

HEALTHY

COOKING

**Includes
42
Healthy
Recipes**

WITH



DIABETES

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Healthy Cooking with Diabetes

Diabetes is a condition in which the body is unable to properly handle or process sugar from the diet. This book is full of tasty recipes that are low in sugar, but high in taste. It also shows you how to transform some of your favorite dishes in to healthier meals for you and your family.

CONTENTS

<u>Recipe</u>	<u>Page</u>
Breakfast	
Banana French Toast	4
Breakfast Burrito	4
Breakfast Strata	4
Multi-Grain Pancakes	5
Main Dishes	
Meat Dishes	
Beef Stew	5
Chili	6
Meatloaf	7
Potato and Lamb Casserole	7
Sweet and Sour Pork	7
Tasty Pork Chops	8
Chicken Dishes	
Chicken Creole	8
Chicken Gumbo	9
Chicken Soup	9
Curried Chicken	10
“Fried” Chicken	10
Spicy Barbecued Chicken	11

Fish Dishes

Cajun Tuna	11
Catfish Stew with Rice	12
Fish & Mushrooms	12
Baked Herb Fish	13
Salmon Patties	13

Vegetarian Dishes

Baked Broccoli and Pasta	14
Green Beans with Tomatoes and Herbs	14
Kidney Bean and Cheesy Rice Casserole	14
Lentil Loaf	15
Stir-fried Kale with Carrots	15
Vegetarian Fried Rice	16
Veggie Pita Pizzas	16
Zucchini and Squash	17

Side Dishes

Macaroni and Cheese	17
New Orleans Red Beans	18
Pasta Salad	18
Potato Salad	19
Smothered Greens	19

Desserts and Snacks

Apple Crisp	20
Banana Bran Muffins	20
Bread Pudding	21
Brownies	21
Cookies	22
Peach Cobbler	22
Pumpkin Bread	23
Raspberry Squares	24

RECIPES

BREAKFAST

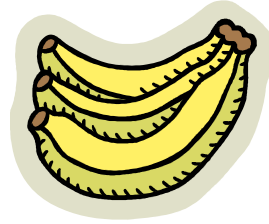
Banana French Toast – Makes 2 servings

2 medium bananas

2/3 cup soy or low fat milk

1/4 tsp. powdered cinnamon

4 slices Whole wheat bread



Place bananas, milk and cinnamon in blender and blend until smooth. Pour onto shallow dish; soak bread slices 1 minute on each side. Transfer to nonstick or oiled skillet and cook until lightly browned, about 3 minutes. Flip and repeat.

Nutrition information: Per Serving - 300 calories, 3g fat, 10g protein, 65g carbohydrate, 6g fiber,

Breakfast Burrito – Makes 1 burrito

1/2 Tbsp. vegetable oil

1 egg, beaten

1/4 cup salsa

1/4 cup chopped green pepper

1 wheat flour tortilla

1/4 cup low-fat shredded cheese (part-skim mozzarella)

In a medium skillet, heat oil over medium heat. Once oil is heated, add beaten eggs and scramble until no longer runny. Place scrambled eggs in the middle of the tortilla. Top with cheese, salsa, and pepper. Roll tortilla, and enjoy.

Nutrition information: Per Burrito - 340 calories, 19g fat, 19g protein, 32g carbohydrate, 3g fiber,

Breakfast Strata – Makes 6 servings

1 small loaf Italian bread cut into 1" cubes

1/2 lb. turkey sausage or turkey bacon, cut into 1/2" cubes
2 cups low fat shredded cheese
1/2 cup sliced green onion
6 egg whites
5 cups skim milk
1/2 tsp salt
1/8 pinch of freshly grated nutmeg

In a non-stick baking pan, layer in bread cubes, sausage or bacon, 1½ cups of the shredded cheese, and green onions.

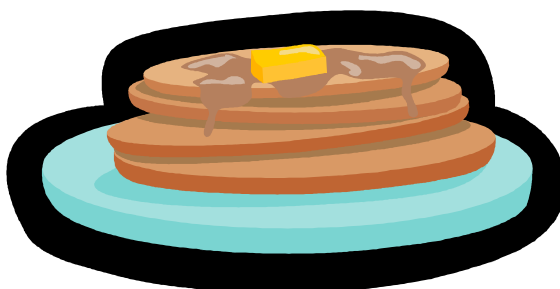
In a small bowl lightly beat eggs. Stir in milk, salt, pepper, and nutmeg. Pour over bread, trying to wet every piece. Sprinkle with remaining shredded cheese. Cover and refrigerate over night.

Preheat oven to 375° F. Bake 45-50 minutes until puffed and golden brown. Serve immediately.

Nutrition information: Per Serving - 333 calories, 6g fat, 28g protein, 40g carbohydrate, 2g fiber,

Multi-Grain Pancakes – Makes 6 pancakes

2/3 cup whole wheat flour
1/3 cup all-purpose flour
1/4 cup cornmeal
2 Tbsp wheat germ
2 tsp sugar
1 tsp baking powder
1/2 tsp baking soda
1/4 tsp salt
1 1/4 cup skim milk
1 Tbsp lemon juice
2 egg whites



Mix dry ingredients together. In another bowl, mix wet ingredients with a whisk until the mixture is a little foamy (about 30 seconds). Mix wet into dry. Make pancakes as usual.

Nutrition information: Per Pancake - 126 calories, 1g fat, 7g protein, 24g carbohydrate, 3g fiber,

MAIN DISHES

Meat Dishes

Beef Stew – Makes 6 servings

- 1 Tbsp. olive oil
- 1/2 lb. beef stew meat (cut into 1 inch cubes)
- 1 large onion (cubed)
- 2 large carrots (chopped)
- 1 cup leeks (chopped)
- 3 garlic cloves (chopped)
- 1 can (14oz) diced tomatoes
- 1 can tomato paste
- 1 can (14oz) fat-free, low sodium beef broth
- 2 Tbsp. oregano
- 1 cup water
- 2 medium potatoes (cubed)
- 1 package (10oz) frozen green beans
- 1 cup kale (chopped)

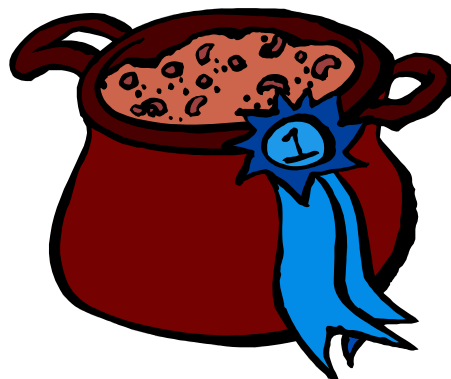
Heat oil in large non-stick pan. Add beef, cook until brown (about 5 minutes). Remove beef from the pan and set aside. In the same pan, add carrots, leeks, onion & garlic. Cook for 5 minutes. Add beef, tomatoes, tomato paste, broth and oregano. Add water and bring to the boil. Reduce heat to low, and simmer until beef is tender (about 5 minutes). Add potatoes. Cover partially and cook until potatoes are cooked. Add green beans and kales, cook for another 6-7 minutes and serve.

Nutrition information: Per Serving - 210 calories, 6g fat, 13g protein, 30g carbohydrate, 6g fiber,

Chili – Makes 6 servings

- 1/2 lb lean hamburger meat
- 1 Tbsp. olive oil

- 1 medium onion (chopped)
- 1 green bell pepper (chopped)
- 1 Tbsp garlic (chopped)
- 1-3 Jalapeno peppers (finely chopped)
- 1 Tbsp ground cumin
- 1 Tbsp chili powder
- 1 tsp oregano
- 1 can (15oz) pinto beans
- 1 can (15oz) kidney or red beans
- 2 cups vegetable broth
- 2 Tbsp cornmeal



In a large saucepan, heat oil on medium heat. Add meat, and cook until browned. Add onion, green pepper and garlic, cook for about 5 minutes. Add rest of ingredients, cover & simmer for approx. 30 mins. Serve.

Nutrition information: Per Serving - 260 calories, 9g fat, 16g protein, 30g carbohydrate, 10g fiber,

Meatloaf – Makes 6 servings

- 1 pound extra lean ground beef
- 2 cups shredded cabbage
- 1 medium green bell pepper, diced
- 1/2 tsp salt
- 1 Tbsp onion flakes
- 1/2 tsp caraway seeds (optional)

Pre-heat oven to 450 degrees. Combine all ingredients. Place into loaf tin. Cover and cook on HIGH for 3 to 4 hours.

Nutrition information: Per Serving - 173 calories, 11g fat, 17g protein, 3g carbohydrate, 1g fiber,

Potato and Lamb Casserole – Makes 4 servings

12 oz. lean lamb, cut in $\frac{3}{4}$ -inch pieces (*use lamb from the leg or shoulder, trimmed of all visible fat*)
2 large potatoes (cubed and boiled with skin)
1 cup low fat plain yogurt
2 garlic cloves, crushed
1 tsp. grated fresh ginger
2 tsp. sweet paprika
1 tsp. freshly ground black pepper, to taste
1/4 lb. fresh green beans, trimmed and halved crosswise

Heat frying pan over medium heat, add lamb cook until brown, allow to cool. In bowl, combine lamb, yogurt, garlic, ginger, paprika, and salt and pepper, if desired until well mixed. Cover and refrigerate 2 to 4 hours.

Preheat oven to 350 degrees.

Spray large saucepan over with cooking spray. Add onion and tomatoes. Sauté over medium- high heat until vegetables are soft, 10 minutes, stirring often. Add lamb mixture, stirring to combine. (This helps prevent yogurt from curdling during cooking.) Put potato and green beans in casserole dish and cover with lamb mixture. Bake in oven for about 45-50 minutes.

Nutrition information: Per Serving - 260 calories, 7g fat, 21g protein, 28g carbohydrate, 3g fiber,

Sweet and Sour Pork – Makes 4 servings

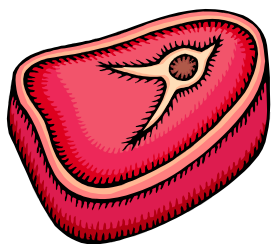
12 oz. boneless pork loin, trimmed of all visible fat
1 can (8 oz.) pineapple chunks in juice
2 Tbsp. low sodium soy sauce
1 Tbsp. cornstarch
1/4 tsp. freshly ground black pepper, to taste
1 Tbsp. canola oil or olive oil
2 cups fresh or frozen broccoli florets
1 medium carrot, thinly sliced
1 medium onion, cut vertically into $\frac{1}{2}$ -inch slices
8 ears baby corn
2 cups bean sprouts

- 1 garlic clove, chopped
- 1 tsp. minced fresh ginger
- 2 Tbsp water

Make sauce by combining pineapple juice, soy sauce, cornstarch, and pepper in a bowl. Slice pork into strips. Heat oil in a wok or large frying pan and add pork strips. Cook over low heat until pork turns white. Add water, garlic, ginger, carrot, broccoli and onion. Continue to heat over low heat until onion is soft. Finally add baby corn, pineapple chunks and sauce, heat until hot and serve immediately. It is suggested that you serve over brown rice or whole-wheat spaghetti.

Nutrition information: Per Serving - 280 calories, 9g fat, 24g protein, 30g carbohydrate, 5g fiber,

Tasty Pork Chops – Makes 6 servings



- 6 lean center-cut pork chops, 1/2 -inch thick
- 1 medium green pepper (chopped)
- 1 medium red pepper (chopped)
- 1 medium onion (chopped)
- 1/8 tsp black pepper
- 1/4 tsp salt

Preheat oven to 375°F. Trim fat from pork chops. Place chops in a large baking pan. Spread onion and peppers on top of chops. Sprinkle with pepper and salt. Refrigerate for 1 hour.

Cover pan and bake 30 minutes. Uncover, turn chops, and continue baking for an additional 15 minutes or until no pink remains and vegetables are soft.

Nutrition information: Per Serving - 170 calories, 6g fat, 23g protein, 4g carbohydrate, 1g fiber

Chicken Dishes

Chicken Creole – Makes 4 servings

- 4 small chicken breast halves (1 lb total), skinned, boned and cut into 1-inch strips
- 1 14-oz can tomatoes, cut up



1/2 cup low-sodium chili sauce
1 1/2 cups chopped green pepper (1 large)
1/2 cup chopped celery
1/4 cup chopped onion
2 cloves garlic, minced
1 Tbsp. chopped fresh basil or 1 tsp dried basil, crushed
1 Tbsp. chopped fresh parsley or 1 tsp dried parsley
1/4 tsp. crushed red pepper
1/4 tsp. salt
Nonstick spray coating

Spray a deep skillet with nonstick spray coating. Preheat pan over high heat. Cook chicken in hot skillet, stirring for 3 to 5 minutes or until no longer pink.

Reduce heat. Add tomatoes and their juice, low-sodium chili sauce, green pepper, celery, onion, garlic, basil, parsley, crushed red pepper, and salt.

Bring to boiling; reduce heat and simmer covered for 10 minutes. Serve over hot, cooked rice or whole-wheat pasta.

Nutrition information: Per Serving - 270 calories, 3g fat, 43g protein, 17g carbohydrate, 4g fiber

Chicken Gumbo – Makes 8 servings

1 tsp. vegetable oil
1/4 cup flour
3 cups low-sodium chicken broth
1 1/2 lbs chicken breast, skinless and boneless (cut into 1" strips)
1 cup white potatoes (1/2 lb), cubed
1 cup onions, chopped
1 cup carrots (1/2 lb), coarsely chopped
1/4 cup celery, chopped
1 medium carrot, grated
4 cloves garlic, finely minced
2 stalks scallion, chopped
1 whole bay leaf

1/2 tsp. thyme
1/2 tsp. black pepper, ground
2 tsp. hot (or jalapeno) pepper
1 cup okra (1/2 lb), sliced into 1/2-inch pieces

Add oil to a large pot. Heat pot over medium flame. Stir in flour. Cook, stirring constantly, until flour begins to turn golden brown. Slowly stir in all the broth using a wire whisk and cook for 2 minutes. The mixture should not be lumpy.

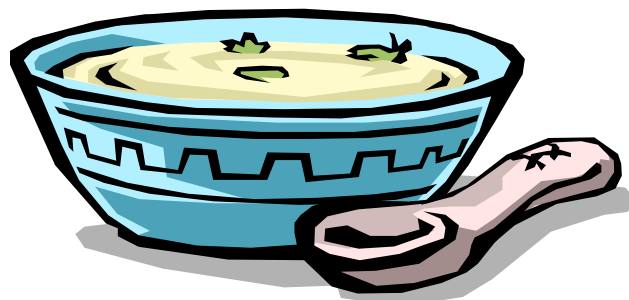
Add all ingredients except okra. Bring to a boil, then reduce heat and let simmer for 20 to 30 minutes. Add okra and let cook for 15 to 20 more minutes. Remove bay leaf.

Serve hot in a bowl or over rice.

Nutrition information: Per Serving - 165 calories, 2g fat, 23g protein, 12g carbohydrate, 2g fiber

Chicken Soup – Makes 8 servings

2 skinless, boneless chicken breasts (about 8 oz.), cut into 1" pieces
1 bay leaf
8 cups fat-free reduced sodium chicken broth
2 cups sliced celery
1 1/2 cups chopped green onions
2 cups sliced carrots
2 garlic cloves, chopped
1 cup sliced zucchini
2 cups peeled, diced potatoes or cooked noodles
1 tsp. minced fresh parsley
1 tsp. snipped fresh chives
1 1/2 tsp. ground coriander (optional)
Freshly ground black pepper, to taste



In soup or deep pan, combine chicken, bay leaf, broth, celery, green onions, carrots, garlic, zucchini and potatoes, if using. Bring to boil. Reduce heat and let simmer about 20 minutes or until chicken and vegetables are tender. Just before serving, remove bay leaf and add parsley, chives, coriander, and noodles, if using. Season with pepper, to taste.

Nutrition information: Per Serving - 154 calories, 2g fat, 20g protein, 15g carbohydrate, 3g fiber

Curried Chicken – Makes 6 servings

- 1 large onion, chopped
- 1 Tbsp vegetable oil
- 3 Cloves Garlic, crushed
- 1 1/2 tsp. curry powder
- 1 medium white potato, diced
- 1 tsp Ground Coriander
- 1/2 tsp dried mint
- 4 boneless, Skinless Chicken Breast, diced
- 3/4 cup water

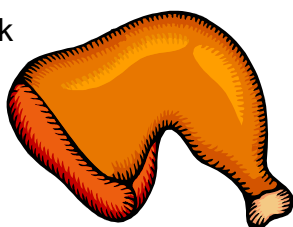
Heat the oil and butter in a wok or large, heavy frying pan. Add the garlic and onion and stir fry for about 5 minutes until onion is golden. Stir in the curry powder, coriander and mint. Add the chicken and cook over a moderate heat for 5 minutes, stirring occasionally.

Add the water, stir, and simmer without a lid for 10-15 minutes until the chicken is cooked and sauce has thickened. Serve over brown rice

Nutrition information: Per Serving - 210 calories, 6g fat, 32g protein, 7g carbohydrate, 1g fiber

"Fried" Chicken – Makes 6 servings

- 1/2 cup skim milk or butter milk
- 1 tsp poultry seasoning
- 1 cup cornflakes, crumbled
- 1 1/2 Tbsp onion powder



1 1/2 Tbsp garlic powder
2 tsp black pepper
2 tsp dried hot pepper, crushed
1 tsp ginger, ground
4 skinless chicken breasts
A few shakes paprika
Fat spray (to coat pan)

Preheat oven to 350°F. Add ½ teaspoon seasoning to milk. Combine all other spices with cornflake crumbs and place them in a plastic bag. Wash chicken and pat dry. Dip chicken into milk, shake to remove excess, then quickly shake in bag with seasoning and crumbs. Refrigerate for 1 hour.

Remove from the refrigerator and sprinkle lightly with paprika for color.

Cover with aluminum foil and bake 40 minutes. Remove foil and continue baking for an additional 30 to 40 minutes or the meat can be easily pulled away from the bone with a fork.

Nutrition information: Per Serving - 300 calories, 3g fat, 56g protein, 8g carbohydrate, 0g fiber

Spicy Barbecued Chicken – Makes 6 servings

5 Tbsp. tomato paste (3oz)
1 tsp. ketchup
2 tsp. honey
1 tsp. molasses
1 tsp. Worcestershire sauce
4 tsp. vinegar, white
3/4 tsp. cayenne pepper
1/8 tsp. black pepper
1/4 tsp. onion powder
2 cloves garlic, minced
1/8 tsp ginger, grated
1 1/2 lbs chicken, skinless (breasts, drumsticks)

Combine all ingredients except chicken in a saucepan. Simmer for 15 minutes. Wash chicken and pat dry. Place chicken on a large platter. Brush chicken with ½ of sauce mixture. Cover with plastic wrap and marinate in refrigerator for 1 hour.

Place chicken on a baking sheet lined with aluminum foil and broil for 10 minutes on each side to seal in juices. Turn over down to 350°F, and add the remaining sauce to the chicken. Cover the chicken with aluminum foil and continue baking for 30 minutes.

Nutrition information: Per Serving - 300 calories, 3g fat, 56g protein, 8g carbohydrate, 0g fiber

Fish Dishes

Cajun Tuna – Makes 2 servings

- 1 can white albacore tuna, in spring water, drained
- 1 Tbsp chipolte pepper
- 1/4 cup green onions
- 1 tsp white pepper
- 1/4 cup celery, finely chopped
- 1/8 cup mayo (low fat)
- 1/2 cup boiled egg, chopped
- 1 Tbsp pickle relish
- 2 slices whole wheat bread



Mix all ingredients well. Serve on whole wheat bread.

Nutrition information: Per Serving - 350 calories, 9g fat, 50g protein, 17g carbohydrate, 3g fiber

Catfish Stew with Rice – Makes 4 servings

- 2 medium potatoes
- 1 14 oz can low sodium tomatoes, cut up
- 1 cup chopped onion
- 1 8-oz bottle (1 cup) clam juice or water

- 1 cup water
- 2 cloves garlic, minced
- 1/2 head cabbage, coarsely chopped
- 1 lb catfish filets
- 1 1/2 tbsp Cajun Seasoning

Peel potatoes and cut into quarters. In a large pot, combine potatoes, tomatoes and their juice, onion, clam juice, water, and garlic. Bring to boiling; reduce heat. Cook, covered, over medium-low heat for 10 minutes.

Add cabbage. Return to boiling. Reduce heat; cook, covered, over medium-low heat for 5 minutes, stirring occasionally.

Meanwhile, cut fish fillets into 2-inch lengths. Coat with Cajun seasoning. Add fish to vegetables. Reduce heat; simmer, covered for 5 minutes or until fish flakes easily with a fork. Serve.

Nutrition information: Per Serving - 275 calories, 9g fat, 18g protein, 27g carbohydrate, 6g fiber

Fish and Mushrooms – Makes 4 servings



- 1 large onion, thinly sliced
- 1 Tbsp olive oil
- 1 1/2 cup mushrooms, thinly sliced
- 1 lb fish fillets (cod, halibut, sole)

Dash salt

Dash pepper

1 celery stalk, sliced thin

1 Tbsp light soy sauce

Preheat skillet (non-skillet) and sauté in oil. Add mushrooms and sauté about 2 minutes, stirring constantly, until mushrooms wilt. Spread half of fillet slices on mushrooms; sprinkle with salt and pepper; and remaining fillet; sprinkle these with salt and pepper. Add celery, soy sauce, and sherry; cook gently, covered for ten minutes

Nutrition information: Per Serving - 160 calories, 4g fat, 22g protein, 6g carbohydrate, 1g fiber

Baked Herb Fish – Makes 4 servings

1 lb white fish fillets such as cod, halibut, or flounder
2 Tbsp. olive oil
1/2 tsp salt
1/3 tsp dried marjoram leaves
1/2 tsp thyme leaves
1/4 tsp garlic powder
1/8 tsp pepper
2 bay leaves
1/2 cup chopped onion
1/2 cup white wine
Paprika to season
Lemon wedges to garnish

Preheat oven to 350°F. Wash fish, pat dry and place in baking dish. Combine oil, salt and herbs. Drizzle over fish. Top with bay leaves and onions. Sprinkle with paprika. Pour wine or water over all. Bake uncovered for 20-30 minutes. Serve with lemon wedges.

Nutrition information: Per Serving - 150 calories, 4g fat, 21g protein, 2g carbohydrate, 0g fiber

Salmon Patties – Makes 4 servings

1 can (15-1/2 ounce can) pink salmon
1/2 cup low sodium saltine cracker crumbs
1/4 cup finely chopped celery
2 Tbsp. finely chopped onion
1 egg slightly beaten
1/4 tsp. salt
1/8 tsp. pepper

Drain Salmon. Reserve 3 tablespoons liquid. Flake salmon. In small bowl, combine salmon, liquid, crumbs, celery, onion, egg, salt & pepper. Mix well. Form into 4 patties. In a preheated, non stick, skillet over medium heat, sauté patties about 3 minutes on each side on each side. Serve on hamburger buns with lettuce and tomato. (If you do have a non-stick skillet, use a fat spray to lightly coat the pan).

Nutrition information: Per Serving - 230 calories, 9g fat, 25g protein, 11g carbohydrate, 1g fiber

Vegetarian Dishes

Baked Broccoli and Pasta – Makes 4 servings

- 2 (10oz) pkg. frozen chopped broccoli
- 2 small garlic clove, minced
- 1 cup uncooked whole wheat pasta
- 1/2 tsp. dried oregano
- 1 can (15 oz.) stewed tomatoes
- 1 1/2 cups fat-free chicken broth or vegetable broth
- 1/2 cup shredded reduced fat Cheddar cheese
- 1/2 cup plain dry bread crumbs
- 1/4 tsp. freshly ground pepper, to taste



Preheat oven to 400 degrees. Cover bottom of 1 1/2-quart baking dish with broccoli. Sprinkle with garlic and oregano, then pasta. Pour over stewed tomatoes and broth, breaking up tomatoes lightly with spoon.

Place baking dish in middle rack of the oven. Bake until pasta is almost cooked, 20 minutes. Sprinkle over cheese. Bake until cheese is melted and bread crumbs are crisp, about 5 minutes.

Nutrition information: Per Serving - 245 calories, 3g fat, 15g protein, 44g carbohydrate, 6g fiber

Green Beans with Tomatoes and Herbs - Makes 2 servings

- 1 tsp. olive oil
- 2 garlic cloves
- 1 small onion, minced

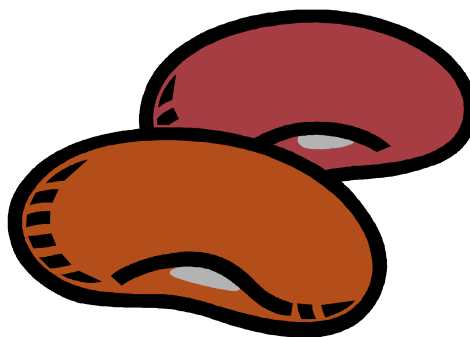
1 large ripe tomato, diced or ½ can diced tomatoes
1 tsp. minced fresh basil (1/2 tsp dried)
1 tsp. fresh oregano
3/4 lb. trimmed green beans (or 1 pkg. frozen)
Salt and freshly ground pepper, to taste

In nonstick skillet, heat oil over medium heat. Add garlic and onion and sauté 5 minutes. Add tomato, basil and oregano. Cook 2 minutes. Add green beans. Cover and cook 6 minutes. Add salt and pepper, to taste.

Nutrition information: Per Serving - 80 calories, 3g fat, 4g protein, 14g carbohydrate, 6g fiber

Kidney Bean and Cheesy Rice Casserole – Makes 4 servings

1 can Dark Red Kidney Beans rinsed and drained
1 Tbsp water
1 cup red onion, diced
1 tsp ground cumin
1 garlic clove, diced
1 (10-ounce) package fresh spinach, chopped
2 cups of salsa
2 cups cooked brown rice, no salt added
2 medium tomatoes, sliced
1/4 cup shredded reduced-fat Cheddar cheese
1/4 cup shredded reduced-fat Monterrey Jack cheese
2 tsp nonfat sour cream



Preheat the oven to 350°F. Heat water in a nonstick skillet. Add onion, cumin, and garlic and sauté for 2 to 3 minutes. Add spinach and sauté until wilted. Set aside.

Combine Dark Red Kidney Beans salsa together; spread ½ of this mixture in the bottom of a baking pan coated with cooking spray. Layer 2 cups of rice over bean mixture. Arrange tomato slices on top of rice. Layer spinach mixture, remaining rice, and remaining bean mixture over tomato slices.

Cover and bake for 30 minutes. Then sprinkle with cheese and bake, uncovered, for another 10 minutes or until cheese melts. Spoon 1teaspoon sour cream on top of each serving.

Nutrition information: Per Serving - 315 calories, 3g fat, 16g protein, 58g carbohydrate, 14g fiber

Lentil Loaf – Makes 4 Servings

1 cup cooked lentils (or beans)
1/4 cup chopped celery
1 egg
1 13oz. can evaporated skim milk
3/4 cup wheat bran
3/4 cup cornflakes or bread crumbs
1 medium onion, chopped
1/2 tsp. sage (dried)
2 Tbsp. oil

Preheat oven to 350°F. mix all ingredients together thoroughly. Place in an oiled 9"x5"x3" loaf pan and bake for 45 minutes. Lentil loaf is so moist that it needs no gravy or sauce.

Nutrition information: Per Serving - 331 calories, 10g fat, 18g protein, 46g carbohydrate, 10g fiber

Stir-fried kale with Carrots – Makes 4 servings

3/4 lb. fresh kale
Boiling Water
2 tsp. canola oil
2 carrots peeled and cut into very thin, matchstick strips
2 garlic cloves, minced
1 tsp. ground coriander
Salt and freshly ground pepper, to taste
Pinch of cayenne pepper, if desired

Rinse kale and remove stems, including large stem running through the center of each leaf. Place a few leaves on top of each other and cut into thin strips. Repeat until all kale is cut. Add kale to pot of boiling water uncovered 10 minutes. Drain and set aside. In large skillet, heat oil over medium heat.

Add carrots and sauté 2 minutes. Add garlic and sauté 1 more minute. Add coriander, salt and pepper, to taste, and cayenne (if using). Cook 15 seconds. Add kale and cook 1-2 minutes.

Nutrition information: Per Serving - 113 calories, 8g fat, 3g protein, 11g carbohydrate, 2g fiber

Vegetarian Fried Rice – Makes 4 servings

3 cups water
1 1/2 cups quick-cooking brown rice
2 Tbsp peanut oil
1 small yellow onion, chopped
1 small green bell pepper, chopped
1 tsp minced garlic
1/4 tsp red pepper flakes
3 green onions, thinly sliced
3 Tbsp soy sauce
1 (8 ounce) can baby peas, drained
2 tsp sesame oil
1/4 cup roasted peanuts

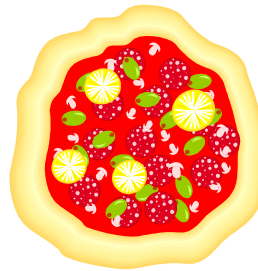
In a saucepan bring water to a boil. Stir in rice. Reduce heat, cover and simmer for 20 minutes.

Meanwhile, heat peanut oil in a large skillet or wok over medium heat. Add onions, bell pepper, garlic and pepper flakes, to taste. Cook 3 minutes, stirring occasionally. Increase heat to medium-high and stir in cooked rice, green onions and soy sauce. Stir-fry for 1 minute. Add peas and cook 1 minute more. Remove from heat. Add sesame oil and mix well.

Nutrition information: Per Serving - 113 calories, 8g fat, 11g protein, 3g carbohydrate, 2g fiber

Veggie Pita Pizzas – Makes 4 Servings

- 4 whole wheat pita bread rounds
- 1 cup prepared pasta sauce (with vegetables)
- 1/2 cup red bell pepper, finely diced
- 1 small zucchini, finely diced
- 1 small yellow summer squash, finely diced
- 4 sliced mushrooms
- 1 tsp. dried oregano
- 1 tsp. dried basil
- 1/2 cup shredded part-skim mozzarella cheese
- 4 tsp. grated Parmesan cheese
- Crushed red pepper flakes, to taste (optional)



Preheat oven to 400 degrees. On oven rack or in toaster oven, toast pita bread for 1 minute. Remove and allow to cool. Spread ¼ cup pasta sauce on each pita round. In medium bowl, combine red pepper, zucchini, yellow squash and mushrooms. Spoon evenly onto pita rounds. Sprinkle ¼ teaspoon oregano and basil on each round. Divide mozzarella among pitas. Top each with 2 teaspoons of Parmesan cheese. If desired, sprinkle with a bit of crushed red pepper flakes. Broil, watching carefully, until cheese is melted and bubbly, and pita is hot. Serve immediately.

Nutrition information: Per Serving - 172 calories, 5g fat, 9g protein, 24g carbohydrate, 4g fiber

Zucchini and Squash – Makes 4 Servings

- 2 tsp. olive oil
- 1/2 cup chopped onion
- 1 large zucchini, cut into 1-inch cubes
- 1 large yellow squash, cut into 1-inch cubes
- 2 garlic cloves, finely minced
- 1 tsp. Italian herbs
- 1/2 cup halved cherry tomatoes
- Salt and freshly ground pepper, to taste
- 1/4 cup crumbled reduced fat feta cheese



Preheat oven to broiler. In large skillet, heat oil over medium-high heat. Add onion and sauté 3 minutes. Add zucchini and yellow squash and sauté 5-6 minutes. Add garlic and sauté 2 more minutes.

Add herbs, cherry tomatoes and salt and pepper, to taste. Transfer vegetable mixture to casserole dish. Sprinkle with feta cheese.

Nutrition information: Per Serving- 53 calories, 3g fat, 2g protein, 7g carbohydrate, 2g fiber

SIDE DISHES

Macaroni and Cheese – Makes 6 Servings

2 cups macaroni

1/2 cup chopped onions

1/2 cup evaporated skim milk

1 medium egg, beaten

1/4 tsp. black pepper

1 1/4 cups low fat, sharp cheddar cheese, finely shredded

Nonstick cooking oil spray

Cook macaroni according to directions. (Do not add salt to the cooking water.) Drain and set aside.

Spray a casserole dish with nonstick cooking oil spray. Preheat oven to 350°F. Lightly spread saucepan with cooking oil spray. Add onions to saucepan and sauté for about 3 minutes. In another bowl, combine macaroni, onions, and the remaining ingredients and mix thoroughly. Transfer mixture into casserole dish. Bake for 25 minutes or until bubbly. Let stand for 10 minutes before serving.

Nutrition information: Per Serving (1/2 cup) - 146 calories, 2g fat, 9g protein, 22g carbohydrate, 1g fiber

New Orleans Red Beans – Makes 8 Servings

1 lb. dry red beans

2 quarts water

1 1/2 cups chopped onion



1 cup chopped celery
4 bay leaves
1 cup chopped sweet green pepper
3 Tbsp. chopped garlic
3 Tbsp. chopped parsley
2 tsp. dried thyme, crushed
1 tsp. salt
1 tsp. black pepper

Pick through beans to remove bad beans; rinse thoroughly. In a 5-quart pot, combine beans, water, onion, celery and bay leaves. Bring to boiling; reduce heat. Cover and cook over low heat for about 1½ hours or until beans are tender. Stir and mash beans against side of pan.

Add green pepper, garlic, parsley, thyme, salt and black pepper. Cook, uncovered, over low heat until creamy, about 30 minutes. Remove bay leaves.

Serve over hot, cooked brown rice, if desired.

Nutrition information: Per Serving- 175 calories, 1g fat, 11g protein, 33g carbohydrate, 8g fiber

Pasta Salad – Makes 12 Servings

8 oz (2 1/2 cups) whole wheat medium shell pasta
8oz. carton (1 cup) plain nonfat yogurt
2 Tbsp. spicy brown mustard
2 Tbsp. salt-free herb seasoning
1 1/2 cups chopped celery
1 cup sliced green onion
1 lb. cooked small shrimp
3 cups coarsely chopped tomatoes (about 3 large)

Cook pasta according to package directions. Drain, cool.

In a large bowl stir together yogurt, mustard, and herb seasoning. Add pasta, celery, and green onion; mix well. Chill at least 2 hours.

Just before serving, carefully stir in shrimp and tomatoes.

Nutrition information: Per Serving- 105 calories, 1g fat, 13g protein, 21g carbohydrate, 2g fiber

Potato Salad – Makes 10 Servings

3 lbs potatoes (6 large)
1 cup chopped celery
1/2 sliced green onion
2 Tbsp. chopped parsley
1 cup low-fat cottage cheese
3/4 cup skim milk
3 Tbsp. lemon juice
2 Tbsp. cider vinegar
1/2 tsp. celery seed
1/2 tsp. dill weed
1/2 tsp. dry mustard
1/2 tsp. white pepper

Scrub potatoes; boil in jackets until tender. Cool; peel. Cut into ½-inch cubes. Add celery, green onion, and parsley.

Meanwhile, in a blender, blend cottage cheese, milk, lemon juice, vinegar, celery seed, dill weed, dry mustard, and white pepper until smooth. Chill for 1 hour.

Pour chilled cottage cheese mixture over vegetables; mix well. Chill at least 30 minutes before serving.

Nutrition information: Per Serving- 115 calories, 0g fat, 6g protein, 23g carbohydrate, 2g fiber

Smothered Greens – Makes 4 Servings

3 cups water
1/4 lb. smoked turkey breast, skinless
1 Tbsp hot pepper, finely chopped
1/4 tsp cayenne pepper
1/4 tsp cloves, ground
2 cloves garlic, crushed

1/2 tsp thyme
1 stalk scallion, chopped
1 tsp ginger, ground
1/4 cup onion, chopped
2 lbs greens (mustard, turnip, collard, kale or mixture)

Place all ingredients except greens into a large saucepan and bring to a boil. Prepare greens by washing thoroughly and removing stems. Tear or slice leaves into bite-size pieces.

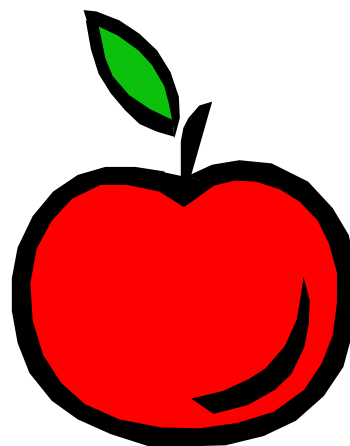
Add greens to turkey stock. Cook 20 to 30 minutes until tender.

Nutrition information: Per Serving- 44 calories, 0g fat, 6g protein, 5g carbohydrate, 2g fiber

DESSERTS AND SNACKS

Apple Crisp - Makes 6 servings

4 large baking apples, peeled and sliced
Nonstick cooking spray
1/4 cup brown sugar or sugar substitute equivalent
1/2 cup whole wheat flour
3/4 cup old-fashioned oatmeal
3/4 tsp. cinnamon
3/4 tsp. nutmeg
1/3 cup reduced-fat margarine



Preheat oven to 350 degrees.

Place sliced apples in a baking pan that has been coated with nonstick cooking spray.

Mix the brown sugar, flour, oatmeal, cinnamon, and nutmeg together and place on top of the apples. Dot the top of the dry mixture with margarine. Bake for 25 minutes.

Nutrition information: Per Serving- 250 calories, 6g fat, 5g protein, 45g carbohydrate, 9g fiber

Banana Bran Muffins – Makes 12 muffins

1 1/4 cup whole wheat flour
1/4 cup brown sugar or sugar substitute equivalent
3 tsp. baking powder
1 1/2 cups whole bran cereal or bran
3/4 cup skim milk
1 cup mashed, ripe banana (2 medium-size)
1 egg
1/4 cup oil

Preheat oven to hot (400°). Grease 12 muffin-pan cups to avoid more fat. Sift flour, sugar and baking powder into a bowl; stir in any particles of bran remaining in sifter.

Combine bran, milk and banana in a medium-size bowl; let stand a few minutes for bran to soften. Beat in egg and oil. Stir in flour mixture just until flour is moistened. Divide mixture among prepared muffin cups.

Bake for 25 minutes or until muffins are golden brown. Remove from pan to wire rack; cool slightly.

Nutrition information: Per Serving- 135 calories, 6g fat, 4g protein, 21g carbohydrate, 4g fiber

Bread Pudding — Makes 10 Servings

10 slices whole wheat bread
1 egg
3 egg whites
1 1/2 cups skim milk
1/8 cup sugar or sugar substitute equivalent
1/8 cup brown sugar or sugar substitute equivalent
1 tsp vanilla extract
1/2 tsp cinnamon
1/4 tsp nutmeg
1/4 tsp cloves

Preheat the oven to 350°F. Spray an 8"x8" baking dish with vegetable oil spray. Lay the slices of bread in the baking dish in two rows, overlapping them.

In a medium mixing bowl, beat together the egg, egg whites, milk, half the white sugar, brown sugar, and vanilla. Pour egg mixture over bread.

In a small bowl, stir together the cinnamon, nutmeg, cloves, and remaining sugar. Sprinkle the spiced sugar over the bread pudding. Bake the pudding for 30 to 35 minutes, until it has browned on top and is firm to touch.

Serve warm or at room temperature.

Nutrition information: Per Serving- 135 calories, 2g fat, 5g protein, 26g carbohydrate, 2g fiber

Brownies — Makes 12 brownies

4 oz. unsweetened chocolate

4 oz. jar of baby food prunes

3 large egg whites

1/2 cup sugar or sugar substitute equivalent

1 tsp. salt

1 tsp. vanilla

1/2 cup flour

1/4 cup chopped walnuts (optional)

Preheat oven to 350°F. Spray an 8 inch square baking pan with cooking spray.

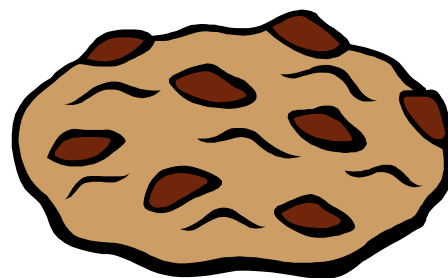
Melt chocolate over a double boiler, stirring occasionally just until chocolate is melted. Remove from heat and set aside. Combine flour, salt and walnuts to blend.

Beat together baby food, egg whites, sugar and vanilla. Mix in melted chocolate. Blend in flour mixture until just combined, spread batter in the prepared pan and bake for about 30 minutes. Cool on rack before cooking.

Nutrition information: Per Serving- 100 calories, 7g fat, 3g protein, 12g carbohydrate, 2g fiber.

Cookies – Makes 12 cookies

1 1/2 cups flour
1/4 cup brown sugar or sugar substitute equivalent
1/4 cup unsweetened applesauce
1/2 tsp. cloves
1/2 tsp. cinnamon
3/4 cup raisins
2 eggs
1/2 tsp. baking soda
1 1/2 tsp. baking powder
1/4 tsp. salt



Pre-heat oven to 375° F. Use non-stick cookie sheets.

Mix dry ingredients together. Beat eggs until thick and foamy, add sugar and continue beating until well mixed. Gradually add dry ingredients and mix well. Stir in raisins and applesauce.

Drop 24 round tablespoons onto prepared cookie sheet. Bake for about 10 minutes or until done. Cool on a wire rack.

Nutrition information: Per Serving- 115 calories, 1 g fat, 3g protein, 24g carbohydrate, 1g fiber

Peach Cobbler – Makes 8 servings

6 medium peaches, sliced
1/4 cup sugar or sugar substitute equivalent
1 Tbsp cornstarch
1 tsp fresh lemon juice
1/2 tsp ground cinnamon
1 cup whole-wheat flour
1 1/2 tsp baking powder
1/2 tsp table salt
3 Tbsp reduced-calorie margarine
1/2 cup nonfat milk

Preheat oven to 375°F.

In a large saucepan, combine peaches, 1/3 cup of the sugar (5 1/3 tablespoons), cornstarch, lemon juice, and cinnamon; toss to coat peaches.

Set pan over medium heat and bring to a boil. Cook until mixture thickens, about 1 minute. Remove from heat and transfer mixture to an 8-inch square baking pan.

To make the topping, in a large bowl, combine flour, remaining tablespoon of sugar, baking powder and salt. Work in margarine with a fork until mixture resembles coarse crumbs. Add milk and stir until flour mixture is evenly moistened.

Drop 8 tablespoons of topping mixture onto peach mixture.

Bake until topping is golden brown and filling is bubbly, about 20 to 25 minutes. Cut into 8 pieces and serve.

Nutrition information: Per Serving- 130 calories, 1.5g fat, 3g protein, 28g carbohydrate, 4g fiber

Pumpkin Bread — Makes 12 servings

1/2 cup brown sugar or sugar substitute equivalent

1/4 cup low fat margarine

2 eggs

1 cup cooked pumpkin

1/4 cup skim milk

2 cups whole wheat flour

2 tsp. baking powder

3/4 tsp. ginger

1/4 tsp. baking soda

1/4 tsp. ground cloves

1/2 tsp cinnamon



Cream brown sugar and margarine. Add eggs, then pumpkin and milk; beat well. Sift dry ingredients together and stir in. Beat for 1 minute with electric mixer. Turn onto

greased 5"x9" loaf pan. Bake at 350° for 55-60 minutes.

Nutrition information: Per Serving- 130 calories, 2g fat, 4g protein, 25g carbohydrate, 3g fiber

Raspberry Squares – Makes 20 squares

1/2 cup all-purpose flour

1/2 cup whole-wheat flour

1 cup quick oats

1/4 tsp baking soda

3/4 cup firmly packed brown sugar or sugar substitute equivalent

1/3 cup chopped walnuts

1/2 cup non-fat buttermilk

1 large egg white

10oz jar all-fruit raspberry preserves (not jelly)

Preheat oven to 350 degrees. Spray an 8 x 8-inch baking pan with nonstick cooking spray.

Combine flours, quick oats, baking soda and sugar in a large bowl. Mix in chopped walnuts. In another bowl, whisk together buttermilk and egg white, then add to oat and flour mixture; blend thoroughly.

Cover bottom of baking pan with oat mixture, reserving 3/4 to 1 cup for the top layer. Spread preserves over bottom layer. Spoon dollops of reserved oat mixture on top, leaving some of the jam layer exposed.

Bake for 25 minutes until top is golden brown. Cool in pan for 10 minutes, then transfer to a wire rack to cool completely.

Nutrition information: Per Serving- 123 calories, 2g fat, 2g protein, 26g carbohydrate, 1g fiber

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**This recipe book was written by Lucy Turnbull RD, LDN for use by
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