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Agua de Jamaica

Ingredients

8 cups of water
1/2 cup of sugar
5 cups of ice
2 cups dried hibiscus flowers (Jamaica flowers)

Directions

1. Heat water, adding hibiscus once it has come to boil.
2. Let simmer for a few minutes.
3. Take off heat, and let cool for about 30 minutes.
4. Pour liquid through a sieve, then stir in sugar and ice.
5. Serve cold.

Agua de Jamaica (sugar free)

Ingredients

8 cups of water
12 packets artificial sweetener
5 cups of ice
2 cups dried hibiscus flowers (Jamaica flowers)

Directions

1. Heat water, adding hibiscus once it has come to boil.
2. Let simmer for a few minutes.
3. Take off heat, and let cool for about 30 minutes.
4. Pour liquid through a sieve, then stir in sugar and ice.
5. Serve cold.

Aguadito (Peruvian Chicken Soup)

Ingredients

6 boneless skinless chicken breast halves
1/2 cup of chopped cilantro
1/2 cup of minced yellow aji (Peruvian chili pepper)
1 Tablespoon of minced garlic
1 large, chopped onion
1 cube of chicken stock (bouillon cube)
1 chopped red pepper
1 cup of peas
2 cups of rice
3 peeled yellow potatoes
10 cups of water
1 tsp each: Salt, pepper and cumin
**Directions**

1. Season the chicken with salt, pepper and cumin.
2. Roast chicken in oven or heat in a large skillet over stove top for 20 minutes.
3. Fry until browned on all sides. Remove from heat.
4. In a large pot add the onion, garlic and chili.
5. Wait until it browns, then add the bouillon cube and the cilantro.
6. Fry a few minute, then add the peas and red pepper.
7. Add water, the chicken, the rice and the potatoes.
8. Add salt, cover and cook until the mixture is thick.

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**Almond Cranberry Muffins**

**Ingredients**

- 3 cups flour
- 1/2 cup Splenda®
- 2 teaspoons baking powder
- 1 teaspoon baking soda
- 1/4 teaspoon salt
- 16 ounces reduced-fat sour cream
- 1/3 cup skim milk
- 1/4 cup oil
- 1/2 teaspoon almond extract
- 2 eggs
- 1 cup dried cranberries
- 1/4 cup slivered almonds

**Directions**

Preheat oven to 375°. Grease and flour muffin pans, or use paper liners.

Mix flour, Splenda®, baking powder, baking soda, and salt. In a separate bowl mix sour cream, milk, oil, extract, and eggs until blended.

Stir sour cream mixture into flour mixture until just moistened. Stir in cranberries and almonds.

Bake for 30 minutes until tops slightly browned.

**Total time:** 45 min  
**Preparation time:** 15 min

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**Angel Cake with Berries**

**Ingredients**

- 1 package (4-serving) vanilla sugar-free pudding mix
- 1 1/2 cups skim milk
- 2 teaspoons vanilla or almond extract
- 1/2 prepared angel food cake
- 1 carton (8-ounce) fat-free frozen whipped topping, thawed
- 1 1/2 cups frozen, unsweetened raspberries or strawberries

**Cooking spray**

**Directions**

At least 3 hours before serving, prepare pudding according to package directions, but use only 1 1/2 cups skim milk.

Add vanilla or almond extracts to pudding, mix well, and chill.
At least 2 hours before serving slice angel food cake into thin strips with serrated knife.

Fold half of thawed whipped topping into chilled pudding.

Spray 9x9 inch dish lightly with cooking spray. Place a third of cake slices in bottom of dish. Cover with a third of pudding; then sprinkle with a of frozen berries.

Repeat to make 3 layers. Spread remaining whipped topping over top of dessert. Chill at least 2 hours before serving. Cut into 12 squares and serve cold.

Total time: 3 hrs  
Chill time: 2 hours

### Apple and Pineapple Chill

**Ingredients**

- 1 can (20-ounce) crushed pineapple in its own juice
- 1 small apple, grated
- 1 package unflavored gelatin
- ½ cup cold water
- Non-fat whipped topping

**Directions**

Combine crushed pineapple and unflavored gelatin in a saucepan. Allow gelatin to soften 5 minutes.

Bring to a boil, stirring to dissolve gelatin. Remove from heat. Stir in cold water.

Fold in grated apple. Chill until firm.

Top with 2 tablespoons non-fat whipped topping to serve.

**Note:** Gel will turn the color of the apple peel unless folded after the mixture begins to set, or peel the apple before grating.

Total time: 10 min  
Chill time: 3 hours

### Apple Raisin Bread Pudding

**Ingredients**

- 4 cups "lite" white bread cubes (about 6 slices)
- 1 medium apple, chopped
- 1 cup raisins
- 2 large eggs
- 12 ounces non-fat evaporated skimmed milk
- ½ cup apple juice
- ¼ cup Splenda
- 1½ teaspoons cinnamon
- Cooking spray

**Directions**

Preheat oven to 350°. Spray an 11x7 inch baking dish with cooking spray.

Combine bread cubes, apple, and raisins.

Beat eggs in a medium bowl. Stir in evaporated milk, apple juice, Splenda, and cinnamon; mix well.

Pour egg mixture over bread mixture, pressing bread into egg mixture. Let stand for 10 minutes. Pour into baking
Apple-Berry Crisp

**Ingredients**

1 large apple  
¾ cup fresh or frozen unsweetened blueberries  
4 packets Equal®  
¼ teaspoon cinnamon  
¼ cup uncooked oats  
¼ cup flour  
1 tablespoon brown sugar  
1 tablespoon chopped pecans  
1½ tablespoons low-fat (not non-fat) margarine  
Cooking spray

**Directions**

Preheat oven to 350°.

Coat inside of 1-quart heat-proof baking dish with cooking 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, and pecans. 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.

**Total time:** 40 min  
**Preparation time:** 20 min

Applesauce Cake

**Ingredients**

¼ cup margarine, softened  
¼ cup oil  
1 cup Splenda®  
½ cup sugar  
2 eggs, beaten  
1 cup unsweetened applesauce  
2 cups flour  
1 teaspoon baking powder  
½ teaspoon baking soda  
¼ teaspoon salt  
1 teaspoon cinnamon  
½ teaspoon cloves  
¾ cup raisins  
2 teaspoons powdered sugar, optional

**Directions**

Beat margarine, oil, and sugars very thoroughly; add eggs and applesauce and beat well.
Add flour, baking powder, baking soda, salt, cinnamon, and cloves; beat until smooth.

Fold in raisins.

Pour batter into greased 8 x 8 inch baking pan.

Bake at 350° for 40-45 minutes.

(Dust with powdered sugar, if desired, after cooling cake.)

**Total time:** 1 hr  
**Preparation time:** 20 min

### Applesauce Molasses Cake

**Ingredients**

- 36 ounces unsweetened applesauce
- 1/4 teaspoon salt
- 1 cup dried apple slices
- 1/3 cup shortening
- 2-3/4 cup flour + 2 tablespoons
- 3/4 cup Splenda
- 2 teaspoons cinnamon
- 1/3 cup molasses
- 1/4 teaspoon nutmeg
- 2 eggs
- 3/4 teaspoon allspice
- 6 ounces lowfat buttermilk
- 1 teaspoon baking soda
- non-stick cooking spray

**Directions**

2. Combine applesauce and apple slices in saucepan; bring to boil and simmer about 20 minutes until thick. Cool.
4. Turn into pans, patting batter our towards pan edges. Bake 20 minutes. Cool.
5. Use applesauce mixture as frosting between each layer and on top. May serve with fat-free whipped topping (add 15 calories per 2 tablespoons). Refrigerate cake to store.

**Total time:** 45 min

### Asparagus Frittata

**Ingredients**

- 1-1/2 cup egg substitute (6 egg equivalents)
- 2 scallions, chopped
- 1/3 cup Parmesan cheese
- 2 tablespoons olive oil
- 24 asparagus spears, trimmed
- 1 teaspoon dried mint

**Directions**

1. Slice trimmed asparagus into 1-inch diagonal pieces. Heat oil in a 10-inch nonstick skillet and sauté asparagus and scallions about five minutes.
2. Blend egg substitute, cheese and mint. Pour over asparagus and scallions in skillet and cook on medium
heat, gently pulling sides back from skillet to cook egg substitute throughout. Cover skillet with lid once egg
mixture is half-cooked. Use a spatula to divide into thirds, and turn once.

**Total time:** 20 min
**Preparation time:** 5 min

### Baked Parmesan Perch

#### Ingredients

- 8 ounces perch fillets, thawed
- 1/2 cup bread crumbs, plain
- 1/4 cup skim milk
- 1/2 teaspoon rosemary
- 1 tablespoon Parmesan cheese
- Cooking spray

#### Directions

1. Preheat oven to 450°F. Spray shallow baking pan with cooking spray.
2. Combine Parmesan cheese, bread crumbs, and rosemary. Dip fillets in milk, then roll in bread crumb
   mixture.
3. Place fillets in pan and bake for 15-20 minutes or until fish flakes easily with fork.

**Preparation time:** 35 min

### Baked Pork Chops

#### Ingredients

- **Hot 'n Spicy Seasoning:**
  - 1/4 cup paprika
  - 2 teaspoons chili powder
  - 2 tablespoons dried oregano, crushed
  - 1 teaspoon black pepper
  - 1 teaspoon garlic powder
  - 1/2 teaspoon red (cayenne) pepper
  - 1/2 teaspoon dry mustard

  Mix all ingredients together. Store in an airtight container.

(For 2 persons)
- 2 lean boneless pork chops (4 ounces each)
- 1 egg white
- 2 tablespoons evaporated skim milk
- 1/4 cup cornflake crumbs
- 1 teaspoon Hot 'n Spicy Seasoning
- Cooking spray

(For 4 persons)
- 4 lean boneless pork chops (4 ounces each)
- 1 egg white
- 1/4 cup evaporated skim milk
- 1/2 cup cornflake crumbs
- 1 tablespoon Hot 'n Spicy Seasoning
- Cooking spray

#### Directions

Preheat oven to 375°.
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 inch baking pan with cooking spray. Place chops in pan. Sprinkle all remaining crumb mixture on chops.

Bake at 375° for 15 minutes. Turn chops; bake 15-25 minutes more or until no pink remains.

**Total time:** 30 min  
**Preparation time:** 15 min

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**Baked Steak Fries**

**Ingredients**

- 3 medium large potatoes
- 1 teaspoon garlic powder
- 2 teaspoons chili powder
- ½ teaspoon salt
- 2 teaspoons onion powder
- non-stick cooking spray

**Directions**

1. Preheat the oven to 425 degrees. Wash and slice each potato into 8 wedges. Spray wedges with non-stick spray.
2. Combine remaining ingredients in a plastic bag. Add wedges and gently shake to coat. Bake for 30 minutes.

**Total time:** 40 min

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**Baked Trout**

**Ingredients**

- 2 pounds trout fillet, cut into 6 pieces (any kind of fish can be used)
- 3 tablespoons lime juice (about 2 limes)
- 1 medium tomato, chopped
- ½ medium onion, chopped
- 3 tablespoons cilantro, chopped
- ½ teaspoon olive oil
- ¼ teaspoon black pepper
- ¼ teaspoon salt
- ¼ teaspoon red pepper (optional)

**Directions**

1. Preheat oven to 350°F.  
2. Rinse fish and pat dry. Place in baking dish.  
3. In a separate dish, mix remaining ingredients together and pour over fish.  
4. Bake for 15 to 20 minutes or until fork-tender.

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**Baked Winter Squash**

**Ingredients**
½ cup finely chopped onion
1 tablespoon margarine
3 cups winter squash, cooked and mashed (or 2 packages - 12 ounces each frozen squash, thawed)
½ cup grated cheese (part-skim mozzarella)
¼ teaspoon pepper

**Directions**

1. Preheat oven to 400°F.
2. Sauté onions in margarine until tender.
3. Combine all ingredients. Place in a 1-quart casserole.
4. Bake uncovered 35 to 45 minutes.

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**Banana Pineapple Pie**

**Ingredients**

1½ cups graham cracker crumbs
1/3 cup reduced-fat margarine
2 bananas (sliced thinly)
1 package (8-ounce) fat free cream cheese, softened
1½ cups skim milk
1 package (four-serving size) sugar-free instant vanilla pudding
1 can (20-ounce) crushed pineapple, drained
½ tub of an 8 ounce frozen “lite” whipped topping, thawed

**Directions**

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 baking dish.

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.

Spread drained crushed pineapple over the pudding layer.

Spread whipped topping over pineapple layer, 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.

**Total time:** 30 min  
**Chill time:** 3 hours

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**Banana Split Oatmeal**

**Ingredients**

1/3 cup dry oatmeal, quick-cooking
1/8 teaspoon salt
1/2 sliced banana
3/4 cup very hot water
1/2 cup frozen yogurt, non-fat

**Directions**

1. In a microwave safe cereal bowl, mix together the oatmeal and salt. Stir in water.
2. Microwave on high for one minute. Stir. Microwave on high for another minute. Stir again.
3. Microwave an extra 30-60 seconds on high power until the cereal reaches the desired thickness. Stir again.

4. Top with banana slices and frozen yogurt.

**Total time:** 5 min

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**Banana Walnut Muffins**

**Ingredients**

- 1 1/2 cups flour
- 3/4 cup chopped walnuts
- 1/2 cup toasted wheat germ
- 1/4 cup brown sugar, not packed
- 1/4 cup Splenda®
- 1 tablespoon baking powder
- 1 teaspoon cinnamon
- 1/2 teaspoon salt
- 1/4 teaspoon nutmeg
- 2 ripe bananas, mashed
- 3/4 cup skim milk
- 4 tablespoons margarine, softened
- 1 egg

**Directions**

Preheat oven to 400°. Fit muffin pan with 12 paper liners.

Mix flour, walnuts, wheat germ, brown sugar, Splenda®, baking powder, cinnamon, salt, and nutmeg in a large bowl. Stir in remaining ingredients. Mix until just blended. Fill muffin liners with mix.

Bake until a toothpick comes out clean, about 40 minutes.

**Total time:** 1 hr

**Preparation time:** 20 min

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**Basil Lemon Snap Peas (With green beans)**

**Ingredients**

- 2 teaspoons olive oil
- 1 clove garlic, minced
- 1 1/2 pounds Sugar Snap peas, trimmed (or fresh or frozen green beans)
- 1 cup chopped sweet yellow pepper
- 1/3 cup chopped fresh basil
- 1/2 teaspoon sugar
- 1/2 teaspoon grated lemon rind
- 1/4 teaspoon salt
- 1/4 teaspoon pepper
- 2 tablespoons fresh lemon juice

**Directions**

1. Heat oil in a large nonstick skillet over medium-high heat.
2. Add garlic and sauté 30 seconds.
3. Add peas and yellow pepper. Sauté 2 to 3 minutes or until peas (or beans) are crisp-tender.
4. Add basil, sugar, lemon rind, salt and pepper. Sauté 30 seconds.
5. Add lemon juice and sauté 30 seconds. Serve immediately.

Adapted from Cooking Light magazine.

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**Basil Lemon Snap Peas (With Snap Peas)**

**Ingredients**

- 2 teaspoons olive oil
1 clove garlic, minced
1 1/2 pounds Sugar Snap peas, trimmed (or fresh or frozen green beans)
1 cup chopped sweet yellow pepper
1/3 cup chopped fresh basil
1/2 teaspoon sugar
1/2 teaspoon grated lemon rind
1/4 teaspoon salt
1/4 teaspoon pepper
2 tablespoons fresh lemon juice

Directions

1. Heat oil in a large nonstick skillet over medium-high heat.
2. Add garlic and sauté 30 seconds.
3. Add peas and yellow pepper. Sauté 2 to 3 minutes or until peas (or beans) are crisp-tender.
4. Add basil, sugar, lemon rind, salt and pepper. Sauté 30 seconds.
5. Add lemon juice and sauté 30 seconds. Serve immediately.

Adapted from Cooking Light magazine.

Basque Chicken

Ingredients

6 servings
1.6 pounds skinless boneless chicken breast
1 tablespoon olive oil
Seasoning:
2 teaspoons paprika
1 teaspoon garlic powder
2 tablespoons flour
2 tablespoons minced onion
1/2 teaspoon black pepper
1/2 teaspoon dried thyme
1/2 teaspoon dried oregano

Directions

1. Combine all ingredients for seasoning in plastic container with lid. Add chicken and shake to coat. Refrigerate at least 2 hours, shaking several times to coat chicken with seasoning.
2. Add oil to non-stick skillet. Add chicken and cook to brown. Add about 2 tablespoons water and cover to steam until chicken is done, about 20 minutes.

Total time: 30 min
Preparation time: 5 min
Chill time: 2 hours

Beef and Broccoli

Ingredients

1 pound lean boneless beef steak
2 tablespoons soy sauce
1 clove garlic, minced
1 1/2 tablespoons cornstarch
1/2 teaspoon of ground red pepper
1 1/4 cups regular strength beef broth
1/4 teaspoon ground ginger
2 tablespoons dry sherry
1/4 cup olive oil
1 bag frozen broccoli
2 tablespoons water
Directions

1. Cut beef along the grain into 1½-inch strips. Then cut each strip across the grain into ¼-inch slanting slices.
2. In a bowl, mix together beef, soy sauce and garlic. Cover with wax paper and let marinate for 15 minutes in the refrigerator.
3. Put the cornstarch, red chile powder, broth, ginger and sherry into a medium bowl.
4. Place large skillet or wok over high heat. When skillet is hot, add 1 tablespoon oil. When oil is hot, add half of meat mixture and stir-fry until meat is browned (2 to 3 minutes). Place meat in a separate bowl and set aside. Repeat with the rest of the meat, using 1 tablespoon more of oil.
5. Pour remaining 2 tablespoons of oil into skillet. When hot, add thawed broccoli and stir-fry for about 1 minute. Add water, cover and cook. Stir frequently until broccoli is tender and crisp (about 3 minutes).
6. Stir the cooking sauce, and add it with the meat to the skillet. Stir until sauce boils and thickens.

Source: Diabetes Cooking.

Beef with Green Chile

Ingredients

- 1½ pounds lean beef (such as sirloin)
- 2 cups diced green chile (roasted and peeled, fresh or frozen)
- ¾ cup chopped onion
- 2 cloves garlic, minced
- ½ teaspoon salt
- 1 tablespoon cornstarch

Directions

1. Cut beef into chunks or strips.
2. Add all ingredients except cornstarch.
3. Simmer, covered, for about 30 minutes. You may need to add a little water so mixture simmers well. (Don’t add too much water or mixture will get soupy.)
4. Add cornstarch to small amount of water to make a smooth paste. Add to meat mixture and stir.
5. Cook until cornstarch thickens (about 5 more minutes).

Note: This dish can be served as an entrée or as a burrito filling. When you buy flour tortillas for burritos, choose those that are thinner or smaller, because they have fewer calories and carbohydrate.

Total time: 45 min
Preparation time: 10 min

Black Bean and Couscous Salad

Ingredients

- 1 cup uncooked couscous
- 1¼ cups low-sodium chicken broth
- 3 tablespoons extra virgin olive oil
- 2 tablespoons lime juice
- 1 teaspoon red wine vinegar
- ½ teaspoon ground cumin or ¼ teaspoon cumin seeds
- 8 green onions, chopped
- 1 red bell pepper, seeded and chopped
- ¼ cup chopped fresh cilantro
- 1 cup frozen corn kernels, thawed
- 2 cans (15 ounces each) black beans, drained and rinsed

Directions

1. Bring broth to a boil in 2-quart saucepan. Add couscous. Cover pot and remove from heat. Let stand 5 minutes.
2. In a large bowl, whisk together the olive oil, lime juice, vinegar and cumin. Add green onions, red pepper, cilantro, corn and beans. Toss together.

3. Fluff the couscous with a fork, breaking up any chunks. Add to the vegetables and mix well.

Source: Allrecipes.com

Blueberries in Cream

Ingredients

- 1 pint fresh blueberries
- 2/3 cup non-fat plain yogurt
- 1/3 cup non-fat sour cream
- 4 packets (1 gram each) Equal®
- 1/8 teaspoon finely grated orange rind
- ½ teaspoon vanilla
- 1/8 teaspoon almond extract

Directions

Wash berries and pat dry.

Sprinkle 2 packets Equal® over berries and set aside.

In a small bowl combine yogurt, sour cream, 2 packets Equal®, orange rind, vanilla and almond extracts.

Spoon berries into 4 goblets or dessert bowls.

Top with yogurt mixture.

Total time: 15 min

Blueberry Pie with Cottage Cheese Pie Crust

Ingredients

Pie Crust
- 1 cup flour
- ¼ cup low-fat cottage cheese
- 3 tablespoons butter flavored shortening
- ¼ teaspoon salt

Directions

Preheat oven to 475°.

Combine flour and salt.

Cut shortening into flour until mixture resembles coarse meal.

Mix in cottage cheese until it forms a soft dough. May use immediately or chill.

Roll dough between sheets of wax paper.

Fit into 9-inch pie pan.

Bake at 475° 6-8 minutes, until lightly browned.

Total time: 20 min

Braised Cabbage

Ingredients
1 tablespoon margarine
1 tablespoon chicken broth
1 pound green cabbage (½ medium head), cut into ¼ inch strips
¼ teaspoon crushed thyme
1 tablespoon minced fresh parsley leaves
Salt/pepper to taste

Directions

Melt margarine in large skillet over medium heat.
Add broth, then cabbage and thyme.
Bring to a simmer; cover and continue simmering, stirring occasionally until cabbage is wilted but still bright green, about 7 to 9 minutes.
Sprinkle with parsley and season to taste with salt and pepper.

Total time: 20 min

Bread Pudding Capirotada (Sopa)

Ingredients

3 cups water
1½ cups Splenda
1½ teaspoons cinnamon
1 teaspoon nutmeg
1 teaspoon ground cloves
Cooking spray
12 slices toasted whole wheat bread, broken into pieces
1 cup grated cheddar cheese
½ cup raisins
1¼ cups chopped pecans

Directions

1. Combine water, Splenda and spices in saucepan. Bring to a boil and simmer for 10 minutes.
2. Spray 9” x 13” pan with cooking spray. Layer toast, cheese, raisins and pecans. Pour syrup over the top.
3. Bake at 350° for approximately 20 minutes or until cheese is melted and bread absorbs syrup.

Note: Cut calories, fat and carbohydrate content in half by serving smaller pieces (3” x 2”).

Broccoli and Cheese Casserole

Ingredients

2 (10-ounce) packages of frozen chopped broccoli
2 cans (10.5-ounces) low fat cream of mushroom soup
1 cup shredded reduced-fat cheddar cheese, divided
¼ cup skim milk
¼ cup reduced-fat mayonnaise
½ cup egg substitute
Dash of red pepper
Hungarian paprika (optional)

Directions

Preheat oven to 350°.

Cook broccoli according to package directions in saucepan. Drain in colander. Reserve vegetable broth to use in
soup.

Spoon broccoli into baking dish.

In mixing bowl, combine soup, 1/2 cup of cheese, milk, mayonnaise, egg substitute and red pepper.

Spoon this mixture evenly over broccoli. Sprinkle with remaining cheese and paprika.

Bake at 350° for 45 minutes.

**Total time:** 1 hr  
**Preparation time:** 15 min

### Calabacitas (Sauteed Zucchini)

**Ingredients**

- 1 cup frozen corn (or canned, drained)
- 2 cups diced green chilies (roasted and peeled, fresh or frozen)
- 4 medium zucchini, sliced
- 1 cup chopped onion
- 2 small cloves garlic, minced (or ½ teaspoon garlic powder)
- ½ teaspoon salt
- ½ teaspoon pepper

**Directions**

Combine all ingredients in a large frying or medium saucepan. Cook on medium until tender.

Note: This recipe can also be prepared in the microwave. Combine all ingredients and cover. Microwave on high for 5 to 7 minutes. Let stand covered 5 minutes before serving.

### Caribbean Pink Beans

**Ingredients**

- 1 pound pink beans
- 10 cups water
- 2 medium plantains, finely chopped
- 1 large tomato, finely chopped
- 1 small red pepper, finely chopped
- 1 medium white onion, finely chopped
- 3 cloves garlic, finely chopped
- 1½ teaspoons salt

**Directions**

1. Rinse and pick through the beans. Put the beans in a large pot and add 10 cups of water. Place the pot in the refrigerator and allow the beans to soak overnight.
2. Cook the beans until they are soft. Add more water as needed while the beans are cooking.
3. Add the plantains, tomato, pepper, onion, garlic, and salt. Continue cooking at low heat until the plantains are soft.

### Caribbean Salsa Salad

**Ingredients**

- 2 cups cooked brown rice
- 1 tablespoon chopped fresh cilantro rinsed & drained
- 1 15-ounce can black beans
- 1 cup frozen corn, thawed
2 cups chopped tomatoes
1 cup salsa
1 cup chopped bell pepper
4 ounces cubed low fat chopped green onions
Monterey Jack cheese

Directions

1. Combine all ingredients in a large bowl except salsa and cheese.
2. Gently stir in salsa and cheese. Serve at room temperature immediately or chill.

Total time: 30 min

Carne Adobada

Ingredients

5 roasted chile pods
1½ cups water
2 cloves garlic, minced
½ teaspoon oregano
¼ teaspoon salt
1½ pounds lean pork steaks

Directions

1. Toast the chiles in an oven at 200°F for 5 to 10 minutes. Stir frequently so they do not burn. Remove the seeds and stems.
2. Put the chiles and water into a medium pan. Simmer for 15 minutes.
3. Put the chiles with some of the cooking water into a blender. Puree and then strain. Discard the peels and seeds.
4. Add the remaining cooking water to strained chile along with garlic, oregano and salt.
5. Place pork steaks either whole or cut into chunks in glass baking dish. Top with the chile. Cover and refrigerate for 8-24 hours.
6. Roast in 350°F oven for 40-60 minutes. Or pan fry in nonstick skillet on top of the stove. (Check if done by using a digital instant read thermometer. Temperature should be at least 160°F.)

Carrot Cake

Ingredients

1¼ cups raisins
½ cup water
5 packets Sweet ‘n Low®
5 packets Equal®
½ cup canola oil
3 cups grated carrots (about 1/2 pound carrots)
1¼ cup unsweetened applesauce
¾ cup egg substitute
1 teaspoon vanilla extract
1½ teaspoons cinnamon
½ teaspoon allspice
1 teaspoon baking soda
1 tablespoon baking powder
1½ cups all-purpose flour
½ cup whole wheat flour
Cooking spray

Directions

Preheat oven to 350°.
Combine raisins, water, and 1 packet each of Sweet 'n Low® and Equal® in small saucepan. Simmer over medium heat until water is absorbed. Stir occasionally. Remove from heat and let cool.

In large bowl, combine raisins, oil, grated carrots, applesauce, egg substitute, and vanilla extract.

In smaller bowl, combine cinnamon, allspice, 2 packets Sweet 'n Low®, 4 packets Equal®, baking soda, baking power, all-purpose flour, and whole wheat flour. Stir to combine.

Add dry mixture to fruits in large bowl. Mix well.

Coat 9 x 13 inch baking pan with cooking spray. Pour batter into the coated pan. Bake in preheated 350° oven for 30 minutes or until the cake is light brown.

Serve warm or cooled. Cut into 16 servings.

**Total time:** 1 hr  
**Preparation time:** 30 min

**Carrot Cucumber Salad in Dill Dressing**

**Ingredients**

- 1 cucumber  
- 2 cups grated carrots  
- ½ cup non-fat plain yogurt  
- 1 teaspoon dill weed  
- 1 teaspoon lemon juice

**Directions**

Peel cucumber, leaving stripes of peel on it if more crunchiness is desired. Slice lengthwise in fourths. Gently scrape seeds out. Thinly slice each cucumber fourth.

Mix yogurt, dill weed, and lemon juice.

Add cucumber and carrots. Gently toss to coat vegetables.

**Total time:** 15 min

**Cauliflower Potato Soup**

**Ingredients**

- 2 tablespoons margarine  
- 1 cup chopped onion  
- 4½ cups chopped cauliflower  
- 4 cups peeled, diced potato  
- ¾ cup shredded carrot  
- 1 teaspoon caraway seeds  
- 6 cups non-fat chicken broth  
- ½ teaspoon salt  
- Pepper, to taste

**Directions**

Melt margarine in large saucepan; add onion. Cook until lightly browned.

Add cauliflower, potato, carrot, and caraway seeds, stirring constantly for 4-5 minutes.

Add remaining ingredients and bring to a boil. Reduce heat, cover and simmer about 15 minutes or until vegetables are tender. Remove lid, and lightly mash vegetables until chunky, pureed mixture.
Replace lid and simmer another 20-30 minutes.

Total time: 1 hr  
Preparation time: 30 min

**Causa Rellena**

**Ingredients**

- 2 pounds of yellow potatoes  
- 1 cup minced yellow aji (Peruvian chili pepper)  
- 1 lemon  
- 1 teaspoon salt  
- 1 large cooked skinless chicken breast [5-6 ounces]  
- 1 small chopped onion  
- 1 cup low calorie mayonnaise  
- Lettuce leaves, olives, parsley for decoration

**Directions**

1. Peel, cook and mash the potatoes.  
2. Mix the potatoes with the peppers, salt and juice from half a lemon.  
3. Knead until it forms a well mixed paste. If the potatoes don’t stick together well, add a trickle of oil and continue kneading until it sticks.  
4. In a separate container, season the onion with salt and juice from half a lemon.  
5. Then shred the chicken and mix it with half the mayonnaise.  
6. Separate the potato and chili mixture into portions and add the chicken on top of each portion.  
7. The dish can also be made with multiple layers of the potato mixture with the chicken in the middle, forming a sandwich of chicken inside two layers of potato.  
8. Decorate the portions with the rest of the mayonnaise, lettuce, olives and parsley.

**Cebollita (Nicaraguan Pickled Onions)**

**Ingredients**

You will need one 1-quart jar

- 1 large White Onion (about 2 cups sliced)  
- 1 cup White Vinegar  
- 1/3 cup Water  
- 1/2 teaspoon Sugar  
- 1 teaspoon salt  
- Jalapeño chilies

**Directions**

1. Handle fresh chilies with care, slice jalapeños very thinly.  
2. Combine vinegar, water, sugar, and salt, whisk until sugar and salt have dissolved.  
3. Add onions and jalapeños to pickling mixture, place in 1-quart jar.  
4. To pickle: store in refrigerator for 2-3 days, stirring occasionally.  
5. Pickled onions will keep for several weeks in the refrigerator.

**Chayotes Stuffed with Cheese**

**Ingredients**

- 6 small chayotes (christophine), cut in half, lengthwise  
- 2 quarts water  
- 1 cup low fat cheddar cheese, shredded  
- ¼ teaspoon salt
1 tablespoon margarine  
½ cup plain bread crumbs

**Directions**

1. Wash chayotes and bring to a boil in water. Cover and boil at moderate heat for about 1 hour or until fork-tender.
2. Preheat oven to 350ºF.
3. Drain chayotes, remove cores and fibrous part under cores. Scoop out pulp, being careful not to break shells. Place shells on cookie sheet.
4. Immediately mash pulp and mix with cheese, salt, and margarine.
5. Stuff shells with the mixture. Sprinkle with bread crumbs.
6. Bake for 30 minutes.

**Cherry Oatmeal Drops**

**Ingredients**

- 6 tablespoons Splenda®
- 6 tablespoons sugar
- ½ cup margarine, softened
- 1 egg
- 1 teaspoon vanilla
- 1 cup chopped maraschino cherries
- ¼ cup cherry juice
- 2-4 tablespoons water
- 1 cup oats
- 1½ cup flour
- ½ teaspoon baking powder
- ½ teaspoon baking soda
- ¼ teaspoon salt

**Directions**

Preheat oven to 350º.

Mix together sugars and margarine.

Add egg, vanilla, cherries, juice, and water (start with 2 tablespoons); stir well.

Add dry ingredients; mix well (if too dry, add 1-2 tablespoons more of water.)

Drop by teaspoons onto greased cookie sheet.

Bake at 350º for 10-12 minutes.

**Total time:** 30 min  
**Preparation time:** 20 min

**Chicken and Rice**

**Ingredients**

- 6 chicken pieces (legs and breasts), skinned
- 2 teaspoons vegetable oil
- 4 cups water
- 2 tomatoes, chopped
- ½ cup green pepper, chopped
- ¼ cup red pepper, chopped
- ¼ cup celery, diced
- 1 medium carrot, grated
- ¼ cup corn, frozen
½ cup onion, chopped  
¼ cup fresh cilantro, chopped  
2 cloves garlic, chopped fine  
1/8 teaspoon salt  
1/8 teaspoon pepper  
2 cups rice  
½ cup frozen peas  
2 ounces Spanish olives  
¼ cup raisins

**Directions**

1. In a large pot, brown chicken pieces in oil.
2. Add water, tomatoes, green and red peppers, celery, carrots, corn, onion, cilantro, garlic, salt, and pepper. Cover and cook over medium heat for 20 to 30 minutes or until chicken is done.
3. Remove chicken from the pot and place in the refrigerator. Add rice, peas, and olives to the pot. Cover pot and cook over low heat for about 20 minutes until rice is cooked.
4. Add chicken and raisins and cook for another 8 minutes.

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**Chicken Finger Manicotti**

**Ingredients**

- 1 package manicotti shells (14 shells)
- 1 jar (30-ounce) spaghetti sauce
- 1 teaspoon garlic powder
- 24 ounces (1½ pounds) chicken tenders
- 1½ cups light shredded mozzarella cheese

**Directions**

Cook manicotti shells according to directions.
Heat oven to 350°.

Spread a small amount of spaghetti sauce over the bottom of a 13x9 inch baking pan.

Sprinkle garlic powder on chicken. Put chicken tender into manicotti shell. Place stuffed shells in baking pan.

Pour remaining sauce over shells. Sprinkle with cheese.
Cover baking pan with foil. Bake for 1 hour.

**Total time:** 1 hr 15 min  
**Preparation time:** 15 min

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**Chicken Stew**

**Ingredients**

- 8 chicken pieces (4 pounds chicken total, breasts or legs)  
- 1 cup water  
- 2 small garlic cloves, minced  
- 1 small onion, chopped  
- 1½ teaspoons salt  
- ½ teaspoon pepper  
- 3 medium tomatoes, chopped  
- 1 teaspoon parsley, chopped  
- ¼ cup celery, finely chopped  
- 2 medium potatoes, peeled and chopped  
- 2 small carrots, chopped  
- 2 bay leaves

**Directions**
1. Remove the skin from the chicken and any extra fat. In a large skillet, combine chicken, water, garlic, onion, salt, pepper, tomatoes, and parsley. Tightly cover and cook over low heat for 25 minutes.
2. Add celery, potatoes, carrots, and bay leaves and continue to cook for 15 more minutes or until chicken and vegetables are tender. Remove bay leaves before serving.

**Chicken Stew**

**Ingredients**

- 8 chicken pieces (4 pounds, boneless)
- 3 medium tomatoes, chopped
- 1 cup water
- 1 teaspoon parsley, chopped
- 2 small garlic cloves, minced
- ¼ cup celery, finely chopped
- 1 small onion, chopped
- 2 small carrots, chopped
- 1½ teaspoons salt
- 2 medium potatoes, peeled, chopped
- ½ teaspoon pepper
- 2 bay leaves

**Directions**

1. Remove the skin from the chicken and any extra fat. In a large skillet, combine chicken, water, garlic, onion, salt, pepper, tomatoes, and parsley. Tightly cover and cook over low heat for 25 minutes.
2. Add celery, potatoes, carrots, and bay leaves. Continue to cook for 15 more minutes or until chicken and vegetables are tender.

**Total time:** 40 min

**Chile Relleno Casserole**

**Ingredients**

- 6 roasted and peeled green chiles, split in half
- 1 cup pepper jack or mozzarella cheese
- 2 egg whites
- ¼ teaspoon cream of tarter
- ¼ cup 1% milk
- ¼ cup all-purpose flour
- 1 egg

**Directions**

1. Preheat oven to 350°.
2. Coat bottom and sides of 8-inch square glass baking pan with cooking spray.
3. Line bottom of pan with half of the green chile.
4. Sprinkle ½ cup of cheese on top.
5. Using electric mixer, beat egg whites with cream of tarter on high until stiff peaks form. Set aside.
6. In a medium bowl, combine milk with flour, stirring until smooth. Add egg and blend well.
7. Fold the beaten egg whites into the flour/milk mixture until well combined. Do not beat.
8. Pour half of the egg white and flour mixture into the pan and spread evenly.
9. Place remaining chile on top and sprinkle with remaining cheese.
10. Pour remaining egg white mixture on top and spread until evenly covered.
11. Bake in preheated oven until tops in golden brown and eggs are set and reach an internal temperature of at least 160°F (about 25 minutes).
12. Remove from oven and let stand 5 minutes. Cut into 4 squares.
Ingredients
1 pound ground turkey
1 can (15.5 ounces) dark red kidney beans
2 cans whole tomatoes
½ teaspoon minced garlic
1 tablespoon all-purpose flour
2 tablespoons instant chopped onions
1 ½ teaspoons chili powder
½ teaspoon ground red pepper
½ teaspoon ground cumin

Directions
1. Brown ground turkey in medium skillet over medium high heat.
2. Drain and rinse turkey in colander.
3. Add beans, tomatoes and garlic.
4. In a small bowl, combine the flour with the spices. Add the mixture to the pan.
5. Reduce heat and simmer 10 minutes, stirring occasionally.

Chocolate Almond Biscotti

Ingredients
1/2 cup chopped almonds
1/2 cup Splenda®
1 cup flour
2 eggs
1/4 cup unsweetened cocoa powder
1 teaspoon vanilla
1/2 teaspoon baking soda
1 teaspoon almond extract
1/8 teaspoon salt

Directions
1. Preheat oven to 350°F. Place foil on baking sheet and spray with non-stick baking spray.
2. Combine almonds, flour, cocoa powder, baking soda and salt. Combine Splenda, eggs, and flavorings. Combine the two mixtures.
3. Form 2 logs about 5 inches long and place on baking sheet. Bake for 15 minutes. Cool for 15 minutes.
4. Cut each log into 7 diagonal slices. Bake at 300 degrees for 20 minutes.

Total time: 1 hr

Chocolate Banana Bread

Ingredients
½ cup margarine, softened
½ cup Splenda®
½ cup sugar
2 eggs
1 cup mashed ripe bananas (about 2 medium)
¼ cup skim milk
1 teaspoon vanilla
2 cups flour
¼ cup cocoa
1 teaspoon baking soda
½ teaspoon salt
¼ cup finely chopped nuts

Directions

Preheat oven to 350°.
Mix together margarine and sugars very thoroughly.
Add eggs, bananas, milk, and vanilla; stir well.
Add rest of ingredients and mix until just barely combined.
Pour batter into a greased 8 1/2 x 4 1/2 inch loaf pan.
Bake at 350° for 55 minutes or until toothpick inserted near center comes out clean.
Cool 10 minutes before removing from pan; cool completely before wrapping for storage.

Total time: 1 hr 30 min
Preparation time: 20 min

Cinnamon Lime Chicken

Ingredients

4 boneless skinless chicken breasts
1 teaspoon salt
1/2 tablespoon cinnamon
1 tablespoon olive oil
1/2 medium white onion minced
2 cloves garlic minced
Juice from 3 limes

Directions

1. Heat oven to 400° F
2. Combine salt and cinnamon. Rub mixture into chicken breasts.
3. Place chicken on baking sheet and cook in the oven until juices run clear (approx 15-20 min)
4. Remove chicken from oven let cool
5. While chicken is cooling, mince onion and garlic. Sauté in frying pan.
6. Tear cooled chicken into thin strips with hands.
7. Place chicken in pan with onion and garlic. Add limejuice.
8. Simmer for about 15 minutes or until hot.
9. Serve by itself or in corn tortillas

Cinnamon Lime Chicken

Ingredients

4 boneless skinless chicken breasts
1/2 medium white onion, minced
1 teaspoon salt
1/2 tablespoon cinnamon
2 cloves garlic minced
1 tablespoon olive oil
Juice from 3 limes

Directions

1. Heat oven to 400° F.
2. Combine salt and cinnamon. Rub mixture into chicken breasts.
3. Place chicken on baking sheet and cook in the oven approximately 15-20 minutes until tender. Remove
chicken from oven and let cool.
4. While chicken is cooling, mince onion and garlic. Sauté in frying pan.
5. Cut cooled chicken into thin strips. Place chicken in pan with onion and garlic. Add lime juice. Simmer for about 15 minutes or until hot. Serve by itself or in corn tortillas.

Total time: 45 min

Coleslaw

Ingredients
1 bag shredded coleslaw mixture or 3½ cups shredded cabbage and ¼ cup shredded carrots
2 tablespoons finely chopped onion
¼ cup chopped celery
¼ cup chopped green or red pepper

Dressing:
¼ cup mayonnaise*
1 tablespoon vinegar (plain or red wine type)
3 packets artificial sweetener
¼ teaspoon salt
¼ teaspoon pepper

Directions
Place all dressing ingredients into bottom of large bowl and mix with rubber scraper to blend.
Chop onion, celery, and pepper on cutting board or in food processor.
Add chopped and shredded vegetables to large bowl.
Toss well to blend and refrigerate. Can be made the night before.

Collard or Turnip Greens

Ingredients
1 pound of collard or turnip greens
1 packet low sodium beef bouillon
1 small onion, chopped
¼ cup vinegar
Pepper, to taste

Directions
Cook greens in 1 cup of water seasoned with the bouillon and onion for 4 minutes (may need to cook longer if greens are older).
Add vinegar and pepper to taste.

Total time: 5 min

Copper Carrot Pennies

Ingredients
2 pounds carrots, scraped and sliced
1 green pepper, cored and sliced
1 onion, sliced

Marinade:
1 can (10.75-ounce) tomato soup
½ cup cider vinegar
8 packets EqualTM
1 tablespoon canola oil
½ teaspoon mustard
1 teaspoon Worcestershire sauce
Black pepper to taste

Directions
Cook sliced carrots in small amount of water in covered sauce pan until tender. Drain and cool.
Alternate layers of carrots, onion and pepper in glass serving dish or bowl.
Blend together the marinade ingredients. Pour over layered vegetables. Cover with plastic wrap and chill for 24 hours.

Total time: 15 min
Chill time: 24 hours

Corn Salad

Ingredients
1 can (11-ounce) whole kernel corn, drained
1 cup celery, finely chopped
½ small bell pepper, finely chopped
1 teaspoon mild onion, finely chopped

Dressing:
½ cup reduced-fat mayonnaise or reduced-fat mayonnaise-type salad dressing
1½ tablespoon lemon juice
½ teaspoon prepared mustard
Black pepper to taste

Directions
Prepare and mix vegetables together in medium mixing bowl.
In small bowl, mix together dressing ingredients.
Stir salad dressing into vegetables. Cover tightly and chill.

Total time: 15 min

Cornmeal Cake

Ingredients
1¾ cups blue cornmeal
½ cup yellow cornmeal
1 1/3 cups cold water
3 cups boiling water
¼ cup bulghur wheat
¼ cup raisins
¼ cup brown sugar

Directions
1. In a large bowl, combine the two types of cornmeal.
2. Slowly add the cold water to the cornmeal mixture, stirring to avoid lumps. Mix well.
3. Slowly add the boiling water to the cornmeal mixture, stirring to avoid lumps.
4. Add the bulghur wheat, raisins and brown sugar, and mix well.
5. Line an 8 x 8 inch baking pan with foil. Pour the batter on top of the foil. Cover with more foil and bake at 250°
for 4 hours. Remove the foil cover and bake an additional 30 minutes. Cake will be very moist, similar to densely cooked cereal.

6. Cut cake into 9 squares.

### Cranberry Biscotti Bread

**Ingredients**

- Nonstick cooking spray
- 3/4 cup unsweetened orange juice
- 2 cups flour
- 1/2 cup water
- 1 cup Splenda®
- 1 tablespoon grated orange peel
- 1 1/2 teaspoons baking powder
- 3 tablespoons oil
- 1/2 teaspoon baking soda
- 1/2 cup chopped walnuts
- 1/2 teaspoon salt
- 2 cups chopped fresh cranberries
- 1 egg

**Directions**

1. Spray loaf pan lightly with cooking spray. Preheat oven to 350°F.
2. Combine flour, Splenda, baking powder, baking soda, and salt.
3. Combine remaining ingredients except nuts and berries. Make a well in dry ingredients and add egg mixture mixing until just moist. Stir in nuts and berries.
4. Pour into pan, bake until crust is brown, 55-60 minutes.

**Total time:** 1 hr 26 min

### Cranberry Chutney

**Ingredients**

- 1 cup raw cranberries
- 1 cup water
- 2 tablespoons Splenda®
- ½ teaspoon ground ginger
- ½ teaspoon cinnamon
- ½ teaspoon ground cloves
- ¼ cup finely chopped onion
- ¼ cup finely chopped celery
- 1 medium apple, peeled and chopped

**Directions**

Simmer all ingredients except apple in saucepan for 15 minutes, stirring occasionally.

Add chopped apple and cook for an additional 5 to 10 minutes. Cool. Serve as an accompaniment to turkey, fish, or pork.

Note: This is a tart chutney. To increase sweetness, add additional Splenda®.

**Total time:** 25 min
1 can (8-ounce) jellied cranberry sauce
1-2 drops red food coloring
½ cup diet carbonated lemon-lime beverage

**Directions**

Beat cranberry sauce and food coloring in small mixing bowl until smooth.
Mix in lemon-lime beverage gradually on low speed.
Pour into refrigerator tray; cover and freeze until firm.
Remove from freezer; break into chunks in small mixer bowl. Beat until fluffy and smooth.
Return to refrigerator tray; cover and freeze until firm.

**Chill time:** 3 hours

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**Cranberry Meat Sauce**

**Ingredients**

1 cup Ten Minute Cranberry Sauce (no sugar added)
¾ cup bottled barbeque sauce
¾ cup unsweetened apple juice
2 tablespoons water
1 tablespoon cornstarch

**Directions**

In large glass measuring cup, mix cranberry sauce, barbeque sauce, and apple juice.
Cook in microwave uncovered, 4 minutes or until bubbly; stirring occasionally.
Mix water and cornstarch together; add to hot mixture.
Cook uncovered for 1 more minute or until thick and bubbly, stirring once.

**Total time:** 10 min

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**Cranberry Salad**

**Ingredients**

1 can (9-ounce) crushed unsweetened pineapple, juice-packed*
1 package (3-ounce) sugar-free cherry gelatin
1 tablespoon lemon juice
Sugar substitute equivalent to ¼ cup sugar
1 cup fresh cranberries, ground
1 small orange, peeled, quartered and ground
1 cup chopped celery
½ cup pecans or other nuts, broken into pieces (optional)

*Do not use fresh or frozen pineapple in this recipe! It will not allow the gelatin to jell.

**Directions**

Drain pineapple and save juice. Set pineapple aside for later use.
Combine pineapple juice with water to equal 2 cups liquid. Prepare gelatin according to package label using juice-water mixture for the liquid.
Once gelatin is dissolved, stir in lemon juice. Chill until partially set.
In a separate bowl, combine the pineapple, sugar substitute, cranberries, orange, celery and nuts. Add this mixture to the partially set gelatin and stir until blended.

Pour into large mold or individual molds. Chill until firm.

**Total time:** 15 min  
**Chill time:** 3 hours

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**Cranberry Scones**

**Ingredients**

- 2 cups flour
- 1 teaspoon orange peel
- ½ cup Splenda
- 3 tablespoons margarine
- 2 teaspoons baking powder
- 1 cup fat-free sour cream
- ½ teaspoon salt
- 1 cup dried cranberries
- 1 egg

**Directions**

1. Preheat oven to 375°F.
2. Combine flour, Splenda, baking powder, salt and orange peel. Cut margarine into mixture.
3. Beat egg; add to flour mixture.
5. Drop rounded tablespoons onto non-stick cookie sheet. With a floured cup or glass, press mixture to flatten slightly. Bake 14-18 minutes until slightly browned.

**Total time:** 30 min

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**Crustless Spinach Quiche**

**Ingredients**

- 5 large eggs, beaten
- 6 ounces low-fat (1%) cottage cheese
- 4 ounces Feta cheese
- ½ cup shredded Swiss cheese
- 2 tablespoons margarine
- ½ teaspoon nutmeg
- 1 box (10-ounce) frozen spinach, thawed and drained
- Cooking spray

**Directions**

Preheat oven to 350°.

Spray a quiche or 10-inch pie pan with cooking spray.

In a large bowl combine all ingredients except spinach.

Stir in spinach.

Pour into pan. Bake for 35-45 minutes until slightly browned on top.

**Total time:** 50 min  
**Preparation time:** 5 min
Curtido Salvadoreño (Cabbage Salad)

**Ingredients**

1 medium head cabbage, chopped
2 small carrots, grated
1 small onion, sliced
½ teaspoon dried red pepper (optional)
½ teaspoon oregano
1 teaspoon olive oil
1 teaspoon salt
1 teaspoon brown sugar
¼ cup vinegar
½ cup water

**Directions**

1. Blanch the cabbage with boiling water for 1 minute. Discard the water.
2. Place the cabbage in a large bowl and add grated carrots, sliced onion, red pepper, oregano, olive oil, salt, brown sugar, vinegar, and water.
3. Place in the refrigerator for at least 2 hours before serving.

Serve with Pupusas Revueltas.

Dark Chocolate Strawberry Fondue

**Ingredients**

4 ounces unsweetened chocolate
1/2 cup skim milk
5 tablespoons Splenda®

**Directions**

1. Place chocolate squares in a microwave-safe bowl and microwave on high in 1-minutes increments until melted.
2. Whisk in milk and Splenda®.
3. Dip strawberries using about 1 teaspoon of chocolate per berry.

**Total time:** 5 min

Dill Carrots

**Ingredients**

1 package (10 oz.) shredded carrots
1 cup water
1/2 medium onion, sliced, shredded
Dried dill

**Directions**

1. In a medium saucepan add carrots and onion. Add water.
2. Bring to a boil. Cover and simmer 15 minutes.
3. Sprinkle with dill before serving.

**Total time:** 20 min
**Preparation time:** 5 min
Dill Pasta Salad

Ingredients

1 pound box rotini pasta
4 Roma tomatoes
3 cups broccoli flowerets
¾ cup fat-free Italian dressing
1.5 tablespoon dried dill (or more to taste)

Directions

1. Bring 5 quarts of water to a boil. Add pasta, stir, and boil uncovered 9 to 11 minutes stirring occasionally. Drain and place in bowl.
2. Chop tomatoes. Add broccoli and tomatoes to pasta.
3. Add dressing and dill. Toss gently.

Total time: 30 min

Dill Potato Salad

Ingredients

2 pounds potatoes
1/2 cup reduced fat mayonnaise
2 eggs, hard-cooked and diced
1/4 cup reduced fat sour cream
2 ribs celery, diced
1 tablespoon balsamic vinegar
1 medium red onion, diced
1 teaspoon Dijon mustard
1 dill pickle, diced
1 tablespoon dried dill

Directions

1. Cover potatoes with water in a large saucepan and boil for about 10 to 12 minutes, until just tender. Pour off water and peel. Cut potatoes into cubes and place in large bowl.
2. Combine potatoes with eggs, celery, red onion, and dill pickle.
3. In another bowl, combine the sour cream, mayonnaise, vinegar, dill, and Dijon mustard.
4. Add to the potatoes and stir gently to combine

Total time: 30 min

Double Corn Bread

Ingredients

1 cup cornmeal
½ cup all-purpose flour
2 teaspoons baking powder
½ teaspoon baking soda
2 egg whites (or ¼ cup egg substitute)
½ cup non-fat sour cream
2 tablespoons canola oil
1 (8.5-ounce) can creamed corn
Cooking spray

Directions
Preheat oven to 425°.

Combine cornmeal, flour, baking powder and baking soda 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.

Spray muffin tins or 9x9 inch pan with cooking spray.

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

Bake muffins for 20 minutes, pan for 25 minutes. Remove from oven and serve warm. Cut bread into 12 servings.

**Total time:** 45 min

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**Double Layer Pumpkin Pie**

**Ingredients**

Bottom crust (may omit):
- 1½ cups graham cracker crumbs
- 4 tablespoons reduced-fat margarine

Pie
- 4 ounces reduced-fat cream cheese (Neufchatel)
- 2 tablespoons plus 1 cup skim milk
- 2 packets Equal®
- 1 carton (8-ounce) Cool Whip Free®
- 2 boxes sugar-free instant vanilla pudding (4-serving size)
- 1 can (15-ounce) pumpkin
- 1 teaspoon cinnamon
- ½ teaspoon ginger
- ½ teaspoon ground cloves

**Directions**

Preheat oven to 350°.

Mix graham cracker crumbs and reduced-fat margarine with fork until well blended. Press into bottom of two 9 inch pie pans or one 15 x 22 inch pan. Bake for 5-7 minutes at 350°. Cool while mixing next layer.

Beat softened reduced-fat cream cheese until very smooth. Beat in 2 tablespoons skim milk and Equal®. Stir in half of the carton of thawed reduced-calorie frozen whipped topping.

Spread on cooled graham cracker crust. Place in refrigerator while mixing next layer.

Pour skim milk into chilled bowl. Sprinkle both boxes of pudding mix on milk. Beat with wire whisk or mixer on low speed for 1-2 minutes until thick. Stir in pumpkin and spices. Fold in remaining half carton of frozen whipped topping. Spread on cream cheese layer.

Chill for at least 1 hour. May be made the night before serving.

Cut into 16 pieces for serving. Refrigerate unused portions.

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**Easy Chicken Bundle**

**Ingredients**

- 1 (4-ounce) boneless chicken breast, skin removed
- ½ cup sliced carrots
- ½ cup broccoli
1 small onion sliced, ¼ inch thick  
Pepper, to taste  
2 tablespoons water  
Cooking spray  

**Directions**  
Preheat oven to 450°.  
Spray 12x18 inch sheet of heavy-duty aluminum foil with non-stick cooking spray.  
Place chicken breast and vegetables on lower half of foil. Season with pepper (optional). Add water.  
Fold upper half of foil over food, meeting bottom edges of foil. Seal edges together making a tight 1/2 inch fold. Fold again. Repeat on sides. Place on cookie sheet and bake 20-25 minutes.  

**Total time:** 30 min  
**Preparation time:** 5 min  

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**Easy Pepper Steak**  

**Ingredients**  
1 pound beef such as round steak, cut up and fat removed  
1 medium bell pepper, cut into ½ inch squares  
1 medium onion, sliced  
⅛ cup hoisin sauce  

**Directions**  
Place beef in non-stick skillet over medium to high heat. Add water or stock to braise. Do not allow to dry out, but use minimum liquid. Cook until all sides are brown.  
Add pepper and onion; cook about 1 minute until vegetables are crisp-tender.  
Stir in hoisin sauce; cook and stir about 1 minute or until hot. May serve over noodles or rice.  

**Total time:** 15 min  

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**Easy Pumpkin Pie**  

**Ingredients**  
1 can (16 ounces) solid pack pumpkin (or 2 cups pureed cooked pumpkin)  
1 can (13 ounces) evaporated skim milk  
1 egg  
2 egg whites  
½ cup biscuit mix (Bisquick type)  
1/3 cup plus 2 tablespoons Splenda  
2 teaspoons pumpkin pie spice  
2 teaspoons vanilla extract  

**Directions**  
1. Heat oven to 350°F. Lightly grease or spray 9-inch pie pan with vegetable oil spray.  
2. Blend all ingredients in blender for 1 minute or beat 2 minutes with mixer.  
3. Pour into pie pan and bake for 50 minutes or until center is puffed up.  

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**Easy Salsa**  

**Ingredients**
2 pounds Roma tomatoes (about 14), diced
1 cup chopped onion
2 cloves garlic, minced
2 tablespoons olive oil
2 cans chopped green chilies
½ teaspoon cumin
1 cup chopped cilantro
Tabasco sauce to taste

Directions

Combine all ingredients in a bowl. Refrigerate.

Total time: 15 min

Filled Squares

Ingredients

1 cup margarine, softened
2 cups flour
½ teaspoon baking powder
1 package (8-ounce) non-fat cream cheese
1 jar sugar free light preserves, any flavor
½ cup chopped pecans

Directions

Mix first 4 ingredients together. Form a ball and chill for 3 hours. To make filling, mix jam and nuts together.

Preheat oven to 375°.

Roll one-fourth of dough out and cut into 2-inch squares. (You should have 15 squares per one-fourth of dough to come up with total of 30 cookies of 2 squares each - if you have fewer, calories per serving may be higher.) Place a spoonful of filling on square, top with another square and seal by pinching edges. Repeat until all of dough is used.

Bake at 375° for 15 to 20 minutes.

Total time: 40 min
Preparation time: 20 min

Flan: Spanish-Style Custard

Ingredients

Carmel:
1 ½ cups white sugar
1 cup water
Custard:
2 cups 2% milk
2 cup half and half cream
8 eggs
4 egg yolks
3/4 cup white sugar
1 Tablespoon vanilla extract

Directions
You will need 10 small custard style cups. *note: flan can also be cooked in any oven-safe dish, but serving sizes will be at your own discretion

For caramel:

1. Preheat oven to 325°
2. Combine sugar and water in saucepan and cook and stir over medium heat until sugar turns golden (12-15 min)
3. Turn heat to low and continue stirring until sugar is brown and of a caramel consistency. To avoid burning the sugar more water may be added while stirring.
4. Pour hot caramel evenly into each custard cup. Caramel will harden.

For custard:

1. Whisk all remaining ingredients together in a medium saucepan
2. Cook over medium heat while stirring until custard is thickened *be sure to constantly stir and keep the custard on low heat so the eggs do not curdle
3. Ladle the custard into each custard dish
4. Place the custard cups into a roasting pan filled with ½ inch of water
5. Place entire pan with the custard cups into oven
6. Bake until custard is firm and a bit browned. (30min)
7. Chill the flan (may take several hours)
8. Serve flan flipped out of the custard cups onto a saucer so that the caramel is on top

Fluffy Muffins

Ingredients

1 cup low-fat (1%) cottage cheese
1 egg
¼ cup flour
1 teaspoon vanilla
2 teaspoons lemon juice
4 drops yellow food coloring
1 tablespoon sugar
1 tablespoon Splenda®
2 teaspoons poppy seeds
1/8 teaspoon cream of tartar
2 egg whites
1 tablespoon Equal®
3 tablespoons boiling water
Cooking spray

Directions

Preheat oven to 300°.

Blend cottage cheese until smooth in food processor or blender. Add egg, flour, vanilla, lemon juice, sugar, Splenda®, poppy seed, and food coloring. Process until well blended.

Beat egg whites with mixer until they hold peaks. Add cream of tartar and continue mixing until soft.

Fold egg whites into cheese mixture. Pour into muffin pan which has been sprayed with non-stick cooking spray.

Bake at 300° for 20 minutes.

Combine Equal® with boiling water. Drizzle over muffins immediately.

Total time: 40 min
Preparation time: 20 min
Fluffy Pumpkin Pie

Ingredients

Fluffy Pumpkin Pie  
1 9-inch pie, 8 servings
1/2 package Jiffy® pie crust mix
1/2 cup Splenda®
1 teaspoon cornstarch
1/2 cup skim milk
1 egg
1 can pumpkin, 15 ounces
1/2 teaspoon cinnamon
1 envelope unflavored gelatin
1/4 teaspoon nutmeg
1/4 teaspoon ginger
1/8 teaspoon cloves
1 cup Cool Whip Free®

Directions

1. Prepare pie crust mix according to directions. Cool.
2. Whisk Splenda®, gelatin, cornstarch, and milk in a saucepan over medium heat until boils and thickens. Whisk half of mixture into egg; then back into remaining milk mixture, heating until thickens.
3. Remove milk mixture from heat and fold in pumpkin and spices. Cool.
4. Fold topping into pumpkin mixture and spread into pie crust. Chill until set.

Total time: 3 hrs
Preparation time: 30 min

Four-Bean Salad

Ingredients

1 can (8.4-ounce) cut green beans, drained
1 can (8.5-ounce) cut wax beans, drained
1 can (8.5-ounce) lima beans, drained
1 can (8.5-ounce) kidney beans, drained
1/2 cup thinly sliced red onion rings
1/2 cup chopped celery
1/4 cup diced green pepper

Dressing:
2 teaspoons Dijon mustard
2 tablespoons vinegar
1/2 teaspoon sugar
1/2 teaspoon dried thyme (or 1 teaspoon chopped fresh thyme)
1/2 teaspoon black pepper
1 clove garlic, crushed or minced
1/4 cup olive oil or canola oil

Directions

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.

Total time: 25 min
Chill time: 1-2 days
Fragrant Fish Fillets

Ingredients

1 tablespoon olive oil  
½ cup fresh mushrooms, sliced  
½ cup green onions, chopped  
1 clove garlic, minced  
12 ounces fish fillets  
2 tablespoons blush wine  
1 fresh tomato, peeled, cored and sliced  
2 tablespoons fresh parsley, snipped  
Hungarian paprika (optional)  
Lemon slices

Directions

In skillet, heat olive oil. Add mushrooms, onions and garlic. Sauté for 1-2 minutes.

Add wine, tomato, parsley and fish. Cover and simmer for 5-8 minutes or until fish flakes easily with fork.

Remove fillets to warm platter. Pour tomato sauce over fish. (For a thicker sauce, boil down for 1-3 minutes first)

Garnish with paprika and lemon wedges.

Total time: 15 min

Fresh Cabbage and Tomato Salad

Ingredients

1 small head cabbage, sliced thinly  
2 medium tomatoes, cut in cubes  
1 cup sliced radishes  
¼ teaspoon salt  
2 teaspoons olive oil  
2 tablespoons rice vinegar (or lemon juice)  
½ teaspoon black pepper  
½ teaspoon red pepper  
2 tablespoons fresh cilantro, chopped

Directions

1. In a large bowl, mix together the cabbage, tomatoes, and radishes.
2. In another bowl, mix together the rest of the ingredients and pour over the vegetables.

Fresh Salsa

Ingredients

6 tomatoes, preferably Roma (or 3 large tomatoes)  
½ medium onion, finely chopped  
1 clove garlic, finely minced  
2 serrano or jalapeño peppers, finely chopped  
3 tablespoons cilantro, chopped  
juice of 1 lime  
1/8 teaspoon oregano, finely crushed  
1/8 teaspoon salt  
1/8 teaspoon pepper  
½ avocado, diced (black skin)
Directions

1. Combine all of the ingredients in a glass bowl.
2. Serve immediately or refrigerate and serve within 4 or 5 hours.

**Frosted Cake**

**Ingredients**

**Cake:**
- 2¼ cups cake flour
- 2¼ teaspoons baking power
- 4 tablespoons margarine
- 1¼ cups sugar
- 4 eggs
- 1 teaspoon vanilla
- 1 tablespoon orange peel
- ¾ cup skim milk

**Icing:**
- 3 ounces low fat cream cheese
- 2 tablespoons skim milk
- 6 tablespoons cocoa
- 2 cups sifted confectioners sugar
- ½ teaspoon vanilla extract

**Directions**

1. Preheat the oven to 325ºF.
2. Grease with small amount of cooking oil or use nonstick cooking oil spray on a 10-inch round pan (at least 2½ inches high). Powder pan with flour. Tap out excess flour.
3. Sift together flour and baking powder.
4. In a separate bowl, beat together margarine and sugar until soft and creamy.
5. Beat in eggs, vanilla, and orange peel.
6. Gradually add the flour mixture alternating with the milk, beginning and ending with flour.
7. Pour the mixture into the pan. Bake for 40 to 45 minutes or until done. Let cake cool for 5 to 10 minutes before removing from the pan. Let cool completely before icing.

**Icing:**

2. Slowly add sugar until icing is smooth. Mix in vanilla.
3. Smooth icing over top and sides of cooled cake.

**Frozen Peach Melba**

**Ingredients**

- 1½ cups frozen unsweetened raspberries
- 1½ cups frozen unsweetened peach slices
- 4 packets Equal
- ½ teaspoon almond extract
- 1 cup nonfat evaporated milk

**Directions**

1. In food processor with knife blade attached, blend frozen raspberries and peaches until fruit mixture resembles finely shaved ice. Stop processor occasionally to scrape down sides.
2. With processor running, add Equal, almond extract and evaporated milk until mixture becomes smooth and creamy. Serve immediately.
Fruited Slaw

Ingredients

1 can (20-ounce) pineapple tidbits
1 tablespoon lemon juice
1 medium banana, sliced
3 cups shredded cabbage
1 can (15-ounce) mandarin oranges, drained
½ cup chopped walnuts
½ cup raisins
½ teaspoon salt
6 ounces low-fat tropical yogurt

Directions

Drain pineapple, reserving 2 tablespoons juice.

Stir lemon juice into reserved pineapple juice. Add banana slices.

In large salad bowl, combine cabbage, oranges, walnuts, raisins, salt, and juice mixture.

Add yogurt. Toss to coat. Chill until serving.

Total time: 15 min

Gazpacho

Ingredients

3 medium tomatoes, peeled and chopped
½ cup cucumber, seeded and chopped
½ cup green pepper, chopped
2 green onions, sliced
2 cups low-sodium vegetable juice cocktail
1 tablespoon lemon juice
½ teaspoon basil, dried
¼ teaspoon hot pepper sauce
1 clove garlic, minced

Directions

1. In a large mixing bowl, combine all ingredients.
2. Cover and chill in the refrigerator for several hours.

Glazed Carrots

Ingredients

2 cups carrots, peeled and sliced
2/3 cup orange juice, unsweetened
1 tablespoon cornstarch
¼ teaspoon ground ginger
4 packets Splenda®

Directions

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

**Total time:** 15 min

## Graham Cracker Date Pudding

### Ingredients

**Pudding**
- ¼ cup margarine, softened
- ¼ cup Splenda®
- ¼ cup sugar
- 1 egg yolk
- ½ cup skim milk
- 1½ teaspoon baking powder
- 13 squares (2½ inch) graham crackers, rolled fine
- 6 sheets low fat
- 1 egg white, beaten to soft peaks

**Date Topping:**
- ½ pound dates, finely chopped
- ½ cup Splenda®
- ¼ cup water
- ¼ teaspoon vanilla

### Directions

1. Preheat oven to 350°.
2. Mix together butter and sugars; add egg yolk and milk, and mix.
3. Mix together baking powder with graham cracker crumbs; add to mixture.
4. Fold in egg white.
5. Pour into greased 8x8 inch baking pan.
7. Cool before putting on date topping.
8. Cook dates, sugar, and water for a few minutes, until dates are very soft.
9. Cool mixture before adding vanilla.
10. Frost cake with date mixture.

**Total time:** 1 hr

## Green Beans with Feta

### Ingredients

- 1 pound fresh green beans
- ½ cup feta cheese crumbles with basil, dried tomatoes

### Directions

1. Wash green beans and trim ends.
2. Steam for 6 minutes.
3. Place in serving bowl and toss with feta crumbles.
Green Chile Chicken Enchiladas

**Ingredients**

- 1 tablespoon olive oil
- 2/3 cup chopped onion
- ¼ cup flour
- 2 ½ cups diced green chile (roasted and peeled, fresh or frozen)
- 2 cups chicken broth
- 2 cups cooked, shredded chicken breast
- ½ teaspoon garlic powder
- 1 tablespoon cornstarch
- 8 corn tortillas
- 1 cup finely grated extra-sharp cheddar cheese

**Directions**

2. Sauté chopped onion in oil. Add flour and cook for one minute.
3. Add chile, chicken broth, chicken and garlic powder. Simmer uncovered for 5 more minutes.
4. Mix cornstarch and about ¼ cup cold water until lumps are gone. Add to chile/chicken mixture and cook 2 more minutes.
5. Break tortillas into strips and divide into thirds. Add them to the pan and cook until they are hot, stirring with a spoon from time to time.
6. Sprinkle the cheese over the enchiladas. Cover the pan and cook until the cheese has melted. Serve immediately.

Green Chile Stew

**Ingredients**

- ½ pound lean pork, cut into small cubes
- 1 tablespoon flour
- 2 teaspoons oil
- 2 large onions, chopped
- 2 cloves garlic, minced or ½ teaspoon garlic powder
- 3 cups diced green chile (roasted and peeled, fresh or frozen)
- 1 can (28 ounces) diced tomatoes
- 3 cups water

**Directions**

1. Mix flour and cubed pork together in bowl.
2. Place oil in stew pot and brown meat over medium heat.
3. Add onions and garlic and sauté for 5 minutes.
4. Add all remaining ingredients. Bring to simmer and cook for 15 minutes.

Note: This recipe is intended to be a side dish. Add potatoes and more meat to make a one-dish meal. If potatoes are not used, the dish freezes well.

Grilled Chicken with Green Chile Sauce

**Ingredients**

- 4 skinless, boneless chicken breasts
- ¼ cup olive oil
- Juice of 2 limes
- ¼ teaspoon oregano
½ teaspoon black pepper
¼ cup water
10 to 12 tomatillos, husks removed and cut in half
½ medium onion, quartered
2 cloves garlic, finely chopped
2 serrano or jalapeño peppers
2 tablespoons cilantro, chopped
¼ teaspoon salt
¼ cup low fat sour cream (or Homemade Sour Cream)

Directions

1. Combine the oil, juice from one lime, oregano, and black pepper in a shallow glass baking dish. Stir. Place the chicken breasts in the baking dish and turn to coat each side. Cover the dish and refrigerate overnight. Turn the chicken periodically to marinate chicken on both sides.
2. Put water, tomatillos, and onion into a saucepan. Bring to a gentle boil and cook uncovered for 10 minutes or until the tomatillos are tender. In a blender, place the cooked onion, tomatillos, and any remaining water. Add the garlic, peppers, cilantro, salt, and the remaining lime juice. Blend until all the ingredients are smooth. Place the sauce in a bowl and refrigerate.
3. Place the chicken breasts on a hot grill and cook until done. Place the chicken on a serving platter.
4. Spoon a tablespoon of low fat sour cream over each chicken breast. Pour the sauce over the sour cream.

Grilled or Broiled Orange Chicken

Ingredients

4 skinless boneless chicken breast halves (about 5 ounces each, or about 1½ pounds total)
½ cup frozen unsweetened orange juice concentrate, thawed
½ cup lemon juice
2 tablespoons grated orange peel
½ teaspoon garlic powder

Directions

Place chicken in shallow dish. Mix remaining ingredients. May add salt to taste. Pour over chicken. Turn chicken to coat with marinade. Cover and refrigerate overnight, turning chicken at least once.

Grill or broil chicken until the juice of chicken is no longer pink. Actual cooking time will vary depending on heat of the grill, distance from broiler heat and thickness of chicken.

Total time: 30 min
Preparation time: 10 min
Chill time: overnight

Ham and Cheese Calzones

Ingredients

1 14-ounce package refrigerated
8 ounces cubed cooked ham
pizza dough
¼ cup coarse-grain mustard
4 slices provolone cheese
Cooking spray

Directions

1. Heat oven to 400°F. Line a baking sheet with foil. Spray with cooking spray.
2. Cut pizza dough into 4 rectangles. Place on baking sheet. Spread lightly with mustard. Add cheese and ham to one triangular side of rectangle. Fold other half over, pinching to seal.
3. Bake 15 minutes or until brown.
Harvard Beets

Ingredients

1 can (15.25-ounce) cut beets, drained (reserve liquid)
2/3 cup reserved beet liquid
¼ cup cider vinegar
1 tablespoon cornstarch
2 packets artificial sweetener

Directions

Drain beets and reserve ½ cup of beet liquid.

Mix beet liquid, vinegar and cornstarch in saucepan. Stir to dissolve cornstarch. Heat, stirring constantly until thickened. (If you don't have ½ cup beet liquid, add enough water to equal ½ cup.)

Add beets and artificial sweetener. Heat through.

Total time: 20 min

Healthier Swiss Steak

Ingredients

1 pound round steak trimmed of visible fat and bone
¼ teaspoon black pepper
1 can (15-ounce) tomato sauce
2 tablespoons instant onion flakes
1 ½ cups sliced celery
1 can (4-ounce) sliced mushrooms and liquid
1 tablespoon dried parsley flakes

Directions

Trim all visible fat from the meat. Cut into serving pieces. Sprinkle with pepper.

Place steak in baking dish. Pour on tomato sauce. Cover with plastic wrap and marinate in refrigerator overnight.

The next day sprinkle on onion flakes and celery. Add mushrooms and mushroom liquid. Top with parsley flakes.

Bake covered with foil (shiny side down) at 350° for 1 and ½ hours or until steak is tender.

Total time: 1 hr 45 min
Preparation time: 15 min
Chill time: overnight

Herbed Brussels Sprouts

Ingredients

1 16-ounce bag frozen petite
1/8 teaspoon mustard powder
Brussels sprouts
1/8 teaspoon ground cumin
2 tablespoons water

Directions
1. In a microwave-safe bowl, add 2 tablespoons water and Brussels sprouts. Cover. Heat on high 8 to 10 minutes.
2. Mix mustard powder and ground cumin together. Sprinkle on sprouts.

**Total time:** 15 min

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**Holiday Broccoli Tomato Salad**

**Ingredients**

6-1/2 cups broccoli flowerets  
1 teaspoon dried dill  
1/2 cup sun-dried tomatoes in oil, drained  
4 ounces low-fat mozzarella cheese  
2 tablespoons oil from tomatoes  
1 tablespoon lemon juice

**Directions**

1. Slice flowerets and tomatoes to about same size. Place in bowl.  
2. Toss with lemon juice, add oil.  
3. Cut cheese into cubes. Add to salad. Toss with dill.

**Total time:** 15 min

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**Holiday Fruit Salad**

**Ingredients**

1 can (20-ounce) crushed pineapple  
2 packages (4 servings each) sugar-free cranberry gelatin  
1 can (16-ounce) whole berry cranberry sauce  
1 medium apple, chopped

**Directions**

Drain pineapple, reserving juice. Add enough water to juice to have 2 cups and bring to a boil in microwave or stove.

Add boiling liquid to gelatin in mixing bowl. Stir until dissolved.

Add cranberry sauce and stir until blended.

Add crushed pineapple and blend. Stir in chopped apple.

Refrigerate until firm.

**Total time:** 15 min  
**Chill time:** 3 hours

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**Homemade Sour Cream**

**Ingredients**

2 tablespoons skim milk  
1 tablespoon lemon juice  
1 cup low fat cottage cheese

**Directions**
1. Place all ingredients in a blender, and combine on medium-high speed until smooth and creamy.

**Horchata**

**Ingredients**

1 cup uncooked long grain white rice  
1 cup water  
4 cup skim milk  
1 t vanilla extract  
½ teaspoon ground cinnamon  
½ cup granulated sugar  
cheesecloth

**Directions**

1. Soak the rice in tap water overnight.  
2. Drain the soaked rice through a strainer.  
3. In a blender add rice, ½ cup water, 2 cup milk, vanilla, sugar, and cinnamon. Blend on high speed until rice is all ground up (approx 1.5 min).  
4. Add the remaining ½ cup water and 2 cup milk. Blend on high for approx. 1 min.  
5. Strain the mixture through the cheesecloth until no more liquid seeps out. Do not squeeze the cheesecloth. Discard cheesecloth and remains.  
6. Chill and serve.

**Horchata (low sugar recipe)**

**Ingredients**

1 cup uncooked long grain white rice  
1 cup water  
4 cup skim milk  
1 t vanilla extract  
½ teaspoon ground cinnamon  
¼ cup granulated sugar  
4 packets artificial sweetener (or less)  
cheesecloth

**Directions**

1. Soak the rice in tap water overnight.  
2. Drain the soaked rice through a strainer.  
3. In a blender add rice, ½ cup water, 2 cup milk, vanilla, sugar, artificial sweetener, and cinnamon. Blend or high speed until rice is all ground up (approx 1.5 min).  
4. Add the remaining ½ cup water and 2 cup milk. Blend on high for approx. 1 min.  
5. Strain the mixture through the cheesecloth until no more liquid seeps out. Do not squeeze the cheesecloth. Discard cheesecloth and remains.  
6. Chill and serve.

**Horchata (no sugar added recipe)**

**Ingredients**

1 cup uncooked long grain white rice  
1 cup water  
4 cup skim milk
1 t vanilla extract
½ teaspoon ground cinnamon
8 packets artificial sweetener (or less)
cheesecloth

**Directions**

1. Soak the rice in tap water overnight.
2. Drain the soaked rice through a strainer.
3. In a blender add rice, ½ cup water, 2 cup milk, vanilla, artificial sweetener, and cinnamon. Blend on high speed until rice is all ground up (approx 1.5 min).
4. Add the remaining ½ cup water and 2 cup milk. Blend on high for approx. 1 min.
5. Strain the mixture through the cheesecloth until no more liquid seeps out. **Do not squeeze the cheesecloth.** Discard cheesecloth and remains.
6. Chill and serve.

**Italian Baked Cod**

**Ingredients**

¾ cup chopped onion
1 tablespoon sliced black olives
1 teaspoon minced garlic
1 teaspoon basil
1 tablespoon olive oil
12 oz. cod fillets
1 can (28 oz.) diced tomatoes

**Directions**

1. Preheat oven to 450º.
2. Sauté onions and garlic in oil. Add tomatoes, olives, basil. Simmer until thickened, about 10 minutes.
3. Place in non-stick baking dish. Top with cod fillets. Bake covered about 10 minutes until fish flakes easily.

**Total time:** 30 min

**Italian Beef Stir-Fry**

**Ingredients**

(For 2 persons)

1½ pounds beef
¾ cup pasta
1-2 cloves garlic
1/8 teaspoon pepper
1½ cup mushrooms
1 tomato
2 teaspoons parsley
1½ teaspoon oil
2 tablespoons dressing
2 teaspoons cheese

(For 4 persons)

3 pounds beef round tip steak
1½ cups uncooked medium bow-tie or shell pasta
2 cloves garlic
¼ teaspoon black pepper
3 cups sliced mushrooms
1 cup cherry tomato halves or 2 medium tomatoes
1 tablespoon chopped fresh parsley  
1 tablespoon olive oil  
¼ cup prepared fat-free Italian salad dressing  
1 tablespoon grated Parmesan cheese

**Directions**

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. 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 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.

**Total time:** 30 min

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**Italian Chicken**

**Ingredients**

6 (4-ounces each) skinless, boneless chicken breasts  
3 tablespoons flour  
1 tablespoon olive oil  
2 tablespoons onion, minced  
½ teaspoon minced garlic  
1 cup tomato sauce  
½ teaspoon rosemary  
¼ teaspoon pepper  
½ teaspoon basil  
½ teaspoon oregano

**Directions**

Wash chicken pieces, pat dry. On a sheet of waxed paper, dredge chicken in flour.

In a 10-inch nonstick skillet, heat oil over medium heat until hot. Add chicken and cook 2-5 minutes on each side, turning occasionally until lightly browned on all sides.

Using tongs, remove chicken from skillet. Set aside.

In same skillet, sauté onion and garlic until softened. Add tomato sauce and seasonings. Using wooden spoon, stir well.

Cook, stirring frequently, until liquid is reduced by half (about 3 or 4 minutes).

Return chicken to skillet. Cook until sauce thickens and chicken is heated through.

**Total time:** 35 min

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**Italian Turkey Casserole**

**Ingredients**

1 pound ground turkey  
1 tablespoon minced garlic  
1 package frozen broccoli, cauliflower, and carrots mix
1 can Italian tomato sauce
¼ cup shredded Parmesan and Romano cheese
2 cups dry macaroni

Directions

1. Heat oven to 450°F.
2. Brown ground turkey in a skillet.
3. Rinse frozen vegetables under warm water to thaw.
4. Cook macaroni according to package directions.
5. Combine turkey, vegetables, macaroni, minced garlic, and tomato sauce in a 2 quart baking dish.
6. Top with cheese.
7. Cover and bake for 30 minutes.

Total time: 1 hr

Jamaican Chicken (Spicy)

Ingredients

½ teaspoon cinnamon
1 teaspoon allspice
1 teaspoon black pepper
1 teaspoon cayenne pepper
2 teaspoons dried oregano
2 teaspoons dried thyme
1 pound boneless, skinless chicken
½ teaspoon salt
1 teaspoon garlic powder
1 cup finely chopped onion
1 cup vinegar
1 cup water
1 teaspoon brown sugar substitute

Directions

Combine all ingredients except chicken.

Add chicken and marinate in the refrigerator for at least 6 hours.

Transfer to a large skillet; bring to a boil, then simmer for approximately 30 minutes. Make sure chicken does not boil dry.

Adding additional water/vinegar will decrease spiciness. May also bake in 350° oven for approximately 45 minutes.

Total time: 1 hr 30 min
Preparation time: 10 min
Chill time: 6 hours

Jicama with Lime Juice

Ingredients

4 cups jicama (peeled and cut into strips)
¼ cup lime juice
Powdered red chile to taste
Salt to taste

Directions

Sprinkle jicama with lime juice, chile and salt.
### Lemon Cake

**Ingredients**

- 1 purchased angel food cake
- 1 box (4-serving size) lemon instant sugar-free pudding
- ½ cup skim milk
- 1 carton (8-ounce) lemon-flavored non-fat, no-sugar-added yogurt
- ½ carton (8-ounce) “lite” frozen whipped topping, thawed

**Directions**

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 whipped 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.

**Total time:** 30 min

### Lemon Chicken

**Ingredients**

- 1 tablespoon olive oil
- ½ cup fat-free low
- 2-4 pounds boneless skinless chicken thighs
- chicken broth
- 1 leek, halved, washed, sliced
- 1 pound baby carrots
- Zest of 1 lemon
- 1 tablespoon cornstarch with water for thickening
- ½ cup lemon juice

**Directions**

1. In a large skillet, heat oil. Add chicken, turning often to brown.
2. Add leek and lemon zest, cooking 3 to 4 minutes.
3. Add lemon juice and broth, stirring to combine. Add carrots, making sure carrots are at least partially covered with liquid. Cover and cook 35 minutes.
4. Uncover. While boiling add cornstarch water mixture. Stir while boiling until liquid begins to thicken.

**Total time:** 45 min

### Lemon Meringue Pie

**Ingredients**

- 1 ready-to-bake 9 inch pie shell that has less than 90 calories per serving
- 1/3 cup cornstarch
- 1/8 teaspoon salt
- 1 cup Splenda®, divided
- 1 ½ cups water
- 4 eggs, separated
- ½ tablespoon margarine
- ½ cup lemon juice
Directions

Bake pie shell as directed. Cool.

In medium saucepan, stir together cornstarch, salt, and 3/4 cup Splenda®. Add water, stirring until Splenda® and cornstarch are dissolved. Cook on medium heat until mixture thickens and comes to a boil, stirring constantly.

Beat egg yolks in small bowl. Add about a cup of the cornstarch mixture and stir. Transfer this mixture to cornstarch mixture in saucepan, stirring rapidly. Cook on medium heat until very thick, about 5 minutes.

Remove from heat and whisk in margarine and lemon juice. Pour into pie shell.

Preheat oven to 400°.

In medium bowl beat egg whites on high speed until foamy. Add cream of tartar and beat until soft peaks form. Add remaining 1/4 cup Splenda® and beat until stiff peaks form.

Spread meringue over pie filling, sealing with crust edge. Bake 10 minutes or until meringue is golden.

Remove from oven and cool 1 hour. Refrigerate for 3 hours before serving.

Note: Pie crusts vary from 80 to 150 calories per serving. Read the label to choose one lower in calories. The above calculations were based on a pie crust with 90 calories per c of a pie.

Total time: 1 hr 15 min
Preparation time: 45 min
Chill time: 3 hours

Lemon Poppyseed Bread

Ingredients

1 lemon cake mix
1/2 cup oil
1 package fat-free sugar-free lemon pudding
1 cup water
4 eggs
1/4 cup poppyseeds

Directions

1. Preheat oven to 350ºF.
2. Mix all ingredients together with a mixer at medium speed for 4 minutes.
3. Pour into 2 loaf pans, either non-stick or sprayed with cooking spray.
4. Bake for 45 minutes or until done.

Total time: 1 hr

Lentil Soup (from Madrid)

Ingredients

2 Cups Lentils
3 Tablespoons Olive Oil
2 Medium Onions -- chopped
1 Medium Green Pepper -- chopped
1 Tablespoon Flour
8 Ounces Chorizo -- chopped
6 Medium Tomatoes -- chopped
2 Medium Carrots -- chopped
2 Cloves Garlic -- chopped
6 Cups Water
Salt And Pepper -- to taste

Directions

1. Saute onions and peppers in olive oil until tender.
2. Add flour, cook 1 minute.
3. Add all other ingredients
4. Simmer 1 3/4 hours.

Lighter Fried Fish Fillets

Ingredients

1 pound fish fillets
2 tablespoons Parmesan cheese
1 1/2 tablespoons yellow cornmeal
1 1/2 tablespoons whole wheat flour
1/2 teaspoon pepper
1/2 teaspoon Hungarian paprika (optional)
1 tablespoon olive or canola oil
Cooking spray

Directions

Spray baking dish with cooking spray.
Preheat oven to 400°.
Rinse fillets under cold water, pat dry.
Combine Parmesan cheese, cornmeal, flour, pepper and paprika in plastic bag.
Shake fillets one at a time in bag to coat with cheese mixture.
Place fillets in baking dish. Drizzle oil over fillets. Bake about 10 minutes per inch thickness of fish or until fish is opaque when flaked. Fillets may need to be turned half-way through baking.

Total time: 30 min

Low Fat Potato Crisps

Ingredients

4 small potatoes
Cooking spray
Hungarian paprika (optional)
Salt and pepper (optional)

Directions

Pre-heat oven broiler.
Slice potatoes into very thin slices (one-quarter inch or less).
Spray the cookie sheets with cooking spray. Lay potato slices out in single layer on cookie sheets. Sprinkle with seasonings.
Broil for about five minutes or until brown on one side. Turn and broil another 5 minutes or until both sides are brown. Serve immediately.

Total time: 15 min
**Lower Calorie Cheesecake**

**Ingredients**
- nonstick cooking spray
- 1/4 cup fat free milk
- 1-1/4 cups low fat graham cracker crumbs
- 2 tablespoons flour
- 3 tablespoons margarine
- 3 teaspoons vanilla
- 24 ounces fat free cream cheese, softened
- 3 eggs
- 1 cup Splenda®

**Directions**
1. Spray 9" springform pan lightly with cooking spray. Preheat oven to 350°.
3. Reduce oven heat to 325°. Beat cream cheese until creamy. Gradually beat in Splenda®; then milk; then flour and vanilla. Add eggs one at a time, beating after each.
4. Pour into crust, bake until set, 50-60 minutes. Refrigerate until well chilled.

**Total time:** 1 hr 20 min

**Lower-Fat Macaroni and Cheese**

**Ingredients**
- 2 cups uncooked macaroni
- 2 tablespoons reduced-fat margarine
- 2 tablespoons cornstarch
- 1 cup skim milk
- 1 cup evaporated skim milk
- ½ cup reduced-fat cheddar cheese, shredded
- 1 cup part-skim mozzarella cheese, shredded
- Cooking spray

**Directions**
Preheat oven to 350°.

Prepare macaroni according to package directions in the large saucepan. Drain in colander.

To make cheese sauce, melt margarine in medium-sized saucepan. Mix cornstarch well into cold skim milk. Add skim milk and evaporated skim milk to margarine.

Heat sauce over medium heat, stirring constantly.

When the sauce thickens, remove from heat and add shredded cheese.

Mix drained macaroni with sauce. Put in casserole dish sprayed with non-stick spray.

Bake uncovered for 30 minutes at 350°.

**Total time:** 1 hr
**Preparation time:** 30 min

**Low-Fat Cream Cheese Frosting**

**Ingredients**
1½ cups light cream cheese (a less fat)
1½ tablespoons tub margarine
6 packets Equal®
3 packets Sweet 'N Low®
2 teaspoons vanilla
1-2 tablespoons skim milk

**Directions**

Beat together cream cheese, margarine, aspartame, saccharin and vanilla until smooth.

Thin with milk, if needed.

**Total time:** 15 min

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**Mango Shake**

**Ingredients**

2 cups 1% milk  
4 tablespoons frozen mango juice (or 1 fresh pitted mango)  
1 small banana  
2 ice cubes

**Directions**

1. Put all ingredients into a blender. Blend until foamy. Serve immediately.

**Variations:** Instead of mango juice, try orange juice, papaya, or strawberries.

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**Meatball Soup**

**Ingredients**

½ pound ground chicken  
½ pound ground lean beef  
10 cups water  
1 tablespoon annatto (achiote)  
1 bay leaf  
1 small onion, chopped  
½ cup green pepper, chopped  
1 teaspoon mint (yerbabuena)  
2 small tomatoes, chopped  
½ teaspoon oregano  
4 tablespoons instant corn flour (masa harina)  
½ teaspoon black pepper  
2 cloves garlic, minced  
½ teaspoon salt  
2 medium carrots, chopped  
1 medium chayote (christophine), chopped  
2 cups cabbage, chopped  
2 celery stalks, chopped  
1 10-ounce package frozen corn  
2 medium zucchini, chopped  
½ cup cilantro, minced

**Directions**

1. In a large pot, combine water, annatto, bay leaf, half of the onion, green pepper, and ½ teaspoon of mint. Bring to a boil.
2. In a bowl, combine chicken and beef, the other half of the onion, tomato, oregano, corn flour, pepper,
Mexico Pozole

Ingredients

2 pounds lean beef, cubed
1 tablespoon olive oil
1 large onion, chopped
1 clove garlic, finely chopped
¼ teaspoon salt
1/8 teaspoon pepper
¼ cup cilantro
1 can (15 ounce) stewed tomatoes
2 ounces tomato paste
1 can (1 lb. 13 ounce) hominy

Directions

1. In a large pot, heat oil. Saute beef.
2. Add onion, garlic, salt, pepper, cilantro, and enough water to cover the meat. Cover pot and cook over low heat until meat is tender.
3. Add tomatoes and tomato paste. Continue cooking for about 20 minutes.
4. Add hominy and continue cooking another 15 minutes, stirring occasionally, over low heat. If too thick, add water for desired consistency.

Option: Skinless, boneless chicken breasts may be used instead of beef cubes.

Microwave English Muffin Bread

Ingredients

Cornmeal
¼ teaspoon baking soda
5 cups flour
2 ¼-ounce packages yeast
2 teaspoons sugar
2 cups skim milk
1 teaspoon salt
½ cup water
non-fat cooking spray

Directions

1. Spray 2 microwave-safe loaf pans with non-fat cooking spray; sprinkle with cornmeal.
2. Combine 4 cups flour, sugar, salt, baking soda and yeast in large bowl.
3. Combine water and milk, heating until very warm, but not boiling. Add to dry mixture and beat well. Add remaining flour.
4. Divide dough in two, putting each half in loaf pan. Sprinkle with cornmeal. Cover and microwave on 50% power for 1 minute. Let dough rest 15 minutes. Repeat heating and resting.
5. Microwave on high for 6 ½ minutes. Allow to cool; slice; serve toasted.

Total time: 45 min

Minute Soup

Ingredients
1 pound of beef cut into pieces
8 cups of water
1 clove of minced garlic
1 teaspoon of oregano
1 teaspoon of olive oil
1 Tablespoon of tomato paste or a tomato, peeled and chopped
3 large, yellow potatoes cut into cubes
2 cups cooked angel hair noodles
Salt and pepper to your liking

Directions

1. Season the beef with salt, pepper and garlic
2. Heat the oil in a frying pan and fry the pieces until they brown.
3. Add the oregano, tomato paste (or tomato) and cook until they brown.
4. Add the water, bring it to a boil, and leave it until the meat is tender.
5. Add the potatoes and noodles and let them boil a few minutes until thoroughly cooked.
6. If necessary, add more salt.
7. Serve hot.

More than Potato Soup

Ingredients

2 teaspoons margarine
2/3 cup water
3 medium potatoes, peeled, and sliced (3 cups)
1 can (28-ounce) non-fat chicken broth
1 small celery root, peeled and diced (1 cup)
2 small parsnips, peeled and sliced (2 cups)
2 garlic cloves, chopped
Salt, to taste

Directions

1. Melt margarine in large saucepan. Add all remaining ingredients except broth. Bring to a simmer and cook 15-20 minutes until most of the water has evaporated.
2. Add the broth, bring to a simmer and cook until vegetables are tender.
3. Mash with potato masher to desired consistency.

Total time: 45 min

Morocco Chicken

Ingredients

2 pounds chicken, boneless, skinless
2 tablespoons olive oil
2 teaspoons ground cumin
2 small zucchini, sliced
1 teaspoons ground allspice
1 can (14.5 oz) drained chickpeas
1 teaspoons ground nutmeg
1 can (14.5 oz) diced tomatoes

Directions

1. Trim fat from chicken. Mix spices. Rub mixture into chicken.
2. Add oil to skillet. Brown chicken, turning pieces as needed.
3. Add zucchini, stirring occasionally for 10 minutes.
4. Add chickpeas and tomatoes. Cover, bring to a boil, then lower heat to simmer for 20 minutes.

**Navajo Tacos: Fry Bread**

**Ingredients**

2/3 cup all-purpose flour  
1/3 cup whole wheat four  
2 tablespoons nonfat dry milk powder  
¾ teaspoon baking powder  
1/3 to ½ cup warm water  
Vegetable oil

**Directions**

1. Mix flours, nonfat dry milk powder and baking powder in a bowl.
2. Stir enough water into the flour mixture to make a soft dough. Knead until the dough springs back.
3. Form dough into five equal balls, each about 1½ inches in diameter. Cover with a damp towel and let rest for about 10 minutes.
4. Put oil in a heavy skillet to a depth of about 1 inch. Heat the oil to 350° to 375°F.
5. Roll or pat the dough into 5-inch circles.
6. Fry, one at a time, in the hot oil until puffy and golden, turning once.
7. Stand pieces upright in a pan and/or blot them with paper towels to remove excess fat.

**Navajo Tacos: Toppings**

**Ingredients**

2½ cups cooked pinto beans (seasoned with onion and garlic)  
¼ cup tomato sauce  
¼ teaspoon salt  
1¼ cups grated cheese  
1¼ cups chopped tomatoes  
2/3 cup green chile

**Directions**

1. Mash beans slightly with a spoon, add tomato sauce and salt, and mix well. Heat through.
2. Top each piece of fry bread with ½ cup beans, ¼ cup cheese, ¼ cup lettuce and 2 tablespoons green chile.

Note: Add the information from the two labels together to get the nutrient amounts for the complete dish.

**Noodles with Chopped Nuts**

**Ingredients**

2 cups fresh pasta cooked al dente  
¼ cup melted butter  
1 teaspoon finely chopped parsley  
3 or 4 tablespoons very finely chopped walnuts  
½ cup grated mozzarella cheese (made with skim milk)  
Salt for taste

**Directions**

1. Slowly melt butter, and when frothing point is reached add very finely chopped walnuts.
2. Fry nuts until golden brown, stirring constantly (scorched nuts tend to taste rather bitter).
3. Add chopped parsley, remove from the fire, and pour over fresh pasta cooled al dente or firm to the bite.
4. Blend well, coating pasta with butter and nuts mixture, sprinkle grated cheese on top and serve immediately.

**Nopales**

**Ingredients**

- 2 cups fresh nopales strips, thorns removed
- 1 teaspoon olive oil
- ½ cup onion
- ½ teaspoon chile piquin

**Directions**

1. Place nopales in saucepan and cover with water. Boil for 20 minutes.
2. Drain nopales and rinse well.
3. Heat oil in frying pan.
4. Sauté onions in hot oil.
5. Add cooked nopales and chile piquin. Cook until well heated.

**Oatmeal Cookies**

**Ingredients**

- ¾ cup whole wheat flour
- ¾ cup all-purpose flour
- 1 teaspoon baking powder
- 1 teaspoon cinnamon
- ¼ teaspoon nutmeg
- 1½ cups old-fashioned rolled oats
- 1 cup any combination of chopped nuts, raisins and dates
- 6 ounces silken (soft) tofu
- ½ cup extra virgin olive oil
- ¼ cup water
- 1 cup light brown sugar, packed
- 2 tablespoons vanilla extract

**Directions**

1. Preheat oven to 375°F.
2. In a large bowl, sift together the flours, baking powder and spices. Stir in oats and the fruit/nut mixture.
3. In a separate bowl, mash tofu with back of a fork. Stir in olive oil, water, brown sugar and vanilla extract.
4. Using a rubber spatula, fold wet ingredients into the dry ones, combining thoroughly.
5. Drop batter by rounded tablespoon onto ungreased cookie sheet. Bake for 10 minutes, or until edges are golden brown.

**Oatmeal Raisin Cookies**

**Ingredients**

- 1¼ cups rolled oats
- ¾ cup all-purpose flour
- ½ teaspoon cinnamon
- ½ teaspoon ginger
- ¼ teaspoon salt (optional)
- ½ teaspoon baking powder
- ½ cup reduced-fat margarine
- 1/3 cup dark brown sugar, packed
- ½ cup Splenda®
- 1 egg 1 teaspoon vanilla extract
1/3 cup chopped raisins
Cooking spray

**Directions**

Preheat oven to 350°.

Stir together oats, flour, cinnamon, ginger, salt and baking powder.

In another bowl, cream the margarine, brown sugar and Splenda® with electric mixer. Beat in egg and vanilla.

Stir in dry ingredients, then raisins.

Drop by heaping teaspoonsful onto baking sheets sprayed with cooking spray.

Bake 8-10 minutes. Cool on wire rack.

**Total time:** 25 min  
**Preparation time:** 15 min

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**Orange Asparagus Chicken Stir Fry**

**Ingredients**

- 2 tablespoons oil  
- 1 tablespoon ginger  
- 1 medium hot pepper  
- 2 lbs. asparagus  
- 1 3/4 lbs. boneless, skinless chicken  
- 1 cup water  
- 2 tablespoons orange peel  
- 1 teaspoon cornstarch  

**Directions**

1. Add oil to large skillet. Finely chop pepper, add to oil; cook on medium heat.
2. Chop chicken into 1/2 x 1-inch pieces and add to oil.
3. Cover, cooking a few minutes, stirring occasionally.
4. Add orange peel and ginger; cover, cook a few minutes, stirring occasionally.
5. Wash asparagus, trim, and cut into 1-inch pieces.
6. Remove chicken from pan; place in bowl and cover to keep warm.
7. Add asparagus to pan with 1/2 cup water. Cook 6 to 7 minutes on high heat or until tender.
8. Mix cornstarch into 1/2 cup cold water; add to pan, stirring constantly. When mixture begins to boil, add chicken. Cook on medium heat, stirring for 2-3 minutes.

**Total time:** 30 min

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**Orange Mocha**

**Ingredients**

- 1 package sugar-free orange gelatin  
- 1 cup hot coffee  
- 1 cup cold coffee  
- 2 tablespoons unsweetened cocoa  
- 4 tablespoons Splenda®  
- ¾ cup Cool Whip Free®  

**Directions**

Combine gelatin, cocoa, and Splenda® in a bowl.
Add hot coffee, stirring until dissolved.

Add cold coffee. Refrigerate until thick.

Stir in Cool Whip Free® until blended. Refrigerate until set.

**Note:** May use decaffeinated coffee, or increase or decrease coffee strength as desired.

**Total time:** 15 min  
**Chill time:** 3 hours

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### Oven Fried Chicken

**Ingredients**

- 2 whole chicken breasts, split, and skinned
- 1 tablespoon olive oil
- ½ cup oatmeal, uncooked
- ¾ teaspoon chili powder
- ¾ teaspoon Hungarian paprika (optional)
- Cooking spray

**Directions**

Heat oven to 425°. Spray cookie sheet with vegetable spray.

Brush chicken breasts with olive oil.

Place oats and spices in blender. Blend one minute, stopping occasionally to stir.

Pour oat mixture into plastic freezer bag. Drop each breast one at a time into bag and coat well.

Place chicken on cookie sheet sprayed with vegetable spray. Spray breasts lightly with vegetable spray.

Bake 35-40 minutes or until juices run clear when pierced with fork.

**Total time:** 1 hr  
**Preparation time:** 20 min

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### Oven Pancake

**Ingredients**

- Nonfat cooking spray
- ½ cup fat-free milk
- 2 eggs
- ¼ teaspoon salt
- ½ cup flour

**Directions**

1. Heat oven to 425°F. Spray a 10” baking pan, pie pan or oven-safe skillet with nonfat cooking spray.
2. In a bowl, beat eggs until combined. Add other ingredients.
3. Pour into baking pan and bake for 20-25 minutes. Serve with low calorie syrup, yogurt, or fruit. Note: calories or carbohydrate for topping not included in analysis.

**Total time:** 35 min

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### Oven Poached Fish

**Ingredients**
Oven-Fried Yucca

Ingredients

1 pound fresh yucca (cassava), cut into 3-inch sections and peeled (or 1 pound peeled frozen yucca)  
Nonstick cooking oil spray

Directions

1. In a kettle, combine the yucca with enough cold water to cover it by one inch. Bring the water to a boil, and slowly simmer the yucca for 20 to 30 minutes, or until it is tender.
2. Preheat oven to 350ºF.
3. Transfer the yucca with a slotted spoon to a cutting board, let it cool, and cut it lengthwise into ¾-inch-wide wedges, discarding the thin woody core.
4. Spray cookie sheet with the nonstick cooking oil spray. Spread yucca wedges on cookie sheet, and spray wedges with cooking oil spray. Cover with foil paper and bake for 8 minutes. Uncover and return to oven to bake for an additional 7 minutes.

Peach Raisin Tart

Ingredients

1 cup raisins  
1/3 cup Splenda®  
2 tablespoons flour  
½ teaspoon cinnamon  
¼ teaspoon salt
1 bag (16-ounce) frozen, unsweetened peaches, thawed
1 tablespoon lemon juice
1 (9-inch) unbaked pie shell

**Directions**

Preheat oven to 425°.

Combine raisins, Spenda®, flour, cinnamon, and salt.

Combine peaches and lemon juice. Toss peaches with raisins/flour mixture.

Put peach mixture in middle of pie shell. Fold edges toward center of pie and crimp together.

Bake for 10 minutes. Reduce heat to 350° and bake 20-25 minutes more until crust is golden brown.

**Total time:** 1 hr  
**Preparation time:** 20 min

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### Pear Pie with Cheddar Cheese Topping

**Ingredients**

- 3 pounds pears, peeled and sliced
- 1/3 cup Splenda®
- 1 tablespoon cornstarch
- 1/8 teaspoon salt
- 1 (9-inch) unbaked frozen pie shell

**Topping:** ½ cup shredded, low-fat cheddar cheese  
½ cup flour  
3 tablespoons margarine, melted  
¼ cup Splenda®  
1/8 teaspoon salt

**Directions**

Preheat oven to 425°.

Combine pears, Splenda®, cornstarch, and salt. Pour into pastry shell.

Combine topping ingredients until crumbly. Sprinkle over pear mixture.

Bake at 425° for 25-35 minutes until crust is light brown and cheese has melted.

**Total time:** 45 min  
**Preparation time:** 15 min

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### Pecan Crusted Broccoli

**Ingredients**

- ¼ cup pecan chips  
- ½ teaspoon marjoram  
- 1 tablespoon olive oil  
- 1 pound frozen chopped broccoli, cooked

**Directions**

2. Toss cooked broccoli with topping mixture.
**Pesto Tortellini**

**Ingredients**
1 package frozen tricolor tortellini  
2 medium summer squash  
2 medium zucchini  
1/4 cup pesto  
1/4 cup shredded Parmesan and Romano cheese

**Directions**
1. Preheat oven to 350°F.  
2. Cook tortellini according to package directions.  
3. Wash and slice zucchini and other squash.  
4. Toss vegetables, tortellini, and pesto together.  
5. Place mixture in baking dish. Sprinkle with cheese. Bake 20 minutes until cheese is melted.

**Total time:** 20 min

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**Pineapple Bars**

**Ingredients**
1 package (8-ounce) low-fat crescent rolls  
3 ounces non-fat cream cheese  
1/2 cup Splenda®  
1 tablespoon lemon juice  
2 eggs  
1 cup crushed pineapple, drained

**Directions**
Preheat oven to 375°. Separate rolls into 2 strips and line a 9 x 13 inch pan, sealing perforations. Bake for 5-7 minutes until lightly browned.

Combine remaining ingredients except pineapple, mixing well. Stir in pineapple.

Pour mixture over partially baked crust. Bake 25 minutes until mixture is set. If edges are brown and middle is not set, reduce heat to 350° and bake additional 5-10 minutes. Cool and cut into 24 bars.

**Total time:** 45 min  
**Preparation time:** 20 min

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**Pineapple Salsa with Canned Pineapples**

**Ingredients**
1 can pineapple tidbits (20 ounces), drained  
4 green onions, sliced  
1 cucumber, peeled and chopped  
2 tomatoes, chopped  
1 jalapeño pepper, seeded and minced  
3 tablespoons minced fresh cilantro  
2 tablespoons red wine vinegar  
1 teaspoon vegetable oil  
Juice of one fresh lime
Directions

1. Combine and toss all ingredients except vinegar, oil and lime juice.
2. Mix vinegar, oil and lime juice. Add to other ingredients and stir.
3. Refrigerate for one hour before serving.

**Pineapple Salsa with Fresh Pineapples**

**Ingredients**

- 1¾ cups diced fresh pineapple
- 4 green onions, sliced
- 1 cucumber, peeled and chopped
- 2 tomatoes, chopped
- 1 jalapeño pepper, seeded and minced
- 3 tablespoons minced fresh cilantro
- 2 tablespoons red wine vinegar
- 1 teaspoon vegetable oil
- Juice of one fresh lime

**Directions**

1. Combine and toss all ingredients except vinegar, oil and lime juice.
2. Mix vinegar, oil and lime juice. Add to other ingredients and stir.
3. Refrigerate for one hour before serving.

**Pineapple Whipped Salad**

**Ingredients**

- 1 package (3-ounce) sugar-free lime gelatin
- 1 cup boiling water
- 1 can (20-ounce) crushed pineapple in its own juice
- ½ cup low-fat cottage cheese
- 1 cup non-fat whipped topping

**Directions**

Dissolve gelatin in boiling water.

Drain pineapple, reserving 1/2 cup. Add this 1/2 cup of pineapple juice to gelatin.

Chill until very thick.

Fold in pineapple, cottage cheese, and whipped topping. Chill until firm.

**Chill time:** 3 hours

**Ponche**

**Ingredients**

- ½ lb. of crabapples, peeled and cored
- 2 Golden Delicious, peeled and cored
- 1 lb. guavas
- 3 pieces of sugarcane cut into strips
- ½ cup pitted prunes
- 2 cups diced pineapples
- 1 cup sugar
- 3 cinnamon sticks
8 cups of water

**Directions**

1. Place the fruit, sugar, cinnamon and sugar cane in a large pot.
2. Heat it until it comes to a boil.
3. Lower the heat and let it simmer for 1 hour.

**Pork Tenderloin**

**Ingredients**

- 1¼ pounds pork tenderloin, trimmed of visible fat
- 1 tablespoon canola oil
- ¼ teaspoon salt (optional)
- 1/8 teaspoon pepper
- 1½ tablespoons all-purpose flour

**Gravy:**

- 1½ tablespoon cornstarch
- ¼ cup cold water
- ½ cups skim milk
- ¼ teaspoon salt (optional)

**Directions**

Mix salt, pepper and flour in small dish. Coat tenderloins.

Heat frying pan and add oil.

Brown tenderloins in oil. Turn heat down to simmer and cook until done. Centers should be grayish in color. Remove meat from pan.

Dissolve cornstarch in water and add to milk. Season with salt if desired. Heat mixture in pan where meat was cooked on medium heat using spatula to loosen browned flour from bottom of pan.

Add cornstarch mixture, stirring constantly. Gravy will be ready when thickened and bubbly.

**Total time:** 20 min  
**Preparation time:** 5 min

**Potato and Carrot Salad**

**Ingredients**

- 1.5 cups boiled potatoes, in small cubes
- 1.5 cups boiled carrots, in small cubes
- 1 cup boiled, or canned, peas, well drained
- 2 Tablespoons of mayonnaise

**Directions**

1. Place vegetables in a deep serving plate, and mix with mayonnaise.
2. Add a few drops of additional vinegar, or lemon juice, and a pinch of chopped parsley.
3. Serve warm or cold

**Potato Salad Plus**

**Ingredients**

- 2 cans potatoes (16 ounces each)
1 can green beans (16 ounces)
1 can carrots (16 ounces)
½ cup chopped onion
¼ cup vinegar
2 tablespoons vegetable or olive oil
1 teaspoon garlic powder
2 teaspoons dill weed

Directions

2. Mix potatoes, beans, carrots and onions in a large bowl.
3. In a small bowl, mix together vinegar, oil, garlic powder and dill.
4. Add dressing to vegetables, stir and chill.

Source: IHS Nutrition and Dietetics Training Program.

Pozole

Ingredients

2 pounds frozen pozole (uncooked)
6 quarts water
4 cups raw cubed pork with fat trimmed
2 tablespoons New Mexico red chile powder
1½ teaspoons garlic powder
¼ teaspoon oregano
1 medium onion, diced
1½ teaspoons salt

Directions

1. Combine all ingredients.
2. Bring to boil.
3. Cover. Cook on medium heat for 2 to 2 ½ hours until the pozole ruptures.

Pumpkin Soup

Ingredients

2 teaspoons margarine
¾ cup finely chopped onion
2 cups pureed cooked pumpkin or 1 can (16 ounces) pumpkin puree
2 cups chicken broth (homemade or canned reduced-sodium)
1/8 teaspoon nutmeg
1 cup nonfat milk

Directions

1. Melt the margarine in a medium saucepan. Sauté the onion until softened, about 5 minutes.
2. Add the pumpkin, broth and nutmeg. Stir to mix well.
3. Bring to a boil. Reduce the heat and simmer for 15 minutes.
4. Add the milk and heat thoroughly, but do not boil. Serve at once.

Adapted from The New Family Cookbook for People with Diabetes.

Pumpkin Vegetable Soup

Ingredients
2 tablespoons olive or vegetable oil
2 tomatoes, chopped
1 roasted and peeled green chile, chopped
1 onion, chopped
½ teaspoon nutmeg
2 cups cubed cooked pumpkin
2 cups chicken broth

Directions

1. Sauté tomatoes, green chile, onion and nutmeg in oil for about 5 minutes in a large pan.
2. Add pumpkin and chicken broth and bring to a boil, stirring until well blended.
3. Reduce heat to a simmer and cook, covered, for 15 to 20 minutes.

Adapted from *Spirit of the Harvest*.

Pumpkin, Raisin, Pecan Braid

**Ingredients**

**Braid:**
- 1 cup canned pumpkin
- ¼ cup brown sugar
- 1 teaspoon cinnamon
- ¼ teaspoon ginger
- 1 can (8-ounce) low-fat crescent rolls
- ¼ teaspoon nutmeg
- 1 egg, separated
- ¼ cup chopped pecans
- ¼ cup raisins
- Cooking spray

**Glaze:**
- ¼ cup cold water
- 2 teaspoon cornstarch
- Dash salt
- a cup sugar replacement
- 1 teaspoon vanilla extract

**Directions**

Heat oven to 350°. Spray cookie sheet with cooking spray.

Combine pumpkin, brown sugar, spices and egg yolk. Add pecans and raisins.

Unroll dough onto cookie sheet, sealing perforations to form one 13 x 7 inch rectangle. Spread filling down center to within about 2 inches of edges.

With scissors, make cuts 1 inch apart along sides of dough. Fold these strips at an angle across filling. Beat egg white until foamy and brush over braid.

Bake for 25-30 minutes. Immediately remove from cookie sheet.

To make glaze, blend water and cornstarch. Pour into saucepan. Add salt.

Boil until clear and thickened. Remove from heat. Add sugar replacement and vanilla, stirring to dissolve. Pour over braid. Slice into 6 pieces.

**Total time:** 1 hr  
**Preparation time:** 30 min

Pupusas Revueltas
Ingredients

1 pound ground chicken breast
1 tablespoon vegetable oil
½ pound low fat mozzarella cheese, grated
½ small onion, finely diced
1 clove garlic, minced
1 medium green pepper, seeded and minced
1 small tomato, finely chopped
½ teaspoon salt
5 cups instant corn flour (masa harina)
6 cups water

Directions

1. In a nonstick skillet over low heat, sauté chicken in oil until chicken turns white. Constantly stir the chicken to keep it from sticking.
2. Add onion, garlic, green pepper, and tomato. Cook until chicken mixture is cooled through. Remove skillet from stove and let mixture cool in the refrigerator.
3. While the chicken mixture is cooling, place the flour in a large mixing bowl and stir in enough water to make a stiff tortilla-like dough.
4. When the chicken mixture has cooled, mix in the cheese.
5. Divide the dough into 24 portions. With your hands, roll the dough into balls and flatten each ball into a ½-inch thick circle. Put a spoonful of the chicken mixture in the middle of each circle of dough and bring the edges to the center. Flatten the ball of dough again until it is ½-inch thick.
6. In a very hot, iron skillet, cook the pupusas on each side until golden brown.
7. Serve hot with Curtido salvadoreño.

Quelites (Sauteed Greens or Spinach)

Ingredients

1½ teaspoons olive oil
½ cup chopped onion
1 package (10 ounces) frozen spinach
1 teaspoon crushed chile piquin

Directions

1. Heat oil in a medium frying pan.
2. Sauté onion in oil.
3. Add spinach and chile piquin. Cook over medium heat for about 8 minutes.

Note: This recipe is also delicious when prepared with 1 cup of pinto beans. The beans add about 7 grams of carbohydrate per ½ cup serving.

Quick Beef Casserole

Ingredients

½ pound lean ground beef
1 cup onion, chopped
1 cup celery, chopped
1 cup green pepper, cubed
3½ cups tomatoes, diced
¼ teaspoon salt
½ teaspoon black pepper
¼ teaspoon paprika
1 cup frozen peas
2 small carrots, diced
1 cup uncooked rice
1 1/2 cups water

**Directions**

1. In a skillet, brown the ground beef and drain off the fat.

**Quick Raisin Scones**

**Ingredients**

- 2 cups Bisquick® baking mix
- 1/3 cup raisins
- 1/3 cup skim milk
- 3 tablespoons Splenda®
- 1 teaspoon cinnamon
- 1 egg
- Cooking spray

**Directions**

Heat oven to 425°. Spray cookie sheet with cooking spray.

Mix remaining ingredients until soft dough forms. Spread on cookie sheet in an 8 inch circle (you may use wax paper to mold and spread).

Cut into 8 wedges, but not all the way through.

Bake 10 to 12 minutes until lightly browned.

**Total time:** 25 min  
**Preparation time:** 15 min

**Rainbow Gelatin Salad**

**Ingredients**

- 1 package (0.32 ounce) sugar-free orange gelatin
- 1-1/2 cup boiling water
- 1 can (20 ounce) pineapple tidbits
- 2 teaspoons lime juice
- 1 cup combination of shredded carrot, broccoli, red cabbage, cauliflower (ready-to-serve package may need additional chopping)
- 1/4 cup slivered almonds

**Directions**

1. Dissolve gelatin in boiling water.
2. Add undrained pineapple and lime juice.
3. Fold in vegetable shreds and almonds. Chill until firm

**Total time:** 15 min  
**Chill time:** 3 hours

**Red and Green Cabbage Slaw**

**Ingredients**

- 2 1/2 cups thinly sliced red cabbage
2½ cups thinly sliced green cabbage
½ cup chopped yellow or red bell pepper
½ cup grated carrot
1/3 cup chopped red onion
8 ounces reduced-fat cheddar cheese, cut into ¼-inch cubes
1 tablespoon red wine vinegar
1½ cups fat free mayonnaise or ½ cup regular mayonnaise
2 teaspoons Splenda
¼ teaspoon celery seed

**Directions**

1. Combine vegetables and cheese in bowl.
2. Mix mayonnaise, vinegar, Splenda and celery seed in a separate bowl.
3. Pour mayonnaise mixture over vegetables and stir.

Source: Diabetes Cooking.

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**Red Apple Spinach Salad**

**Ingredients**

1 pound fresh spinach, trimmed and cleaned
1 unpeeled red apple
3 slices bacon, fried crisp, crumbled
¼ cup frozen unsweetened orange juice concentrate, thawed
1/3 cup light mayonnaise

**Directions**

Dice apple.

Mix orange juice and mayonnaise.

Mix apple and spinach.

Pour dressing over salad and top with crumbled bacon.

**Total time:** 15 min

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**Red Enchiladas**

**Ingredients**

10 dried red chile pods
3 cups water
1 tablespoon olive oil
¼ cup flour
1 teaspoon salt
½ teaspoon oregano
2 cloves garlic, minced
8 corn tortillas
1 cup grated sharp cheddar cheese

**Directions**

1. Toast the chiles in an oven at 200ºF for 5 to 10 minutes. Stir frequently so they do not burn. Remove the seeds and stems.
2. Put the chiles and 3 cups of water into a medium pan. Simmer for 15 minutes.
3. Put half the chiles with some of the cooking water into a blender. Puree and then strain. Discard the peels and seeds. Repeat with the other half of the chiles.
4. Heat oil in medium saucepan. Add flour and brown for one minute.
5. Add strained chile, the remaining cooking water and one additional cup of water.
6. Add salt, oregano and garlic. Simmer for 15 minutes.
7. Break tortillas into strips and divide into thirds. Add the tortillas to the pan (and the meat, if you are using it) and cook until heated through, stirring with a spoon from time to time.
8. Sprinkle the cheese over the enchiladas. Cover the pan and cook until the cheese has melted. Serve immediately.

Note: For a quick sauce, use frozen red chile puree instead of soaked dried chiles. Defrost the frozen chile and follow steps 4 through 8 of the recipe.

**Red Enchiladas with Chicken**

**Ingredients**

- 10 dried red chile pods
- 3 cups water
- 1 tablespoon olive oil
- ¼ cup flour
- 1 teaspoon salt
- ½ teaspoon oregano
- 2 cloves garlic, minced
- 8 corn tortillas
- 2 cups cooked extra-lean chicken
- 1 cup grated sharp cheddar cheese

**Directions**

1. Toast the chiles in an oven at 200°F for 5 to 10 minutes. Stir frequently so they do not burn. Remove the seeds and stems.
2. Put the chiles and 3 cups of water into a medium pan. Simmer for 15 minutes.
3. Put half the chiles with some of the cooking water into a blender. Puree and then strain. Discard the peels and seeds. Repeat with the other half of the chiles.
4. Heat oil in medium saucepan. Add flour and brown for one minute.
5. Add strained chile, the remaining cooking water and 1 additional cup of water.
6. Add salt, oregano and garlic. Simmer for 15 minutes.
7. Break tortillas into strips and divide into thirds. Add the tortillas to the pan (and the meat) and cook until heated through, stirring with a spoon from time to time.
8. Sprinkle the cheese over the enchiladas. Cover the pan and cook until the cheese has melted. Serve immediately.

Note: For a quick sauce, use frozen red chile puree instead of soaked dried chiles. Defrost the frozen chile and follow steps 4 through 8 of the recipe.

**Red Enchiladas with Hamburger**

**Ingredients**

- 10 dried red chile pods
- 3 cups water
- 1 tablespoon olive oil
- ¼ cup flour
- 1 teaspoon salt
- ½ teaspoon oregano
- 2 cloves garlic, minced
- 8 corn tortillas
- 2 cups cooked extra-lean hamburger
- 1 cup grated sharp cheddar cheese

**Directions**

1. Toast the chiles in an oven at 200°F for 5 to 10 minutes. Stir frequently so they do not burn. Remove the seeds and stems.
2. Put the chiles and 3 cups of water into a medium pan. Simmer for 15 minutes.
3. Put half the chiles with some of the cooking water into a blender. Puree and then strain. Discard the peels and seeds. Repeat with the other half of the chiles.
4. Heat oil in medium saucepan. Add flour and brown for one minute.
5. Add strained chile, the remaining cooking water and 1 additional cup of water.
6. Add salt, oregano and garlic. Simmer for 15 minutes.
7. Break tortillas into strips and divide into thirds. Add the tortillas to the pan (and the meat, if you are using it) and cook until heated through, stirring with a spoon from time to time.
8. Sprinkle the cheese over the enchiladas. Cover the pan and cook until the cheese has melted. Serve immediately.

Note: For a quick sauce, use frozen red chile puree instead of soaked dried chiles. Defrost the frozen chile and follow steps 4 through 8 of the recipe.

**Red Enchiladas with Pork**

**Ingredients**

- 10 dried red chile pods
- 3 cups water
- 1 tablespoon olive oil
- ¼ cup flour
- 1 teaspoon salt
- ½ teaspoon oregano
- 2 cloves garlic, minced
- 8 corn tortillas
- 2 cups cooked extra-lean pork
- 1 cup grated sharp cheddar cheese

**Directions**

1. Toast the chiles in an oven at 200ºF for 5 to 10 minutes. Stir frequently so they do not burn. Remove the seeds and stems.
2. Put the chiles and 3 cups of water into a medium pan. Simmer for 15 minutes.
3. Put half the chiles with some of the cooking water into a blender. Puree and then strain. Discard the peels and seeds. Repeat with the other half of the chiles.
4. Heat oil in medium saucepan. Add flour and brown for one minute.
5. Add strained chile, the remaining cooking water and 1 additional cup of water.
6. Add salt, oregano and garlic. Simmer for 15 minutes.
7. Break tortillas into strips and divide into thirds. Add the tortillas to the pan (and the meat) and cook until heated through, stirring with a spoon from time to time.
8. Sprinkle the cheese over the enchiladas. Cover the pan and cook until the cheese has melted. Serve immediately.

Note: For a quick sauce, use frozen red chile puree instead of soaked dried chiles. Defrost the frozen chile and follow steps 4 through 8 of the recipe.

**Refried Beans**

**Ingredients**

- 2 cups dry pinto beans
- 6 cups water
- 1/3 cup chopped onion
- 1 teaspoon garlic powder
- 1 teaspoon olive oil
- 1 cup liquid from the cooked beans

**Directions**

1. Clean the beans. Leave them to soak overnight. Drain.
2. In a medium pan, put soaked beans, water, onion, garlic powder and olive oil.
3. Cook over medium heat for 2½ hours or until beans are tender.
4. Mash 3 cups of cooked beans in large heavy skillet.
5. Add 1 cup bean cooking liquid. Cook over medium heat until thick and the desired consistency.

**Rice Pudding**

**Ingredients**

- 6 cups water
- 2 cinnamon sticks
- 1 cup rice
- 3 cups skim milk
- 2/3 cup sugar
- ½ teaspoon salt

**Directions**

1. Put the water and cinnamon sticks into a medium saucepan. Bring to a boil.
2. Stir in rice. Cook on low heat for 30 minutes until rice is soft and water has evaporated.

Add skim milk, sugar, and salt. Cook for another 15 minutes until it thickens.

**Rice Tabbouleh**

**Ingredients**

- 1 cup rice
- 2 cups chopped parsley
- 2 cups water
- 1-1/2 cup chopped tomato
- 2 tablespoons olive oil
- 3 chopped scallions
- 2 tablespoons lemon juice

**Directions**

1. Combine rice and water in saucepan. Heat to boiling. Lower heat and cover, cooking about 10-15 minutes until water is absorbed.
2. In a mixing bowl combine oil, and lemon juice. Add rice and toss.
3. Stir in remaining ingredients.

**Total time:** 25 min

**Rice with Beans and Corn (With Black Beans)**

**Ingredients**

- 1 cup water
- ½ cup long-grain rice, uncooked
- 1 cup chopped tomato
- 1 can (4.5 ounces) chopped hot green chiles, drained
- 1 can (15 ounces) pinto beans or black beans, drained
- 1 package (10 ounces) frozen whole-kernel corn, thawed
- 1/3 cup chopped green onions
- 2 tablespoons chopped fresh cilantro

**Directions**

1. Bring 1 cup water to boil in a medium saucepan.
2. Add the rice. Cover, reduce heat and simmer 20 minutes or until rice is tender and liquid is absorbed.
3. Stir in tomato, green chiles, beans, corn, green onions and cilantro.
4. Cook over medium heat, stirring constantly, until mixture is thoroughly heated.

Adapted from Cooking Light magazine.

**Rice with Beans and Corn (With pinto Beans)**

**Ingredients**

1 cup water
½ cup long-grain rice, uncooked
1 cup chopped tomato
1 can (4.5 ounces) chopped hot green chiles, drained
1 can (15 ounces) pinto beans or black beans, drained
1 package (10 ounces) frozen whole-kernel corn, thawed
1/3 cup chopped green onions
2 tablespoons chopped fresh cilantro

**Directions**

1. Bring 1 cup water to boil in a medium saucepan.
2. Add the rice. Cover, reduce heat and simmer 20 minutes or until rice is tender and liquid is absorbed.
3. Stir in tomato, green chiles, beans, corn, green onions and cilantro.
4. Cook over medium heat, stirring constantly, until mixture is thoroughly heated.

Adapted from Cooking Light magazine.

**Roasted Vegetable Salsa**

**Ingredients**

2 cups chopped tomato
1½ cups chopped summer squash
1½ cups chopped zucchini squash
½ cup chopped green pepper
½ cup chopped onion
2 teaspoons olive oil
¼ teaspoon thyme
1/8 teaspoon salt
1/8 teaspoon black pepper
¼ teaspoon dried dill weed
Cooking spray

**Directions**

Spray a 7x11 inch glass pan with cooking spray. Heat oven to 400°.

Toss ingredients lightly in bowl. Pour into pan.

To shorten roasting time, cover pan with wax paper and microwave on high for 4-5 minutes. Roast for 25-30 minutes, stirring occasionally. If not microwaving, roast for 55-60 minutes.

Serve warm or cold, as an appetizer with crackers, or as a vegetable.

**Total time:** 1 hr 15 min  
**Preparation time:** 15 min

**Salmon and Asparagus Salad**

**Ingredients**
4 cups water
6 salmon fillets, 4 ounces each
1 tablespoon margarine
2 cups asparagus, cut in 1-inch pieces
3 cups cooked rice
1 cup thawed frozen peas
½ teaspoon salt
¼ teaspoon pepper

**Directions**

Use 4 cups of water in a skillet to steam or poach salmon until salmon flakes with a fork. Remove salmon and discard water.

Heat margarine in skillet and add asparagus, cooking until tender.

Stir in rice, peas, salmon, salt, and pepper.

Cook about 1 minute, just to heat, stirring to prevent sticking.

**Total time:** 20 min

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**Salmon Cakes**

**Ingredients**

1 can salmon, drained and flaked
½ cup low-sodium saltine cracker crumbs
2 eggs, beaten
½ teaspoon paprika

**Directions**

1. Mix all ingredients in a large mixing bowl.
2. Form into cakes, using ¼ cup of the mix for each cake.
3. Sauté until brown in a small amount of oil or cooking spray.

Source: *Joy of Cooking.*

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**Scalloped Apples**

**Ingredients**

10 cups sliced, peeled tart apples (about 8 medium)
1 cup Splenda®
2 tablespoons cornstarch
½ to 1 teaspoon ground cinnamon
¼ teaspoon ground nutmeg
2 tablespoons reduced-fat margarine

**Directions**

Place apple slices in 2 1/2 quart microwave-safe bowl.

Combine sugar, cornstarch, cinnamon, and nutmeg.

Sprinkle mixture over apples and toss to coat.

Dot with margarine.

Cover and microwave on high for 15 minutes or until apples are tender, stirring every 5 minutes.
**Seasoned Green Beans**

**Ingredients**
- 1 (10-ounce) package frozen green beans or 2 cups fresh green beans
- 1 cup non-fat broth
- 1 small onion, chopped
- ½ teaspoon commercial herb mixture
- Juice of one lemon or 1 tablespoon lemon juice
- Black pepper to taste

**Directions**
1. Heat broth to boiling.
2. Add herb seasoning mix, beans and onion.
3. Turn heat down. Cook 15-20 minutes.
4. Before serving, sprinkle with lemon and pepper

**Total time:** 30 min

**Smothered Chicken**

**Ingredients**
- 2¼ pounds boneless chicken breast (skin and fat removed)
- ⅛ teaspoon black pepper
- 1 can (10¾-ounce) low-fat cream of chicken soup
- ½ cup canned, sliced or broken mushroom pieces and liquid
- ½ cup water
- 2 tablespoons parsley flakes
- 1 teaspoon lemon juice
- 1 tablespoon reduced sodium soy sauce
- 1½ tablespoons cornstarch
- ¼ cup cold water

**Directions**
1. Preheat oven to 350°.
2. Cut chicken into bite-size pieces. Season with pepper and place in large baking dish.
3. Combine remaining ingredients except cornstarch and pour over chicken. Cover baking dish with foil.
4. Bake at 350° until tender - about 1 and 1/2 hours.
5. Remove foil. Drain liquid from chicken into saucepan and return chicken to oven for a few minutes.
6. Thicken liquid by bringing to boil and adding cornstarch dissolved in water. Stir frequently.
7. Pour thickened liquid over chicken. May serve with rice or noodles.

**Total time:** 2 hrs

**Southern Style Creamed Corn**
**Ingredients**

6 medium ears fresh corn  
1 tablespoon reduced-fat margarine  
¼ cup water  
½ cup evaporated skim milk  
2 teaspoons cornstarch  
1/8 teaspoon white pepper

**Directions**

Cut corn from cobs, scraping cobs well to remove all milk.

Combine corn, margarine and water in saucepan. Cover and cook over medium heat for 10 minutes or until corn is done, stir occasionally.

Combine remaining ingredients. Beat with spoon until cornstarch is well blended. Add to corn, stirring well.

Cover and cook about 3 minutes or until thickened and bubbly. Stirring often.

**Total time:** 45 min

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**Southwest Chicken**

**Ingredients**

2 tablespoons margarine  
2 chicken breasts (6-ounce each), halved and skinned  
½ teaspoon tarragon  
2 tablespoons lime juice  
2 tablespoons water  
½ teaspoon Tabasco® pepper sauce  
Dash of pepper

**Directions**

Melt margarine in skillet. Place chicken in skillet. Season with pepper and tarragon.

Brown chicken over medium heat - about 10 minutes. Turn, season, and brown other side.

Mix lime juice, water, and pepper sauce; pour on chicken. Cover and simmer until tender, about 10 minutes.

**Total time:** 30 min

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**Southwestern Casserole**

**Ingredients**

1-1/2 pound ground beef, at least 80% lean  
1 cup low fat shredded cheddar cheese  
1/2 cup chopped onion  
2 cups water  
1 (10-ounce) can enchilada sauce  
3/4 cup skim milk  
1 teaspoon oregano  
2 cups instant potato flakes  
1 (11-ounce) can corn with green and red peppers, drained  
1 (4.5 ounce) can chopped green chiles

**Directions**
1. Heat oven to 400°. In a skillet, brown ground beef with onion. Drain fat.
3. In a medium saucepan, bring water and milk to boil. Remove from heat. Stir in potato flakes. Add 1/2 cup cheese and chiles.
4. Spread potatoes over corn. Sprinkle with cheese.
5. Bake for about 15 minutes, until cheese is bubbly.

**Total time: 45 min**
**Preparation time: 30 min**

### Southwestern Slaw

**Ingredients**

- 3 cups shredded cabbage
- ½ cup grated carrot
- ¼ cup sliced green onions
- 2/3 cup finely diced green bell pepper
- 1 teaspoon celery seed
- 3 tablespoons white vinegar
- 1 tablespoon olive oil
- 6 tablespoons salsa
- 1 teaspoon sugar
- Dash of salt and pepper

**Directions**

1. Combine cabbage, carrots, onions and bell pepper in large bowl.
2. Make dressing by combining celery seed, vinegar, oil, salsa, sugar, salt and pepper in small bowl. Mix until sugar is dissolved.
3. Pour dressing over cabbage mixture and toss until well coated.
4. Cover and store in refrigerator for at least 4 hours before serving.

### Spaghetti Squash

**Ingredients**

- 1 small spaghetti squash
- 1 small onion, chopped
- 1 teaspoon basil
- 1 tablespoon olive or vegetable oil
- 2 tomatoes, chopped

**Directions**

1. Pierce squash in several places with fork. Place on baking sheet. Bake at 350°F for 1 hour or until fork tender.
2. Sauté onion and basil in olive oil in medium skillet for 5 minutes.
3. Add tomatoes. Cook for 10 minutes, stirring frequently. Simmer while preparing squash.
4. Cut squash lengthwise, discarding seeds. Remove strands to skillet with fork. Cook until heated through, tossing gently.
5. Garnish servings with parmesan cheese if desired.

Source: Heard in the Kitchen.

Note: This recipe can also be prepared in the microwave. To make the squash: Cut squash in half lengthwise, discarding seeds. Place on dish cut side down. Cover. Microwave on HIGH 8-10 minutes. Let stand several minutes. With fork, remove strands of spaghetti squash. The dish can be served in the squash shell. To make the sauce: Sauté onion and basil with olive oil 2 minutes. Add tomatoes, microwave on HIGH 2½-3 minutes, stirring once.
Spanish Omelette

Ingredients

- 4 eggs, beaten
- 4 medium potatoes, sliced in thin rounds
- 1 medium onion, sliced in rounds
- 1 Spanish chorizo, sliced in thin rounds
- 2 tablespoons olive oil
- 1 teaspoon salt

Directions

1. Heat oil and fry potatoes in a large skillet, always in abundant oil, until tender and a little brown.
2. Remove from oil and keep warm.
3. Fry onion lightly in remaining oil and when transparent add chorizo rounds, toss and heat through.
4. Put potatoes again in skillet, blend with onion and chorizo, and pour over eggs slightly beaten with a little salt. Stir to mix, press down to flatten skillet contents, quicken fire and brown first on one side, then turn over and brown other side. Serve hot.

Spanish Rice

Ingredients

- 1 teaspoon olive oil
- ½ cup white rice
- ½ cup chopped onion
- 1 garlic clove, minced
- ¼ cup tomato sauce
- 1 cup chicken broth
- ½ teaspoon oregano

Directions

1. In a small heavy saucepan, cook rice in oil over moderately high heat, stirring constantly, until the rice sounds like wet sand (3 to 4 minutes).
2. Add the onion and garlic and cook one more minute, stirring constantly.
3. Add remaining ingredients and bring to boil.
4. Reduce heat to low. Cover tightly and simmer 15 minutes.

Spicey Flank Steak

Ingredients

- 2 pounds flank steak or top round
- 1 large onion
- 2 tablespoons vinegar
- 2 tablespoons dry mustard
- 1 teaspoon Hungarian paprika (optional)
- ½ teaspoon cayenne powder
- ½ cup water

Directions

Place meat, onion, vinegar, spices and water in Dutch oven.

Bring to boil on top of stove. Reduce heat to simmer. Cook for 1 1/2 - 2 hours or until meat is no longer pink. May need to add extra water if broth evaporates.
Let cool slightly before slicing. Can serve hot or cold. Broth can be skimmed to remove fat and made into gravy with 1-2 tablespoons of cornstarch mixed with 1/4 cup water.

**Total time:** 2 hrs

### Spicy Grilled Chicken

#### Ingredients

- 2 whole skinless boneless chicken breasts (about 1 pound)
- ½ cup bottled salsa
- Cooking spray

#### Directions

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.

Place on hot grill or broiler pan. Grill or broil about 5 minutes on each side depending on thickness.

Serve immediately or refrigerate to use in salads or sandwiches.

**Total time:** 30 min  
**Preparation time:** 20 min

### Spinach and Seafood Soup

#### Ingredients

- 6 cups fat-free chicken broth
- 12 ounces skinless fish fillet (sole or flounder)
- 1 cup water
- 1 tablespoon soy sauce
- 8 ounces tiny cooked shrimp
- ½ tablespoon minced ginger
- 1 cup peeled, sliced cucumber
- ½ tablespoon minced garlic
- 8 ounces sliced mushrooms
- 1-1/2 ounce spaghetti
- ¼ cup chopped green onions
- 4 cups chopped spinach leaves

#### Directions

1. Heat broth, water, soy sauce, ginger, and garlic to boiling in large pan.
2. Break pasta into 1-inch pieces and add to broth mixture; reduce heat and simmer until pasta is done, about 4 minutes.
3. Slice fish into ½ inch cubes. Add shrimp, fish, cucumber, mushrooms, and green onions to broth; simmer until fish flakes with a fork, about 2 minutes.

**Total time:** 15 min

### Spinach Lasagna

#### Ingredients

- 2 teaspoons olive oil or canola oil
2 garlic cloves minced
1 can (8-ounce) "no salt added" tomato sauce
1 can (16-ounce) diced tomatoes
½ teaspoon pepper
½ teaspoon oregano
2 teaspoons olive oil or canola oil
¼ cup chopped onions
1 package (10-ounce) fresh spinach, washed, stemmed, and chopped or 1 package (10-ounce) frozen chopped, spinach, thawed and squeezed to remove excess liquid
1 box (8-ounce) uncooked lasagna noodles
12 ounces 1% fat cottage cheese or 12 ounces reduced-fat ricotta cheese
8 ounces shredded part-skim mozzarella cheese
¼ cup grated Parmesan cheese
Cooking spray

Directions

Preheat oven to 375°. Lightly coat baking dish with cooking spray.

In large saucepan over low heat, sauté garlic in 2 teaspoons olive oil over low heat for 1 minute. Do not let garlic brown. Add tomato sauce and tomatoes, pepper and oregano. Simmer gently over low heat, uncovered, while preparing other ingredients.

In large skillet over low heat, sauté onions in remaining 2 teaspoons olive oil, stirring constantly, until onions are transparent but not brown. Add chopped spinach, stirring constantly to separate and heat spinach.

Layer uncooked lasagna noodles, sauce, spinach mixture, cottage cheese, and mozzarella in baking pan. Repeat, using all ingredients, ending with a layer of sauce. Sprinkle top with Parmesan cheese.

Cover baking dish tightly with foil. Bake for one hour at 375° or until lasagna noodles are cooked. (If noodles are cooked before assembling lasagna, bake uncovered and reduce baking time to 25 minutes.)

Note: Lasagna can be assembled and frozen, uncooked. To prepare lasagna that has been frozen, defrost in refrigerator for 3-4 hours, and then bake, covered, for 1 and 1/2 hours or more. Lasagna is done when cheese in center is melted, all noodles are cooked, and casserole is very hot all the way to the center.

Total time: 1 hr
Preparation time: 30 min

Spinach Orange Salad

Ingredients

4 cups fresh spinach, washed and torn into bite-size pieces
1 orange, peeled and cut into sections or 3/4 cup mandarin orange slices, drained
½ cup sliced water chestnuts
½ cup croutons
Non-fat or low-fat salad dressing

Directions

Toss spinach, oranges, water chestnuts, and croutons.
Serve salad dressing on the side.

Spinach Salad

Ingredients

(For 2 persons)
Dressing:
1 tablespoon olive oil or canola oil
2 teaspoons vinegar
1 teaspoon chopped parsley
½ teaspoon lemon juice
1 package artificial sweetener

Salad:
1 cup cooked noodles
1 cup torn raw spinach
a cup sliced celery
2 tablespoons sliced green onions
½ cup cherry tomatoes
½ cup seedless grapes
¼ cup snow peas
¼ pound cooked shrimp or
4 ounces grilled chicken

(For 4 persons)
Dressing:
2 tablespoons olive oil or canola oil
1 tablespoon cider vinegar
1 tablespoon chopped fresh parsley
1 teaspoon lemon juice

Salad:
2 cups cooked bowtie or rotini noodles
2 cups torn raw spinach
¾ cup sliced celery
¼ cup sliced green onions
1 medium tomato or 1 cup cherry tomatoes
1 cup seedless grapes
½ cup raw snow peas
½ pound cooked shrimp or
8 ounces grilled chicken breast
2 packages artificial sweetener

Directions
Cook noodles according to package directions, but do not add salt to water. Drain, rinse, and cool.

Place all dressing ingredients in pint jar, close with lid, and shake well.

Place torn fresh spinach in large salad bowl. Chop celery and green onions. Slice fresh tomato into small wedges or cut cherry tomatoes into halves. Wash grapes and snow peas and add all to salad bowl.

If using fresh or frozen shrimp, remove peels and veins. If using chicken, cut into bite-size pieces using separate cutting board. Add to salad bowl.

Place drained and cooled pasta in salad bowl. Shake dressing well and pour over salad. Toss with salad tongs or 2 large spoons.

Spinach Salad with Chicken and Chickpeas

Ingredients
9 ounces fresh spinach, cleaned
1 chicken bouillon cube dissolved in 1/4 cup water
1 tablespoon lemon juice
1 tablespoon balsamic vinegar
1 teaspoon Splenda®
1 teaspoon minced garlic
1 teaspoon Dijon mustard
1 teaspoon olive oil
1 pound skinless, boneless chicken
¼ teaspoon pepper
1½ cup chopped red onion
1¼ cup chopped green pepper
1¼ cup crumbled feta cheese
1 can (15.5-ounce) chickpeas, rinsed

**Directions**

Combine bouillon in water, lemon juice, vinegar, Splenda®, garlic, mustard, and oil. Set aside.

Chop chicken into cubes. Cook in non-stick skillet until changes color, about 5 minutes. Add a small amount of water to keep from sticking, if necessary. Add pepper onion, green pepper, and bouillon to mixture; cook until tender.

Put spinach in large bowl. Spoon chicken mixture over spinach. Add beans and feta cheese. Toss.

**Total time:** 20 min

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**St. Kitt’s Vegetable Salad**

**Ingredients**

- 1 cup chopped tomatoes
- 1 banana, sliced
- 1 cup chopped asparagus
- ½ cup diced celery
- ¼ cup chopped red onion
- 1½ cup cooked rice
- 2 tablespoons reduced-fat sour cream

**Directions**

Combine tomatoes, asparagus, onion, banana, celery, and rice.
Toss mixture with sour cream.

Serve or refrigerate.

**Total time:** 15 min

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**Stir-Fried Beef**

**Ingredients**

- 1½ pounds sirloin steak
- 2 teaspoons vegetable oil
- 1 clove garlic, minced
- 1 teaspoon vinegar
- ½ teaspoon salt
- ½ teaspoon pepper
- 2 large onions, sliced
- 1 large tomato, sliced
- 3 cups boiled potatoes, diced

**Directions**

1. Trim fat from steak and cut into small, thin pieces.
2. In a large skillet, heat oil and sauté garlic until garlic is golden. Add steak, vinegar, salt, and pepper.
3. Cook for 6 minutes, stirring beef until brown.
4. Add onion and tomato. Cook until onion is transparent. Serve with boiled potatoes and white rice.

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**Strawberry Bread**
Ingredients

2 eggs
½ cup Splenda®
½ cup sugar
½ cup oil
½ of package (3-ounce) sugar-free strawberry gelatin
1 cup fresh (or frozen, thawed) strawberries, mashed
¼ cup finely chopped nuts
1½ cup flour
½ teaspoon baking soda
¾ teaspoon cinnamon

Directions

Preheat oven to 350°.

Beat eggs; add sugars and oil and beat until light and fluffy.

Stir in dry gelatin, strawberries, and nuts; mix well.

Add flour, soda, and cinnamon; mix just until blended.

Bake at 350° in greased 8 1/2 x 4 1/2 inch loaf pan for 50 minutes or until toothpick inserted in center comes out clean.

Cool for 10 minutes before taking out of pan.

Note: Best when made a day ahead. Freezes well.

Total time: 1 hr
Preparation time: 15 min

Strawberry Smoothie

Ingredients

4 ounces non-fat, no sugar added strawberry yogurt, frozen
2 strawberries
6 ounces Crystal Light® lemonade

Directions

Combine all ingredients in blender.

Blend until smooth.

Total time: 10 min

Strawberry Yogurt Cookies

Ingredients

6 ounces non-fat, no sugar added strawberry yogurt
2 eggs
2 tablespoons Sweet N Low®
2 tablespoons granulated fructose
3 tablespoons all-fruit strawberry preserves
Red food coloring
2 cups flour
1 teaspoon baking powder
1 tablespoon oil

**Directions**

Preheat oven to 350°.

Combine yogurt and eggs, beating until blended.

Add sugar substitute, fructose, preserves, and 1 cup of the flour.

Beat until smooth.

Add remaining flour, baking powder, and food coloring (as desired).

Drop by spoonfuls onto cookie sheet.

Bake at 350° for 12 to 15 minutes. Cool on rack.

**Total time:** 30 min  
**Preparation time:** 15 min

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**Stuffed Green Peppers**

**Ingredients**

- 12 ounces lean ground beef
- 1 small onion, chopped
- 1 can (15.5-ounce) red kidney beans, drained
- 1 can (6-ounce) tomato paste
- 1 can (10-ounce) diced tomatoes with green chilies, drained
- 3 large green peppers
- 2 tablespoons grated cheddar cheese

**Directions**

Brown ground beef in medium saucepan. Add onions and cook until tender, stirring occasionally.

Stir in red kidney beans, tomato paste, and diced tomatoes; heat to boiling. Reduce to low heat; simmer to blend flavors, about 10 minutes.

Wash green peppers and cut in half lengthwise. Remove seeds.

Place green peppers cut side up in large skillet. Add about 1/2 inch water. Heat to boiling; cover and reduce heat. Simmer about 5 minutes until crisp tender.

Remove peppers from water and drain on towel. Place cut side up on serving plate, and fill with ground meat/kidney bean/tomato mixture. Top with a sprinkle of cheddar cheese.

**Total time:** 30 min

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**Stuffed Poblanos**

**Ingredients**

- 4 medium poblano peppers
- 4 large slices of Chihuahua cheese (enough to fill each pepper)
- 4 egg whites
- ¼ cup corn meal flour (harina de maiz)
- ½ teaspoon oregano (optional)
- Cooking spray

**Directions**

1. Heat oven to 350°
2. Roast peppers over medium to high heat until skin is blackened and wrinkly (no oil needed)
3. Place roasted peppers in a plastic bag to steam. (Leave in bag for 5 minutes)
4. While peppers are steaming, mix remaining ingredients together to make a batter
5. Remove peppers from the bag and peel blistered skin off
6. Make a slit down the pepper lengthwise and remove seeds from the inside of the peppers
7. Place cheese inside each pepper and fold flesh over
8. Dip each pepper into the batter to cover
9. Place the battered peppers into a pan coated with cooking spray. Place in the oven.
10. Cook until batter has firmed. Serve hot.

Sugar-free Banana Bread

Ingredients

2 cups flour
½ teaspoon baking soda
½ teaspoon salt
1 cup Splenda®
¼ cup margarine, softened
2 eggs
3 ripe bananas, mashed
1/3 cup non-fat plain yogurt
1 teaspoon vanilla
Cooking spray

Directions

Preheat oven to 350®. Spray loaf pan with cooking spray.
Combine flour, soda, and salt.

Cream Splenda® and margarine with a mixer until well blended.

Add eggs, one at a time, mixing after each addition. Add banana, yogurt, and vanilla, mixing well. Add flour mixture, beating at low speed just until moist.

Spoon batter into loaf pan. Bake 1 hour or until toothpick inserted in middle comes out clean.

Total time: 1 hr 20 min
Preparation time: 20 min

Summer Squash Slaw

Ingredients

2 yellow summer squash
2 zucchini
1 sweet red pepper
1/3 cup diced onion
3 tablespoons vegetable oil
2 tablespoons cider vinegar
1 tablespoon mayonnaise
1 teaspoon sugar
½ teaspoon dill weed
½ teaspoon garlic powder
½ teaspoon celery seed (powder or whole)
¼ teaspoon pepper

Directions

1. Thinly slice or julienne summer squash, zucchini and red pepper.
2. Combine all ingredients and stir. Cover and refrigerate before serving to allow flavors to blend.
Summer Squash with Dill

**Ingredients**

4 yellow summer squash or zucchini (about 5-6 inches long and 1½ inches in diameter)
1 tablespoon liquid margarine
1-2 teaspoons dried dill weed

**Directions**

Slice squash. Steam in vegetable steamer or in small amount of water until color has changed, about 5 minutes.

Remove from steamer and place drained squash in bowl. Drizzle liquid margarine and toss lightly.

Sprinkle dill weed on top and serve.

**Total time:** 15 min

Sunset Orange Cake

**Ingredients**

1 package yellow cake mix
1 package sugar-free orange gelatin
1/3 cup water
6 ounces non-fat orange yogurt
3 eggs
1 cup hot water
“Lite” whipped topping (2 tablespoons serving)
1 small can mandarin oranges
Cooking spray

**Directions**

Spray a 13 x 9 inch pan with cooking spray.

Combine cake mix, 1 teaspoon gelatin, 1/3 cup water, yogurt, and eggs. Beat at low speed until moistened, then high speed for 2 minutes. Pour into prepared pan.

Bake at 350° for 30 to 40 minutes. Cool cake in pan for 15 minutes.

Combine hot water and remaining gelatin. Prick cake with a fork at half-inch intervals. Pour gelatin evenly over cake. Chill.

Serve with 2 tablespoons whipped topping and two slices of mandarin oranges.

**Total time:** 1 hr
**Preparation time:** 30 min
**Chill time:** Chill

Super Easy Slaw with Noodles

**Ingredients**

1½ cups shredded cabbage
1½ cups shredded carrots
½ cup sliced almonds
¼ cup Italian dressing
1 pkg ramen noodles

**Directions**
1. Break the ramen noodles into pieces.
2. Combine all ingredients. (Do not add the seasoning packet from the noodles.)
3. Cover and refrigerate before serving.

Super Easy Slaw without Noodles

Ingredients

1 ½ cups shredded cabbage
1 ½ cups shredded carrots
½ cup sliced almonds
¼ cup Italian dressing

Directions

1. Combine all ingredients.
2. Cover and refrigerate before serving.

Sweet Potato Pie Filling

Ingredients

6 packets sugar substitute
¼ cup brown sugar
½ teaspoon salt
¼ teaspoon nutmeg
3 large eggs
¼ cup evaporated skim milk
1 teaspoon vanilla
3 cups cooked, mashed sweet potatoes

Directions

Preheat oven to 350°.
Combine sugars, salt, nutmeg, and eggs.
Add milk and vanilla. Stir.
Add sweet potatoes. Mix well.
Pour into glass pie pan, or pie shell.
Bake at 350° for 40-50 minutes, until knife inserted comes out clean.
May top with 2 tablespoons non-fat whipped topping (adds 3 grams carbohydrate, 15 calories).

Total time: 1 hr 30 min
Preparation time: 20 min

Tandoori Chicken

Ingredients

1.6 pounds chicken breast, boneless, skinless
1 tablespoon minced garlic
1 cup no fat-plain yogurt
1 teaspoon ground cumin
1 tablespoon curry powder
1 tablespoon minced ginger
1 tablespoon paprika
1/2 teaspoon pepper

**Directions**

1. Cut chicken into strips, about 4 inches by 2 inches.
2. Combine all other ingredients in a container large enough to marinate chicken. Add chicken, cover, and refrigerate overnight.
3. Discard marinade. Coat skillet with cooking spray. Cook over medium-high heat, turning often, about 20 minutes.

**Total time:** 30 min  
**Chill time:** Overnight

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**Ten Minute Cranberry Sauce**

**Ingredients**

- 2 cups Splenda®
- 2 cups water
- 1 pound (4 cups) cranberries
- 1 envelope unflavored gelatin

**Directions**

Combine Splenda® and water.

Bring to a boil; cook for 5 minutes.

Add cranberries; cook until skins pop, about 5 more minutes.

Remove from heat.

Add gelatin and cool in refrigerator.

**Note:** If you don't like whole berries, they may be chopped or pureed in food processor before cooking.

**Total time:** 10 min

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**Tex-Mex Fillets**

**Ingredients**

- ½ onion, sliced
- 1 cup picante sauce
- 1½ pounds white fish fillets
- 4 ounces Monterey Jack cheese, grated

**Directions**

1. Place onion separated in rings across bottom of a 2-quart casserole dish.
2. Cover and cook in microwave 1 to 1½ minutes on high.
3. Lay fillets on top of onion. Cover with the picante sauce.
4. Cover and cook 3½ to 4 minutes on high.
5. Uncover and sprinkle with cheese.
6. Recover and cook 1 to 2 minutes on high. Fish should be opaque and register 165°F in the center of the fillets with a digital kitchen thermometer. If not, cook longer and check temperature again.
7. Let stand 5 minutes.

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**Thai Broccoli Beef Stir Fry**
Ingredients

1 pound beef round steak, cut in strips
1 tablespoon peanut oil
1 cup sliced green onions
1 package frozen broccoli (14 ounces)
1 cup chopped green pepper
1/2 cup Thai peanut sauce
1/2 cup fat free beef broth
2 teaspoons cornstarch
1/2 cup chopped cilantro
1/4 cup chopped dry roasted peanuts

Directions

1. Stir fry beef in oil until browned.
2. Add vegetables and cover, cooking until crisp-tender, about 5 minutes.
3. Thicken broth with cornstarch; add peanut sauce. Stir sauce into beef mixture. Cover and heat about 5 minutes.
4. Stir in cilantro. Spoon stir fry to serving dish and garnish with peanuts.

Total time: 20 min

Tomato and Black Bean Salsa

Ingredients

1 cup chopped green pepper
1 tablespoon basil
1/4 cup chopped red onion
1/2 teaspoon thyme
3 plum tomatoes, chopped
1/2 teaspoon salt
1 tablespoon jalapeno pepper, diced
1/2 teaspoon chili powder
2 tablespoons olive oil
1/4 teaspoon black pepper
2 tablespoons balsamic vinegar
1 tablespoon minced garlic
1 tablespoon lime juice
1 can (15.5 ounces) black beans, rinsed

Directions

Combine all ingredients in a medium bowl. Cover and chill at least 1 hour.

Total time: 15 min
Chill time: 1 hour

Topped Blueberries

Ingredients

1 pint fresh blueberries
2/3 cup non-fat plain yogurt
1/3 cup non-fat sour cream
4 packets (1 gram each) Equal®
1/8 teaspoon finely grated orange rind
1/2 teaspoon vanilla
1/8 teaspoon almond extract
**Directions**

Wash berries and pat dry.

Sprinkle berries with 2 packets aspartame. Set aside.

In a small bowl combine yogurt, sour cream, sweetener, orange rind, vanilla and almond extracts.

Spoon berries into 4 goblets or dessert bowls.

Top with yogurt mixture.

**Total time:** 15 min

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**Tropical Fruit Compote**

**Ingredients**

- ¾ cup water
- ½ cup sugar
- 2 teaspoons fresh lemon juice
- 1 piece lemon peel
- ½ teaspoon rum or vanilla extract (optional)
- 1 pineapple, cored and peeled, cut into 8 slices
- 2 mangos, peeled and pitted, cut into 8 pieces
- 3 bananas peeled, cut into 8 diagonal pieces
- Fresh mint leaves (optional)

**Directions**

1. In a saucepan combine ¾ cup of water with the sugar, lemon juice, and lemon peel (and rum or vanilla extract if desired). Bring to a boil, then reduce the heat and add the fruit. Cook at a very low heat for 5 minutes.
2. Pour the syrup in a cup. Remove the lemon rind and cool the cooked fruit for 2 hours.
3. To serve the compote, arrange the fruit in a serving dish and pour a few teaspoons of syrup over the fruit. Garnish with mint leaves.

Serve with Homemade Sour Cream.

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**Tuna Rice Pie**

**Ingredients**

- 2 cups cooked rice
- 2 tablespoons margarine
- 2 tablespoons flour
- 1 cup skim milk
- 3 slices American cheese
- 1 can (6.5-ounce) tuna packed in water

**Directions**

Preheat oven to 350°.

Press cooked rice into 9-inch pie pan.

Make a medium white sauce by melting margarine in a saucepan over medium heat, adding flour, and stirring in milk. Add one slice of cheese and stir until melted.

Drain tuna and spread over rice.

Pour medium white sauce over tuna. Cut 2 cheese slices into strips and arrange over pie.
Bake at 350° for 30 minutes, or until top is lightly browned.

**Total time:** 45 min  
**Preparation time:** 15 min

### Turkey and Potato Skillet

#### Ingredients
- 1 pound lean ground turkey
- 1 medium onion, thinly sliced
- 2 medium or 1 large potato, about 1.5 pounds thinly sliced
- 1 can 15.5 sloppy joe sauce
- 1/4 cup water

#### Directions
2. Cover and cook on medium heat 15-20 minutes, until meat is browned. With a rubber spatula, divide the mixture into sections than can be turned so the potatoes are on the bottom and the turkey on the top.
3. Cover and cook an additional 15-20 minutes until the potatoes are tender. Add water as needed to prevent sticking.

**Total time:** 40 min

### Turkey Pesto Pasta

#### Ingredients
- 1.5 pounds turkey breast, skinless, boneless
- 1 14-ounce box bowtie pasta
- 3/4 cup pesto
- 2 cups chopped green or red pepper
- 1 small can sliced ripe olives [2.25 ounces]

#### Directions
1. Cut turkey into cubes. Stir fry 5 minutes, adding water if needed to prevent sticking.
2. Cook pasta as directed on package. Drain
3. Combine turkey, pasta, pesto, and peppers.

**Total time:** 25 min

### Two Potato Bake

#### Ingredients
- 1a cup instant potato flakes
- 1/3 cup Parmesan cheese
- 1¼ cup water
- 1 tablespoon chopped garlic
- 2/3 cup skim milk
- 16 frozen potato wedges (from 24 ounce package)
- 1 cup non-fat sour cream
- Cooking spray

#### Directions
Heat oven to 400°. Spray 2-quart baking dish with non-fat cooking spray.
Bring water to boil in saucepan. Add potato flakes and skim milk. Fluff flakes to make mashed potatoes.

Add sour cream, Parmesan cheese, and garlic. Mix well.

Place in 2-quart baking dish. Arrange potato wedges on top of mashed potato mixture in a spiral.

Bake 30-35 minutes until hot.

**Total time:** 1 hr  
**Preparation time:** 30 min

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### Vegetables and Hamburger Skillet

**Ingredients**

1 pound lean ground beef  
3 cups tomatoes, diced  
1 cup chopped onion  
1 cup frozen corn  
2 cups chopped green peppers  
1 tablespoon minced garlic

**Directions**

2. Add vegetables and garlic. Simmer 20 minutes.

**Total time:** 40 min

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### Vegetables with a Touch of Lemon

**Ingredients**

½ small head cauliflower, cut into florets  
2 cups broccoli, cut into florets  
2 tablespoons lemon juice  
1 tablespoon olive oil  
1 clove garlic, minced  
2 teaspoons fresh parsley, chopped

**Directions**

1. Steam broccoli and cauliflower until tender (about 10 minutes).  
2. In a small saucepan, mix the lemon juice, oil, and garlic, and cook over low heat for 2 or 3 minutes.  
3. Put the vegetables in a serving dish. Pour the lemon sauce over the vegetables. Garnish with parsley.

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### Waldorf Salad

**Ingredients**

1 tablespoon reduced-fat mayonnaise  
1 tablespoon lemon juice  
2 packets artificial sweetener  
1 large apple, cored, unpeeled and diced  
½ cup diced celery  
½ cup seedless, golden raisins  
¼ cup chopped walnuts (optional)

**Directions**
In bottom of mixing bowl, blend together the mayonnaise-substitute, lemon juice and artificial sweetener. Wash, core and chop the apple. Coat with the dressing in the bowl immediately to prevent browning.

Add remaining ingredients and toss.

**Whipped Black Beans**

**Ingredients**

½ pound of black beans  
½ pound of lean pork  
3.5 ounces of center cut bacon  
2 onions  
2 teaspoon of minced garlic  
2 teaspoon of oregano  
½ cup of evaporated milk  
1 teaspoon each: Salt, pepper, cumin

**Directions**

1. Soak the black beans in water for 24 hours.  
2. Later put the beans in a pot with water, the pork, and one onion. Cook until beans are smooth and creamy.  
3. Let them cool a little, stir to make a liquid and return them to the pot.  
4. In a separate saucepan, heat the oil and then fry the bacon, the other onion and the garlic.  
5. Season with salt, pepper, cumin and oregano.  
6. When everything has been browned in the saucepan, pour the beans in the saucepan and boil for 15 minutes.  
7. Add the evaporated milk and stir.  
8. You can add white rice on the side.

**White Rice**

**Ingredients**

1 tablespoon vegetable oil  
½ medium onion, chopped  
2 cloves garlic, minced  
2 cups long-grain white rice  
4 cups hot water  
½ teaspoon salt  
½ cup fresh or frozen corn, peas, carrots, or peppers (optional)

**Directions**

1. In medium pan, heat oil and sauté onion, garlic, and rice. Add hot water and salt. Bring to a full boil. Cover and simmer for 15 minutes without stirring. If desired, add vegetables, cover, and cook for an additional 5 minutes.  
2. Uncover, give rice a full turn and cover again. Turn heat off.  
3. Let stand 15 minutes before serving.

**Whitefish Florentine**

**Ingredients**

2 packages (10-ounces each) frozen chopped spinach  
1 pound whitefish fillets, about ½ inch thick  
4 teaspoons dried basil  
¼ teaspoon salt  
1 cup roasted red bell peppers
2 tablespoons skim milk

**Directions**

Preheat oven to 400°.

Thaw spinach. Squeeze to drain. Spread spinach evenly in ungreased 11 x 7 inch pan.

Blend in blender or food processor red pepper, basil, and milk. Spread half of pepper mixture over spinach.

Arrange fillets next in pan. Top with remaining pepper mixture. Cover and bake at 400° for 25 to 30 minutes, until fish flakes easily with fork.

**Total time:** 45 min  
**Preparation time:** 15 min

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### Whole Wheat Apple Cookies

**Ingredients**

- ¾ cup whole wheat flour
- ¼ cup all-purpose flour
- ½ teaspoon baking soda
- ½ teaspoon nutmeg
- ¼ cup light brown sugar
- 1 teaspoon Splenda
- 2 tablespoons corn oil
- ½ cup natural unsweetened applesauce
- 1/3 cup walnuts, finely chopped

**Directions**

1. Sift together flour, baking soda and spices.
2. Stir in sugar, Splenda, oil and applesauce.
3. Fold in walnuts.
4. Drop by rounded tablespoon onto a cookie sheet. Bake at 375°F for 10 minutes or until lightly browned.

Source: [*Healthy Homestyle Cookbook (American Diabetes Association)*](http://urbanext.illinois.edu/diabetesrecipes/recipeall.cfm)

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### Whole Wheat Bread

**Ingredients**

- 2 cups whole wheat flour
- 1 cup bran
- 1 teaspoon baking soda
- 1 teaspoon baking powder
- ½ teaspoon salt (optional)
- 1¼ cups lowfat buttermilk
- 1 tablespoon canola oil

**Directions**

1. Spray a muffin tin mold with nonstick cooking spray.
2. Preheat oven to 425°.
3. In a large bowl, mix together the dry ingredients.
4. Make a well in the middle and pour in the buttermilk and oil. Mix quickly with a rubber scraper until flour disappears, folding dough with a kneading motion.
5. Shape into a round ball.
6. Shape 2 tablespoons of dough into a ball and place in a muffin tin. Repeat until all dough is used.
7. Bake for 18 minutes.
Wonderful Red Beans

Ingredients

½ pound red beans
4 ounces ham, chopped
½ cup chopped green pepper
1 cup onion, finely chopped
1 stalk celery, finely chopped
1 tablespoon parsley

Directions

Wash beans and soak overnight in water - enough to cover beans.
The next morning, drain beans. Place beans in a pan with enough water to cover them.
Add remaining ingredients. Cook, uncovered over medium heat for one hour. Add more water if necessary during cooking.
Lower temperature to a slow simmer and cook an additional two hours. May add salt and pepper to desired taste.

Total time: 3 hrs
Preparation time: overnight

Yogurt Berry Parfait

Ingredients

2 graham crackers (8 sections)
1 cup non-fat yogurt sweetened with low calorie sweetener
1 bag frozen berries, unsweetened (about 2-1/4 cups)
1 cup fat free whipped topping

Directions

1. Place graham crackers in a sealed bag or between sheets of waxed paper. Roll crackers to make crumbs.
2. Defrost frozen berries by rinsing with water, or microwaving according to instructions on bag.
3. Place 1 tablespoon of graham cracker crumbs in bottom of parfait or wine glass. Spoon ¼ cup yogurt, then one-fourth of berries into each of 4 glasses. Add ¼ cup topping and sprinkle with remaining graham cracker crumbs.

Total time: 15 min

Zucchini Salad

Ingredients

1 pound small zucchini, washed
2 tablespoons olive oil
1 cup chopped red onion
1 tablespoon lemon juice
¾ cup chopped cilantro

Directions

1. Slice zucchini, then half or quarter slices. Steam 3 to 4 minutes.
2. Combine cilantro, onion, and zucchini in a medium bowl.
3. Combine oil and juice, pour over vegetable mixture. Toss gently.

**Total time:** 15 min

**Zucchini Tortellini Toss**

**Ingredients**

- 1 package frozen tortellini
- 6-8 plum tomatoes, chopped
- 3-4 medium zucchini
- ½ teaspoon garlic salt
- ½ teaspoon basil
- ½ teaspoon oregano
- ¼ cup shredded Parmesan cheese

**Directions**

Cook tortellini as directed on package.

Heat tomatoes, zucchini, garlic salt, basil, and oregano in a medium skillet 3 to 5 minutes until zucchini is tender.

Stir in tortellini, cooking 2 to 3 minutes.

Serve topped with Parmesan cheese.

**Total time:** 20 min