

Healthy Diabetes Recipes

CONTENTS:

Select with Mouse

Appetizers

Beverages

Breads

Salads

Soups

Vegetables & Side Dishes

Poultry, Fish & Main Dishes

Desserts

Miscellaneous

End of Recipes Table of Contents

APPETIZERS

Baked Tortillas

Bean Dip

Super Veggie Wrap

[Back to Main Menu](#)

Baked Tortillas

6 corn tortillas

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

Nutritional Information (1 serving):

Calories: 67

Carbohydrate: 14 grams

Protein: 2 grams

Fat: 1 gram

Saturated Fat: trace

Cholesterol: 0 mg

Fiber: 2 grams

Sodium: 48 mg

Potassium: 46 mg

Calcium: 53 mg

Exchanges: 1 starch

End of Recipe - Return to Table of Contents

Bean Dip

4 cups cooked pinto beans	1/2 teaspoon cumin
1/4 cup chopped onion	1/8 teaspoon oregano
1/2 teaspoon garlic powder	1/4 teaspoon salt

Mash or blend pinto beans. Mix the remaining ingredients into beans. Refrigerate and serve. You may want to use carrot or celery sticks to scoop the bean dip. One serving is 1/4 cup.

Nutritional Information (1 serving):

Calories: 60	Fiber: 4 grams
Carbohydrate: 11 grams	Sodium: 34 mg
Protein: 4 grams	Potassium: 206 mg
Fat: trace	Calcium: 22 mg
Saturated Fat: trace	Exchanges: 1 starch
Cholesterol: 0 mg	

End of Recipe - Return to Table of Contents

Beverages

Blueberry Smoothie

Champagne Imposter

Cinnamon Cafe Au Lait

Cranberry Punch

Cran-Raspberry Tea

Hot Cocoa

Hot Spiced Tomato Juice

Lime Cooler

Pineapple Julius

Simmered Cider

Special Tea

Tropical Blueberry Smoothie

Back to Main Menu

Blueberry Smoothie

1/2 cup chilled skim milk

1 packet of artificial
sweetener

1/2 teaspoon vanilla

1 cup blueberries

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

To make it "frosty" use frozen blueberries.

Nutritional Information (1 serving):

Calories: 189

Carbohydrates: 35 grams

Protein: 12 grams

Fat: 1 gram

Saturated fat: trace

Cholesterol: 5 mg

Fiber: 4 gram

Sodium: 156 mg

Potassium: 553 mg

Calcium: 379 mg

Exchanges: 1 1/2 fruit, 1
skim milk

End of Recipe - Return to Table of Contents

Champagne Imposter

1/3 cup chilled,
unsweetened apple juice

1/4 teaspoon lemon juice
1/3 cup club soda

Add all ingredients together. Pour into a chilled champagne or wine glass. Serve immediately. Makes 1 serving.

Nutritional Information (1 serving):

Calories: 38

Carbohydrate: 10 grams

Protein: trace

Fat: trace

Saturated Fat: trace

Cholesterol: 0 mg

Fiber: trace

Sodium: 22 mg

Potassium: 103 mg

Calcium: 9 mg

Exchanges: 1/2 fruit

End of Recipe - Return to Table of Contents

Cinnamon Cafe Au Lait

1 cup skim milk
2 teaspoons cocoa powder

1 packet artificial sweetener

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

Nutritional Information (1 serving):

Calories: 34	Fiber: trace
Carbohydrate: 5 grams	Sodium: 49 mg
Protein: 3 grams	Potassium: 202 mg
Fat: trace	Calcium: 116 mg
Saturated Fat: trace	Exchanges: 1/2 skim milk
Cholesterol: 2 mg	

End of Recipe - Return to Table of Contents

Cranberry Punch

1 quart low calorie cranberry juice
1 quart sugar-free ginger ale

Mix together shortly before serving. Makes 16 1-cup servings.

Nutritional Information (1 serving):

Calories: 15

Carbohydrate: 4 grams

Protein: 0

Fat: 0

Saturated Fat: 0

Cholesterol: 0 mg

Fiber: 0

Sodium: 15 mg

Potassium: 19 mg

Calcium: 10 mg

Exchanges: 1 serving is free

End of Recipe - Return to Table of Contents

Cran-Raspberry Tea

2 raspberry tea bags

1 1/2 cups boiling water

1 cup low-calorie cranberry juice cocktail

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

Nutritional Information (1 serving):

Calories: 25

Carbohydrates: 6 grams

Protein: 0

Fat: 0

Saturated fat: 0

Cholesterol: 0

Fiber: trace

Sodium: 11 mg

Potassium: 115 mg

Calcium: 11 mg

Exchanges: 1/2 fruit

End of Recipe - Return to Table of Contents

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.

Nutritional Information (1 serving):

Calories: 101	Fiber: 1 gram
Carbohydrate: 14 grams	Sodium: 127 mg
Protein: 11 gram	Potassium: 462 mg
Fat: 1 gram	Calcium: 306 mg
Saturated Fat: 1 gram	Exchanges: 1 skim milk
Cholesterol: 4 mg	

End of Recipe - Return to Table of Contents

Hot Spiced Tomato Juice

1 46-ounce can low-sodium
tomato juice
2 teaspoons Worcestershire
sauce
1/4 teaspoon garlic powder

1/4 teaspoon sweet basil
1/4 teaspoon oregano
3 drops Tabasco sauce

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

Nutritional Information (1 serving):

Calories: 20

Carbohydrate: 5 grams

Protein: 1 gram

Fat: 0

Saturated Fat: 0

Cholesterol: 0

Fiber: 1 gram

Sodium: 21 mg

Potassium: 249 mg

Calcium: 12 mg

Exchanges: 1 serving is free

End of Recipe - Return to Table of Contents

Lime Cooler

2 cans (6-oz) frozen
limeade
4 cups water
1/2 cup lemon juice

6 cups chilled club soda
1 cup pineapple, sliced

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

Nutritional Information (1 serving):

Calories: 37

Carbohydrate: 10 grams

Protein: trace

Fat: trace

Saturated Fat: 0

Cholesterol: 0 mg

Fiber: trace

Sodium: 18 mg

Potassium: 27 mg

Calcium: 7 mg

Exchanges: 1/2 fruit

End of Recipe - Return to Table of Contents

Pineapple Julius

2 cups pineapple juice

1 teaspoon vanilla

2/3 cup nonfat dry milk

5 or 6 ice cubes, crushed

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

Nutritional Information (1 serving):

Calories: 113

Fiber: 0

Carbohydrates: 23 grams

Sodium: 63 mg

Protein: 4 grams

Potassium: 360 mg

Fat: trace

Calcium: 160 mg

Saturated fat: trace

Exchanges: 1 fruit, 1/2 cup

Cholesterol: 2 mg

skim milk

End of Recipe - Return to Table of Contents

Simmered Cider

2 quarts unsweetened apple
cider

sliver of lemon peel

1/2 teaspoon whole allspice

1/2 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.

Nutritional Information (1 serving):

Calories: 54

Carbohydrate: 13 grams

Protein: 0 grams

Fat: 0 grams

Saturated Fat: 0 grams

Cholesterol: 0 mg

Fiber: trace

Sodium: 4 mg

Potassium: 137 mg

Calcium: 9 mg

Exchanges: 1 fruit

End of Recipe - Return to Table of Contents

Special Tea

4 cups water	1/2 teaspoon allspice
2 whole cloves	1 long strip lemon peel
dash of nutmeg	1 long strip orange peel
3 or 4 tea bags	
1 cinnamon stick	

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.

Nutritional Information (1 serving):

Calories: 4	Fiber: 0
Carbohydrates: 1 gram	Sodium: 7 mg
Protein: 0	Potassium: 92 mg
Fat: 0	Calcium: 2 mg
Saturated fat: 0	Exchanges: Free
Cholesterol: 0	

End of Recipe - Return to Table of Contents

Tropical Blueberry Smoothie

1 can (8 oz) crushed
pineapple, drained
1 ripe banana, sliced

1 C milk
1 C fresh or frozen
blueberries

Combine pineapple, banana, milk, and blueberries in blender. Cover, blend until thick and smooth. Serve immediately. Makes 3 servings.

Nutritional Information (1 serving):

Calories: 139

Protein: 4 grams

Carbohydrate: 29 grams

Fat: 2 grams

End of Recipe - Return to Table of Contents

Poultry, Fish & Main Dishes

Burgundy

Chicken Cilantro

Chicken & Vegetable Pasta
with Orange-Basil Sauce

Chicken Enchiladas

Fruity Ham Slices

Grape & Pasta Sauté

Grilled Chicken Salad with Raspberry Vinaigrette

Grilled Lemon Chicken

Indian Broiled Chicken

Lemon Baked Shrimp

Marinated Steak

Oven Fried Chicken

Rice Meat Balls

Scallop, Spinach & Tomato Sauté

Sloppy Joes

Spicy Red Snapper

Swedish Cabbage Rolls

Sweet & Sour Chicken

Turkey Stroganoff

Vegetable Linguine

Vegetable Lasagna

Return to Main Menu

Beef Burgundy

1 pound lean beef, cubed	1 tablespoon parsley
1/4 cup flour	1/2 cup dry red wine
1/8 teaspoon pepper	1 cup water
2 tablespoons cooking oil	2 cups chopped fresh tomatoes
1/2 cup chopped onion	2 cups diced raw carrots
1 clove garlic	2 cups sliced raw mushrooms
1/4 teaspoon thyme	3 cups diced potatoes
1/4 teaspoon basil	
1/4 teaspoon oregano	
1/8 teaspoon rosemary	

Coat beef with flour and pepper. Brown meat in oil. Add onion and garlic, then cook until tender. Pour off fat. Add all spices, wine and water. Cover and simmer for 30 minutes, stirring occasionally, adding more water if necessary. Add tomatoes, carrots, mushrooms, and potatoes, simmer 1 more hour. Makes 8 servings

Nutritional Information (1 serving):

Calories: 197	Fiber: 3 grams
Carbohydrates: 19 grams	Sodium: 43 mg
Protein: 15 grams	Potassium: 635 mg
Fat: 6 grams	Calcium: 25 mg
Saturated fat: 2 grams	Exchanges: 1 vegetable, 1
Cholesterol: 38 mg	1/2 lean meat, 1 starch

End of Recipe - Return to Table of Contents

Chicken Cilantro

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

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.

Nutritional Information (1 serving):

Calories: 180	Fiber: 1 gram
Carbohydrates: 3 grams	Sodium: 159 mg
Protein: 27 grams	Potassium: 272 mg
Fat: 6 grams	Calcium: 22 mg
Saturated fat: 1 gram	Exchanges: 3 1/2 lean meat, 1 vegetable
Cholesterol: 73 mg	

End of Recipe - Return to Table of Contents

Chicken Enchiladas

1/2 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

12 8-inch tortillas
1 10 3/4 oz. 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
1/2 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 in cooked onion and chicken into cream cheese mixture. Wrap tortillas in foil and heat in a 350 degree oven for 10 minutes or until softened. Spoon about 1/4 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.

(Continues on next page)

Chicken Enchiladas (contd)

To make sauce, combine soup, sour cream, milk, and green chilies; pour over enchiladas. Bake the enchiladas covered in 350 degree oven for 40 minutes or until heated through. Sprinkle the enchiladas with cheddar cheese. Bake uncovered for 5 minutes or until cheese is melted. Makes 12 enchiladas.

Nutritional Information (1 enchilada):

Calories: 288

Carbohydrates: 25 grams

Protein: 21 grams

Fat: 11 grams

Saturated fat: 5 grams

Cholesterol: 58 mg

Fiber: 1 gram

Sodium: 414 mg

Potassium: 305 mg

Calcium: 153 mg

Exchanges: 1 1/2 starch, 2 medium-fat meat

End of Recipe - Return to Table of Contents

Fruity Ham Slices

1 pound low-sodium extra lean ham slices (8 slices)

2 bananas

1/2 cup crushed pineapple in juice

1 cup unsweetened pineapple juice

2 teaspoons cornstarch

1/2 teaspoon cinnamon

1/8 teaspoon ground cloves

Place ham slices in a baking dish. Peel bananas and cut into quarters, first cutting lengthwise, Place 1/4 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 degrees. Makes 8 servings..

Nutritional Information (1 serving, without noodles):

Calories: 196

Carbohydrate: 6 grams

Protein: 24 grams

Fat: 7 grams

Saturated Fat: 3 grams

Cholesterol: 69 mg

Fiber: 1 grams

Sodium: 123 mg

Potassium: 409 mg

Calcium: 44 mg

Exchanges: 1/2 starch, 3 lean meat

Continued on Next Page

Fruity Ham Slices (contd)

Nutritional information (1 slice):

Calories: 142

Carbohydrate: 15 grams

Protein: 12 grams

Fat: 3 grams

Saturated Fat: 1 gram

Cholesterol: 30 grams

Fiber: 2 grams

Sodium: 550 mg (High Sodium)

Potassium: 339 mg

Calcium: 14 mg

Exchanges: 1 fruit, 2 very-lean meat

End of Recipe - Return to Table of Contents

Grape and Pasta Sauté

8 oz large shelled pasta,
cooked and drained
1/2 c chopped onion
2 tsp olive oil
1 C fresh or frozen pea
pods, thawed, cut in half
diagonally

1 C red or yellow pepper,
chopped
1 C sliced
mushrooms
1/2 tsp dried oregano
2 C seedless grapes
Garlic salt and ground
pepper, to taste

Sauté onion in oil in non-stick skillet until tender. Add pea pods, peppers, mushrooms, and oregano. Cook 2 to 3 minutes or until vegetables are crisp-tender. Stir in grapes and pasta. Add salt and pepper to taste, and heat thoroughly. Variation: add cooked chicken or shrimp and sprinkle with grated parmesan cheese. Makes 6 servings.

Nutritional Information (1 serving):

Calories: 220

Protein: 7 grams

Carbohydrate: 43 grams

Fat: 2.7 grams

End of Recipe - Return to Table of Contents

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

1/2 teaspoon salt

8 cups salad greens

Grill chicken breasts over a slow charcoal or gas grill on low; turning chicken over until it is 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 the salad greens on 4 plates. Cut each chicken breast into slices and arrange on top of greens. Serve immediately. Makes 4 servings.

Nutritional Information (1 serving):

Calories: 192

Carbohydrates: 4 grams

Protein: 28 grams

Fat: 7 grams

Saturated fat: 1 gram

Cholesterol: 73 mg

Fiber: 1 gram

Sodium: 207 mg

Potassium: 494 mg

Calcium: 48 mg

Exchanges: 1 vegetable,

1/2 fat, 4 very-lean meat

End of Recipe - Return to Table of Contents

Grilled Lemon Chicken

4 small skinless chicken
breasts
(about 4 ounces each)
1/3 cup lemon juice
1/4 cup water

1/2 teaspoon garlic powder
1/4 teaspoon onion powder
1 teaspoon dried parsley
1/4 teaspoon salt

Mix all the 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, turning and marinating occasionally until done. Put reserved marinade into a saucepan and bring to a boil; serve on the side as a sauce. Makes 4 servings.

Nutritional Information (1 serving):

Calories: 148

Carbohydrate: 2 grams

Protein: 27 grams

Fat: 3 grams

Saturated Fat: 1 grams

Cholesterol: 73 mg

Fiber: trace

Sodium: 201 mg

Potassium: 248 mg

Calcium: 16 mg

Exchanges: 4 very-lean
meat

End of Recipe - Return to Table of Contents

Lemon Baked Shrimp

1 pound peeled and de-veined shrimp	1/8 teaspoon salt
1/3 cup dry bread crumbs	2 minced garlic cloves
1 teaspoon dried parsley	2 tablespoons fresh lemon juice
1/2 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 degrees for 15 minutes or until shrimp are done and the bread crumb mixture is lightly browned. Makes 4 servings.

Nutritional Information (1 serving):

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

End of Recipe - Return to Table of Contents

Marinated Steak

1 pound trimmed lean round steak	1 bay leaf
1 large onion, sliced	1/4 teaspoon crushed red pepper
1/2 cup low-sodium beef broth	1/8 teaspoon allspice
2 tablespoons Worcestershire Sauce	

Combine all ingredients in a large zip-top 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 a non-stick cooking spray. Broil 7 to 8 minutes on each side or to desired degree of doneness. Set steak aside and keep warm. Coat a non-stick skillet with a non-stick cooking spray, add onion and sauté over medium-high heat until tender. Add reserved marinade, cover, reduce heat and simmer onion mixture 5 minutes. Remove and discard bay leaf. Transfer steak to a platter and spoon onion mixture over the steak. Makes 4 servings.

Nutritional Information (1 serving):

Calories: 182

Carbohydrates: 6 grams

More on Next Page

Protein: 28 grams

Fat: 5 grams

Saturated fat: 2 grams

Cholesterol: 71 mg

Fiber: 1 gram

Sodium: 150 mg

Potassium: 545 mg

Calcium: 25 mg

Exchanges: 4 very-lean
meat and 1 vegetable

End of Recipe - Return to Table of Contents

Oven Fried Chicken

6 skinless chicken breasts	1/2 teaspoon paprika
1/2 cup flour	1/2 teaspoon garlic salt
1 teaspoon oil	1/4 teaspoon black pepper

Preheat oven to 325 degrees. Oil a 9 X 13 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 to 35 minutes or until browned. Makes 6 servings.

Nutritional Information (1 serving):

Calories: 188	Fiber: 1 gram
Carbohydrates: 8 grams	Sodium: 153 mg
Protein: 28 grams	Potassium: 238 mg
Fat: 4 gram	Calcium: 15 mg
Saturated fat: 1 gram	Exchanges: 1/2 starch, 4
Cholesterol: 73 mg	very lean meat

End of Recipe - Return to Table of Contents

Rice Meat Balls

1 cup instant rice	1/4 teaspoon salt
1 pound extra-lean ground beef	1/8 teaspoon marjoram
1 egg, slightly beaten	dash of pepper
1/4 cup grated onion	2 1/2 cups low-sodium tomato juice

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

Nutritional Information (1 serving):

Calories: 241	Fiber: 1 gram
Carbohydrates: 18 grams	Sodium: 156 mg
Protein: 19 grams	Potassium: 456 mg
Fat: 10 grams	Calcium: 22 mg
Saturated fat: 4 grams	Exchanges: 2 medium-fat meat, 1 starch
Cholesterol: 87 mg	

End of Recipe - Return to Table of Contents

Scallop, Spinach & Tomato Sauté

2 tbsp olive oil	10 oz fresh spinach, stems removed, thoroughly washed
1 clove garlic, minced	
1 pound bay or sea scallops, halved	Salt and freshly ground pepper, to taste
1 tbsp chopped fresh basil	2 C cooked rice
3 large tomatoes, coarsely chopped	

Gently heat the oil and garlic in a large skillet over low heat for 1 minute. Stir in the scallops, cover, and cook for 1 minute. Stir in the basil, tomatoes, spinach, and salt and pepper to taste. Cover and cook for 4 to 5 minutes, stirring occasionally until the scallops whiten. Serve at once, spooning the scallops and their sauce over rice. Makes 4 servings.

Nutritional Information (1 serving):

Calories: 338

Protein: 31 grams

Carbohydrate: 35 grams

Fat: 9 grams

End of Recipe - Return to Table of Contents

Sloppy Joes

1 pound extra-lean ground
beef
1/4 cup tomato juice
2 tablespoons ground onion
1 tablespoon prepared
mustard

1/4 teaspoon dry mustard
2 tablespoons ketchup
1/2 teaspoon salt

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

Nutritional Information (1 serving on a bun):

Calories: 250

Carbohydrates: 24 grams

Protein: 16 grams

Fat: 9 grams

Saturated fat: 3 grams

Cholesterol: 42 mg

Fiber: 1 gram

Sodium: 451 mg (HIGH
SODIUM)

Potassium: 263 mg

Calcium: 71 mg

Exchanges: 1 1/2 starch, 2
medium-fat meat

End of Recipe - Return to Table of Contents

Spicy Red Snapper

1 pound fresh or frozen red
snapper
2 tablespoons lime juice
1/2 teaspoon paprika

1/4 teaspoon salt
1/4 teaspoon ground ginger
1/4 teaspoons 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 in a 450 degree oven for 10 to 15 minutes or until fish flakes easily when tested with a fork. Makes 4 servings.

Nutritional Information (1 serving):

Calories: 112

Carbohydrates: 1 gram

Protein: 22 grams

Fat: 2 grams

Saturated fat: 1 gram

Cholesterol: 40 mg

Fiber: trace

Sodium: 183 mg

Potassium: 460 mg

Calcium: 36 mg

Exchanges: 3 very lean
meat

End of Recipe - Return to Table of Contents

Swedish Cabbage Rolls

1 egg	3/4 cup cooked rice
1/4 teaspoon salt	6 large cabbage leaves
pepper (as desired)	1 cup low-sodium tomato juice
1 teaspoon Worcestershire sauce	1 tablespoon lemon juice
1/4 cup chopped onion	1 tablespoon brown sugar
1/3 cup skim milk	
1 pound extra-lean ground beef	

Combine egg, salt, pepper, Worcestershire sauce, onion, milk and 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 1/2 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 degrees for 1 hour.. Makes 6 servings.

Nutritional Information (1 serving):

Calories: 214

Carbohydrates: 12 grams

More on Next Page

Protein: 19 grams

Fat: 10 grams

Saturated fat: 4 grams

Cholesterol: 88 mg

Fiber: 2 grams

Sodium: 171 mg

Potassium: 415 mg

Calcium: 36 mg

Exchanges: 2 medium-fat
meat, 1 starch

End of Recipe - Return to Table of Contents

Sweet-and-Sour Chicken

1 pound skinless, boneless
chicken breast, cut into
1-inch pieces
1 tablespoon cooking oil
1 cup chopped green pepper
1 cup carrots, sliced like
coins
1/2 cup chopped onion
1 minced clove garlic
1 cup low-sodium chicken
broth

1 tablespoon cornstarch
2 tablespoons brown sugar
2 tablespoons cooking
sherry
1/2 teaspoon ground ginger
1 8-ounce can unsweetened
pineapple chunks, drained
5 cups hot cooked rice
1 tablespoon low-sodium
soy sauce

Heat oil in a large non-stick skillet over medium-high heat. Add chicken and stir-fry for 5 minutes or until chicken is browned. Add green pepper, carrots, onion and garlic, and 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 1 minute or until mixture is thickened and bubbly, stirring constantly. Serve over rice. Makes 8 servings

Nutritional Information (1 serving):

Calories: 307

Carbohydrates: 48 grams

More on Next Page

Protein: 18 grams

Fat: 4 grams

Saturated fat: 1 gram

Cholesterol: 36 mg

Fiber: 2 grams

Sodium: 185 mg

Potassium: 314 mg

Calcium: 37 mg

Exchanges: 3 starch, 1 lean
meat

End of Recipe - Return to Table of Contents

Turkey Stroganoff

4 cups cooked skinless
turkey breast
2 tablespoons margarine
2 cups fresh sliced
mushrooms
1 thinly sliced onion
3 tablespoons flour
2 cups hot turkey or chicken
broth, low sodium/low fat

1 tablespoon tomato paste
1 teaspoon Worcestershire
sauce
3 tablespoons sherry
3/4 cup low-fat sour cream

Cut the cooked turkey into narrow strips and set aside. Melt 1 tablespoon of the margarine in a large skillet. Add the sliced mushrooms and onion; cook until tender and lightly browned. Remove the mushrooms and onions and put them in a bowl. Do not wash the pan. Melt the remaining 1 tablespoon of 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 the sauce for 10 minutes. Add the turkey, mushrooms, and onion to the pan and simmer for an additional 10 minutes. Add the sour cream and mix thoroughly. Serve immediately over noodles. Makes 8 (3/4 cup) servings.

More on Next Page

Nutritional Information (1 serving, without noodles):

Calories: 196

Carbohydrate: 6 grams

Protein: 24 grams

Fat: 7 grams

Saturated Fat: 3 grams

Cholesterol: 69 mg

Fiber: 1 grams

Sodium: 123 mg

Potassium: 409 mg

Calcium: 44 mg

Exchanges: 1/2 starch, 3 lean meat

Nutritional information (1 serving with one cup noodles):

Calories: 409

Carbohydrate: 46 grams

Protein: 32 grams

Fat: 9 grams

Saturated Fat: 3 grams

Cholesterol: 121 mg

Fiber: 3 grams

Sodium: 134 mg

Potassium: 454 mg

Calcium: 63 mg

Exchanges: 3 starch, 3 lean meat

End of Recipe - Return to Table of Contents

Vegetable Linguine

1 1/4 cup chopped onion	1 15-ounce can low-sodium tomato sauce
1/2 cup chopped celery	2 teaspoons sugar
1/2 cup chopped green pepper	1/4 teaspoon crushed red pepper flakes
2 cloves garlic, minced	1/2 teaspoon oregano
1 tablespoon olive oil	1/8 teaspoon black pepper
1 tablespoon dried basil	8 ounces linguine
1 16-ounce can tomatoes	

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

Nutritional Information (1 serving):

Calories: 233	Fiber: 4 grams
Carbohydrate: 45 grams	Sodium: 161 mg
Protein: 8 grams	Potassium: 608 mg
Fat: 4 grams	Calcium: 68 mg
Saturated Fat: 1 gram	Exchanges: 2 1/2 starch, 1 vegetable, 1/2 fat
Cholesterol: 0 mg	

End of Recipe - Return to Table of Contents

Vegetable Lasagna

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

In a sauce pan, cook mushrooms and onions in oil until tender. Stir in tomato sauce, tomato paste, oregano, and basil. In a mixing bowl, stir together cottage cheese and 1/2 cup of Monterey Jack cheese. Oil a 3-quart rectangular baking dish. In the baking dish layer 3 lasagna noodles, 1/3 of the cottage cheese mixture, 1/3 of the spinach, 1/3 of the tomato mixture; repeat layers twice. Sprinkle the reserved Monterey Jack cheese on top. Bake uncovered in a 375 degree oven for 30 minutes or until heated through. Let stand 10 minutes before serving. Makes 8 servings.

More on Next Page

Vegetable Lasagna (contd)

Nutritional Information (1 serving):

Calories: 253

Carbohydrate: 32 grams

Protein: 17 grams

Fat: 8 grams

Saturated Fat: 3 grams

Cholesterol: 15 mg

Fiber: 4 grams

Sodium: 364 mg

Potassium: 686 mg

Calcium: 223 mg

Exchanges: 2 starch, 1/2 fat, 1 1/2 lean meat

End of Recipe - Return to Table of Contents

BREADS

Applesauce Oatmeal Muffins

Biscuits

Bolillos

Buttermilk-Oatmeal Pancakes

Cinnamon Raisin Biscuits

Cranberry Bread

English Muffin Bread

French Toast Ala Orange

Lowfat Double Apple Muffins

Muffins

Popovers

Return to Main Menu

Applesauce Oatmeal Muffins

1 1/2 cups oatmeal	1 cup applesauce
1 1/4 cups flour	2/3 cup skim milk
1/2 teaspoon cinnamon	1/4 cup sugar
1 teaspoon baking powder	2 tablespoon cooking oil
3/4 teaspoon baking soda	1 egg

Combine oatmeal, flour, cinnamon, baking powder, and baking soda. Add applesauce, milk, sugar and egg; mix just until the dry ingredients are moistened. In an oiled muffin tin, fill muffin cups 2/3 full. Bake at 400 degrees for 20 minutes or until deep golden brown. Makes 18 muffins.

Nutritional Information (1 muffin):

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

End of Recipe - Return to Table of Contents

Biscuits

2 cups flour	1/4 cup margarine
3 teaspoons baking powder	2/4 cup skim milk
1/2 teaspoon salt	

Mix flour, baking powder, and salt into bowl. Cut in shortening thoroughly, until mixture looks like meal. Stir in milk. Round up dough on a lightly floured board. Knead lightly 20 to 25 times. Roll 1/2 inch thick. Cut with a floured biscuit cutter. Place on an ungreased baking sheet. Bake 10 to 12 minutes or until golden brown. Makes 12 biscuits.

Nutritional Information (1 biscuit):

Calories: 116	Fiber: 1 gram
Carbohydrate: 17 grams	Sodium: 207 mg
Protein: 3 grams	Potassium: 50 mg
Fat: 4 grams	Calcium: 91 mg
Saturated Fat: 1 gram	Exchanges: 1 starch, 1 fat
Cholesterol: 1 mg	

End of Recipe - Return to Table of Contents

Bolillos

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

Heat water, sugar, margarine, and salt together until slightly warm (110 degrees). Dissolve yeast into mixture. Add 5 cups flour. Knead 10 minutes, working in last cup of flour. Let rise to double. Shape into 24 balls. Placed on an oiled baking sheet. Let rise. Brush with a mixture of 1 teaspoon cornstarch and 1/2 cup water. Slash tops of balls. Bake at 375 degrees for 30 minutes. Makes 24 bolillos.

Nutritional Information (1 bolillo):

Calories: 126	Fiber: 1 gram
Carbohydrates: 25 grams	Sodium: 188 mg
Protein: 3 grams	Potassium: 40 mg
Fat: 1 gram	Calcium: 6 mg
Saturated fat: trace	Exchanges: 1 1/2 starch
Cholesterol: 0 mg	

End of Recipe - Return to Table of Contents

Buttermilk-Oatmeal Pancakes

1 1/4 cups skim buttermilk
2/3 cup quick cooking oats
1/2 teaspoon vanilla
1 tablespoon cooking oil
1 egg

1 1/2 cups flour
2 tablespoons brown sugar
1/2 teaspoon baking soda
1/4 teaspoon salt

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.

Nutritional Information (1 pancake):

Calories: 130

Carbohydrate: 24 grams

Protein: 5 grams

Fat: 2 grams

Saturated Fat: 1 grams

Cholesterol: 25 mg

Fiber: 1 grams

Sodium: 194 mg

Potassium: 117 mg

Calcium: 56 mg

Exchanges: 1 1/2 starch

End of Recipe - Return to Table of Contents

Cinnamon-Raisin Biscuits

2 cups flour	2 tablespoons cooking oil
3 teaspoons baking powder	1/2 cup sifted powdered sugar
1/3 cup raisins	
2 tablespoons sugar	1 1/2 tablespoons skim milk
1 teaspoon cinnamon	1/4 teaspoon vanilla
3/4 cup skim milk	

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 degrees for 10 to 12 minutes or until golden. Combine powdered sugar, milk, and vanilla; stir well. Drizzle over warm biscuits. Makes 18 biscuits.

Nutritional Information (1 biscuit):

Calories: 93	Fiber: 1 gram
Carbohydrates: 18 grams	Sodium: 88 mg
Protein: 2 grams	Potassium: 54 mg
Fat: 2 grams	Calcium: 63 mg
Saturated fat: trace	Exchanges: 1 starch, 1/2 fat
Cholesterol: 1 mg	

End of Recipe - Return to Table of Contents

Cranberry Bread

2 cups flour	1 teaspoon grated orange peel
1/2 cup sugar	3/4 cup unsweetened orange juice
1 1/2 teaspoon baking powder	3/4 cup raisins
1/2 teaspoon baking soda	1 1/2 cups chopped cranberries
2 tablespoons margarine	
1 egg, beaten	

Sift dry ingredients together. Cut in margarine until the mixture is crumbly. Add egg, orange peel, and orange juice all at once; stir until the mixture is evenly moist. Fold in raisins and cranberries. Spoon into a greased 9x5x3-inch loaf pan. Bake at 350 degrees for 1 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.

Nutritional Information (1 slice):

Calories: 114	Fiber: 1 gram
Carbohydrates: 23 grams	Sodium: 91 mg
Protein: 2 grams	Potassium: 90 mg
Fat: 2 grams	Calcium: 31 mg
Saturated fat: trace	Exchanges: 1 starch, 1/2 fat, and 1/2 fruit
Cholesterol: 10 mg	

End of Recipe - Return to Table of Contents

English Muffin Bread

2 packages yeast

6 cups flour

1 tablespoon sugar

2 teaspoons salt

1/4 teaspoon baking soda

2 cups skim milk

1/2 cup water

cornmeal

Combine yeast, 3 cups of the flour, sugar salt, and soda. Heat liquids until very warm (120-130 degrees), and add to dry ingredients. Beat well. Stir in the rest of the flour to make a stiff batter. Spoon into 2 9X5 inch loaf pans that have been oiled and sprinkled with cornmeal. Cover and let raise 45 minutes. Bake at 400 degrees for 25 minutes. Remove from pans immediately and cool. Makes 16 slices per loaf.

Nutritional Information (1 slice):

Calories: 95

Carbohydrates: 20 grams

Protein: trace

Fat: trace

Saturated fat: trace

Cholesterol: 0 mg

Fiber: 1 gram

Sodium: 146 mg

Potassium: 60 mg

Calcium: 25 mg

Exchanges: 1 starch

End of Recipe - Return to Table of Contents

French Toast Ala Orange

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

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

Nutritional Information (1 serving):

Calories: 126	Fiber: 1 gram
Carbohydrates: 19 grams	Sodium: 230 mg
Protein: 6 grams	Potassium: 171 mg
Fat: 2 gram	Calcium: 41 mg
Saturated fat: 1 gram	Exchanges: 1 starch, 1/2 lean meat
Cholesterol: 48mg	

End of Recipe - Return to Table of Contents

Lowfat Double Apple Muffins

1 1/2 cups flour	3/4 cup skim milk
1/4 cup sugar	1/4 cup unsweetened applesauce
2 1/2 teaspoons baking powder	3/4 cup shredded apple, peeled or not peeled
1/4 teaspoon salt	
1 egg	

In a mixing bowl, beat egg, milk and applesauce. Stir in shredded apple. Add flour, sugar, baking powder and salt all at once. Stir until just moistened. Fill muffin liners/greased muffin tins 3/4 full of batter. Bake at 400 degrees for 20-25 minutes. Makes 12 muffins.

Nutritional Information (1 muffin):

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

End of Recipe - Return to Table of Contents

Muffins

1 egg	2 tablespoons sugar
1 cup skim milk	3 teaspoons baking powder
2 tablespoons salad oil	1/2 teaspoon salt
2 cups flour	

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 degrees for 20 to 25 minutes, or until golden brown. Remove from pan immediately. Makes 12 muffins.

Nutritional Information (1 muffin):

Calories: 117	Fiber: 1 gram
Carbohydrates: 19 grams	Sodium: 226 mg
Protein: 3 grams	Potassium: 61 mg
Fat: 3 grams	Calcium: 98 mg
Saturated fat: trace	Exchanges: 1 starch, 1/2 fat
Cholesterol: 16 mg	

End of Recipe - Return to Table of Contents

Popovers

1 egg	1 tablespoon cooking oil
2 egg whites	1 cup flour
1 cup skim milk	1/4 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 no foamy. Preheat oven to 400 degrees. Generously oil popover cups, fill within 1/2 inch of the top. Bake immediately. Bake until very dark brown about 35 minutes to 45 minutes. When done cut 2 small slits 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.

Nutritional Information (1 popover):

Calories: 127	Fiber: 1 gram
Carbohydrates: 18 grams	Sodium: 138 mg
Protein: 4 grams	Potassium: 115 mg
Fat: 3 grams	Calcium: 58 mg
Saturated fat: trace	Exchanges: 1 starch, 1/2 fat
Cholesterol: 32 mg	

End of Recipe - Return to Table of Contents

SALADS

Asian Salad

Apple Salad

Apricot Salad

Broccoli & Bean Salad

Broccoli & Cauliflower Salad

Broccoli & Shrimp Salad

Buttermilk Salad Dressing

Carrot Raisin Salad

Chicken Salad

Cole Slaw

Cranberry-Celery Mold

Easy Spring Salad

Frozen Strawberry Salad

Green Treasure Salad

Marinated Vegetables

Moroccan Carrot-Raisin Salad

Potato Salad with Dill

Romaine Fruit Salad

Shrimp Vegetable Salsa Salad

Tabouli Salad

Tuna & Carrot Salad

Waldorf Salad

Return to Main Menu

Asian Salad

2 1/2 C cooked chicken, cut
into bite sized pieces

1 (10 oz) bag shredded
cabbage

1 C sliced mushrooms

2 carrots, shredded

2 tbsp chopped cilantro

1 cucumber, thinly sliced

3 green onions, thinly sliced

1 tangerine, divided into
sections

1/2 C non-fat Oriental style
salad dressing

Black pepper, to taste

In a large bowl combine chicken, cabbage, mushrooms, carrot, cilantro, cucumber, and dressing. Toss well. Top with green onions and tangerine sections. Makes 4 servings.

Nutritional Information (1 serving):

Calories: 220

Carbohydrate: 16 grams

Protein: 27 grams

Fat: 7 grams

End of Recipe - Return to Table of Contents

Apple Salad

4 apples, sliced in chunks
1/2 cup plain lowfat yogurt
1/2 cup low calorie whipped
topping

1/2 teaspoon vanilla
1/4 teaspoon apple pie spice

Toss all ingredients together. Chill for 1 hour. Makes 4 servings.

Nutritional Information (1 serving):

Calories: 101

Carbohydrates: 24 grams

Protein: 2 grams

Fat: 2 gram

Saturated fat: 1 gram

Cholesterol: 2 mg

Fiber: 3 gram

Sodium: 32 mg

Potassium: 233 mg

Calcium: 66 mg

Exchanges: 1/2 starch, 1
fruit, 1/2 fat

End of Recipe - Return to Table of Contents

Apricot Salad

1 16-ounce can apricots,
packed in juice or water
1 small package sugar free
lemon gelatin
3/4 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 3/4 cup of liquid drained from apricots (add water to apricot juice if there is not 3/4 cup), stir till 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 till firm. Makes 10 servings.

Nutritional Information (1 serving):

Calories: 62

Carbohydrates: 8 grams

Protein: 7 grams

Fat: 1 gram

Saturated fat: 1 gram

Cholesterol: 2 mg

Fiber: 1 gram

Sodium: 270 mg

Potassium: 216 mg

Calcium: 33 mg

Exchanges: 1 vegetable,
1/2 fat, 4 very-lean meat

End of Recipe - Return to Table of Contents

Broccoli & Bean Salad

2 cups small chopped broccoli florets	1 clove garlic, minced
3 tablespoons red wine vinegar	2 tablespoons chopped pimento
2 teaspoons olive oil	1/4 cup chopped onion
1/4 teaspoon black pepper	1 15-ounce can white beans, rinsed and drained
1/8 teaspoon salt	

Steam broccoli, covered, for 3 minutes. Combine all ingredients. Chill. Makes 6 servings.

Nutritional Information (1 serving):

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

End of Recipe - Return to Table of Contents

Broccoli & Cauliflower Salad

4 cups cauliflower, broken
into florets

2 cups broccoli, broken into
florets

1 cup sliced radishes

1 bunch thinly sliced green
onions

1/4 cup sliced ripe olives

8 ounces low-fat sour
cream
1 tablespoon lemon
juice

2 tablespoons grated

Parmesan cheese

1/4 teaspoon garlic powder

1/4 teaspoon salt

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.) Makes 10 servings.

Nutritional Information (1 serving):

Calories: 62

Carbohydrates: 6 grams

Protein: 3 grams

Fat: 4 grams

Saturated fat: 2 grams

Cholesterol: 10 mg

Fiber: 2 grams

Sodium: 138 mg

More on Next Page

Broccoli & Cauliflower Salad (cont'd)

Potassium: 282 mg

Calcium: 72 mg

Exchanges: 1 vegetable, 1

fat

End of Recipe - Return to Table of Contents

Broccoli & Shrimp Salad

6 cups small broccoli florets
1/2 cup cooked and peeled
shrimp
3/4 cup thinly sliced
radishes
1/3 cup nonfat sour cream

1/3 cup nonfat mayonnaise
1/3 cup plain nonfat yogurt
1 tablespoon lemon juice
1/4 teaspoon black pepper
1/4 teaspoon salt

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

Nutritional Information (1 serving):

Calories: 61

Carbohydrate: 7 grams

Protein: 6 grams

Fat: 2 grams

Saturated Fat: 1 gram

Cholesterol: 34 mg

Fiber: 2 grams

Sodium: 244 mg

Potassium: 308 mg

Calcium: 71 mg

Exchanges: 1 vegetable, 1
lean meat

End of Recipe - Return to Table of Contents

Buttermilk Salad Dressing

2 cups skim buttermilk	1/2 teaspoon dried parsley flakes
1/4 teaspoon black pepper	
1/2 teaspoon garlic powder	1/4 cup finely minced onion
1/2 teaspoon salt	

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

Nutritional Information (1 serving):

Calories: 14	Fiber: 0
Carbohydrates: 2 grams	Sodium: 66 mg
Protein: 1 gram	Potassium: 52 mg
Fat: trace	Calcium: 36 mg
Saturated fat: trace	Exchanges: 2 tablespoons
Cholesterol: 1 mg	free

End of Recipe - Return to Table of Contents

Carrot Raisin Salad

2 cups shredded raw carrot 1/4 cup raisins
3 tablespoons low-fat sour
cream

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

Nutritional Information (1 serving):

Calories: 66	Fiber: 2 grams
Carbohydrates: 13 grams	Sodium: 25 mg
Protein: 1 gram	Potassium: 261 mg
Fat: 2 grams	Calcium: 31 mg
Saturated fat: 1 gram	Exchanges: 1 vegetables, 1/2 fat, 1/2 fruit
Cholesterol: 4 mg	

End of Recipe - Return to Table of Contents

Chicken Salad

4 cooked skinless chicken
breasts
1/2 cup diced celery
2 tablespoons chopped onion

1 tablespoon slivered
almonds
1/4 cup fat-free Ranch salad
dressing

Dice chicken breasts into bite size pieces. Add celery, onion, almonds and ranch dressing. Mix and serve on a cold bed of lettuce. Makes 4 servings.

Nutritional Information (1 serving):

Calories: 233

Carbohydrate: 2 grams

Protein: 30 grams

Fat: 11 grams

Saturated Fat: 3 grams

Cholesterol: 85 mg

Fiber: 1 grams

Sodium: 116 mg

Potassium: 311 mg

Calcium: 32 mg

Exchanges: 4 lean meat

End of Recipe - Return to Table of Contents

Cole Slaw

4 cups shredded cabbage
1/2 cup chopped green
pepper
1/4 cup chopped onion
1/3 cup vinegar

1 tablespoon cooking oil
1 tablespoon sugar
1/2 teaspoon celery seed
1/4 teaspoon dry mustard
1/4 teaspoon salt

Mix all ingredients together and chill. Makes 6 servings.

Nutritional Information (1 serving):

Calories: 51

Carbohydrates: 7 grams

Protein: 1 gram

Fat: 3 grams

Saturated fat: trace

Cholesterol: 0

Fiber: 1 gram

Sodium: 98 mg

Potassium: 168 mg

Calcium: 30 mg

Exchanges: 1 vegetable, 1/2
fat

End of Recipe - Return to Table of Contents

Cranberry-Celery Mold

1 small package sugar-free gelatin (strawberry or cherry)

1 cup boiling water

1/2 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. Chill until set. Makes 6 servings.

Nutritional Information (1 serving):

Calories: 17

Carbohydrates: 3 grams

Protein: 1 gram

Fat: 0

Saturated fat: trace

Cholesterol: 0

Fiber: 1 gram

Sodium: 56 mg

Potassium: 71 mg

Calcium: 11 mg

Exchanges: one serving free

End of Recipe - Return to Table of Contents

Easy Spring Salad

1-16oz can no-salt-added
green beans
1/4 tablespoon chopped
onion

1 tomato, chopped
1/2 cup fat-free Italian Salad
Dressing

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

Nutritional Information (1 serving):

Calories: 55

Carbohydrates: 7 grams

Protein: 1 grams

Fat: 3 gram

Saturated fat: trace

Cholesterol: 2mg

Fiber: 1 gram

Sodium: 240 mg

Potassium: 162 mg

Calcium: 22 mg

Exchanges: 1 vegetable, 1/2
fat

End of Recipe - Return to Table of Contents

Frozen Strawberry Salad

8 ounces non-fat cream
cheese

5 packages artificial
sweetener

2 bananas

1 10-ounce can crushed
pineapple

1 10-ounce package
unsweetened strawberries

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.

Nutritional Information (1 serving):

Calories: 64

Carbohydrates: 12 grams

Protein: 4 grams

Fat: 1 gram

Saturated fat: 1 gram

Cholesterol: 3 mg

Fiber: 1 gram

Sodium: 128 mg

Potassium: 145 mg

Calcium: 9 mg

Exchanges: 1 fruit

End of Recipe - Return to Table of Contents

Green Treasure Salad

1 C green apple

1/2 C lemon yogurt

1 C green grapes

2 tbsp slivered almonds

1/2 C mini marshmallows

Core and seed the apple, and cut into 4 pieces. Mix together apple, grapes, marshmallows, yogurt, and almonds. Makes 4 servings.

Nutritional Information (1 serving):

Calories: 124

Protein: 3 grams

Carbohydrate: 23 grams

Fat: 3 grams

End of Recipe - Return to Table of Contents

Marinated Vegetables

4 cups cauliflower, broken
into florets
3 cups broccoli, broken into
florets
1 green pepper, sliced
1 cup onions, sliced

1 cup mushrooms, sliced
1 cup carrots, sliced
1 cup celery, sliced
1 cucumber, sliced
1 8-ounce bottle fat-free
Italian salad dressing

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

Nutritional Information (1 serving):

Calories: 26

Carbohydrates: 4 grams

Protein: 1 gram

Fat: 1 gram

Saturated fat: trace

Cholesterol: 1 mg

Fiber: 1 gram

Sodium: 93 mg

Potassium: 162 mg

Calcium: 16 mg

Exchanges: 1 vegetable

End of Recipe - Return to Table of Contents

Moroccan Raisin & Carrot Salad

1 pound baby carrots	1/4 tsp salt
2 tbsp lemon juice	1/8 tsp cayenne pepper
1 tsp sugar	1 tbsp olive oil
1/2 tsp paprika	1/4 c minced parsley
1/4 tsp ground cumin	1 C raisins
1/4 tsp ground cinnamon	

Slice carrots diagonally into 2 or 3 pieces. Cook carrots in boiling water until crisp-tender, about 5 minutes. Drain, rinse with cold water, and drain again. While carrots cool, in medium bowl combine lemon juice, sugar, paprika, cumin, cinnamon, salt, and pepper. Stir to dissolve sugar and salt. Stir in olive oil, parsley, and raisins. Add carrots and toss. Cover and refrigerate at least 1 hour to chill and blend flavors. Makes 6 servings.

Nutritional Information (1 serving):

Calories: 135

Protein: 1 gram

Carbohydrates: 30 grams

Fat: 2 grams

End of Recipe - Return to Table of Contents

Potato Salad with Dill

6 medium potatoes	2 teaspoons Dijon style mustard
1/2 cup lowfat sour cream	1 1/2 teaspoons lemon juice
1/4 cup fat free mayonnaise salad dressing	1/4 teaspoon salt
1/2 cup chopped onion	Pepper as desired
1 tablespoon fresh dill or 1 1/2 tsp. dried dill	

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

Nutritional Information (1 serving):

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

End of Recipe - Return to Table of Contents

Romaine Fruit Salad

1 tablespoon olive oil or
salad oil
2 tablespoons red wine
vinegar
1 tablespoon water
1/8 teaspoon salt
2 cloves garlic, minced
3 cups torn romaine lettuce

3 cups torn leaf lettuce
1 11-ounce can mandarin
oranges, drained
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.

Nutritional Information (1 serving):

Calories: 63
Carbohydrates: 10 grams
Protein: 1 gram
Fat: 3 grams
Saturated fat: trace
Cholesterol: 0

Fiber: 2 grams
Sodium: 53 mg
Potassium: 271 mg
Calcium: 30 mg
Exchanges: 1/2 starch, 1/2
fat

End of Recipe - Return to Table of Contents

Shrimp Vegetable Salsa Salad

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

2 cups frozen corn, thawed
3/4 cup salsa
2 tablespoon tarragon flavored vinegar
2 teaspoon olive oil
1/2 teaspoon dried tarragon

Combine all ingredients and stir well. Yield 8 servings.

Nutritional Information (1 serving):

Calories: 104

Carbohydrates: 16 grams

Protein: 7 grams

Fat: 2 grams

Saturated fat: trace

Cholesterol: 42 mg

Fiber: 3 grams

Sodium: 192 mg

Potassium: 364 mg

Calcium: 38 mg

Exchanges: 1 starch, 1/2 lean meat

End of Recipe - Return to Table of Contents

Tabouli Salad

1/2 cup cracked wheat
3 tomatoes
1 green pepper
1 medium onion
1 cucumber

1 cup fresh parsley
1/2 cup lemon juice
1/4 teaspoon salt
2 tablespoons cooking oil

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

Nutritional Information (1 serving):

Calories: 106

Carbohydrates: 17 grams

Protein: 3 grams

Fat: 4 grams

Saturated fat: trace

Cholesterol: 0 mg

Fiber: 3 grams

Sodium: 80 mg

Potassium: 309 mg

Calcium: 28 mg

Exchanges: 1 starch, 1/2 fat

End of Recipe - Return to Table of Contents

Tuna & Carrot Salad

1 cup cooked salad macaroni	1/2 cup chopped celery
1/2 cup grated carrots	1/2 cup frozen peas
1 6 1/2-ounce can water packed tuna, drained	1 hard boiled egg, chopped
	1/4 cup fat-free mayonnaise

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

Nutritional Information (1 serving):

Calories: 171	Fiber: 3 grams
Carbohydrates: 23 grams	Sodium: 350 mg
Protein: 15 grams	Potassium: 260 mg
Fat: 2 grams	Calcium: 30 mg
Saturated fat: 1 gram	Exchanges: 1 1/2 starch, 2 very lean meat
Cholesterol: 58 mg	

End of Recipe - Return to Table of Contents

Waldorf Salad

2 tablespoons low-fat sour
cream

2 teaspoons lemon juice

3 medium apples, peeled
and diced

1/2 cup celery, dices

2 tablespoons walnuts,
chopped

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

Nutritional Information (1 serving):

Calories: 92

Carbohydrates: 16 grams

Protein: 1 gram

Fat: 4 grams

Saturated fat: 1 gram

Cholesterol: 3 mg

Fiber: 2 mg

Sodium: 17 mg

Potassium: 183 mg

Calcium: 22 mg

Exchanges: 1 fruit, 1/2 fat

End of Recipe - Return to Table of Contents

SOUPS

Home Style Chicken Soup

Lentil Soup

Minestrone Soup

Potato Soup

Puree of Carrot Soup

Sherried Pea Soup

Spicy Bean & Vegetable Soup

Tangy Gazpacho

Tomato Bisque

Tomato Rice Soup

Turkey Chili

[Return to Main Menu](#)

Home Style Chicken Soup

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

6 oz uncooked noodles
2 cooked and cubed skinless
chicken breasts
1/4 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.

Nutritional Information (1 serving):

Calories: 213

Carbohydrates: 26 grams

Protein: 18 grams

Fat: 4 gram

Saturated fat: 4 grams

Cholesterol: 51mg

Fiber: 2 gram

Sodium: 208 mg

Potassium: 447 mg

Calcium: 29 mg

Exchanges: 1 1/2 starch, 2
lean meat

End of Recipe - Return to Table of Contents

Lentil Soup

2 cups dried lentils	1 28-ounce can low-sodium tomatoes
4 cups cold water	2 garlic cloves, crushed
1/2 teaspoon salt	2 bay leaves
1/4 teaspoon pepper	
1 medium onion, diced	

Rinse lentils. Place all ingredients in a saucepan, and bring to a boil. Cover and simmer over a low heat for 2 to 2 1/2 hours, or until tender. Add water as desired. Makes 6 servings. (Freezes well.)

Nutritional Information (1 serving):

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

End of Recipe - Return to Table of Contents

Minestrone Soup

2 cloves garlic, minced	1/2 cup chopped celery
3/4 cup chopped onion	1 carrot, diced
1 tablespoon cooking oil	1 16-oz. can garbanzo beans, drained
5 cups low-sodium chicken broth	1/3 cup uncooked salad macaroni
1 6-oz. can low-sodium tomato paste	1 tablespoon crushed dried basil
1 cup green cabbage, shredded	1/2 teaspoon oregano
1 cup diced zucchini	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 and reduce heat. Cover and simmer for 15 to 20 minutes or until the vegetables are tender and the macaroni is cooked. Serves 6.

Nutritional Information (1 serving):

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

End of Recipe - Return to Table of Contents

Potato Soup

4 medium potatoes, cubed	1 1/2 cups low-sodium beef broth
3 stalks celery, chopped	3 cups skim milk
1/2 cup onion, minced	4 tablespoons flour
1 carrot, chopped	

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

Nutritional Information (1 serving):

Calories: 164	Fiber: 2 grams
Carbohydrates: 32 grams	Sodium: 114 mg
Protein: 8 grams	Potassium: 675 mg
Fat: 1 gram	Calcium: 178 mg
Saturated fat: trace	Exchanges: 1 starch, 1 skim milk
Cholesterol: 2 mg	

End of Recipe - Return to Table of Contents

Puree of Carrot Soup

5 C vegetable or chicken
broth
1 pound peeled carrots,
chopped coarsely

1 large clove of raw garlic
3/4 tsp salt
1/8 tsp pepper

Bring broth to a boil, add carrots, garlic, salt, and pepper. Simmer for about 20 minutes or until the carrots are quite tender. Put the soup into a blender and puree to desired texture. Makes 5 servings.

Nutritional Information (1 serving):

Calories: 64

Protein: 4 grams

Carbohydrate: 11 grams

Fat: 1 gram

End of Recipe - Return to Table of Contents

Sherried Pea Soup

2 cups fresh or frozen peas
1 cup low-sodium chicken
broth
pepper as desired

1 cup skim milk
2 tablespoons sherry
1/2 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.

Nutritional Information (1 serving):

Calories: 69

Carbohydrates: 10 grams

Protein: 5 grams

Fat: 1 gram

Saturated fat: trace

Cholesterol: 1 mg

Fiber: 3 grams

Sodium: 80 mg

Potassium: 196 mg

Calcium: 65 mg

Exchanges: 1 starch

End of Recipe - Return to Table of Contents

Spicy Bean & 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
1/2 teaspoon garlic powder	1 cup chopped carrots
1 teaspoon basil	1 cup chopped celery
1 teaspoon cumin	1 cup chopped onion
1/2 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.

Nutritional Information (1 serving):

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

End of Recipe - Return to Table of Contents

Tomato Bisque

3 cups fresh, seeded,
peeled, chopped tomatoes
1 8-ounce can tomato sauce

1 1/2 cups low-sodium
chicken broth
1 tablespoon dried basil

In a blender or 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.

Nutritional Information (1 serving):

Calories: 41

Carbohydrates: 7 grams

Protein: 3 grams

Fat: 1 gram

Saturated fat: trace

Cholesterol: 0 mg

Fiber: 2 grams

Sodium: 255 mg

Potassium: 400 mg

Calcium: 18 mg

Exchanges: 1/2 starch

End of Recipe - Return to Table of Contents

Tomato Rice Soup

1 1/2 cups low-sodium
tomato juice

1 1/4 cups low-sodium beef
broth

1/4 teaspoon Worcestershire
sauce

1 teaspoon lemon juice

1 cup cooked rice

Combine all ingredients, bring to a boil. Makes 3 servings.

Nutritional Information (1 serving):

Calories: 109

Carbohydrates: 21 grams

Protein: 4 grams

Fat: 1 gram

Saturated fat: trace

Cholesterol: 0 mg

Fiber: 1 gram

Sodium: 50 mg

Potassium: 377 mg

Calcium: 22 mg

Exchanges: 1 starch, 1
vegetable

End of Recipe - Return to Table of Contents

Turkey Chili

2 cups chopped cooked turkey

1/2 cup chopped onion

1/2 cup chopped green pepper

2 cups cooked red beans (kidney beans)

1 cup water

1-6oz can low sodium tomato paste

1-28oz can of tomatoes

1 tablespoon of chili powder

1/2 teaspoon garlic powder

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

Nutritional Information (1 serving):

Calories: 303

Carbohydrates: 27 grams

Protein: 22 grams

Fat: 1 gram

Saturated fat: trace

Cholesterol: 40mg

Fiber: 8 gram

Sodium: 277 mg

Potassium: 994 mg

Calcium: 98 mg

Exchanges: 2 starch, 2 very lean meat

End of Recipe - Return to Table of Contents

DESSERTS

Angel Food Cake

Apple Crunch

Baked Custard

Cherry Crisp

Lemon Cherry Cheesecake

Peach Crunch

Pineapple Cake

Pineapple-Pistachio Mousse

Pineapple Pumpkin Pie

Strawberries & Cream

Watermelon Blueberry Banana Split

Whole Wheat Cinnamon Sugar Cookies

[Return to Main Menu](#)

Angel Food Cake

1 cup cake flour

1 teaspoon cream of tartar

1/4 cup sugar twin

1 cup egg whites (8 to 10 eggs)

1/2 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 a little at a time, beating in well. Add flavorings and beat until very stiff. Fold flour into egg white and sugar mixture, sifting small amounts at a time. Pour into 10-inch ungreased tube pan. Cut through with a spatula to remove air bubbles. Bake at 275 degrees for 30 minutes, then raise the heat to 300 degrees and bake until done. Invert pan over bottle neck for one hour before removing from pan. Makes 12 servings.

Nutritional Information (1 serving):

Calories: 44

Carbohydrate: 7 grams

Protein: 3 grams

Fat: trace

Saturated Fat: trace

Cholesterol: 0 mg

Fiber: trace

Sodium: 44 mg

Potassium: 91 mg

Calcium: 7 mg

Exchanges: 1/2 starch

End of Recipe - Return to Table of Contents

Apple Crunch

6 cups thinly sliced, cooking
apples

1/4 cup brown sugar

1/2 teaspoon cinnamon

1/2 cup sugar

1 1/2 cups flour

1 teaspoon baking powder

1 egg, beaten

1/2 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 degrees approximately 45 minutes or until crunch top is golden. Makes 18 servings.

Nutritional Information (1 serving):

Calories: 148

Carbohydrates: 24 grams

Protein: 2 grams

Fat: 6 grams

Saturated fat: 1 gram

Cholesterol: 10 mg

Fiber: 1 gram

Sodium: 74 mg

Potassium: 65 mg

Calcium: 24 mg

Exchanges: 1/2 starch, 1
fat, 1 fruit

End of Recipe - Return to Table of Contents

Baked Custard

2 cups skim milk

2 tablespoons sugar

2 teaspoons vanilla extract

3/4 cup nonfat egg

substitute

Mix milk, sugar, vanilla and egg substitute. Pour the custard mixture into 4 over-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 degrees for 45 to 60 minutes. The custard is done when it is firm in the center. Serve warm or chilled. Makes 4 servings.

Nutritional Information (1 serving):

Calories: 130

Carbohydrates: 21 grams

Protein: 8 grams

Fat: 2 grams

Saturated fat: trace

Cholesterol: 19 mg

Fiber: 0 mg

Sodium: 106 mg

Potassium: 242 mg

Calcium: 155 mg

Exchanges: 1 starch, 1/2 skim milk

End of Recipe - Return to Table of Contents

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 8 inch square 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 30 minutes at 375 degrees. Makes 8 servings.

Nutritional Information (1 serving):

Calories: 147

Carbohydrates: 25 grams

Protein: 2 grams

Fat: 5 grams

Saturated fat: 1 gram

Cholesterol: 0 mg

Fiber: 2 grams

Sodium: 40 mg

Potassium: 97 mg

Calcium: 15 mg

Exchanges: 1 starch, 1/2
fruit, 1 fat

End of Recipe - Return to Table of Contents

Lemon Cherry Cheesecake

1 whole graham cracker,
crushed
1 package of 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. 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.

Nutritional Information (1 serving):

Calories: 94

Carbohydrates: 12 grams

Protein: 8 grams

Fat: 2 grams

Saturated fat: 1 gram

Cholesterol: 26 mg

More on Next Page

Lemon Cherry Cheesecake (cont'd)

Fiber: trace

Sodium: 300 mg

Potassium: 92 grams

Calcium: 43 mg

Exchanges: 1 starch and 1/2

very-lean meat

End of Recipe - Return to Table of Contents

Peach Crunch

4 cups fresh or drained
canned peaches (packed in
juice)
1/4 cup sugar
2 tablespoons flour
1/2 teaspoon cinnamon

1 teaspoon vanilla
1 cup oatmeal
1/2 cup flour
1 teaspoon cinnamon
4 tablespoons diet
margarine

In a bowl, add peaches, sugar, 2 tablespoons flour, 1/2 teaspoon cinnamon and vanilla. Mix well and set aside. In a separate bowl mix together oatmeal, flour, and cinnamon. Cut in diet margarine until mixture is crumbly in texture. Place the peach mixture in bottom of an 8x8 inch pan. Sprinkle the oat mixture over the peaches. Bake at 350 degrees for 30 to 40 minutes, or until the crust is golden brown. Makes 8 servings.

Nutritional Information (1 serving):

Calories: 166

Carbohydrates: 30 grams

Protein: 3 grams

Fat: 4 grams

Saturated fat: 1 gram

Cholesterol: 0 mg

Fiber: 3 grams

Sodium: 56 mg

Potassium: 217 mg

Calcium: 17 mg

Exchanges: 1 starch, 1/2
fat, 1 fruit

End of Recipe - Return to Table of Contents

Pineapple Cake

2 cups flour

1 1/4 cups sugar

2 eggs

1 teaspoon baking soda

1 teaspoon vanilla

1/4 teaspoon salt

1-16 oz can crushed

pineapple, in its own juice

Mix all ingredients together. Pour into a greased and floured 9X13 inch pan. Bake at 325 degrees for 35 to 40 minutes.

Makes 24 servings.

Nutritional Information (1 serving):

Calories: 97

Carbohydrate: 22 grams

Protein: 2 grams

Fat: 1 grams

Saturated Fat: trace

Cholesterol: 16 mg

Fiber: 1 grams

Sodium: 80 mg

Potassium: 41 mg

Calcium: trace

Exchanges: 1 starch, 1/2 fruit

End of Recipe - Return to Table of Contents

Pineapple-Pistachio Mousse

1 small package sugar-free
pistachio 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.

Nutritional Information (1 serving):

Calories: 92

Carbohydrates: 16 grams

Protein: 3 grams

Fat: 3 grams

Saturated fat: 2 grams

Cholesterol: 6 mg

Fiber: trace

Sodium: 181 mg

Potassium: 257mg

Calcium: 104 mg

Exchanges: 1/2 fruit, 1/2
skim milk, 1/2 fat

End of Recipe - Return to Table of Contents

Pineapple Pumpkin Pie

Filling:

2 envelopes unflavored gelatin
3 tablespoons cool water
1/4 cup boiling water
1-16oz can pumpkin
1-8oz can crushed pineapple in juice

2 tablespoons sugar
1 cup milk
1 1/2 teaspoons cinnamon
1/8 teaspoon ground cloves
2 teaspoons vanilla

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 of 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. Pour filling into crust. Chill for at least 3 hours before serving. Makes 8 servings.

More on Next Page

Pineapple Pumpkin Pie (contd')

Nutritional Information (1 serving):

Calories: 172

Carbohydrates: 30 grams

Protein: 5 grams

Fat: 5 gram

Saturated fat: 1 gram

Cholesterol: trace

Fiber: 3 grams

Sodium: 138 mg

Potassium: 268 mg

Calcium: 71 mg

Exchanges: 1 starch, 1 fruit,
1 fat

End of Recipe - Return to Table of Contents

Strawberries & 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.

Nutritional Information (1 serving):

Calories: 86

Carbohydrates: 18 grams

Protein: 3 grams

Fat: 1 gram

Saturated fat: trace

Cholesterol: 2 mg

Fiber: 1 gram

Sodium: 43 mg

Potassium: 274 mg

Calcium: 112 mg

Exchanges: 1/2 fruit, 1/2 skim milk

End of Recipe - Return to Table of Contents

Watermelon Blueberry Banana Split

2 large bananas	1/2 C vanilla low-fat yogurt
8 "scoops" watermelon	1/4 C crunchy cereal
2 C fresh blueberries	nuggets

Peel bananas and cut in half crosswise, then cut each piece in half lengthwise. For each serving, lay 2 banana pieces against the sides of a shallow dish. Place a watermelon "scoop" at each end of the dish. Fill the center space with the blueberries. Stir yogurt until smooth, spoon over the watermelon "scoops." Sprinkle with cereal nuggets. (*Using an ice cream scoop, create balls of watermelon. Remove seeds.) Makes 4 servings.

Nutritional Information (1 serving):

Calories: 186	Protein: 4 grams
Carbohydrate: 44 grams	Fat: 1 gram

End of Recipe - Return to Table of Contents

Whole Wheat Cinnamon Sugar Cookies

1 cup sugar	1 tablespoon lemon or orange peel
1 teaspoon baking powder	1 teaspoon vanilla extract
1/2 teaspoon salt	1 egg
1/2 teaspoon soda	2 cups whole wheat flour
1/2 teaspoon nutmeg	2 tablespoons sugar
1/2 cup softened margarine	1/2 teaspoon cinnamon
3 tablespoons milk	

In a large bowl, combine 1 cup 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 to 60 minutes. On a lightly floured surface, roll out dough to 1/8 inch thickness. Cut with floured cutters. Place on ungreased cookie sheets, 2 inches apart. Combine 2 tablespoons sugar and cinnamon. Sprinkle over cookies. Bake cookies at 375 degrees for 8 to 10 minutes, or until lightly golden brown. Let stand one minute. Remove from cookie sheets and cool. Makes 36 cookies.

Nutritional Information (1 cookie):

Calories: 72

Protein: 1 gram

Carbohydrates: 11 grams

Fat: 3 grams

More on Next Page

Whole Wheat Cinnamon Sugar Cookies (cont'd)

Saturated fat: 1 gram

Cholesterol: 5 mg

Fiber: 1 gram

Sodium: 85 mg

Potassium: 33 mg

Calcium: 14 mg

Exchanges: 1 starch, 1/2 fat

End of Recipe - Return to Table of Contents

VEGETABLES & SIDE DISHES

Bread Stuffing

Easy Cheesy Vegetable

Casserole

Festive Rice

Garbanzo Bean & Tomato

Sauce

Green Bean Casserole

Green Bean & Rice Casserole

Grilled Vegetables & Potatoes

Italian-Mexican Vegetable Bake

Microwaved Cheese Potato Fries

Northlands Wild Rice Casserole

Parmesan Basil Tomatoes

Red Beans & Rice

Rice Ole'

Spanish Rice

Scalloped Corn

Sweet & Sour Cabbage

Wild Rice Casserole

Twice Baked Yams

[Return to Main Menu](#)

Bread Stuffing

1 low-sodium chicken bouillon cube	1/2 teaspoon poultry seasoning
3/4 cup boiling water	1/2 teaspoon dried sage, crushed
1/4 cup diced celery	1/8 teaspoon pepper, optional
4 cups (6 slices) dry bread cubes	

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 stuffing or bake in an 8X8 inch dish at 325 degrees for 25-20 minutes. Makes 6 servings.

Nutritional Information (1 serving):

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

End of Recipe - Return to Table of Contents

Easy Cheesy Vegetable Casserole

1 1/2 C water	1 medium onion, chopped
4 medium white or yellow potatoes, peeled and sliced 1/2 inch thick	2 C frozen, cut green beans
1 C cauliflower florets	1 can reduced fat cream of chicken soup
1 C broccoli florets	1/2 C skim milk
4 medium carrots, peeled and cut into coins	1 C shredded reduced fat cheddar cheese

Bring water to a boil in a large pot. Add the potatoes and cook, covered for 5 minutes. Add the cauliflower, broccoli, onion, and beans. Return water to a boil, cover, and cook 10 to 12 minutes until vegetables are tender. Drain. Spray a 2-quart baking dish with cooking spray. Add cooked vegetables. Combine the canned soup and milk. Pour soup mixture over the vegetables, mixing gently. Preheat oven to 350°F. Cover and bake casserole for 20-25 minutes. Uncover and sprinkle with cheese. Bake 3 to 4 minutes longer, until cheese melts. Makes 8 servings.

Nutritional Information (1 serving):

Calories: 190

Protein: 9 grams

Carbohydrate: 27 grams

Fat: 5 grams

End of Recipe - Return to Table of Contents

Festive Rice

1/2 cup chopped onion
1/2 cup chopped celery
1/2 cup chopped green
pepper

1 tablespoon margarine
2 cups cooked rice
1 cup broccoli
1/4 teaspoon salt

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

Nutritional Information (1 serving):

Calories: 122

Carbohydrates: 23 grams

Protein: 3 grams

Fat: 2 grams

Saturated fat: trace

Cholesterol: 0 mg

Fiber: 2 grams

Sodium: 122 mg

Potassium: 165 mg

Calcium: 27 mg

Exchanges: 1 starch, 1/2 fat, 1 vegetable

End of Recipe - Return to Table of Contents

Garbanzo Bean & Tomato Sauce

2 16-ounce cans garbanzo beans, drained

1 medium onion, chopped

1 tablespoon cooking oil

1 8-ounce can low-sodium tomato sauce

1 teaspoon cumin

1 teaspoon chili powder

Brown onions in oil. Add spices and cook for 5 minutes. Add garbanzo beans and tomato sauce. Simmer till done. Makes 8 servings.

Nutritional Information (1 serving):

Calories: 168

Carbohydrates: 27 grams

Protein: 8 grams

Fat: 4 grams

Saturated fat: trace

Cholesterol: 0 mg

Fiber: 5 grams

Sodium: 181 mg

Potassium: 388 mg

Calcium: 52 mg

Exchanges: 1 1/2 starch, 1 fat, 1 very lean meat

End of Recipe - Return to Table of Contents

Green Bean Casserole

1 teaspoon cooking oil	1/4 teaspoon salt
1/4 cup chopped onion	1 16-ounce package frozen green beans, thawed and drained
2 tablespoons flour	1 cup herb-seasoned stuffing mix
1 cup skim milk	1 teaspoon margarine, melted
1/3 cup shredded, reduced-fat Swiss cheese	
1/2 cup low-fat sour cream	
1 teaspoon sugar	

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 the 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 degrees for 20 to 25 minutes or until heated through. Makes 8 servings.

Nutritional Information (1 serving):

Calories: 106

Protein: 5 grams

Carbohydrates: 11 grams

Fat: 5 grams

More on Next Page

Green Bean Casserole (cont'd)

Saturated fat: 2 grams

Cholesterol: 8 mg

Fiber: 2 grams

Sodium: 186 mg

Potassium: 160 mg

Calcium: 138 mg

Exchanges: 1/2 starch, 1 fat, 1 vegetable

End of Recipe - Return to Table of Contents

Green Bean & Rice Casserole

1/2 cup chopped onion

2 teaspoons cooking oil

1/2 cup cooked 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. Add the rice, green beans, tomatoes and water. Cook, covered for 30 minutes. Makes 4 servings.

Nutritional Information (1 serving):

Calories: 126

Carbohydrate: 23 grams

Protein: 4 grams

Fat: 3 grams

Saturated Fat: trace

Cholesterol: 0

Fiber: 3 grams

Sodium: 200 mg

Potassium: 432 mg

Calcium: 69 mg

Exchanges: 1 starch, 1/2
fat, 1 vegetable

End of Recipe - Return to Table of Contents

Grilled Vegetables & 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 1 tablespoon of water. Fold foil around vegetable and seal. Place on a slow charcoal or a gas grill on low for about 30 minutes or until vegetables are tender. Makes 4 servings.

Nutritional Information (1 serving):

Calories: 99

Carbohydrates: 23 grams

Protein: 2 grams

Fat: trace

Saturated fat: trace

Cholesterol: 0 mg

Fiber: 3 grams

Sodium: 17 mg

Potassium: 465 mg

Calcium: 19 mg

Exchanges: 1 starch, 1
vegetable

End of Recipe - Return to Table of Contents

Italian-Mexican Vegetable Bake

1 10-ounce package frozen Italian beans
1 1/2 cups cooked and drained garbanzo beans
1 4-ounce can green chilies, drained
dash of hot sauce

1 16-ounce can low-sodium corn
1 16-ounce can low-sodium tomatoes
1 teaspoon chili powder
1 cup (4 oz.) shredded Monterey Jack cheese

In a casserole dish mix all ingredients except cheese. Top with cheese. Bake at 350 degrees for 20 minutes. Makes 10 servings.

Nutritional Information (1 serving):

Calories: 136

Carbohydrates: 20 grams

Protein: 7 grams

Fat: 5 grams

Saturated fat: 2 grams

Cholesterol: 10 mg

Fiber: 4 grams

Sodium: 209 mg

Potassium: 323 mg

Calcium: 125 mg

Exchanges: 1 starch, 1/2 fat, 1/2 medium-fat meat

End of Recipe - Return to Table of Contents

Microwaved Cheese Potato Fries

4 scrubbed potatoes

1/4 teaspoon garlic powder

1/2 cup shredded low-fat

mozzarella cheese

Cut potatoes into strips. Put potatoes in a large baking dish, making sure that the potatoes are only a single layer.

Sprinkle with garlic powder and cheese. Cover and microwave on full power for about 12 minutes or until potatoes are tender. Makes 8 servings.

Nutritional Information (1 serving):

Calories: 93

Carbohydrates: 17 grams

Protein: 4 grams

Fat: 1 gram

Saturated fat: 1 gram

Cholesterol: 4 mg

Fiber: 1 gram

Sodium: 41 mg

Potassium: 312 mg

Calcium: 56 mg

Exchanges: 1 starch

End of Recipe - Return to Table of Contents

Northlands Wild Rice Casserole

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

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; add mushrooms, carrots and celery. Cook and stir for 5 minutes. Stir in green onion, red pepper, thyme, salt and pepper. Stir the rice into the vegetable mixture. Put the mixture into the casserole dish. Bake, covered at 325 degrees for about 45 minutes, or until the rice is done. Makes 8 servings.

Nutritional Information (1 serving):

Calories: 117	Saturated fat: trace
Carbohydrates: 20 grams	Cholesterol: 0 mg
Protein: 5 grams	Fiber: 2 gram
Fat: 2 grams	Sodium: 120 mg

More on Next Page

Northlands Wild Rice Casserole (cont'd)

Potassium: 265 mg

Calcium: 20 mg

Exchanges: 1 starch, 1/2

fat, 1 vegetable

End of Recipe - Return to Table of Contents

Parmesan Basil Tomatoes

2 cups fresh or low-sodium
canned tomatoes, diced
1 teaspoon basil
1/4 teaspoon garlic powder

1/8 teaspoon black pepper
2 tablespoons Parmesan
cheese

Mix all ingredients except the Parmesan cheese, and heat.
Serve with Parmesan cheese sprinkled on top. Makes 4
servings.

Nutritional Information (1 serving):

Calories: 40

Carbohydrates: 6 grams

Protein: 3 grams

Fat: 1 gram

Saturated fat: 1 gram

Cholesterol: 2 mg

Fiber: 2 grams

Sodium: 74 mg

Potassium: 282 mg

Calcium: 82 mg

Exchanges: 1 vegetable, 1
very lean meat

End of Recipe - Return to Table of Contents

Red Beans & Rice

1/2 cup chopped onion	2 cups pre-cooked red beans
1/2 cup chopped celery	2 cups cooked rice
1 minced clove garlic	1/8 teaspoon pepper
1 tablespoon margarine	

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

Nutritional Information (1 serving):

Calories: 151	Fiber: 6 grams
Carbohydrates: 26 grams	Sodium: 319 mg
Protein: 6 grams	Potassium: 293 mg
Fat: 3 grams	Calcium: 34 mg
Saturated fat: trace	Exchanges: 1 1/2 starch,
Cholesterol: 0 mg	1/2 fat

End of Recipe - Return to Table of Contents

Rice Ole'

1 cup chopped onion	1/2 teaspoon garlic powder
1 cup chopped green pepper	1/4 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.

Nutritional Information (1 serving):

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

End of Recipe - Return to Table of Contents

Spanish Rice

1 tablespoon cooking oil	3/4 cup uncooked rice
1/2 cup chopped onion	2 cups diced tomatoes
1/4 cup celery chopped	1/2 pound extra lean ground beef, cooked, with fat drained
1 cup water	
1/4 teaspoon salt	

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

Nutritional Information (1 serving):

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

End of Recipe - Return to Table of Contents

Scalloped Corn

2-16oz cans of whole kernel
corn

2 tablespoons flour

1 tablespoon sugar

1/4 cup milk

1 egg, beaten

2 egg whites

1 teaspoon dried minced
onion

1/2 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 degrees for 35 to 40 minutes, or until set. Makes 8 servings.

Nutritional Information (1 serving):

Calories: 141

Carbohydrates: 24 grams

Protein: 6 grams

Fat: 4 gram

Saturated fat: 2 grams

Cholesterol: 31 mg

Fiber: 2 grams

Sodium: 72 mg

Potassium: 246 mg

Calcium: 19 mg

Exchanges: 1 1/2 starch,
1/2 fat

End of Recipe - Return to Table of Contents

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 clove garlic, minced

3 tablespoons wine vinegar

1 tablespoon honey

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

Nutritional Information (1 serving):

Calories: 80

Carbohydrates: 14 grams

Protein: 2 grams

Fat: 3 grams

Saturated fat: trace

Cholesterol: 0

Fiber: 3 grams

Sodium: 87 mg

Potassium: 339 mg

Calcium: 60 mg

Exchanges: 1 starch, 1/2 fat

End of Recipe - Return to Table of Contents

Wild Rice Casserole

1 cup wild rice	
3 cups low-sodium chicken broth	1/4 teaspoon pepper
1/4 cup chopped onion	1/4 teaspoon salt
1/2 cup chopped mushrooms	1/4 teaspoon sage

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. Let simmer for 40 to 50 minutes, stirring occasionally. Makes 6 servings.

Nutritional Information (1 serving):

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

End of Recipe - Return to Table of Contents

Twice Baked Yams

2 medium yams

2 tablespoons skim milk

Wrap yams in foil. Bake at 350 degrees for one hour or until tender. Split yams in half, lengthwise. Scoop out contents and whip with milk. Spoon back in potato shells and heat thoroughly in oven. One serving = 1/2 potato. Makes 4 servings.

Nutritional Information (1 serving):

Calories: 62

Carbohydrate: 14 grams

Protein: 1 gram

Fat: trace

Saturated Fat: trace

Cholesterol: trace

Fiber: 2 grams

Sodium: 10 mg

Potassium: 213 mg

Calcium: 26 mg

Exchanges: 1 starch

End of Recipe - Return to Table of Contents

MISCELLANEOUS

Black Bean Salsa

Fresh Salsa

Mild Garlic Marinade

Ranch Style Dressing Mix

[Return to Main Menu](#)

Black Bean Salsa

1 15-oz can black beans,
rinsed and drained

1 cup chopped tomatoes

1/2 cup low sodium corn,
drained

1/2 cup chopped onion

1 minced clove garlic

1 4-oz can green chilies,
drained

1 teaspoon lime juice

1/8 teaspoon black pepper

Combine all ingredients and let stand in the refrigerator for at least 1 hour. Makes 3 cups.

Nutritional Information (1/4 cup serving):

Calories: 86

Carbohydrate: 17 grams

Protein: 5 grams

Fat: 1 grams

Saturated Fat: trace

Cholesterol: 0 mg

Fiber: 5 grams

Sodium: 276 mg

Potassium: 292 mg

Calcium: 18 mg

Exchanges: 1 starch

End of Recipe - Return to Table of Contents

Fresh Salsa

4 large fresh tomatoes,
chopped
1 4-ounce can green chilies
1 medium onion, chopped
1 fresh jalapeno chile,
chopped

1/2 teaspoon cumin
2 teaspoons lime juice
1 teaspoon cilantro
1/2 teaspoon ground pepper
1/4 teaspoon salt

Mix all ingredients together and chill. Makes approximately 4 cups.

Nutritional Information (1/4 cup serving):

Calories: 15

Carbohydrates: 4 grams

Protein: 1 grams

Fat: trace

Saturated fat: trace

Cholesterol: 0 mg

Fiber: 1 gram

Sodium: 121 mg

Potassium: 128 mg

Calcium: 5 mg

Exchanges: 1 serving free

End of Recipe - Return to Table of Contents

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 cloves garlic, 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.

Nutritional Information (1 tablespoon):

Calories: 23

Carbohydrates: 1 gram

Protein: trace

Fat: 3 grams

Saturated fat: trace

Cholesterol: 0 mg

Fiber: trace

Sodium: 25 mg

Potassium: 26 mg

Calcium: 3 mg

Exchanges: 1/2 fat

End of Recipe - Return to Table of Contents

Ranch Style Dressing Mix

1 cup nonfat dry milk	2 teaspoons dried mustard powder
4 teaspoons dried basil	
2 tablespoons minced dried onion	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 of water. Blend into 1 cup nonfat plain yogurt. Shake well before serving. One serving equals 2 tablespoons.

Nutritional Information (2 tablespoons):

Calories: 25	Fiber: trace
Carbohydrates: 4 grams	Sodium: 60 mg
Protein: 2 grams	Potassium: 117 mg
Fat: trace	Calcium: 87 mg
Saturated fat: trace	Exchanges: 1/4 starch
Cholesterol: 1 mg	

End of Recipe - Return to Table of Contents

This publication provided by

The Center for the Partially Sighted

12301 Wilshire Boulevard, Suite 600
Los Angeles, CA 90025

The Center offers...

- **Low Vision Examinations** by doctors who specialize in vision rehabilitation.
- **Training** in the use of prescribed low vision aids.
- **Independent Living Skills** training to promote independence.
- **Orientation and Mobility** instruction to help you learn to move around safely at home and in the community.
- **Psychological Counseling** and support groups with professional staff.

For more information,

call 310-458-3501

or

818-705-5954

www.low-vision.org