

Healthy Diabetes Recipes

CONTENTS:

Select with Mouse

Appetizers

Beverages

Breads

Salads

Soups

Vegetables & Side Dishes

Poultry, Fish & Main Dishes

More on Next Page

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.

More on Next Page

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.

More on Next Page

Nutritional Information

(1 serving):

Calories: 60

Fiber: 4 grams

Carbohydrate: 11
grams

Sodium: 34 mg

Potassium: 206
mg

Protein: 4 grams

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.

More on Next Page

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.

More on Next Page

Nutritional Information (1 serving):

Calories: 38

Fiber: trace

Carbohydrate: 10
grams

Sodium: 22 mg

Potassium: 103
mg

Protein: trace

Fat: trace

Calcium: 9 mg

Saturated Fat:
trace

Exchanges: 1/2
fruit

Cholesterol: 0 mg

**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.

More on Next Page

Nutritional Information (1 serving):

Calories: 34

Carbohydrate: 5
grams

Protein: 3 grams

Fat: trace

Saturated Fat:
trace

Cholesterol: 2 mg

Fiber: trace

Sodium: 49 mg

Potassium: 202
mg

Calcium: 116 mg

Exchanges: 1/2
skim milk

**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.

More on Next Page

Nutritional Information (1 serving):

Calories: 15

Fiber: 0

Carbohydrate: 4
grams

Sodium: 15 mg

Potassium: 19 mg

Protein: 0

Calcium: 10 mg

Fat: 0

Exchanges: 1

Saturated Fat: 0

serving is free

Cholesterol: 0 mg

**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

More on Next Page

Nutritional Information (1 serving):

Calories: 25

Fiber: trace

Carbohydrates: 6
grams

Sodium: 11 mg

Potassium: 115

Protein: 0

mg

Fat: 0

Calcium: 11 mg

Saturated fat: 0

Exchanges: 1/2

Cholesterol: 0

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.

More on Next Page

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.

More on Next Page

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.

More on Next Page

Nutritional Information (1 serving):

Calories: 37

Fiber: trace

Carbohydrate: 10
grams

Sodium: 18 mg

Potassium: 27 mg

Protein: trace

Calcium: 7 mg

Fat: trace

Exchanges: 1/2

Saturated Fat: 0

fruit

Cholesterol: 0 mg

**End of Recipe -
Return to Table of Contents**

Pineapple Julius

2 cups pineapple
juice

2/3 cup nonfat
dry milk

1 teaspoon vanilla

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.

More on Next Page

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 skim milk
Cholesterol: 2 mg	

**End of Recipe -
Return to Table of Contents**

Simmered Cider

2 quarts	1/2 teaspoon
unsweetened	whole cloves
apple cider	1 stick cinnamon
sliver of lemon	
peel	
1/2 teaspoon	
whole allspice	

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

More on Next Page

Nutritional Information (1 serving):

Calories: 54

Fiber: trace

Carbohydrate: 13
grams

Sodium: 4 mg

Potassium: 137

Protein: 0 grams

mg

Fat: 0 grams

Calcium: 9 mg

Saturated Fat: 0
grams

Exchanges: 1 fruit

Cholesterol: 0 mg

**End of Recipe -
Return to Table of Contents**

Special Tea

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

More on Next Page

Nutritional Information (1 serving):

Calories: 4

Fiber: 0

Carbohydrates: 1
gram

Sodium: 7 mg

Potassium: 92 mg

Protein: 0

Calcium: 2 mg

Fat: 0

Exchanges: Free

Saturated fat: 0

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.

More on Next Page

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
1/4 cup flour
1/8 teaspoon
pepper
2 tablespoons
cooking oil
1/2 cup chopped
onion
1 clove garlic
1/4 teaspoon
thyme
1/4 teaspoon basil
1/4 teaspoon
oregano **More on**

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

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

More on Next Page

Nutritional Information (1 serving):

Calories: 197

Carbohydrates:
19 grams

Protein: 15 grams

Fat: 6 grams

Saturated fat: 2
grams

Cholesterol: 38
mg

Fiber: 3 grams

Sodium: 43 mg

Potassium: 635
mg

Calcium: 25 mg

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

**End of Recipe -
Return to Table of Contents**

Chicken Cilantro

1 small onion,
chopped
1 clove garlic,
finely chopped
1 tablespoon
margarine
4 small chicken
breasts, boned,
skinned, cut into
pieces (4 oz.
each)

1/8 teaspoon salt
1/4 teaspoon
black pepper, if
desired
2 tablespoon
cilantro, snipped

In a skillet cook onions and garlic in
margarine **More on Next Page** 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.

More on Next Page

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

Cholesterol: 73
mg

vegetable

**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

More on Next

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.

More 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.

More on Next Page

Nutritional Information (1 enchilada):

Calories: 288

Fiber: 1 gram

Carbohydrates:
25 grams

Sodium: 414 mg

Potassium: 305

Protein: 21 grams

mg

Fat: 11 grams

Calcium: 153 mg

Saturated fat: 5
grams

Exchanges: 1 1/2
starch, 2

Cholesterol: 58
mg

medium-fat meat

**End of Recipe -
Return to Table of Contents**

Fruity Ham Slices

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

More on Next Page

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..

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

More on Next Page

Fruity Ham Slices (contd)

Nutritional information (1 slice):

Calories: 142	Sodium: 550 mg
Carbohydrate: 15 grams	(High Sodium)
Protein: 12 grams	Potassium: 339 mg
Fat: 3 grams	Calcium: 14 mg
Saturated Fat: 1 gram	Exchanges: 1 fruit, 2 very-lean meat
Cholesterol: 30 grams	
Fiber: 2 grams	

**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,

More on Next Page

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 T of C

Grilled Chicken Salad

with Raspberry Vinaigrette

4 small, skinless, boneless chicken breasts (about 4 ounces each)	1/4 teaspoon garlic powder
1/4 cup raspberry flavored vinegar	1 tablespoon olive oil
1/2 teaspoon dried basil	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 ingredients except the

More on Next Page

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.

More on Next Page

Nutritional Information

(1 serving):

Calories: 192	Fiber: 1 gram
Carbohydrates: 4 grams	Sodium: 207 mg
Protein: 28 grams	Potassium: 494 mg
Fat: 7 grams	Calcium: 48 mg
Saturated fat: 1 gram	Exchanges: 1 vegetable, 1/2 fat, 4 very-lean meat
Cholesterol: 73 mg	

**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

More on Next Page

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.

More on Next Page

Nutritional Information (1 serving):

Calories: 148

Fiber: trace

Carbohydrate: 2
grams

Sodium: 201 mg

Protein: 27 grams

Potassium: 248
mg

Fat: 3 grams

Calcium: 16 mg

Saturated Fat: 1
grams

Exchanges: 4
very-lean meat

Cholesterol: 73
mg

**End of Recipe -
Return to Table of Contents**

Lemon Baked Shrimp

1 pound peeled
and de-veined
shrimp

1/3 cup dry bread
crumbs

1 teaspoon dried
parsley

1/2 teaspoon
grated lemon rind

1/8 teaspoon salt
2 minced garlic
cloves

2 tablespoons
fresh lemon juice

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,

More on Next Page

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.

More on Next Page

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,

More on Next Page

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.

More on Next Page

Nutritional Information (1 serving):

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

**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.

More on Next Page

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 very

Cholesterol: 73
mg

lean meat

**End of Recipe -
Return to Table of Contents**

Rice Meat Balls

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

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,

More on Next Page

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
1 clove garlic,
minced
1 pound bay or
sea scallops,
halved
1 tbsp chopped
fresh basil
3 large tomatoes,
coarsely chopped

10 oz fresh
spinach, stems
removed,
thoroughly
washed
Salt and freshly
ground pepper, to
taste
2 C cooked rice

Gently heat the oil and garlic in a large skillet over low heat for 1 minute. Stir

More on Next Page

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.

More on Next Page

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

More on Next Page

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

More on Next Page

in a 450 degree oven for 10 to 15 minutes or until fish flakes easily when tested with a fork. Makes 4 servings.

More on Next Page

Nutritional Information (1 serving):

Calories: 112

Fiber: trace

Carbohydrates: 1
gram

Sodium: 183 mg

Protein: 22 grams

Potassium: 460
mg

Fat: 2 grams

Calcium: 36 mg

Saturated fat: 1
gram

Exchanges: 3
very lean meat

Cholesterol: 40
mg

**End of Recipe -
Return to Table of Contents**

Swedish Cabbage Rolls

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

More on Next Page

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.

More on Next Page

Nutritional Information (1 serving):

Calories: 214	Fiber: 2 grams
Carbohydrates: 12 grams	Sodium: 171 mg
Protein: 19 grams	Potassium: 415 mg
Fat: 10 grams	Calcium: 36 mg
Saturated fat: 4 grams	Exchanges: 2 medium-fat meat, 1 starch
Cholesterol: 88 mg	

**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

**More on Next
Page**

5 cups hot cooked
rice

1 tablespoon
low-sodium soy
sauce

Heat oil in a large non-stick skilled 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.

More on Next Page

Makes 8 servings

Nutritional Information (1 serving):

Calories: 307	Fiber: 2 grams
Carbohydrates: 48 grams	Sodium: 185 mg
Protein: 18 grams	Potassium: 314 mg
Fat: 4 grams	Calcium: 37 mg
Saturated fat: 1 gram	Exchanges: 3 starch, 1 lean meat
Cholesterol: 36 mg	

**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

**More on Next
Page**

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,

More on Next Page

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

More on Next Page

Nutritional information

(1 serving with one cup noodles):

Calories: 409

Fiber: 3 grams

Carbohydrate: 46
grams

Sodium: 134
grams

Protein: 32 grams

Potassium: 454
grams

Fat: 9 grams

Saturated Fat: 3
grams

Calcium: 63
grams

Cholesterol: 121
grams

Exchanges: 3
starch, 3 lean
meat

End of Recipe -

[Return to Table of Contents](#)

Vegetable Linguine

1 1/4 cup
chopped onion
1/2 cup chopped
celery
1/2 cup chopped
green pepper
2 cloves garlic,
minced
1 tablespoon olive
oil
1 tablespoon
dried basil
1 16-ounce can
tomatoes

1 15-ounce can
low-sodium
tomato sauce
2 teaspoons sugar
1/4 teaspoon
crushed red
pepper flakes
1/2 teaspoon
oregano
1/8 teaspoon
black pepper
8 ounces linguine

**More on Next
Page**

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.

More on Next Page

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

2 cups sliced
fresh mushrooms

1 cup chopped
onion

1 tablespoon
cooking oil

1 15-oz can
low-sodium
tomato sauce

1 6-oz can
low-sodium
tomato paste

1 teaspoon dried
oregano

1 teaspoon dried
basil

2 cups low fat
cottage cheese

1 cup shredded
low fat

Monterey Jack
cheese

1 10-oz package
of frozen chopped
spinach, thawed
and well drained

More on

Next Page

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	Fiber: 4 grams
Carbohydrate: 32 grams	Sodium: 364 mg
Protein: 17 grams	Potassium: 686 mg
Fat: 8 grams	Calcium: 223 mg
Saturated Fat: 3 grams	Exchanges: 2 starch, 1/2 fat, 1 1/2 lean meat
Cholesterol: 15 mg	

**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

More on Next Page

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

More on Next Page

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

Carbohydrates:
16 grams

Protein: 3 grams

Fat: 2 grams

Saturated fat:
trace

Cholesterol: 11
mg

Fiber: 1 gram

Sodium: 88 mg

Potassium: 62 mg

Calcium: 33 mg

Exchanges: 1

starch, 1/2 fat

End of Recipe

**Return to Table
of Contents**

Biscuits

2 cups flour	1/4 cup
3 teaspoons	margarine
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 **More on Next Page.**

Makes 12 biscuits.

Nutritional Information (1 biscuit):

Calories: 116

Fiber: 1 gram

Carbohydrate: 17
grams

Sodium: 207 mg

Potassium: 50 mg

Protein: 3 grams

Calcium: 91 mg

Fat: 4 grams

Exchanges: 1

Saturated Fat: 1
gram

starch, 1 fat

Cholesterol: 1 mg

**End of Recipe -
Return to Table of Contents**

Bolillos

2 cups water

2 tablespoons

sugar

2 tablespoons

margarine

2 teaspoons salt

1 pkg. yeast

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

More on Next Page

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:

Sodium: 188 mg

25 grams

Potassium: 40 mg

Protein: 3 grams

Calcium: 6 mg

Fat: 1 gram

Exchanges: 1 1/2

Saturated fat:

starch

trace

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;

More on Next Page

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.

More on Next Page

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

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

More on Next Page

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.

More on Next Page

Nutritional Information (1 biscuit):

Calories: 93

Carbohydrates:

18 grams

Protein: 2 grams

Fat: 2 grams

Saturated fat:

trace

Cholesterol: 1 mg

Fiber: 1 gram

Sodium: 88 mg

Potassium: 54 mg

Calcium: 63 mg

Exchanges: 1

starch, 1/2 fat

**End of Recipe -
Return to Table of Contents**

Cranberry Bread

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

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

More on Next Page

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.

More on Next Page

Nutritional Information (1 slice):

Calories: 114

Carbohydrates:

23 grams

Protein: 2 grams

Fat: 2 grams

Saturated fat:

trace

Cholesterol: 10

mg

Fiber: 1 gram

Sodium: 91 mg

Potassium: 90 mg

Calcium: 31 mg

Exchanges: 1

starch, 1/2 fat,

and 1/2 fruit

End of Recipe -

[Return to Table of Contents](#)

English Muffin Bread

2 packages yeast	1/4 teaspoon
6 cups flour	baking soda
1 tablespoon	2 cups skim milk
sugar	1/2 cup water
2 teaspoons salt	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

More on Next Page

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	Cholesterol: 0 mg
Carbohydrates: 20 grams	Fiber: 1 gram
Protein: trace	Sodium: 146 mg
Fat: trace	Potassium: 60 mg
Saturated fat: trace	Calcium: 25 mg
	Exchanges: 1 starch

**End of Recipe -
Return to Table of Contents**

French Toast Ala Orange

1 egg	1/2 teaspoon
2 egg whites	vanilla
1/3 cup	1 teaspoon grated
unsweetened	orange peel
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. **More on Next Page**

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

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

More on Next Page

400 degrees for 20-25 minutes. Makes 12 muffins.

Nutritional Information (1 muffin):

Calories: 92

Fiber: 1 gram

Carbohydrates:

Sodium: 159 mg

19 grams

Potassium: 61 mg

Protein: 3 grams

Calcium: 80 mg

Fat: 1 gram

Exchanges: 1

Saturated fat:

starch

trace

Cholesterol: 16mg

End of Recipe -

[Return to Table of Contents](#)

Muffins

1 egg	2 tablespoons
1 cup skim milk	sugar
2 tablespoons	3 teaspoons
salad oil	baking powder
2 cups flour	1/2 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 degrees for 20 to 25 minutes, or until golden brown. Remove from pan immediately. Makes 12 muffins.

More on Next Page

Nutritional Information (1 muffin):

Calories: 117

Carbohydrates:

19 grams

Protein: 3 grams

Fat: 3 grams

Saturated fat:

trace

Cholesterol: 16

mg

Fiber: 1 gram

Sodium: 226 mg

Potassium: 61 mg

Calcium: 98 mg

Exchanges: 1

starch, 1/2 fat

**End of Recipe -
Return to Table of Contents**

Popovers

1 egg	1 tablespoon
2 egg whites	cooking oil
1 cup skim milk	1 cup flour
	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 not 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

More on Next Page

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.

More on Next Page

Nutritional Information (1 popover):

Calories: 127

Carbohydrates:
18 grams

Protein: 4 grams

Fat: 3 grams

Saturated fat:
trace

Cholesterol: 32
mg

Fiber: 1 gram

Sodium: 138 mg

Potassium: 115
mg

Calcium: 58 mg

Exchanges: 1
starch, 1/2 fat

**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

More on Next Page

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	Protein: 27 grams
Carbohydrate: 16 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.

More on Next Page

Nutritional Information (1 serving):

Calories: 101

Fiber: 3 gram

Carbohydrates:
24 grams

Sodium: 32 mg

Potassium: 233

Protein: 2 grams

mg

Fat: 2 gram

Calcium: 66 mg

Saturated fat: 1
gram

Exchanges: 1/2
starch, 1 fruit,

Cholesterol: 2 mg

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

More on Next Page

topping, apricots, and cottage cheese. Place in a bowl or ring mold. Chill till firm. Makes 10 servings.

More on Next Page

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
3 tablespoons red
wine vinegar
2 teaspoons olive
oil
1/4 teaspoon
black pepper
1/8 teaspoon salt

1 clove garlic,
minced
2 tablespoons
chopped pimento
1/4 cup chopped
onion
1 15-ounce can
white beans,
rinsed and
drained

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

More on Next Page

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,

More on Next Page

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.

More on Next Page

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

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	1/3 cup nonfat mayonnaise
1/2 cup cooked and peeled shrimp	1/3 cup plain nonfat yogurt
3/4 cup thinly sliced radishes	1 tablespoon lemon juice
1/3 cup nonfat sour cream	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.

More on Next Page

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	1/4 cup finely minced onion
1/2 teaspoon garlic powder	
1/2 teaspoon salt	

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

More on Next Page

Nutritional Information (1 serving):

Calories: 14

Fiber: 0

Carbohydrates: 2
grams

Sodium: 66 mg

Potassium: 52 mg

Protein: 1 gram

Calcium: 36 mg

Fat: trace

Exchanges: 2

Saturated fat:
trace

tablespoons free

Cholesterol: 1 mg

**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.

More on Next Page

Nutritional Information (1 serving):

Calories: 66

Carbohydrates: 13
grams

Protein: 1 gram

Fat: 2 grams

Saturated fat: 1
gram

Cholesterol: 4 mg

Fiber: 2 grams

Sodium: 25 mg

Potassium: 261
mg

Calcium: 31 mg

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

**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.

More on Next Page

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.

More on Next Page

Nutritional Information (1 serving):

Calories: 51

Fiber: 1 gram

Carbohydrates: 7
grams

Sodium: 98 mg

Protein: 1 gram

Potassium: 168
mg

Fat: 3 grams

Calcium: 30 mg

Saturated fat:
trace

Exchanges: 1

vegetable, 1/2 fat

Cholesterol: 0

**End of Recipe -
Return to Table of Contents**

Cranberry-Celery Mold

1 small package sugar-free gelatin (strawberry or cherry)	1 tablespoon lemon juice
1 cup boiling water	1 cup coarsely ground cranberries
1/2 cup cold water	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.

More on Next Page

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	1 tomato,
no-salt-added	chopped
green beans	1/2 cup fat-free
1/4 tablespoon	Italian Salad
chopped onion	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.

More on Next Page

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	1 10-ounce package
5 packages artificial sweetener	unsweetened strawberries
2 bananas	8 ounces fat-free whipped topping
1 10-ounce can crushed pineapple	

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.

More on Next Page

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
1 C green grapes	yogurt
1/2 C mini	2 tbsp slivered
marshmallows	almonds

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

More on Next Page

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.

More on Next Page

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.

More on Next Page

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.

More on Next Page

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

Boil potatoes and cool. Remove skins from potatoes. Cut up potatoes into cubes. Add remaining ingredients, mix

More on Next Page

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

In a jar, combine the oil, vinegar, water, salt, and garlic. **Next Page** 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.

More on Next Page

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 frozen corn, thawed
2 cups chopped tomato	3/4 cup salsa
1 cup thinly sliced red onion	2 tablespoon tarragon flavored vinegar
1/2 pound cooked peeled shrimp	2 teaspoon olive oil
10 sliced pitted ripe olives	1/2 teaspoon dried tarragon

Combine all ingredients and stir well.
Yield 8 servings.

More on Next Page

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	1 cup fresh parsley
3 tomatoes	1/2 cup lemon juice
1 green pepper	1/4 teaspoon salt
1 medium onion	2 tablespoons cooking oil
1 cucumber	

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.

More on Next Page

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.

More on Next Page

Nutritional Information (1 serving):

Calories: 171

Carbohydrates: 23
grams

Protein: 15 grams

Fat: 2 grams

Saturated fat: 1
gram

Cholesterol: 58
mg

Fiber: 3 grams

Sodium: 350 mg

Potassium: 260
mg

Calcium: 30 mg

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

**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.

More on Next Page

Nutritional Information (1 serving):

Calories: 92

Fiber: 2 mg

Carbohydrates: 16
grams

Sodium: 17 mg

Protein: 1 gram

Potassium: 183
mg

Fat: 4 grams

Calcium: 22 mg

Saturated fat: 1
gram

Exchanges: 1
fruit, 1/2 fat

Cholesterol: 3 mg

**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	6 oz uncooked
1 chopped	noodles
medium onion	2 cooked and
2 chopped stalks	cubed skinless
of celery	chicken breasts
6 cups low-sodium	1/4 teaspoon salt
chicken broth	

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. **More on Next Page**

salt. Heat to boiling. Makes 6 servings.

Nutritional Information (1 serving):

Calories: 213	Fiber: 2 gram
Carbohydrates: 26 grams	Sodium: 208 mg
Protein: 18 grams	Potassium: 447 mg
Fat: 4 gram	Calcium: 29 mg
Saturated fat: 4 grams	Exchanges: 1 1/2 starch, 2 lean meat
Cholesterol: 51mg	

**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

More on Next Page

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
3/4 cup chopped
onion
1 tablespoon
cooking oil
5 cups low-sodium
chicken broth
1 6-oz. can
low-sodium
tomato paste
1 cup green
cabbage,
shredded
1 cup diced

zucchini
1/2 cup chopped
celery
1 carrot, diced
1 16-oz. can
garbanzo beans,
drained
1/3 cup uncooked
salad macaroni
1 tablespoon
crushed dried
basil
**More on Next
Page**
1/2 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 and reduce heat. Cover and simmer for 15 to 20 minutes or until the vegetables are tender and the macaroni is cooked. Serves 6.

More on Next Page

Nutritional Information (1 serving):

Calories: 222

Carbohydrates: 33
grams

Protein: 12 grams

Fat: 4 grams

Saturated fat: 1
gram

Cholesterol: 0 mg

Fiber: 6 grams

Sodium: 100 mg

Potassium: 822
mg

Calcium: 86 mg

Exchanges: 2
starch, 1

medium-fat meat

**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,

More on Next Page

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.

More on Next Page

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 skim milk
1 cup low-sodium chicken broth	2 tablespoons sherry
pepper as desired	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 **More on Next Page** 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

**More on Next
Page**

Exchanges: 1
starch

**End of Recipe -
Return to Table of Contents**

Spicy Bean & Vegetable Soup

4 cups tomatoes

1 cup water

1 6-ounce can

tomato paste

1 tablespoon chili

powder

1/2 teaspoon

garlic powder

1 teaspoon basil

1 teaspoon cumin

1/2 teaspoon

black pepper, if

desired

2 cups cooked red

beans

2 cups

cooked pinto

beans

2 cups cooked

garbanzo beans

2 cups frozen corn

1 cup chopped

carrots

1 cup chopped

celery

1 cup chopped

onion

More on Next Page

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

Carbohydrates: 30
grams

Protein: 7 grams

Fat: 1 gram

Saturated fat:
trace

Cholesterol: 0

Fiber: 7 grams

Sodium: 350 mg

Potassium: 487
mg

Calcium: 39 mg

**More on Next
Page**

Exchanges: 2
starch

**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.

More on Next Page

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.

More on Next Page

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 cup water
1/2 cup chopped onion	1-6oz can low sodium tomato paste
1/2 cup chopped green pepper	1-28oz can of tomatoes
2 cups cooked red beans (kidney beans)	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

More on Next Page

flavors are blended. Makes 6 servings.

Nutritional Information (1 serving):

Calories: 303

Fiber: 8 gram

Carbohydrates: 27
grams

Sodium: 277 mg

Protein: 22 grams

Potassium: 994
mg

Fat: 1 gram

Calcium: 98 mg

Saturated fat:
trace

Exchanges: 2
starch, 2 very

Cholesterol: 40mg

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 cup egg whites
1 teaspoon cream of tartar	(8 to 10 eggs)
1/4 cup sugar twin	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

More on Next Page

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.

More on Next Page

Nutritional Information (1 serving):

Calories: 44

Fiber: trace

Carbohydrate: 7
grams

Sodium: 44 mg

Potassium: 91 mg

Protein: 3 grams

Calcium: 7 mg

Fat: trace

Exchanges: 1/2

Saturated Fat:
trace

starch

Cholesterol: 0 mg

**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

More on Next Page

margarine over all. Bake at 325 degrees approximately 45 minutes or until crunch top is golden. Makes 18 servings.

More on Next Page

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 3/4 cup nonfat
2 tablespoons egg substitute
sugar
2 teaspoons
vanilla extract

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. **More on the Next Page** when it is firm in the center. Serve warm or

chilled. Makes 4 servings.

Nutritional Information (1 serving):

Calories: 130

Fiber: 0 mg

Carbohydrates: 21
grams

Sodium: 106 mg

Potassium: 242

Protein: 8 grams

mg

Fat: 2 grams

Calcium: 155 mg

Saturated fat:
trace

Exchanges: 1

starch, 1/2 skim

Cholesterol: 19
mg

milk

End of Recipe - Return to T of Con.

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.

More on Next Page

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

More on Next Page

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.

More on Next Page

Nutritional Information (1 serving):

Calories: 94

Fiber: trace

Carbohydrates: 12
grams

Sodium: 300 mg

Protein: 8 grams

Potassium: 92
grams

Fat: 2 grams

Calcium: 43 mg

Saturated fat: 1
gram

Exchanges: 1
starch and 1/2

Cholesterol: 26
mg

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

More on Next Page

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.

More on Next Page

Nutritional Information (1 serving):

Calories: 166

Fiber: 3 grams

Carbohydrates: 30
grams

Sodium: 56 mg

Protein: 3 grams

Potassium: 217
mg

Fat: 4 grams

Calcium: 17 mg

Saturated fat: 1
gram

Exchanges: 1
starch, 1/2 fat, 1

Cholesterol: 0 mg

fruit

**End of Recipe -
Return to Table of Contents**

Pineapple Cake

2 cups flour	1 teaspoon vanilla
1 1/4 cups sugar	1/4 teaspoon salt
2 eggs	1-16 oz can
1 teaspoon baking soda	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.

More on Next Page

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

More on Next Page

individual dessert bowls. Chill. Makes 6 servings.

Nutritional Information (1 serving):

Calories: 92

Fiber: trace

Carbohydrates: 16
grams

Sodium: 181 mg

Potassium: 257mg

Protein: 3 grams

Calcium: 104 mg

Fat: 3 grams

Exchanges: 1/2

Saturated fat: 2
grams

fruit, 1/2 skim

milk, 1/2 fat

Cholesterol: 6 mg

**End of Recipe -
Return to Table of Contents**

Pineapple Pumpkin Pie

Filling:

2 envelopes	2 tablespoons
unflavored gelatin	sugar
3 tablespoons cool	1 cup milk
water	1 1/2 teaspoons
1/4 cup boiling	cinnamon
water	1/8 teaspoon
1-16oz can	ground cloves
pumpkin	2 teaspoons
1-8oz can crushed	vanilla
pineapple in juice	

More on Next Page

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

More on Next Page

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

Nutritional Information

(1 serving):

Calories: 172

Fiber: 3 grams

Carbohydrates: 30
grams

Sodium: 138 mg

Protein: 5 grams

Potassium: 268
mg

Fat: 5 gram

Calcium: 71 mg

Saturated fat: 1
gram

Exchanges: 1
starch, 1 fruit, 1

Cholesterol: trace

fat

**End of Recipe -
Return to Table of Contents**

Strawberries & Cream

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

More on Next Page

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

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

More on Next Page

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

More on Next Page

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.

More on Next Page

Nutritional Information (1 cookie):

Calories: 72

Carbohydrates: 11
grams

Protein: 1 gram

Fat: 3 grams

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.

More on Next Page

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.

More on Next Page

Nutritional Information (1 serving):

Calories: 101

Carbohydrate: 18
grams

Protein: 4 grams

Fat: 2 grams

Saturated Fat:
trace

Cholesterol: 1 mg

Fiber: 1 grams

Sodium: 180 mg

Potassium: 100
mg

Calcium: 38 mg

Exchanges: 1
starch

**End of Recipe -
Return to Table of Contents**

Easy Cheesy Vegetable Casserole

1 1/2 C water
4 medium white
or yellow
potatoes, peeled
and sliced 1/2
inch thick
1 C cauliflower
florets
1 C broccoli florets
4 medium carrots,
peeled and cut
into coins

1 medium onion,
chopped
2 C frozen, cut
green beans
1 can reduced fat
cream of chicken
soup
1/2 C skim milk
1 C shredded
reduced fat
cheddar cheese

**More on Next
Page**

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.

More on Next Page

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.

More on Next Page

Nutritional Information (1 serving):

Calories: 122

Fiber: 2 grams

Carbohydrates: 23
grams

Sodium: 122 mg

Protein: 3 grams

Potassium: 165
mg

Fat: 2 grams

Calcium: 27 mg

Saturated fat:
trace

Exchanges: 1
starch, 1/2 fat, 1

Cholesterol: 0 mg

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.

More on Next Page

Nutritional Information (1 serving):

Calories: 168	Fiber: 5 grams
Carbohydrates: 27 grams	Sodium: 181 mg
Protein: 8 grams	Potassium: 388 mg
Fat: 4 grams	Calcium: 52 mg
Saturated fat: trace	Exchanges: 1 1/2 starch, 1 fat, 1 very lean meat
Cholesterol: 0 mg	

**End of Recipe -
Return to Table of Contents**

Green Bean Casserole

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

More on Next Page

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.

More on Next Page

Nutritional Information (1 serving):

Calories: 106

Sodium: 186 mg

Carbohydrates: 11
grams

Potassium: 160
mg

Protein: 5 grams

Calcium: 138 mg

Fat: 5 grams

Exchanges: 1/2

Saturated fat: 2
grams

starch, 1 fat, 1
vegetable

Cholesterol: 8 mg

Fiber: 2 grams

**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.

More on Next Page

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.

More on Next Page

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

More on Next Page

except cheese. Top with cheese. Bake at 350 degrees for 20 minutes. Makes 10 servings.

More on Next Page

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.

More on Next Page

Nutritional Information (1 serving):

Calories: 93

Fiber: 1 gram

Carbohydrates: 17
grams

Sodium: 41 mg

Protein: 4 grams

Potassium: 312
mg

Fat: 1 gram

Calcium: 56 mg

Saturated fat: 1
gram

Exchanges: 1
starch

Cholesterol: 4 mg

**End of Recipe -
Return to Table of Contents**

Northlands Wild Rice Casserole

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

Rinse wild rice under running water for

More on Next Page

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.

More on Next Page

Nutritional Information (1 serving):

Calories: 117

Sodium: 120 mg

Carbohydrates: 20
grams

Potassium: 265
mg

Protein: 5 grams

Calcium: 20 mg

Fat: 2 grams

Exchanges: 1

Saturated fat:
trace

starch, 1/2 fat, 1
vegetable

Cholesterol: 0 mg

Fiber: 2 gram

**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.

More on Next Page

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

1/2 cup chopped
celery

1 minced clove
garlic

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.

More on Next Page

Nutritional Information (1 serving):

Calories: 151

Carbohydrates: 26
grams

Protein: 6 grams

Fat: 3 grams

Saturated fat:
trace

Cholesterol: 0 mg

Fiber: 6 grams

Sodium: 319 mg

Potassium: 293
mg

Calcium: 34 mg

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

**End of Recipe -
Return to Table of Contents**

Rice Ole'

1 cup chopped
onion

1 cup chopped
green pepper

1 tablespoon

vegetable oil

2 teaspoons chili
powder

1/2 teaspoon

garlic powder

1/4 teaspoon salt

1 16-ounce can

tomatoes

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,

More on Next Page

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 fat, 1

Cholesterol: 0 mg

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.

More on Next Page

Stir in the meat and cook slowly, stirring, until heated through, about 5-10 minutes. Makes 6 servings.

More on Next Page

Nutritional Information (1 serving):

Calories: 201

Carbohydrates: 23
grams

Protein: 11 grams

Fat: 7 grams

Saturated fat: 2
grams

Cholesterol: 28
mg

Fiber: 1 gram

Sodium: 249 mg

Potassium: 343
mg

Calcium: 35 mg

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

**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

More on Next Page

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

More on Next Page

Nutritional Information (1 serving):

Calories: 141

Fiber: 2 grams

Carbohydrates: 24
grams

Sodium: 72 mg

Protein: 6 grams

Potassium: 246
mg

Fat: 4 gram

Calcium: 19 mg

Saturated fat: 2
grams

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

Cholesterol: 31
mg

**End of Recipe -
Return to Table of Contents**

Sweet and Sour Cabbage

6 cups chopped cabbage	1/8 teaspoon black pepper
1 cup chopped onion	1 clove garlic, minced
2 teaspoons olive oil	3 tablespoons wine vinegar
1/8 teaspoon salt	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.

More on Next Page

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	1/4 teaspoon
3 cups low-sodium chicken broth	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.

More on Next Page

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

Nutritional Information (1 serving):

Calories: 131

Carbohydrate: 24
grams

Protein: 7 grams

Fat: 1 gram

Saturated fat:
trace

Cholesterol: 0 mg

Fiber: 2 grams

Sodium: 128 mg

Potassium: 244
mg

Calcium: 11 mg

Exchanges: 1 1/2
starch

**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.

More on Next Page

Nutritional Information (1 serving):

Calories: 62

Fiber: 2 grams

Carbohydrate: 14
grams

Sodium: 10 mg

Potassium: 213

Protein: 1 gram

mg

Fat: trace

Calcium: 26 mg

Saturated Fat:
trace

Exchanges: 1
starch

Cholesterol: trace

**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.

More on Next Page

Nutritional Information **($\frac{1}{4}$ 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	1/2 teaspoon cumin
1 4-ounce can green chilies	2 teaspoons lime juice
1 medium onion, chopped	1 teaspoon cilantro
1 fresh jalapeno chile, chopped	1/2 teaspoon ground pepper
	1/4 teaspoon salt

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

More on Next Page

Nutritional Information

($\frac{1}{4}$ 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	1 teaspoon
cooking oil	paprika
3 tablespoons	1/2 teaspoon
wine vinegar	black pepper
1/3 cup tomato	2 cloves garlic,
juice	chopped
1/4 teaspoon salt	

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.

More on Next Page

Nutritional Information (1 tablespoon):

Calories: 23

Fiber: trace

Carbohydrates: 1
gram

Sodium: 25 mg

Potassium: 26 mg

Protein: trace

Calcium: 3 mg

Fat: 3 grams

Exchanges: 1/2

Saturated fat:
trace

fat

Cholesterol: 0 mg

**End of Recipe -
Return to Table of Contents**

Ranch Style Dressing Mix

1 cup nonfat dry
milk

4 teaspoons dried
basil

2 tablespoons
minced dried
onion

2 teaspoons dried
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 of water. Blend into 1 cup nonfat plain yogurt. Shake well before

More on Next Page

serving. One serving equals 2 tablespoons.

Nutritional Information (2 tablespoons):

Calories: 25

Fiber: trace

Carbohydrates: 4
grams

Sodium: 60 mg

Potassium: 117
mg

Protein: 2 grams

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