

Illinois Extension



Crunchy Broccoli Slaw

(serves 12)

Using a convenience item of pre-shredded broccoli slaw makes this recipe a quick and easy side dish.



Ingredients

Salad

- 1 (11-ounce) bag broccoli slaw
- 2 green onions, washed and sliced
- 1 medium red apple, washed, cored, and chopped
- 6 ounces (~1 cup) dried cranberries
- 1/3 cup toasted walnuts, chopped

Dressing

- 1/2 cup non-fat, plain Greek yogurt
- 1/2 cup light mayonnaise
- 1 Tbsp lemon juice
- 1/4 tsp ground black pepper
- 1/4 tsp salt

Directions

1. Wash hands with soap and water.
2. Mix together yogurt, mayonnaise, lemon juice, salt and pepper. Set aside.
3. Combine broccoli slaw, green onions, apple, cranberries, and walnuts in a large bowl.
4. Pour dressing mixture over salad and mix to combine.
5. Refrigerate until ready to serve. Eat within 7 days.

Variation: Instead of combining walnuts with salad ingredients, toast walnuts in a skillet over medium heat until browned and fragrant (4-5 minutes) or toast in the oven on a baking sheet at 350°F for 7-10 minutes. Sprinkle toasted walnuts on top of salad.

Nutrition Facts per serving (per 1/2 cup serving): 110 calories, 5g fat, 140mg sodium, 17g carbohydrate, includes 8g added sugar, 1g fiber, 2g protein

Adapted from: Recipes for Diabetes, University of Illinois Extension

Weeknight Skillet Lasagna

(serves 8)

Try this tasty vegetarian meal with a side of fruit.

Ingredients

8 ounces lasagna noodles (half of standard 16 ounce package or 10 noodles)
1 (15-16 ounce) container part-skim ricotta or cottage cheese
1/4 cup grated Parmesan cheese
1 tsp dried oregano
1 tsp dried basil
1 clove garlic, minced (or 1/2 tsp garlic powder)
1 (20-24 ounce) jar spaghetti sauce, low sodium preferred
1 (16 ounces) package frozen broccoli cuts, thawed and drained
1/2 cup part-skim mozzarella cheese, shredded



Directions

1. Wash hands with soap and water.
2. Cook lasagna noodles according to package instructions, drain and set aside (Tip 1).
3. Mix ricotta or cottage cheese, Parmesan, oregano, basil, and garlic in a small bowl.
4. Add a quarter of the jar of spaghetti sauce to large skillet. Place 3 cooked lasagna noodles in skillet to make a layer of noodles.
5. Spread half of ricotta mixture on top of noodles. Cover with another quarter of jar of sauce, a third of the package of broccoli, and 3 noodles.
6. Spread remaining ricotta mixture on top of noodles. Cover with another quarter of jar of sauce, a third of the package of broccoli, and 4 noodles to make final layer.
7. Top with remaining sauce, broccoli, and mozzarella cheese. Turn heat to low on stovetop. Cover and cook until hot throughout and cheese is melted, about 30 to 40 minutes.

Tip 1: Add a small amount of vegetable oil to the cooking water to avoid noodles sticking together.

Nutrition Facts per serving: 280 calories, 9g fat, 190mg sodium, 35g carbohydrate, 3g fiber, 16g protein

Recipe by: Eat.Move.Save., Illinois Nutrition Education Programs, University of Illinois Extension

Broccoli and Chive Stuffed Peppers

(serves 6)

Try this cheesy appetizer with vegetables at your next event.



Ingredients

12 miniature sweet peppers
8 ounces reduced fat cream cheese (Neufchatel Cheese), softened
1/3 cup fresh chives, minced
1 tsp dried dill weed
2/3 cup fresh broccoli, finely chopped
1/4 cup shredded cheese
1/8 tsp salt
1/8 tsp ground black pepper

Directions

1. Wash hands with soap and water.
2. Gently rub produce under cold running water before preparing ingredients.
3. Preheat oven to 400°F.
4. Cut peppers lengthwise and remove seeds.
5. In a medium bowl, mix cream cheese, chives, dill, salt, and pepper. Add broccoli and mix.
6. Spoon cheese and broccoli mixture into each hollowed out pepper.
7. Place on a foil-lined baking sheet. Bake 9-11 minutes. Remove from oven and add shredded cheese to the top of each stuffed pepper. Bake until cheese is melted, about three more minutes.
8. Remove from oven and cool slightly before serving.

Nutrition Facts per serving (per 2 stuffed peppers): 130 calories, 10g fat, 210mg sodium, 5g carbohydrate, 1g fiber, 5g protein

Recipe by: Lisa Peterson, Nutrition and Wellness Educator, University of Illinois Extension

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Dill Pasta Salad

(serves 13)

A quick 5-ingredient salad. Make it a meal with a sandwich and a piece of fruit.



Ingredients

1 (16-ounce) box rotini pasta
4 Roma tomatoes
3 cups broccoli flowerets
3/4 cup fat-free Italian dressing
1 1/2 Tbsp dried dill

Directions

1. Bring 5 quarts of water to a boil. Add pasta, stir, and boil uncovered 9 to 11 minutes, stirring occasionally. Drain pasta and rinse under cold water. Drain excess water and place in bowl.
2. Wash hands with soap and water.
3. Wash tomatoes and broccoli under cool water. Chop tomatoes and broccoli into bite-sized pieces.
4. Add tomatoes, broccoli, dressing, and dill to pasta. Toss gently.
5. Cover and refrigerate. Eat within 4 days.

Nutrition Facts per 1 cup serving: 150 calories, 1g fat, 200mg sodium, 30g carbohydrate, 1g fiber, 5g protein

Recipe by: Recipes for Diabetes, University of Illinois Extension