

Living with Diabetes

Recipe Book

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Appetizers / Soups / Snacks

Minnesota Chili

Cooking a'La Heart (p275)

- 1 pound lean ground beef
- 3 garlic cloves, minced
- 2 cups chopped onion
- 2 cups chopped celery with leaves
- 2 (28 oz) cans whole tomatoes
- 3 Tbsp chili powder
- 1/4 cup chopped parsley
- 1/2 tsp pepper
- 2 (16 oz) cans dark red kidney beans

In a heavy saucepan or Dutch oven, brown meat.

Add garlic, onion and celery and cook until onion is golden.

Break tomatoes into pieces and add along with juice to meat mixture. Add chili powder, parsley and pepper. Bring to a boil, reduce heat, cover and simmer for 2 hours.

Shortly before serving, add kidney beans with liquid and heat thoroughly.

Yields: 12 cups (1 cup) Exchange: 1 1/2 carb serving

Nutrition analysis per serving: calories - 173, Fat - 4.1 g, cholesterol - 25 mg, sodium - 767 mg, dietary fiber - 8.2 g, calcium - 86 mg, carbohydrate - 22 g

Italian Chicken Noodle Soup

Betty Crocker -

Diabetes Easy Family Meals, Vol 15 #5 (p 51)

- 1 Tbsp olive or canola oil
- 2 boneless skinless chicken breasts (about 1/2 lb), cut into 1/2-inch pieces
- 1 medium onion, chopped (1/2 cup)
- 2 (14 oz) cans chicken broth
- 2 cups water
- 3 medium carrots, sliced (1 1/2 cup)
- 2 cups fresh broccoli florets
- 1 1/2 cups uncooked medium egg noodles (suggest using Dreamfields® Pasta)
- 1 tsp dried basil leaves
- 1/2 tsp garlic-pepper blend
- 1/4 cup shredded Parmesan cheese

In 4-quart saucepan, heat oil over medium heat. Add chicken; cook 4 to 6 minutes, stirring occasionally, until no longer pink in center. Stir in onion. Cook 2 to 3 minutes, stirring occasionally, until onion is tender.

Stir in broth, water and carrots. heat to boiling. Reduce heat to medium; cook 5 minutes. Stir in broccoli, noodles, basil and garlic-

pepper blend. heat to boiling. Reduce heat; simmer uncovered 8 to 10 minutes, stirring occasionally, until vegetables and noodles are tender.

Top each serving with cheese.

Tips:

- You can easily use chicken thighs for part or all of the chicken breasts. Two boneless thighs usually equal one breast half
- Fresh vegetables are called for in this colorful soup, but if you keep frozen vegetables on hand, you can use them instead.

Yields: 6 servings (1 1/2 cup)

Exchanges: 1 carb serving, 1 1/2 Very Lean Meat, 1 Fat

Nutrition analysis per serving: calories - 170, Total Fat - 6 g (saturated fat - 2 g; trans fat - 0 g); cholesterol - 35 mg, sodium - 730 mg; total carbohydrate - 14 g (dietary fiber - 2 g; sugars 3 g); protein - 15 g

Creamy Yogurt Fruit Dip

Fit for Life Club Newsletter

Betty Crocker's Bridal Edition Cookbook

Select a variety of fruits for dippers, such as sliced apples and pears, sliced cantaloupe and honeydew melon, strawberries and pineapple chunks.

- 1 (8 oz) package light cream cheese, softened
- 1 (6 oz) container orange yogurt
- 1/2 cup orange marmalade
- 1/8 tsp ground nutmeg
- 2 Tbsp coarsely chopped pecans
- shredded orange peel
- cut-up fruit, if desired

Beat cream cheese in medium bowl with electric mixer on medium speed until creamy. Beat in yogurt, marmalade and nutmeg until smooth. Serve immediately, or cover and refrigerate for 30 minutes to blend flavors if desired. Spoon into serving bowl. Top with pecans, orange peel and, if desired, additional nutmeg. Serve with fruit.

(Note: can lower calories even further by using low sugar marmalade and light yogurt.)

Serving size: 1 Tablespoon

Nutrition analysis per serving: Calories - 40, Total Fat - 2 g, Total Carbohydrate - 5 g

Hot & Spicy Nuts

Cutting Back on Sodium by Angie Sharp;

Diabetes Self Management, Jan/Feb 1999 (p33)

- 1/2 cup whole almonds
- 1/2 cup pecan halves
- 1/2 cup walnut halves
- 1 tsp canola oil
- 1/2 tsp cumin
- 1/2 tsp curry powder

1/8 tsp cayenne pepper
dash of white pepper

Preheat oven to 350° F. Toss the nuts with oil in a large bowl. In a small bowl, combine the spices. Add spices to the nuts, stirring until the nuts are covered evenly. Spread the nuts on a baking tray in a single layer. Bake the nuts for 10-12 minutes. Remove from oven and cool before serving.

Yields: 1 1/2 cups (1/4 cup)

Exchanges: 2 fat

Nutrition analysis per serving: calories - 96, carbohydrate - 3 g, protein - 2 g, fat - 9 g, saturated fat - <1 g, sodium - 1 mg, fiber - 1 g

Low Fat, Low Salt Snack Mix

7 cups Crispix® cereal
1 cup pretzels
1 1/2 Tbsp margarine, melted
1/4 tsp garlic powder
1/4 tsp onion powder
2 tsp lemon juice
4 tsp Worcestershire Sauce
1 teaspoon liquid smoke

Combine Crispix® cereal and pretzels in a 13 x 9 x 2-inch baking pan. Set aside.

Stir together remaining ingredients. Gently stir spices and margarine into cereal mixture until evenly coated.

Bake at 250° F about 45 minutes, stirring every 15 minutes. Spread on paper towels to cool. Store in airtight container. Yields - 9 cups

NOTE: Reduced calorie margarine can be substituted for regular margarine.

Nutrition Information: 1/2 cup serving

Exchange: 1 carb serving

Calories - 110, Fat Calories - 54, % Daily Value - Total fat 10% (6g), Sat fat 5% (1g), Cholesterol 0%, Sodium 11% (260 mg), Total carbohydrates 5% (14 g), Fiber 5% (1 g), Sugars 2g, Protein 2g, Vitamin A 10%, Vitamin C 10%, Calcium 0%, Iron 6%

Meat Dishes

Beef-Barley Stew

Betty Crocker -

Diabetes Easy Family Meals, Vol 15 #5 (p 51)

1 lb extra-lean (at least 90%) ground beef
1 medium onion, chopped (1/2 cup)

2 cups beef broth
2/3 cup uncooked barley
2 tsp chopped fresh or 1/2 tsp dried oregano leaves
1/4 tsp salt
1/4 tsp pepper
1 (14.5 oz) can whole tomatoes, undrained
1 (8 oz) can sliced water chestnuts, undrained
2 cups Green Giant® frozen mixed vegetables

Heat oven to 350°F. Spray 10-inch nonstick skillet with cooking spray. Add beef and onion; cook in skillet over medium heat 7-9 minutes, stirring occasionally, until beef is brown; drain.

In ungreased 3-quart casserole, mix beef mixture and remaining ingredients except frozen vegetables, breaking up tomatoes.

Cover; bake 30 minutes. Stir in frozen vegetables. cover; bake 30-40 minutes longer or until barley is tender.

Tips:

- *One cup of cooked barley packs about 6 grams of fiber. This virtually fat-free whole grain also contains complex carbohydrates, B vitamins and protein. Look for hulled barley at your local co-op and you can use that too!*

Yields: 6 servings

Exchanges: 2 carb servings, 1 Vegetable, 2 Lean Meat

Nutrition analysis per serving: calories - 280 (calories from fat - 60), total fat - 7 g (saturated fat - 2.5 g; trans fat 0 g); cholesterol - 45 mg, sodium - 590 mg, total carbohydrate - 34 g (dietary fiber - 8 g; sugars - 5 g); protein - 20 g

Spicy Grilled Chicken

2 whole skinless chicken breasts (4 pcs, about 1 pound)
1/2 cup bottled salsa

About 15 minutes before cooking, measure the salsa into a large bowl.

Rinse and pat dry chicken pieces. Remove any remaining skin and fat. Place in the large bowl and turn with tongs to coat completely. Place bowl in refrigerator until ready to cook chicken.

Wash tongs and all surfaces that have touched the chicken with hot, soapy water. Wash hands thoroughly under running water for at least 20 seconds.

When ready to cook, lift chicken pieces from bowl and place on hot grill or broiler pan. Grill or broil about 5 minutes on each side. Chicken is done when all juice are clear and when a cut into the thickest part of the meat shows no pink. (Chicken can also be baked. Coat baking dish lightly with nonstick spray. Place chicken in baking dish and pour salsa over chicken. Cover tightly and bake at 400° for 20 minutes. Test for doneness, as in grilling direction.)

Wash tongs, bowl and hands with hot soapy water before touching any other foods. Discard remaining salsa or heat to boiling before using as a sauce. Boiling the marinade will kill any germs, but uncooked marinade can be the source of food borne illness.

Serve immediately or refrigerate to use in salads or sandwiches.

Points to remember ...

1. *Germs that are sometimes found on raw chicken can make people very sick. Keep chicken refrigerated until ready to cook to keep germs from multiplying. Freezing and refrigerating do not kill germs. Heat kills germs.*
2. *Use care to wash hands, fingernails, work surfaces and all tools that have touched raw chicken before touching any other foods. Use hot, soapy water to wash these things. Be careful to discard wrappings from raw chicken before touching any other food.*
3. *Thoroughly cooked chicken is very safe to eat. Chicken breast is low in fat and saturated fat and can be a delicious part of a healthy diet.*
4. *Salsa is usually fat-free and low in added sugar. It makes a quick and delicious marinade for mild foods like chicken, fish or lean, trimmed pork. Try this recipe with fish!*

Nutrition Information:

Calories - 135, Carbohydrate - 2 g, Fat - 1.4 g, Sodium - 304 mg, Protein - 26 g, Exchanges - 3 lean meat exchanges

Oven Poached Fish

- 1 pound fresh or frozen fish fillets
- 1/2 cup skim milk
- 1/4 cup seasoned bread crumbs
- Black pepper
- 1 Tbsp grated Parmesan cheese
- nonstick baking spray

Preheat oven to 400°

Rinse fish fillets and pat dry. Spray baking dish lightly with nonstick spray. Put fish in single layer in baking dish.

Sprinkle Parmesan cheese on tops of the fillets. Spray quickly with nonstick spray.

Bake at 400° for 15 minutes* or until fish is white and hot to the touch in the thickest part of the fillet. Do not overcook, since fish will be dry and not as tasty.

*Note: *Baking time depends on thickness of fillets. Any firm, white skinless fish fillets will work very well in this recipe. Haddock, flounder, sole, orange roughy, and catfish are good choices.*

Nutrition Analysis: Calories - 146, carbohydrates - 6 g, fat - 2 g, sodium - 244 mg, protein - 24 g EXCHANGES: 3 very lean meats

Points to remember about Poached Fish:

1. *Fish is naturally low in fat. It is a good source of Omega-3 fatty acids, which are thought to offer protection against heart disease. Although fish is expensive and fresh fish may be difficult to find in some areas, it is a very healthy and tasty addition to the diet.*
2. *Choosing fresh fish is not difficult with a little practice. Fresh whole fish should appear firm and the eyes should be shiny. Fillets should be firm and moist. Fresh fish smells like seaweed and is never "fishy". Refrigerate fish immediately, placing fillets or whole fish on ice (crushed or cubed) in a large container and cover loosely with plastic wrap. Store in the coldest part of the refrigerator.*

Frozen fish should be thawed in the refrigerator. To thaw quickly, place the unwrapped fish in a leakproof plastic bag and immerse in a large container of cold tap water. Change the water, adding cold tap water, every 30 minutes until fish is flexible. Cook immediately if possible.

The wrapping from fresh or frozen fish will develop an unpleasant odor quickly if left at room temperature. Try storing 'fish papers' in the freezer until time for garbage pickup.

3. *Poaching fish in simmering liquid on top of the stove or in the oven is an ideal way to prepare fish for hardened fish eaters. The poaching liquid absorbs most of the fishy taste, leaving a mild and moist main dish.*
4. *Parmesan cheese is high in fat, but it is very flavorful when only a small amount is used. Limit to 1 or 2 tablespoons per recipe.*
5. *Fish is a very delicate food and should never be overcooked. Look for a change in color, from grayish white to solid white, to indicate doneness. If unsure, make a tiny cut in the thickest part of the fish and test to make sure the fish is hot and white all the way through. White liquid coming from the fish is a sign of overcooking; remove immediately from the heat if this happens.*

Steak & Vegetables

- 1 pound boneless beef round steak, cut 1/2" thick
- 1 Tbsp vegetable oil
- 2 cups water
- 1 (6 oz) can no-salt added tomato paste
- 2 tsp sodium-reduced Worcestershire sauce
- 1/4 tsp dried basil, crushed
- 1/4 tsp whole thyme
- 1/4 tsp dried marjoram, crushed
- 4 medium carrots, cut in 1/4" strips
- 1 medium green pepper, cut in 1/4" strips
- 2 cups sliced fresh mushrooms

Trim excess fat from steak and cut into 4 portions. Sprinkle with pepper.

In a 3-quart saucepan, brown meat on both sides in oil. Stir in

water, tomato paste, Worcestershire, basil, thyme and marjoram. Bring to boil; reduce heat. Cover and simmer 30 minutes.

Add carrots, green pepper and mushrooms. Cover and simmer 15 minutes or until meat and vegetable are tender. Transfer meat and vegetables to serving dish and pour tomato sauce over all.

Serve with rice or noodles.

Serving Size: 1 portion (w/o rice/noodles)

EXCHANGE: 3 medium-fat meat, 2 vegetable

Nutrition information: Calories - 274, Fat - 10.2 g, Cholesterol - 107 mg, Sodium - 119 mg, Dietary Fiber - 2.3 g, Calcium - 51 mg

Baked Pork Chops

Hot 'n Spicy Seasoning ...

- 1/4 cup paprika
- 2 tsp chili powder
- 2 Tbsp dried oregano, crushed
- 1 tsp black pepper
- 1 tsp garlic powder
- 1/2 tsp red (cayenne) pepper
- 1/2 tsp dry mustard

Mix all ingredients together. Store in airtight container.

- 4 lean boneless pork chops, 4 ounces each
- 1 egg white
- 1/4 cup evaporated skim milk
- 1/2 cup cornflake crumbs
- 1 Tbsp Hot 'n Spicy Seasoning
- nonstick spray coating

Trim all fat from chops and discard.

Beat egg white with evaporated skim milk. Place chops in milk mixture. Let stand for 5 minutes, turning chops once.

Mix together cornflake crumbs and Hot 'n Spicy seasoning in plastic bag.

Remove chops from milk mixture. Drop in plastic bag and shake to coat thoroughly.

Spray a 13 x 9 baking pan with nonstick spray. Place chops in pan. Sprinkle all remaining crumb mixture on chops.

Bake at 375° for 15 minutes. Turn chops; bake 5-10 minute more or until no pink remains.

EXCHANGES - 3 lean meat and 1 carb serving

Nutrition Information: Calories - 205, carbohydrate - 13 g, fat - 6 g, sodium - 205 mg, protein - 24 g

Points to remember:

1. *Spicy seasoning mixtures add a new taste to recipes, which*

have the salt reduced or eliminated. The Hot 'n Spicy Seasoning mixture keeps well and can be used on many foods, such as chicken, fish, beef and salads.

2. *Modern pork production has reduced the amount of fat in the meat. The leanest cuts of pork include the tenderloin, sirloin chops, loin roast, and top loin chops. Pork is a good source of protein, iron, zinc, and B vitamins. When used in small portions and when the leanest cuts are chosen, pork can be part of a healthy diet.*
3. *Evaporated skim milk gives a nice flavor to the coating for the pork chops. Regular skim milk can be used if this is not available.*
4. *Cornflake crumbs are tasty and somewhat salty. No additional salt is needed when the chops are breaded in this mixture.*
5. *This recipe is excellent with chicken, turkey cutlets, or fish. If fish is used, reduce baking time to 15 minutes total.*

Pork Stew

- 1 pound lean, boneless pork cut into 1" cubes
- 4 carrots, diagonally sliced
- 2 celery ribs, diagonally sliced
- 1 onion, coarsely chopped
- 2 potatoes, cut into 1" cubes
- 1 (6 oz). tomato paste
- 2 cups water
- 1/4 tsp pepper
- 1/2 tsp garlic powder
- 1 tsp sugar
- 1/2 tsp HERB BLEND for Pork (recipe follows)
- 2 Tbsp cold water
- 1 Tbsp flour

In a large, heavy saucepan, brown pork cubes over medium heat.

Add carrots, celery, onion, potatoes, tomato paste, water, pepper, garlic powder, sugar and spice blend. Bring to a boil. Cover and reduce heat. Simmer meat and vegetables until tender (about 30 minutes).

Blend cold water and flour and stir into stew. Cook and stir until thickened and bubbly. Serve.

Nutrient Analysis: 1 portion

EXCHANGE: 2 lean meat, 1 carb serving

Calories: 200 Fat: 6.5, Cholesterol: 47 mg Sodium: 285 mg

Dietary Fiber: 4 g Calcium: 44 mg

Herb Blend for Pork

- 1 Tbsp dried basil
- 1 Tbsp dried marjoram
- 1 Tbsp dried sage
- 1 Tbsp dried summer savory

Crush dried herbs and blend thoroughly. sprinkle on steaks, chops or roasts during cooking or use in a shaker at the table. Store extra in tightly covered glass container.

Six Layer Dinner

- 1 pound lean ground chuck
- 4 medium-size red boiling potatoes, peeled and cut into 1/4" slices
- 2 large carrots, scraped and cut into 1/4" slices
- 1 large onion, cut into 1/4" slices
- 1 medium-size green pepper, cut into 1/4" slices
- 1 (16 oz.) can whole tomatoes, undrained and chopped
- 1 4 tsp pepper
- 1/8 tsp dried whole basil

Cook ground chuck in a large ovenproof skillet with lid over medium heat until meat is browned, stirring to crumble. Drain well, and pat meat dry with paper towels. Wipe skillet with a paper towel.

Return ground chuck to skillet, and layer potatoes, carrots, onion, green pepper and tomatoes over top. Sprinkle with pepper and basil.

Cover with ovenproof lid, and bake at 350° for 45 minutes. Serve hot.

Nutrient Analysis: 3/4 cup

EXCHANGE: 1 carb serving, 1 med-fat meat

Calories - 147, Fat - 4 g, Cholesterol - 28 mg, Carbo - 16 g, Fiber - 1 g, Protein - 10 g, Sodium - 184 mg.

Italian Beef Stir Fry

- 1 pound beef round tip steak strips, frozen
- 1 1/2 cups uncooked medium bow-tie or shell pasta
- 1 clove garlic
- 1/4 tsp black pepper
- 3 cups (8 oz) sliced mushrooms
- 1 cup cherry tomato halves or 2 medium tomatoes
- 1 Tbsp chopped fresh parsley
- 1 Tbsp olive oil
- 1/4 cup prepared fat-free Italian salad dressing
- 1 Tbsp grated Parmesan cheese

Remove beef from freezer and allow to partly thaw while assembling ingredients. If beef is fresh, place in freezer for 30 minutes to firm.

Cook pasta according to package directions, but do not add salt to cooking water. Drain cooked pasta and keep warm.

Cut garlic cloves into thin slices or use garlic press. Slice mushrooms. Cut cherry tomatoes in half or slice tomatoes in thin wedges. Chop parsley.

With very sharp knife, cut beef into thin diagonal slices.

Heat oil in large nonstick skillet over medium-high heat. Place half of beef strips in skillet and stir-fry 1 minute or until outside surface is no longer pink. Do not overcook. Remove to warm platter. Stir-fry the rest of the beef with the sliced or crushed garlic cloves.

Remove to warm platter. Sprinkle with black pepper. Cover with foil and a towel to keep warm.

In same skillet, add mushrooms and stir-fry for 2 minutes. Add tomatoes, beef, and Italian dressing. Heat through.

Spoon beef mixture over hot pasta. Sprinkle with cheese and parsley. Serve immediately. Makes a one-dish meal in a hurry.

EXCHANGES: 2 carb servings, 3 lean meats,
1 vegetable and 1 fat

Nutrition Information: Calories - 462, Carbohydrate - 39 g, Fat - 21 g, Sodium - 270 mg, Protein - 29 g,

Points to remember:

1. *Stir-fry recipes are good choices for hurry-up meals. Start with frozen meat and add only three or four vegetables.*
2. *Cut all vegetables and assemble near the stove before heating the skillet. Cut up meat last to prevent any possible cross-contamination from cutting surfaces.*
3. *Meat for stir-fry can be cut up easily if it is partly frozen. Cutting across the grain of meat into thin slices reduces cooking time and promotes tenderness.*
4. *It is never safe to thaw beef at room temperature for long period of time. Quick-thawing of beef for this recipe should be done in the microwave or by placing the meat in a leakproof plastic bag and placing the bag in a container of cold tap water. After quick-thawing meat, it must be cooked immediately.*
5. *The leanest cuts of beef are from the round or the loin. To cut down on saturated fat, buy only the leanest cuts of beef, trim all visible fat before cooking, and keep portion sizes small.*
6. *Olive oil is a good choice for stir-frying. It is high in monounsaturated fat, which seems to help raise the HDL cholesterol (the "good cholesterol") and may help prevent blood vessel disease.*
7. *Using a nonstick skillet or saute pan and a small amount of olive oil helps keep the calories low in this dish.*
8. *This is a quick and delicious one-dish meal. A green vegetable, such as broccoli, could be added for extra nutrition.*

Vegetables

Creamed Tomatoes

- 3 1/4 cups canned tomatoes
- 1/4 cup Splenda
- 2 1/2 Tbsp flour
- salt to taste
- 6 1/2 Tbsp cream or Half & Half

Heat tomatoes to boiling. Mix sugar, flour and salt together, turn off heat. Add mixture (dry ingredients). Bring to a boil again, add cream. Do not cook after you add the cream.

1/2 cup serving = 5 g carbohydrate

Southwestern Black Bean Salsa with Barley

Fit for Life Pamphlet

- 1 1/4 cup water
- 1/3 cup pearl barley, rinsed and drained
- 1/2 tsp salt (optional)
- 1 (15 oz) can black beans, rinsed and drained
- 1 small yellow bell pepper, seeded and chopped
- 1 small tomato, seeded and chopped
- 1 cup frozen corn, thawed
- 1 medium scallion, chopped, trimmed, white part only
- 1 tsp dried oregano
- 1 tsp dried basil
- Juice of 1/2 lime
- salt & freshly ground pepper
- 2 oz shredded pepper or plain Monterey Jack cheese, for garnish

In a medium saucepan, bring the water to a boil. Add the barley and 1/2 tsp of salt, if desired. Reduce the heat, cover and simmer for about 30 minutes until the barley is tender. Drain well. In a large bowl, combine the barley, beans, bell pepper, tomato, corn, scallion, oregano, basil, and lime juice. Stir the mixture with a fork. Season to taste with salt and pepper. Top with the shredded cheese, and serve.

Yields: 8 servings

Exchange: 1 carb serving

Nutrition analysis per serving: Calories - 104, Total Fat - >1 g (saturated fat - 0 g), Sodium - 168 mg, Total Carbohydrate - 20 g, Protein - 5 g

Dilled Garden Dip

- 1 (16 oz) carton 1% low-fat cottage cheese
- 2 Tbsp tarragon vinegar
- 1 Tbsp finely chopped green onions
- 1 Tbsp dried parsley flakes
- 1/2 tsp dried dill weed
- 1 Tbsp skim milk
- Dash of coarsely ground pepper
- Fresh parsley springs (optional)

Place cottage cheese and vinegar in container of an electric blender or food processor; cover and process until smooth. Combine cottage cheese mixture, green onions, and next 4 ingredients in a medium bowl; stir well. Transfer cheese mixture to a small serving bowl; cover and chill. If desired, garnish with parsley springs, and serve with Shrimp dippers. Yield: 1 3/4 cup.

EXCHANGES per Tablespoon: Free per serving. *Calories - 13, Carbohydrate - 0.5 g, Protein - 2.1 g, Fat 0.2 g, Cholesterol - 1 mg., Fiber 0 g, Sodium - 70 mg.*

Glazed Carrots

- 2 cups carrots, peeled and sliced
- 1/2 cup orange juice, fresh or frozen
- 1 Tbsp cornstarch

- 1 tsp brown sugar
- 1/4 tsp cinnamon
- 1/8 tsp ground cloves
- 1 tsp reduced fat margarine

Peel and slice carrots. Cook in small amount of water on top of stove or in microwave until just tender.

In small saucepan, dissolve cornstarch in cold orange juice. Stir in brown sugar, cinnamon and cloves.

Over medium heat, bring mixture to a slow boil, stirring constantly until thickened. Add margarine and carrots. Stir to coat evenly.

*Nutrition Information: EXCHANGE: 1 carb serving
Calories - 65, carbohydrate - 14 g, fat - 0.7 g, sodium - 57 mg, protein - 1 g*

Points to remember:

1. Carrots and other deep yellow and deep green vegetables and fruits are rich in beta-carotene. Beta-carotene may help to protect against some chronic diseases.
2. Sauces thickened with cornstarch require little or no fat. Cornstarch should always be mixed with cold liquid, then heated to a gentle boil.

Fat-free gravy:

To make fat-free gravy with cornstarch, pour water or liquid from cooking vegetables in bottom of pan in which meat has been cooked. Stir and scrape up all brown bits from bottom of pan. Pour all liquid into clear measuring cup or gravy separator. Chill in refrigerator or freezer until fat rises to top of container. Skim off all fat. Mix with cornstarch and bring to gentle boil as in recipe above.

Salads

ABC Salad

Taste of Home

- 1/2 cup vegetable oil
- 3 Tbsp lemon juice
- 1 tsp sugar
- 1/4 tsp salt
- 1/2 cup dried cranberries
- 2 lg apples, unpeeled & cut into 1/2-inch cubes
- 2 cups fresh broccoli florets
- 1/2 cup chopped walnuts

Whisk the oil, 2 tablespoons lemon juice, sugar and salt. Add the dried cranberries to the oil mixture and set aside for 10 minutes.

Mix 1 tablespoon lemon juice with the apples. Add the broccoli and the walnuts to the apples.

Mix all together. Cover and refrigerate for 2 hours. Toss before

serving.

(The original recipe called for 1 cup of dried cranberries and 3 large apples but I wanted to cut out some of the calories/carbs. I put in more broccoli than 2 cups, depends on how much I have and that helps in the carbs per serving.)

Serving size: 1/2 cup Exchange: 1 carb serving

Four Bean Salad

- 1 can (8.5 oz) cut green beans, drained
- 1 can (8.5 oz) cut wax beans, drained
- 1 can (8.5 oz) lima beans, drained
- 1 can (8.5 oz) kidney beans, drained
- 1/2 cup thinly sliced red onion rings
- 1/2 cup chopped celery
- 1/4 cup diced green pepper

Dressing ...

- 2 tsp Dijon mustard
- 2 Tbsp vinegar
- 1/2 tsp sugar
- 1/2 tsp dried thyme
(or 1 tsp chopped fresh thyme)
- 1/2 tsp black pepper
- 1 clove garlic, crushed or minced
- 1/4 cup olive oil

In a large mixing bowl, combine all the beans, onion, celery, and green pepper.

In a smaller mixing bowl whisk together the mustard, vinegar, sugar, thyme, pepper, and garlic. Whisking continually, add the oil in a slow, thin stream. Whisk until well blended.

Pour the dressing over the bean mixture and toss to coat well. Cover and refrigerate 1-2 days before serving.

EXCHANGES: 1 carb serving, 1 monounsaturated fat

Nutrition Information: Calories - 121, Carbohydrate - 12 g, fat - 7 g, sodium - 172 mg, protein - 3.3 g,

Points to remember:

1. *Canned vegetables are higher in sodium than fresh cooked or frozen vegetables. Draining liquid and rinsing canned vegetables helps reduce sodium.*
2. *Kidney beans and lima beans are legumes. These vegetables are rich in soluble fiber, which helps slow down digestion of carbohydrates and may help keep blood sugar more even after meals. Legumes also may help reduce absorption of cholesterol from other foods in the same meal. They are also a great source of protein with no saturated fat.*

3. *Olive oil is a good source of monounsaturated fat, which helps protect against heart disease. Although olive oil is as high in fat as butter, lard and other shortening, it should be included in the diet when possible for its health-giving benefits.*
4. *This recipe uses highly flavored vegetables, such as onion and garlic, as well as spices to give flavor when salt is not added.*
5. *Four Bean Salad will keep well for several days if tightly covered and refrigerated.*
6. *One tablespoon of Four Bean Salad is only 15 calories, a "free food". Try putting one tablespoon on salads as a tasty, low-sodium garnish.*

Cucumber Salad

- 1 cup white vinegar
- 1/2 cup water
- 1 cup Splenda

Mix and pour over peeled and sliced cucumbers and onions. Let set 4 hours before serving.

Free Food!

Breads

Double Corn Bread

- 1 cup cornmeal
- 1/2 cup all-purpose flour
- 4 tsp baking powder
- 2 egg whites (or 1/4 cup egg substitute)
- 1/2 cup fat-free sour cream
- 2 Tbsp canola oil
- 1 (8.5 oz) can cream corn
- nonstick baking spray

Preheat oven to 425°. If using iron skillet, place skillet in over to heat.

Combine cornmeal, flour, and baking powder in large mixing bowl. Mix well.

Separate eggs or measure egg substitute and place in small bowl. Add sour cream, oil and creamed corn and mix well.

Add corn mixture to dry ingredients and stir only enough to dampen flour.

If using muffin tins or 9 x 9 pan, spray with nonstick baking spray. If using iron skillet, remove from oven and hold away from face and oven while spraying lightly with nonstick baking spray.

Spoon batter into muffin tin or pan. Spray top lightly with baking

spray.

Bake muffins for 20 minutes, pan or skillet bread for 25 minutes.

Remove from oven and serve warm. Cut bread into 12 servings.

EXCHANGES; 1 carb serving, ½ fat

Nutrition information: Calories - 101, carbohydrate - 19 g, fat - 2.6 g, protein - 3 g, sodium - 237 mg

Points to remember about Double Corn Bread:

1. *Fat-free sour cream gives desired flavor to this recipe without added fat.*
2. *Whole wheat flour could be used to increase fiber in this recipe.*
3. *Baking powder is high in sodium; therefore do not add salt to the recipe.*
4. *Creamed corn has some added sugar, which helps to make the recipe tender. The total carbohydrate in creamed corn is not much higher than regular canned corn, but the creamed corn makes a more tender product.*
5. *One whole egg, two egg whites or 1/4 cup egg substitute could be used in this recipe. One egg yolk adds 5 calories, 0.4 g fat, and 18 mg cholesterol to each serving, but it does not raise blood glucose. If blood lipids are normal, a whole egg can be used in this recipe.*
6. *Canola oil and olive oil are good sources of monounsaturated fat and should be used whenever possible in recipes.*
7. *Using an iron skillet adds color and flavor to this recipe. Be sure to coat with baking spray to prevent sticking.*

Banana Bread

Normal Recipe ...

- 1 cup sugar
- 1 cup shortening
- 2 eggs
- 4 cups flour
- 1 1/2 tsp salt
- 2 tsp soda
- 4 bananas (1 1/2 cups)
- 1 cup chopped nuts

Modified Recipe ...

- 2/3 cup sugar
- 1/2 cup shortening substitute OR 1/2 cup applesauce
- 4 egg whites
- 4 cups flour
- 1/2 tsp salt OR omit salt
- 2 tsp soda
- 4 bananas
- 1/2 cup chopped nuts

Combine ingredients and mix well. Bake at 350° F for 60 minutes.

Servings: 20 slices

Exchange: 2 carb serving

Applesauce Oatmeal Muffins

- 1 1/2 cups oatmeal
- 1 1/4 cups all-purpose flour
- 3/4 tsp cinnamon
- 1 tsp baking powder
- 1 tsp soda
- 1 cup unsweetened applesauce
- 1/2 cup skim milk
- 1/2 cup firmly packed brown sugar
- 3 Tbsp vegetable oil
- 1 egg

Topping:

- 1/4 cup oatmeal
- 1 Tbsp firmly packed brown sugar
- 1/8 tsp cinnamon
- 1 Tbsp margarine, melted

Heat oven to 400° F. Line 12 medium muffin cups with paper baking cups. Combine oats, flour, cinnamon, baking powder and baking soda. Add applesauce, milk, brown sugar, oil and egg. mix just until dry ingredients are moistened. Fill muffin cups almost full.

Combine topping ingredients; sprinkle evenly over batter.

Bake 20-25 minutes or until deep golden brown. Serve warm.

Yields: 12 muffins

1 muffin = 1 carb exchange

Desserts

Flourless Chocolate Cake

D-Life promotional flier

- Butter-flavored cooking spray
- 5 egg whites
- 4 oz semisweet chocolate, chopped
- 3 Tbsp unsweetened cocoa
- 1/2 cup ground walnuts, almonds or hazelnuts
- 1/2 cup Splenda Granular
- 1/2 cup reduced-fat sour cream
- 1/2 cup egg substitute
- 1/2 tsp vanilla extract

Preheat oven to 350°F.

Coat a 9-inch springform pan with butter-flavored cooking spray.

In a bowl of electric mixer, beat egg whites on high until stiff glossy peaks form.

Microwave chocolate in microwave-safe bowl on high for 1-2 minutes. Stir until smooth.

Scrape into a mixing bowl. Stir in cocoa, nuts, Splenda Granular, sour cream, egg substitute, and vanilla extract. With spatula, fold in egg whites.

Spoon batter into prepared pan and gently smooth top. Bake for 30 minutes and cool.

Loosen edges of pan and remove cake. Cake will deflate. Serve with scoop of ice cream, if desired.

Nutritional information (*does not include ice cream*):

Exchanges: 1 carb serving, 2 Fat

Per serving ... calories - 153, total carbohydrate - 13.7 g, total fat - 10.5 g, saturated fat - 2.7g, cholesterol - 5.9 mg, protein - 6.7 g, sodium - 70 mg.

Cranberry-Oat Bars

Everyday Food, Sept 2006 (p 131)

- Nonstick cooking spray
- 4 Tbsp reduced fat margarine
- 1 (10 oz) bag marshmallows
- 1/2 tsp salt
- 6 cups toasted oat cereal
- 1 cup dried cranberries or raisins
- 3/4 cup sunflower seeds

Spray a 10 x 15-inch rimmed baking sheet with cooking spray. Line with waxed paper; spray paper with cooking spray, and set aside.

In a large saucepan, melt margarine over medium heat. Add marshmallows and salt; cook, stirring occasionally, until marshmallows have melted, about 5 minutes. Remove from heat and stir in cereal, dried cranberries and sunflower seeds.

Immediately transfer mixture to prepared baking sheet. Using a spatula (or your fingers) coated with cooking spray, presses in quickly and firmly. Let cook, about 1 hour; cut into 24 bars (3 rows lengthwise by 8 rows crosswise). Store in an airtight container up to 2 days.

Exchange: 1 carb serving

Nutrition Analysis ... 1 bar - calories - 97, fat - 2.4 g, protein - 1.1 g, carbohydrates - 19.3 g, fiber - 1.2 g

Banana-Pineapple Delight

- 1 1/2 cup graham cracker crumbs
- 1/3 cup reduced-fat margarine
- 2 bananas

- 1 (8 oz) pkg reduced-fat cream cheese (Neufchatel), softened
- 1-1/2 cups skim milk
- 1 pkg (4 servings) sugar-free instant vanilla pudding
- 1 (20 oz) can crushed pineapple, drained
- 1/2 tub of an 8 oz frozen "Lite" whipped topping, thawed

Mix graham cracker crumbs and reduced-fat margarine with fork or pastry cutter until margarine is cut into crumbs. Wet fingers and press mixture into bottom of 9 x 13-inch baking dish. No baking is required.

Slice bananas and spread evenly over crumb mixture.

Beat softened cream cheese until very smooth and gradually add milk, beating until smooth. Add pudding mix and beat 1 minute or until mixture begins to thicken. Spoon evenly over bananas and spread with rubber scraper.

Spread drained crushed pineapple over the pudding layer.

Spread whipped topping over pineapple layer with rubber scraper, making sure to spread to edges of baking dish.

Refrigerate at least one hour, but refrigerating three or more hours is best. Cut into 16 slices and serve chilled.

Exchanges - 1 1/2 carb serving, 1 fat

Nutrition Information: Calories - 164, Carbohydrate - 22 g, Fat - 7 g, Sodium - 141 mg, Protein - 7 g

Hawaiian Surprise

Sweet Choices for People with Diabetes, County Fair 2001

- 1 angel food cake mix (one step)
- 1 (20 oz) can unsweetened pineapple
- 1 (8 oz) container frozen light whipped topping

Mix cake mix and pineapple on low only till blended. Put in 9 x 13-inch pan which the bottom only has been sprayed. Bake 30 minutes at 350° F. cool and serve with frozen light whipped topping.

1/24 of cake = 1 carb exchange

Spiced Crunch Angel Food Cake

Prepare 1 package angel food cake mix as label directs but add 1 teaspoon ground cinnamon, 1 teaspoon ground ginger, 1/2 teaspoon ground nutmeg and 1 1/2 cups whole grain cereal, crushed (about 3/4 cup). For 2-step mix, add spices with cake flour packet. For 1-step mix, add spices with cake mix.

Serve with fresh fruit and whipped topping.

Nutrition Analysis: 1/12 recipe (Cake ONLY)
(Does not include fresh fruit and whipped topping)

EXCHANGES - 2 carb servings

Calories - 150, carbohydrates - 35, protein - 3 g, fat - 9, cholesterol - 0, sodium - 310 mg, dietary fiber - 0

Lemon Cake

- I purchased angel food cake
- I box (4-serving size) lemon instant sugar-free pudding
- 1/2 cup skim milk
- I (8 oz) carton lemon-flavored fat-free, no sugar added yogurt
- 1/2 (8 oz) carton "Lite" frozen whipped topping, thawed

Cut angel food cake in half, horizontally, using serrated knife in a sawing motion. Place bottom layer on serving plate.

Beat pudding with milk until thickened, about 1 minute. Stir in yogurt.

Fold thawed reduced-calorie whipping topping into pudding mixture.

Frost bottom layer of cake with lemon mixture. You may then place top layer on cake and frost with remaining mixture, or make a second cake with remaining topping mixture. Chill until served. Garnish with thin strawberry, lemon or kiwi slices.

Makes 16 medium servings or 24 small servings.

Note: Other flavors of pudding and/or yogurt could be used. Check label carefully to make sure the new flavor does not have more carbohydrate than the original flavors chosen for this recipe.

Nutrition Analysis for 16 servings:

Calories - 143, Carbohydrates - 28g, fat - 2 g, sodium - 317 mg, protein - 3.6 g EXCHANGES: 2 carb servings

Points to remember about Lemon Cake:

1. Angel food cake is always fat free, but it is high in carbohydrates. Desserts made with angel food cake should be cut into small servings.
2. A homemade angel food cake would be delicious in this recipe, but a purchased cake is quick and easy. Keep a purchased angel food cake and a carton of "Lite" whipped topping in the freezer for a last-minute dessert.
3. Angel food cake should be cut with a serrated knife, using a light sawing motion. Cutting with a regular knife, or pressing down on the cake, will make very unattractive servings.
4. Sugar-free instant pudding is not a "free food" because it is made with cornstarch and milk. It must be counted as part of the carbohydrate in recipes. Sugar-free gelatin is a "free food".
5. Flavored yogurt can be very high in carbohydrate because of added sugar. Look for no-sugar-added or artificially sweetened yogurt to cut down on carbohydrate.
6. Frozen nondairy whipped topping is made with tropical oil, containing highly saturated fat. It is fine for occasional use,

but should not be used daily.

7. This is a very quick, easy and delicious dessert!

Apple-Berry Crisp

- I (8 oz) apple
- 3/4 cup fresh or frozen blueberries
- I packet aspartame sweetener (like "equal")
- I packet saccharin sweetener (like "Sweet n' Low")
- 1/4 tsp cinnamon
- 1/4 cup uncooked rolled oats
- 1/4 cup all-purpose or whole wheat flour
- I Tbsp brown sugar
- I Tbsp chopped pecans
- I packet aspartame sweetener (like "equal")
- I 1/2 Tbsp low-fat (non fat-free) margarine
- nonstick baking spray

Preheat oven to 350°. Coat inside of I-quart heat-proof baking dish with nonstick spray.

Peel and slice apple into dish. Add fresh or frozen blueberries and toss lightly.

Combine cinnamon and sweeteners in mixing bowl. Sprinkle over fruit.

In same mixing bowl combine oats, flour, brown sugar, pecans and remaining one packet of sweetener. Add margarine and mix with fork until crumbly. Sprinkle over fruit in baking dish.

Bake for 20 minutes or just until fruit juices bubble up on sides and in the middle of the dish.

Serve warm with frozen whipped topping or milk or vanilla frozen dessert. Remember that milk or frozen dessert topping will add more calories and carbohydrate, while 2 tablespoons of frozen whipped topping are a "free food".

Nutrition Information: EXCHANGES: 1-1/2 carb serving

Calories - 133, carbohydrate - 24 g, fat - 4.2g, sodium - 21 g, protein - 2.3 g

Points to remember:

1. Fruit and fruit juice can replace sugar in some dessert recipes. They add moistness and volume, or bulk, to the recipe, but they are high in carbohydrate. Don't forget to count fruit as part of the carbohydrate in a recipe.
2. Blueberries contain special phytochemicals in the colored portion of the skins. These phytochemicals may be important in helping the body fight off chronic diseases. Eating a wide variety of fruits and vegetables is a good way to get vitamins, minerals, and phytochemicals, which occur in very small amounts in food.
3. Apples contain soluble fibers that help the body get rid of some of the cholesterol taken in at meals. The insoluble fibers in the skins of apples and other foods are important in regulating bowel function.
4. Whole wheat flour and nuts are other important sources of fiber in the diet. In addition, certain nuts are sources of

helpful monounsaturated fat.

5. *Combining the two types of sweeteners, saccharin and aspartame, makes a much sweeter taste than if the saccharin or aspartame were used alone. In this way, the recipe can be made with less total artificial sweetener.*

Graham Cracker Torte

- 18 full sheets graham crackers
- 1 (6 oz) sugar-free instant vanilla pudding mix
- 2 cups 1% milk
- 1 (8 oz) carton thawed lite cool whip
- 1 can lite cherry pie filling

Blend sugar free pudding and milk until almost set - then add thawed cool whip. Blend together well.

Using a 9 x 13-inch pan, layer 6 full crackers in pan. Spread 1/2 pudding mixture over layers of crackers. Place another 6 crackers on pudding then another 1/3 of pudding, another layer of crackers, rest of pudding mixture.

Puree pie filling and spread over top layer of pudding. Best if let set a full day or overnight.

If cut into 12 servings, each serving contains 33 grams of carbohydrate or 2 Carb servings.

If cut into 18 servings, each serving contains 22 grams of carbohydrate or 1 1/2 Carb servings.

If cut into 24 servings, each serving contains 17 grams of carbohydrate or 1 Carb serving.

Angel Food Lemon Bars

- 1 pkg sugar-free lemon cook & serve pudding mix
- 1/4 cup water
- 1 egg
- 2 cups water
- 2 tablespoons lemon juice
- 1 One-step angel food cake mix

Prepare lemon pudding by mixing 1/4 cup water, egg and pudding mix in medium sauce pan. Stir in 2 cups water and two tablespoons lemon juice. Stirring constantly with wire whisk, cook on medium heat until mixture comes to a full boil. Cool 5 minutes stirring twice. Put in large mixing bowl. Stir angel food cake mix into pudding (will grow in quantity). Spray jelly roll pan with nonstick food coating spray. Put mixture in jelly roll pan. Spread evenly in pan. Bake in pre-heated 350° oven for 25-30 minutes. Cool. Dust sparingly with powdered sugar. Cut into 24 bars.

Nutrition Information: Exchange: 1 carb serving
Calories - 60, total fat - 0, saturated fat - 9, cholesterol - 10 mg, sodium - 15 mg, dietary fiber - 0, sugars - 3 g, protein - 1 g

Cream Puff Dessert

- 1 stick low-fat margarine

- 1 cup water
- 1 cup flour
- 4 eggs (8 egg whites)
- 2 sm pkgs (or 1 lg) sugar-free, fat-free instant vanilla pudding
- 3 cup skim milk
- 1 (8 oz) no-fat cream cheese
Whipped Dairy Topping, fat-free

Boil water and margarine together until melted. Add flour; mix well. cool slightly. Add eggs (egg whites), one at a time. Spread in a greased 9 x 13-inch pan. Bake at 400°F for 30 minutes. Cool. Combine pudding, milk, and cream cheese with mixer. Mix well and pour over cooled crust. Let set until firm. Spread whipped dairy topping over pudding layer.

1/12 of dessert = 1 carb serving

Rhubarb Custard Pie

- 1 9-inch pie crust, unbaked
- 2 eggs, beaten
- 1 1/2 cup Splenda
- 1/4 tsp salt
- 4 cups fresh rhubarb, cut in 1" pieces
- 2 Tbsp milk
- 3 Tbsp flour
- 1 Tbsp margarine

Combine ingredients, saving margarine back - pour into pie shell. Dot top with margarine. Bake in preheated 400°F oven for 60 minutes.

1/8 of pie = 1 carb serving

Fresh Peach Pie

- 1 baked pie shell
- 1/2 cup water
- 1 cup Splenda
- 4 cups fresh peaches
- 3 Tbsp cornstarch
- 1 Tbsp butter
Almond extract

Crush 1 cup peaches and mix with sugar, water and cornstarch. Cook until clear (add water if necessary). Add almond extract and butter, pour over 3 cups sliced peaches in pie shell.

1/8 pie = 1 1/2 carb serving

Ginger Snap Crust

Cooking 'ala Heart (p 377)

For an attractive, refreshing dessert, fill with a mixture of 1 pint each softened vanilla ice milk and your favorite sherbet or no-fat yogurt. Freeze and top with fresh fruit.

- 1/4 cup margarine, melted

- 1/4 cup sugar
- 20 gingersnaps, crushed

9-inch pie crust; 8 pieces

In medium bowl, mix margarine, sugar and gingersnaps. pat into a 9-inch pie pan. Bake at 350° F for 5-8 minutes. Cool and fill with favorite filling.

Serving size: 1 piece crust only,

Exchange: 1 carb serving

Nutrient analysis - Calories - 163, fat - 8.9 g, cholesterol - 7 g, sodium - 84 mg, calcium - 35 mg

Lower Fat

Chocolate Chip Cheesecake

Amy Clatanoff Brown

- 2 (8 oz) pkg low-fat cream cheese
- 1 1/4 cup sugar
- 3 eggs, beaten
- 1 (16 oz) low-fat sour cream
- 1 tsp vanilla
- 2 cups chocolate chips
- 2 prepared graham cracker crusts

To bake more evenly ... place a pan with one inch of water in the oven while preparing the ingredients, then place pan with cheesecake in the water to bake. Bake for 35 minutes. Yields 2 cheesecakes.

Serving size: 1 cake - 12 servings

Exchange: 2 carb servings

Refrigerate before serving to solidify the center of the cheesecakes.

Modifications:

- Reduce sugar by 1/4 cup
- 6 egg whites replace 3 eggs
- Use no-fat sour cream
- Reduce chocolate chips to 1 1/2 cups and use lower fat chocolate chips
- Use reduce fat graham cracker crusts

Caution ... Do not use two (2) no-fat dairy products in the same recipe!

Applesauce-Carrot Spice Cake

Betty Crocker -

Diabetes Easy Family Meals, Vol 15 #5 (p 51)

Cake:

- 1 cup old-fashioned or quick-cooking oats
- 1 1/4 cup unsweetened applesauce
- 1 cup packed brown sugar
- 2 cups shredded carrots (about 4 medium)

- 1/2 cup fat-free egg product or 2 eggs
- 1/3 cup canola oil
- 1 1/2 cups Gold medal whole wheat flour
- 2 tsp baking powder
- 1 tsp baking soda
- 1/2 tsp salt
- 1 Tbsp pumpkin pie spice
- 1/2 cup golden raisins

Frosting:

- 4 oz (from 8 oz pkg) reduced-fat cream cheese (Neufchatel), softened
- 1/4 cup powdered sugar
- 3 Tbsp milk
- 1 tsp vanilla

Heat oven to 350° F. Spray 12-cup fluted tube cake pan with cooking spray.

In large bowl, mix oats, applesauce, brown sugar, carrots, egg product and oil with spoon until well mixed. Stir in remaining cake ingredients just until moistened. Pour into pan.

Bake 50-55 minutes or until toothpick inserted in center comes out clean. Cool in pan 10 minutes. Remove from pan to wire rack. Cool completely, about 1 hour.

In small bowl, beat cream cheese, and powdered sugar with electric mixer on medium speed until smooth. Beat in milk and vanilla until well mixed. Place cake on serving plate. Spoon frosting over cake.

Yields: 32 servings

Exchanges: 1 carb serving, 1/2 fat

Nutrition Information:

Calories - 110 (calories from fat - 30), Total Fat - 3.5 g (saturated fat - 1 g, trans fat - 0 g); Cholesterol - 0 mg, Sodium - 135 mg, total Carbohydrate - 17 g (dietary fiber - 1 g, sugars - 10g), Protein - 2 g

Personal Experience Preferences ...

compiled by Mary Clare Stalp

Items I use ...

- Sugar free Jello dessert & pudding mix
- Sugar free pancake syrup (Smuckers & Carey's)
- Sunbelt brand granola bars (Almond Sun & Oatmeal)
- Light and fat free whipped toppings
- Skim milk
- Yoplait strawberry banana light smoothers
- Yoplait light and creamy yogurt - peach & strawberry flavors
- Splenda, sodas sweetened with Splenda
- Fat free sour cream
- Fat free cream cheese
- Cinnamon to give sweet flavor to toast, pancakes, French toast
- Fat free cheese (Kraft brand) - American, cheddar, Swiss
- Sugar free Halls cough drops
- Diabetic cough medicine
- Girrads fat free salad dressings
- Chinese food - shredded lettuce rather than bed of rice