

# Almond Crusted Fish

makes 2 servings

## Ingredients:

- 1/2 pound mild white fish filets  
(sole, flounder, orange roughy, etc.)
- 1/6 cup sliced almonds
- 1 Tablespoon reduced-fat margarine, melted
- 1 Tablespoon lemon or lime juice
- 1/2 teaspoon Worcestershire sauce, low sodium
- 1/4 teaspoon paprika
- 1/8 teaspoon pepper
- Cooking spray

## Directions:

1. Preheat oven to 375° F. Coat pan with cooking spray.
2. Rinse and pat fish dry, arrange in pan in a single layer.
3. In a small bowl, mix almonds, margarine, lemon or lime juice, Worcestershire sauce, and pepper.
4. Top fillets with above mixture, spreading evenly.
5. Bake 12-15 minutes or until fish flakes easily.

Nutrition Facts	
Serving Size 4 ounces meat (136g)	
Servings Per Container 2	
Amount Per Serving	
<b>Calories</b> 160	Calories from Fat 60
<b>% Daily Value*</b>	
<b>Total Fat</b> 7g	<b>11%</b>
Saturated Fat 1g	<b>5%</b>
Trans Fat 0g	
<b>Cholesterol</b> 55mg	<b>18%</b>
<b>Sodium</b> 140mg	<b>6%</b>
<b>Total Carbohydrate</b> 2g	<b>1%</b>
Dietary Fiber 1g	<b>4%</b>
Sugars 0g	
<b>Protein</b> 23g	
Vitamin A 8%	• Vitamin C 10%
Calcium 4%	• Iron 4%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000    2,500
Total Fat	Less than 65g    80g
Saturated Fat	Less than 20g    25g
Cholesterol	Less than 300mg    300 mg
Sodium	Less than 2,400mg    2,400mg
Total Carbohydrate	300g    375g
Dietary Fiber	25g    30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

Recipe from *Dining with Diabetes*, WVU Extension



## Baked Pork Chops

makes 4 servings

### Hot 'n Spicy Seasoning:

1/4 cup paprika  
2 tsp. chili powder  
2 Tablespoons dried oregano, crushed  
1 tsp. black pepper  
1 tsp. garlic powder  
1/2 tsp. red (cayenne) pepper  
12 tsp. dry mustard  
Mix all ingredients together. Store in airtight container.

### Ingredients for 4 servings:

4 lean boneless pork chops, 4 oz. each  
1 egg white  
1/4 cup evaporated skim milk  
1/2 cup cornflake crumbs  
1 Tablespoon Hot 'n Spicy Seasoning  
Nonstick spray coating

### Ingredients for 2 servings:

2 chops  
1 egg white  
2 Tablespoons evaporated skim milk  
1/4 cup cornflake crumbs  
1 tsp. Hot 'n Spicy Seasoning

### Directions:

1. Trim all fat from chops and discard.
2. Beat egg white with evaporated skim milk. Place chops in milk mixture. Let stand for 5 minutes, turning chops once.
3. Mix together cornflake crumbs and Hot 'n Spicy Seasoning in plastic bag.
4. Remove chops from milk mixture. Drop in plastic bag and shake to coat.
5. Spray a 13 x 9 inch baking pan with nonstick spray. Place chops in pan. Sprinkle all remaining crumb mixture on chops.
6. Bake at 375° for 15 minutes. Turn chops; bake 5-10 minutes more or until no pink remains.

Recipe from: Dining with Diabetes. WVU Extension Service



Issued in furtherance of Cooperative Extension work, Acts of May 8 and June 30, 1914, in cooperation with the United States Department of Agriculture. University of Vermont Extension, Burlington Vermont. University of Vermont Extension, and U.S. Department of Agriculture, cooperating, offer education and employment to everyone without regard to race, color, national origin, gender, religion, age, disability, political beliefs, sexual orientation, and marital or familial status.

Baked Pork Chops

<b>Nutrition Facts</b>	
Serving Size 1 SERVING (150g)	
Servings Per Container 4	
Amount Per Serving	
<b>Calories</b> 230	Calories from Fat 80
%Daily Value*	
<b>Total Fat</b> 9g	<b>13%</b>
Saturated Fat 3g	<b>14%</b>
<b>Cholesterol</b> 65mg	<b>21%</b>
<b>Sodium</b> 130mg	<b>5%</b>
<b>Total Carbohydrate</b> 10g	<b>3%</b>
Dietary Fiber 2g	<b>10%</b>
Sugars 0g	
<b>Protein</b> 28g	
Vitamin A 90%	• Vitamin C 10%
Calcium 8%	• Iron 20%
* Percent Daily Values are based on a 2,000 calorie diet.	



# Bean and Chicken Burrito

makes 1 serving

## Ingredients:

- 1 multi-grain tortilla
- 1/4 cup black beans, rinsed
- 1/4 cup cooked chicken, shredded
- 2 Tablespoons salsa
- 2 Tablespoons reduced fat Colby or Monterey Jack cheese, grated
- 1 Tablespoon reduced-fat sour cream

## Directions:

1. Wrap 1 tortilla in a paper towel or moist kitchen towel. Microwave for 20 seconds.
2. Put tortilla on a microwave plate, layer with black beans, cooked chicken, salsa, and grated cheese.
3. Wrap over and microwave for 1- 2 minutes until cheese is melted.
4. Serve with 1 Tablespoon reduced-fat sour cream.

## Nutrition Facts

Serving Size 1 burrito (198g)	
Servings Per Container 1 burrito	
Amount Per Serving	
<b>Calories 330</b>	Calories from Fat 100
% Daily Value*	
<b>Total Fat 12g</b>	<b>18%</b>
Saturated Fat 3.5g	<b>18%</b>
Trans Fat 0g	
<b>Cholesterol 25mg</b>	<b>8%</b>
<b>Sodium 670mg</b>	<b>28%</b>
<b>Total Carbohydrate 40g</b>	<b>13%</b>
Dietary Fiber 5g	<b>20%</b>
Sugars 4g	
<b>Protein 15g</b>	
Vitamin A 6%	• Vitamin C 6%
Calcium 25%	• Iron 15%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000    2,500
Total Fat	Less than 65g    80g
Saturated Fat	Less than 20g    25g
Cholesterol	Less than 300mg    300 mg
Sodium	Less than 2,400mg    2,400mg
Total Carbohydrate	300g    375g
Dietary Fiber	25g    30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	



# Beef Stew

makes 2 servings

## Ingredients:

- 1 teaspoon canola oil
- 1/3 cup chopped onion
- 1 garlic clove
- 1 small carrot
- 1/2 pound or 8 ounces of lean stew beef, cut into 1-inch cubes
- 1 cup low-fat, low-sodium beef broth
- 1/4 teaspoon paprika
- 1/4 teaspoon pepper
- 1 small pear and 1 small apple, unpeeled and chopped into 1-inch pieces

## Directions:

1. Heat the oil in large stockpot over medium-high heat.
2. Add the onion and garlic and sauté for 5 minutes.
3. Add carrots and sauté for another 5 minutes.
4. Add the meat and brown.
5. Drain off any accumulated fat.
6. Add the broth, paprika, and pepper.
7. Bring to a boil over high heat.
8. Reduce heat and simmer uncovered for 1 -1/4 hours.
9. Add the apples and pears and cover.
10. Cook over low heat for 15-20 minutes until the apples and pears are soft, but not mushy.

## Beef Stew

### Nutrition Facts

Serving Size 1 cup with 3-4 ounces of beef (451g)  
Servings Per Container 2

Amount Per Serving

**Calories** 330    **Calories from Fat** 130

% Daily Value\*

**Total Fat** 14g    **22%**

Saturated Fat 4.5g    **23%**

Trans Fat 0g

**Cholesterol** 70mg    **23%**

**Sodium** 330mg    **14%**

**Total Carbohydrate** 27g    **9%**

Dietary Fiber 5g    **20%**

Sugars 19g

**Protein** 26g

Vitamin A 140%    •    Vitamin C 20%

Calcium 4%    •    Iron 15%

\*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300 mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

Recipes from *Dining with Diabetes*, WVU Extension



# Broccoli Chicken Bake

makes 4 servings

## Broccoli Chicken Bake

### Ingredients:

- 1 cup chopped, fresh broccoli florets
- 1/2 cup (4 oz.) chopped cooked chicken
- 1/4 cup chopped tomatoes (1 small tomato)
- 1/4 cup chopped onions (1 small)
- 1/4 teaspoon dried tarragon
- 1 tablespoon reduced-fat margarine
- 1 cup egg substitute

### Directions:

1. Sauté broccoli, chicken, tomato, onion and tarragon in margarine in a skillet or frying pan over medium heat until broccoli is tender-crisp.
2. Pour egg substitute evenly over all ingredients.
3. Cover and cook for 6-8 minutes or until firm on bottom and almost set on top.  
Cut into wedges to serve.

### Notes:

Recipe will serve 16 in a demonstration setting.  
This recipe is easy to prepare, little clean-up.  
It is also low in fat and carbohydrates.

Recipe from *Dining with Diabetes*, WVU Extension

Nutrition Facts	
Serving Size Approximately 3/4 cup	
Servings Per Container 1	
Amount Per Serving	
<b>Calories 120</b>	<b>Calories from Fat 40</b>
% Daily Value*	
<b>Total Fat 5g</b>	<b>8%</b>
Saturated Fat 1g	5%
<b>Cholesterol 15mg</b>	<b>5%</b>
<b>Sodium 160mg</b>	<b>7%</b>
<b>Total Carbohydrate 6g</b>	<b>2%</b>
Dietary Fiber 2g	8%
Sugars 3g	
<b>Protein 15g</b>	
Vitamin A 40%	• Vitamin C 70%
Calcium 8%	• Iron 10%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories 2,000 2,500
Total Fat	Less Than 65g 80g
Saturated Fat	Less Than 20g 25g
Cholesterol	Less Than 300mg 300 mg
Sodium	Less Than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	



# Broccoli-chicken Frittata

makes 4 servings

## Ingredients

- 2 tsp. margarine
- 1 cup finely chopped, fresh broccoli florets
- 1 cup diced red pepper
- 6 oz. boneless, skinless chicken breasts, cooked and finely diced
- 1/4 cup diced onions
- 1/4 tsp. each dried thyme and oregano
- 1/8 tsp. black pepper
- 1/4 cup grated reduced-fat cheddar cheese
- 2 cups egg substitute

## Directions:

1. In large skillet, heat margarine over medium heat until melted.
2. Add broccoli, red pepper, chicken, onion, thyme, oregano, and black pepper, sautéing until vegetables are tender and chicken is heated through (about 5 to 6 minutes).
3. Sprinkle grated cheddar evenly over surface of vegetable mixture.
4. Pour egg substitute evenly over all ingredients.
5. Cover and cook for 8 to 10 minutes or until firm. Cut into four wedges and serve.

Nutrition Facts	
Serving Size 1/4 of recipe (204g)	
Servings Per Container 4	
Amount Per Serving	
<b>Calories 140</b>	<b>Calories from Fat 30</b>
<small>% Daily Value*</small>	
<b>Total Fat 3.5g</b>	<b>5%</b>
Saturated Fat 1.5g	8%
<b>Cholesterol 25mg</b>	<b>8%</b>
<b>Sodium 270mg</b>	<b>11%</b>
<b>Total Carbohydrate 5g</b>	<b>2%</b>
Dietary Fiber 1g	4%
Sugars 1g	
<b>Protein 24g</b>	
Vitamin A 30%	Vitamin C 100%
Calcium 8%	Iron 2%
<small>*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:</small>	
	<small>Calories 2,000 2,500</small>
Total Fat	Less Than 65g 80g
Saturated Fat	Less Than 20g 25g
Cholesterol	Less Than 300mg 300 mg
Sodium	Less Than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
<small>Calories per gram:</small>	
Fat 9 • Carbohydrate 4 • Protein 4	

Recipe from: *Dining with Diabetes*, WVU Extension



# Broccoli Mandarin Orange Salad

makes 6 servings

## Ingredients:

- 5 cups broccoli florets
- 2 Tablespoons almonds
- 2 (11 oz.) cans of mandarin orange sections, well-drained
- 1 orange, grate peel and juice
- 5 green onions, chopped
- 3 Tablespoons white vinegar
- 1 Tablespoon sugar
- 1 Tablespoon olive oil
- 1/8 teaspoon pepper

## Directions:

Steam broccoli florets in covered saucepan for 3 minutes. Remove quickly and rinse with cold running water until broccoli is no longer warm. Do not cook further. Place in serving bowl, cover, and chill.

Nutrition Facts	
Serving Size 1 cup (208g)	
Servings Per Container 6	
Amount Per Serving	
<b>Calories</b> 110	Calories from Fat 35
% Daily Value*	
<b>Total Fat</b> 4g	<b>6%</b>
Saturated Fat 0g	<b>0%</b>
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 25mg	<b>1%</b>
<b>Total Carbohydrate</b> 19g	<b>6%</b>
Dietary Fiber 4g	<b>16%</b>
Sugars 13g	
<b>Protein</b> 4g	
Vitamin A 70%	• Vitamin C 170%
Calcium 6%	• Iron 6%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000    2,500
Total Fat	Less than 65g    80g
Saturated Fat	Less than 20g    25g
Cholesterol	Less than 300mg    300 mg
Sodium	Less than 2,400mg    2,400mg
Total Carbohydrate	300g    375g
Dietary Fiber	25g    30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

In a medium-sized bowl, combine almonds, drained mandarin oranges, grated peel, orange juice, green onions, vinegar, sugar, oil, and pepper. Toss gently and let stand at room temperature for 15 to 30 minutes. When ready to serve, pour marinated orange mixture on chilled broccoli and toss very gently.

## Notes:

*Vividly green vegetables such as green beans, cucumbers, broccoli, and zucchini will slowly turn a drab yellow-green color when in the presence of acids for a moderate period. To keep this salad bright in color, the orange flavored salad dressing is added just before serving.*

Recipe from [www.fruitsandveggiesmorematters.org](http://www.fruitsandveggiesmorematters.org) Produce for Better Health Foundation.



# Chicken Breasts with Apricot-ginger Glaze

Makes 4 servings

## Ingredients:

1 lb. boneless, skinless chicken breasts (eight 4-ounce pieces)

## Glaze:

1 tsp. canola oil

1 tsp. freshly grated ginger (or 1/2 tsp. ground ginger)

1 clove garlic, minced

(or 1/8 tsp. garlic powder or 1/2 tsp. bottled minced garlic)

1 Tablespoon red wine vinegar

1 Tablespoon granular sucralose

1/4 cup sugar-free apricot jam or preserves

1 tsp. soy sauce, low salt variety

1/8 tsp. black pepper

Nonstick spray

## Directions:

1. Preheat oven to 350 degrees.
2. Spray a 9"×13" baking pan with nonstick spray.
3. Coat a small saucepan with nonstick spray. Heat the pan to medium, add the ginger and garlic, and cook for 1 minute.
4. Turn heat to medium-high, add the vinegar and sucralose, and bring to a boil. Stir until the sucralose dissolves.
5. Add the apricot jam, soy sauce, and pepper. Stir to combine and remove from heat.
6. Place chicken on baking pan and bake for 20 to 25 minutes, basting with glaze two or three times during the cooking process.
7. Spoon remaining glaze over chicken just before serving.

Nutrition Facts	
Serving Size 4 oz. chicken with glaze (149g)	
Servings Per Container 4	
Amount Per Serving	
<b>Calories</b> 140	<b>Calories from Fat</b> 20
% Daily Value*	
<b>Total Fat</b> 2.0g	<b>3%</b>
Saturated Fat 0.5g	<b>3%</b>
<b>Cholesterol</b> 55mg	<b>18%</b>
<b>Sodium</b> 100mg	<b>4%</b>
<b>Total Carbohydrate</b> 8g	<b>3%</b>
Dietary Fiber 0g	<b>0%</b>
Sugars 0g	
<b>Protein</b> 27g	
Vitamin A 0%	• Vitamin C 0%
Calcium 0%	• Iron 0%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories 2,000 2,500
Total Fat	Less Than 65g 80g
Saturated Fat	Less Than 20g 25g
Cholesterol	Less Than 300mg 300 mg
Sodium	Less Than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
	Fat 9 • Carbohydrate 4 • Protein 4

Recipe from: *Dining with Diabetes*, WVU Extension



Issued in furtherance of Cooperative Extension work, Acts of May 8 and June 30, 1914, in cooperation with the United States Department of Agriculture. University of Vermont Extension, Burlington Vermont. University of Vermont Extension, and U.S. Department of Agriculture, cooperating, offer education and employment to everyone without regard to race, color, national origin, gender, religion, age, disability, political beliefs, sexual orientation, and marital or familial status.



# Chicken Pot Pie

makes 8 servings

## Ingredients:

- 1 lb chicken tenders, skinless
- 1 tsp poultry seasoning
- 1/2 tsp salt
- 1/4 tsp black pepper
- 2 tsp olive oil
- 1 large onion, chopped
- 3 medium celery stalks, chopped
- 1 large green bell peppers, chopped
- 1 cup baby carrots, slivered
- 1 cup fresh green beans
- 12 oz chicken or vegetable broth, low sodium
- 1/2 cup fat free sour cream
- 2 Tablespoons white all purpose flour
- 1 frozen 9" pie crust

## Directions

1. Preheat oven to 425 degrees F.
2. Season the chicken tenders with the poultry seasoning, salt and pepper.
3. In a large deep skillet or saucepan over medium heat, add 1 teaspoon of the olive oil.
4. Add the chicken and cook just until slightly pink in the center, about 5 minutes.
5. Remove to a cutting board. When cool, chop into bite size pieces.
6. Add the remaining 1 teaspoon olive oil in the same skillet or saucepan. Add the onion, celery, green pepper, and carrots.
7. Cook until the vegetables are tender, about 5 minutes. Stir in the green beans and chopped chicken.
8. In a medium bowl, mix together the broth and flour.
9. Stir into the chicken mixture in the skillet or saucepan.
10. Cook until thickened, stirring constantly.
11. Add sour cream to mixture.
12. Scrape the filling into the greased 9" pie plate or casserole dish.
13. Carefully fit the top crust over the filling. Cut 3 to 5 slits in the top crust for ventilation.
14. Bake until the filling is bubbly and the crust is golden brown, 25 to 30 minutes.
15. Let sit for 5 minutes before serving.

## Nutrition Facts

Serving Size 1 slice (189g)  
Servings Per Container 8 slices

Amount Per Serving

**Calories** 290    **Calories from Fat** 140

% Daily Value\*

**Total Fat** 16g                      **25%**

**Saturated Fat** 4g                **20%**

**Trans Fat** 0g

**Cholesterol** 25mg                **8%**

**Sodium** 620mg                    **26%**

**Total Carbohydrate** 25g        **8%**

**Dietary Fiber** 2g                **8%**

**Sugars** 4g

**Protein** 11g

Vitamin A 45%    •    Vitamin C 20%

Calcium 6%        •    Iron 8%

\*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

		Calories:	2,000	2,500
Total Fat	Less than	65g	80g	
Saturated Fat	Less than	20g	25g	
Cholesterol	Less than	300mg	300mg	
Sodium	Less than	2,400mg	2,400mg	
Total Carbohydrate		300g	375g	
Dietary Fiber		25g	30g	

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4



# Chicken Stir Fry

makes 2 servings

## Ingredients:

- 2 Tablespoons olive oil
- 1 garlic clove, grated
- 10 oz. mixed stir fry vegetables, frozen
- 4 ounces cooked chicken, chunked
- 2 teaspoons soy sauce, reduced sodium
- 1 Tablespoon cornstarch
- Dash of pepper
- 1 cup chicken stock or very low sodium chicken broth

## Directions:

1. Heat a skillet or wok with oil.
2. Add garlic and cook for 1 minute over medium heat.
3. Add frozen vegetables and stir fry until crisp tender.
4. Add seasonings.
5. Dissolve cornstarch in 1 cup chicken stock or very low sodium chicken broth
6. Add to pan and cook until it boils and thickens.
7. Add cooked chicken pieces and cook until heated through.
8. Serve over rice.

Nutrition Facts	
Serving Size 1 cup (344g)	
Servings Per Container 2	
Amount Per Serving	
<b>Calories</b> 280	Calories from Fat 150
% Daily Value*	
<b>Total Fat</b> 16g	<b>25%</b>
Saturated Fat 2.5g	<b>13%</b>
Trans Fat 0g	
<b>Cholesterol</b> 45mg	<b>15%</b>
<b>Sodium</b> 590mg	<b>25%</b>
<b>Total Carbohydrate</b> 13g	<b>4%</b>
Dietary Fiber 2g	<b>8%</b>
Sugars 4g	
<b>Protein</b> 18g	
Vitamin A 15%	• Vitamin C 35%
Calcium 4%	• Iron 4%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000    2,500
Total Fat	Less than 65g    80g
Saturated Fat	Less than 20g    25g
Cholesterol	Less than 300mg    300 mg
Sodium	Less than 2,400mg    2,400mg
Total Carbohydrate	300g    375g
Dietary Fiber	25g    30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	



# Hummus

**makes 32 servings**

## Ingredients:

- 1 can (15.5 ounces) chickpeas (garbanzo beans), rinsed and drained
- 1 Tablespoon cilantro or parsley, chopped
- 1 Tablespoon olive oil
- 1 Tablespoon lemon juice (1/2 lemon, squeezed)
- 2 or more cloves garlic, finely chopped
- Pepper to taste
- Cut-up veggies

## Directions:

1. In small bowl, mash chickpeas to a thick paste with a fork (or use a food processor).
2. Add other ingredients and mix thoroughly.
3. Serve with cut-up veggies and enjoy!

## Nutrition Facts

Serving Size 2 Tablespoons (15g)	
Servings Per Container 32	
<b>Amount Per Serving</b>	
<b>Calories 15</b>	<b>Calories from Fat 5</b>
<b>% Daily Value*</b>	
<b>Total Fat 0.5g</b>	<b>1%</b>
Saturated Fat 0g	<b>0%</b>
Trans Fat 0g	
<b>Cholesterol 0mg</b>	<b>0%</b>
<b>Sodium 40mg</b>	<b>2%</b>
<b>Total Carbohydrate 2g</b>	<b>1%</b>
Dietary Fiber 1g	<b>4%</b>
Sugars 0g	
<b>Protein 1g</b>	
Vitamin A 0%	• Vitamin C 0%
Calcium 0%	• Iron 0%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000    2,500
Total Fat	Less than 65g    80g
Saturated Fat	Less than 20g    25g
Cholesterol	Less than 300mg    300 mg
Sodium	Less than 2,400mg    2,400mg
Total Carbohydrate	300g    375g
Dietary Fiber	25g    30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	



# Lemon Steamed Fish

makes 2 servings

## Ingredients:

- 1/2 pound cod, halibut, scrod filets  
or other mild white fish
- 2 Tablespoons finely chopped onion
- 2 Tablespoons finely chopped fresh parsley
- 1/2 teaspoon dill weed
- 1/8 teaspoon paprika
- Dash of pepper
- 1 teaspoon lemon juice

## Directions:

1. Preheat oven to 375° F.
2. Center each fillet on a 12 inch square of foil. Sprinkle with onion, parsley, dill weed, paprika, pepper, and lemon juice.
  1. Fold foil over fillet to make a packet; pleat seams to securely enclose the packet and place on cookie sheet.
  2. Bake for 30 minutes.

## Notes:

Recipe will serve 16 in a demonstration setting. This recipe is easy to prepare with little clean-up. It is also low in fat and carbohydrates.

Recipe from *Dining with Diabetes*, WVU Extension

## Nutrition Facts

Serving Size 4 ounce fish serving  
(127g)

Servings Per Container 2

Amount Per Serving

**Calories** 100    **Calories from Fat** 10

% Daily Value\*

**Total Fat** 1.5g    **2%**

Saturated Fat 0g    **0%**

Trans Fat 0g

**Cholesterol** 60mg    **20%**

**Sodium** 70mg    **3%**

**Total Carbohydrate** 1g    **0%**

Dietary Fiber 0g    **0%**

Sugars 0g

**Protein** 20g

Vitamin A 8%    •    Vitamin C 10%

Calcium 2%    •    Iron 4%

\*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300 mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4



# Mini-meatloaves with Barbecue Sauce makes 6 servings

## Ingredients:

- 1 1/4 lb. extra-lean ground beef
- 1/2 cup quick oats (not instant)
- 1/3 cup minced onion
- 1/4 cup dry breadcrumbs or cracker crumbs
- 3/4 cup evaporated skim milk
- 1 egg
- 1 Tablespoon chili powder
- 1/4 tsp. garlic powder
- 1/8 tsp. salt
- 1/8 tsp. black pepper
- 3 Tablespoon barbecue sauce

## Directions:

1. Preheat oven to 375 degrees.
2. In a large bowl, combine all ingredients except the barbecue sauce.
3. Mix until ingredients are just combined. (Using your hands works best.)
4. Divide mixture evenly among the 12 cups of the pan, pressing down lightly.
5. Spoon approximately 1 1/2 tsp. barbecue sauce over each muffin.
6. Bake for 30 to 35 minutes or until meat is no longer pink in center.

Nutrition Facts	
Serving Size 1 mini meatloaf (161g)	
Servings Per Container 6	
Amount Per Serving	
<b>Calories 200</b>	<b>Calories from Fat 50</b>
<b>% Daily Value*</b>	
<b>Total Fat 6g</b>	<b>9%</b>
Saturated Fat 2.0g	<b>10%</b>
<b>Cholesterol 85mg</b>	<b>28%</b>
<b>Sodium 250mg</b>	<b>10%</b>
<b>Total Carbohydrate 14g</b>	<b>5%</b>
Dietary Fiber 1g	<b>4%</b>
Sugars 5g	
<b>Protein 24g</b>	
Vitamin A 4%	• Vitamin C 2%
Calcium 10%	• Iron 15%
<small>*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:</small>	
	<small>Calories 2,000 2,500</small>
Total Fat	Less Than 65g 80g
Saturated Fat	Less Than 20g 25g
Cholesterol	Less Than 300mg 300 mg
Sodium	Less Than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
<b>Calories per gram:</b>	
Fat 9 • Carbohydrate 4 • Protein 4	

Recipe from: *Dining with Diabetes*, WVU Extension



# Oven-fried Parmesan Chicken Strips

makes 2 servings

## Ingredients:

1 (6-8 ounce) boneless skinless chicken breast,  
cut into strips  
(for faster cooking and portioning  
during demo, try using a 6-8 ounce pack of lean  
chicken tenderloins)  
1/4 cup nonfat plain yogurt  
1/4 cup bread crumbs  
1 Tablespoon grated Parmesan cheese  
1/2 Tablespoon flour  
1/4 teaspoon paprika  
Pinch of cayenne pepper  
Cooking spray

Nutrition Facts	
Serving Size 3-4 ounce meat serving (117g)	
Servings Per Container 2	
Amount Per Serving	
<b>Calories</b> 250	Calories from Fat 130
% Daily Value*	
<b>Total Fat</b> 15g	<b>23%</b>
Saturated Fat 3.5g	<b>18%</b>
Trans Fat 0g	
<b>Cholesterol</b> 40mg	<b>13%</b>
<b>Sodium</b> 450mg	<b>19%</b>
<b>Total Carbohydrate</b> 15g	<b>5%</b>
Dietary Fiber 1g	<b>4%</b>
Sugars 2g	
<b>Protein</b> 15g	
Vitamin A 4%	• Vitamin C 4%
Calcium 10%	• Iron 6%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000    2,500
Total Fat	Less than 65g    80g
Saturated Fat	Less than 20g    25g
Cholesterol	Less than 300mg    300 mg
Sodium	Less than 2,400mg    2,400mg
Total Carbohydrate	300g    375g
Dietary Fiber	25g    30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

## Directions:

1. Preheat the oven to 450° F and spray cooking sheet.
2. Place chicken strips in yogurt and refrigerate while preparing the rest of the ingredients.
3. In small bowl, mix the rest of the ingredients
4. Coat each piece of chicken with yogurt and dredge in crumb mixture, pressing down on both sides to get a coating of crumbs
5. Place chicken strips on cookie sheet, spray lightly with cooking spray
6. Bake for 15-20 minutes or until chicken is tender and juice run clear.

## Notes:

This recipe is quick and easy. It's an easy finger food for children. For demonstration purposes it will serve 16.

Recipe from *Dining with Diabetes*, WVU Extension



# Pork Chops with Maple-pear Sauce

makes 4 servings

## Ingredients

- 1 lb. boneless pork loin chops (cut into four 4-oz. pieces)
- 1 1/2 pears, diced
- 2 Tablespoon maple or pancake syrup (preferably sugar-free)
- 2 Tablespoons sucralose (brown sugar blend)
- 1/2 Tablespoon prepared mustard
- 1/2 Tablespoon margarine Pinch ground cloves nonstick spray

## Directions:

1. Preheat oven to 350° degrees.
2. Spray an 8"×8" baking dish with nonstick spray.
3. Place pork chops in baking dish and bake for 15 to 20 minutes, until internal temperature reaches 160° degrees.
4. Meanwhile place remaining ingredients in a saucepan and cook over medium heat until pears release their juice and mixture is heated through.
5. Remove pork from oven and serve topped with glaze.

Nutrition Facts	
Serving Size 1 pork chop with sauce (147g)	
Servings Per Container 4	
Amount Per Serving	
<b>Calories 220</b>	Calories from Fat 60
% Daily Value*	
<b>Total Fat 7g</b>	<b>11%</b>
Saturated Fat 2.0g	10%
<b>Cholesterol 55mg</b>	<b>18%</b>
<b>Sodium 115mg</b>	<b>5%</b>
<b>Total Carbohydrate 17g</b>	<b>6%</b>
Dietary Fiber 2g	8%
Sugars 12g	
<b>Protein 21g</b>	
Vitamin A 2%	• Vitamin C 4%
Calcium 2%	• Iron 4%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories 2,000 2,500
Total Fat	Less Than 65g 80g
Saturated Fat	Less Than 20g 25g
Cholesterol	Less Than 300mg 300 mg
Sodium	Less Than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

Recipe from: *Dining with Diabetes*, WVU Extension



Issued in furtherance of Cooperative Extension work, Acts of May 8 and June 30, 1914, in cooperation with the United States Department of Agriculture, University of Vermont Extension, Burlington Vermont, University of Vermont Extension, and U.S. Department of Agriculture, cooperating, offer education and employment to everyone without regard to race, color, national origin, gender, religion, age, disability, political beliefs, sexual orientation, and marital or familial status.

# Salmon Burgers

makes 4 servings

## Ingredients:

- 1 (7.5oz) can salmon
- 1 egg, slightly beaten
- 1/4 cup onion, finely chopped
- 1/4 cup salsa
- 3/4 cup fresh bread crumbs

## Directions:

1. Drain salmon thoroughly, squeezing out excess moisture.
2. In a bowl, flake salmon with a fork.
3. Add egg, onion, salsa and bread crumbs.
4. Blend thoroughly until mixture is almost smooth.
5. Divide and form mixture into 4 patties.
6. Place on spray-coated or oiled preheated grill or broiler pan
7. About 4 to 5 inches from heat and grill about 4 to 5 minutes per side.

## Nutrition Facts

Serving Size 1 burger (107g)  
Servings Per Container 4

Amount Per Serving

**Calories 180**      **Calories from Fat 35**

% Daily Value\*

**Total Fat 4g**      **6%**

Saturated Fat 0g      **0%**

Trans Fat 0g

**Cholesterol 85mg**      **28%**

**Sodium 470mg**      **20%**

**Total Carbohydrate 17g**      **6%**

Dietary Fiber 1g      **4%**

Sugars 3g

**Protein 18g**

Vitamin A 4%      • Vitamin C 15%

Calcium 6%      • Iron 10%

\*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300 mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:  
Fat 9 • Carbohydrate 4 • Protein 4

Recipe from: *Cooking for Life*



Issued in furtherance of Cooperative Extension work, Acts of May 8 and June 30, 1914, in cooperation with the United States Department of Agriculture. University of Vermont Extension, Burlington Vermont. University of Vermont Extension, and U.S. Department of Agriculture, cooperating, offer education and employment to everyone without regard to race, color, national origin, gender, religion, age, disability, political beliefs, sexual orientation, and marital or familial status.



# Spicy Salsa Chicken

makes 4 servings

## Ingredients

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

## Directions:

1. About 15 minutes before cooking, measure the salsa into a large bowl.
2. 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.
3. 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.
4. 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 juices 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 directions.)
5. 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 foodborne illness.
6. Serve immediately or refrigerate to use in salads or sandwiches.

Spicy Grilled Chicken

<b>Nutrition Facts</b>	
Serving Size 1 SERVING (129g)	
Servings Per Container 4	
Amount Per Serving	
<b>Calories</b> 110	Calories from Fat 10
<b>%Daily Value*</b>	
<b>Total Fat</b> 1g	<b>1%</b>
Saturated Fat 0g	<b>0%</b>
<b>Cholesterol</b> 50mg	<b>17%</b>
<b>Sodium</b> 470mg	<b>20%</b>
<b>Total Carbohydrate</b> 2g	<b>1%</b>
Dietary Fiber 0g	<b>0%</b>
Sugars 0g	
<b>Protein</b> 23g	
Vitamin A 4%	Vitamin C 6%
Calcium 0%	Iron 4%
<small>* Percent Daily Values are based on a 2,000 calorie diet.</small>	

Recipe from: *Dining with Diabetes*, WVU Extension Service



# Turkey Chili Joe

makes 2 Servings

## Ingredients:

- 1 teaspoon canola or olive oil
- 1/2 cup chopped green onions
- 1/2 cup chopped green bell pepper
- 1/2 pound lean ground turkey breast
- 1/2 cup no-salt added tomato sauce
- 1/2 teaspoon sugar
- 1/4 cup catsup
- 1/2 teaspoon red pepper flakes
- 1 teaspoon wine vinegar
- 1/8 teaspoon pepper

## Directions:

1. Heat oil in skillet or frying pan
2. Sauté the onion and bell pepper until translucent
3. Add turkey and cook for about 5 minutes or until no longer pink
4. Drain off any fat, set aside in measuring cup for proper disposal later.
5. Add all of the remaining ingredients and mix well.
6. Simmer for about 15 minutes. Can be served as a chili or ‘sloppy joe’ on a bun.

## Notes:

You may want to add the pepper flakes a bit at a time. For some individuals it may be a bit too spicy. When buying ground turkey, be sure to read the label. Some packages include the skin. Look for lean ground turkey meat only. The ground turkey may also take a bit more time to break up into smaller pieces as it is cooking.

Recipe from *Dining with Diabetes*, WVU Extension

Nutrition Facts	
Serving Size 1 1/4 cup (216g)	
Servings Per Container 2	
Amount Per Serving	
<b>Calories</b> 180	Calories from Fat 25
% Daily Value*	
<b>Total Fat</b> 3g	5%
Saturated Fat 0g	0%
Trans Fat 0g	
<b>Cholesterol</b> 45mg	15%
<b>Sodium</b> 120mg	5%
<b>Total Carbohydrate</b> 8g	3%
Dietary Fiber 2g	8%
Sugars 5g	
<b>Protein</b> 29g	
Vitamin A 10%	• Vitamin C 60%
Calcium 2%	• Iron 10%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000    2,500
Total Fat	Less than 65g    80g
Saturated Fat	Less than 20g    25g
Cholesterol	Less than 300mg    300 mg
Sodium	Less than 2,400mg    2,400mg
Total Carbohydrate	300g    375g
Dietary Fiber	25g    30g
Calories per gram:	
	Fat 9 • Carbohydrate 4 • Protein 4



# Warm Salmon Salad and Crispy Potatoes

Makes 4 servings

## Ingredients:

- 2 Tablespoons extra-virgin olive oil, divided
- 2 small yellow-fleshed potatoes, scrubbed and cut into 1/8-inch slices
- 1/2 teaspoon salt, divided
- 1 medium shallot, thinly sliced
- 2 teaspoons rice vinegar
- 1/4 cup buttermilk
- 2 (7 oz.) cans boneless, skinless salmon, drained
- 4 cups arugula

## Directions:

1. Heat 1 Tablespoon oil in a large nonstick skillet over medium-high heat.
2. Add potatoes and cook, turning once, until brown and crispy, 5 to 6 minutes per side.
3. Transfer to a plate and season with 1/4 teaspoon salt; cover with foil to keep warm.
4. Combine the remaining 1 tablespoon oil, 1/4 teaspoon salt, shallot and vinegar in a small saucepan.
5. Bring to a boil over medium heat.
6. Remove from heat and whisk in buttermilk.
7. Place salmon in a medium bowl and toss with the warm dressing.
8. Divide arugula among 4 plates and top with the potatoes and salmon.

Recipe from: *The Eatingwell Diet*

Nutrition Facts	
Serving Size 1 1/2 cup (220g)	
Servings Per Container 4	
Amount Per Serving	
<b>Calories</b> 260	Calories from Fat 100
<hr/>	
	<b>% Daily Value*</b>
<b>Total Fat</b> 11g	<b>17%</b>
Saturated Fat 1g	<b>5%</b>
Trans Fat 0g	
<b>Cholesterol</b> 70mg	<b>23%</b>
<b>Sodium</b> 720mg	<b>30%</b>
<b>Total Carbohydrate</b> 15g	<b>5%</b>
Dietary Fiber 2g	<b>8%</b>
Sugars 2g	
<b>Protein</b> 27g	
<hr/>	
Vitamin A 60%	• Vitamin C 20%
Calcium 6%	• Iron 10%
<small>*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:</small>	
	<small>Calories: 2,000 2,500</small>
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300 mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
<small>Calories per gram:</small>	
	<small>Fat 9 • Carbohydrate 4 • Protein 4</small>



# White Bean Dip

makes 20 servings

## Ingredients:

- 1 can (15 ounces) Cannellini beans or great northern beans, rinsed and drained
- 1 Tablespoon lemon juice
- 2 Tablespoons plain non-fat yogurt
- 2 Tablespoons chopped fresh parsley
- 1/2 teaspoon freshly ground black pepper
- 1/4 teaspoon hot pepper sauce
- 2 garlic cloves

Toasted pita bread or fresh vegetables\*

\*not included within nutritional analysis

## Directions:

Place all ingredients in a food processor or blender, Cover and process until smooth. Chill. Serve with toasted pita bread or vegetables.

Nutrition Facts	
Serving Size 2 Tablespoons (48g)	
Servings Per Container 10	
Amount Per Serving	
<b>Calories</b> 35	Calories from Fat 5
<b>% Daily Value*</b>	
<b>Total Fat</b> 0g	<b>0%</b>
Saturated Fat 0g	<b>0%</b>
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 20mg	<b>1%</b>
<b>Total Carbohydrate</b> 6g	<b>2%</b>
Dietary Fiber 2g	<b>8%</b>
Sugars 1g	
<b>Protein</b> 2g	
Vitamin A 2%	Vitamin C 4%
Calcium 2%	Iron 4%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300 mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
	Fat 9 • Carbohydrate 4 • Protein 4

Recipe from: *Dining with Diabetes*, WVU Extension



Issued in furtherance of Cooperative Extension work, Acts of May 8 and June 30, 1914, in cooperation with the United States Department of Agriculture. University of Vermont Extension, Burlington Vermont. University of Vermont Extension, and U.S. Department of Agriculture, cooperating, offer education and employment to everyone without regard to race, color, national origin, gender, religion, age, disability, political beliefs, sexual orientation, and marital or familial status.