potassium: 92 mg
Calcium: 2 mg

Simmered Cider

2 quarts unsweetened apple cider
Sliver of lemon peel
½ teaspoon whole allspice

½ teaspoon whole cloves
1 stick cinnamon

Heat all ingredients in a saucepan and let simmer for 10 minutes (or simmer in a crock-pot). Strain and serve. Makes 16 servings.

One serving:

Calories: 54
Carbohydrate: 13 grams
Protein: 0
Fat: 0
Saturated Fat: 0
Exchanges: 1 carbohydrate

Cholesterol: 0 mg
Fiber: trace
Sodium: 4 mg
Potassium: 137 mg
Calcium: 9 mg



Lime Cooler

2 cans (6 oz.) frozen limeade
4 cups water
½ cup lemon juice

6 cups chilled club soda
1 cup pineapple, sliced
mint springs, if desired

Mix all ingredients together. Serve chilled. Makes 20 (1/2-cup) servings.

One serving:

Calories: 37
Carbohydrate: 10 grams
Protein: trace
Fat: trace
Saturated Fat: 0
Exchanges: ½ carbohydrate

Cholesterol: 0 mg
Fiber: trace
Sodium: 18 mg
Potassium: 27 mg
Calcium: 7 mg

Blueberry Smoothie

½ cup chilled evaporated skim milk
1 packet artificial sweetener

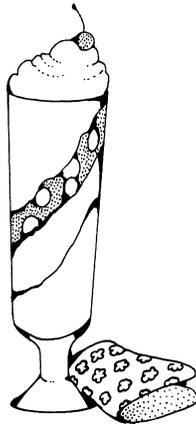
½ teaspoon vanilla
1 cup blueberries

Put first 3 ingredients into a blender. Add blueberries a few at a time and whirl after each addition until thick and creamy. Makes one serving.

One serving:

Calories: 189
Carbohydrate: 35 grams
Protein: 12
Fat: 1 gram
Saturated Fat: trace
Exchanges: 2½ carbohydrates

Cholesterol: 5 mg
Fiber: 4 grams
Sodium: 156 mg
Potassium: 553 mg
Calcium: 379 mg



Pineapple Smoothie

2 cups pineapple juice
2/3 cup nonfat dry milk

1 teaspoon vanilla
5 or 6 crushed ice cubes

Crush ice. Combine all ingredients in a container with a tight lid. Shake until blended. Serve at once in a glass. Makes 4 servings.

One serving:

Calories: 113
Carbohydrate: 23 grams
Protein: 4 grams
Fat: trace
Saturated Fat: trace
Exchanges: 1½ carbohydrates

Cholesterol: 2 mg
Fiber: 0
Sodium: 63 mg
Potassium: 360 mg
Calcium: 160 mg

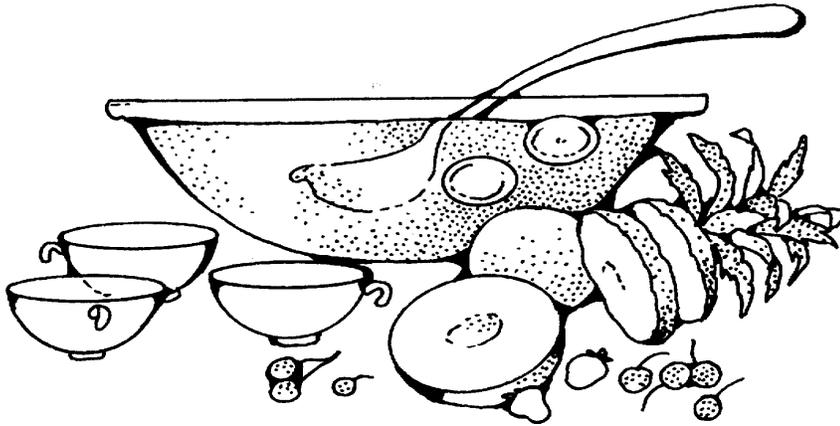
Champagne Imposter

1/3 cup chilled, unsweetened apple juice
1/4 teaspoon lemon juice
1/3 cup club soda, chilled

Add all ingredients together. Pour into a chilled champagne or wine glass. Serve immediately. Makes one serving.

One serving:

Calories: 38	Cholesterol: 0 mg
Carbohydrate: 10 grams	Fiber: trace
Protein: trace	Sodium: 22 mg
Fat: trace	Potassium: 103 mg
Saturated Fat: trace	Calcium: 9 mg
Exchanges: 1/2 carbohydrate	



Cranberry Punch

1 quart low-calorie cranberry juice
1 quart sugar-free gingerale

Mix together shortly before serving. Makes 16 (1/2-cup) servings.

One serving:

Calories: 15	Cholesterol: 0 mg
Carbohydrate: 4 grams	Fiber: 0
Protein: 0	Sodium: 15 mg
Fat: 0	Potassium: 19 mg
Saturated Fat: 0	Calcium: 10 mg
Exchanges: One Serving Free	

Hot Spiced Tomato Juice

1 46-ounce can low-sodium tomato juice
2 teaspoons Worcestershire sauce
¼ teaspoon garlic powder

¼ teaspoon sweet basil
¼ teaspoon oregano
3 drops Tabasco sauce

Put all ingredients in a large saucepan. Bring to a boil over low heat. Pour the hot mix into mugs. Makes 12 (1/2-cup) servings.

One serving:

Calories: 20

Carbohydrate: 5 grams

Protein: 1 gram

Fat: 0

Saturated Fat: 0

Exchanges: One Serving Free

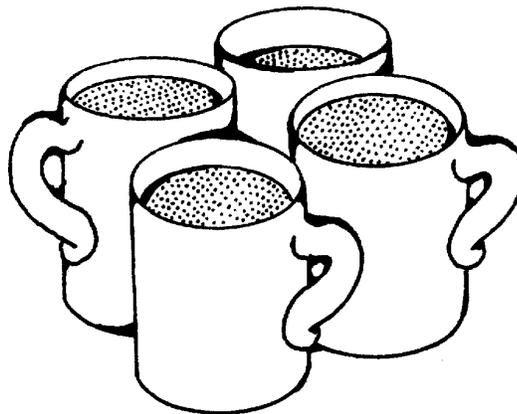
Cholesterol: 0 mg

Fiber: 1 gram

Sodium: 21 mg

Potassium: 249 mg

Calcium: 12 mg



Hot Cocoa

1 cup skim milk
2 teaspoons cocoa powder

1 packet artificial sweetener

Heat skim milk. Stir in cocoa and artificial sweetener. Makes one serving.

One serving:

Calories: 101

Carbohydrate: 14 grams

Protein: 11 grams

Fat: 1 gram

Saturated Fat: 1 gram

Exchanges: 1 carbohydrate

Cholesterol: 4 mg

Fiber: 1 gram

Sodium: 127 mg

Potassium: 462 mg

Calcium: 306 mg

Cinnamon Café Au Lait

1 ½ cups skim milk
1 ½ cups strong, brewed vanilla-flavored coffee
1/8 teaspoon cinnamon

Heat milk in a saucepan over low heat until very warm. Stir in hot coffee. Sprinkle with cinnamon and serve immediately. Makes 4 servings.

One serving:

Calories: 34

Carbohydrate: 5 grams

Protein: 3 grams

Fat: trace

Saturated Fat: trace

Exchanges: ½ carbohydrate

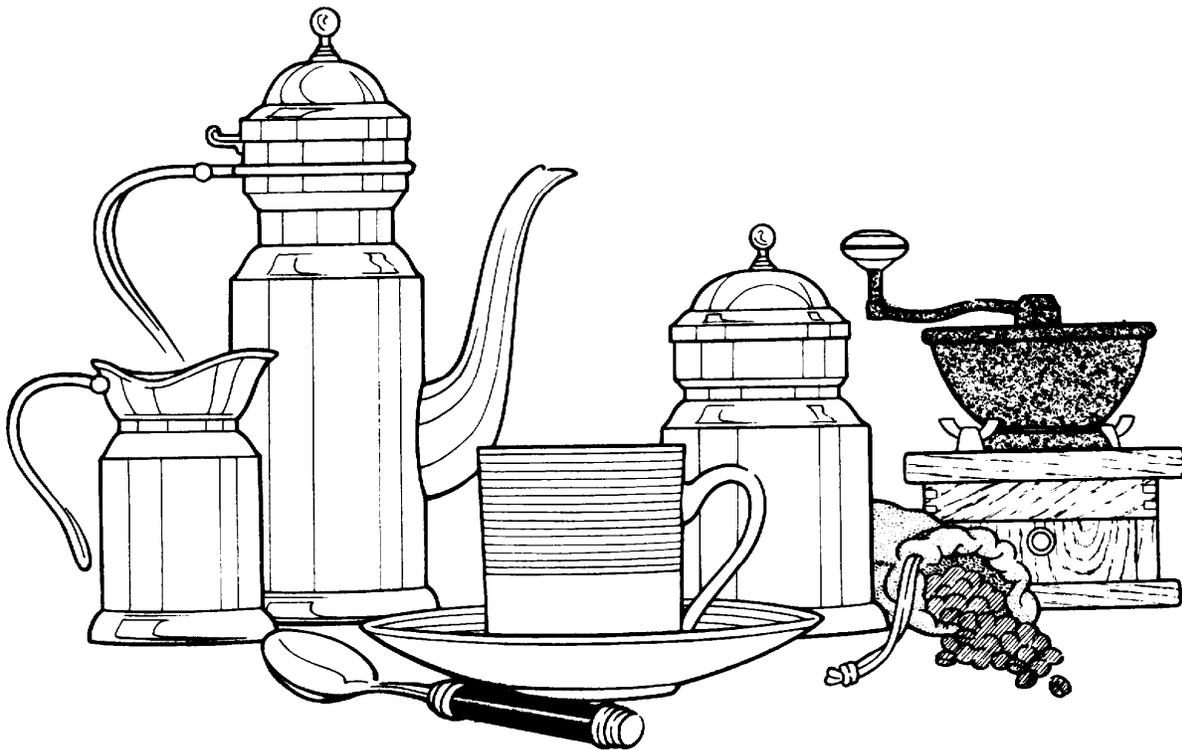
Cholesterol: 2 mg

Fiber: trace

Sodium: 49 mg

Potassium: 202 mg

Calcium: 116 mg



BREADS

Biscuits

2 cups flour
3 teaspoons baking powder
½ teaspoon salt

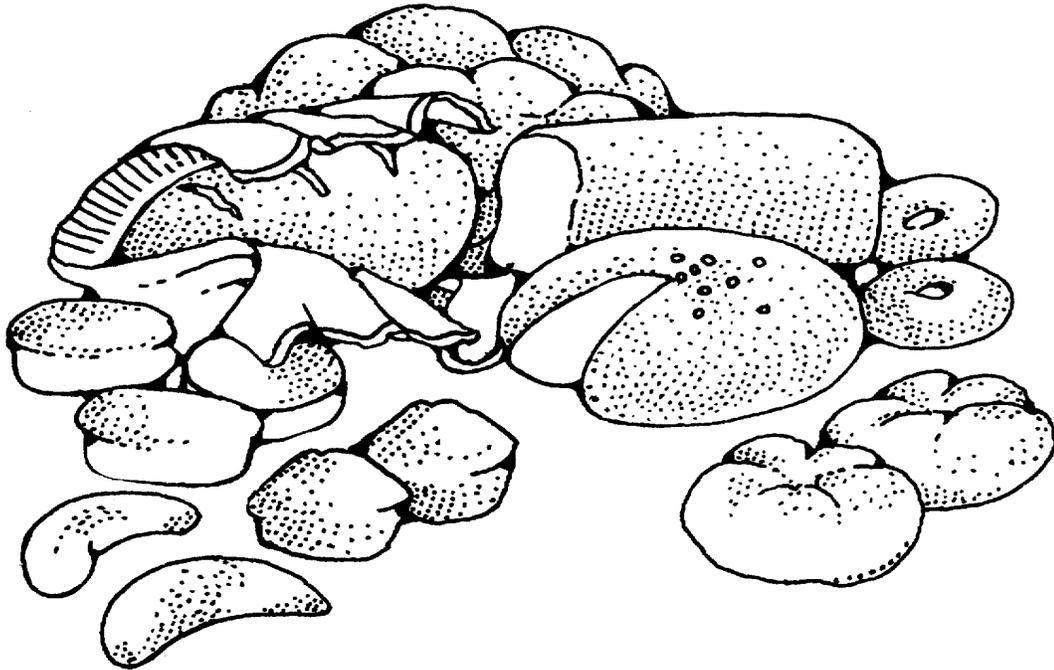
¼ cup margarine
¾ cup skim milk

Mix flour, baking powder and salt into bowl. Cut in margarine thoroughly, until mixture looks like meal. Stir in milk. Round up dough on a lightly floured board. Knead lightly 20-25 times. Roll ½ inch thick. Cut with a floured biscuit cutter. Place on an ungreased baking sheet. Bake at 400° for 10-12 minutes or until golden brown. Makes 12 biscuits.

One biscuit:

Calories: 116
Carbohydrate: 17 grams
Protein: 3 grams
Fat: 4 grams
Saturated Fat: 1 gram
Exchanges: 1 carbohydrate, 1 fat

Cholesterol: 1 mg
Fiber: 1 gram
Sodium: 207 mg
Potassium: 50 mg
Calcium: 91 mg



Cinnamon-Raisin Biscuits

2 cups flour
3 teaspoons baking powder
1/3 cup raisins
2 tablespoons sugar
1 teaspoon cinnamon

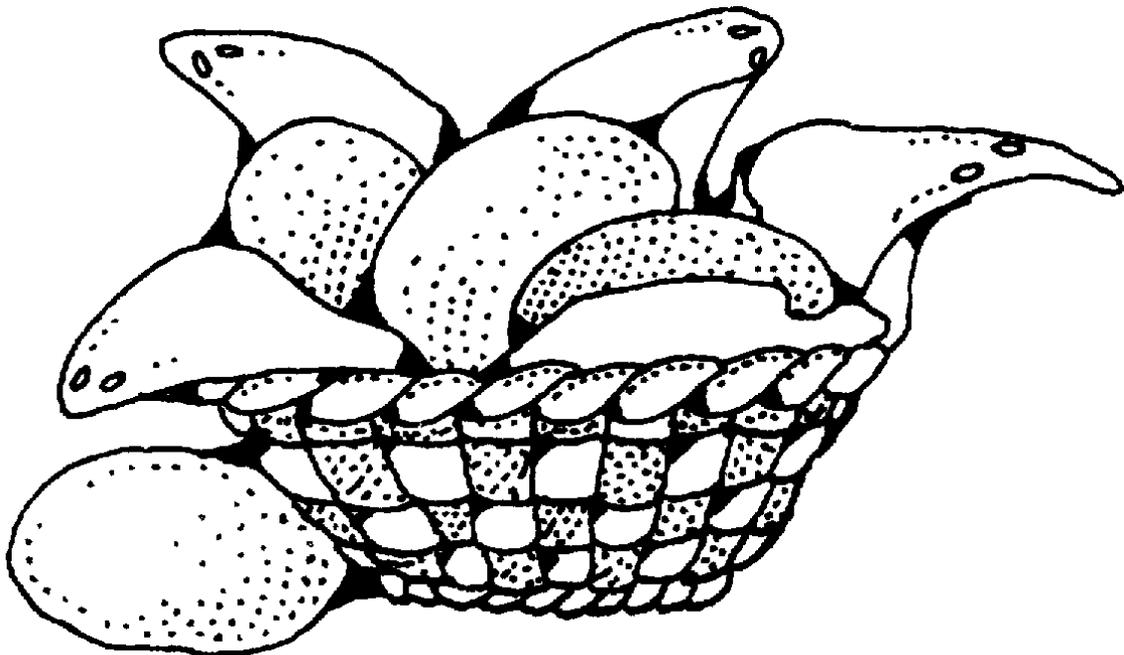
3/4 cup skim milk
2 tablespoons cooking oil
1/2 cup sifted powdered sugar
1 1/2 tablespoons skim milk
1/4 teaspoon vanilla

Combine flour, baking powder, raisins, sugar and cinnamon. Combine milk and oil. Add to dry ingredients, stirring until dry ingredients are just moistened. Turn dough out onto work surface and knead lightly 10 times. Roll dough to 1/2 inch thickness and cut into rounds with a biscuit cutter. Place on a baking sheet coated with non-stick cooking spray. Bake at 400° for 10-12 minutes or until golden. Combine powdered sugar, milk and vanilla; stir well. Drizzle over warm biscuits. Makes 18 biscuits.

One biscuit:

Calories: 93
Carbohydrate: 18 grams
Protein: 2 grams
Fat: 2 grams
Saturated Fat: trace
Exchanges: 1 carbohydrate, 1/2 fat

Cholesterol: 1 mg
Fiber: 1 gram
Sodium: 88 mg
Potassium: 54 mg
Calcium: 63 mg



Muffins

1 egg
1 cup skim milk
2 tablespoons salad oil
2 cups flour

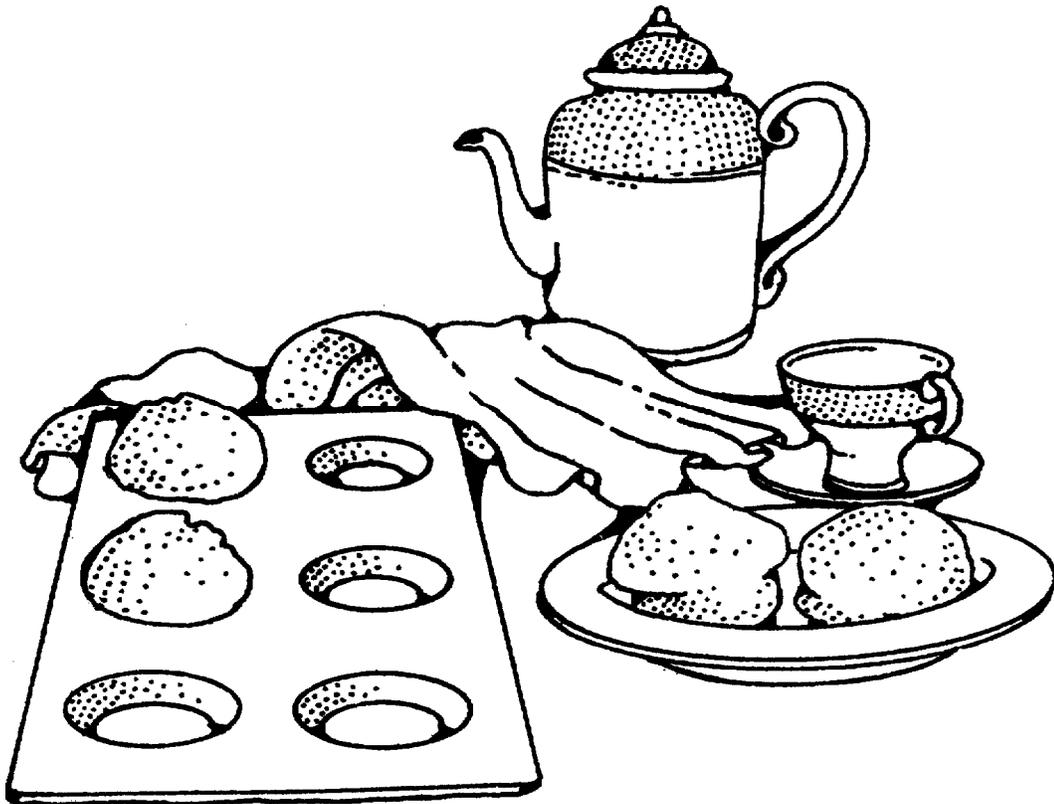
2 tablespoons sugar
3 teaspoons baking powder
½ teaspoon salt

Oil bottom of 12 muffin cups. Beat egg; stir in milk and oil. Mix in remaining ingredients just until flour is moistened. Batter should be lumpy. Fill muffin cups 2/3 full. Bake at 400° for 20-25 minutes, or until golden brown. Remove from pan immediately. Makes 12 muffins.

One muffin:

Calories: 117
Carbohydrate: 19 grams
Protein: 3 grams
Fat: 3 grams
Saturated Fat: trace
Exchanges: 1 carbohydrate, ½ fat

Cholesterol: 16 mg
Fiber: 1 gram
Sodium: 226 mg
Potassium: 61 mg
Calcium: 98 mg



Applesauce Oatmeal Muffins

1 ½ cups oatmeal	1 cup applesauce
1 ¼ cups flour	2/3 cup skim milk
½ teaspoon cinnamon	¼ cup sugar
1 teaspoon baking powder	2 tablespoons cooking oil
¾ teaspoon baking soda	1 egg

Combine oatmeal, flour, cinnamon, baking powder and baking soda. Add applesauce, milk, sugar, oil and egg; mix just until dry ingredients are moistened. In an oiled muffin tin, fill muffin cups almost full. Bake at 400° for 20 minutes or until deep golden brown. Serve warm. Makes 18 muffins.

One muffin:

Calories: 95	Cholesterol: 11 mg
Carbohydrate: 16 grams	Fiber: 1 gram
Protein: 3 grams	Sodium: 88 mg
Fat: 2 grams	Potassium: 62 mg
Saturated Fat: trace	Calcium: 33 mg
Exchanges: 1 carbohydrate, ½ fat	

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Low-fat Double Apple Muffins

1 ½ cups flour	1 egg
¼ cup sugar	¾ cup skim milk
2 ½ teaspoons baking powder	¼ cup unsweetened applesauce
¼ teaspoon salt	¾ cup shredded apple, peeled or not peeled

In a mixing bowl, beat egg, milk and applesauce. Stir in apple. Add flour, sugar, baking powder and salt all at once. Stir until just moistened. Fill oiled muffin tins ¾ full. Bake at 400° for 20-25 minutes. Makes 12 muffins.

One muffin:

Calories: 92	Cholesterol: 16 mg
Carbohydrate: 19 grams	Fiber: 1 gram
Protein: 3 grams	Sodium: 159 mg
Fat: 1 gram	Potassium: 61 mg
Saturated Fat: trace	Calcium: 80 mg
Exchanges: 1 carbohydrate	

English Muffin Bread

2 packages yeast
6 cups flour
1 tablespoon sugar
2 teaspoons salt

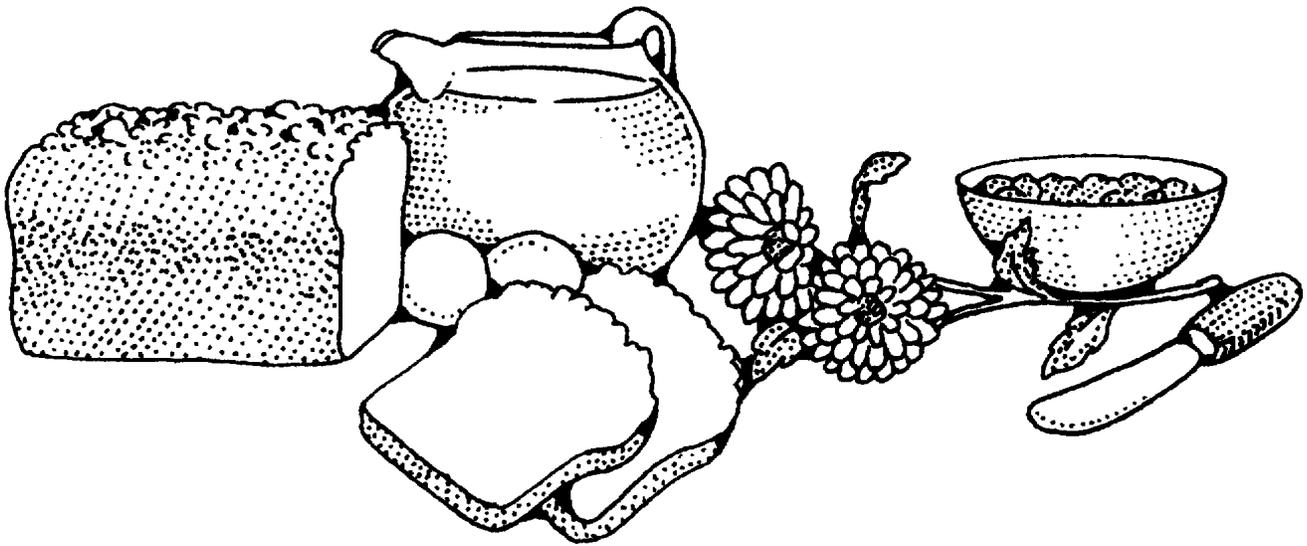
¼ teaspoon baking soda
2 cups skim milk
½ cup water
cornmeal

Combine yeast, 3 cups of the flour, sugar, salt and soda. Heat liquids until very warm (120-130°), and add to dry ingredients. Beat well. Stir in the rest of the flour to make a stiff batter. Spoon into two 9 x 5-inch loaf pans that have been oiled and sprinkled with cornmeal. Cover and let rise 45 minutes. Bake at 400° for 25 minutes. Remove from pans immediately and cool. Makes 16 slices per loaf.

One slice:

Calories: 95
Carbohydrate: 20 grams
Protein: trace
Fat: trace
Saturated Fat: trace
Exchanges: 1 carbohydrate

Cholesterol: 0 mg
Fiber: 1 mg
Sodium: 146 mg
Potassium: 60 mg
Calcium: 25 mg



Cranberry Bread

2 cups flour
½ cup sugar
1 ½ teaspoons baking powder
½ teaspoon baking soda
2 tablespoons margarine

1 egg, beaten
1 teaspoon grated orange peel
¾ cup unsweetened orange juice
¾ cup raisins
1 ½ cups chopped cranberries

Sift dry ingredients together. Cut in margarine until mixture is crumbly. Add egg, orange peel and orange juice all at once; stir just until the mixture is evenly moist. Fold in raisins and cranberries. Spoon into a greased 9x5x3-inch loaf pan. Bake at 350° for one hour or until a toothpick inserted in the top of the loaf comes out clean. Remove from pan. Cool on a wire rack. Makes 18 slices.

One slice:

Calories: 114

Carbohydrate: 23 grams

Protein: 2 grams

Fat: 2 grams

Saturated Fat: trace

Exchanges: 1½ carbohydrates, ½ fat

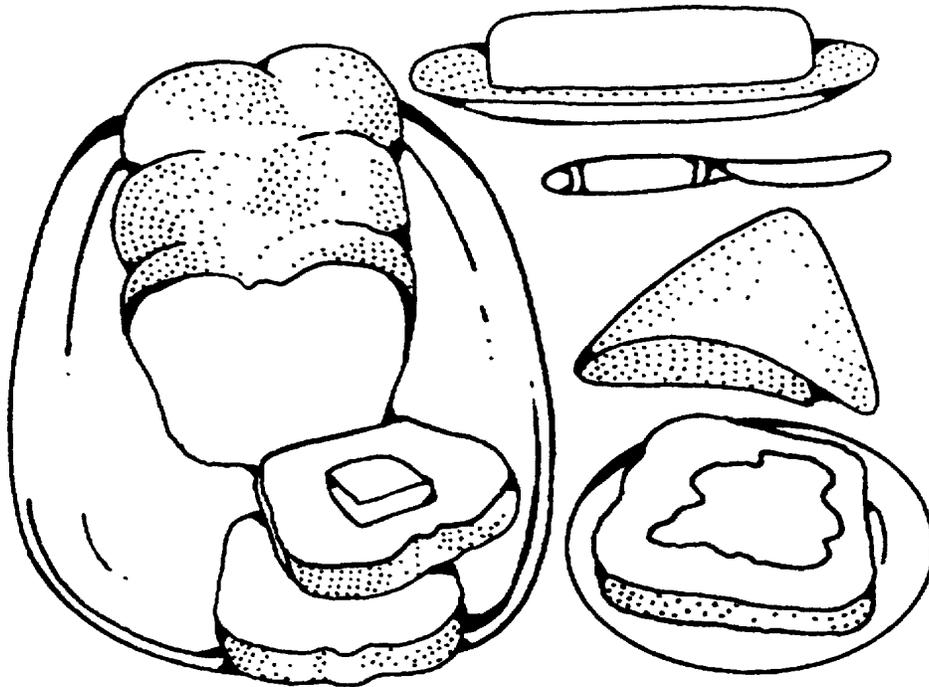
Cholesterol: 10 mg

Fiber: 1 gram

Sodium: 91 mg

Potassium: 90 mg

Calcium: 31 mg



Bolillos

2 cups water	2 teaspoons salt
2 tablespoons sugar	1 package yeast
2 tablespoons margarine	6 cups flour

Heat water, sugar, margarine and salt together until slightly warm (110°). Dissolve yeast into mixture. Add 5 cups flour. Knead 10 minutes, working in last cup of flour. Let rise to double in size. Shape into 24 balls. Place on an oiled baking sheet. Let rise. Brush with a mixture of 1 teaspoon cornstarch and ½ cup water. Slash tops of balls. Bake at 375° for 30 minutes. Makes 24 bolillos.

One bolillo:

Calories: 126	Cholesterol: 0 mg
Carbohydrate: 25 grams	Fiber: 1 gram
Protein: 3 grams	Sodium: 188 mg
Fat: 1 gram	Potassium: 40 mg
Saturated Fat: trace	Calcium: 6 mg
Exchanges: 1½ carbohydrates	

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Popovers

1 egg	1 tablespoon cooking oil
2 egg whites	1 cup flour
1 cup skim milk	¼ teaspoon salt

Beat egg and egg white together until frothy. Beat milk and oil into eggs. Slowly beat in flour and salt. Batter should be light but not foamy. Preheat oven to 400°. Generously oil popover cups; fill within ½ inch of the top. Bake immediately. Bake until very dark brown, about 35-45 minutes. When done, cut 2 small slits in the top of each popover to release steam. Bake another 5 minutes. Remove from oven. Release from cups with knife. Do not cover tops of the popovers or they will become soggy. Makes 6 popovers.

One popover:

Calories: 127	Cholesterol: 32 mg
Carbohydrate: 18 grams	Fiber: 1 gram
Protein: 4 grams	Sodium: 138 mg
Fat: 3 grams	Potassium: 115 mg
Saturated Fat: trace	Calcium: 58 mg
Exchanges: 1 carbohydrate, ½ fat	

French Toast `a la Orange

1 egg	½ teaspoon vanilla
2 egg whites	1 teaspoon grated orange peel
1/3 cup unsweetened orange juice	4 slices bread

Beat together the egg and egg whites. Mix eggs together with the remaining ingredients, except the bread, and pour into a pie plate. Dip bread into mixture. Heat frying pan over medium heat. Spray pan with non-stick cooking spray. Lightly brown bread on both sides. Serve warm. Makes 4 servings.

One slice:

Calories: 126	Cholesterol: 48 mg
Carbohydrate: 19 grams	Fiber: 1 gram
Protein: 6 grams	Sodium: 230 mg
Fat: 2 grams	Potassium: 117 mg
Saturated Fat: 1 gram	Calcium: 41 mg
Exchanges: 1 carbohydrate, ½ lean meat	

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Buttermilk-Oatmeal Pancakes

1 ¼ cups skim buttermilk	1 ¼ cups flour
2/3 cup quick cooking oats	2 tablespoons brown sugar
½ teaspoon vanilla	½ teaspoon baking powder
1 tablespoon cooking oil	¼ teaspoon salt
1 egg	

Combine buttermilk, oats and vanilla in a bowl; let stand 10 minutes, stirring occasionally. Stir in oil and egg. In a large bowl combine flour, brown sugar, baking soda and salt; stir well. Add oat mixture to flour mixture, stirring until smooth. Spoon about 1/3 cup batter for each pancake onto a hot non-stick griddle. Turn pancakes when tops are covered with bubbles and edges look cooked. Makes 8 pancakes.

One pancake:

Calories: 130	Cholesterol: 25 mg
Carbohydrate: 24 grams	Fiber: 1 gram
Protein: 5 grams	Sodium: 194 mg
Fat: 2 grams	Potassium: 117 mg
Saturated Fat: 1 gram	Calcium: 56 mg
Exchanges: 1½ carbohydrates	

SALADS

Apricot Salad

- 1 16-ounce can apricots, packed in juice or water
- 1 small package sugar-free lemon gelatin
- ¾ cup boiling water
- 1 cup low-fat whipped topping
- 2 cups low-fat cottage cheese

Drain and save the juice from the apricots. Combine gelatin, water and ¾ cup of liquid drained from apricots. Add water to apricot juice if you don't have ¾ cup juice. Stir until all the gelatin is dissolved. Chill until mixture is beginning to set. Blend in whipped topping, apricots and cottage cheese. Place in a bowl or ring mold. Chill until firm. Makes 10 servings.

One serving:

- | | |
|---|-------------------|
| Calories: 62 | Cholesterol: 2 mg |
| Carbohydrate: 8 grams | Fiber: 1 gram |
| Protein: 7 grams | Sodium: 270 mg |
| Fat: 1 gram | Potassium: 216 mg |
| Saturated Fat: 1 gram | Calcium: 33 mg |
| Exchanges: ½ carbohydrate, 1 very lean meat | |

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Apple Salad

- | | |
|-----------------------------------|----------------------------|
| 4 apples, sliced in chunks | ½ teaspoon vanilla |
| ½ cup plain low-fat yogurt | ¼ teaspoon apple pie spice |
| ½ cup low-calorie whipped topping | |

Toss all ingredients together. Makes 4 servings.

One serving:

- | | |
|------------------------------------|-------------------|
| Calories: 101 | Cholesterol: 2 mg |
| Carbohydrate: 24 grams | Fiber: 3 grams |
| Protein: 2 grams | Sodium: 32 mg |
| Fat: 2 grams | Potassium: 233 mg |
| Saturated Fat: 1 gram | Calcium: 66 mg |
| Exchanges: 1½ carbohydrates, ½ fat | |

Carrot Raisin Salad

2 cups shredded raw carrot
3 tablespoons low-fat sour cream

¼ cup raisins

In a mixing bowl, combine all ingredients. Mix well and chill. Makes 4 servings.

One serving:

Calories: 66	Cholesterol: 4 mg
Carbohydrate: 13 grams	Fiber: 2 grams
Protein: 1 gram	Sodium: 25 mg
Fat: 2 grams	Potassium: 261 mg
Saturated Fat: 1 gram	Calcium: 31 mg
Exchanges: 1 vegetable, ½ fat, ½ carbohydrate	



Waldorf Salad

2 tablespoons low-fat sour cream
2 teaspoons lemon juice
3 medium apples, peeled and diced

½ cup celery, diced
2 tablespoons walnuts, chopped

Mix sour cream and juice. Fold apples, celery and nuts into dressing. Makes 4 servings.

One serving:

Calories: 92	Cholesterol: 3 mg
Carbohydrate: 16 grams	Fiber: 2 mg
Protein: 1 gram	Sodium: 17 mg
Fat: 4 grams	Potassium: 183 mg
Saturated Fat: 1 gram	Calcium: 22 mg
Exchanges: 1 carbohydrate, ½ fat	

Cranberry-Celery Mold

1 small package Sugar-free gelatin
(strawberry or cherry)
1 cup boiling water
½ cup cold water

1 tablespoon lemon juice
1 cup coarsely ground cranberries
1 cup chopped celery

Add boiling water to gelatin; stir until dissolved. Add cold water. Chill until partly set. Add lemon juice, chopped cranberries and celery to gelatin mixture; stir. Chill until set. Makes 6 servings.

One serving:

Calories: 17
Carbohydrate: 3 grams
Protein: 1 gram
Fat: 0
Saturated Fat: trace
Exchanges: One Serving Free

Cholesterol: 0 mg
Fiber: 1 gram
Sodium: 56 mg
Potassium: 71 mg
Calcium: 11 mg



Frozen Strawberry Salad

8 ounces non-fat cream cheese
1 10-ounce can crushed pineapple, drained
1 10-ounce pkg. unsweetened strawberries
5 packages artificial sweetener
2 bananas
8 ounces fat-free whipped topping

Place all ingredients except for whipped topping into a blender. Blend for several seconds. Stir whipped topping into blended ingredients. Freeze in a 9-inch square pan. Makes 12 servings.

One serving:

Calories: 64
Carbohydrate: 12 grams
Protein: 4 grams
Fat: 1 gram
Saturated Fat: 1 gram
Exchanges: 1 carbohydrate

Cholesterol: 3 mg
Fiber: 1 gram
Sodium: 128 mg
Potassium: 145 mg
Calcium: 9 mg

Marinated Vegetables

4 cups cauliflower, broken into flowerets 1 cup carrots, sliced
3 cups broccoli, broken into flowerets 1 cup celery, sliced
1 green pepper, sliced 1 cucumber, sliced
1 cup onions, sliced 1 8-ounce bottle fat-free Italian
1 cup mushrooms, sliced salad dressing

Mix together all ingredients. Chill and serve. Makes 24 servings.

One serving:

Calories: 26	Cholesterol: 1 mg
Carbohydrate: 4 grams	Fiber: 1 gram
Protein: 1 gram	Sodium: 93 mg
Fat: 1 gram	Potassium: 162 mg
Saturated Fat: trace	Calcium: 16 mg
Exchanges: 1 vegetable	

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Romaine Fruit Salad

1 tablespoon olive oil or salad oil 3 cups torn romaine lettuce
2 tablespoons red wine vinegar 3 cups torn leaf lettuce
1 tablespoon water 1 11-ounce can mandarin oranges,
1/8 teaspoon salt drained
2 minced garlic cloves 1 cup sliced fresh strawberries
Red onion, thinly sliced and rings separated

In a jar, combine the oil, vinegar, water, salt and garlic. Cover and shake until well blended. Chill until serving time. In a large bowl, combine romaine and leaf lettuce. Add mandarin oranges, strawberries and as much onion as desired. When ready to serve, pour the dressing over top of the salad; toss to coat. Makes 6 servings.

One serving:

Calories: 63	Cholesterol: 0 mg
Carbohydrate: 10 grams	Fiber: 2 grams
Protein: 1 gram	Sodium: 53 mg
Fat: 3 grams	Potassium: 271 mg
Saturated Fat: trace	Calcium: 30 mg
Exchanges: ½ fat, ½ carbohydrate, 1 vegetable	

Easy Spring Salad

1 16-ounce can no-salt-added green beans
½ cup fat-free Italian salad dressing

1 tomato, chopped
¼ cup chopped onion

Drain green beans; combine with onion and Italian dressing. Chill for at least an hour. Toss chopped tomato into salad before serving. Makes 6 servings.

One serving:

Calories: 55	Cholesterol: 2 mg
Carbohydrate: 7 grams	Fiber: 1 mg
Protein: 1 gram	Sodium: 240 mg
Fat: 3 grams	Potassium: 162 mg
Saturated Fat: trace	Calcium: 22 mg
Exchanges: 1 vegetable, ½ fat	



Potato Salad with Dill

6 medium potatoes	2 teaspoons Dijon-style mustard
½ cup low-fat sour cream	1 ½ teaspoons lemon juice
¼ cup fat-free mayonnaise salad dressing	¼ teaspoon salt
½ cup chopped onion	pepper as desired
1 tablespoon fresh dill or 1 ½ teaspoons dried dill	

Boil potatoes and cool. Remove skins from potatoes and cut into cubes. Add remaining ingredients; mix and refrigerate. Serve chilled. Makes 10 servings.

One serving:

Calories: 106	Cholesterol: 6 mg
Carbohydrate: 19 grams	Fiber: 2 mg
Protein: 2 grams	Sodium: 125 mg
Fat: 3 grams	Potassium: 345 mg
Saturated Fat: 1 gram	Calcium: 23 mg
Exchanges: 1 carbohydrate, ½ fat	

Broccoli and Cauliflower Salad

4 cups cauliflower, broken into flowerets	1 tablespoon lemon juice
2 cups broccoli, cut into flowerets	2 tablespoons grated Parmesan cheese
1 cup sliced radishes	
1 bunch thinly-sliced green onions	¼ teaspoon garlic powder
¼ cup sliced ripe olives	¼ teaspoon salt
8 ounces low-fat sour cream	1/8 teaspoon black pepper

In a large bowl combine cauliflower, broccoli, radishes, onion and olives; toss gently. In a blender combine sour cream, lemon juice, Parmesan, garlic powder, salt and pepper. Cover and blend well. Pour the dressing over the vegetables, tossing to coat well. Cover and refrigerate up to 2 hours. (You can use all broccoli or all cauliflower in this recipe as well.) Makes 10 servings.

One serving:

Calories: 62	Cholesterol: 10 mg
Carbohydrate: 6 grams	Fiber: 2 grams
Protein: 3 grams	Sodium: 138 mg
Fat: 4 grams	Potassium: 282 mg
Saturated Fat: 2 grams	Calcium: 72 mg
Exchanges: 1 vegetable, 1 fat	

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Broccoli and Bean Salad

2 cups small chopped broccoli flowerets	1 minced garlic clove
3 tablespoons red wine vinegar	2 tablespoons chopped pimento
2 teaspoons olive oil	¼ cup chopped onion
¼ teaspoon black pepper	1 15-ounce can white beans, rinsed and drained
1/8 teaspoon salt	

Steam broccoli for 3 minutes. Combine all ingredients and chill. Makes 6 servings.

One serving:

Calories: 115	Cholesterol: 0 mg
Carbohydrate: 19 grams	Fiber: 5 grams
Protein: 6 grams	Sodium: 57 mg
Fat: 2 grams	Potassium: 445 mg
Saturated Fat: trace	Calcium: 69 mg
Exchanges: 1 carbohydrate, ½ fat, 1 vegetable	

Cole Slaw

4 cups shredded cabbage
½ cup chopped green pepper
¼ cup chopped onion
1/3 cup vinegar
1 tablespoon cooking oil

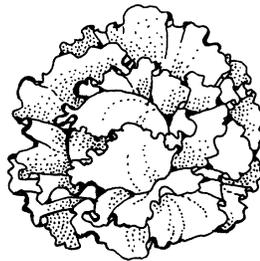
1 tablespoon sugar
½ teaspoon celery seed
¼ teaspoon dry mustard
¼ teaspoon salt

Mix all ingredients together and chill. Makes 6 servings.

One serving:

Calories: 51
Carbohydrate: 7 grams
Protein: 1 gram
Fat: 3 grams
Saturated Fat: trace
Exchanges: 1 vegetable, ½ fat

Cholesterol: 0 mg
Fiber: 1 gram
Sodium: 98 mg
Potassium: 168 mg
Calcium: 30 mg



Tabouli Salad

½ cup cracked wheat
3 tomatoes
1 green pepper
1 medium onion
1 cucumber

1 cup fresh parsley
½ cup lemon juice
¼ teaspoon salt
2 tablespoons cooking oil

Soak wheat in 2 cups cold water for one hour. Dice tomatoes, green peppers, onion and cucumber; mix together with cracked wheat. Add parsley, lemon juice, salt and oil. Chill and serve cold. Makes 8 servings.

One serving:

Calories: 106
Carbohydrate: 17 grams
Protein: 3 grams
Fat: 4 grams
Saturated Fat: trace
Exchanges: 1 carbohydrate, ½ fat

Cholesterol: 0 mg
Fiber: 3 grams
Sodium: 80 mg
Potassium: 309 mg
Calcium: 28 mg

Tuna and Carrot Salad

1 cup cooked salad macaroni
½ cup grated carrots
½ cup chopped celery
1 (6 ½-ounce) can water packed tuna, drained

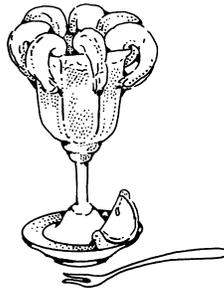
½ cup frozen peas
1 hard boiled egg, chopped
¼ cup fat-free mayonnaise

Mix all ingredients together and serve on lettuce leaves. Makes 4 servings.

One serving:

Calories: 171
Carbohydrate: 23 grams
Protein: 15
Fat: 2 grams
Saturated Fat: 1 gram
Exchanges: 1½ carbohydrate, 2 very lean meat

Cholesterol: 58 mg
Fiber: 3 grams
Sodium: 350 mg
Potassium: 260 mg
Calcium: 30 mg



Shrimp Vegetable Salsa Salad

2 cups cooked fresh green beans
2 cups chopped tomato
1 cup thinly sliced red onion
½ pound cooked, peeled shrimp
10 sliced pitted black olives

2 cups frozen corn, thawed
¾ cup salsa
2 tablespoons tarragon-flavored vinegar
2 teaspoons olive oil
½ teaspoon dried tarragon

Combine all ingredients and stir well. Makes 8 servings.

One serving:

Calories: 104
Carbohydrate: 16 grams
Protein: 7 grams
Fat: 2 grams
Saturated Fat: trace
Exchanges: 1 carbohydrate, ½ lean meat

Cholesterol: 42 mg
Fiber: 3 grams
Sodium: 192 mg
Potassium: 364 mg
Calcium: 38 mg

Broccoli and Shrimp Salad

6 cups small broccoli flowerets
½ cup cooked and peeled shrimp
¾ cup thinly sliced radishes
1/3 cup non-fat sour cream
1/3 cup non-fat mayonnaise

1/3 cup plain non-fat yogurt
1 tablespoon lemon juice
¼ teaspoon black pepper
¼ teaspoon salt

Steam broccoli for 3 minutes. Cool. Combine all ingredients and stir well. Serve chilled. Makes 8 servings.

One serving:

Calories: 61
Carbohydrate: 7 grams
Protein: 6 grams
Fat: 2 grams
Saturated Fat: 1 gram
Exchanges: 1 vegetable, 1 lean meat

Cholesterol: 34 mg
Fiber: 2 grams
Sodium: 244 mg
Potassium: 308 mg
Calcium: 71 mg



Chicken Salad

4 cooked, skinless chicken breasts,
(4 ounces each)
½ cup diced celery

2 tablespoons chopped onion
1 tablespoon slivered almonds
¼ cup fat-free ranch salad dressing

Dice chicken into bite-sized pieces. Add celery, onion, almonds and ranch dressing. Mix and serve cold on lettuce leaves. Makes 4 servings.

One serving:

Calories: 233
Carbohydrate: 2grams
Protein: 30 grams
Fat: 11 grams
Saturated Fat: 3 grams
Exchanges: 4 lean meat

Cholesterol: 85 mg
Fiber: 1 gram
Sodium: 116 mg
Potassium: 311 mg
Calcium: 32 mg

Buttermilk Salad Dressing

2 cups skim buttermilk
¼ teaspoon black pepper
½ teaspoon garlic powder

½ teaspoon salt
½ teaspoon dried parsley flakes
¼ cup finely minced onion

Mix all ingredients thoroughly. Chill several hours before serving. Makes 16 (2-tablespoon) servings.

One serving:

Calories: 14

Carbohydrate: 2 grams

Protein: 1 gram

Fat: trace

Saturated Fat: trace

Exchanges: 2 Tablespoons Free

Cholesterol: 1 mg

Fiber: 0 grams

Sodium: 66 mg

Potassium: 52 mg

Calcium: 36 mg



SOUPS

Lentil Soup

2 cups dried lentils
4 cups cold water
½ teaspoon salt
¼ teaspoon pepper

1 medium onion, diced
1 28-ounce can low-sodium tomatoes
2 garlic cloves, crushed
2 bay leaves

Rinse lentils. Place all ingredients in a saucepan and bring to a boil. Cover and simmer over a low heat for 2 to 2 ½ hours, or until tender, adding water as desired. Remove bay leaves before serving. Makes 6 servings. (Freezes well.)

One serving:

Calories: 247	Cholesterol: 0 mg
Carbohydrate: 44 grams	Fiber: 10 grams
Protein: 19	Sodium: 203 mg
Fat: 1 gram	Potassium: 816 mg
Saturated Fat: trace	Calcium: 70 mg
Exchanges: 3 carbohydrates, 1 very lean meat	

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Minestrone

2 minced cloves of garlic
¾ cup chopped onion
1 tablespoon cooking oil
1 6-ounce can low-sodium tomato paste
1 cup green cabbage, shredded
1 cup diced zucchini
1 16-ounce can garbanzo beans, drained

½ cup chopped celery
1 diced carrot
5 cups low-sodium chicken broth
1/3 cup uncooked salad macaroni
1 tablespoon crushed dried basil
½ teaspoon oregano
1/8 teaspoon black pepper

Cook garlic and onion in oil for 5 minutes. Add chicken broth and tomato paste; bring to a boil. Add remaining ingredients. Return to a boil, then reduce heat. Cover and simmer for 15-20 minutes or until the vegetables are tender and the macaroni is cooked. Serves 6.

One serving:

Calories: 222	Cholesterol: 0 mg
Carbohydrate: 33 grams	Fiber: 6 grams
Protein: 12 grams	Sodium: 100 mg
Fat: 4 grams	Potassium: 822 mg
Saturated Fat: 1 gram	Calcium: 86 mg
Exchanges: 2 carbohydrates, 1 medium-fat meat	

Potato Soup

4 medium potatoes, cubed
3 stalks celery, chopped
½ cup onion, minced
1 carrot, chopped

1 ½ cups low-sodium beef or
chicken broth
3 cups skim milk
4 tablespoons flour

Put all ingredient, except milk and flour, in a saucepan and simmer, covered until potatoes are tender (about 15-20 minutes). Place milk and flour in a shaker blender and shake. Add mixture to the other ingredients, stirring constantly. Simmer uncovered 5 to 10 minutes. Makes 6 servings.

One serving:

Calories: 164

Carbohydrate: 32 grams

Protein: 8 grams

Fat: 1 grams

Saturated Fat: trace

Exchanges: 2 carbohydrates

Cholesterol: 2 mg

Fiber: 2 grams

Sodium: 114 mg

Potassium: 675 mg

Calcium: 178 mg



Tomato Rice Soup

1 ½ cups low-sodium tomato juice
1 ¼ cups low-sodium beef broth
¼ teaspoon Worcestershire sauce

1 teaspoon lemon juice
1 cup cooked rice

Combine all ingredients; bring to a boil. Serve. Makes 3 servings.

One serving:

Calories: 109

Carbohydrate: 21 grams

Protein: 4 grams

Fat: 1 grams

Saturated Fat: trace

Exchanges: 1 carbohydrate, 1 vegetable

Cholesterol: 0 mg

Fiber: 1 gram

Sodium: 50 mg

Potassium: 377 mg

Calcium: 22 mg

Tomato Bisque (served cold)

3 cups fresh seeded, peeled and chopped tomatoes
1 8-ounce can tomato sauce
1 ½ cups low sodium chicken broth
1 tablespoon dried basil

In a blender or a food processor, combine tomatoes, broth and tomato sauce. Cover and blend until smooth. Stir in basil. Cover and chill until serving time. Makes 6 servings.

One serving:

Calories: 41	Cholesterol: 0 mg
Carbohydrate: 7 grams	Fiber: 2 grams
Protein: 3 grams	Sodium: 255 mg
Fat: 1 gram	Potassium: 400 mg
Saturated Fat: trace	Calcium: 18 mg
Exchanges: ½ carbohydrate	

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Sherried Pea Soup (served cold)

2 cups fresh or frozen peas	1 cup skim milk
1 cup low-sodium chicken broth	2 tablespoons cooking sherry
pepper as desired	½ teaspoon grated lemon peel for garnish

Combine peas, chicken broth and pepper in a saucepan. Bring to a boil; cover and cook until the peas are tender (about 5 minutes). Cool slightly and pour the peas and all of the liquid from the pan into a blender. Add the milk and sherry; blend until smooth. Pour the soup into a container; cover and refrigerate until cold. Pour the cold soup into chilled bowls and sprinkle each serving with a pinch of grated lemon peel. Makes 6 servings.

One serving:

Calories: 69	Cholesterol: 1 mg
Carbohydrate: 10 grams	Fiber: 3 grams
Protein: 5 grams	Sodium: 80 mg
Fat: 1 grams	Potassium: 196 mg
Saturated Fat: trace	Calcium: 65 mg
Exchanges: 1 carbohydrate	

Turkey Chili

2 cups chopped, cooked turkey*
½ cup chopped onion
½ cup chopped green pepper
2 cups cooked red beans
1 cup water
(*browned ground turkey may also be used)

1 6-ounce can low-sodium tomato paste
1 28-ounce can tomatoes
1 tablespoon chili powder
½ teaspoon garlic powder

Combine all ingredients in a large saucepan. Cover and simmer over low heat for 30-60 minutes, or until the flavors are blended. Makes 6 servings.

One serving:

Calories: 303
Carbohydrate: 27 grams
Protein: 122 grams
Fat: 1 gram
Saturated Fat: trace
Exchanges: 2 carbohydrates, 2 very lean meat

Cholesterol: 40 mg
Fiber: 8 grams
Sodium: 277 mg
Potassium: 994 mg
Calcium: 98 mg

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Homestyle Chicken Noodle Soup

2 diced carrots
1 chopped medium onion
2 chopped stalks of celery
6 cups low-sodium chicken broth

6 ounces uncooked noodles
2 cooked skinless chicken breasts,
(4 ounces each)
¼ teaspoon salt

Put carrots, onion, celery and broth into a Dutch oven. Heat to boiling. Cover and boil gently about 10 minutes. Add noodles. Cook until the noodles are tender. Add chicken and salt. Heat to boiling. Makes 6 servings.

One serving:

Calories: 213
Carbohydrate: 26 grams
Protein: 18 grams
Fat: 4 grams
Saturated Fat: 1 gram
Exchanges: 1½ carbohydrates, 2 lean meat

Cholesterol: 51 mg
Fiber: 2 grams
Sodium: 208 mg
Potassium: 447 mg
Calcium: 39 mg

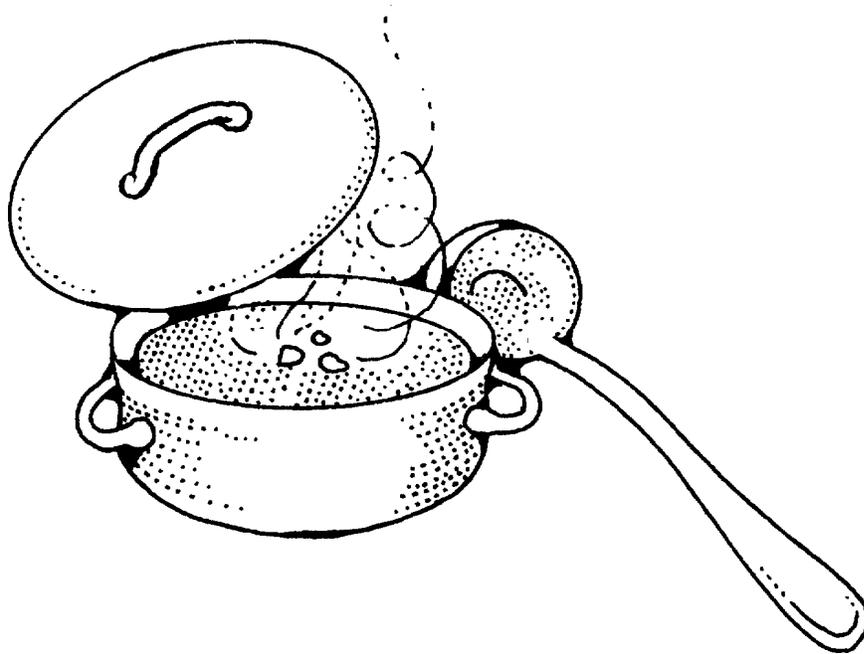
Spicy Bean and Vegetable Soup

4 cups tomatoes	2 cups cooked red beans
1 cup water	2 cups cooked pinto beans
1 6-ounce can tomato paste	2 cups cooked garbanzo beans
1 tablespoon chili powder	2 cups frozen corn
½ teaspoon garlic powder	1 cup chopped carrots
½ teaspoon cumin	1 cup chopped celery
1 teaspoon basil	1 cup chopped onion
½ teaspoon black pepper, if desired	

Combine ingredients in a large soup pan. Bring to a boil. Reduce heat; cover and simmer for 20 minutes. Makes 12 servings.

One serving:

Calories: 149	Cholesterol: 0 mg
Carbohydrate: 30 grams	Fiber: 7 grams
Protein: 7 grams	Sodium: 350 mg
Fat: 1 gram	Potassium: 487 mg
Saturated Fat: trace	Calcium: 39 mg
Exchanges: 2 carbohydrates	



Parmesan Basil Tomatoes

2 cups fresh or low-sodium canned tomatoes, diced
¼ teaspoon garlic powder
2 tablespoons Parmesan cheese
1 teaspoon basil
1/8 teaspoon black pepper

Mix all ingredients except the Parmesan cheese in a sauce pan; heat. Serve with Parmesan cheese sprinkled on top. Makes 4 servings.

One serving:

Calories: 40
Carbohydrate: 6 grams
Protein: 3 grams
Fat: 1 gram
Saturated Fat: 1 gram
Exchanges: 1 vegetable, 1 very lean meat
Cholesterol: 2 mg
Fiber: 2 grams
Sodium: 74 mg
Potassium: 282 mg
Calcium: 85 mg



Scalloped Corn

2 16-ounce cans whole kernel,
no-added-salt corn
2 tablespoons flour
1 tablespoon sugar
¼ cup milk
1 egg, beaten
2 egg whites
1 tablespoon dried minced onion
½ green pepper, chopped
4 oz. shredded cheddar cheese

Drain corn. Place corn, flour and sugar in an oiled baking dish and mix. Add milk, egg, egg whites, onion and green pepper. Mix well. Sprinkle cheddar cheese on top. Bake in oven at 400° for 35-40 minutes, or until set. Makes 8 servings.

**Note: For a more festive flavor, substitute a 4-ounce can of green chilies for the green peppers*

One serving:

Calories: 141
Carbohydrate: 24 grams
Protein: 6 grams
Fat: 4 grams
Saturated Fat: 2 grams
Exchanges: 1½ carbohydrates, ½ fat
Cholesterol: 31 mg
Fiber: 2 grams
Sodium: 72 mg (green chiles add mg)
Potassium: 246 mg
Calcium: 19 mg

Green Bean Casserole

1 teaspoon cooking oil
¼ cup chopped onion
2 tablespoons flour
1 cup skim milk
1/3 cup shredded, reduced-fat Swiss cheese
½ cup low-fat sour cream
1 teaspoon sugar
¼ teaspoon salt
1 16-ounce package frozen green beans, thawed and drained
1 cup herb-seasoned stuffing mix
1 teaspoon margarine, melted

In a medium saucepan, sauté onion in cooking oil. Add flour and cook 1 minute, stirring constantly. Gradually add the milk, stirring until blended. Stir in cheese, sour cream, sugar and salt. Cook for 5 minutes or until thickened and bubbly, stirring constantly. Put green beans in a baking dish; pour sauce over the top. In another bowl, pour the melted margarine over the stuffing mix; stir well and sprinkle over green bean mixture. Bake at 350° for 20-25 minutes or until heated through. Makes 8 servings.

One serving:

Calories: 106	Cholesterol: 8 mg
Carbohydrate: 11 grams	Fiber: 2 grams
Protein: 5 grams	Sodium: 186 mg
Fat: 5 grams	Potassium: 160 mg
Saturated Fat: 2 grams	Calcium: 138 mg
Exchanges: 1½ carbohydrates, 1 fat, 1 vegetable	

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Twice Baked Yams

2 medium yams
2 tablespoons skim milk

Wrap yams in foil. Bake at 350° for one hour or until tender. Split yams in half, lengthwise. Scoop out contents and whip with milk. Spoon back into potato shells and heat thoroughly in oven. Makes 4 servings.

One serving:

Calories: 62	Cholesterol: trace
Carbohydrate: 14 grams	Fiber: 2 grams
Protein: 1 gram	Sodium: 10 mg
Fat: trace	Potassium: 213 mg
Saturated Fat: trace	Calcium: 26 mg
Exchanges: 1 carbohydrate	

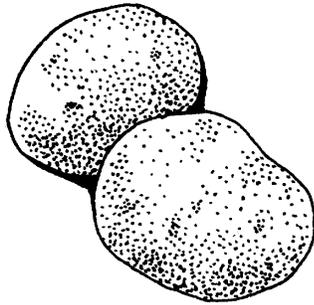
Grilled Vegetables and Potatoes

2 large potatoes, sliced, washed and unpeeled
2 sliced carrots
1 sliced onion

Spray a large piece of aluminum foil with non-stick cooking spray. Place potatoes, carrots and onions on aluminum foil. Sprinkle with one tablespoon water. Fold foil around vegetables and seal. Place on a slow charcoal grill or a gas grill on low for about 30 minutes or until vegetables are tender. Makes 4 servings.

One serving:

Calories: 99	Cholesterol: 0 mg
Carbohydrate: 23 grams	Fiber: 3 grams
Protein: 2 grams	Sodium: 17 mg
Fat: trace	Potassium: 465 mg
Saturated Fat: trace	Calcium: 19 mg
Exchanges: 1 carbohydrate, 1 vegetable	



Microwaved Cheese Potato Fries

4 scrubbed potatoes
¼ teaspoon garlic powder
½ cup shredded, low-fat mozzarella cheese

Cut potatoes into strips. Put potatoes in a large baking dish, single layered. Sprinkle with garlic powder and cheese. Cover and microwave on full power for about 12 minutes or until potatoes are tender. Makes 8 servings.

One serving:

Calories: 93	Cholesterol: 4 mg
Carbohydrate: 17 grams	Fiber: 1 gram
Protein: 4 grams	Sodium: 41 mg
Fat: 1 gram	Potassium: 312 mg
Saturated Fat: 1 gram	Calcium: 56 mg
Exchanges: 1 carbohydrate	

Green Bean and Rice Casserole

½ cup chopped onion
2 teaspoons cooking oil
½ cup uncooked rice

1 16-ounce can low-sodium green beans
1 16-ounce can tomatoes
1/3 cup water

Sauté the onions in cooking oil until brown. Combine all ingredients and place in a baking dish. Cook, covered, for 30 minutes. Makes 4 servings.

One serving:

Calories: 126

Carbohydrate: 23 grams

Protein: 4 grams

Fat: 3 grams

Saturated Fat: trace

Exchanges: 1 carbohydrate, ½ fat, 1 vegetable

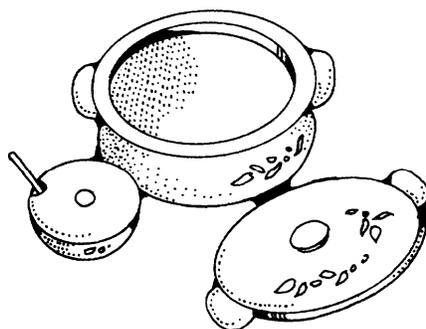
Cholesterol: 0 mg

Fiber: 3 grams

Sodium: 200 mg

Potassium: 432 mg

Calcium: 69 mg



Sweet and Sour Cabbage

6 cups chopped cabbage
1 cup chopped onion
2 teaspoons olive oil
1/8 teaspoon salt

1/8 teaspoon black pepper
1 minced garlic clove
3 tablespoons wine vinegar
1 tablespoon honey

Combine all ingredients and place in a baking dish. Cover and bake at 400° for 30 minutes or until tender. Stir and serve. Makes 4 servings.

One serving:

Calories: 80

Carbohydrate: 14 grams

Protein: 2 grams

Fat: 3 grams

Saturated Fat: trace

Exchanges: 1 carbohydrate, ½ fat

Cholesterol: 0 mg

Fiber: 3 grams

Sodium: 87 mg

Potassium: 339 mg

Calcium: 60 mg

Rice Ole`

1 cup chopped onion	½ teaspoon garlic powder
1 cup chopped green pepper	¼ teaspoon salt
1 tablespoon vegetable oil	1 16-ounce can tomatoes
2 teaspoons chili powder	3 cups cooked rice

Sauté onions and green pepper in oil until vegetables are tender but not brown. Add seasonings, salt, tomatoes and rice. Simmer and stir until flavors are blended and liquid is absorbed (about 10 minutes). Makes 10 servings.

One serving:

Calories: 113	Cholesterol: 0 mg
Carbohydrate: 22 grams	Fiber: 1 gram
Protein: 3 grams	Sodium: 138 mg
Fat: 2 grams	Potassium: 181 mg
Saturated Fat: trace	Calcium: 24 mg
Exchanges: 1 carbohydrate, ½ fat, 1 vegetable	

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Spanish Rice

1 tablespoon cooking oil	¼ teaspoon salt
½ cup chopped onion	¾ cup uncooked rice
¼ cup celery, chopped	2 cups diced tomatoes
1 cup water	½ pound extra lean ground beef, cooked, with fat drained

In a large skillet, brown onions and celery in cooking oil. Add water, salt, rice and tomatoes. Simmer until rice is tender (about 15 minutes), stirring occasionally. Add meat and cook slowly, stirring, until heated through (about 5-10 minutes). Makes 6 servings.

One serving:

Calories: 201	Cholesterol: 28 mg
Carbohydrate: 23 grams	Fiber: 1 gram
Protein: 11 grams	Sodium: 249 mg
Fat: 7 grams	Potassium: 343 mg
Saturated Fat: 2 grams	Calcium: 35 mg
Exchanges: 1 carbohydrate, ½ fat, 1 vegetable, 1 medium-fat meat	

Festive Rice

½ cup chopped onion
½ cup chopped celery
½ cup chopped green pepper
1 tablespoon margarine

2 cups cooked rice
1 cup cooked broccoli
¼ teaspoon salt

Sauté onion, celery and green pepper in margarine. Add rice, broccoli and salt. Stir well and cook until mixture is heated through. Makes 6 servings.

One serving:

Calories: 122

Carbohydrate: 23 grams

Protein: 3 grams

Fat: 2 grams

Saturated Fat: trace

Exchanges: 1 carbohydrate, ½ fat, 1 vegetable

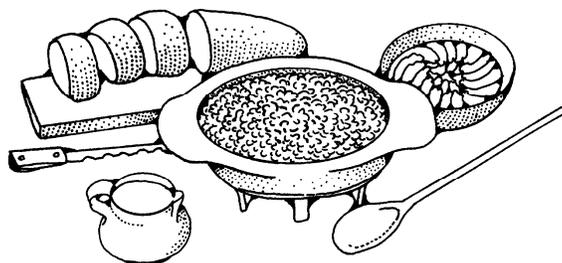
Cholesterol: 0 mg

Fiber: 2 grams

Sodium: 122 mg

Potassium: 165 mg

Calcium: 27 mg



Red Beans and Rice

½ cup chopped onion
½ cup chopped celery
1 minced garlic clove
1 tablespoon margarine

2 cups pre-cooked red beans
2 cups cooked rice
1/8 teaspoon pepper

Cook onion, celery and garlic in margarine until tender. Add remaining ingredients. Simmer together for 5 minutes to blend flavors. Makes 6 servings.

One serving:

Calories: 151

Carbohydrate: 26 grams

Protein: 6 grams

Fat: 3 grams

Saturated Fat: trace

Exchanges: 1½ carbohydrate, ½ fat

Cholesterol: 0 mg

Fiber: 6 grams

Sodium: 319 mg

Potassium: 293 mg

Calcium: 34 mg

Wild Rice Casserole

1 cup uncooked wild rice	¼ teaspoon pepper
3 cups low-sodium chicken broth	¼ teaspoon salt
¼ cup chopped onion	¼ teaspoon sage
½ cup chopped mushrooms	

Using non-stick cooking spray, coat the inside of a saucepan and sauté onions and mushrooms. Rinse wild rice in water before using. Add wild rice, broth, pepper, salt and sage to the onions and mushrooms. Bring to a boil. Simmer for 40-50 minutes, stirring occasionally. Makes 6 servings.

One serving:

Calories: 131	Cholesterol: 0 mg
Carbohydrate: 24 grams	Fiber: 2 grams
Protein: 7 grams	Sodium: 128 mg
Fat: 1 gram	Potassium: 244 mg
Saturated Fat: trace	Calcium: 11 mg
Exchanges: 1½ carbohydrates	

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Bread Stuffing

1 low-sodium chicken bouillon cube	4 cups (6 slices) dry bread cubes
¾ cup boiling water	½ teaspoon poultry seasoning
¼ cup chopped onion	½ teaspoon dried sage, crushed
¼ cup diced celery	1/8 teaspoon pepper, if desired

Dissolve bouillon cube in boiling water. Add chopped onion and celery to bouillon and simmer 5 minutes. Combine bread cubes and seasonings. Pour bouillon mixture over bread and toss gently until moistened. Use as a stuffing or bake in an 8x8-inch dish at 325° for 25-30 minutes. Makes 6 servings.

One serving:

Calories: 101	Cholesterol: 1 mg
Carbohydrate: 18 grams	Fiber: 1 gram
Protein: 4 grams	Sodium: 180 mg
Fat: 2 grams	Potassium: 100 mg
Saturated Fat: trace	Calcium: 38 mg
Exchanges: 1 carbohydrate	

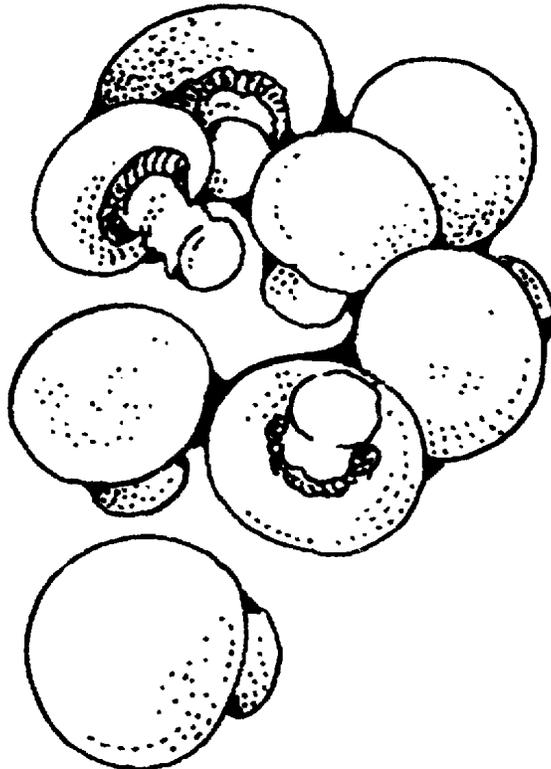
Northlands Wild Rice Casserole

1 cup uncooked wild rice	1/3 cup sliced green onion
2 cups low-sodium chicken broth	1/4 cup chopped sweet red pepper
1 tablespoon margarine	1/2 teaspoon dried thyme
1 cup sliced fresh mushrooms	1/4 teaspoon salt
3/4 cup sliced celery	1/4 teaspoon black pepper
3/4 cup julienned carrots	

Rinse wild rice under running water for one minute; drain and set aside. In a medium saucepan, combine the chicken broth and wild rice. Bring to a boil. Reduce heat; cover and simmer for 30 minutes. In a large skillet, melt margarine and add mushrooms, carrots and celery. Cook and stir for 5 minutes. Stir in green onion, sweet red pepper, thyme, salt and pepper. Stir the rice into the vegetable mixture. Put the mixture into a casserole dish. Bake, covered, at 325° for about 45 minutes, or until the rice is done. Makes 8 servings.

One serving:

Calories: 117	Cholesterol: 0 mg
Carbohydrate: 20 grams	Fiber: 2 grams
Protein: 5 grams	Sodium: 120 mg
Fat: 2 grams	Potassium: 265 mg
Saturated Fat: trace	Calcium: 20 mg
Exchanges: 1 carbohydrate, 1/2 fat, 1 vegetable	



POULTRY, FISH and MAIN DISHES

Chicken Cilantro

- 1 small onion, chopped
- 1 garlic clove, finely chopped
- 1 tablespoon margarine
- 4 small chicken breasts, boned, skinned, cut into pieces (4 ounces each)
- 1/8 teaspoon salt
- 1/4 teaspoon black pepper, if desired
- 2 tablespoons cilantro, snipped

In a skillet, cook onions and garlic in margarine until onion is tender. Add chicken, salt and pepper. Cook and stir over medium-high heat about 5-10 minutes. Stir in cilantro. Garnish with a lemon wedge if desired. Makes 4 servings.

One serving:

Calories: 180

Carbohydrate: 3 grams

Protein: 27 grams

Fat: 6 grams

Saturated Fat: 1 gram

Exchanges: 3 1/2 lean meat, 1 vegetable

Cholesterol: 73 mg

Fiber: 1 gram

Sodium: 159 mg

Potassium: 272 mg

Calcium: 22 mg



Chicken Enchiladas

½ cup chopped onion
1 teaspoon cooking oil
4 ounces reduced-fat cream cheese
1 tablespoon water
1 teaspoon ground cumin
1/8 teaspoon black pepper
1/8 teaspoon salt
4 cups chopped, cooked, skinless chicken breast, (4 ounces each)

12 8-inch flour tortillas
1 10 ¾-ounce can reduced-fat, reduced-sodium condensed cream of chicken soup
8 ounces low-fat sour cream
1 cup skim milk
1 4-ounce can chopped green chilies
½ cup shredded cheddar cheese

In a small skillet, sauté onion in oil. In a mixing bowl, stir together cream cheese, water, cumin, black pepper and salt. Stir cooked onion and chicken into cream cheese mixture. Wrap tortillas in foil and heat in a 350° oven for 10 minutes, or until softened. Spoon about ¼ cup of the chicken mixture onto each tortilla. Roll up the tortillas and place seam side down on a baking dish that has been sprayed with non-stick cooking spray. To make sauce, combine soup, sour cream, milk and green chilies; pour over enchiladas. Bake, covered at 350° for 40 minutes or until heated through. Sprinkle with cheddar cheese. Bake, uncovered, for 5 minutes or until cheese is melted. Makes 12 enchiladas.

One enchilada:

Calories: 288

Carbohydrate: 25 grams

Protein: 21 grams

Fat: 11 grams

Saturated Fat: 2 grams

Exchanges: 1½ carbohydrates, 2 medium-fat meat

Cholesterol: 58 mg

Fiber: 1 gram

Sodium: 414 mg

Potassium: 305 mg

Calcium: 153 mg



Rice Meat Balls

1 cup instant rice
1 pound extra-lean ground beef
1 egg, slightly beaten
¼ cup grated onion
¼ cup grated onion

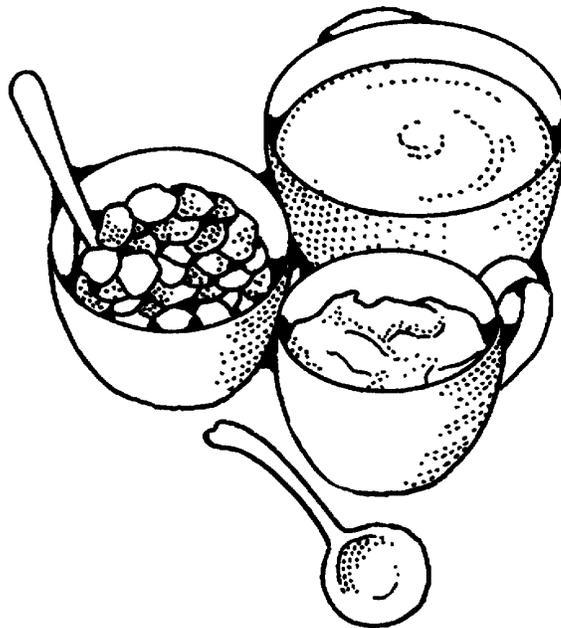
¼ teaspoon salt
1/8 teaspoon marjoram
dash of pepper
2 ½ cups low-sodium tomato juice

Mix all ingredients together except 2 cups of the tomato juice. Form into meatballs. Place meatballs into a skillet. Brown meatballs and drain off any fat. Pour remaining tomato juice over meatballs. Bring to a boil; reduce to medium heat; cover and cook for 15 minutes. Makes 6 servings.

One serving:

Calories: 241
Carbohydrate: 18 grams
Protein: 19 grams
Fat: 10 grams
Saturated Fat: 4 grams
Exchanges: 2 medium-fat meat, 1 carbohydrate

Cholesterol: 87 mg
Fiber: 1 grams
Sodium: 152 mg
Potassium: 456 mg
Calcium: 22 mg



Swedish Cabbage Rolls

1 egg
¼ teaspoon salt
pepper (as desired)
1 teaspoon Worcestershire sauce
¼ cup chopped onion
1/3 cup skim milk

1 pound extra-lean ground beef
¾ cup cooked rice
6 large cabbage leaves
1 cup low-sodium tomato juice
1 tablespoon lemon juice
1 tablespoon brown sugar

Combine egg, salt, pepper, Worcestershire sauce, onion and milk. Mix well. Add ground beef and cooked rice; beat together with a fork. Immerse cabbage leaves in boiling water for 3 minutes or just until limp. Drain. Place ½ cup meat mixture on each cabbage leaf; fold in sides and roll ends over meat. Place rolls in a baking dish. Blend tomato juice, brown sugar and lemon juice. Pour over cabbage rolls. Bake at 350° for 1 hour. Makes 6 servings.

One cabbage roll:

Calories: 214

Carbohydrate: 12 grams

Protein: 19 grams

Fat: 10 grams

Saturated Fat: 4 grams

Exchanges: 2 medium-fat meat, 1 carbohydrate

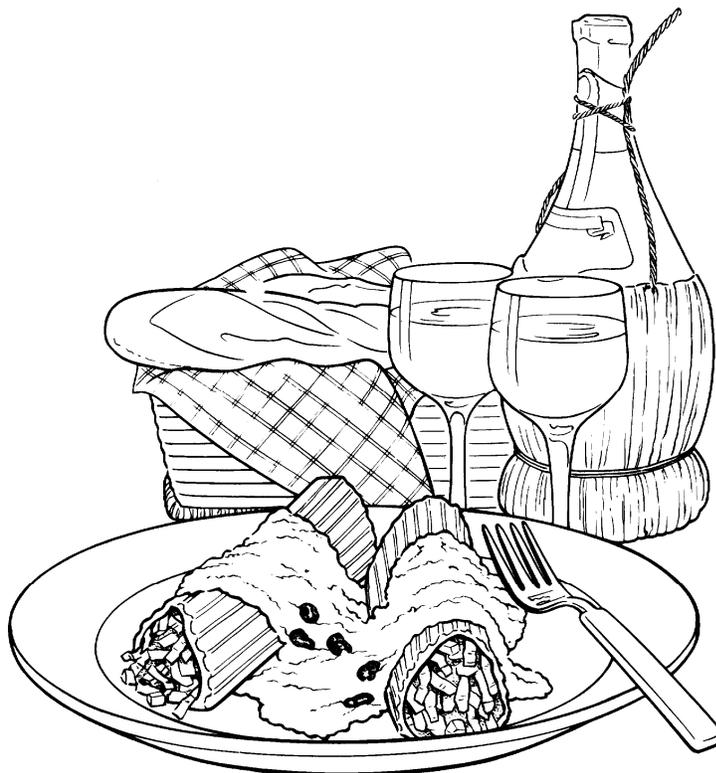
Cholesterol: 88 mg

Fiber: 2 grams

Sodium: 171 mg

Potassium: 415 mg

Calcium: 36 mg



Beef Burgundy

1 pound lean beef, cubed
¼ cup flour
1/8 teaspoon pepper
2 tablespoons cooking oil
½ cup chopped onion
1 garlic clove
¼ teaspoon thyme
¼ teaspoon basil
¼ teaspoon oregano

1/8 teaspoon rosemary
1 tablespoon parsley
½ cup dry red cooking wine
1 cup water
2 cups chopped fresh tomatoes
2 cups diced raw carrots
2 cups sliced raw mushrooms
3 cups diced potatoes

Coat beef with flour and pepper. Brown meat in oil. Add onion and garlic, then cook until tender. Pour off fat. Add spices, wine and water. Cover and simmer for 30 minutes, stirring occasionally, adding more water if necessary. Add tomatoes, carrots, mushrooms and potatoes; simmer one more hour. Makes 8 servings.

One serving:

Calories: 197

Carbohydrate: 19 grams

Protein: 15 grams

Fat: 6 grams

Saturated Fat: 2 grams

Exchanges: 1 vegetable, 1½ lean meat, 1 carbohydrate

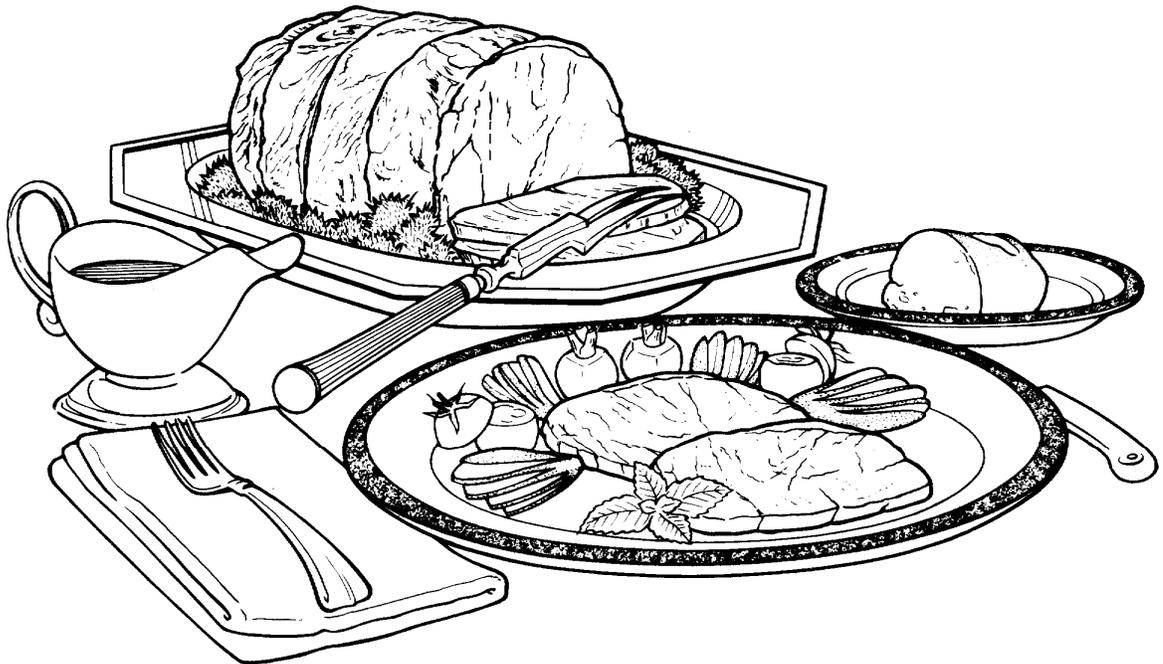
Cholesterol: 38 mg

Fiber: 3 grams

Sodium: 43 mg

Potassium: 635 mg

Calcium: 25 mg



Fruity Ham Slices

1 pound low-sodium, extra lean ham slices (8 slices)
2 bananas
½ cup crushed pineapple in juice
1 cup unsweetened pineapple juice
2 teaspoons cornstarch
½ teaspoon cinnamon
1/8 teaspoon ground cloves

Place ham slices in a baking dish. Peel bananas and cut into quarters, lengthwise. Place ¼ banana and 1 tablespoon crushed pineapple on each ham slice. To make sauce, pour pineapple juice in a saucepan. Add cornstarch, cinnamon and cloves. Cook over medium heat until juice is clear and slightly thickened. Pour sauce over top of ham. Bake 20 minutes at 350°. Makes 8 servings.

One serving:

Calories: 142

Carbohydrate: 15 grams

Protein: 12 grams

Fat: 3 grams

Saturated Fat: 1 gram

Exchanges: 1 carbohydrate, 2 very-lean meat

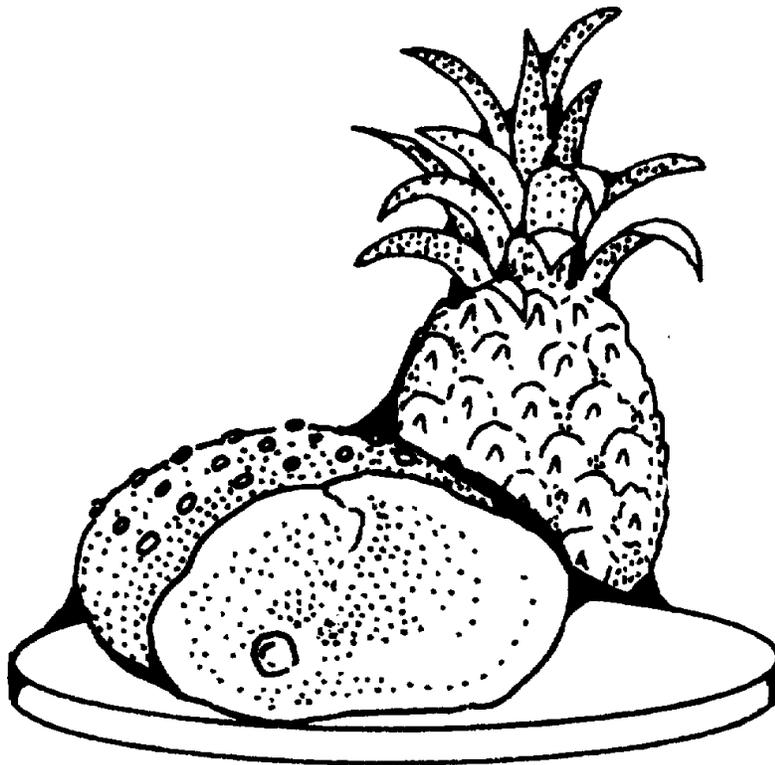
Cholesterol: 30mg

Fiber: 2 grams

Sodium: 550 mg (**High Sodium**)

Potassium: 339 mg

Calcium: 14 mg



Turkey Stroganoff

4 cups cooked skinless turkey breast
2 tablespoons margarine
2 cups fresh sliced mushrooms
1 thinly-sliced onion
2 tablespoons flour
2 cups hot turkey or chicken broth, low-sodium, low-fat
1 tablespoon tomato paste
1 teaspoon Worcestershire sauce
3 tablespoons cooking sherry
¾ cup low-fat sour cream

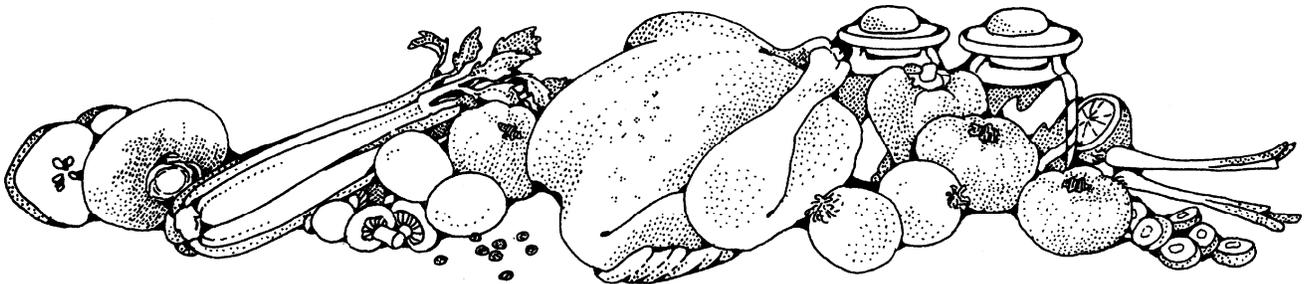
Cut the cooked turkey into narrow strips and set aside. Melt one tablespoon of the margarine in a large skillet. Add the sliced mushrooms and onions; cook until tender and lightly browned. Remove the mushrooms and onions and put them in a bowl. Don't wash the pan. Melt the remaining one tablespoon margarine in the pan; add flour and stir until the flour is slightly browned. Add hot broth to the flour mixture, stirring constantly to form a smooth sauce. Add the tomato paste, Worcestershire sauce and sherry, stirring constantly. Simmer for 10 minutes. Add the turkey, mushrooms and onions to the pan and simmer for 10 minutes. Add the sour cream and mix thoroughly. Serve immediately over cooked noodles. Makes 8 (¾ cup) servings.

One serving (no noodles):

Calories: 196
Carbohydrate: 6 grams
Protein: 24 grams
Fat: 7 grams
Saturated Fat: 3 grams
Exchanges: ½ carbohydrate, 3 lean meat
Cholesterol: 69 mg
Fiber: 1 grams
Sodium: 123 mg
Potassium: 409 mg
Calcium: 44 mg

One serving, served over one cup noodles:

Calories: 409
Carbohydrate: 46 grams
Protein: 32 grams
Fat: 9 grams
Saturated Fat: 3 grams
Exchanges: 3 carbohydrates, 3 lean meat
Cholesterol: 121 mg
Fiber: 3 grams
Sodium: 134 mg
Potassium: 454 mg
Calcium: 63 mg



Vegetable Linguine

1 ¼ cup chopped onion
½ cup chopped celery
½ cup chopped green pepper
2 minced garlic cloves
1 tablespoon olive oil
1 tablespoon dried basil
1 16-ounce can tomatoes

1 15-ounce can low-sodium tomato sauce
2 teaspoons sugar
¼ teaspoon crushed red pepper flakes
½ teaspoon oregano
1/8 teaspoon black pepper
8 ounces Linguine

In a large sauce pan, sauté onion, celery, green pepper and garlic in olive oil until the vegetables are tender. Add remaining ingredients, except the linguine. Heat and simmer sauce for 30-40 minutes. Cook the linguine according to the package directions. Drain. Spoon the sauce over the cooked linguine. Serve immediately. Makes 6 servings.

One serving:

Calories: 233

Carbohydrate: 45 grams

Protein: 8 grams

Fat: 4 grams

Saturated Fat: 1 gram

Exchanges: 2½ carbohydrates, 1 vegetable, ½ fat

Cholesterol: 0 mg

Fiber: 4 grams

Sodium: 161 mg

Potassium: 608 mg

Calcium: 68 mg



Vegetable Lasagna

9 cooked lasagna noodles	1 teaspoon dried oregano
2 cups sliced fresh mushrooms	1 teaspoon dried basil
1 cup chopped onion	2 cups low-fat cottage cheese
1 tablespoon cooking oil	1 cup shredded low-fat Monterey Jack Cheese
1 6-ounce can low-sodium tomato paste	1 10-ounce package frozen, chopped spinach, thawed and well drained.
1 15-ounce can low-sodium tomato sauce	

In a sauce pan, cook mushrooms and onion in oil until tender. Stir in tomato sauce, tomato paste, oregano and basil. In a mixing bowl, stir together cottage cheese and ½ cup of Monterey jack cheese. Oil a 3-quart rectangular baking dish. In the baking dish, layer three noodles, one-third of the cottage cheese mixture, one-third of the spinach, one-third of the tomato mixture. Repeat layers twice. Sprinkle with remaining Monterey Jack cheese. Bake, uncovered, at 375° for 30 minutes or until heated through. Let stand 10 minutes before serving. Makes 8 servings.

One serving:

Calories: 253	Cholesterol: 15 mg
Carbohydrate: 32 grams	Fiber: 4 grams
Protein: 17 grams	Sodium: 364 mg
Fat: 8 grams	Potassium: 686 mg
Saturated Fat: 3 grams	Calcium: 223 mg
Exchanges: 2 carbohydrates, ½ fat, 1½ lean meat	

Oven Fried Chicken

6 skinless chicken breasts, (4 ounces each)	½ teaspoon paprika
½ cup flour	½ teaspoon garlic salt
1 teaspoon oil	¼ teaspoon black pepper

Preheat oven to 325°. Oil a 9x12-inch pan. Combine chicken, flour, paprika, garlic salt and pepper in a plastic bag. Shake. Place chicken on the oiled pan and bake for 25-35 minutes or until browned. Makes 6 servings.

One serving:

Calories: 188	Cholesterol: 73 mg
Carbohydrate: 8 grams	Fiber: 1 gram
Protein: 28 grams	Sodium: 153 mg
Fat: 4 grams	Potassium: 238 mg
Saturated Fat: 1 gram	Calcium: 15 mg
Exchanges: ½ carbohydrate, 4 very-lean meat	

Marinated Steak

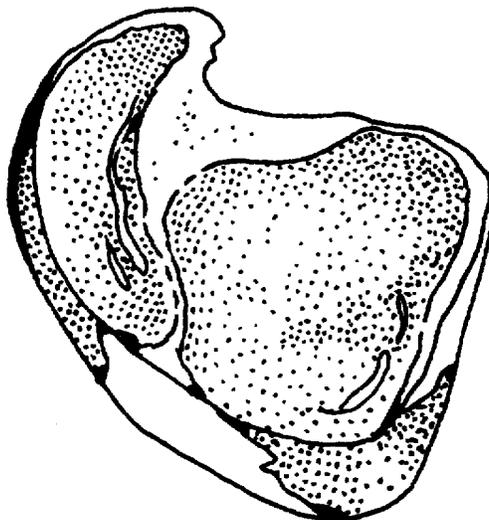
1 pound trimmed lean round steak
1 large sliced onion
½ cup low-sodium beef broth
2 tablespoons Worcestershire sauce

1 bay leaf
¼ teaspoon crushed red pepper
1/8 teaspoon allspice

Combine all ingredients in a large plastic bag. Seal and marinate in the refrigerator for at least 8 hours, turning occasionally. Remove steak from bag, reserving onion and marinade. Place steak on rack of a broiler pan coated with non-stick cooking spray. Broil 7-8 minutes on each side or to desired degree of doneness. Set steak aside and keep warm. Coat a non-stick skillet with non-stick cooking spray, add onion and sauté over medium-high heat until tender. Add reserved marinade; cover and bring onion mixture to a boil, then reduce heat and simmer for 5 minutes. Remove and discard bay leaf. Transfer steak to a platter and spoon onion mixture over steak. Makes 4 servings.

One serving:

Calories: 182	Cholesterol: 71 mg
Carbohydrate: 6 grams	Fiber: 1 gram
Protein: 28 grams	Sodium: 150 mg
Fat: 5 grams	Potassium: 545 mg
Saturated Fat: 2 grams	Calcium: 25 mg
Exchanges: 4 very-lean meat, 1 vegetable	



Grilled Lemon Chicken

1/3 cup lemon juice
1/4 cup water
1/2 teaspoon garlic powder
4 small skinless chicken breasts (4 ounces each)

1/4 teaspoon onion powder
1 teaspoon dried parsley
1/4 teaspoon salt

Mix all ingredients together except for the chicken breasts. Pour mixture over chicken. Let chicken marinate in the refrigerator for 2 hours or overnight. Grill over a slow charcoal or gas grill on low. Turn and marinate occasionally until done. Put reserved marinade into a saucepan and bring to a boil; serve on the side as a sauce.

One serving:

Calories: 148
Carbohydrate: 2 grams
Protein: 27 grams
Fat: 3 grams
Saturated Fat: 1 gram
Exchanges: 4 very-lean meat

Cholesterol: 73 mg
Fiber: trace
Sodium: 201 mg
Potassium: 248 mg
Calcium: 16 mg

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Grilled Chicken Salad with Raspberry Vinaigrette

4 small skinless, boneless chicken breasts (about 4 ounces each)

1/4 cup raspberry flavored vinegar
1/2 teaspoon dried basil
1/4 teaspoon garlic powder
1 tablespoon olive oil

1/4 teaspoon sugar
1/4 teaspoon salt
8 cups salad greens

Grill chicken breasts on low, turning over until done. Combine the rest of the ingredients (except the salad greens) in a jar. Cover tightly and shake vigorously. Pour vinegar mixture over salad greens and toss gently. Divide salad greens on four plates. Cut each chicken breast into slices and arrange on top of greens. Serve immediately. Makes 4 servings.

One serving:

Calories: 192
Carbohydrate: 4 grams
Protein: 28 grams
Fat: 7 grams
Saturated Fat: 1 gram
Exchanges: 1 vegetable, 1/2 fat, 4 very-lean meat

Cholesterol: 73 mg
Fiber: 1 gram
Sodium: 207 mg
Potassium: 494 mg
Calcium: 48 mg

Sweet-and-Sour Chicken

1 pound skinless, boneless chicken breast, cut into 1-inch pieces	1 tablespoon cornstarch
1 tablespoon cooking oil	2 tablespoons brown sugar
1 cup chopped green pepper	2 tablespoons cooking sherry
1 cup carrots, sliced like coins	½ teaspoon ground ginger
½ cup chopped onion	1 8-ounce can unsweetened pineapple chunks, drained
1 minced garlic clove	5 cups hot cooked rice
1 cup low-sodium chicken broth	1 tablespoon low-sodium soy sauce

Heat oil in a large non-stick skillet over medium-high heat. Add chicken and stir-fry for five minutes or until chicken is browned. Add green pepper, carrot, onion and garlic. Stir-fry for 2 minutes. Combine broth, soy sauce, cornstarch, brown sugar, sherry and ginger; stir well. Add broth mixture and pineapple to skillet; bring to a boil and cook for one minute or until mixture is thickened and bubbly, stirring constantly. Serve over rice. Makes 8 servings.

One serving:

Calories: 307

Carbohydrate: 48 grams

Protein: 18 grams

Fat: 4 grams

Saturated Fat: 1 gram

Exchanges: 3 carbohydrates, 1 lean meat

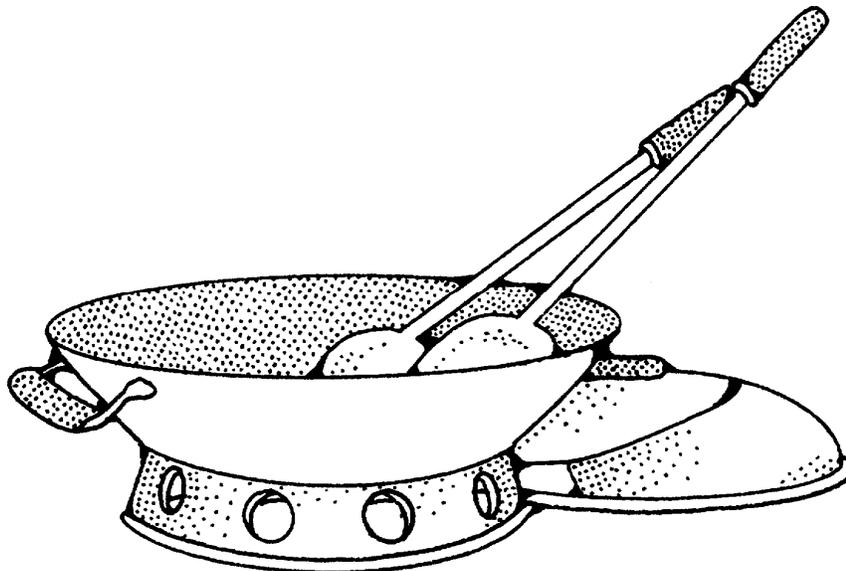
Cholesterol: 36 mg

Fiber: 2 grams

Sodium: 185 mg

Potassium: 314 mg

Calcium: 37 mg



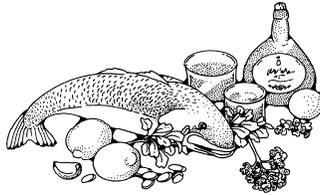
Spicy Red Snapper

1 pound fresh or frozen red snapper	¼ teaspoon salt
2 tablespoons lime juice	¼ teaspoon ground ginger
½ teaspoon paprika	¼ teaspoon black pepper

Rinse fish and pat dry with paper towels. Cut fish into 4 servings. Brush lime juice on top of fish. In a small bowl, combine paprika, salt, ginger and black pepper; rub onto fish. Arrange fish in a baking pan. Bake, uncovered, at 450° degrees for 10-15 minutes or until fish flakes easily when tested with a fork. Makes 4 servings.

One serving:

Calories: 112	Cholesterol: 40 mg
Carbohydrate: 1 gram	Fiber: trace
Protein: 22 grams	Sodium: 183 mg
Fat: 2 grams	Potassium: 460 mg
Saturated Fat: 1 gram	Calcium: 36 mg
Exchanges: 3 very-lean meat	



Lemon Baked Shrimp

1 pound peeled, deveined shrimp	1/8 teaspoon salt
1/3 cup dry bread crumbs	2 minced garlic cloves
1 teaspoon dried parsley	2 tablespoons fresh lemon juice
½ teaspoon grated lemon rind	1 teaspoon olive oil

Coat 4 individual baking dishes with non-stick cooking spray. Divide shrimp between the dishes; set aside. Combine the bread crumbs, parsley, lemon rind, salt and garlic in a bowl; stir in lemon juice and olive oil. Sprinkle bread crumbs over the shrimp. Bake at 400° for 15 minutes or until shrimp are done and the bread crumb mixture is lightly browned. Makes 4 servings.

One serving:

Calories: 109	Cholesterol: 121 mg
Carbohydrate: 7 grams	Fiber: 1 gram
Protein: 14 grams	Sodium: 278 mg
Fat: 2 grams	Potassium: 151 mg
Saturated Fat: trace	Calcium: 48 mg
Exchanges: ½ carbohydrate, ½ fat, 1 ½ very -lean meat	

Sloppy Joes

1 pound extra-lean ground beef
¼ cup tomato juice
¼ cup ground onion
1 tablespoon prepared mustard

¼ teaspoon dry mustard
2 tablespoons ketchup
½ teaspoon salt

Brown ground beef and onions. Drain off fat. Add remaining ingredients. Simmer for 20-30 minutes. Serve on a bun. Makes 6 servings.

One serving on a bun:

Calories: 250

Carbohydrate: 24 grams

Protein: 16 grams

Fat: 9 grams

Saturated Fat: 3 grams

Exchanges: 1½ carbohydrates, 2 medium-fat meat

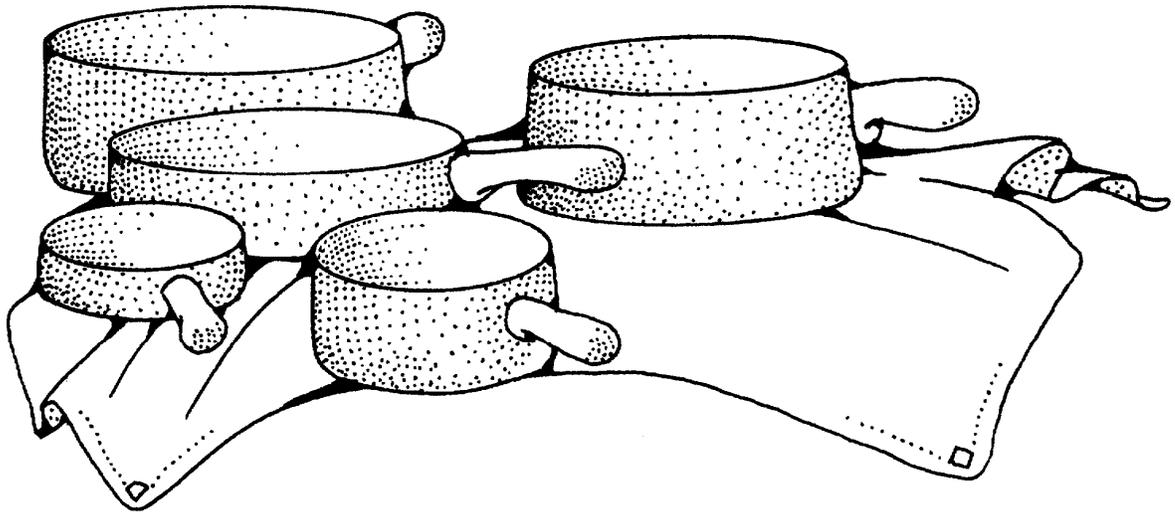
Cholesterol: 42 mg

Fiber: 1 gram

Sodium: 451 mg (**High Sodium**)

Potassium: 263 mg

Calcium: 71 mg



DESSERTS

Apple Crunch

6 cups thinly sliced cooking apples
¼ cup brown sugar
½ teaspoon cinnamon
½ cup sugar

1 ½ cups flour
1 teaspoon baking powder
1 egg, beaten
½ cup melted margarine

Place apples in a 13x9-inch pan. Combine brown sugar and cinnamon; sprinkle over apples. Mix sugar, flour and baking powder. Work egg into flour mixture with a fork. Sprinkle flour mixture over apples. Drizzle melted margarine over all. Bake at 325° approximately 45 minutes or until crunch top is golden. Makes 18 servings.

One serving:

Calories: 148

Carbohydrate: 24 grams

Protein: 2 grams

Fat: 6 grams

Saturated Fat: 1 gram

Exchanges: 1 ½ carbohydrates, 1 fat, 1 fruit

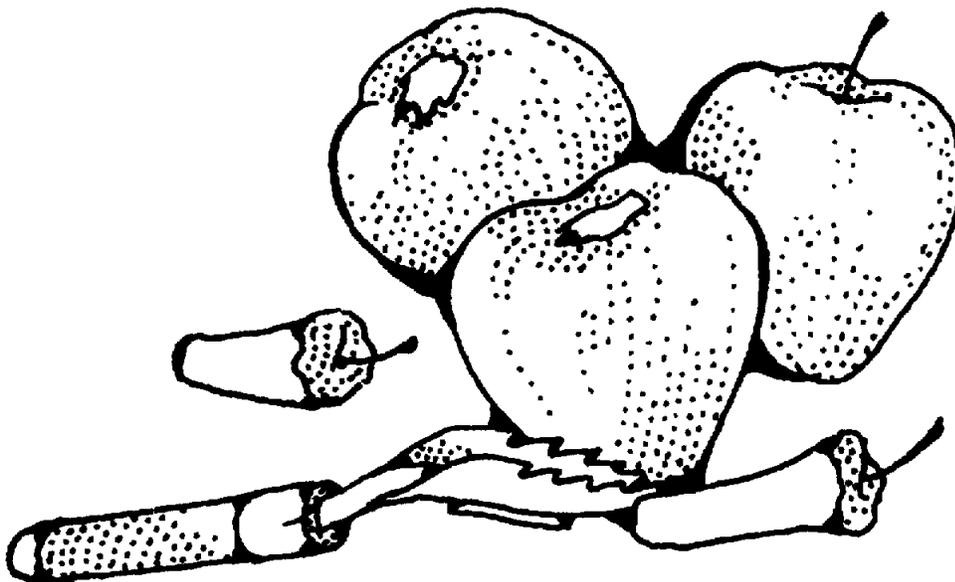
Cholesterol: 10 mg

Fiber: 1 gram

Sodium: 74 mg

Potassium: 65 mg

Calcium: 24 mg



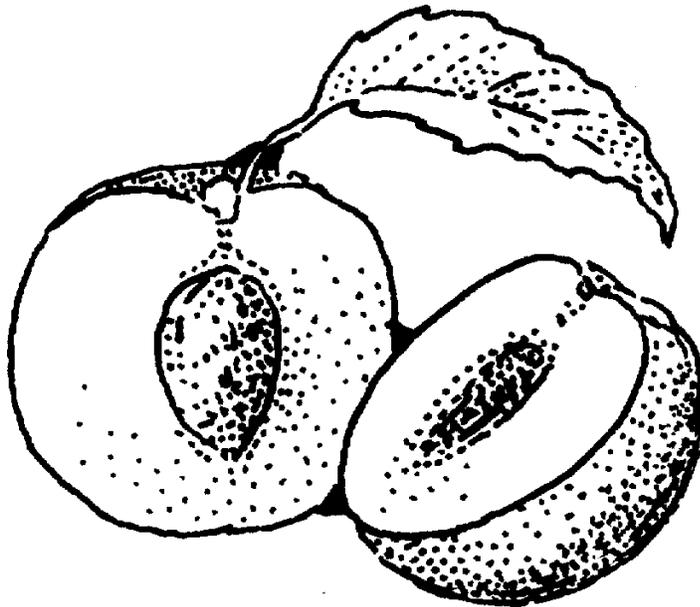
Peach Crunch

4 cups fresh or drained, canned peaches (packed in juice)
¼ cup sugar
2 tablespoons flour
½ teaspoon cinnamon
1 teaspoon vanilla
1 cup oatmeal
½ cup flour
1 teaspoon cinnamon
4 tablespoons diet margarine

In a bowl, add peaches, sugar, flour, 2 tablespoons flour, ½ teaspoon cinnamon and vanilla. Mix well and set aside. In a separate bowl, combine oatmeal, ½ cup flour and one teaspoon cinnamon. Cut in diet margarine until mixture is crumbly in texture. Place the peach mixture in bottom of an 8x8-inch pan. Sprinkle the oatmeal mixture over the peaches. Bake at 350° for 30-40 minutes, or until the crust is golden brown. Makes 8 servings.

One serving:

Calories: 166
Carbohydrate: 30 grams
Protein: 3 grams
Fat: 4 grams
Saturated Fat: 1 gram
Exchanges: 2 carbohydrates, ½ fat
Cholesterol: 0 mg
Fiber: 3 grams
Sodium: 56 mg
Potassium: 217 mg
Calcium: 17 mg



Lemon Cherry Cheesecake

1 whole graham cracker, crushed
1 package sugar-free lemon gelatin
2/3 cup boiling water
1 cup low-fat cottage cheese
8 ounces fat-free cream cheese
2 cups low-fat whipped topping
1 cup low-sugar cherry pie filling

Spray an 8-inch spring form pan or a 9-inch pie plate lightly with non-stick cooking spray. Sprinkle bottom with graham cracker crumbs. Dissolve gelatin in boiling water; pour into blender. Add cottage cheese and fat-free cream cheese. Cover and blend at medium speed, scraping down sides, until smooth. Pour into a large bowl and gently stir in whipped topping. Pour into pan. Chill until set (about 4 hours). When ready to serve, top cheesecake with cherry pie filling. Makes 8 servings.

One serving:

Calories: 94	Cholesterol: 26 mg
Carbohydrate: 12 grams	Fiber: trace
Protein: 8 grams	Sodium: 300 mg
Fat: 2 grams	Potassium: 92 mg
Saturated Fat: 1 gram	Calcium: 43 mg
Exchanges: 1 carbohydrate, 1/2 very-lean meat	

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Strawberries and Cream

2 cups skim milk
1/4 cup sugar
2 tablespoons cornstarch
1/2 teaspoon almond extract
3 cups strawberries

Combine milk, sugar and cornstarch in a saucepan. Cook over medium heat, stirring constantly, until mixture comes to a boil. Stir in almond extract. Cover and chill thoroughly. Place 1/2 cup of strawberries in each of 6 individual dessert dishes. Pour cream mixture over each serving. Makes 6 servings.

One serving:

Calories: 86	Cholesterol: 2 mg
Carbohydrate: 18 grams	Fiber: 1 gram
Protein: 3 grams	Sodium: 43 mg
Fat: 1 gram	Potassium: 274 mg
Saturated Fat: trace	Calcium: 112 mg
Exchanges: 1 carbohydrate	

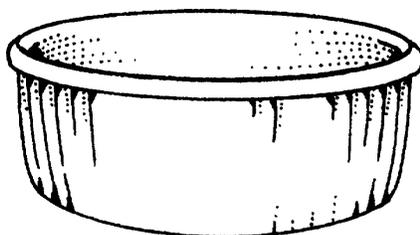
Pineapple-Pistachio Mousse

- 1 small package sugar-free pistachio instant pudding mix
- 1 8-ounce carton plain low-fat yogurt
- 1 8-ounce carton vanilla low-fat, sugar-free yogurt
- 1 8-ounce can unsweetened crushed pineapple, drained
- 1 cup low-fat whipped topping

Combine pudding mix, plain yogurt, vanilla yogurt and pineapple; stir well. Fold in whipped topping. Spoon into 6 individual dessert bowls. Chill. Makes 6 servings.

One serving:

Calories: 92	Cholesterol: 6 mg
Carbohydrate: 16 grams	Fiber: trace
Protein: 3 grams	Sodium: 181 mg
Fat: 3 grams	Potassium: 257 mg
Saturated Fat: 2 grams	Calcium: 104 mg
Exchanges: 1 carbohydrate, ½ fat	



Baked Custard

- | | |
|---------------------|------------------------------|
| 2 cups skim milk | 2 teaspoons vanilla extract |
| 2 tablespoons sugar | ¾ cup non-fat egg substitute |

Mix milk, sugar, vanilla and egg substitute. Pour the custard mixture into four oven-proof custard dishes. Place the custard dishes in a deep pan; fill the pan with hot water up to the level of the custard. Bake in a preheated oven at 325° for 45-60 minutes. The custard is done when it is firm in the center. Serve warm or chilled. Makes 4 servings.

One serving:

Calories: 130	Cholesterol: 19 mg
Carbohydrate: 21 grams	Fiber: 0 mg
Protein: 8 grams	Sodium: 106 mg
Fat: 2 grams	Potassium: 242 mg
Saturated Fat: trace	Calcium: 155 mg
Exchanges: 1 1/2 carbohydrates	

Cherry Crisp

1 can low-sugar cherry pie filling
1/3 cup flour
1 cup oatmeal

1/4 cup brown sugar
3 tablespoons margarine

Spread cherry pie filling in an 8x8-inch baking dish. Mix flour, oatmeal and brown sugar together. Cut margarine into oatmeal mixture. Crumble oatmeal mixture over the top of the cherries. Bake at 375° for 30 minutes. Makes 8 servings.

One serving:

Calories: 147

Carbohydrate: 25 grams

Protein: 2 grams

Fat: 5 grams

Saturated Fat: 1 gram

Exchanges: 1 1/2 carbohydrates, 1 fat

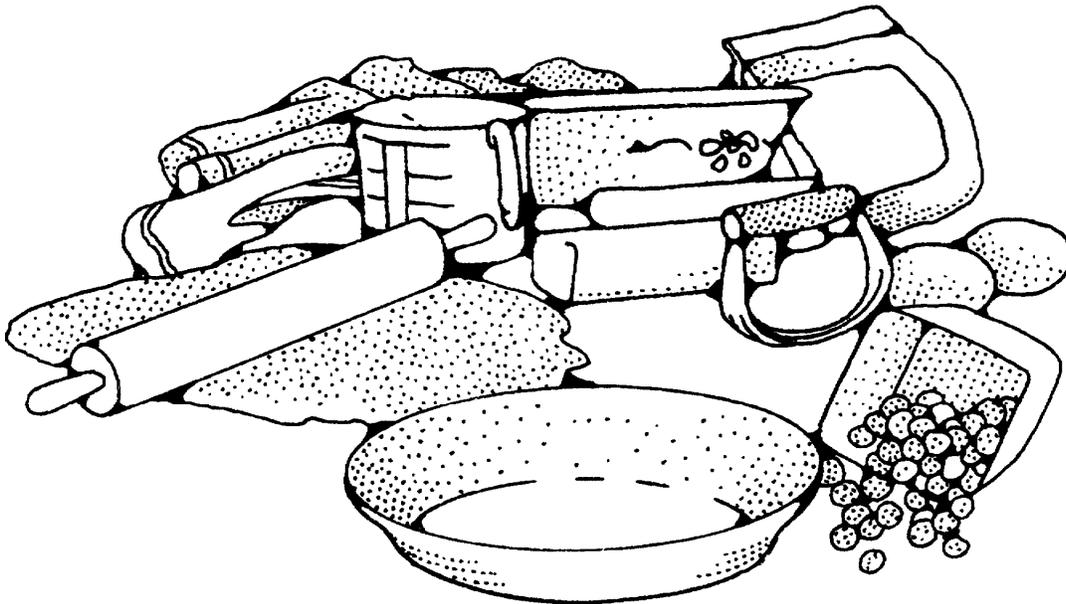
Cholesterol: 0 mg

Fiber: 2 grams

Sodium: 40 mg

Potassium: 97 mg

Calcium: 15 mg



Whole Wheat Cinnamon Sugar Cookies

1 cup sugar
1 teaspoon baking powder
½ teaspoon salt
½ teaspoon soda
½ teaspoon nutmeg
½ cup softened margarine
3 tablespoons milk

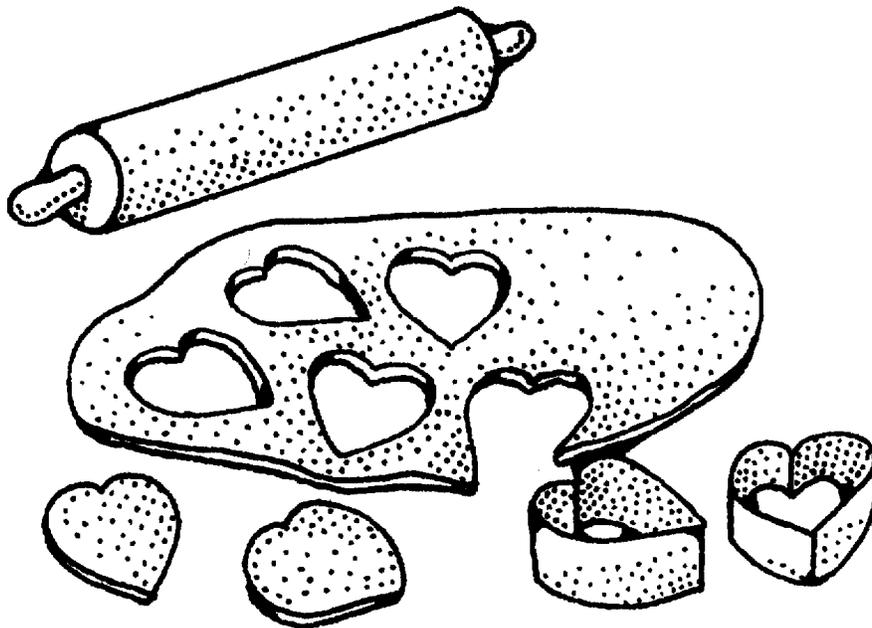
1 tablespoon lemon or orange peel
1 teaspoon vanilla extract
1 egg
2 cups whole wheat flour
2 tablespoons sugar
½ teaspoon cinnamon

In a large bowl, combine sugar, baking powder, salt, soda, nutmeg, margarine, milk, lemon or orange peel, vanilla and egg. Blend well. Stir in flour. Cover and chill for 30-60 minutes. On a lightly floured surface, roll out dough to 1/8-inch thickness. Cut with floured cutters. Place on ungreased cookie sheets, two inches apart. Combine 2 tablespoons sugar and ½ teaspoon cinnamon; sprinkle over cookies. Bake at 375° for 8-10 minutes, or until lightly golden brown. Let stand one minute. Remove from cookie sheets and cool. Makes 36 cookies.

One cookie:

Calories: 72
Carbohydrate: 11 grams
Protein: 1 grams
Fat: 3 grams
Saturated Fat: 1 gram
Exchanges: 1 carbohydrate, ½ fat

Cholesterol: 5 mg
Fiber: 1 gram
Sodium: 85 mg
Potassium: 33 mg
Calcium: 14 mg



Angel Food Cake

1 cup cake flour, sifted
1 teaspoon cream of tartar
¼ cup sugar twin

1 cup egg whites (8-10 eggs)
½ teaspoon vanilla extract

Sift 1/8 cup sugar twin and flour together four times. Beat egg whites and cream of tartar until foamy. Add remaining sugar twin a little at a time, beating in well. Add vanilla and beat until very stiff. Fold flour into egg white and sugar mixture, small amounts at a time. Pour into 10-inch ungreased tube pan. Cut through with a spatula to remove air bubbles. Bake at 275° for 30 minutes, then raise the heat to 300° and bake until done. Invert pan for one hour before removing from pan. Makes 12 servings.

One serving:

Calories: 44

Carbohydrate: 7 grams

Protein: 3 grams

Fat: trace

Saturated Fat: trace

Exchanges: ½ carbohydrate

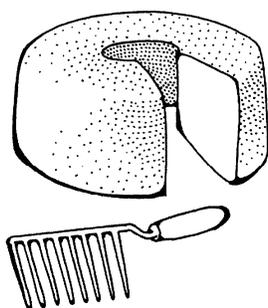
Cholesterol: 0 mg

Fiber: trace

Sodium: 44 mg

Potassium: 91 mg

Calcium: 7 mg



Pineapple Cake

2 cups flour
1 ¼ cups sugar

2 eggs

1 teaspoon baking soda

1 teaspoon vanilla

¼ teaspoon salt

1 16-ounce can crushed pineapple
in its own juice

Mix all ingredients together. Pour into a greased and floured 9x13-inch pan. Bake at 325° for 35-40 minutes. Makes 24 servings.

One serving:

Calories: 97

Carbohydrate: 22 grams

Protein: 2 grams

Fat: 1 gram

Saturated Fat: trace

Exchanges: 1 1/2 carbohydrates

Cholesterol: 16 mg

Fiber: 1 gram

Sodium: 80 mg

Potassium: 41 mg

Calcium: trace

Pineapple Pumpkin Pie

Filling:

2 envelopes unflavored gelatin	1 cup skim milk
3 tablespoons cool water	1 ½ teaspoons cinnamon
¼ cup boiling water	¼ teaspoon ginger
1 16-ounce can pumpkin	1/8 teaspoon ground cloves
1 8-ounce can crushed pineapple in juice	2 teaspoons vanilla
2 tablespoons sugar	

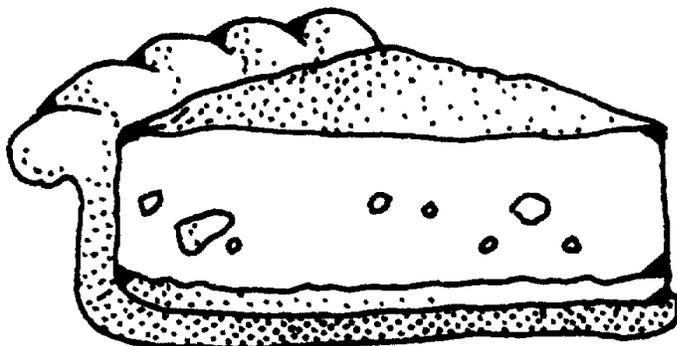
Crust:

1 cup graham cracker crumbs
2 tablespoons melted margarine
2 tablespoons sugar

Mix all of the crust ingredients together and pat into a 9-inch pie pan. Soften the gelatin in cool water for 5 minutes. Add boiling water and stir until the gelatin is completely dissolved. Put the gelatin mixture and all the other filling ingredients in a blender and blend until smooth and frothy. Allow the mixture to stand until slightly thickened before pouring into the graham cracker crust. Chill for at least 3 hours before serving. Makes 8 servings.

One serving:

Calories: 172	Cholesterol: trace
Carbohydrate: 30 grams	Fiber: 3 grams
Protein: 5 grams	Sodium: 138 mg
Fat: 5 grams	Potassium: 268 mg
Saturated Fat: 1 gram	Calcium: 71 mg
Exchanges: 2 carbohydrates, 1 fat	



MISCELLANEOUS

Fresh Salsa

4 large fresh tomatoes, chopped	2 teaspoons lime juice
1 4-ounce can green chilies	1 teaspoon cilantro
1 medium onion, chopped	½ teaspoon ground pepper
1 fresh jalapeno, chopped	¼ teaspoon salt
½ teaspoon cumin	

Mix all ingredients together and chill. Makes approximately four cups.

¼ cup serving:

Calories: 15	Cholesterol: 0 mg
Carbohydrate: 4 grams	Fiber: 1 gram
Protein: 1 gram	Sodium: 121 mg
Fat: trace	Potassium: 128 mg
Saturated Fat: trace	Calcium: 5 mg
Exchanges: One Serving Free	

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Black Bean Salsa

1 15-ounce can black beans, rinsed and drained	
1 cup chopped tomatoes	1 4-ounce can green chilies, drained
½ cup low-sodium corn, drained	1 teaspoon lime juice
½ cup chopped onion	1/8 teaspoon black pepper
1 minced garlic clove	

Combine all ingredients and let stand in the refrigerator for at least one hour. Makes 3 cups.

¼ cup serving:

Calories: 89	Cholesterol: 0 mg
Carbohydrate: 17 grams	Fiber: 5 grams
Protein: 5 grams	Sodium: 276 mg
Fat: 1 gram	Potassium: 292 mg
Saturated Fat: trace	Calcium: 18 mg

Exchanges: 1 carbohydrate

Mild Garlic Marinade

2 tablespoons cooking oil
3 tablespoons wine vinegar
1/3 cup tomato juice
1/4 teaspoon salt

1 teaspoon paprika
1/2 teaspoon black pepper
2 garlic cloves, chopped

Mix all ingredients together. Cover desired meat in marinade and chill in the refrigerator for at least one hour. Grill, roast, broil or bake meat as desired. Makes 3/4 cup marinade.

One tablespoon:

Calories: 23
Carbohydrate: 1 gram
Protein: trace
Fat: 3 grams
Saturated Fat: trace
Exchanges: 1/2 fat

Cholesterol: 0 mg
Fiber: trace
Sodium: 25 mg
Potassium: 26 mg
Calcium: 3 mg



Ranch Style Dressing Mix

1 cup non-fat dry milk
4 teaspoons dried basil
2 tablespoons minced dried onion

2 teaspoons dry mustard powder
1 teaspoon garlic powder
1/2 teaspoon salt

Combine all ingredients in a bowl. Stir well. Store in an airtight container. To use: combine 1/4 cup of mix with 1/4 cup water. Blend into 1 cup non-fat plain yogurt. Shake well before serving. One serving equals 2 tablespoons.

One serving (prepared):

Calories: 25
Carbohydrate: 4 grams
Protein: 2 grams
Fat: trace
Saturated Fat: trace
Exchanges: 1/4 carbohydrate

Cholesterol: 1 mg
Fiber: trace
Sodium: 60 mg
Potassium: 117 mg
Calcium: 87 mg

DIABETES RESOURCES

Nebraska Diabetes Prevention & Control Program

<http://www.hhs.state.ne.us/dpc/ndcp.htm>

This home page tells you about the Nebraska Department of Health & Human Services, Diabetes Prevention & Control Program. The quarterly newsletter, a list of materials, and links to other diabetes home pages are available on this site.

Division of Diabetes Translation at the Centers for Disease Prevention and Control (CDC)

<http://www.cdc.gov/diabetes>

This site tells you about the CDC's Division of Diabetes Translation and its current projects to reduce the burden of diabetes. This site links to information about many of the State-based Diabetes Control Programs. There is a frequently asked questions section and links to other diabetes home pages.

National Institute of Diabetes and Digestive and Kidney Diseases (NIDDK) Home Page

<http://www.niddk.nih.gov/>

This site provides consumer health information on disorders covered by NIDDK. It covers research, recent news releases and links to other U.S. Government health information sources. This home page provides National Diabetes Clearinghouse (NDIC) publications for health professionals and patients.

The National Eye Institute (NEI)

<http://www.nei.nih.gov/>

This site provides information on eye health and eye diseases, including information about eye diseases prevalent to people with diabetes such as: retinopathy, glaucoma, and cataracts. This home page offers press releases about study findings and information on clinical studies.

National Diabetes Education Program

<http://ndep.nih.gov> and <http://www.betterdiabetescare.org>

These sites provide information and resources on the National Diabetes Education Program that is co-sponsored by the Centers for Disease Prevention and Control and the National Institutes of Health.

Centers for Medicare and Medicaid Services

<http://cms.hhs.gov> Or <http://www.medicare.gov>

These sites provide information about diabetes and Medicare benefits.

The National Center for Health Statistics (NCHS) <http://www.cdc.gov/nchs>

This home page for NCHS provides information about publications, electronic products, and the Center's activities.

Indian Health Service (I H S)

<http://www.his.gov/>

This home page offers several links to American Indian health information as well as a link for health care providers and to I H S publications.

National Institute of Dental Research (NIDR) <http://www.nidr.nih.gov>

This site includes information about dental complications of diabetes. NIDR's publications cover diabetes and periodontal disease, and dental tips for people with diabetes.

American Association of Diabetes Educators

<http://www.diabeteseducator.org>

This home page lists information on the organization, professional education and legislation. Publications available are listed. Links are available to other diabetes information sources.

American Diabetes Association (ADA)

<http://www.diabetes.org>

This site provides information on membership, what's new in diabetes and access to ADA's information center. The site links to most ADA State Affiliate web sites.

Nebraska Dietetic Association <http://www.eatrightnebraska.org>

American Dietetic Association (ADA)

<http://www.eatright.org>

This home page contains information about ADA and the National Center for Dietetics (NCND). It includes a list of nutrition resources, fact sheets, and hot topics.

Juvenile Diabetes Research Foundation

<http://www.jdrf.org>

This home page provides information about JDRF, research efforts and publications available. Membership information is included as well as chapter information.

Juvenile Diabetes Research Foundation/Lincoln Chapter

<http://www.jdrforg/lincoln>

Juvenile Diabetes Research Foundation

Omaha/Council Bluffs Chapter

<http://www.jdrf.org/chapters/NE/Omaha-Council-Bluffs>

American Association of Clinical Endocrinologists (AACE)

<http://www.aace.com>

This site features a Members Area, which includes membership information, discussion groups and legislative information. The Public Area includes a definition of AACE, clinical guidelines and a guide to related endocrinology sites.

International Diabetic Athletes Association (IDAA) <http://diabetes-exercise.org/>

This site provides information on how to become a member, meeting and support group information, and how to obtain a mail order catalog of IDAA's materials.

International Diabetes Federation (IDF)

<http://www.idf.org>

This site provides information on diabetes. Membership and contact information is listed. Preview Federation publications. Discover diabetes happenings around the world.

Joslin Diabetes Center

<http://www.joslin.harvard.edu/>

This site describes the Joslin Diabetes Center, and provides the Center's location, satellite sites and affiliated centers. The site lists Joslin publications, research studies and frequently asked questions about diabetes.

Diabetes Net

<http://www.diabetesnet.com>

This web site hosts a Diabetes Mall. Information on insulin therapy, diabetes complications, books, cookbooks, and links to other diabetes sites are provided. The Mall advertises products that are usually created and sold by people with diabetes.

Health Disparities Collaboratives

<http://www.healthdisparities.net>

This site provides information and resources used in a national effort to improve health outcomes for all medically underserved people with chronic disease.

Barbara Davis Center for Childhood Diabetes <http://www.barbaradaviscenter.org>

This site provides information about Type I diabetes, research and publications. It also describes the Barbara Davis Center.

Children's Diabetes Foundation

<http://www.childrensdiabetesfdn.org>

This site provides information on education, publications, recipes and events geared towards children with diabetes.

Diabetes Internet Resources

Nebraska Diabetes Prevention & Control Program

<http://www.dhhs.ne.gov/dpc/ndcp.htm>

CDC Division of Diabetes Translation

<http://www.cdc.gov/diabetes>

Administration on Aging

<http://www.aoa.gov>

American Association of Diabetes Educators (AADE)

<http://www.diabeteseducator.org>

American Diabetes Association (ADA)

<http://www.diabetes.org>

American Dietetic Association (ADA)

<http://www.eatright.org>

American Heart Association

<http://www.americanheart.org>

CDC Division of Nutrition and Physical Activity

<http://www.cdc.gov/nccdphp/dnpa>

Centers for Medicare and Medicaid Services

<http://cms.hhs.gov> or <http://www.medicare.gov>

CIMRO of Nebraska

<http://cimronebraska.org>

U.S. HHSS, Department of Veterans Affairs

<http://www.va.gov/health/diabetes>

U.S. HHSS, Health Resources and Services Administration <http://www.hrsa.gov>

U.S. HHSS, Indian Health Service (IHS)

<http://www.ihs.gov/>

International Diabetes Exercise & Sports Association (DESA)

<http://www.diabetes-exercise.org>

International Diabetes Federation (IDF)

<http://www.idf.org>

Joslin Diabetes Center

<http://www.joslin.harvard.edu/>

Juvenile Diabetes Research Foundation International (JDRF)

<http://www.jdrf.org>

The National Center for Health Statistics (NCHS) <http://www.cdc.gov/nchs>

National Certification Board for Diabetes Educators <http://www.ncbde.org>

National Diabetes Education Program (NDEP)

<http://ndep.nih.gov>

<http://www.cdc.gov/team-ndep>

<http://betterdiabetescare.nih.gov>

<http://www.YourDiabetesInfo.org>

<http://www.diabetesinformation.org>

<http://www.diabetesinformacion.org> (for
Spanish-language materials)

The National Eye Institute

<http://www.nei.nih.gov>

National Health Information Center

<http://www.health.gov/nhic>

National Institute of Dental & Cranofacial Research (NIDCR)

<http://www.nidcr.nih.gov>

**National Institute of Diabetes and Digestive and Kidney Diseases (NIDDK) Diabetes
Home Page** www2.niddk.nih.gov

National Diabetes Information Clearing House (NDIC) <http://www.diabetes.niddk.nih.gov/>

National Library Service for the Blind and Physically Handicapped (NLS)

<http://www.loc.gov/nls>

Nebraska Library Commission

<http://www.nlc.state.ne.us>

The National Women's Health Information Center <http://www.womenshealth.gov>

U.S. Food and Drug Administration

<http://www.fda.gov>

FDA Diabetes Site <http://www.fda.gov/diabetes>

U.S. HHS, Office of Minority Health

<http://www.omhrc.gov>

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301 Centennial Mall South
P.O. Box 95026
Lincoln, NE 68509-5026
1-800-745-9311
E-mail: dhhs.diabetes@nebraska.gov

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