

Title: Asparagus with Bacon

Categories: Diabetic, Vegetables, Side dishes, Meat

Yield: 4 Sweet ones

**1 1/2 lb Asparagus;* cut diagonally
-into 1" pieces
10 oz (2 pkg) frozen asparagus;
2 tb Fresh parsley; snipped
2 tb Lemon juice;
1/4 ts Salt;
2 sl Bacon; fried and chopped**

*** 2 PACKAGES (10 oz) frozen cut asparagus can be substituted for the fresh asparagus. Cook as directed on package; drain.**

Place steamer basket in 1/2" water in saucepan or skillet (water should not touch the bottom of basket). Place lower stalk pieces in basket. Cover tightly and heat to boiling; reduce heat. Steam 4 minutes. Add tips. Cover tightly and steam until crisp-tender, 4 to 5 minutes longer. Toss asparagus with parsley, lemon juice and salt. Sprinkle with bacon.

MICROWAVE DIRECTIONS: Place asparagus, 1/2 cup water and 1/4 teaspoon salt

in 1 1/2-quart microwable casserole. Cover tightly and microwave on high(100% depending how powerful the microwave is) 3 minutes, less if very powerful(my microwave is an older one..in fact 20 years); stir. Cover and microwave until crisp-tender, 2 to 3 minutes longer. Let stand 1 minutes; drain. Continue as directed. Serving size 3/4 cup. Food Exchanges per serving: 1 VEGETABLE EXCHANGES + MAYBE 1/2 HIGH-FAT MEAT EXCHANGE; CAL: 75;

(Bacon listed as Saturated Fat, but we wouldn't use it anyhow would we).

Source: Betty's Crocker's New American Cooking by WHOM(1983) Brought to you

and yours via Nancy O'Brion and her Meal-Master

Title: Aloha Chicken

Categories: Diabetic, Poultry, Rice, Main dish

Yield: 6 Servings

- 2 1/2 lb Chicken pieces; skinned**
- 2 Chicken Bouillon cubes;**
 - Borden Low Sodium**
- 1 tb Margarine;**
- 1 c Green pepper; diced (1 med.**
 - pepper)**
- 1 c Radishes; thinly sliced**
- 1 c Pineapple chunks; canned,**
 - unsweetened**
- 1/2 c Juice from pineapple;**
- 1 ts Light soy sauce;**
- 2 tb Flour;**
 - ds Pepper;**
- 4 1/2 c Rice; cooked**
 - Chow mein noodles; optional**

Simmer the chicken in water with bouillon cubes. Remove meat from bones and cut into chunks. Save 1 cup of chicken broth. While chicken is cooking, melt margarine in frying pan or wok and saute the radishes, green peppers, and pineapple until crisp tender, but not brown. (Put rice on to cook.) Mix 1 cup saved chicken broth with 1/2 cup pineapple juice and 1 tsp. soy sauce. Add to pan.

Mix flour with 1 Tb. cold water and stir to remove lumps. Add to vegetables. Add cut up chicken and a dash of pepper, and cook until everything is hot. Serve over rice. If desired, sprinkle chow mein

Title: Apple Mincemeat Pie

Categories: Diabetic, Pies, Fruits, Holiday

Yield: 10 slices

- 4 c Thinly sliced baking apples,**
 - peeled**
- 1 9" unbaked pie crust**

2 c Mincemeat - see sep. recipe
1/4 c Oat bran OR oatmeal
1/4 c All-purpose flour
2 tb Vegetable oil

SOURCE: Special Celebrations And Parties Cookbook by Betty Wedman, M.S., R.D., copyright 1989, ISBN #0-13-004219-6. MM format by Ursula R. Taylor.

Arrange apple slices in the bottom of pie crust. Spread mincemeat over apples. Crumble oat bran, flour, and oil in bowl. Stir until crumbly. Sprinkle mixture on top of mincemeat. Bake in a 400~ oven for 10 minutes.

Reduce oven temperature to 375~ and continue baking for 25 to 30 minutes more, or until crust is golden brown. Cool.

NOTE; This recipe contains a moderate amount of sucrose. This recipe is for **OCCASIONAL USE ONLY** and should be carefully worked into the individual meal plan.

Yield: 10 slices.

Food Exchanges per slice: 2 starches/breads + 1 1/2 fruits + 2 fats.

Nutritional information per slice: 331 calories, 5 g protein, 55 g carbohydrate, 10 g fat, 111 mg sodium, 364 mg potassium and 8 mg cholesterol.

Title: APPLESAUCE COOKIES

Categories: Diabetic, Cookies, Holiday

Yield: 24 servings

-----**INGREDIENTS**-----

1/2 c Flour
1 t Cinnamon
1 t Salt
1/2 t Soda
1/2 t Nutmeg
1/8 t Cloves
1/8 t Allspice

1 c Oats, quick-cooking
1/2 c Raisins
1/2 c Applesauce, unsweetened
1/2 c Butter, melted, or oil
1 ea Egg, unbeaten
1 t Vanilla
1/2 t Sweetener, liquid

DIRECTIONS:

Sift together flour and spices. Stir together, oats, raisins, add oil, egg, vanilla and sweetener. Blend well and add to dry ingredients. Mix until moistened and drop by teaspoons on lightly greased cookie sheet. Bake at 375 F for 10 to 15 minutes. Makes 2 dozen cookies.

Calories: 55 cal per cookie
Exchanges: Each three cookies equals 1 Fruit, 1/2 Milk, 1 Fat Exchange

1963, Amarillo Diabetes Lay Society Newsletter, recipe formatted for MM by A.Broaddus

Title: Apricot Muffins
Categories: Muffins, Fruits, Nuts, Diabetic, Holiday
Yield: 8 servings

1/2 c Dried Apricots, finely
-snipped
1/3 c Unsweetened Apple Juice
1 c Whole Wheat Flour
2 ts Baking Powder
1/4 ts Baking Soda
1/4 ts Ground Cardamom
1/3 c Walnuts, chopped
3 tb Vegetable Oil
1 tb Sugar
1 Egg

Soak the apricots in the apple juice for 10 minutes.

Combine the flour, baking powder, baking soda, cardamom and walnuts in a bowl.

Beat together the oil, sugar and egg. Add the apricots, with the juice, and egg mixture to the flour. Mix just until all the ingredients are blended.

Spoon into oiled muffin tins, or paper muffin cups, filling three--fourths full.

Bake in a 350-degree oven for 10 to 15 minutes, or until golden brown.

Makes 8

One Muffin = Calories: 182 Carbohydrates: 22 Protein: 4 Fat: 10 Sodium: 97 Potassium: 166 Cholesterol: 34

Exchange Value: 1 Bread Exchange + 1/2 Fruit Exchange + 2 Fat Exchanges

Source: Holiday Cookbook, American Diabetes Association, ISBN 0-13-024894-0, by Betty Wedman, M.S.,R.D.

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Title: BABA GHANOUJ –
Categories: Diabetic, Appetizers, Vegetarian, Vegan, Ethnic
Yield: 1 cup

1 md Eggplant
1 cl Garlic; minced
1 tb Tahini
1/8 ts Cumin, ground

Preheat the broiler. Slice eggplant crosswise into 1/2" slices. Place them on a baking sheet and broil 3" from the heat until soft and water beads on the surface. Cool and peel the slices, then puree in a blender or food processor along with the rest of the ingredients. Chill and serve with vegetables.

Note: Tahini is sesame paste, made from ground sesame seeds like peanut butter. Available in health food stores. Serving = 1/3c 68cal; pro 3g,

carb 6g, fat 4g, sodium 38mg exchanges: 1 vegetable + 1 fat

Title: Bacon-Cheese Popcorn
Categories: Snacks, Popcorn, Diabetic
Yield: 1 batch

-----PATTI - VDRJ67A-----

4 qt Popped popcorn
1/3 c Margarine; melted
1/2 ts Seasoned salt
1/2 ts Hickory-smoked salt
1/2 c American cheese; grated
1/3 c Bacon bits

Pour freshly popped corn in large bowl. Combine margarine with hickory-smoked salt. Pour over popcorn; toss well to coat. Sprinkle with cheese and bacon bits. Toss again and serve while warm.

Title: Baked Apples and Mincemeat
Categories: Diabetic, Fruits, Desserts, Holiday
Yield: 6 bakd.apple

6 sm Cooking apples
1/3 c Mincemeat - see sep. recipe

SOURCE: Special Celebrations and Parties Cookbook by Betty Wedman, M.S., R.D., copyright 1989, ISBN #0-13-004219-6. MM format by Ursula R. Taylor.

Make a hole in the top of each apple and scoop out the core. Full with prepared mincemeat. Place in a baking pan with 1/4 inch water on the bottom. Pierce the skin of each apple with a fork in several places

to keep them from cracking during baking. Bake in a 350~ oven for about 20 minutes, or until apples are cooked thoroughly. Baking time will vary greatly depending upon size and type of apples.

Yield: 6 baked apples - 1 per serving.

Food Exchanges per apple: 1 1/2 fruits.

Nutritional information per apple: 84 calories, 1 g protein, 20 g carbohydrate, 1 g fat, 3 mg sodium, 197 mg potassium, 2 mg cholesterol.

Title: Baked Beef and Rice

Categories: Diabetic, Main dish, Meat, Vegetables

Yield: 6 Servings

1 1/2 lb Ground beef
1 c Rice, regular
1 sm Onion; chopped
2 tb Bacon drippings
1 1/2 ts Salt
1/2 ts Pepper
1 ts Paprika
2 oz Olives, stuffed; sliced
2 c Tomato juice
1 1/2 c Water; boiling
1/2 c Cheese, Cheddar; shredded

Saute ground beef, rice, and onion in bacon drippings. Pour off drippings. Add remaining ingredients except cheese; mix well. Place in a 1-1/2 quart casserole. Cover tightly; bake at 300 degrees for 1 hour. Uncover; sprinkle with cheese and continue baking about 10 minutes or until cheese is melted.

SOURCE: Southern Living Magazine, April, 1974. Typed for you by Nancy Coleman.

Title: Baked Chicken with Rice
Categories: Poultry, Low-fat, Diabetic
Yield: 6 servings

1 c Uncooked rice
1 pk Onion soup mix; divided
6 Chicken breast halves;
10 3/4 cn Cream of mushroom soup
1 1/2 c Water
1/8 ts Pepper
-skin removed

1. Spread rice evenly in bottom of 9- x 9-x 2-inch nonstick baking dish.
2. Sprinkle with 1/4 onion soup mix. 3. Place chicken on top of rice.
4. Add remaining onion soup mix.
5. Combine mushroom soup, water and pepper.
6. Pour soup mixture over chicken.
7. Cover with foil; bake at 325 degrees for 2 hours.
8. Remove foil, and serve Yield: 6 servings Each serving: 2 ounces chicken with 2/3 cup rice Each serving may be exchanged for: 2 Bread
2 Medium-fat Meat Source: Cookbook for
Diabetics and their families; Oxmoor House

Title: Baked French Toast
Categories: Breads, Breakfast, Diabetic, Low-fat
Yield: 4 servings

2/3 c Low-fat cottage cheese
1/4 c Skim milk
2 tb Sugar (or substitute equiv.)
1 lg Egg
1 lg Egg white
1/2 ts Vanilla extract
4 sl (1 oz each) Whole wheat,
-oatmeal, or other whole-
-grain bread

Preheat the oven to 425 degrees F. In a food processor or blender, whirl the cottage cheese, milk, sugar, egg, egg white, and vanilla for about 1 minute or until smooth. Transfer the mixture to a shallow dish, place the bread in it and let stand for 10 minutes. Turn the bread over and

let stand another 10 minutes. (To save time in the morning, soak the bread overnight.) Meanwhile, grease a baking sheet and place it in the preheated oven for 7 minutes.

Remove the baking sheet from the oven, place the bread on it, and bake for 6 minutes. Turn the bread over and bake 5 to 6 minutes longer or until golden brown. Serve with no-sugar-added jam. Makes 4 servings.

Nutritional information per serving: calories - 149, protein - 10 gm., fat - 3 gm. (saturated fat - 1 gm.), carbohydrates - 21 gm., cholesterol - 55 mg., fiber - 3 gm., sodium - 369 mg. (Diabetic Exchanges not available)

FROM: Live Longer Cookbook by Reader's Digest
copyright 1992. Formatted to MM by Trish McKenna.

Title: Baked Herberd Chicken
Categories: Diabetic, Poultry, Main dish
Yield: 4 Servings

1 lb Chicken breast; boneless &
-skinned
2 ts Virgin olive oil;
6 tb Dry white wine;
1/4 c Lemon juice;
2 ts Leaf tarragon; dried
2 ts Leaf basil; dried
1/2 ts Hot red pepper flakes;

Preheat the oven to 350 degrees. Trim any fat from chicken breast and pound lightly between two sheets of waxed paper to flatten. Coat with olive oil and place in a baking dish. Add wine, lemon juice, herbs and and pepper flakes, turning chicken to coat both sides. Cover dish with foil. Bake 25 to 30 munutes, until chicken cooked through.

Serve with Quinoa and Spaghetti Squash (Also in this file) Food Exchange per serving: 4 LOW/FAT MEAT EXCHANGES CAL: 177 CHO: 72mg; CAR: 1g; PRO: 27g; SODIUM: 68mg; FAT: 5g;

Source: Light and Easy Diabetes Cuisine by Betty Marks Brought to you and

yours via Nancy O'Brion and her Meal-Master

Title: BAKED STUFFED MIRLITON (CHAYOTE OR VEGETABLE)

Categories: Cajun, Vegetables, Diabetic, Garlic, Diet

Yield: 6 servings

**3 md Mirlitons (chayote), peeled
-and cut in half
1 ts Reduced-Calorie margarine
1/2 lb Md. shrimp, peeled, deveined,
-and coarsely chopped
1/2 ts Salt
1/2 ts Granulated garlic
1/2 ts Paprika
1/8 ts Ground oregano
1/8 ts Ground thyme
1/8 ts Ground red pepper
1/8 ts Ground black pepper
1/3 c Evaporated skim milk
1/3 c Chopped green onions
1 tb Dehydrated onion
1/2 c Plus 2 tablespoons fine dry
-bread crumbs**

Preheat the oven to 350°F. Spray an 8-inch-square baking dish with nonstick vegetable cooking spray and set aside.

Place the mirlitons (chayote) in a large pot or Dutch oven. Cover the mirlitons with water; boil for 30 minutes, or until tender when pierced with a fork.

Remove from the heat, drain and set aside to cool.

Using a small spoon, scoop out the center of each mirliton, and remove the seed, leaving a 1/2-inch shell all around. Put the pulp in a separate bowl.

Chop the mirliton pulp and set aside. (You should have about 2 cups.)

In a large skillet over medium heat, melt the margarine. Add the shrimp, salt, garlic, paprika, oregano, thyme, and red and black peppers. Cook for 5 minutes, stirring often. Remove the skillet from the heat and stir in the green onions, dehydrated onion and 1/2 cup of the bread crumbs; mix well. Spoon equal amounts of the shrimp mixture into each shell and top

with the remaining 2 tablespoons bread crumbs.

Arrange the stuffed mirlitond in the prepared dish and spray each one with cooking spray. Bake, uncovered, for 30 minutes. Serve hot. PER

SERVING:

KCAL	FATgm	CHOLmg	SODmg
69	2	74	143

Title: Banana Bavarian

Categories: Diabetic, Pudding, Fruits, Low-cal/fat

Yield: 4 servings

2 pk Unflavored gelatin
1/2 c Water
2 c Evaporated skim milk
2 md Ripe bananas
Sweetener equivalent to 4
-teaspoons sugar
1 ts Vanilla extract
1/4 ts Banana extract

SOURCE: Lean and Luscious by Bobbie Hinman & Millie Snyder, copyright 1987, ISBN #'S 0-914629-20-4 Paperback & 0-914629-22-0 Hardcover. MM format by Ursula R. Taylor.

Sprinkle gelatin over water in a small saucepan, and let soften a few minutes. Heat, stirring frequently, until gelatin is completely dissolved.

In a blender container, combine remaining ingredients. Add gelatin mixture. Blend until smooth.

Pour into 4 individual serving bowls and chill until set.

Each serving provides: 171 Calories - add 16 calories if sugar or fructose is used as sweetner, 14 g protein, 1 g fat, 28 g carbohydrate, 151 mg sodium, 5 mg cholesterol. Equal to 1 Fruit Serving and 1 milk serving with 0 additional calories if no sugar is used.

Title: BANANA BREAD
Categories: Holiday, Diabetic, Breads
Yield: 15 servings

-----**INGREDIENTS**-----

1 3/4 c Cake flour, sifted
2 t Baking powder
1/4 t Baking soda
1/2 t Salt
1/4 c Melted shortening (or oil)
2 ea Eggs, well beaten OR
Egg substitute
4 t Sweet*10
1 t Vanilla
2 ea Bananas, mashed

DIRECTIONS:

Sift together flour, baking powder, soda and salt.
Combine shortening, eggs, sweetener and vanilla. Add
to flour mixture and stir only until flour is
moistened. Fold in mashed banana. Place in greased
loaf pan (8x4x3 inches). Bake at 350 F for about 60
to 70 minutes.

Yield: 15 slices
Calories: 99 Exchanges: 1 Bread, 1/2 Fat
Nutritive Values: 2 g prot; 13 g carb, 4 g fat

From Christmas 1963 Amarillo Diabetes Lay Society
Newsletter, formatted for MM by A.Broadus, nutritive
values from Meal-Mate.

Title: Banana Bread #5 - Diet
Categories: Diabetic, Breads, Low-cal/fat
Yield: 20 servings

1/4 c Sugar**
3/4 c Sugar Twin
1/3 c Margarine

- 1 Egg
- 2 Egg whites
- 1 ts Baking soda
- 2 c Flour
- 4 tb Milk
- 3/4 ts Vinegar
- 3 Bananas; ripe, mashed
 - **PERSONAL NOTE from Ursula
 - Taylor - this was imported
 - as is - with diabetic
 - category listed - I'm a bit
 - uneasy about the sugar amt.

Blend sugar, Sugar Twin, and margarine. Add eggs and mix well. Sift flour and soda into bowl and stir. Mix milk and vinegar together, then add to mixture. Fold in bananas. Bake 1 hour at 350 degrees in greased 9 x 5 loaf pan. Let cool and cut into 20 slices.

Nutrients per slice: Calories 108, fat 3.6g, cholesterol 14 mg, carbohydrate 17g, sodium 63mg.

Exchanges: Bread 1, fruit 1/4, fat 1.

Source: "There IS Life after Lettuce" by Pepper Durcholz, Alberta Gentry, Carolyn Williamson, M.S.

Formatted for Meal-Master by Joyce Burton.

Title: Banana Pudding #2 - Diet
Categories: Pudding, Ww, Diabetic
Yield: 4 servings

- 2 ea Matzo boards, broken into
 - 2-inch pieces
- 4 md Eggs, beaten **
- 1 1/2 c Water
- 2/3 c Nonfat dry milk
 - Artificial sweetener equal
 - to 4 tsp. sugar
- 1/2 ts Vanilla extract
- 1/8 ts Cinnamon
- 1/2 ts Salt

2 md Bananas, sliced

****PERSONAL NOTE from Ursula**

-Taylor - to cut back on fat

-why not use egg substitute.

**SOURCE; Weight Watchers New Program Cookbook by Jean Nidetch,
copyright**

**1972, 1973 & 1978. ISBN #0-453-01003-2, Library of Congress Catalog Card
#78-60327. MM format by Ursula R. Taylor.**

**Pour hot water over matzo in a colander; drain. In a medium bowl,
combine eggs, water, milk, sweetener, vanilla, cinnamon and salt. Fold in
matzo and banana.**

**Pour into an 8x8x2-inch nonstick baking pan. Bake at 350~F. for 50
minutes until knife inserted in center comes out clean. Serve warm or
chilled. Divide evenly. Makes 4 midday meal servings. Supplement as
required.**

**Each serving is equivalent to: 1 serving Bread; 1 Egg (or Meat); 1/2
serving milk (1/2 cup skim milk, and 1 serving fruit.**

Title: Banana Pudding Splits - Diabetic

Categories: Fruits, Desserts, Diabetic

Yield: 4 servings

1 c Plain low-fat yogurt

1 pk Choc. pudding mix,low-fat(4)

2 md Bananas, peeled

1/2 ts Lemon juice

1/2 oz Pistachios,coarsely chopped

1/4 c Thawed dairy whipped topping

4 Bing cherries, fresh*

NOTE - for diabetics - I'd

-use SF pudding mix

*** If bing cherries are not available, use 4 marachio cherries. 1. In
blender,process yogurt on high speed for 30 seconds, add pudding mix and
process 1 minute, scraping down sides of container as necessary. 2. Cut
each banana into 6 diagonal slices and sprinkle with lemon juice. 3.
Arrange 2 banana quarters into each of 4 goblets or dessert dishes, top**

with 1/4 pudding mixture. Sprinkle each portion with 1/4 of the pishachios, then top each with 1 tbsp. whipped topping and 1 cherry. SOURCE; From *Prodigy's Food and Wine-Healthy Eating Bulletin Board, from Bridget Benjamin - PHFC09A.

Title: Banana Raisin Pudding

Categories: Pudding, Desserts, Diabetic, Fruits

Yield: 4 servings

1 md Ripe banana
1 1/2 ts Lemon juice
2 ea Eggs
1/3 c Nonfat dry milk
1/2 c Plain lowfat yogurt
2 sl White or whole wheat bread,
-crumbled
Sweetener equivalent to 6
-teaspoons sugar
1/2 ts Ground cinnamon
1/8 ts Ground nutmeg
1 ts Vanilla extract
1/4 c Raisins

SOURCE: Lean and Luscious Cookbook by Bobbie Hinman and Millie Snyder - copyright 1987 Hinman-Snyder Productions, ISBN #0-914629-20-4 Paperback and #0-914629-22-0 Hardcover. MM format by Ursula R.

Taylor.

Preheat oven to 350 degrees.

In a blender container or food processor, combine all ingredients, EXCEPT raisins. Blend until smooth.

Stir in raisins.

Pour mixture into a 1-quart casserole or baking pan that has been sprayed with a nonstick cooking spray.

Bake uncovered, 40 minutes, until set.

Serve hot or cold.

NUTRITIONAL INFORMATION per serving: 169 calories, 8 g protein, 4 g fat, 25 g carbohydrate, 147 mg sodium, 140 mg cholesterol 0 additional calories - unless sugar or fructose is used - then add 24 calories.

EXCHANGES per serving: 1/2 protein/meat, 1/2 bread, 1 fruit and 1/2 milk exchange.

Title: Bankruptcy Stew
Categories: Diabetic, Soup, Main dish, Meat, Vegetables
Yield: 8 Servings

2 lb Lean beef round stk;
 -boneless
1/2 c Water;
1/2 c Tomato sauce;
4 lg Potatoes; peeled, cubed
1 Green bell pepper;
 -slice thinly
1 Rib celery; chopped
1 Yellow onion; sliced thin
3 Carrots; peeled and sliced
1 Sprig fresh parsley
 -=OR=-
1 tb Dry parsley;
1 Bay leaf

Cut round steak into 1-inch cubes. Brown beef cubes over high heat in a nonstick skillet. Add the rest of the ingredients to the skillet. Cover and simmer for 1 hour over medium heat until the meat is tender. 8 servings

One serving = 345 calories, 3 low-fat protein + 1 starch + 1 vegetable exchange 23 grams protein, 22 grams carbohydrate, 12 grams fat, 482 mg sodium

Adapted from Quick & Easy Diabetic Menus, Betty Wedman 1993 Shared but not tested by Elizabeth Rodier Feb 94

Title: Basic Creme Center
Categories: Candies, Diabetic
Yield: 1 servings

3 oz Cream cheese, softened
1 c Powdered Sugar Replacement
2 tb Water
1 ts Vanilla extract

**SOURCE: The Diabetic Chocolate Cookbook by Mary Jane Finsand -
copyright 1984.**

**Beat cream cheese until fluffy. Stir in sugar replacement, water and
vanilla extract. Dough may be divided into parts and different flavorings
and/or food color added to each part as suggested in various recipes. Knead
or work with the hand until dough is smooth. Use as directed in the
recipes.**

YIELD: 1 cup
EXCHANGE, full recipe: 4 fruit and 6 fat
CALORIES: full recipe: 600

Title: Basic Dessert Pie Crust
Categories: Desserts, Diabetic, Pies, Pie crust
Yield: 8 servings

1/4 c Apple juice concentrate
1 1/2 c Grape-nuts cereal

**Pour the Grape-nuts into a 9-inch pie pan. Add the juice and stir until
the Grape-nuts are moist. Press into the pan to form a crust the shape of
the pan. Set aside while you make the filling.**

**Source: The no salt, no sugar, no fat, NO APOLOGIES APOLOGIES
COOKBOOK**
**by Marcia Sebate' Williams, Copyright 1986. Posted on NVN by Chris
Tomlinson.**

Title: BASIC FREE DRESSING - VEGETARIAN COOKING FOR
Categories: Salads, Diabetic, Vegetarian
Yield: 1 cup

1/2 c Vinegar, cider or wine
1/2 c -water
1/2 ts Mustard; dry
1/2 ts Pepper
1 ts Celery seed
1 ts Dill seed

Mix all ingredients together thoroughly.

serving = 1 tbsp Free

Title: BASIC FREE GREEN SALAD - VEGETARIAN COOKING F
Categories: Diabetic, Vegetarian
Yield: 2 cups free

2 c Romaine lettuce; shredded
2 c Iceberg lettuce; shredded
1 c Spinach; shredded
12 Radishes; sliced
1 c Curly endive
1 Cucumber sliced
2 Celery stalked; diced

-----**OPTIONAL INGREDIENTS**-----

Boston or bibb lettuce

Cabbage; shredded
Kale or comfrey
Chicory or sorrell
Lambsquarter leaves
Parsley or watercress
Greens
Onions
Tomatoes
Sprouts
Mushrooms; sliced
Peppers, sweet
Broccoli or cauliflower
Summer squash; sliced
Scallions or chives

Toss selected ingredients form list together.

Title: Basic Spritz Cookies

Categories: Diabetic, Cooky/bars, Holiday

Yield: 70 servings

1 c Vegetable shortening
1/2 c Granulated sugar replacement
1/4 c Fructose
1 Egg
1 ts Vanilla or almond extract
2 1/4 c All-purpose flour
1/2 ts Baking powder
1 ds Salt

Using an electric mixer, beat shortening until light.

Combine sugar replacement and fructose in a bowl; stir to mix. Gradually beat sugar replacement mixture into creamed shortening. Beat in egg and extract.

Combine flour, baking powder and salt in a mixing bowl; stir to mix. Gradually stir flour mixture into creamed mixture. Press dough from a cookie press (use

thin setting or small tip) onto ungreased cookie sheets, following press manufacturer's directions.

Bake cookies at 375F. degrees or 8 to 10 minutes, or until edges of cookies are delicately browned. Move to cooling racks.

Yield: 70 cookies.

Serving size: 1 cookie.

Nutritional information per serving: Carbohydrates ~ 2g; Calories - 23.

Exchanges per serving: 1/3 bread exchange. Source: Diabetic Cookies; by Mary Jane Finsand.

Formatted by: Nancy Filbert; December, 1995

Title: Basil Pork Chops

Categories: Diabetic, Meat, Main dish

Yield: 4 Servings

**4 Lean center-cut pork chops
(1 1/4 lbs.)**

1 c V-8 Juice

1 ts Dried basil

1/2 ts Salt

1 ts Coarsely ground black pepper

Trim and discard excess fat from chops. In a large frying pan, brown chops without added fat. When chops are browned, add other ingredients. Cover tightly and simmer 40 minutes or until tender. Turn meat occasionally and add a few tablespoons of water if necessary to prevent burning.

1 Serving: 1 Chop Plus 1 Tbsp. Sauce

Nutritive values per serving: 3 gm. carbohydrates; 25 gm. protein; 14 gm. fat; 240 calories; 0.7 gm. fiber; 521 mg. sodium; 91 mg. cholesterol

Food Exchange per serving: 3 Medium-Fat Exchanges + 1 Vegetable Exchange.

Low-sodium diets: Omit salt. Substitute unsalted V-8 Juice.

Courtesy of Shareware RECIPE CLIPPER 1.1

Posted from the Echo's Library 04/19/94 by Frank Skelly

Title: Beef and Rice Casserole

Categories: Diabetic, Main dish, Meat, Vegetables

Yield: 1 Servings

**3 oz Ground beef;
1 tb Onion; chopped
1 tb Celery; chopped
3/4 c Condensed chicken gumbo soup
1/4 c Water
1/2 c Rice(uncooked)
1/4 c Condensed cream of mushroom;
Soup;**

Combine ground beef, onion, and celery with a small amount of water in a saucepan. Boil until all moisture is absorbed. Mix beef mixture, rice, and mushroom soup; pour into a small greased casserole dish. Add salt and pepper. Bake at 350F for 25 minutes; Microwave: Cook on Medium for 8 to 10 minutes;

**Food Exchange per serving: 3 MEAT EXCHANGE + 2 STARCH/BREAD
EXCHANGE CAL:
380**

Source: The Complete Diabetic Cookbook by Mary Jane Finsand Brought to you and yours via Nancy O'Brion and her Meal-Master

Title: Beef Chop Suey

Categories: Diabetic, Meat, Main dish, Chinese

Yield: 4 Servings

**1 lb Beef round steak;
1 tb Vegetable oil;
1 ts Sesame oil;
1 tb Low-sodium soy sauce;
3 Celery stalk; thinly sliced
-diagonally
2 md Size onions; sliced
1 c Chicken broth;
2 c Bean sprouts; rinsed**

Trim any fat from steak and dice. In a large non-stick skillet or wok, heat oils and stir-fry meat over high heat 1 minute. Stir in soy sauce. Remove meat with a slotted spoon and keep warm. Add celery, onions and broth to the skillet. Bring to a boil, reduce heat and cook 5 minutes. Add bean sprouts. Cook 3 minutes more, then return meat and stir to heat. Serve with Confitti Rice and Sesame Spinach Salad. Food Exchange per serving: 3 MEAT EXCHANGE + 2 VEGETABLES EXCHANGE CAL: 243; CHO: 64mg; CAR: 9g; PRO: 28g; SOD: 200mg; FAT: 11g

Souce: Light & Easy Diabetes Cuisine by Betty Marks Brought to you and yours via Nancy O'Brion and her Meal-Master

Title: Beef with Green Beans

Categories: Diabetic, Main dish, Meat, Vegetables

Yield: 4 Sweet ones

**8 oz Round of beef; with all
-visible fat removed before
-is weighted
2 tb Soy sauce
2 tb Cornstarch;**

1/3 ts Salt;
1 tb Vegetable oil;
1/4 c Water;
1 lb Frozen green bean; cut into
-1" length

Cut beef into about 1/8" - 1/4" thick and about 1" long. (This is easier if the meat is slightly frozen.) Refrigerate until needed. Mix soy sauce, cornstarch, salt, and sherry well. Pour over the meat. Mix lightly and let set at room temperature for about 1/2 hour or refrigerate for several hours or overnight. Drain well, reserving the marinade. Spread oil over the bottom of a fry, stirring frequently, until the meat occasionally, until both well coated with the sauce. Cover and cook, stirring occasionally, until both well coated with the sauce. Cover and cook, stirring occasionally, until beans are crisp-tender. Serve about 3/4 cup per serving over rice or noodles. Food Exchanges per serving: 2 VEGETABLES EXCHANGES

+

2 LEAN MEATS EXCHANGES; CAL: 155; CHO: 10; PRO: 15gm; FAT: 6gm;
LOW-SODIUM
DIETS: Omit salt and soy sauce.

Source: The New Diabetic Cookbook by Mabel Cavaiani, R.D. Brought to you and yours via Nancy O'Brion and her Meal-Master

Title: Big Pumpkin Pancake
Categories: Ww, Breakfast, Diabetic
Yield: 1 servings

1 pk Vanilla flavored milk
-beverage
1 Egg
3 tb Flour
1 ts Baking Powder
1 tb Water
2 pk Artificial Sweetner (or 3?)
1 ts Cinnamon
1/2 ts Pumpkin pie spice

1 ts Vanilla
1/2 c Canned Pumpkin
1 tb Raisins
2 ts Reduced calorie margarine
1 tb Reduced calorie syrup

Mix milk beverage, egg, flour, baking powder, and water. Add spices, vanilla, pumpkin, and raisins. Mix thoroughly and put in large non-stick skillet sprayed with release agent. Cook over low heat until bottom sets. Carefully turn and cook other side of pancake.

Serve warm. Spread with margarine. Top with low calorie syrup EACH SERVING

PROVIDES: 1M, 1P, 1B, 1V, 1/2 Fruit, 1 Fat, Opt. Calories for syrup.

Title: Bite-Size Pepperoni Pizza
Categories: Diabetic, Meat, Appetizers, Snacks
Yield: 32 Slices

4 English Muffins
8 oz Pizza Sauce
1/2 c Onions, finely chopped
8 Green Pepper Rings,
-quartered
16 sl Pepperoni, cut in half
1 c Mozzarella Cheese; shredded
(reduced-calorie),

Split the muffins in half and toast them in the toaster. Spread the pizza sauce on both halves of the muffins. Top with the onions. Cut each muffin half into four pieces.

Place the eight muffin pieces in a circle around the edge of a paper plate (four plates will be used). Lay one-quarter section of the green pepper on top of each muffin piece. Place one-half slice of the pepperoni on top of each muffin piece. Top evenly with the mozzarella cheese.

Place each plate, uncovered, in the microwave, and cook on HIGH for 1

minute; rotate each plate one-half turn after 30 seconds. One Serving:
Calories: 45 Carbohydrates: 3 Exchange: 1/4 bread; 1/3 medium-fat meat
Source: Diabetic Microwave Cookbook, by Mary Jane Finsand
: Sterling Publishing (1989), ISBN 0-8069-6957-1,
: ISBN 0-8069-6960-1 (pbk.) Shared by: Norman R. Brown Reposted by
John Davies Reformatted 4 you and yours Nancy O'Brion and her Meal-Master

Title: BLACK BEANS AND RICE - DIABETIC
Categories: Diabetic, Beans, Grains
Yield: 8 servings

1 lb Black beans
1 lg Onion; chopped
1 cl Garlic, crushed
1 Green pepper; chopped
2 ts Olive oil
1 ts Oregano
3 Bay leaves
1/2 c Vinegar
2 c Rice; cooked

Wash the beans and soak overnight in quarts of cold water. Saute the onion, garlic and pepper in the oil.
Combine all ingredients except vinegar and rice and cook over low heat until the beans are tender. Add the vinegar and serve over rice.

calories per serving 275.

Title: Blueberry Preserves

Categories: Fruits, Diabetic, Canning, Low-cal/fat, Preserves

Yield: 1 batch

- 1 c Fresh or frozen berries**
 - Either blueberries,**
 - Strawberries or raspberries**
- 1 ts Lo-cal pectin**
- 1 ts Sugar replacement**

Place berries in top of double boiler.

Cook over boiling water until soft and juicy. Crush berries against sides of double boiler. Add pectin and sugar replacement. Blend in thoroughly. Cook until medium thick. Preserves can also be made with strawberries or raspberries. TO MICROWAVE: Place berries in glass bowl. Cook on High for 4 minutes until soft and juicy. Crush berries against sides of bowl. Add pectin and sugar replacement. Blend in thoroughly. Cook on High for 30 seconds. Yield: 2/3 cup. Exchange: 1 fruit Calories: 40 This is from THE COMPLETE DIABETIC COOKBOOK.

Title: Braised Steak and Green Pepper

Categories: Diabetic, Meat, Main dish, Vegetables

Yield: 6 Servings

- 1 1/2 lb Lean steak, cut 1/4" strips**
- 2 tb All purpose flour**
- 1/2 ts Salt**
- 1/4 ts Freshly ground pepper**
- 1 tb Vegetable oil**
- 1 3/4 c Beef broth**
- 1 c Canned tomatoes with juice**
- 1 md Onion, sliced**
- 1 Clove garlic, finely chopped**
 - Or 1/2 tsp garlic powder**
- 1 lg Green pepper, cut in strips**
- 1 1/2 ts Worcestershire sauce**

Chunks of zucchini may be used instead of green pepper.

Coat strips of round steak with flour mixed with salt and pepper. Heat oil in a large frypan. Brown meat on all sides, drain off any fat.

Add broth, tomato juice (reserving the tomato pieces for later), onion and garlic to the meat. Cover and simmer about 1 hour until meat is tender. Add tomato pieces, green pepper strips and Worcestershire sauce. Stir-cook 4 to 5 minutes longer.

Good served with rice. Tested by Alice Rodier March 94.

1/6 recipe = 215 calories, 3 protein, 1/2 fruit, 1/2 fat choice 6 grams carbohydrate, 23 grams protein, 11 grams fat.

Choice Cooking, Canadian Diabetes Assoc. 1986 Shared by Elizabeth Rodier March 94.

Title: Brandied Pear Fruitcake

Categories: Cakes, Diabetic, Fruits, Holiday

Yield: 25 slices

**2 c Snipped dried pears
1 1/2 c (1/2 lb) raisins OR currants
3/4 c Snipped dried figs
3/4 c Chopped walnuts
2 c Water
1/3 c Brandy
1 tb Dry active yeast
1/4 c Warm water
1/3 c Vegetable oil
1/3 c Sugar
3/4 ts Ground cinnamon
3 3/4 c To 4 cups whole wheat flour**

**SOURCE: Special Celebrations and Parties Cookbook
by Betty Wedman, M.S., R.D., copyright 1989, ISBN**

#0-13-00421806. MM format by Ursula R. Taylor.

Combine pears, raisins, figs, walnuts, 2 cups water, and brandy in a bowl. Let stand overnight or at least 3 hours. Dissolve yeast in warm water. Add oil, sugar, and cinnamon. Blend in dried fruit and nut mixture. Stir in enough flour to make a still dough.

Beat well. Spoon dough into a 10 inch tube pan or bundt pan. Let rise in a warm place for 1 to 1 1/2 hors, or until almost doubled in bulk. Bake in a 400~ oven for 30 to 40 minutes. Cool in the pan for 10 minutes. Remove from the pan. When cooled thoroughly, wrap in foil and store at least 3 days before serving.

Cake may be kept in an air tight container in a cool place for several weeks before use.

Yield: 25 1 inch slices.

Food Exchanges: 1 starch/bread + 1 fruit + 1 fat - per slice.

Nutritional information per slice: 189 calories, 4 g Protein, 34 g Carbohydrate, 6 g Fat, 33 mg Sodium, 253 mg Potassium, 0 Cholesterol.

Title: Bread Stuffing

Categories: Holiday, Poultry, Side dish, Diabetic, Low-fat

Yield: 4 servings

4 c Dry bread cubes

1 c Chopped celery

Onion chopped

2 tb Chopped parsley

Clove garlic minced

1 c Hot water or turkey broth

1/4 ts Black pepper

3/4 ts Ground sage

1/4 ts Dried marjoram

1/2 ts Dried thyme

Combine all the ingredients in a bowl. Toss to mix well. Stuff into a 10-pound turkey or four Cornish game hens.

PER SERVING: calories - 100, carbohydrate - 20 g., protein - 5 g., fat - 2 g., sodium - 199 mg., potassium - 177 mg., cholesterol - 0
Exchanges = 1 Bread, 1 Vegetable

FROM: The American Diabetes Association Holiday Cookbook by Betty Wedman, M.S., R.D. copyright 1986.
Formatted to MM by Trish McKenna.

Note: may also be baked at 350 degrees in a lightly oiled casserole dish for 30 to 40 minutes.

Title: Bread-And-Butter Pickles
Categories: Can/pickle, Vegetables, Diabetic
Yield: 4 servings

12 md Cucumbers (9 large)
2 sm Onions (8 pickling size)
1/4 c Coarse pickling salt
3 c White grape juice (simmered
-down from 6 cups)
1 1/3 c Pickling vinegar
2/3 ts Whole mustard seed
1/2 ts Celery seed
1 ts Black pepper
1/2 ts Turmeric powder (scant)

Score cucumbers lengthwise with tines of fork. Cut into medium-thick slices (5 per inch or less), discarding hard ends. Slice onions a bit thinner.

Put both into a bowl and cover with pickling salt.

Mix so all slices are covered and allow to stand for at least 30 minutes.

Combine cucumbers, onions, juice, and seasonings in large nonaluminum kettle.

(Discard liquid that comes off cucumbers and onions as you transfer them

to kettle.) Heat to boiling and boil for about 5 minutes, until slices look slightly transparent. Pack immediately in clean, hot jars; seal with hot lids. Process in water bath for 15 minutes after water returns to boiling, or in pressure cooker for 15 minutes at 10 pounds pressure. Makes 4 pints.

Variations: Cauliflower, celery stalks, carrot strips, or slices, and green pepper slices all make good pickles. Prepare as above, except process for 25 minutes in boiling water bath or 20 minutes in pressure cooker.

Nutritional information per 1/4 cup: calories - 32, protein - 0, fat - 0, carbohydrates - 8 gm. 1/4 cup equals 1 diabetic Vegetable exchange or 1/2 Bread exchange. THESE SHOULD NOT BE EATEN BY THOSE WHO ARE ON A LOW-SODIUM DIET, AS THIS RECIPE WILL NOT SUCCEED WITHOUT SALT.

FROM: Canning and Preserving without Sugar by: Norma M. MacRae, R.D.
copyright 1982 Formatted to MM by Trish McKenna

Title: Brown 'n' Serve Sausage
Categories: Meat, Diabetic
Yield: 12 Servings

1 lb Lean ground pork
1/4 c Cracker crumbs
1/4 c Water
1 ts Sage
1 ts Salt
1/2 ts Thyme
1/2 ts Oregano
1/4 ts Freshly ground pepper
1 pn Ground cloves

The two step cooking procedure ensures the removal of most of the fat.

Combine ground pork and cracker crumbs. Stir in water, sage, salt, thyme,

oregano, pepper and cloves. Mix until thoroughly combined.

Divide into 12 portions. Form each into a sausage-shaped roll or flat patty. (Wet hands with cold water to make the job easy.) Place in a cold, lightly oiled frypan.

Cook over medium heat, turning often, about 4 min each side until just beginning to brown and pieces are no longer pink.

Remove to paper towels and blot to absorb any fat. Wrap. Store in refrigerator up to 5 days or in freezer up to 2 months. Or cook a second time and serve immediately.

To serve: Return sausages or patties to a clean, cold frypan. Cook over medium heat, turning once or twice, about 4 min until sausages are brown and crisp. (Cook frozen sausages in the same manner, allowing about 2 min longer for cooking.)

Each sausage or patty - 59 calories, 1 protein choice 1 g carbohydrate, 7 g protein, 3 g fat.

Source: Choice Cooking, Canadian Diabetes Assoc. 1986 Shared but not tested by Elizabeth Rodier Nov 93

Suggestion for Pork Pies: Stir-cook the ground pork mixture in the frying pan, place it in a plastic colander to drain off most of the fat and blot with paper towels. Spread the pork mixture in a baking dish (try 8" pyrex), add fat-free gravy if needed for liquid. Top with about 2 1/4 cups seasoned breadcrumbs. Bake at 350-375 F until crumbs are lightly browned.

1/12 recipe = 10 grams carbohydrate, 9 grams protein, 4 grams fat, 113 calories. Compare with 1/12 recipe Betty Crocker Pork Pies made with 1 lb sausage and 1 c cooked ham, cream of chicken soup, apples, pastry: 19.5 gm carbohydrate, 10 gm protein, 15 grams fat, 250 calories.

Title: Brown-Sugar Press Cookies
Categories: Diabetic, Cooky/bars, Holiday

Yield: 60 servings

1 c Margarine
3/4 c Brown-sugar replacement
1/4 c Fructose
1 Egg yolk
1 ts Vanilla extract
1/2 ts Caramel flavoring
1/4 ts Salt
2 c All-purpose flour

Using an electric mixer, beat margarine in a large mixing bowl. Gradually add brown-sugar replacement, beating until light and fluffy. Beat in egg yolk, vanilla, caramel flavoring, and salt. Stir in flour.

Chill for at least 2 hours.

Press dough from a cookie press onto ungreased cookie sheets, following press manufacturer's directions.

Bake cookies at 350F. degrees or 8 to 10 minutes. Move to cooling racks.

Yield: 60 cookies.

Serving size: 1 cookie.

Nutritional information per serving: Carbohydrates ~ 3g; Calories - 21.

Exchanges per serving: 1/4 bread exchange.

Source: Diabetic Cookies; by Mary Jane Finsand.

Formatted by: Nancy Filbert; December, 1995

Title: BROWNIES
Categories: Diabetic, Cakes, Holiday
Yield: 16 servings

-----INGREDIENTS-----

1/4 c Cocoa
1/4 c Butter or Shortening
1/4 c Applesauce
2 T Sweet*10 liquid
2 T Vanilla
2 ea Eggs, beaten, or substitute
1 c Flour
1/2 t Salt
1 1/2 t Baking Soda
1/4 c Chopped nuts

DIRECTIONS: Sift cocoa, flour, salt and baking soda and mix well. Add vanilla, sweetener, eggs, stir until well-blended and add the dry ingredients. Mix until well-blended, stir in chopped nuts, pour into a greased 8" square pan. Level batter smoothly. Bake at 325 F for 20 minutes. Cut into 16 squares.

Yield: 16 Brownies

Calories: 82 **Exchanges:** 1/2 Bread, 1 Fat

Nutritive Values: 2 g prot; 7 g carb; 5 g fat

Christmas 1963, Amarillo Diabetes Lay Society
Newsletter, Formatted for MM by A.Broaddus, nutritive
values, calories and exchanges by Meal-mate.

Title: Butter-Flavored Spritz Cookies
Categories: Diabetic, Cooky/bars, Holiday
Yield: 80 servings

2 1/2 c All-purpose flour
1/2 ts Baking powder
1/4 ts Salt
1 c Margarine
1/2 c Granulated sugar replacement
1/4 c Granulated fructose
1 Egg

1 1/2 ts Butter flavoring

Sift together flour, baking powder and salt; set aside.

Using an electric mixer, beat margarine until light.

Combine sugar replacement and fructose in a bowl; stir to mix. Gradually beat sugar replacement mixture into creamed margarine. Beat in egg and butter flavoring. Gradually stir flour mixture into creamed mixture. Press dough from a cookie press (use thin setting or small tip) onto ungreased cookie sheets, following press manufacturer's directions.

Bake cookies at 375F. degrees or 8 to 10 minutes, or until edges of cookies are delicately browned. Move to cooling racks.

Yield: 80 cookies.

Serving size: 1 cookie.

Nutritional information per serving: Carbohydrates ~ 3g; Calories - 22.

Exchanges per serving: 1/3 bread exchange. Source: Diabetic Cookies; by Mary Jane Finsand.

Formatted by: Nancy Filbert; December, 1995

Title: Cabbage Casserole

Categories: Diabetic, Vegetables, Meat

Yield: 6 Servings

1 md Onion; chopped

1 Stalk Celery; chopped

3 tb Margarine;

3/4 lb Lean Ground Beef;

1/2 ts Salt;

1 md Cabbage; shredded

2 Apples; sliced thin

Preheat oven to 350 deg F. In skillet, saute onion and celery in margarine

2 minutes. Add beef and salt and stir another 2 minutes. Spread half the cabbage in 2 qt baking dish and cover with half the apples and all the meat mixture. Add remaining cabbage and apple slices. Cover and bake 1 hour. Nice with mashed potatoes or noodles. Food Exchange per serving: 1 LEAN-MEAT EXCHANGE + 1 VEGETABLE EXCHANGE + 1 FAT EXCHANGE IF THAT + 1 FRUIT EXCHANGE

Title: Cafe Au Lait
Categories: Beverages, Breakfast, Diabetic
Yield: 4 servings

2 c Water

2 c Milk**

6 ts Sugar**

6 ts Instant coffee

**PERSONAL NOTE from Ursula

-R. Taylor for diabetic use.

-use low-fat or skim milk &

-use sugar substitute....

Put the milk and water in a saucepan and bring to just boiling. Remove from heat. Mix the sugar and instant coffee together in a small bowl. Add four tablespoons of the hot milk and water to the coffee mixture, and stir together. Add the coffee mixture to the hot milk and water in the saucepan. Beat the mixture with a wire whisk until frothy and well mixed. Return the saucepan to the heat and bring to just boiling. Watch carefully so it does not over-run the pan. Remove from heat and serve. Source: Meals of Many Lands: A COOKBOOK FOR CHILDREN

Title: CAJUN KABOBS _ MIAMI HERALD 7/28/94
Categories: Poultry, Ethnic, Diabetic
Yield: 2 servings

Non-stick cooking spray
2 cl Garlic; crushed
2 ts Paprika
1/4 ts Cayenne pepper
1/2 ts Oregano
1/2 ts Thyme
1/2 ts Salt
1/4 ts Ground pepper
3/4 lb Chicken, boneless breast
1 ts Olive oil
1 md Zucchini
1 md Yellow squash
4 Kabob skewers
Salt and pepper to taste

Preheat broiler. Line baking tray with foil and spray with cooking spray. Place rack about 5" from heat. Mix garlic, paprika, cayenne, oregano, thyme, 1/2 ts salt, and 1/4 ts black pepper together in a small bowl. Cut chicken into 1-inch pieces. Spray chicken with cooking spray and toss them in spice mixture. Divide in half and thread on 2 kabob skewers. Place olive oil in small bowl and season with salt and pepper. Cut zucchini and squash into 2-inch pieces and toss in oil to coat. Divide in half and place on 2 skewers. Remove tray from oven and place skewers on the foil. Return to the oven and broil for 5 minutes.

Nutritional info per serving. 263 cal; 42g pro, 7g carbo, 7g fat, 108mg chol, 632mg sodium exchanges - 1 veg, 4.4 meat, .5 fat

-

Title: California Pot Roast

Categories: Diabetic, Main dish, Meat, Crockpot
Yield: 20 Servings

4 lb Beef rump;
2 tb Flour;
1 ts Salt;
1/16 ts Pepper;
1 tb Oil;
1 Onion; chopped fine;
2 Carrots; sliced
1 tb Worchetershire sauce;
1 c Water;
Sugar substitite equivalant
- 1/2 c

Dredge meat well in flour, salt, and pepper. Brown in oil in skillet; add remaining ingredients. Cover. Simmer about 4 hours over low heat. Food Exchange per serving: 2 MEAT EXCHANGES

Source: Recipes for Diabetics by Billie Little and Penny L. Thourup Brought to you and yours via Nancy O'Brion and her Meal-Master

Title: Candied Carrots

Categories: Vegetables, Diabetic, Low-cal

Yield: 4 servings

4 Carrots (sliced)
1 ts Salt
2 tb Brown sugar replacement
2 ts Butter or margarine
1/2 c Lo-cal cream soda

Place sliced carrots in saucepan and cover with water; add salt. Cook until crisp-tender; drain. Place in baking dish. Sprinkle carrots with brown sugar replacement; dot with butter; add cream soda (or any white soda). Bake at 350F for 30 minutes. Turn carrots gently

2 or 3 times during baking.

1 serving = 1 vegetable, 1/2 fat calories = 47

Title: Caramel Apple Salad

Categories: Fruits, Diabetic, Party, Picnic, Grains

Yield: 6 servings

3 lg Granny smith apples;

Cored and diced

1/2 c Walnuts**

1/2 c Raisins

1 c Chopped celery

1 pk -small one; sugar free

Butterscotch pudding

2 c Non-fat plain yogurt

****PERSONAL NOTE From Ursula**

-Taylor - if you have a

-cholesterol problem - leave

-the nuts out and maybe add

-more raisins and celery...

Mix cored & diced apples, raisins, celery and walnuts well. Mix butterscotch pudding and plain yogurt well. Mix pudding mixture with apple mixture well and refrigerate for at least an hour before serving. Enjoy.

This recipe was posted on *P by Shari Hagemester, P ID#BKTF51A

Title: Caramel Apples #3 - Estee
Categories: Snacks, Fruits, Diabetic, Holiday
Yield: 3 servings

3 sm Apples
3 Wooden sticks
**4 oz Pkg. Estee Vanilla and
-Chocolate Caramels**
1 1/2 ts Water
**1/4 c Peanuts, unsalted and finely
-chopped**

**SOURCE: Estee Recipe of the week - Oct. 24, 1994...gotten on the phone
by calling 1-800-34-ESTEE.....MM format by Ursula R. Taylor.**
**Wash and dry apples. Remove stem. Insert 1 wooden stick into each apple
at stem end.**
**Melt caramels and water in top of double boiler - stirring often - until
smooth. OR microwave on HIGH for 30 seconds. Then stir until smooth.**
**Dip apples in sauce - turning to coat. Allow to dry. Scrape excess from
bottom and press into nuts. Set on greased wax paper.**
Refrigerate until serving time. For easier serving - slice into wedges.
EXCHANGES per apple: 1 fruit, 2 bread and 2 fat.

Title: Cardamom Maple Spritz Cookies
Categories: Diabetic, Cooky/bars, Holiday
Yield: 75 servings

1 c Vegetable shortening
1/2 c Granulated sugar replacement
1/4 c Granulated fructose
1 Egg
1 ts Vanilla extract
1 ts Maple flavoring

2 1/2 c All-purpose flour
2 ts Cardamom
1/2 ts Baking powder
1 ds Salt

Using an electric mixer, beat shortening until light.

Combine sugar replacement and fructose in a bowl; stir to mix. Gradually beat sugar replacement mixture into creamed shortening. Beat in egg and vanilla and maple flavoring.

Combine flour, cardamom, baking powder and salt in a mixing bowl; stir to mix. Gradually stir flour mixture into creamed mixture. Press dough from a cookie press (use thin setting or small tip) onto ungreased cookie sheets, following press manufacturer's directions.

Bake cookies at 375F. degrees or 8 to 10 minutes, or until edges of cookies are delicately browned. Move to cooling racks.

Yield: 75 cookies.

Serving size: 1 cookie.

Nutritional information per serving: Carbohydrates ~ 3g; Calories - 19.

Exchanges per serving: 1/4 bread exchange.

Source: Diabetic Cookies; by Mary Jane Finsand.

Formatted by: Nancy Filbert; December, 1995

Title: Caribbean Stewed Chicken
Categories: Poultry, Ww, Low-cal/fat, Diabetic
Yield: 6 servings

-JUDI M. PHELPS (BNVX05A)
3 lb Chicken pieces
1 lg Onion; chopped

1 lg Tomato; coarsely chopped
2 tb Fresh lime or lemon juice
1 tb Fresh parsley; chopped
1/2 ts Dried thyme
1/2 ts Dried rosemary
1/4 ts Ground ginger
1/4 ts Cinnamon
3 c Water
1/2 ts Salt; optional
1/4 ts Freshly ground pepper
1 tb Margarine
2 tb Flour
1/4 ts Nutmeg

Remove skin and all visible fat from chicken pieces.
Place chicken, onion, tomato, lime juice, parsley, thyme, rosemary, ginger and cinnamon in a glass bowl;

cover and let stand in refrigerator 2 hour to marinate. Transfer to a Dutch oven or stewing pot; add water, salt (optional), and pepper. Cover, bring to a boil; reduce heat and simmer 1-1/2 hours or until tender (start checking after 1 hour). Melt margarine in a small saucepan; stir in flour and nutmeg until blended. Remove and strain 1-1/2 cups liquid from stew and add to flour mixture; stir-cook about 2 minutes until thickened. Place chicken pieces on a warm platter; serve with sauce. (Strain remaining liquid from stew for later use).

Each serving: 1/6 recipe = 3 protein and 1/2 fat choice
2 g carbohydrate, 21 g protein, 11 g fat
191 calories

Source: Choice Cooking, Canadian Diabetes Association

This recipe can be used interchangeably by the Weight Watchers Dieter and a person on a diabetic diet.

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Title: CATFISH IN PICANTE SAUCE
Categories: Meat/fish, Sauces, Diabetic
Yield: 4 servings

- 4 Medium to large Catfish
-filets**
- 3 c Pace Picante Sauce**
- 2 c Cooked rice**

Place the catfish filets in a large skillet. Pour Picante Sauce over the filets. Simmer on low flame for about 20-30 minutes.

Recipe by Chris Tomlinson

Title: Challah - (Holiday Twist Bread)

Categories: Breads, Jewish, Seeds, Diabetic, Holiday

Yield: 18 servings

- 1 pk (or 1 tablespoon) Active Dry
-Yeast**
- 2 tb Sugar**
- 1/4 c Warm Water (110 to 115
-degrees)**
- 2 c All-Purpose Flour**
- 2 To 2-1/2 c Whole Wheat Flour**
- 1/2 ts Salt**
- 1 Egg**
- 2 tb Vegetable Oil**
- 1 1/4 c Water**
- 1 Egg, beaten**
- 1 tb Poppy Seeds**

Dissolve the yeast and sugar in the 1/4 cup of warm water. Let stand for 5 minutes.

Combine the flours and salt in a mixing bowl. Make a well in the center of the flour mixture and add the egg, oil, yeast mixture and remaining 1-1/4 cups of water. Mix well. Knead the dough on a floured board, adding

more whole wheat flour until the dough is smooth and elastic. Place in an oiled bowl. Cover with a damp towel and let rise until doubled, about 1 hour.

Divide the dough into three parts. Roll each third into a strip about 15 inches long. Braid the strips together and place on a lightly-oiled baking sheet.

Brush with the beaten egg. Sprinkle on the poppy seeds. Cover and let rise until doubled.

Bake in a 375-degree oven for 40 to 45 minutes, or until golden brown.

Serves 18

One Serving = Calories: 115 Carbohydrates: 21 Protein: 4 Fat: 2 Sodium: 59 Potassium: 74 Cholesterol: 15

Exchange Value: 1-1/2 Bread Exchanges Source: Holiday Cookbook, American Diabetes Association, ISBN 0-13-024894-0, by Betty Wedman, M.S.,R.D.

Title: Cheese Toast Ww
Categories: Appetizers, Ww, Diabetic, Breakfast
Yield: 1 servings

3 tb Ricotta cheese, part-skim
1 tb Egg substitute
1 tb Cream Cheese, light
1/2 ts Sugar, granulated**
1/2 ts Cornstarch
1/2 ts Vanilla extract
2 sl Bread, raisin

- lightly toasted

****PERSONAL NOTE from Ursula**

-R. Taylor - for diabetics

-use sugar substitute....

Preheat toaster oven to 350F. In small bowl combine all ingredients except bread. Set bread on toaster-oven tray; spread half of the cheese mixture on each slice on bread. Bake until cheese mixture is puffed, about 5 minutes.

Weight Watcher Exchanges: 1 Protein, 2 Breads, 50 Optional Calories.

These same exchanges can be used for diabetics....

Nutritional Analysis per serving: 251 calories, 11 g.

protein, 8 g. fat, 34 g. carbohydrates, 186 mg.

calcium, 340 mg. sodium, 23 mg. cholesterol.

Calories from fat: 27.3%

Original recipe from Weight Watchers "Simply Light Cooking." Conversion and additional nutritional analysis by Rick Weissgerber.

Title: Chicken and Barley Salad

Categories: Diabetic, Salads, Main dish, Vegetables, Poultry

Yield: 5 Servings

2 c Water

**2/3 c Barley; uncooked quick-
-cooking barley**

2 c Chicken; diced cooked

1/2 c Celery; diced

1/2 c Tomatoes; chopped

1/2 c Red onion; chopped

2 tb Lemon juice; fresh

1 tb Dijon mustard;

5 Lettuce; leaves

Bring water to a vigorous boil in a medium saucepan over high heat. Stir in barley; return to a boil. Reduce heat, cover, and simmer 8-10 minutes or until barley is tender, stirring occasionally. Drain if necessary; cool. Toss barley with remaining ingredients except lettuce. Serve on lettuce

leaves. Food Exchanges per serving: 2 LEAN MEAT EXCHANGES + 1 STARCH EXCHANGE + 1 VEGETABLE EXCHANGE; CHO: 24g; PRO: 19g; FAT: 4g; CAL: 213; LOW-SODIUM DIETS; This recipe is excellent.

Source: The Art of Cooking for the Diabetic by Mary Abbott Hess,R.D.,M.S. and Katharine Middleton Brought to you and yours via Nancy O'Brion and Her Meal-Master

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Title: Chicken and Dumplings
Categories: Diabetic, Poultry, Low-cal
Yield: 6 servings

1 sm Chicken (1-1/2 lbs)
1 1/2 c Water
1/4 t Salt
1/2 Stalk Celery
1/4 c Onion
Dumplings, recipe follows
1 c All purpose flour
1 t Baking powder
1/2 t Salt
1 T Shortening
1/2 c Skim milk

Directions for Chicken and Dumplings: Disjoint chicken and remove skin; place in large pan.

Add water, salt, celery, and onion; simmer 1 to 2 hours or until meat is tender. Remove chicken from bone; return chicken to chicken stock. Bring chicken and stock to a boil; add rolled dumplings. Cover and boil gently 8 to 10 minutes.

Directions for making rolled dumplings: Combine flour, baking powder, and salt. Cut in shortening. Add milk to make a stiff dough. Roll dough out to about 1/8 inch thickness and cut into 1 inch strips, squares or diamonds.

Diabetic Exchanges:

3/4 Cup, may be exchanged for 2 Medium Fat Meat, 1 Starch.

To make a chicken pot pie, put mixture in a deep dish, cover with a rolled pastry dough to fit, making several slashes in the top. The top crust would add calories to the total. You may add peas, carrots, mushrooms if you like. Those ingredients are not in the original recipe.

Adapted by Alice in Houston

Title: Chicken Barley Soup (Low Cal)

Categories: Diabetic, Soup, Main dish, Poultry

Yield: 8 Servings

**3 lb Chicken, Cut in pieces
1/2 c Uncooked barley
9 c Water
2 tb Lemon Juice
3 Celery stalks with leaves
1 sm Onion
1/2 c Chopped onion
1/2 c Finely chopped carrot
1/2 c Chopped fresh parsley
1 tb Salt
1/2 ts Pepper, freshly ground
1/4 ts Celery seed
1 1/2 c Green beans cut, fresh**

Place chicken, water, leaves from celery and small onion in a large saucepan. (Reserve celery stalks.)

Cover saucepan and bring to a boil; reduce heat and simmer 1 1/2 hours until chicken is tender. Remove chicken. Strain broth into bowl; chill until fat sets on top. Remove fat.

Remove skin and bones from chicken, discard. Cut chicken into bite-sized pieces, set aside. (My note: if you want less than 8 servings, freeze extra broth and chicken separately in meal-sized portions.)

Return broth to saucepan. Chop reserved celery stalks, add to broth with chopped onion, carrot, parsley, barley, lemon juice, seasonings. Cover and simmer 20 min.

Add fresh green beans and chicken; continue cooking 15 min or until beans are tender. Each serving 1 1/2 cup.

11 g carbohydrate, 14 g protein 5 g fat, 145 calories 2 Protein Choices, 1 fruit & veg. choice

Source: Choice Cooking c. 1986 Canadian Diabetes Association Shared by Elizabeth Rodier, tested Sept 93 with substitutions. From the files of Al Rice, North Pole Alaska, Feb 1994

Title: Chicken Fingers

Categories: Diabetic, Main dish, Appetizers, Poultry

Yield: 24 Fingers

-----**CHICKEN FINGERS**-----

3/4 lb Boneless/skinless chicken

2 T 2% yogurt

12 Soda crackers, crushed

**1 t Dried thyme
1/2 t Dried marjoram
1/4 t Curry powder
Salt**

-----SAUCE-----

**1/2 c 2% yogurt
2 T Catsup
2 T Finely chopped celery
2 t Soy sauce
1/2 t Chopped garlic
Pepper**

Chicken Fingers: Trim chicken of all fat. Cut chicken into 8 even strips. In a bowl combine chicken strips and yogurt. Stir gently to coat each piece of chicken. In a shallow dish or plate, combine cracker crumbs, thyme, marjoram and curry. With fork, place each chicken strip in crumbs and roll to coat with crumbs. Place on a cake rack set in a baking pan or dish. Repeat with remaining chicken strips until all are coated and lined up in a single layer on rack. Bake in a 375 degree oven for 25 minutes or until crumbs are lightly browned and crisp. Remove from oven and sprinkle lightly with salt to taste.

Sauce: Combine yogurt, catsup, celery, soy sauce, garlic, if desired and pepper to taste. Serve as a dip for Chicken Fingers.

Makes 24 fingers, 3 Servings. 1 serving = 8 fingers and 4 Tablespoons Sauce

**: 3 protein choice
: 1 starchy choice
: 15 g carbohydrate
: 22 g protein
: 10 g fat
: 1000 kilojoules
: 238 calories**

Title: Chicken Giblet Vegetable Soup

Categories: Diabetic, Poultry, Soup, Vegetables, Crockpot
Yield: 6 Servings

**Uncooked giblets; of 1 or 2
-chickens**
6 3/4 c Cold water;
1 1/2 ts Salt or to taste
3/16 ts Fresh ground pepper;
3/4 c Carrot; finely diced
3/4 c Onion; chopped
**3/4 c Celery; finely chopped even
-the leaves.**
9 oz (1 cn) tomato juice
1 1/2 tb Parsley flakes; OR
3 tb Fresh parsley; minced
3/8 ts Paprika
3 tb Quick-cooking oatmeal;

Wash giblets and discard all fat pieces. Place in a large cooking pot with water, and if you must, salt. Bring to a boil and simmer about 25 minutes. Add all other ingredients except the oatmeal; simmer soup gently about 30 minutes more. Remove giblets and chop into small pieces. Return giblets to soup; add oatmeal, stir, and simmer 5 minutes. This was 4 servings, but was change to 6 serving.

Food Exchange per serving: 1 VEGETABLE EXCHANGE + 1/2 LEAN MEAT EXCHANGE

Low-sodium diets: Omit salt. Substitute unsalted tomato juice. CHO: 7g; PRO: 5g; FAT: 1g; CAL: 56

Source: The Art of Cooking for the Diabetic by Mary Abbott Hess,R.D.,M.S. and Katharine Middleton Brought to you and yours via Nancy O'Brion and her Meal-Master

Title: Chicken Gumbo Soup
Categories: Low-cal, Soups/stews, Vegetables, Diabetic
Yield: 14 servings

-----**INGREDIENTS**-----

4 c Chicken Soup Stock
(try vegetarian chicken)
8 c Water
2 c Tomatoes, fresh or canned
1/2 c Corn, cooked
1 c Okra, cut
1/2 t Salt, optional
1/4 c Onion, diced
1/4 c Rice, uncooked

-----**OPTIONAL**-----

2 c Shredded cabbage, or
Yellow Squash, or
Zucchini, or
Asparagus, or
Chinese Napa cabbage, or
Bok Choy, or
French Green Beans, or
Combination of above

Method: Place 4 C of chicken soup stock and 8 C of water in a soup kettle. Bring to a boil. While it is boiling vigorously, add the rice slowly, about few grains at a time. Then add the remaining ingredients and simmer covered until the vegetables are tender. For a smaller recipe of 7 cups, use one-half of the above amounts. A full cup is 25 calories.

DIABETIC EXCHANGE = 1 Vegetable

Add 1 C peeled shrimp or 1 C shredded chicken breast to make it a little heartier while adding few calories. (About 35 cal with addition of other vegetables)

DIABETIC EXCHANGE = 1 Vegetable and meat exchange, as used.

I have used this recipe since 1961. It is light, but filling, and has few calories, but is very nutritious with the cruciferous vegetables added. It is good for a soup and sandwich combination, excellent for a snack anytime.

From files of Alice Broaddus 1961

Title: Chicken Rosemary

Categories: Diabetic, Main dish, Poultry

Yield: 4 Servings

- 1 Broiler-fryer chicken;**
- Salt and Pepper to taste;**
- 4 cl Garlic;**
- 1 ts Dried Rosemary;**
- 1/4 c Dry white wine;**
- 1/4 c Chicken broth;**

Preheat broiler. Remove skin from chicken. Season chicken with salt and pepper. Place in a broiler pan. Broil 5 minutes on each side until lightly browned; remove from broiler. Place chicken, garlic, rosemary, wine and broth in a large saucepan. Cook and cook over medium heat about 30 minutes or until tender, turning once. Guests invariably like the taste and look of this menu so it is at the top of my list for enertaining. Serve with "Parsley Potatoes", "Carrots and Zucchini Juliene" and a salad (Both will be this file) Food Exchange per serving: 3 LOW/FAT MEAT EXCHANGES

CAL:

176 CHO: 75mg; CAR: 1g; PRO: 25g; SOD: 130mg; FAT: 6g;

Souce: Light and Easy Diabetes Cuisine by Betty Marks Brought to you and yours via Nancy O'Brion and her Meal-Master

Title: Chicken Salad Mold

Categories: Poultry, Salads, Luncheon, Diabetic
Yield: 5 servings

-----**INGREDIENTS**-----

1 1/2 T Gelatin, granulated
1/2 c Cold water
2 1/4 c Hot chicken broth
1 T Lemon juice
1 1/2 c Chicken, cooked, diced small
1/4 c Celery, chopped fine
2 T Black olives, chopped fine
2 T Green onions, chopped fine
2 T Pimientos (or Red Bell
Pepper) chopped fine
10 T Mayonnaise, low-fat

DIRECTIONS: Soak gelatin in cold water. Add very hot chicken broth and lemon juice; stir to dissolve. Cool and then chill in the refrigerator until mixture is of the consistency of unbeaten egg whites. Carefully fold in all remaining ingredients except the mayonnaise. Turn into a 4-cup ring mold, a 7-1/2 by 3-3/4 by 2 in loaf pan, or five 6-oz individual molds. Cover with plastic wrap. Chill about three hours before unmolding. If molded in a loaf pan, unmold, cut in 5 slices about 1-1/2 in thick, and place 2 tsp mayonnaise on top of each serving. if molded in a 4-cup ring mold, unmold onto crisp lettuce and place a small bowl with mayonnaise in the center of the ring.

Nutritive values per serving: CHO 2 gm, PRo 20 gm, Fat 1 gm, Calories 165 Sodium, 350 mg

Food Exchanges per Serving - 3 Lean Meat Exchanges.

From files of A.Broaddus (Alice in Houston) 7-3-1978

Title: Chicken-Rice Soup

Categories: Diabetic, Poultry, Vegetables, Soup

Yield: 6 Servings

**3 lb Chicken pieces;
8 c Water;
1/2 c Celery with leaves; chopped
1/4 c Fresh parsley leaves;chopped
1 sm Onion;
1 pn Pepper;
1 Bay leaf;
1/4 ts Celery seeds;
1/2 c Rice; uncooked
1 c Carrots; diced**

Simmer the chicken in the water with the celery, parsley, onion, pepper, bay leaf and celery seeds for 4 hours in a slow cooker or one hour over low heat on the stove.

Drain the chicken broth and remove chicken pieces. (Discard bay leaf.) Bone the chicken and chop into bite-size pieces. Combine the broth, chicken, rice and carrots in a saucepan. Cook for 30 to 40 minutes or until the rice is tender.

1 cup - 287 calories, 3 lean meat, 1/2 bread exchange 11 grams carbohydrate, 29 grams protein, 10 grams fat 219 mg sodium, 307 mg potassium, 88 mg cholesterol

Source: Am. Diabetes Assoc. Holiday Cookbook by Betty Wedman 1986 Shared but not tested by Elizabeth Rodier, Nov 93.

Title: Chili Chicken

Categories: Diabetic, Poultry, Main dish, Vegetables, Soup

Yield: 4 Servings

1 tb Virgin Olive oil;

2 cl Garlic; minced
3 Bell peppers; red green;
-yellow cut into strips;
2 md Onions, sliced
1 ts Cumin; ground
1 1/2 ts Leaf oregano;
2 ts Fresh hot chili pepper or
1 ts Dried hot pepper flakes;
12 oz Chicken breasts; skinned
-And boneless
3 tb Fresh lemon juice;
1/4 ts Salt;
1/2 ts Black pepper;
2 tb Fresh parsley; chopped

In a large non-stick skillet, heat oil, add garlic and cook 1 minute. Add bell strips, sliced onion, cumin, oregano, and chile. Mix, cover, and cook over medium heat 10 minutes. Slice chicken in 1/2" strips and sprinkle with lemon juice. Add vegetables; stir. Cook, covered, medium heat 10 minutes more. Stirring occasionally. Add salt and pepper and garnish with parsley. Serve with "Hash Browns Potatoes" Food Exchange per serving: 3 LOW/FAT MEAT ECHANGES + 1 VEGETABLE EXCHANGE CAL: 174 CHO: 60mg; CAR: 6g; PRO: 23g; SOD: 168mg; FAT: 6g;

Source: Light and Easy Diabetes Cuisine by Betty Marks Brought to you and yours via Nancy O'brion and her Meal-Master

Title: Chili Con Carne
Categories: Diabetic, Main dish, Crockpot, Meat, Vegetables
Yield: 8 Servings

2 c Ground beef;
1 c Onion; chopped finely
1 cl Garlic; chopped finely

2 tb Chili powder;
1 1/4 c Condensed tomato soup;
-undiluted
2 c Kidney beans;
1 tb Malt vinegar;
1/4 ts Salt(all right)

Brown beef in hot pan, stir in onion, arlic, and chili powder. Cook, stirring often until onion is tender; add rest of indgredients; bring to a boil. Reduce heat and simmer, uncovered, stirring occasionally, about 15 minutes. Food Exchange per servings: 1 STARCH/BREAD EXCHANGE + 1/2 FAT EXCHANGE + 2 MEAT EXCHANGES + 1 VEGETABLE EXCHANGE

Souce: Recipes for Diabetics by Billie Little and Penny L Thorup Brought to you and yours via Nancy O'Brion and her Meal-Master.

Title: Chocolate Flavored Syrup - Diet
Categories: Sauces, Beverages, Chocolate, Diabetic
Yield: 20 servings

1/2 c Firmly packed cocoa powder
1 1/4 c Cold water
1/4 ts Salt
Sugar substitute equal to
-1/2 cup sugar **
2 1/2 ts Pure vanilla extract
1/4 ts Chocolate extract - Optional
PERSONAL NOTES from Ursula
-Taylor - original recipe
-did not call for chocolate
-extract but I find that it
-does help the flavor.
****Also found that substitute**
-to equal 1/2 cup sugar was
-not quite sweet enough for
-me - so adjust to your own

-taste...

Mix cocoa, water and salt in a heavy saucepan until smooth. Bring to a boil, and simmer gently, stirring constantly for 3 minutes. Remove from heat; let cool 10 minutes. Add sweetner and vanilla and mix well.

Pour into a jar, cover, and store in refrigerator.

Stir in jar before measuring to use. Yield: 20 servings - 1 1/4 cups. 1 serving = 1 tbsp.

Nutritive values per serving: CHO 2 g, PRO 1 g, FAT 0 g, Fiber 0.1 g, Sodium 25 mg, chol 0 mg.

Food exchanges per serving: Up to 2 tbsp. may be considered "Free". If 1/4 cup is used - count as 1 Vegetable Exchange or 1/2 Fruit Exchange.

Low sodium diets: Omit Salt from recipe.

VARIATIONS: CHOCOLATE MILK - 1 cup skim milk and 1 to 2 tbsp. syrup.

Combine ingredients in a tall, cold glass and stir vigorously to mix well. Yield: 1 serving of 8 oz.

Nutritive values per serving: CHO 13 g, PRO 9 g, FAT 1 g, CAL 97, Fiber 0.1 g, Sodium 151 mg, Chol 4 mg. FOOD EXCHANGES per 1 tbsp. syrup - 1 skim milk exchange. Low sodium diets: Omit salt from syrup recipe. HOT MILK CHOCOLATE - ingredients same as for chocolate milk.

Heat milk and syrup together in top of double boiler over simmering water, stirring frequently until very hot. Serve immediately to a warmed mug or cup.

Serving size, nutritive value, exchange value and for low-sodium diets are the same as for chocolate milk.

MOCHA MILK DRINK - 1 tbsp. Syrup, 1 tsp. instant coffee powder and 1 cup (8 oz.) skim milk.

Measure syrup into a tall glass, add instant coffee powder, and pour milk on top slowly, stirring vigorously to blend well. If you have a blender, measure ingredients into blender, cover, and mix at low speed for about 30 seconds. Yield: 1 serving of 8 oz.

Nutritive values per serving: CHO 14 g, PRO 9 g, FAT 1 g, CAL 100, fiber 1.1 g, sodium 152 mg, chol 4 mg. FOOD EXCHANGE Per serving: 1 skim milk exchange.

Low sodium diets: Omit salt from syrup recipe. DOUBLE CHOCOLATE SODA -

2

to 3 ice cubes, cracked into small pcs., 2 tbsp. chocolate syrup, 6 to 8 oz. chilled club soda.

Place ice cubes in a tall beverage glass. Measure chocolate syrup on top of ice. Add club soda slowly; stir vigorously with a long-handled beverage spoon to blend. Serve at once. Yield: 1 serving of 8 to 10 oz.

Some call this drink a chocolate phosphate.

Nutritive values per serving: CHO 3 g, PRO 1 g, FAT 1 g, CAL 22, fiber 0.2 g, sodium 109 mg, chol 0 mg.

FOOD EXCHANGE per serving: 1 serving may be considered "FREE". Low sodium diets s- omit salt from syrup recipe.

These recipes are from a cookbook called "THE ART OF COOKING FOR THE DIABETIC" - revised edition by Mary Abbott Hess, R. D., M. S., and Katharine Middleton.

Title: Chocolate Muffins - Sf & Ff
Categories: Chocolate, Diabetic, Grains, Muffins
Yield: 10 servings

2 c Flour, sifted
1 ts Baking soda
1 1/2 ts Baking powder
6 tb Cocoa
1/4 c Canola oil
3/4 c Skim milk
1/2 c Sugar free jam, barley malt
-sugar or apple juice
-concntrate thawed
2 ts Vanilla extract
2 ea Egg whites

POSTED ON *p by Hope Eisman - ID #GNVH29A.
Formatted into MM by Ursula R. Taylor.

Combine all dry ingredients and mix well. In another bowl mix all wet ingredients well. Pour liquids into solids and mix well. Pour into Pan coated muffin tins and bake in preheated 400~ oven for 15 minutes or until top springs back when pressed.

Yield 10 to 12 muffins.

Exchange: About 2 starch exchanges.

Title: Chocolate-Coated Cherries
Categories: Candies, Diabetic, Chocolate
Yield: 30 servings

1 Recipe - Basic Creme Center
30 ea Bing cherries, including
-pits and stems
1/2 Recipe - Semisweet Dipping
-Chocolate

**SOURCE: The Diabetic Chocolate Cookbook by Mary Jane Finsand -
copyright 1984.**

**Wrap Basic Creme Center dough around each cherry; chill thoroughly. Dip
in chocolate and dry completely.**

YIELD: 30 cherries

EXCHANGE, 1 cherry: 1/3 bread and 1/2 fat

CALORIES, 1 cherry: 31

Title: Christmas Fruitcake Cookies
Categories: Cooky/bars, Diabetic, Holiday
Yield: 36 servings

1/2 c Vegetable oil
1/2 c Brown sugar
1 Egg
1 1/4 c Whole wheat flour
1/2 ts Baking powder

1 ts Ground cinnamon
1/4 ts Ground cloves
1/4 ts Ground allspice
1/4 c Milk
1/2 c Chopped walnuts
1/2 c Raisins
1/2 c Snipped dried apricots
1/2 c Chopped dates

Cream together the oil and sugar. Add the egg. Then blend in the remaining ingredients. Drop by spoonfuls onto a lightly oiled baking sheet. Bake in 350 F oven for about 10 minutes. Cool on a wire rack and store in a tightly closed container.

1 cookie - 77 calories, 1/2 fruit exchange, 1 fat exchange 9 grams carbohydrate, 1 gram protein, 4 grams fat 7 mg sodium, 70 mg potassium, 8 mg cholesterol

Source: Am. Diabetes Assoc. Holiday Cookbook by Betty Wedman, 1986 Shared but not tested by Elizabeth Rodier, Nov 93

Title: Cinnamon Apple Pork Tenderloin
Categories: Diabetic, Meat
Yield: 4 Servings

1 lb Pork tenderloin
2 tb Cornstarch
1 ts Ground cinnamon
2 Apples, peeled, cored, slice
2 tb Raisins

Preheat the oven to 400 F. Place the pork tenderloin in a roasting pan or casserole dish with a lid.

Combine the remaining ingredients in a bowl and stir. Spoon the apple mixture around the pork tenderloin. Cover and bake 40 minutes.

Remove the lid and spoon the apple mixture over the tenderloin. Return to the oven and bake 15-20 minutes longer until tenderloin is browned and cooked through.

1 serving = 267 calories, 3 med-fat protein + 1 fruit 20 grams protein, 13 grams carbohydrate, 10 grams fat, 148 mg sodium

Adapted from Quick & Easy Diabetic Menus by Betty Wedman 1993 Shared but not tested by Elizabeth Rodier Feb 94

Title: CINNAMON COFFEE CAKE

Categories: Diabetic, Cakes, Holiday

Yield: 6 servings

-----**INGREDIENTS FOR TOPPING**-----

1 T Melted butter
1/2 t Cinnamon
2 T SugarTwin, granulated
1 t Sugar
1/4 c Toasted dry crumbs

-----**INGREDIENTS FOR CAKE**-----

2 c Sifted all-purpose or cake
Flour
3 t Baking powder
1/4 t Salt
3 T Soft butter
1 c Milk
2/3 c Sugartwin, Granulated
4 dr Yellow food coloring
1 ea Egg (or substitute)

DIRECTIONS:

Preheat oven to 375 F. Grease an 8-inch round cake pan. Combine topping ingredients, stirring until blended. Set aside. Sift flour, baking powder, salt and sweetener into small mixer bowl. Cut in butter on low, then medium speed, 3 to 5 minutes, until mixture is completely blended, and looks like cornmeal (this assures a fine grain). Add 1/2 C milk mixed with food coloring. Beat 1/2 min. on medium speed. (Batter will be stiff) Add remaining milk and beat one minute longer. Add unbeaten egg and beat one minute more. Pour into pan already prepared; sprinkle with cinnamon crumbs. Bake 20 minutes until cake springs back when lightly touched. Extra crumbs may be added, and they can be prepared from cinnamon raisin bread.

Yield: 6 servings

Calories: 169 cal (with sugar, this would be 232 cal)

Nutritional Values: 4 g Prot; 6.5 g Fat; 23 g Carb

Exchanges: 2 Bread, 1 Fat

From recipes of Marilyn Johnson, Christmas 1963.

Formatted for MM by A.Broaddus

Title: Cinnamon Rolls

Categories: Breads, Breakfast, Diabetic, Low-fat

Yield: 24 servings

4 c All-purpose flour, divided

1 pk Dry yeast

Sugar substitute to equal

1/3 c Sugar

1 c Skim milk

**1/3 c +3 TBS reduced calorie
-margarine, divided
1 ts Salt
2 Eggs
Vegetable cooking spray
Sugar substitute to equal
1/2 c Sugar
2 ts Ground cinnamon
3/4 c Raisins**

Combine 2 cups flour, yeast, and 1 1/4 teaspoons sugar substitute in a large bowl.

Combine milk, 1/3 cup margarine, and salt in a small saucepan; heat until mixture reaches 120 to 130 degrees F. Add liquid mixture to flour mixture. Add eggs, and beat at low speed of an electric mixer 30 seconds. Increase speed to high, and beat 3 minutes.

Gradually add remaining 2 cups flour, stirring to make a stiff dough.

Turn dough out onto a lightly floured surface.

Knead until smooth and elastic (about 8 to 10 minutes). Shape dough into a ball, and place in a bowl coated with cooking spray, turning to grease top.

Cover and let rise in a warm place (85 degrees F), free from drafts, 1 hour or until doubled in bulk.

Punch dough down; divide in half. Cover and let rest 10 minutes. Roll one half of dough to a 12 x 8 inch rectangle. Melt remaining 3 Tablespoons margarine over low heat; brush half of melted margarine over shaped dough.

Combine 2 teaspoons sugar substitute and cinnamon, stirring to blend; sprinkle half over shaped dough.

Sprinkle with half of raisins.

Roll up jellyroll fashion, beginning at long side; press edges and ends together securely. Cut into 12 slices. Arrange slices in a 9 inch round paking pan coated with cooking spray. Repeat process with remaining dough, melted margarine, sugar substitute mixture, and raisins.

Cover and let rise in a warm place (85 degrees F), free from drafts, 30 minutes or until doubled in bulk.

Bake at 375 degrees F for 20 to 25 minutes or until golden brown. Cool slightly; remove from pans, and serve warm. Makes 2 dozen rolls.

Nutritional information per roll: calories - 130, protein - 4 gm., fat ~ 3 gm., carbohydrates - 23 gm., cholesterol - 24 gm., fiber - trace, sodium - 161 mg.

Diabetic Exchanges: Starch - 1 1/2.

**FROM: All New Cookbook for Diabetics and Their Families by University of Alabama at Birmingham
copyright 1988. Formatted to MM by Trish McKenna.**

Title: Cinnamon Spread
Categories: Breads, Breakfast, Diabetic
Yield: 24 servings

**8 oz Soft margarine at room
-temperature**
2 ts Ground cinnamon
Granulated sugar sub. to =
1/2 c Sugar

**Combine ingredients and mix well. Return to container and refrigerate
except when it is being used. Makes 24, 1 teaspoon servings.**

**Nutritional information per serving: calories - 34, protein - 0 gm.,
fat - 4 gm., carbohydrates - 0 gm., sodium - 47 mg. Diabetic Exchange: Fat
~ 1**

**FROM: The New Diabetic Cookbook by Mabel Cavaiani, R.D. copyright
1984. Formatted to MM by Trish McKenna.**

**NOTE: Ms. Cavaiani does not specify reduced calorie margarine,
however, if used it should lower fat grams and calories.**

Title: CITRUS ICE

Categories: Desserts, Diabetic, Low-cal, Frozen

Yield: 5 servings

- 1/4 c Granulated sugar replacement**
- 1 c Ea unsweetened orange & Grapefruit juices**
- 1 c Water**
- 1 Env unflavored gelatin**
- 1/4 c Lemon juice**

Combine sugar replacement, water & gelatin in a saucepan. Bring to a boil, reduce heat and simmer for 5 minutes. Cool slightly and then add in the juices.

Transfer to freezer trays and freeze until mushy. Scrape into mixing bowl and beat until just loosened. Return to freezer tray.

Calories 41 per serving Exchange 1 fruit

source: diabetic dessert cookbook

Title: CLAM CHOWDER - COOKING FOR DIABETICS

Categories: Diabetic, Soups/stews

Yield: 8 servings

- 1/2 c Mushrooms; chopped**
- 1 c Celery; chopped**
- 1 c Onion; chopped**
- 1/4 c Margarine**
- 1 qt -water; boiling**
- 1 c Carrots; diced finely**
- 1 c Potatoes; diced**
- 2 cn Clams, chopped, 6 1/2 oz**
- with juice
- 1 tb Pimentos; chopped**
- 1/4 c Wine, dry white**

-----FOR WHITE SAUCE-----

1/4 c Margarine

1/4 c Flour

1 ga Skim milk

SAute the mushrooms, celery, and onion in 1/4 c margarine in a heavy saucepan. Add the water, carrots, and potatoes. Simmer for 20 minutes, or until the vegetables are tender. While the vegetables are simmering, make a roux by melting 1/4c of margarine in a saucepan over medium heat. Stir in flour and mix well. Add the skim milk and stir occasionally until thickened. Set aside. When the vegetables are tender, add clams with their juice, the pimentos, and white wine. Add the white sauce. Cook 10 min longer. Serve piping hot.

exchanges per serving: 1/2 vegetable, 1/2 bread, 1 meat, 1 fat 329 calories (29% from fat) 33.7g carbo, 25.3g pro, 10.1g fat

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Title: Corn Bread

Categories: Breads, Diabetic, Holiday, Vegetarian, Ovo-lacto

Yield: 12 servings

2 c Cornmeal

1/2 ts Salt

1/2 ts Baking Soda

2 ts Baking Powder

1 tb Sugar -or- Honey

1 Egg

1 tb Vegetable Oil

1 c Buttermilk -or- Sour Milk (1

-cup Lowfat Milk + 1

-tablespoon vinegar)

Combine the cornmeal, salt, baking soda and baking powder in a bowl. Mix

well.

Pour into a lightly oiled 8-inch-square baking pan.

Bake in a 400-degree oven for 20 to 25 minutes.

Serves 12

**One Serving = Calories: 113 Carbohydrates: 20 Protein: 3 Fat: 2 Sodium:
184 Potassium: 65 Cholesterol: 24**

Exchange Value: 1 Bread Exchange

**Source: Holiday Cookbook, American Diabetes Association, ISBN
0-13-024894-0, by Betty Wedman, M.S.,R.D.**

Title: Cotton Candy Cookies

Categories: Cookies, Diabetic

Yield: 36 cookies

**3 Egg whites; beaten stiff
2 tb Granulated sugar replacement
-or granulated fructose
2 ts Orange oil;or your favorite
1 ts Orange rind, grated**

**SOURCE: Diabetic Candy, Cookie & Dessert Cookbook by Mary Jane Finsand,
copyright 1982, ISBN # O-8069-5568-6 AACR2, #0-8069-5569-4 (lib.bdg.) &
#0-8069-7586-5 (pbk.).**

**Beat sugar replacement, orange oil and rind into the stiff egg whites.
Drop onto lightly greased cookie sheets. Bake at 325 F for 8-10 minutes.
Remove from pan immediately. Exchanges 6 cookies with sugar replacement:
Neglibible. Calories 6 cookies with sugar replacement: 10 Exchanges 6
cookies with fructose: 1/5 fruit Calories 6 cookies with fructose: 22**

Title: Cowboy Cheeseburgers
Categories: Diabetic, Meat, Main dish, Sandwiches, Cheese
Yield: 4 Servings

-----**COWBOY CHEESEBURGERS**-----

1 lb Extra-lean ground beef;
1 sm Onion;
1 tb Fresh jalapeno chile; minced

-----**SEASONINGS MIXTURE**-----

1/4 ts Ground coriander;
1/4 ts Ground cumin;
1/4 ts Salt
1/4 ts Pepper; fresh ground

-----**CHEESE**-----

1 Nonfat mozzarella cheese;

-----**SERVING**-----

4 Tortilla;
4 Tomato slices;
Cilantro sprigs;
1 tb Commerical taco sauce;

Mix the burgers ingredients together; form into burgers of equal size about 1/4 inch thick without compacting the meat. Sprinkle the seasoning mixture of spices on both sides of patty. Grill or broil, 4" from souce of heat, for 3 minutes on each sides for medium-rare patties. Place the mozzarella cheese on center of each patty. Cook for another minute and until cheese melts. Serve each patty on a warmed 8" flour tortilla, topped with a tomato slice, cilantro sprigs, and taco sauce Joslin Food Exchanges per serving: 2 1/2 MEDIUM/FAT EXCHANGES + 1 1/2 BREAD/STARCH EXCHANGE

CAL: 289; PRO: 21g; CAR: 23g; FAT: 13g; (CALORIES FROM FAT 40%) FIB: 2g;

CHO: 54mg; SOD: 305mg; POT: 367mg

Source: Joslin Diabetes Gourmet Cookbook Brought to you and yours via Nancy O'Brion and her Meal-Master

Title: CRAB IMPERIAL - COOKING FOR DIABETICS

Categories: Diabetic, Fish

Yield: 8 servings

**1 lb Crab meat; cooked
1/2 c Pimento
1/2 c Celery; chopped finely
2 sl Bread; low cal; crustless
2 Egg whites; beaten
1 c Yogurt, low fat
ds Worcestershire sauce
1/8 ts Cayenne pepper
1 ts Mustard, dry
1/4 ts Salt or salt sub
Juice of 1/2 lemon
Paprika**

Combine the crab meat, pimento, and celery in a mixing bowl. Crumble the slices of bread and add to the mixture. Gently add the egg white, yogurt, Worcestershire sauce, cayenne, mustard, salt, and lemon juice. Place in a sprayed casserole dish. Top with a sprinkle of paprika. Bake at 400^ for 15 to 20 minutes, until lightly browned.

Exchanges per serving: 2 meat 96 calories (16% from fat) 5.9g carb, 13.9g pro, 1.7g fat

Title: Cranberry Bars
Categories: Diabetic, Desserts, Bars
Yield: 16 bars

-----LISA CRAWLEY/TSPN-----

1 1/4 c Flour
1 c Cereal Crumbs
1/4 ts Salt
1/4 c Cold Butter
1 Egg; beaten
4 tb Sugar Replacement
2 tb Nuts
Vegetable Cooking Spray
1 Orange
1 1/2 c Cranberries
1/3 c Water
2 tb Cornstarch
1/2 ts Ground Allspice

Combine flour, cereal crumbs, and salt in mixing bowl.
Cut in cold butter until mixture resembles cornmeal.
Combine egg and 1 tb of the sugar replacement. Toss w/ fork until well blended. Combine 1 c. of the crumb mixture w/ nuts; reserve for topping. Press remaining crumb mixture into bottom of 8" square pan coated w/ vegetable spray. Squeeze orange; reserve 1/3 c. of the juice. Grind the rest of the orange (except for the seeds) w/ cranberries. Combine reserved orange juice, water, 3 tb. of the sugar replacement, cornstarch, and allspice. Stir in cranberry-orange mixture. Cook over medium heat until thick and clear, stirring frequently. Spread over crumb crust; sprinkle w/ reserved nut-crumbs mixture. Bake at 350 for 25 minutes. Cool. Cut into 2" squares. Exchange: 1 veg/1 fat/1/2 fruit Calories per bar: 92

Title: Cranberry Orange Relish - Estee
Categories: Relishes, Diabetic, Condiments, Holiday
Yield: 1 quart

**12 oz Bag Cranberries - fresh or
-frozen**
1/2 c Water
1/2 c Dark raisins
1/2 c Golden raisins
**14 oz Jar Estee Orange Fruit
-spread OR 1 1/2 cups**
6 pk Or 8 pk. Artifical Sweetner
- original recipe called for
-Estee Swiss Sweet -I called
-the company but it's no
-longer available....

SOURCE: Estee Recipe of the Week for 11/1/94.
Gotten by calling them at 1-800-34-ESTEE...MM format by Ursula R. Taylor.
**To prepare: Rinse cranberries in cold water and drain. In medium
saucepan bring cranberries and water to a boil. Reduce heat and simmer
uncovered for 5 minutes. Stir occasionally. Remove from heat and add
raisins. Allow to cool 10 to 15 minutes.**
**Stir in Estee fruit spread and if desired sweeten with Estee Swiss
Sweet.**
Store in refrigerator until ready to serve.
Yield: 1 quart of 16 each 1/4 ounce servings.
Exchange per 1/4 oz. serving = 1 fruit.

Title: Cranberry Sauce (Smooth)
Categories: Sauces, Fruits, Diabetic
Yield: 12 servings

3 c Fresh cranberries (1 12-oz.
3 c Water

1 tb Low-calorie raspberry gelatin
1 x Artificial sweetener = 1 cup
1 x (aspartame or liquid sweetener)
1 x Blue food coloring (optional)
Personal Note from Ursula
-Taylor - for diabetic use -
-use SF gelatin.

In a saucepan, heat the cranberries and water to the simmering point. Simmer for 15 minutes, until the berries have burst and the liquid takes on a syrup-like consistency. Strain mixture through a sieve; discard berry skins.

To hot liquid, add gelatin, sweetener, and 1 or 2 drops blue food coloring, stirring until dissolved.

Pour into a 3-cup gelatin mold and chill overnight.

Makes 12 (1/4-cup) servings. Each serving is 1/4 fruit, approximately 11 calories.

NOTE: The reason for the blue food coloring is that without it, this cranberry sauce is very RED. If you want it to look more like the canned stuff (a purplish hue), just add a drop or two of the blue).

Title: Cream Cheese Mints
Categories: Candies, Diabetic
Yield: 60 servings

3 oz Pkg. cream cheese - softened
1 c Powdered Sugar Replacement
2 tb Water
1/2 To 1 ts. mint flavoring
Food color as desired

SOURCE: Diabetic Candy, Cookie & Dessert Cookbook by Mary Jane Finsand-copyright 1982.

Beat cream cheese until fluffy. Stir in sugar replacement, water, flavoring and food color. Dough may be divided into parts and different flavoring and food color added to each part. Knead or work with hand until dough is smooth. Roll into small marble-size balls, press each ball firmly

into cavity of mould, and unmould onto waxed paper.

YIELD: 60 pieces

EXCHANGE 5 pieces: 1/3 fruit and 1/2 fat

CALORIES 5 pieces: 50

Title: Cream Pie Topping

Categories: Toppings, Diabetic, Pies, Desserts

Yield: 1 servings

13 oz Can evaporated skim milk

1 ea Envelope gelatin

1/4 c Banana flakes

Pour about 2 inches of milk in a cup and sprinkle the gelatin and banana flakes over it to soften. Stir well.

Meanwhile, scald the rest of the milk in a microwave on high for 5 1/2 minutes or on the stove. Remove any skin that forms on the top of the milk.

Add the rest of the milk mixed with the gelatin and banana flakes. Stir well. Let cool a little and then pour the mixture into a blender. Set on liquify or high and blend until very smooth. Pour into a mixing bowl and cover with plastic wrap. Let the wrap touch the top of the milk and keep the gelatin from forming a hard skin on top. Refrigerate for 3-4 hrs until gelled.

When it has gelled, beat with an electric mixer.

Start slowly, building up to the fastest speed. Beat until the mixture is fluffy and creamy. Spread on top of a prepared pie.

Source: The no salt, no sugar, no fat, NO APOLOGIES COOKBOOK bu Marcia Sebate' Williams.....Copyright 1986 and posted on NVN by Chris Tomlinson.

Title: Creamy Chocolate Mousse - Diet
Categories: Diabetic, Desserts, Party
Yield: 10 servings

1/3 c Cocoa
1 ts Instant coffee
1/4 c Granulated sugar replacement
2 tb Cornstarch
1/4 ts Salt
2 c Skim milk
1 Egg, beaten
8 oz Cream cheese, softened
1 ts Vanilla extract

This was posted on NVN by Jo Rackham - Foxey, ID-JRACKHAM. Combine cocoa,

coffee, sugar replacement, cornstarch and salt in saucepan; stir in milk. Cook and stir over medium heat until thick and bubbly; reduce heat, and then cook and stir 4 minutes more.

Remove from heat and stir small amount of hot mixture into beaten egg and pour egg mixture into hot mixture, stirring to blend. Cook over low heat for 2 minutes and remove from heat. Add cream cheese and vanilla, beating until well blended and fluffy. Pour into 1 quart mold and distribute.

Cover with waxed paper and chill until firm. Remove paper and unmold.

Yield: 10 servings Calories: 1 serving - 128 Exchanges: 1 serving: 1 full-fat milk and 1 fat

Title: CREAMY CLAM DIP - LIGHT-HEARTED SEAFOOD
Categories: Diabetic, Holiday, Meat/fish
Yield: 2 cups

4 oz Cream cheese, light

1 pt Cottage cheese, low fat
3 tb Lemon juice
2 ts Horseradish or to taste
1/4 ts Tabasco sauce
1/4 c Green onions; chopped
1 cn Clams,(6 1/2oz), drained and
-minced, or shrimp or crab

In mixer, food processor or blender beat cream cheese and cottage cheese together until smooth. Add lemon juice, horseradish, and Tabasco. Mix to blend flavors. By hand stir in green onion and clams.

Serve in a hollowed out red cabbage, with assorted fresh vegetables for dipping.

serving = 1tb = 1/2 lean meat cal 28; fat 1 gm, pro 3.5gm, sodium 69mg,
chol 6mg

Title: Creamy Rice Pudding

Categories: Desserts, Diabetic, Low-cal, Low-fat

Yield: 8 servings

1 1/2 c Cooked rice
2 c Skim milk, divided
2 tb Sugar
4 pk Sweet One
1 lg Egg
1/2 c Golden raisins
1 tb Reduced calorie margarine
1/2 ts Vanilla extract
ds Ground cinnamon

In medium-size saucepan over medium heat, combine rice, 1 1/2 cups milk, sugar and Sweet One. Cook, stirring occasionally, 15 to 20 minutes or until thick and slightly creamy. Beat remaining 1/2 cup milk and egg; stir into rice mixture. Stir in raisins.

Without letting mixture boil, continue cooking 2 minutes. Stir in margarine and vanilla. (Mixture will thicken on standing.)

**Transfer to serving bowl; sprinkle with cinnamon.
Serve warm or cover with plastic wrap and refrigerate.
Makes 8, 1/2 cup servings.**

**Nutritional information per serving: calories - 122, protein - 4 gm.,
fat - 2 gm., carbohydrates - 23 gm. Diabetic Exchanges: Bread/Starch- 0.8,
Fat - 0.3, Milk - 0.3, Fruit - 0.5.**

**Nutritional information figured using the Meal Mate Food Analysis
program version 3.7.**

**FROM: Express Lane Light recipe booklet I received 5/93. Sweet One is
a trademark of The Stadt Corporation. Formatted to MM by Trish McKenna.**

**NOTE: This was one of the first things I fixed from this booklet and I
was very pleasantly surprised.**

**It was absolutely fantastic and tasted like the rice pudding my mother
used to make! I think you'll like it!**

**Title: CREOLE BEANS AND RICE - MIAMI HERALD 7/28/94
Categories: Beans, Ethnic, Diabetic
Yield: 4 servings**

**1/2 c Rice, long grained white
1 c Red kidney beans, canned
;rinsed and drained
1/4 c Chicken stock, defatted
-low salt
Red pepper sauce to taste
1 ts Olive oil
Salt and pepper; to taste**

**PLace rice in a strainer and rinse under cold water. Bring a large pot with
2-3 quarts of water to a boil. Ass rice and boil, uncovered for about 10
min. test a grain; rice should be cooked through but not soft. Drain in a
colander. Run hot water through rice and stir with a fork. Heat beans,
chicken stock,and hot pepper sauce in a saucepan or microwave oven. Mix
beans and rice together. Add oil and salt and pepper to taste.**

Nutritional info per serving: 154cal; 5.5g pro, 29g carb, 1.5g fat, .1mg chol, 210mg sodium Exchanges - 2 bread, .25 fat

-

Title: Creole Meat Loaf

Categories: Diabetic, Meat, Main dish

Yield: 6 W sauce

Ingredients

1 lb Ground chuck

1/2 c Onion; chopped

1/2 c Skim milk;

1 Egg; beaten

1/2 ts Dry mustard

1/2 ts Salt;

Vegetable cooking spray

Creole Sauce

Combine all ingredients, except cooking spray and Creole Sauce, stirring until well combined. Shape into a loaf, and place in a 8 1/2 x 4 1/2 x 3 loafpan coated with cooking spray. Bake at 350 degrees for 1 hour. Cool in pan 10 minutes. Invert meat loaf onto serving plater, and pour Creole Sauce over top. Cut meat loaf into 6 slices to serve.

From: All New Cookbook For Diabetics And Their Families Yield (Includes sauce): 6 servings Each serving amount: 1 slice meat loaf with 1/3 cup sauce

Exchanges: 3 lean meat, 1 vegetable

Chol: 96 mg; Calories: 160 Carbo: 7 gm; Protein: 25 gm Fat: 7 gm; Fiber: Tr.; Sodium: 400 mg

Reformatted for you and yours via Nancy O'brion and her Meal-Master. (From Jungle.Boy via GENie).

Title: Creole Steak

Categories: Diabetic, Meat, Main dish, Vegetables

Yield: 1 Serving

Ingredients:

**2 lb Lean round steak
1/4 c Flour
2 ts Salt
2 ts Paprika
1/2 ts Pepper
3 tb Vegetable oil
1 c Onion; chopped
1/3 c Green pepper; chopped
1 cn (16 ounces) tomatoes;
1/2 c Raw rice;
1 c Condensed beef broth
1 c Water**

Directions: Cut steak into 7 equal serving pieces. Mix flour, salt, paprika, and pepper, dredge meat in mixture. Heat oil in a large frying pan. Lightly brown onions and green peppers and remove from oil. Brown meat in remaining oil. Cover meat with onions and green peppers. Cut up tomatoes and add with their liquid to meat. Sprinkle rice into pan.; add broth and water. Mix thoroughly. Bring to a boil, turn heat down, and cover tightly. Simmer 1 1/2 hours or until meat is tender, stirring occasionally.

To help cut down on cooking time I purchase the tenderized round steak. I also use Minute Rice.

**: Nutritive value per serving: CHO 21 gm., PRO 30 gm., FAT 22 gm.
Calories 409, Sodium 1018 mg.**

**: Food Exchanges per serving: 4 Medium-Fat Meat Exchanges plus 1
Bread Exchange plus 1 Vegetable Exchange**

Title: Crisp Baked Chicken
Categories: Diabetic, Poultry, Main dish
Yield: 4 Folks

4 Chicken portions; quarters
-or breasts skinned
1 tb Oil;
1 tb Lemon juice;
1 tb Wholegrain mustard;
Salt to taste;
Pepper to taste;
1 tb Dried sage;
2 tb Onion; grated
1 1/2 c Fresh bread crumbs;

Preheat the oven at 375 degrees. Place the chicken pieces in a greased baking dish. Place the oil, lemon juice, mustard, plenty of seasoning, sage and onion in a screw-top jar and shake well until everything is thoroughly combined. Brush the chicken pieces generously with the mustard-and-onion mixture, ensuring that they are particularly well coated on top. Press the soft bread crumbs on each chicken portion as it is brushed with the mixture to make, even coating. Bake the coated chicken for 50-60 minutes, or until they are crisp and golden outside and thoroughly cooked through and the juices run clear when pierced with the tip of a knife. Serve at once.

NO FOOD EXCHANGES WERE LISTED

Source: The Diabetic Cookbook by Bridget Jones

Brought to you and yours via Nancy O'Brion and her Meal-Master

Title: Crunchy Italian Popcorn Mix
Categories: Snacks, Popcorn, Diabetic
Yield: 10 cups

-----PATTI - VDRJ67A-----

10 c Popped popcorn; 3.5 oz
 - microwave bag is this amt
3 c Bugle-shaped corn snacks
1/4 c Margarine or butter
 1 ts Italian seasoning
1/2 ts Garlic powder
1/3 c Parmesan cheese

Mix popcorn and corn snack in large microwavable bowl.
Place remaining ingredients except cheese in 1 cup micro-safe measure.
Microwave on HIGH about 1 minute or until margarine melts; stir. Pour over popcorn mix.
Toss until evenly coated. Microwave, uncovered, 2-4 minutes, stirring every minute, until toasted.
Sprinkle with parmesan cheese. Serve warm. Makes 10 cups.

Title: Curried Turkey on Rice
Categories: Poultry, Main dish, Diabetic, Rice, Curries
Yield: 4 Servings

1 Apple, chopped
1 Onion, chopped
3 tb Margarine
1/4 c Flour
1/2 ts Salt

2 ts Curry powder (2-3 tsptaste)
1 c Lowfat milk
2 c Diced cooked turkey
Cooked brown rice

Saute the apple and onion in the margarine until the onion is tender. Stir in the flour, salt, and curry powder. Slowly add the milk.

Cook, stirring constantly, until thickened. Stir in the turkey. Simmer, stirring occasionally, until hot and bubbly. Serve on the rice. (My note: quantity of rice is not stated. Assume it is not included in the nutritional values.)

1/4 recipe - 353 calories, 3 lean meat, 2 bread, 1 fat exchange 32 grams carbohydrate, 26 grams protein, 13 grams fat 306 mg sodium, 408 mg potassium, 56 mg cholesterol

Source: Am. Diabetes Assoc. Holiday Cookbook by Betty Wedman 1986 Shared but not tested by Elizabeth Rodier, Nov 93

Title: Custard Pie
Categories: Pies, Desserts, Diabetic
Yield: 8 servings

1 c Liquid egg substitute
2 tb Sugar
1/3 c Sugar replacement
1 ts Vanilla
1/4 ts Salt
1 ts Cornstarch
3/4 c Instant dry milk
2 c Water
1 Unbaked 9" pie crust
Ground nutmeg as desired

Combine all filling ingredients and mix thoroughly.
Pour filling into unbaked pie crust.

Sprinkle nutmeg over filling and bake at 475 degrees F. for 10 minutes. Reduce heat to 425 degrees F. without opening the oven door and bake another 15 minutes. Test to see if it is done by sticking a knife in the center of the pie - if the knife doesn't come out clean, bake another 5 minutes. Cool to room temperature out of drafts. Cut into 8 pieces and serve 1 piece per serving.

Nutritional information per serving (including crust): calories - 186, protein - 7 gm., fat - 10 gm., carbohydrates - 18 gm., sodium - 308 mg.
Exchanges per serving: 1 Milk, 1 Vegetable, 2 Fat

FROM: The NEW DIABETIC Cookbook by Mabel Cavaiani R.D. copyright 1989.

Formatted to MM by Trish McKenna.

Title: Dark-Fudge Pudding
Categories: Pudding, Chocolate, Diabetic
Yield: 6 servings

1/2 c Granulated sugar replacement
3 tb All-purpose flour
1 tb Granulated fructose
1 ds Salt
1 1/2 c Skim milk
1 oz Unsweetened baking chocolate
-in small pieces
1 ea Egg, beaten
1 tb Margarine
1 ts Vanilla extract

SOURCE: Diabetic Sweet Tooth Cookbook by Mary Jane Finsand - copyright 1993 - Sterling Publishing Co., Inc. New York.

Combine Sugar replacement, flour, fructose, and salt in a nonstick sauce pan. Gradually stir in milk.

Blend well. Stir in chocolate and egg. Cook over medium heat until mixture thickens, stirring constantly. Remove from heat, and stir in margarine and vanilla. Spoon into six decorative dessert dishes. Serve warm or chill until set.

YIELD: 6 servings

EXCHANGE, 1 serving: 1 bread and 1/2 fat

CALORIES, 1 serving: 108

CARBOHYDRATES, 1 serving: 14 g

Title: DATE CAKE SQUARES

Categories: Diabetic, Desserts, Holiday

Yield: 24 servings

-----**INGREDIENTS**-----

1 c Chopped dates
3/4 c Chopped pitted prunes
1/2 c Dark raisins
1 1/4 c Water
8 T Margarine, cut into pieces
2 ea Eggs
1 t Vanilla
1 c All-purpose flour
5 1/2 t Equal "Measure"
OR
18 pk Equal sweetener
1 t Baking soda
1/4 t Salt
1/2 t Ground cinnamon
1/4 t Ground nutmeg
1/4 c Chopped walnuts

DIRECTIONS:

Combine dates, prunes, raisins, and water in medium saucepan; heat to boiling. Reduce heat and simmer, uncovered, until fruit is tender and water is absorbed about 10 minutes. Remove from heat and add margarine, stirring until melted; cool. Mix eggs and vanilla into fruit mixture, mix in combined flour; Equal Measure, baking soda, salt, cinnamon and nutmeg.

Spread batter evenly in greased baking dish, 11x7x2, sprinkle with walnuts.

Bake in preheated 350F oven until cake springs back when touched lightly, 30 to 35 minutes. Cool on wire rack, cut into squares. Makes 24 squares.

Nutrition Information per Square:

Calories: 117

**Nutritive Values: 2 g Prot; 17 g carb; 5 g fat;
18 mg Chol;**

126 mg Sodium

**Diabetic Food Exchanges: 1/2 Fruit; 1/2 Bread; 1 Fat
15% calorie reduction from
traditional recipe**

**All Things Equal, newsletter, recipe formatted for MM
by A.Broaddus 1995**

Title: Deep-Dish Pizza

Categories: Diabetic, Meat, Main dish, Cheese

Yield: 4 Servings

**1 lb Ground turkey;
2 c All-purpose flour;
2 ts Baking powder;
1/2 ts Baking soda;
1/4 c Margarine or butter;
1/2 c To 3/4 c skim milk;
6 oz Can tomato paste;**

1 ts Oregano leaves; dried
1/2 ts Basil leaves; dried
1/2 ts Salt;
1/2 c Green bell pepper; chopped
1/2 c Sliced fresh mushrooms;
1/4 lb Mozzarella cheese;grate 1cup

Suggestion: for 2 servings, use a small aluminum foil pan about 4 x 8 inches or press a sheet of aluminum foil into a loaf pan and set the foil pan on a cookie sheet. Measure half the other ingredients and freeze the remaining 3 ounces of tomato paste for a future meal.

Preheat the oven to 425 F. Cook the ground turkey in a large nonstick skillet over medium heat until cooked through. Stir occasionally.

Combine flour, baking powder, and margarine in a bowl. Cut the margarine into the flour with a fork until the mixture resembles coarse meal. Add enough milk to make a soft, elastic dough (like biscuit dough). Press the dough into the sides and bottom of an 8-inch square baking pan.

Combine the tomato paste and seasonings and spread over the dough. Crumble the ground turkey over the sauce. Sprinkle on the green pepper, mushrooms and cheese. Bake for 20 to 25 minutes or until the crust is brown and crisp. Cut into four squares to serve.

1/4 recipe - 358 calories, 3 low-fat protein, 1 starch, 2 vegetable, 2 fat exchanges 26 grams protein, 34 grams carbohydrate, 20 grams fat, 584 mg sodium

Source: Quick & Easy Diabetic Menus by Betty Wedman, 1993 Shared but not tested by Elizabeth Rodier Dec 93

Title: Delightful Cheesecake
Categories: Cheesecake, Diabetic, Dairy, Fruits
Yield: 9 servings

4 tb Graham cracker crumbs
2 pk Unflavored gelatin
1 c Low-calorie pineapple tidbit
-reserving juice - packed
-in its own juice
1 1/2 c Low-fat cottage cheese OR
-use NO-fat cottage cheese
3 ea Eggs seperated
1/4 c Non-fat milk
2 tb Lemon juice
Non-nutritive sweetner
-equal to 1/2 cup sugar
1 ts Vanilla
1/4 ts Salt

SOURCE: Posted on *P - Diabetic board by Maggie Cecil-Zachos....

Sprinkle 3 tbs. graham cracker crumbs on bottom of 9" pie or cake pan; set aside. Soften gelatin in 1/2 c water. Add water to pineapple juice to make 3/4 cup; bring to a boil; stir in gelatin.

In bowl, beat cottage cheese until nearly smooth, at highest speed on mixer - about 3 to 4 minutes. Add egg yolks, nonfat milk, lemon juice, sweetner, vanilla and salt and beat well. Blend in gelatin at low speed.

Chill. Stir occasionally until mixture is thick, but not set - about 1 hour. Beat whites at highest speed until soft peaks form; fold in gelatin mixture by hand. Spoon over crumbs in pan; sprinkle remaining tablespoon of crumbs over filling. Add pineapple tidbits on top; chill overnight in refrigerator.

Exchanges per serving: 1 lean meat

Calories per serving: 85

Yield: 9 servings

Title: Diabetic Gyros

Categories: Diabetic, Meat, Main dish

Yield: 8 Servings

2 lb Ground beef or lamb or both
4 Green onion; finely chopped
1 c Garlic; minced
1 ts Oregano
1/4 ts Cumin
1/4 ts Parsley
1 ts Salt
1/4 ts Pepper; freshly ground
8 Lg pita

Mix all ingredients except pita, mixing well and kneading until mixture is stiff. On skewer pack meat mixture about 5" long and not more than 2" in diameter. Put as many "fingers" as possible on a skewer leaving a 1" space in between. Cook over hot coals 10-15 minutes, turning frequently. Take pita and slide gyro into center. Drizzle with sauce. Fold over to eat.

Sauce: Tzatziki 1 c yogurt, 1 T mayo, juice of 1 lemon, 2 scallions including green tops, (finely chopped), cucumber (minced), 5 cloves garlic (minced).

Mix well.

Title: Dilled Mushroom and Zucchini Pickles
Categories: Can/pickle, Vegetables, Diabetic
Yield: 6 servings

3 (to 6) hot peppers or chili
-peppers [red or green]
1 qt White vinegar
1 c Water
1/2 c Noniodized pickling salt OR
-salt substitute
3 ts Dill
3 c Mushrooms cut in 1/4-inch
-slices
3 c Zucchini slices, 1/8-inch
-slices
6 sm Cloves garlic

Remove stems and seeds from peppers; cut in half if using 3. Combine vinegar, water, and salt in saucepan; bring to boil and keep hot. Place 1/4 teaspoon dill in bottom of each of 6 sterilized pint jars. Pack mushroom and zucchini slices into jars, and add 1 garlic clove and 1/2 to 1 hot pepper per jar. Pour hot vinegar liquid over vegetables, leaving at least 1 inch at the top; add remaining 1/4 teaspoon dill per jar and secure lids. Process in hot water bath for 30 minutes after water returns to boiling. Allow to age several weeks before opening. Serve chilled as relish, garnish, or finger food. Makes 6 pints.

Nutritional information per 1/2 cup: calories - 28, protein - 2 gm., fat - 0, carbohydrates - 5 gm.

1/2 cup equals 1 diabetic Vegetable exchange. If made with salt substitute, 1/2 cup will contain 3 milligrams sodium.

FROM: Canning and Preserving without Sugar by: Norma M. MacRae, R.D. copyright 1982. Formatted to MM by Trish McKenna.

Question: Do you think you could substitute whole, fresh green beans for the zucchini?

Title: Dilly Beef Salad

Categories: Diabetic, Salads, Meat

Yield: 6 Servings

3 c Beef; cooked, cubed
3/4 c Pepper, green; chopped
5 lg Olives, stuffed; sliced
10 Onions, pickled; chopped
1/8 ts Pepper
1/2 ts Salt
1/4 ts Mustard, dry
1 ts Dillweed
1/2 c Mayonnaise
1/4 c Beer
1 tb Lemon juice

Onions, pickled
Olives, stuffed

Combine beef, green pepper, sliced olives, and chopped pickled onion; chill. Combine pepper, salt, mustard, dillweed, mayonnaise, beer, and lemon juice; mix well and add to meat mixture. Toss lightly. Chill at least 1 hour. Garnish with pickled onions and olives.

SOURCE: Southern Living Magazine, April, 1977. Typos by Nancy Coleman.

Title: Dilly Rice Muffins

Categories: Muffins, Grains, Vegetables, Diabetic, Holiday

Yield: 8 servings

1 c Flour
1 tb Sugar
1 tb Baking Powder
1 Egg
1/2 c Lowfat Milk
2 tb Vegetable Oil
1/4 c Rice, cooked
2 tb Green Onion (scallion),
-minced
2 tb Parsley Leaves, freshly
-minced -or-
2 tb Parsley Flakes, dried
2 tb Dill Weed, freshly minced
--or-
2 ts Dried Dill

Keywords: ovo-lacto

Combine the flour, sugar and baking powder in a bowl. Stir to mix. Beat the egg, milk and oil together. Add to the flour mixture along with the remaining ingredients. Mix just until the batter is

blended.

Spoon into oiled muffin tins or paper muffin cups.

Fill about three-fourths full.

Bake in a 400-degree oven for 12 to 15 minutes, or until brown.

Makes 8

One Muffin = Calories: 113 Carbohydrates: 15 Protein: 3 Fat: 5 Sodium: 133
Potassium: 49 Cholesterol: 35

Exchange Value: 1 Bread Exchange + 1 Fat Exchange Source: Holiday
Cookbook, American Diabetes Association, ISBN 0-13-024894-0, by Betty
Wedman, M.S.,R.D.

Title: Double-Fudge Balls

Categories: Diabetic, Chocolate, Fudge

Yield: 60 servings

1/3 c Margarine, softened
3 tb Skim evaporated milk
1 ds Salt
1 ts Vanilla extract
1/4 c Cocoa
1 c Powdered Sugar Replacement
1 Recipe Semisweet Dipping -
-Chocolate

**SOURCE: The Diabetic Chocolate Cookbook by Mary Jane Finsand -
copyright 1984.**

Cream together until fluffy the margarine, milk, salt and vanilla. Stir
in cocoa and sugar replacement. Knead until dough is smooth; shape dough
into 60 small balls. Dip balls in chocolate; cool completely then dip
again and cool.

YIELD: 60 balls

EXCHANGE, 1 ball: 1/3 bread and 1/2 fat

CALORIES, 1 ball: 50

Title: Earl's Mozzarella Meat Loaf
Categories: Diabetic, Meat, Cheese
Yield: 8 Servings

1 lg Onion; coarsely chopped
1 T Olive oil
1 Sweet red pepper; chopped
1 cl Garlic; finely chopped
1 ts Leaf basil; crumbled
1/2 ts Lef thyme; crumbled
1 1/2 lb Lean ground beef
1/2 lb Ground pork
1 c Old-fashioned oats; uncooked
2 Egg whites
4 oz Part-skim mozzarella cheese
-cut in 1/4-inch cubes
1/2 c Grated Parmesan cheese
2 T Parsley; chopped
3/4 ts Salt; optional
1/8 ts Pepper
1/4 c Catsup

Preheat oven to moderate (375 degrees). Line jelly-roll pan with aluminum foil.

Saute onion in oil in large skillet over medium heat 3 minutes. Add red pepper, garlic, basil, and thyme, saute 5 minutes.

Combine beef, pork, oats, egg, whites, mozzarella, Parmesan, parsley, optional salt, and pepper in large bowl. Add vegetable mixture. Shape into large oval on prepared pan.

Bake in moderate oven (375 degrees) for 30 minutes. Brush loaf with catsup. Bake 25 minutes or until cooked through. Let stand 10 minute before slicing.

Judi's Notes: I would bake this meat loaf in a loaf pan due to possible grease escaping from the jelly roll pan. I would also spoon off some of the fat from the loaf after 30 minutes.

Source: Family Circle Magazine, 5/14/91. Shared and MM by Judi M. Phelps.

Title: Easy Dill Pickles

Categories: Pickles, Canning, Vegetables, Diabetic

Yield: 12 pints

48 ea Pickling Cucumbers *

1 qt Cider Vinegar

1 c Pickling Salt

1 ea Bunch Dill

8 c Water

12 cl Garlic, Peeled

*** Pickling cucumbers are cucumbers that are not less than 3-inches long and not more than 4-inches long.**

Wash the cucumbers and remove any stems. Cover with cold water and refrigerate overnight or for several hours. Pack the cucumbers into pint jars as tightly as possible. Poke in 2 springs of dill. Bring the cider vinegar, water, salt and garlic cloves (12 to 16 cloves depending on your taste) to a boil. Boil for 2 minutes. Fish out the garlic cloves with a slotted spoon and put one in each jar (or to taste) while the brine cools slightly. Pour the hot brine into the jars and seal.

Makes 12 Pints.

Personal note from Ursula Taylor - when I imported this recipe it called for 1 clove of garlic in the ingredients - but directions call for one garlic clove to go in each jar - so I adjusted the ingredients to reflect this....

Title: Easy Eggplant Casserole

Categories: Diabetic, Main dish, Vegetables, Meat

Yield: 4 Servings

**1 sm Eggplant
1/2 lb Sausage, bulk
1 sm Onion; chopped
1 Egg; well beaten
1/2 c Breadcrumbs, dry
1 ts Butter (or marg.); melted
1/4 c Cracker crumbs**

Peel eggplant, and cut into 1" cubes; cook in a small amount of boiling water 10 minutes or until tender. Drain. Let cool slightly.

Cook sausage and onion until onion is tender and sausage is brown. Combine eggplant, sausage mixture, egg, and breadcrumbs. Mix well, and spoon into a greased 1-quart casserole. Combine butter and cracker crumbs; sprinkle over casserole. Bake at 350 degrees for 25 minutes.

SOURCE: Southern Living Magazine, sometime in the 1970s. Typos by Nancy Coleman.

Title: Egg Beater Substitute

Categories: Low-cal/fat, Dairy, Diabetic

Yield: 1 servings

**6 Egg whites
1/4 c Nonfat powdered milk
1 tb Canola or olive oil**

6 dr Yellow food coloring OR

1 pn Tumeric

FOR QUANTITY MAKE-UP USE:

24 Egg whites

1 c Nonfat powdered milk

1/4 c Canola or olive oil

1/4 To 1/2 tsp. tumeric

**Blend until smooth. Refrigerate 1 week or freeze. FOR QUANTITY
SUBSTITUTE:**

**Blend until smooth. Package into useful sized containers and freeze until
needed.**

----- Recipe via Meal-Master (tm) v8.05

Title: Eggplant With Tomatoes

Categories: Diabetic, Vegetables

Yield: 1 servings

2 Thin slices Eggplant (50gm)

2 ts Butter (10gm)

1/4 c Canned tomatoes (50 gm)

1/2 ts Chives, chopped (2gm)

Salt and pepper to taste

Brown the eggplant in butter. Add salt and pepper.

**Heat tomatoes in a separate pan and pour over eggplant. Sprinkle with
chopped chives.**

**Food value entire recipe Carbohydrates 15 grams protein 2 grams fat 8
grams calories 100 gm=grams source: "The UCSD Healthy Diet for Diabetes" A
Comprehensive Nutritional Guide and Cookbook by Susan Algert, M.S., R.D. ,
Barbara Grasse, R.D. C.D.E. , Annie Durning, M.S., R.D. Houghton Mifflin
Company Boston 1990**

Title: EQUAL SWEET POTATO PIE
Categories: Diabetic, Holiday, Desserts
Yield: 8 servings

-----**INGREDIENTS**-----

FILLING

**2 c Sweet Potatoes,cooked,mashed
(about 2 lbs)**
2 ea Eggs, lightly beaten
7 1/4 t Equal*Measure
OR
24 pk Equal sweetener
1 T Margarine, softened
1 T Flour
1 1/2 t Ground cinnamon
3/4 t Ground nutmeg
1/4 t Ground mace, optional
1/2 t Salt
1 1/2 t Vanilla
1 cn Evaporated skim milk (12 oz)
1 ea Pie Shell, unbaked, 9 in

-----**INGREDIENTS**-----

REDUCED-FAT PIE PASTRY

1 1/4 c Flour, all purpose
1 T Equal*Measure
OR
3 pk Equal Sweetener
1/4 t Salt
**4 T Cold margarine, cut into
Pieces**
5 1/2 T Cold water

DIRECTIONS: PIE FILLING

Mix sweet potatoes, Equal*Measure, margarine, flour, spices, salt, vanilla, and evaporated skim milk until smooth in large bowl. Pour mixture into pie shell.
Bake in preheated 425 oven 20 minutes, reduce heat to 350 F and bake until filling is set and sharp knife inserted near center comes out clean, 30-35 minutes.
Cool completely on wire rack; refrigerate until serving time.

DIRECTIONS: (REDUCED-FAT PIE PASTRY)

Combine flour, Equal*Measure and salt in a medium

bowl; cut in margarine with pastry blender until mixture resembles coarse crumbs. Mix in water, 1 T at a time, mixing lightly with a fork after each addition until dough is formed. Refrigerate until ready to use.

Makes 8 servings.

Nutrition information per serving:

Calories: 264 Diabetic Food Exchanges: 1 Veg; 2 Bread; 2 Fat 8 g Prot; 37 g Carb; 9 g Fat; 55 m Chol, 361 mg Sodium

41% calorie reduction from traditional recipe.

All Things Equal Newsletter, formatted for MM by A.Broaddus, 1995

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Title: Falafel (Diabetic)

Categories: Vegetarian, Vegan, Diabetic, Ethnic

Yield: 20 balls

3 c Garbanzo beans; cooked

1 tb Lemon juice

1/2 c Onion; chopped

2 tb Flour, whole wheat pastry

1/4 c Wheat germ

1/4 c Parsley

1/4 c Sesame seed

1/4 ts Pepper

1/4 ts Garlic powder

2 tb Oil

Heat oven to 350°F. In a food processor or blender grind garbanzo beans, lemon and onion. Remove and add flour, wheat germ, parsley, sesame seed, pepper and garlic powder. Form into 20 falafel balls. Heat oil in a large baking dish, then add falafel and bake 15 min, stirring occasionally.

1 serving of 5 falafel = 434 calories; 3 meat, 2 bread, 1 fat Pro 20gm, fat 9gm, carbo 56gm From "Vegetarian Cooking for Diabetics"

Title: FALAFEL - VEGETARIAN COOKING FOR DIABETICS

Categories: Diabetic, Ethnic, Grains

Yield: 4 servings

**3 c Garbanzo beans; cooked
1 tb Lemon juice
1/2 c Onion; chopped
2 tb Flour, whole wheat pastry
1/4 c Wheat germ
1/4 c Parsley
1/4 c Sesame seed
1/4 ts Pepper
1/4 ts Garlic powder
2 tb Oil**

Preheat oven to 350[^]. Grind in a food processor or blender the garbanzo, lemon juice, and chopped onion.

Remove and mix with flour, wheat germ, parsley, sesame seed, pepper and garlic powder. For into 20 falafel balls. Heat a large baking dish in the oven with 2 tb oil. Place falafel in dish and bake 15 minutes, stirring occasionally

1 serving = 5 falafels.

434 cal. 3 meat, 2 bread, 1 fat pro 20gm, fat 9gm, carbo 56gm

Title: Fourth of July Cheesecake

Categories: Cheesecake, Luncheon, Dairy, Diabetic, Holiday

Yield: 16 servings

**1 c Vanilla wafer crumbs
4 tb Margarine - melted
3 tb NutraSweet - Spoonful
1 Env. (1/4 oz.) unflavored
- gelatin
1 c Skim milk
2 pk 8 oz. each - reduced fat
- cream cheese - softened
1 pk 3 oz. - reduced fat cream
-cheese - softened
2 tb Lemon juice
1 tb Grated lemon rind
2 ts Vanilla extract
1/3 c To 1/2 cup NutraSweet
-Spoonful
1 pt Blueberries
2 pt Raspberries**

This recipe came from a cookbook that you can get by calling the NutraSweet/Equival Company. The cookbook is called THE NUTRASWEET SPOONFUL RECIPE COLLECTION.

Mix crumbs, margarine and the 3 tbsp. NutraSweet Spoonful in medium bowl; pat evenly on bottom of jelly roll pan, 15 x 10 inches.

Sprinkle gelatin over milk in small saucepan; let stand 2 to 3 minutes. Heat over medium low heat, stirring constantly, until gelatin is dissolved.

Cool to room temperature.

Beat cream cheese until fluffy in large bowl; gradually beat in milk mixture. Beat in lemon juice and rind, vanilla and 1/3 to 1/2 cup NutraSweet Spoonful. Pour mixture over crust; refrigerate until set, 3 to 4 hours.

Before serving, decorate to look like a flag, using the blueberries for the stars, and the raspberries for the stripes. Yield: 16 servings.

NUTRITIONAL INFORMATION: Serving Size: 1 pc. - approximately 1/16 recipe. Calories 170, Protein 5 g, carbohydrates 16 g, total fat 10 g, saturated fat 3 g, cholesterol 22 mg, fiber 3 g, sodium 202 mg.

DIABETIC FOOD EXCHANGE: 1 starch and 2 fat

PERSONAL NOTE from U. Taylor - folks I've made this one and left it plain - it was delicious - am thinking there are other possibilities for decorations depending on holidays - for Easter - tint SF coconut - use as grass and put SF jelly beans and maybe a SF chocolate bunny. Also noticed that the crust was very dry so added a little more margarine....

Title: Frankfurter Casserole
Categories: Diabetic, Main dish, Meat, Crockpot
Yield: 8 Servings

1 1/4 c Bean & bacon soup; undiluted
1 1/4 c Water;
2 c All-meat frankfurter; cut
-1/2" slices
-hot dog or hotdog
1 Onion; chopped finely
1 Green onions; chopped finely
1/2 c Celery;chopped
2 tb Prepared mustard;
1 c Ready-mix type biscuits;

Preheat oven to 375F. Mix all ingredients except biscuits. Boil gently 5 minutes. Put about 3/4 cup mixture into each of 8 individual baking dishes and top each with biscuit. (NOT ME!! I hate doing dishes!!) Bake until golden brown (about 20 minutes). Serve at once, Food Exchange per serving: 1 STARCH/BREAD EXCHANGE + 2 FAT EXCHANGES + 1 MEAT EXCHANGE + 1 VEGETABLE EXCHANGE

Source: Recipes for the Diabetic by Billie Little and Penny L. Thorup. Brought to you and yours via Nancy O'Brion and her Meal-Master

This cookbook doesn't have the nutritional values as it 22 years old. Only calories: Per serving: 260

Title: Frankly Fake Fudge

Categories: Fudge, Low-cal/fat, Diabetic, Chocolate

Yield: 8 servings

- 1 c 2% milk**
- 3/4 c Unsweetened cocoa powder**
- 5 tb Unflavored gelatin (5 pkg)**
- 1 c Water**
- 1/2 c Sweetener equiv. to sugar****
- 1 ts Artificial brandy extract**

Preparation 10 min, standing time 4 hours.

In small saucepan, combine milk and cocoa. Whisk until there are no lumps of cocoa. Cook over medium heat, stirring for about 5 min. or until thickened. (This cooks out the raw cocoa taste.)

In another small saucepan, sprinkle gelatin over water; let stand for 5 minutes to soften.

Heat over low heat, stirring, until gelatin dissolves. Stir into cocoa mixture.

Stir in sweetener (artificial sweetener like SugarTwin equivalent to 1/2 cup sugar) and brandy extract. Remove from heat.

Pour into 8 inch square baking dish. Let stand at room temperature 4 hours or until firm.

To remove from pan, cut around edges with a sharp knife. Place dish in shallow pan of hot water for about 30 seconds just to slightly soften

bottom. Loosen one corner, then quickly flip gel out onto clean cutting surface.

With sharp knife, cut evenly in 10 one way and 10 the other way. Place in container, cover and refrigerate. Will keep up to 1 week in refrigerator.

Makes 100 squares.

3 squares, 1 ++ extra, 2 g carbohydrate, 2 g protein, 13 calories

14 squares (about 1/8 recipe) 1 milk choice, 59 calories 7 g carbohydrate, 7 g protein, 2 g fat

Source: Choice Desserts by Kay Spicer 1986 Shared but not tested by Elizabeth Rodier Sept 93

Title: Fresh Limeade

Categories: Diabetic, Beverages, Party

Yield: 6 servings

1 1/2 c Freshly squeezed lime juice

- about 6 oz.

4 c Cold water

1 1/2 c NutraSweet Spoonful

Ice cubes

6 ea Lime slice twists

6 ea Mint sprigs

SOURCE: From off the inside of a NutraSweet Spoonful Sugar Alternative Refill Pack. Formatted into MM by Ursula R. Taylor.

Mix lime juice, water and NutraSweet Spoonful, refrigerate until chilled.

Serve over ice in tall glasses, garnish with lime slice twists and mint sprig.

NOTE: Limeade can be frozen in ice cube trays, the cubes can be used with the limeade so it will not be diluted. Also, the ice cubes can be processed in a blender or food processor to make a delicious lime slush.

Makes 6 servings (about 8 ounces each).

NUTRITIONAL INFORMATION: 45 Calories, <1 g Protein, 12 g carbohydrates,

0 g total fat, 0 g saturated fat, 0 mg cholesterol, Trace fiber, 5 mg

sodium. DIABETIC EXCHANGES: 1 Fruit.

Title: Frosty Pop
Categories: Beverages, Diabetic
Yield: 6 servings

2 pk 4 oz. size dietetic packed
-cherry-, orange-, or lemon
-flavor gelatin (SF kind)
1 c Boiling water
1 c Cold water

SOURCE: Good Housekeeping Cookbook for Calorie Watchers by Hazel P. Schoenberg, copyright MCMLXXI, ISBN #0-87851-004-4. MM Format by Ursula R.

Taylor.

About 4 to 6 hours before serving: In medium bowl, stir together gelatin and boiling water until all gelatin is dissolved. Stir in cold water. Divide mixture among six each 3 ounce paper cups. Freeze until firm. If desired, wooden sticks may be added when mixture is semifirm.

To serve: Let stand at room temperature for 5 minutes; peel paper cup down from pop to eat. Makes 6 servings.

Exchanges per serving = 1 "Free"

Title: Fruit and Nut Balls

Categories: Cookie/bars, Fruits, Diabetic, Holiday

Yield: 12 servings

**1/2 c Dates, pitted
1/2 c Raisins, dark or golden
2 tb Cocoa -or- Carob Powder
1/2 c Walnuts
1/2 c Sunflower Seeds
Walnuts, ground**

Grind together dates, raisins, cocoa (or carob powder), walnuts and sunflower seeds in a food processor or meat grinder.

Press the mixture into 24 small balls. Roll in the ground nuts. Store in an airtight container.

Serves 12.

**Two Balls = Calories: Carbohydrates: 10 Protein: 2
Fat: 6 Sodium: 2 Potassium: 104 Cholesterol: 0
Exchange Value: 1 Fruit Exchange + 1 Fat Exchange
Source: Holiday Cookbook, American Diabetes
Association, ISBN 0-13-024894-0, by Betty Wedman,
M.S.,R.D.
Shared by: Norman R. Brown.**

Title: Fruit Frappe'

Categories: Beverages, Fruits, Diabetic

Yield: 1 servings

*****JUDY GARNETT/JONI CLOUD****

**1 c Milk
Sugar substitute to =
1 ts Sugar**

1/2 Banana OR
1 c Fresh strawberries OR
1/2 c Pineapple OR
1 Fresh peach
1/4 ts Vanilla extract
4 Ice cubes

Mix all ingredients in blender. Blend until ice is pulverized and drink is thick and foamy. For variations add other extracts such as rum, mint, almond, or strawberry.

Source: The Calculating Cook, Gourmet Cookbook for Diabetics

NOTE: I don't see why you couldn't make this a fat-free drink by using nonfat milk. Also, try experimenting with various fruits. How about 1/2 cup of fresh pitted cherries, or maybe 1/2 cup chopped papaya or mango, or maybe 1/2 cup of chopped cantaloupe. (Trish)

Title: Fruit Juice Medley
Categories: Beverages, Fruits, Diabetic
Yield: 6 servings

1 1/2 c Fresh orange juice
1/3 c Fresh lemon juice
1 c Pineapple juice; chilled
2 c Ice water
Sugar to taste **
****PERSONAL NOTE from Ursula**
-Taylor for use by diabetics
-use sugar substitute to
-taste.

Combine all ingredients and refrigerate. Makes 6 servings

From Fit For a King - The Elvis Presley Cookbook

Title: Fruit Sweetner - Diet
Categories: Diabetic
Yield: 1 servings

4 c Fruit juice
-you can use one of the
-following: apple, orange,
-pineapple, pineapple-orange
-or grape
Sweet One if necessary

This was posted on *P by Sherry Eckert - ID# GDDF80A.
It was posted along with a recipe for Mom's Southern Pecan Pie that she got from SWEET INSPIRATIONS SUGAR FREE COOKBOOK.
To make fruit sweetner, cook the four cups of juice until it is reduced to one cup. If you like it sweeter add Sweet One to taste.
OR if a recipe calls for 1/2 cup fruit sweetner, use 1/2 cup frozen fruit juice plus half as much (1/4 cup) granulated fructose. Sherry adds Sweet One instead to desired sweetness. If 2/3 cup is called for in recipe ~ use 2/3 cup concentrate plus 1/2 cup granulated fructose. Commercial fruit sweetners are available at health food stores.

Title: Fruited Chocolate Balls

Categories: Diabetic, Cooky/bars, Holiday

Yield: 84 servings

**1/2 c Vegetable shortening
3 oz Unsweetened baking chocolate
1 1/2 c Granulated sugar replacement
1/2 c Granulated fructose
4 Eggs
2 ts Vanilla extract
2 c All-purpose flour
2 ts Baking soda
1/4 ts Salt
1/3 c Unsweetened dried fruit mix**

Melt shortening and baking chocolate, either in the top of a double boiler or in a microwavable cup. Pour into a mixing bowl. Beat in sugar replacement and fructose. (Mixture will look curdled.) Add eggs, one at a time, beating well after each addition. Beat in vanilla. Stir in flour, baking soda, and salt. (Note: the dry ingredients always incorporate more evenly if mixed together before adding to wet ingredients. NF) Fold in dried fruit. Cover and chill at least 2 hours. Shape dough into balls. Place balls on lightly greased cookie sheets.

Bake at 350F. degrees for 8 to 9 minutes. Move to cooling rack.

Yield: 84 balls.

Serving size: 1 cookie.

Nutritional information per serving: Carbohydrates ~ 4g; Calories - 27.

Exchanges per serving: 1/3 bread exchange.

Source: Diabetic Cookies; by Mary Jane Finsand.

Formatted by: Nancy Filbert; December, 1995

Title: Fudge Candy (Diet)
Categories: Diabetic, Chocolate, Fudge
Yield: 64 servings

13 oz Can skim evaporated milk
3 tb Cocoa
1/4 c Butter
1 tb Granulated sugar replacement
1 ds Salt
1 ts Vanilla extract
2 1/2 c Unsweetened cereal crumbs
1/4 c Nuts, very finely chopped

SOURCE: The Diabetic Chocolate Cookbook by Mary Jane Finsand - copyright 1984.

Combine milk and cocoa in saucepan; cook and beat over low heat until cocoa is dissolved. Add butter, sugar replacement, salt and vanilla. Bring to a boil; reduce heat and cook for 2 minutes. Remove from heat; add cereal crumbs and work in with wooden spoon. Cool 15 minutes. Divide in half; roll each half into a tube, 8 inch long. Roll each tube in finely chopped nuts. Wrap in waxed paper; chill overnight. Cut into 1/4 inch slices.

YIELD: 64 Slices

EXCHANGE, 2 slices: 1/2 bread and 1/2 fat

CALORIES, 2 slices: 60

Title: GARBANZO-VEGETABLE SOUP - VEGETARIAN COOKING
Categories: Diabetic, Vegan, Beans
Yield: 4 servings

1/2 c Garbanzo beans
1/2 c Corn; off cob
1/2 c Green beans
1/2 c Carrots; diced

1/2 c Celery; diced
1/4 c Onions; chopped
1 c Spinach; shredded or cabbage
2 c -water
Parsley
Oregano
Basil
Bay leaves
1 ts Tomato sauce
1/4 c Noodles

In a large saucepan combine corn, green beans, carrots, celery, onion, spinach, spices to taste and 2 cups water. Simmer covered for 10 min. Add the tomato sauce, garbanzo beans and noodles. Simmer 5 min more or until noodles are cooked.

1 serving = 368 cal, 3 meats, 2 breads, 2 vegetables

Title: Garden Soup
Categories: Diabetic, Soup, Vegetables, Poultry
Yield: 10 Sweet ones

6 c Water
2 c Tomato juice;
1 c Potato; peeled chopped
1 c Onion; chopped
1 c Lima beans;
3/4 c Chicken; chopped cooked
1/2 c Carrots; sliced
1/2 c Celery; chopped
2 tb Chicken bouillon granules;
-flavored
1 ts Garlic powder;
1 1/2 ts Worcestershire sauce;

Combine all ingredients in a large Dutch oven. Cover and bring to a boil.

Reduce heat and simmer 45 minutes to 1 hour. Serve hot. Food Exchange per serving: 1 STARCH EXCHANGE PER SERVING: CAL: 84; CHO: 6mg; CAR: 15gm; PRO: 4gm; FAT: 1gm; SOD: 250mg;

Source: All New Cookbook for Diabetic and Their Families. Brought to you and yours via Nancy O'Brion and her Meal-Master.

Title: Garlic and Parmesan Popcorn
Categories: Snacks, Popcorn, Diabetic
Yield: 6 servings

2 tb Corn oil
2 tb Olive oil
2 cl Garlic; split
3/4 c Popping corn
Salt
1/4 c Grated Parmesan
1 cl Garlic; minced
1 ds Cayenne pepper

In a large heavy pot, heat corn oil and olive oil over high heat until the oil smokes. Add 1 kernel popping corn and heat until kernel pops. Add split garlic cloves and rest of popping corn, cover pot, and shake gently until corn starts to pop. Shake vigorously until popping subsides. Remove from heat. Remove garlic and toss popcorn with Parmesan, minced garlic, cayenne and salt.

Title: German Sauerkraut

Categories: Vegetables, Diabetic, Low-cal/fat, Potatoes, German

Yield: 8 servings

5 sl Thick lean bacon ** SEE NOTE

**2 md Yellow onions,
Peeled and sliced**

**3 qt Sauerkraut in glass jars
-or fresh, drained and
-Lightly rinsed**

1 tb Brown sugar - or substitute

1 c Dry white wine

1 Bay leaf

**12 Whole juniper berries or 2
Tsp. caraway seed--not both
Freshly ground black pepper
To taste. no salt.**

1 c Grated peeled potatoes -opt.

Place all of the ingredients in a heavy kettle.

Cover and simmer gently for 1 1/2 to 2 hours. NOTE: By fresh sauerkraut is meant bought in a glass jar or in a plastic gar in the deli section of the market.

Canned sauerkraut tastes like the can. **NOTE; If cholesterol ia a problem ~ leave the bacon out.

If diabetic - you can also leave the potatoes out since that would add a starch to the dish. It's good without the bacon and the potatoes.

This is one of the Frugal Gourmet - Jeff Smith's - recipes.

Formatted into MM by Ursula R. Taylor.

Title: Ginger-Soy Marinade

Categories: Diabetic, Sauces, Meat, Fish, Poultry

Yield: 6 Servings

**1/4 c Cider-vinegar;
2 tb Low-sodium soy sauce;
2 Green onion;
1 tb Gingerroot; grated
1/4 c Orange juice concentrate;
2 tb Fresh lemon juice;**

Mix all ingredients together in a small bowl. Use to marinate meat, fish, chicken for an hour or overnight, turning to coat from time to time.

Remaining marinade may be used to baste meat while is cooking.

Makes 3/4 cup = 6 servings.

**Food Exchange per serving: FREE; CAL: 46; CHO: 0mg; CAR: 6g; PRO: 1g;
SOD:
202mg; FAT: 0g;**

Title: Granola #5

Categories: Breakfast, Grains, Diabetic

Yield: 4 servings

**1 c Rolled oats (150 g)
1 tb Sesame seed (15 ml)
1 c Crumbled shredded wheat
-cereal (60 g)
1/2 ts Vanilla extract (2.5 ml)
2 tb Unsalted dry-roasted
-sunflower seeds (30 ml)
1 1/2 tb Frozen peach or pear juice**

-concentrate (22.5 ml)
1/8 ts Salt (.6 ml) --Optional

SOURCE: The Joslin Diabetes Gourmet Cookbook by Bonnie Sanders Polin, Ph.D., and Frances Towner Gidet ~ copyright 1993. ISBN #0-553-08760-6...
Formatted into MM by Ursula R. Taylor.

This granola is not only a nourishing breakfast cereal but also a great snack that travels well. Fill a zip-lock bag and tuck it into your briefcase or purse.

Preheat oven to 325~ F (165~C). Combine all ingredients in a shallow baking pan. Bake for 15 minutes, stirring every 5 minutes. Cool and store in an airtight container for up to 1 week or freeze individual portions in zip-lock bags for longer storage.

Makes 4 snacks.

PER 3/4 cup (177 ml) serving: calories 186, protein 6 g, carbohydrate 31 g, fat 5 g (calories from fat 24%), dietary fiber 1 g, sodium 60 mg, potassium 199 mg.

JOSLIN Exchanges: 2 bread/starch and 1/2 fat.

Title: Granola Bars #1 - Ww
Categories: Desserts, Bars, Bisquick, Ww, Diabetic
Yield: 8 servings

1 c + 2 tbsp. buttermilk baking
-mix ***
1/4 c Dark raisins, divided
1 1/2 oz Uncooked quick-cooking oats,
-divided
1 1/2 oz Sliced almonds, divided
3 tb Firmly packed dark brown
-sugar, divided **SEE NOTE
1/2 c Skim OR nonfat milk
1/4 c Thawed frozen egg substitute
1 tb + 2 tsp. margarine melted
1 tb Toasted wheat germ

1 tb Shredded coconut

- **NOTE - from U. Taylor - I**
- made these folks and used**
- BrownSugarTwin since I am**
- a diabetic and it worked**
- very well....**
- instead of the brown sugar.**
- ***NOTE -this is bisquick//**
- jiffy type mix.**

SOURCE: Weight Watchers Simply Light Cooking cookbook - copyright 1988.

1. Preheat oven to 350~F. In medium mixing bowl combine baking mix, 2 tablespoons raisins, 3/4 ounce oats, 3/4 ounce almonds, and 1 tablespoon sugar, stirring to combine. Stir in milk and egg substitute.

2. Spray an 8 x 8 x 2-inch nonstick baking pan with nonstick cooking spray. Spread oat mixture in pan and set aside.

3. In medium mixing bowl combine remaining raisins, oats, almonds, sugar, the margarine, wheat germ, and coconut. Sprinkle evenly over oat mixture in pan.

4. Bake for 20 to 25 minutes (until a toothpick inserted in center comes out dry). Set pan on wire rack and let cool. Cut into 8 equal bars.

EACH SERVING PROVIDES: 1 fat, 1/4 protein, 1 bread, 1/4 fruit, 55 optional calories.

PER SERVING: 185 calories, 5 g protein, 8 g fat, 25 g carbohydrate, 69 mg calcium, 246 mg sodium, 0.3 mg cholesterol, 1 g dietary fiber.

Reduced Cholesterol recipe.

For easy storage, wrap each bar in plastic freezer wrap and freeze. Allow to thaw at room temperature for several hours or overnight in the refrigerator.

Title: Greek Burgers

Categories: Diabetic, Main dish, Meat, Sandwiches

Yield: 4 Servings

1 lb Extra-lean ground beef;
1 cl Garlic; minced
2 tb Fresh lemon juice;
1 ts Dried oregano leaves;
1/4 ts Ground cumin;
1/4 ts Ground pepper;
1 md Size plum tomato;
2 tb Flat-leaf parsley; minced
4 6" whole-wheat pita pocket;
-breads;
Romaine lettuce leaf;
1 sm Red onion;

Mix ground beef, garlic; lemon juice, oregano leaves; cumin, pepper, plum tomato, and parsley. Form into 4 patties about 3/4" thick. Grill or broil, 4" from source of heat, for 3 minutes, for 3 minutes on each side for medium-rare. Cut the top third off each of four 6" whole-wheat pita pocket breads. Turn the cut-off piece round side down; tuck inside to pocket bread to reinforce bottom. Place a grilled burger in each pocket bread along with a romaine lettuce leaf and paper-thin slices from 1 sm red onion. Pass 1/4 cup Cilantro Chutney (page 218) to spoon into burgers.
Note: These hamburgers could be made with lean ground lamb. The exchanges would stay the same, but lamb add 17 calories and 2 grams of fat (mostly saturated fat) per serving Joslin Food Exchanges per serving: 3 MEDIUM/FAT MEAT EXCHANGES + 2 BREAD/ STARCH EXCHANGES CAL: 346 PRO: 27; CAR: 26g; FAT: 15g;(CALORIES FROM FAT 39%) FIR: 2g; CHO: 54mg; SODIUM: 285mg; POTASSIUM: 441mg;

Source: The Joslin Diabetes Gourmet Cookbook Brought to you and yours via Nancy O'Brion and her Meal-Master

Title: Greek Potato Salad
Categories: Diabetic, Salads
Yield: 4 servings

2 tb Olive oil
2 tb Scallion; chopped
3 tb Bell pepper; chopped
2 tb Wine vinegar
1/2 ts Oregano
2 c Potatoes; diced
1/4 c Feta; crumbled
2 tb Black olives; diced, pitted
Cherry tomatoes and black
-olives for garnish

Combine the olive oil, scallion, green pepper, vinegar and oregano in a skillet. SAute over medium heat for about 3 minutes, until green pepper is tender. Stir in the potatoes, olives, and feta cheese. Toss to mix. Serve warm with cherry tomatoes and whole ripe olives.

serving: 177 cal 8g prot, 18g carb, 12g fat 1 starch/bread + 1 med fat prot + 1 fat 62% cal from fat

Title: Grilled Sesame Chicken Breast
Categories: Diabetic, Crockpot, Poultry, Main dish, Bbq
Yield: 4 Servings

1 tb Brown Sugar; OR brown sugar
-substitute(that's 4 me)
3 tb Reduced-sodium soy sauce;
1 ts Sesame seeds;
1 tb Sesame Seeds;
2 cl Garlic; chopped
1/8 ts Black pepper; Fresh
4 oz Chicken breast halves;
- with skin removed

Combine all ingredinets except chicken in a shallow dish. Mix well. Add chicken, turning to coat. Cover and marinate in the refrigerator at least

2 hours. Remove chicken from marinate. Put the marinade aside. Grill 4 to 5 inches from medium-hot coals for 15 inches from medium-hot for 15 minutes. Turn and baste frequently with reserve marinade. Serves 4.

**Food Exchanges per serving: 1 FAT EXCHANGE + 3 LEAN MEATS CHO: 70g;
FAT:**

7.5 g CAL: 205

Brought to you and yours by Nancy O'Brion and her Meal-Master

**Title: Ham and Corn Casserole
Categories: Diabetic, Meat
Yield: 8 Servings**

**3 tb Reduced-calorie margarine
3 tb Flour
1 1/2 c Skim milk
1/2 ts Dry mustard
1/4 ts Salt
1/8 ts Pepper
1/4 ts Worcestershire sauce
1 (20 oz.) can whole kernel
-corn, drained
1/4 c Shopped onion
1/4 c Shopped green pepper
2 c Cubed lean cooked ham
1 c Breadcrumbs
1 c Grated low-fat process
-American cheese
Make white sauce of
-margarine, flour and milk
-(see below)
Stir in mustard, salt,
-pepper, and Worcestershire
-sauce**

**Add corn, onion, green
-pepper and ham
Pour mixture into nonstick
-casserole
Top with breadcrumbs and
-cheese
Bake at 375 for 25 minutes
-or until bubbly.**

White Sauce

Yield: 1 cup

Each serving: 2 Tbsp

Free Food (1 serving per

-day)

1 tb Reduced-calorie margarine

1 tb All purpose flour

1 c Skim milk

1/2 ts Salt

**Yield: 8 servings 3/4 C ea. Each serving may be exchanged for: 1 Bread, 2
Medium-fat Meat, 1 Vegetable**

Melt margarine in saucepan

Blend in flour slowly

Remove from heat

Add milk, stirring constantly

Return to low heat and stir slowly but steadily until sauce boils

Add salt

Remove from heat

Courtesy of Shareware RECIPE CLIPPER 1.1

Title: Hamburger Cornmeal Shepherd's Pie
Categories: Diabetic, Meat, Main dish, Crockpot
Yield: 8 Servings

1/2 c Green pepper; chopped finely
1/2 c Flour;
3/4 c Yellow cornmeal;
1/4 c Onion, minced finely
2 c Ground round;
5 tb Oil;(far to much by today's
-standard
1 c Tomato sauce;
2 tb Tomato catup;
2 ts Salt;(far to much by today's
-standard
Dash lemon pepper;
1 ts Chili powder;
Sugar sub equivalent to
-1 tb sugar
2 ts Baking powder;
1/2 ts Thyme;
1/4 c Egg;(1 med)
1/2 c Skim milk;

Preheat oven to 400F. Saute pepper, onion, beef in 2 tablespoons of oil in skillet, until beef is well browned. Stir in tomato sauce, catup, 1 ts salt(ugh), lemon pepper, add chili powder. Put into 1 1/2 quart casserole. Stir flour, cornmeal, sweetener, baking powder, remaining salt (ugh) and thyme together in a bowl; then add egg milk, and rest of oil. Stir until smooth. Top the first mixture with second and bake, uncovered, or until the cornmeal is sightly brown and firm to touch (about 1 hour). Loosen cornmeal with a knife around edges, turn on serving plate with top side down. I think that this could be make in the a Crockpot, as this was before the days of the crockpot!!!

Food Exchange per serving: 1/2 STARCH/BREAD EXCHANGE + 2 FAT EXCHANGES + 1
1/2 MEAT EXHANGES + 1/2 VEGETABLE EXCHANGE

Source: Recipes for Diabetics by Billie Little and Penny L. Thorup Brought

to you and yours via Nancy O'Brion and her Meal-Master

Title: Hamburger Pie

Categories: Diabetic, Main dish, Meat

Yield: 1 Servings

2 lb Ground beef;
1/2 c Cornflakes(crushed)
1/4 ts Garlic powder;
1/2 ts Onion; finely chopped
1 Egg;
Salt & pepper to taste
2 1/4 c Water
1 c Skim milk;
1 ts Salt;
2 c Instant potates; mashed
1 tb Margarine;

Combine ground beef, cornflakes, garlic powder, onion, and egg; mix well. Add salt and pepper. Place beef mixture to 9" pie pan. Pat to cover bottom and sides evenly. Heat water, skim milk, and salt just to a boil; remove from heat. Bake 425 degrees for 30 minutes; drain off excess fat. Heat water, skim milk, and salt just to a boil; remove from heat. Add potatoe granules; mix thoroughly. Add margarine; blend well. Cover and allow to stand 5 minutes, or until potatoes thicken. Spread evenly over meat mixture. Return to oven and bake until potatoes are golden brown. Allow to rest 10 minutes before cutting pie into wedges. MICOWAVE: Cover beef mixture. Cook on medium for 10 to 12 minutes; drain. Cover with potatoes. Cook on Medium for 2 minutes. Hold 5 minutes.

Food Exchanges per serving: 4 HIGH-FAT MEAT EXCHANGES + 1 BREAD EXCHANGE + 1/2 FAT EXCHANGES; CAL: 372

Source: The Complete Diabetic Cookbook by Mary Jane Finsand.... Brought to you and yours via Nancy O'Brion and her Meal-Master

Title: HAWAIIAN COOKIES
Categories: Holiday, Cookies, Diabetic
Yield: 36 servings

-----**INGREDIENTS**-----

- 2 c Flour, sifted**
- 2 t Baking powder**
- 1/2 t Salt**
- 2/3 c Butter or Shortening**
- 1 1/4 c SugarTwin**
- 1/2 t Vanilla**
- 1/2 t Almond flavoring**
- 1 ea Egg**
- 3/4 c Pineapple, crushed, well-
Drained**
- 1/2 c Coconut, finely shredded or
Chopped**

DIRECTIONS:

Sift together flour, baking powder and salt. Cream shortening, sweetener, and flavoring thoroughly. Beat in egg until mixture is fluffy. Blend in pineapple and dry ingredients. Drop by teaspoonfuls on ungreased cookie sheet. Sprinkle with coconut. Bake 325 F about 20 minutes until browned.

YIELD: 36 cookies

NUTRITIONAL VALUES: 1 g prot; 6 g carb, 1 g fat

EXCHANGES: 1/2 Bread

**1963, Amarillo Diabetes Lay Society Newsletter,
formatted for MM by A.Broadus, Exchanges and
Nutritional Values per Meal-Mate.**

Title: Healthy Banana Bread- Diet
Categories: Breads, Diabetic, Low-cal/fat
Yield: 18 servings

2 1/4 c All-purpose flour
2/3 c Honey-crunch wheat germ
1/2 c Oats, uncooked
1/4 c Brown Sugar, packed OR use
-brown sugar substitute =
-to 1/4 c packed
1 tb Baking powder
1/2 ts Salt
1/4 ts Baking Soda
10 tb Light Corn Oil Spread/1-1/2
Sticks
1 1/2 c Mashed Bananas, about 3 med
6 oz Can frozen apple-juice
Concentrate, thawed
1/2 c Egg substitute, thawed
1/3 c Walnuts, chopped
1 ts Vanilla extract

About 2 Hours before serving, or early in the day: 1. Preheat oven to 350F. Grease 9"x5" loaf pan. In large bowl, mix first 7 ingredients. With pastry blender, cut in corn-oil spread until mixture resembles coarse crumbs. Stir in bananas, undiluted apple-juice concentrate, egg substitute, walnuts, and vanilla just until flour is moistened. Spoon batter into pan. 2. Bake 60 minutes or until toothpick inserted into center of bread comes out clean. Cool bread in pan on wire rack 10 minutes; remove from pan and cool slightly. Serve warm, or cool completely to serve later. Makes 18 servings. Each serving: About 180 calories, 5 g. fat, 0 mg cholesterol, 135 mg sodium. Diabetic Exchanges: 1 Starch, 1 Fruit, 1 Fat

Title: Healthy Banana Bread-Diabetic
Categories: Breads, Fruits, Low-cal, Diabetic
Yield: 18 servings

2 1/4 c All-purpose flour
2/3 c Honey-crunch wheat germ
1/2 c Oats, uncooked
1/4 c Brown Sugar, packed
1 tb Baking powder
1/2 ts Salt
1/4 ts Baking Soda
10 tb Light Corn Oil Spread/1-1/2
Sticks
1 1/2 c Mashed Bananas, about 3 med
6 oz Can frozen apple-juice
Concentrate, thawed
1/2 c Egg substitute, thawed
1/3 c Walnuts, chopped
1 ts Vanilla extract

About 2 Hours before serving, or early in the day: 1.
Preheat oven to 350F. Grease 9"x5" loaf pan. In large bowl, mix first 7
ingredients. With pastry blender, cut in corn-oil spread until mixture
resembles coarse crumbs. Stir in bananas, undiluted apple-juice
concentrate, egg substitute, walnuts, and vanilla just until flour is
moistened. Spoon batter into pan. 2.

Bake 60 minutes or until toothpick inserted into center of bread comes out
clean. Cool bread in pan on wire rack 10 minutes; remove from pan and cool
slightly. Serve warm, or cool completely to serve later. Makes 18
servings. Each serving: About 180 calories, 5 g. fat, 0 mg cholesterol, 135
mg sodium.

Diabetic Exchanges: 1 Starch, 1 Fruit, 1 Fat

Title: HERB MATZOS

Categories: Ethnic, Holiday, Diet, Diabetic

Yield: 4 servings

-SHERI KONOPK (GXCH63B)

4 Matzos

1 tb Olive oil; +1 t.

1/2 c Onion; chopped

1/2 c Celery; chopped

1 tb Fresh parsley; chopped

1 ts Fresh sage; chopped

1 ts Fresh rosemary; chopped

2 tb Canned chicken soup

-ready to use

1/4 ts Salt

1 ds Pepper

In large mixing bowl cover matzo with cold water; set aside to soften. Remove water; and squeeze excess.

Tear into pieces. Set aside In 10 inch skillet,heat oil. Add onion, celery, and herbs. Cook over med-high until celery is tender.

Stirring occasionally. 5-7 min. Add matzo, salt, pepper, and broth cook, stirring freq. 5 min. 4 servings =1 fat; 1/2 veg; 1 bread; 1 optional calories

Title: Herb Popcorn

Categories: Snacks, Popcorn, Diabetic

Yield: 1 batch

**1 ts Salt
1/2 ts Thyme
1 ts Basil
1 ts Marjoram
1 tb Dried onion flakes
1/2 c Popcorn; popped
Butter to taste**

Combine the salt, thyme, basil, marjoram and dried onion and mix well. Use one or two teaspoons per 1/2 cup corn, popped with butter.

Title: Herb Roasted Turkey (Diabetic)

Categories: Main dish, Poultry, Low-fat, Microwave, Diabetic

Yield: 10 servings

**3 1/2 lb (to 4 lb) Boneless turkey
-breast
2 lg Garlic cloves, thinly sliced
1/2 ts Salt
1 tb Chopped fresh rosemary OR
1 ts Dried rosemary
2 ts Chopped fresh thyme OR
1/2 ts Dried thyme
Paprika
4 Green onions, trimmed of
-ends and tops**

- 1. Rinse turkey and pat dry. Loosen lining under skin with a knife. Pull skin back, leaving it attached along one edge.**
- 2. Make cuts in surface of turkey and insert garlic slices. Combine salt and herbs. Sprinkle turkey with half the mixture. Replace skin and secure with toothpicks.**

3. Sprinkle turkey with remaining herb mixture and paprika.
4. Place turkey in a roasting pan. Fold green onions in half lengthwise and place inside the cavity of the turkey breast.
5. Bake in a preheated 325 degree F. oven for 2 to 2 1/2 hours to an internal temperature of 170 degrees F. or until meat is no longer pink. Let stand 10 minutes before slicing.

MICROWAVE

Prepare turkey as described in steps 1 thru 3 above. Place in a glass baking dish, skin side down.

Cover with plastic wrap, turning back one corner to vent. Cook in microwave on HIGH for 11 minutes. Turn skin side up and place onions underneath breast. Cook for an additional 20 to 30 minutes. Total cooking time should be approximately 7 to 10 minutes per pound of turkey. Makes 10 to 12 servings.

Nutritional information per 3 ounce serving: calories - 154, protein - 28 gm., fat - 4 gm., carbohydrates - <1 gm., cholesterol - 71 mg., sodium - 154 mg., potassium - 269 mg., fiber - 0.2 gm.

Diabetic Exchanges: Lean Meat - 3.

FROM: The U.C.S.D. Healthy Diet for Diabetics
by: Susan Algert, M.S., R.D., Barbara Grasse, R.D., C.D.E., Annie Durning, M.S., R.D. copyright 1990.
Formatted to MM by Trish McKenna.

Title: HERB-CHEESE POTATO TOPPING
Categories: Diabetic, Condiments, Dairy
Yield: 16 servings

1 c Low calorie cottage cheese
2 tb Buttermilk
1/2 ts Dill weed
1/2 ts Tarragon
1/2 ts Salt

1/2 ts Pepper
1 ds Garlic powder

SOURCE: Sugar Free...That's me! by Judith S. Majors, copyright 1978. ISBN #0-345-28708-8. Formatted into MM by Ursula R. Taylor.

Combine and mix thoroughly. Chill. Keep refrigerated.
This is also yummy to dip raw vegetables in.
16 servings. 1 tbsp = 15 calories, 1/4 low fat meat exchange.

Title: Herbed Chicken
Categories: Diabetic, Main dish, Poultry
Yield: 6 Servings

3 SMALL CHICKEN BREASTS
-HALVED, SKIN REMOVED
1/2 ts SALT
2 ts DRIED ROSEMARY
1/4 ts PEPPER
2 CHICKEN BOULLION CUBES
1 c WATER

1. PLACE CHICKEN IN NONSTICK BAKING DISH. 2. SEASON WITH SALT, ROSEMARY AND PEPPER. 3. CRUMBLE BOULLION CUBES BETWEEN PIECES OF CHICKEN. 4. ADD WATER, POURING INTO A CORNER OF PAN. 5. COVER WITH FOIL; BAKE AT 350 DEGREES FOR 1 HOUR 6. UNCOVER AND BASTE WITH DRIPPINGS. 7. BROWN UNDER THE BROILER BEFORE SERVING.

EACH SERVING: 1/2 SMALL CHICKEN BREAST EACH SERVING MAY BE EXCHANGED FOR:
2 LOW-FAT MEAT

Title: HERBED TOMATO STARTER

Categories: Beverages, Diabetic

Yield: 6 servings

- 3/4 c Water**
- 1 cn 10 3/4 oz. condensed beef
-broth, undiluted**
- 1 c Tomato juice**
- 1/4 ts Dried marjoram**
- 1/4 ts Dried thyme**
- 1/4 ts Tobasco**
- 1/4 ts Worcestershire sauce**
- 1 tb Chopped fresh parsley**

SOURCE: The Living Heart Diet by Michael E. Debakey, Antonio M. Gotto, Jr., Lynne W. Scott, and John P. Foreyt, copyright 1984, ISBN #'S 0-671-54127-7 & 0-671-61998-5 Pbk. Formatted into MM by Ursula R.

Taylor.

- 1. Combine all ingredients except parsley and simmer for 2 minutes.**
- 2. Serve in mugs garnished with parsley.**

Yield: 6 servings.

1 serving contrains: 91 Calories, 1 gm protein, 0 gm fat, 3 gm carbohydrates, 0 gm saturated fat, 0 gm monounsaturated fat, 0 gm polyunsaturated fat, 0 mg cholesterol and 409 mg sodium.

Eschanges: 1 serving = free.

Recommended for: The Living Heart, Los calorie and diabetic diets.

Title: HOLIDAY EGGNOG
Categories: Holiday, Diabetic, Beverages
Yield: 8 servings

-----**INGREDIENTS**-----

2 c Skim milk
2 T Cornstarch
3 1/2 t Equal*Measure
Or
12 pk Equal sweetener
2 ea Eggs, beaten
2 t Vanilla
1/4 t Ground Cinnamon
2 c Skim milk, chilled
1/8 t Nutmeg, ground

DIRECTIONS:

Mix 2 C milk, cornstarch and Equal*Measure in small saucepan; heat to boiling; boil, stirring constantly for 1 minute. Beat eggs in medium bowl. Mix about half the milk mixture into eggs; then add this egg mixture to remaining milk in saucepan 1 to 2 minutes, stirring constantly. Remove from heat and stir in vanilla and cinnamon. Cool to room temperature; refrigerate until chilled, or until serving time.

Stir 2 C milk into custard mixture; serve in small glasses or punch cups. Sprinkle lightly with nutmeg. Makes 8 servings.

Nutrition information per serving (about 1/2 C each):
Calories: 79 Diabetic Food Exchanges: 1
milk 6 g Prot; 10 g Carb; 1 g Fat; 55 mg Chol; 79 mg
Sodium 49% calorie reduction from traditional recipe.

All Things Equal Newsletter, formatted for MM by

A.Broaddus, 1995

Title: Holiday Star Cookies

Categories: Diabetic, Cooky/bars, Holiday

Yield: 96 servings

**2 c All-purpose flour
1/8 ts Ground nutmeg
1/8 ts Ground cinnamon
1/2 c Margarine
3/4 c Granulated sugar replacement
1/4 tb Granulated fructose
2 Eggs**

Sift together flour, nutmeg, and cinnamon; set aside.

Using an electric mixer, beat together margarine, sugar replacement, and fructose until light. Add eggs, one at a time, beating well after each addition. Gradually stir flour mixture into creamed mixture. Cover and chill overnight.

Divide dough in half; then roll out each half on lightly floured surface to 1/8-inch thickness. Cut with a small star cookie cutter. Place on greased cookie sheets.

Bake at 350F. degrees for 10 to 12 minutes. Move to cooling racks.

Yield: 96 cookies.

Serving size: 1 cookie.

Nutritional information per serving: Carbohydrates ~ 2g; Calories - 17.

Exchanges per serving: 1/4 bread exchange.

Source: Diabetic Cookies; by Mary Jane Finsand.

Formatted by: Nancy Filbert; December, 1995

Title: Homemade Mincemeat #3
Categories: Diabetic, Meats, Fruits, Desserts, Holiday
Yield: 4 cups

2 lb Apples, cored and chopped
1/2 c Brown sugar
1/2 lb Ground beef
1 c Raisins or currants
1/2 c Chopped citron
1/2 c Chopped orange peel
1/2 c Chopped lemon peel
1/2 ts Ground cinnamon
1/4 ts Ground allspice
1/4 ts Ground mace OR nutmeg
2 tb Brandy OR 2 tsp. brandy
-extact

SOURCE: Special Celebrations and Parties Cookbook
by Betty Wedman, M.S., R.D., copyright 1989, ISBN
#0-13-004219-6. MM format by Ursula R. Taylor.

Combine all ingredients in a saucepan. Cover and simmer for 2 hours, stirring frequently. Let cool and use for mincemeat pie, cookies, or cake, or freeze until needed.

Yield: 4 cups.

Food Exchanges: Mincemeat is an ingredient in other recipes. Check those recipes for the exchange values.

Nutritional Information per 1/2 cup: 226 calories, 6 g protein, 44 g carbohydrate, 5 g fat, 19 mg sodium, 343 mg potassium and 21 mg cholesterol.

Title: Hot Chicken Salad

Categories: Diabetic, Main dish, Poultry, Vegetables

Yield: 4 Servings

8 oz Chicken or turkey; cooked
1/4 c Apple juice;
1/4 c Vinegar;
2 tb Green onions;
2 tb Water;
1 ts Cornstarch;
1/4 ts Salt;
1 ts Dry mustard;
1/4 ts Celery seed
Dash pepper
Nonstick spray coating
4 c Fresh spinach; torn
3 c Cabbage; shredded
1/2 c Redishes; sliced
2 Wh radishes; (optional)
Celery leaves; (optional)

Cut chicken or turkey into bite-size strips. For dressings, stir together apple juice, vinegar, green onions, water, cornstarch, salt, mustard, celery seed, and pepper; set aside.

Spray a cold 12 inch skillet with nonstick coating. Preheat the skillet over medium heat. Add Chicken or turkey to skillet. Cook and stir for 1 to 2 minutes or till heated.

Add dressing to skillet. Cook and stir till thickened and bubbly. Cook and stir for 2 minutes more.

Toss together spinach and cabbage. Add to skillet. Cook and stir about 1 minute until spinach starts to wilt. Add sliced radishes ; toss to mix. Transfer to a salad bowl. If desired, garnish with whole radishes and celery leaves. Serve immediately. Makes 4 Food Exchange per serving: 2

LEAN MEAT EXCHANGES + 1 VEGETABLE EXCHANGES

**Source: Better Homes and Gardens Diabetic Cookbook Brought to you and yours
by Nancy O'Brion and her Meal Master**

Title: HOT CRAB SPREAD - DIABETES IN THE NEWS NOV-DE
Categories: Diabetic, Holiday, Meat/fish
Yield: 4 cups

8 oz Cream cheese, light
2 c Cottage cheese, low fat
1/4 c Lemon juice
1/4 c Skim milk
1/2 ts Basil
1/2 ts Marjoram
1/2 ts Oregano
1/2 ts Thyme
1/4 ts Garlic powder
1 lb Surimi; or shrimp or crab

In a large bowl mix cream cheese and cottage cheese until smooth.

Gradually blend in lemon juice and milk.

**Stir in remaining ingredients. Pour in quche dish or pie pan. Cover and
bake at 350^F for about 15 min or until hot. Serve with crackers and
vegetable tray.**

**5 tbs servings = 1 lean meat; 1/2 skim milk cal 19; fat 5 gm, pro 2gm,
carb 1.5 gm sodium 68mg, chol 8mg**

from Ames Center for Diabetes Education 1991

Title: Hot German Chicken Salad
Categories: Diabetic, Meat/poul, Salads
Yield: 6 servings

2 c Celery; chopped
1/2 c Almonds. toasted; slivered
1 cn Pimentos, 2oz; drained
1 Bell pepper; chopped
**3 Chicken breasts, cooked and
-diced**
1/2 c Mayonaise
**1 ts German or other prepared
-mustard**
1/4 c Scallion; chopped
1/2 ts Salt

Preheat the oven to 400°F. Mix the celery, almonds, pimento, green pepper and chicken together. Transfer to an oiled 2 qt casserole dish. Combine the mayonaise, mustard, scallion, and salt in a mixing bowl and blend. Spread over top of the chicken mixture. Bake, uncovered, for 20-25 minutes, until the topping is nicely browned.

Serving = 271 cal 24g pro, 8g carb, 19g fat, 360mg sodium 3 low-fat protein + 1 vegetable + 2 fat 63% calories from fat

From Quick and Easy Diabetic Menus

Title: HOT HOT GUMBO - COOKING FOR DIABETICS

Categories: Diabetic, Soups/stews

Yield: 8 servings

- 1/3 c Flour; for dredging**
- Pepper and paprika to taste**
- 4 Chicken breasts; skinned**
-boned
- 3 tb Safflower oil**
- 1 c Onion; chopped**
- 1 c Green pepper; chopped**
- 1 cn Tomatoes, 28oz; skinned**
- 2 lb Okra; sliced**
- 8 dr Tabasco sauce**
- 3 c Wild rice; cooked**
Green onion; chopped or
-parsley

Season the flour with pepper and paprika. Dredge the chicken in the flour mixture and brown in hot oil in a large skillet, turning to brown on all sides.

Remove and place in baking dish. Bake at 350^ for 20 minutes. Saute the onion and green pepper in the oil used for the chicken. Stir until limp but not brown.

Add the tomatoes, okra, and Tabasco, and cook until tender. Place the chicken on a bed of rice and cover with the tomato and okra mix. Garnish with chopped onion and parsley.

Exchange per serving: 1 veg, 1 bread, 2 meat, 1 fat 283 calories (24% from fat) 31.3g carbo, 22.9g pro, 7.7g fat

Title: Hot Pickled Mushrooms

Categories: Can/pickle, Vegetables, Diabetic

Yield: 8 servings

**1 lb Small button mushrooms
3 lg Garlic cloves peeled, sliced
1 tb Dried hot red peppers (2 T.
-if you like them HOT)
1/4 ts Whole peppercorns
3 lg Bay leaves, broken in pieces
1 c Distilled vinegar
1 c Water
1/4 c Apple juice
3/4 ts Salt or salt substitute**

Wash mushrooms and slice off and discard stem ends.

Cut into halves, quartering larger ones. Place in hot, clean jars, filling half-full, then adding 1/3 sliced garlic, 1/3 red pepper and 1/3 peppercorns to each. Fill to within 1 inch of top with mushrooms.

Combine all other ingredients in saucepan and bring to a boil. Pour over mushrooms, adding more hot water to each jar if needed to cover completely. Cap with hot lids and process in boiling water bath for 20 minutes after water returns to boiling, or 20 minutes in pressure cooker at 10 pounds pressure. Makes 4 cups (3 pints before cooking).

Nutritional information per 1/2 cup: calories - 40, protein - 3 gm., fat - 0, carbohydrates - 7 gm.

1/2 cup equals 1 diabetic Vegetable exchange. If no salt is used, 1/2 cup contains 6 milligrams sodium.

**FROM: Canning and Preserving without Sugar by: Norma M. MacRae, R.D.
copyright 1982 Formatted to MM by Trish McKenna**

Title: HUMMUS - QUICK AND EASY DIABETIC MENUS

Categories: Diabetic, Vegetarian, Vegan, Ethnic

Yield: 6 servings

**1 cn Chickpeas, 15oz
2 tb Lemon juice
1/4 c Sesame seeds; toasted
1/4 c Onion; chopped
3 cl Garlic; minced
2 ts Olive oil
2 ts Cumin; ground
1/4 ts Cayenne pepper
1/2 ts Salt
Parsley; chopped for garnish**

Drain the chickpeas, reserving 1/4 to 1/2 cup of the liquid. Combine all ingredients except parsley in blender. Puree until smooth, adding chickpea liquid if needed to thin the puree. Refrigerate for 3-6 hours before serving to blend the flavors. Garnish with parsley before serving. Serve with vegetables, pita bread or as a sandwich spread. serving = 1/4c = 111cal pro 5g, carb 8g, fat 6g, sodium 82mg exchanges: 1 low meat, 1 fat

----- Recipe via Meal-Master (tm) v8.05

Title: ICE CREAM, LOW FAT, FRIDGE

Categories: Diabetic, Desserts, Low-fat, Sugar free

Yield: 8 servings

-----**INGREDIENTS**-----

**8 oz Pet Lite Milk
4 pk Sugar Substitute
1 t Vanilla**

-----**ADD: ONE OF THE FOLLOWING**-----

**1 ea Peach, peeled and diced
1 ea Banana
2 sl Pineapple with juice
4 oz Orange Juice
1 c Strawberries**

Directions: Mix all together and put in freezer or refrigerator until hardened. Remove - break up - put in blender and whip until creamy. Serve.

Calories: 75 cal. Exchanges: 1/2 Milk and 1/2 Fruit

From Files of A.Broaddus 6-24-93

Title: India Relish

Categories: Relishes, Canning, Vegetables, Pickles, Diabetic

Yield: 8 pints

**12 ea Med. Cucumbers
2 ea Ripe Tomatoes
2 ea Sweet Red Peppers
1/4 c Pickling Salt
1 c Water
1 ts Ground Cinnamon
1/4 ts Ground Cloves
2 tb White Mustard Seeds
6 ea Green Tomatoes
2 ea Sweet Green Peppers
2 ea Onions
4 c Vinegar
4 tb Sugar
1 ts Turmeric
1/2 ts Ground Allspice**

Slice the cucumbers and green tomatoes; peel and slice the ripe tomatoes. Seed and chop the peppers, peel and finely chop the onions. Mix the vegetables with the salt and let stand overnight. Drain the vegetables, add 2 cups of the vinegar and the water, and bring slowly to a boil. Drain again. Mix the sugar, cinnamon, turmeric, cloves and allspice to a smooth paste with a little of the vinegar. Bring the remaining vinegar to a boil, stir in the paste, and add the white mustard seeds and the vegetables. Bring to a boil and cook for 20 minutes, stirring constantly. Turn into hot

jars and seal. Makes 8 Pints.

Title: Individual Fruit Cakes #1

Categories: Cakes, Holiday, Diabetic, Fruits, Alcohol

Yield: 12 cakes

1/3 c Diced orange peel
1/2 c Diced lemon peel
1/2 c Golden raisins
1/2 c Diced dates
1/4 c Brandy OR orange juice
1 1/2 c All-purpose flour
2 ts Baking powder
1/2 ts Baking soda
1/2 ts Ground allspice
1/3 c Vegetable oil
2 tb Brown sugar
2 Eggs
1/2 c Chopped pecans
Pineapple chunks

SOURCE: Special Celebrations and Parties Cookbook by Betty Wedman, M.S., R.D., copyright 1989, ISBN #0-13-004219-6. MM format by Ursula R. Taylor.

Combine orange peel, lemon peel, raisins, dates and brandy (or orange juice) in a mixing bowl. Add remaining ingredients, except pineapple. Mix well.

Spoon batter into baking cups, filling each 2/3 full.

Top each with a pineapple chunk. Bake in a 325~ oven for 30 to 34 minutes. Cool.

Yield: 12 cakes.

Food Exchanges per cake: 1 starch/bread, 1 fruit + 2 fats.

Nutritional information per cake: 212 calories, 3 g protein, 27 g carbohydrate, 11 g fat, 88 mg sodium, 182 mg potassium and 46 mg cholesterol.

Title: Individual Fruit Cakes #2
Categories: Cakes, Fruits, Holiday, Diabetic
Yield: 16 cakes

**Liquid sugar substitute to
-equal 1 1/2 cups sugar**
1/2 c Unsweetened orange juice
**1 c Fresh cranberries, finely
-chopped OR**
**1 c Sour cherries in water,
-drained and finely chopped**
1 c Raisins
1 c Pecans, finely chopped
**1 c Pineapple chunks in juice,
-drained and chopped**
**3 tb Reduced-calorie margarine,
-melted**
1 tb Grated orange rind
1 1/2 c All-purpose flour
1 ts Baking soda
1/2 ts Salt
1/4 ts Ground allspice
1/4 ts Ground cinnamon
1/4 ts Ground nutmeg
Vegetable cooking spray

**Pour sugar substitute and orange juice over chopped
cranberries; let stand 1 hour.**

**Add raisins, pecans, pineapple, margarine, and
orange rind to cranberry mixture.**

**Combine flour and next 5 ingredients; add dry
ingredients to fruit mixture, and stir until well
blended.**

Spoon mixture into 16 muffin cups coated with cooking spray. Bake at 325 degrees for 30 to 35 minutes or until lightly browned. Yield: 16 individual cakes.

Nutritional information per cake: calories - 147, protein - 2 gm., fat ~ 6 gm., carbohydrates - 22 gm., cholesterol - 0 mg., sodium- 201 mg., fiber - 2 gm.
Diabetic Food Exchanges: Starch - 1, Fruit - 1/2, Fat ~ 1.

FROM: The Complete Step-by-Step Diabetic Cookbook, from Oxmoor House, copyright 1995. ISBN: 0-8487-1431-8. Formatted to MM by Trish McKenna 11/19/95.

Title: Italian Salad Dressing
Categories: Low-cal, Diabetic
Yield: 8 servings

-----INGREDIENTS-----

2/3 c Tomato juice
1 T Olive Oil
1/3 c Balsamic vinegar
1 T Italian seasonings
1/16 t Garlic powder /or
1 Garlic clove, small, crushed
1/4 t Salt

DIRECTIONS: Measure all ingredients into a pint jar; cover. Shake vigorously. Store in refrigerator. Shake before using.

NUTRITIVE VALUES per serving: CHO 1 gm, PRO 0; FAT 2 gm, Calories 20, Sodium 108 mg

FOOD EXCHANGE per serving: Up to 2 T may be considered "free".

Low-Sodium Diets: Omit salt. Substitute unsalted tomato juice.

From Files of A.BROADDUS [Alice in Houston] 1970

Title: Jam Rolls

Categories: Rolls/bisc., Breads, Diabetic

Yield: 16 rolls

**1 pk 8 oz. can refrigerated
-crescent rolls
4 tb Apricot jam or preserves**

SOURCE: Good Housekeeping Cookbook for Calorie Watchers by Hazel P. Schoenberg, copyright MCMLXXI, ISBN #0-87851-004-4, Library of Congress Catalog #75-37516. Formatted into MM by Ursula R. Taylor.

About 25 minutes before serving: Preheat oven to 375~ F. Unroll rolls; separate into 4 rectangles.

Gently press seam together, across each rectangle.

Spread each with 1 tablespoon jam; reroll to original shape: cut, crosswise into 4 sections. Place on ungreased cookie sheet; bake 12 to 15 minutes, or until rich golden-brown. Makes 16.

65 Calories per serving.

Bland diet: Prepare as directed by substitute jelly for jam.

Diabetic diet: Prepare as directed but substitute sugar-free jam for regular. EXCHANGES per serving (2 rolls) = 1 bread and 1 fat.

Low purine diet: Prepare as directed.

low-residue diet: Prepare as directed for bland diet.

Title: Jicama Slaw

Categories: Salads, Low-cal/fat, Diabetic

Yield: 6 servings

- 2 lg Oranges**
- 1/2 c Minced red onion**
- 1/2 c Chopped fresh cilantro**
- 1/3 c Reduced calorie mayonnaise**
- 2 tb Thawed, frozen orange juice
-concentrate**
- 1 tb Sugar****
- 1 Jalapeno, seeded, minced**
- 4 c Shredded jicama**
- 3 c Shredded green cabbage**
- **PERSONAL NOTE from Ursula**
 - R. Taylor for dibetic use..**
 - substitute sugar substitute**

Grate orange peel with grater or zester; measure 1 tablespoon. Place in large bowl; set aside. Cut away remaining white pith from orange, working over bowl to collect juices. Cut between membranes to separate orange segments; set segments aside. Squeeze membranes with hand to remove more juice.

Add onion, cilantro, mayonnaise, orange juice concentrate, sugar, and jalapeno.

Add jicama and cabbage; stir to combine. Reserve several orange segments for garnish; cut remaining segments in half and stir into slaw. Transfer slaw to serving bowl and garnish with orange segments.

Per serving: 108 calories; 4g fat (30% of calories from fat); ,1g saturated fat; 18g carbohydrate; 2g protein; 4mg cholesterol; 94mg sodium; 3g fiber; 54mg calcium; 1mg iron.

Source: Cooking Healthy Mexican Posted by: Pattye Zensen 4/26/94

Title: Jolly Time Party Mix
Categories: Snacks, Popcorn, Diabetic
Yield: 1 batch

-----PATTI - VDRJ67A-----

2 qt Popped Jolly-Time popcorn
2 c Thin pretzel sticks
2 c Cheese curls
1 c Dry roasted peanuts
1/4 c Margarine
1/2 ts Seasoned salt
1 tb Worcestershire sauce
1/2 ts Garlic salt

In shallow baking pan, mix popped popcorn, pretzel sticks, cheese curls and peanuts. Melt butter or margarine in small saucepan and stir in seasonings.

Pour over dry ingredients and mix well. Bake at 250~ for 45 minutes, stirring several times.

Title: Kaese Blintzes - (Rolled Cheese Pancakes)
Categories: Griddlecake, Jewish, Diabetic, Holiday, Vegetarian
Yield: 6 servings

1 c Dry Cottage Cheese
1 c Pot Cheese -or- Lowfat
-Ricotta Cheese
1 Egg
1 tb Sugar
1 c Flour
1 c Lowfat Milk
3 Eggs
Vegetable Oil
2 tb Margarine
Plain Lowfat Yogurt

Keywords: breakfast

Make the cheese filling by beating cottage cheese, pot cheese, 1 egg and sugar together. Combine the flour and milk with the 3 eggs. Beat to make a smooth batter.

Heat a 6- or 8-inch skillet. Coat with vegetable oil and pour in 2 to 3 tablespoons of the batter. Tilt the pan to distribute the batter over the bottom of the skillet. Cook until the dough is firm and browned.

Remove from the pan and place on a lightly-oiled plate with browned side up. Spoon 1 tablespoon of filling onto the edge of the pancake. Roll up by bringing the edge with the filling to the center of the pancake, fold in each side, and fold over once more to make a sealed pouch. Continue with the rest of the batter.

When ready to serve, heat the margarine in a skillet.
Fry the blintzes until golden brown on all sides.
Serve with yogurt.

Serves 6

One Serving of 2 Blintzes= Calories: 272 Carbohydrates: 20 Protein: 16
Fat: 14 Sodium: 150 Potassium: 178 Cholesterol: 193

Exchange Value: 2 Lean Meat Exchanges + 1 Bread Exchange + 2 Fat Exchanges

Source: Holiday Cookbook, American Diabetes Association, ISBN

Title: Kay's Favorite Meat Loaf

Categories: Diabetic, Meat, Main dish

Yield: 6 Servings

- 1 Beef bouillion;**
- 1/2 c Boiling water**
- 2 sl Bread; crumbled fine**
- 1 1/2 lb 85% lean ground beef;**
- 2 md Eggs; beaten slightly**
- 1/2 c Onion; chopped finely**
- 1/4 c Celery; chopped finely**
- 2 ts Worcestershire sauce;**
- 1 tb Catup**

Preheat oven to 350 f degree. Line a shallow 8-inch baking pan with foil. Dissolve beef bouillion cube in boiling water in a large bowl. Add all other ingrediets except the catsup and blend well with a fork. Turn onto foil in pan and, with hands, shape quickly into a 6 by 4 1/2 inch by 2 inch loaf. With the dull edge of a knife make a crisscross pattern across the top, spread with catup across the top. Cover loaf with a tent of foil that does not touch the top. Bake 45 minutes. Remove foil; bake, uncovered, another 45 minutes. Remove from oven and cool in pan for 2-3 minutes before serving. Using this molded methed instead of loaf pan allows the fat to drain from the loaf, whereas a loaf pan retains fat.

Nutritive values per serving (large slice 4 1/2 by 2 by 1 inch, 1/6 of loaf): Food Exchange per serving: 2 MEDIUM-FAT MEAT EXCHANGES + 1 VEGETABLE EXCHANGE + 1 FAT EXCHANGE CHO: 5g; PRO: 19g; FAT: 10g; CAL: 267; LOW-SODIUM DIETS: Substitute a low-sodium cube.

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Nuritive values per serving: (1 medium slice 4 4/2 by 2 by 3/4, 1/8 of loaf): Food Exchanges per serving: 2 MEDIUM-FAT MEAT EXCHANGES + 1 VEGETABLE EXCHANGE CHO: 5g; PRO: 19g; FAT: 10g; CAL: 189; LOW-SODIUM DIETS:

Substitute a low-sodium bouillion cube.

Source: The Art of Cooking for the Diabetic by Mary Abbott Hess,R.D.,M.S. and Katharine Middleton Brought to you and yours via Nancy O'Brion and her Meal Master

Title: Korean Sesame Salt
Categories: Condiments, Korean, Diabetic
Yield: 1 batch

1/2 c White sesame seed
1/4 ts Salt, optional

Salt substitute to sprinkle on vegetables, stews.

In a heavy skillet or wok, grandually heat the sesame seed over low heat until golden and puffy. Shake the pan frequently to toast evenly. Remove from heat then the sesame begins to turn light brown and you can smell it. Stir in the salt, if using. Cool mixture.

Grind in a blender or mortar. Store in tightly covered jar.

1 tsp, 17 calories, 1/2 fat exchange carbohydrate & protein & fiber negligible, fat 1.5 grams 14 mg potassium, 18 mg sodium, 0 cholesterol

Source: Diabetic Cooking from Around the World by Vilma L. Chantiles 1989 ISBN 0-06-016057-8 Shared but not tested by Elizabeth Rodier Nov 93

Title: La Potee Auvergnate
Categories: Meat, Diabetic
Yield: 6 Servings

Stephen Ceideburg

1/2 c Dried great northern beans
2 Garlic sausages or hot
-Italian sausages
4 oz Bacon
1 md Onion, diced
1 Calf's foot, split, optional
24 Garlic cloves, peeled
1/2 lb Pork stew meat, cubed
7 c Canned or homemade
-low-sodium chicken broth or
-water
1 sm Sprig fresh rosemary
1 Sprig fresh thyme
4 Bay leaves
1 Pepper to taste
2 md Potatoes, scrubbed, or
-peeled if desired
1 ts Salt, or to taste
12 oz Smoked pork chops
1 sm Head green cabbage, cut into
-eighths

Cover beans with water and soak overnight. Discard water the next morning.

Piece sausages with fork and place along with bacon in 2-quart Dutch oven or heavy pan with lid. Cook over medium heat 10 minutes, turning occasionally. Remove sausages and set aside. Pour off excess fat but leave bacon in pan.

Add onions, optional calf's foot, garlic and pork stew meat. Cover and cook another 10 minutes. Add beans, broth, rosemary, thyme, bay leaves and pepper. Cover and bring to boil. Place pan in oven and bake at 350 degrees 1 hour, until beans are soft.

Meanwhile, cut cooked sausages into 1-inch pieces and quarter potatoes.

When beans are soft, remove bacon slab, separate layer of fat from meat and discard. Chop bacon and add back to pan, along with salt, smoked pork chops, sausages, cabbage and potatoes. Cover and bake 35 minutes longer. Just before serving, remove bay leaves. Serve potee in dish in which you cooked it.

Per serving: 407 calories (29 percent from protein, 31 percent from carbohydrate, 39 percent from fat), 30 grams protein, 32 grams carbohydrate, 18 grams fat, 62 milligrams cholesterol, 745 milligrams sodium.

Exchanges: 2 vegetable, 1 1/2 bread, 3 1/2 meat, 1 1/2 fat.

Michael Roberts writing in the Oregonian FOODday, 1/12/93.

Posted by Stephen Ceideburg

Title: Lasagna

Categories: Diabetic, Pasta, Vegetables, Meat, Main dish

Yield: 12 Portions

1 lb Lean ground beef;

16 oz (1 cn) stewed tomatoes;

-undrained

1/2 c Water

1 cl Garlic; minced
2 ts Whole Italian herb dressing;
-dried
8 oz (1) pkg Lasagna Noodles;
-whole wheat
10 oz (1 pkg)spinach;
-frozen chopped
1 c Lowfat cottage cheese;
2 tb Parmesan cheese; grated
1 tb Dried parsley flakes;
1 ts Dried whole oregano;
Vegetables Cooking spray
4 oz Lowfat American Cheese;
-shredded process

**Chol: 49 mg; Calories: 190; Carbo: 16 gm; Protein: 16 gm Fat: 6 gm; Fiber:
Tr; Sodium: 393 mg**

- 1. Cook ground chuck in a medium skillet over medium heat until browned. Drain and pat dry with paper towel.**
- 2. Return meat to skillet, stir in tomatoes,water, garlic, and Italian herb seasoning. Cover and bring to a boil. Reduce heat, and simmer 20 minutes.**
- 3. Cook noodles according to package directions, omitting salt and fat. Drain well and set aside.**
- 4. Cook spinach according to package directions, omitting salt and fat. Drain well, squeeze excess moisture from spinach. Combine spinach and next four ingredients, stirring until well combined. Set mixture aside.**
- 5. Place half of cooked noodles in a 12 X 8 X 2-inch baking dish coated with cooking spray. Top with half each of cottage cheese mixture and American Cheese. Spread half of meat mixture over top.**
- 6. Repeat layers with remaining cooked noodles, cottage cheese mixture, shreaded American cheese, and meat mixture. Bake at 350 degrees for 30 minutes. Let stand 10 minutes before serving. Divide into twelve portions and serve hot.**

**Serving: 12; Each Serving amount 1 portion Exchanges: 2 Med-Fat Meat;
1 Starch**

**Reformatted for you and yours via Nancy O'brion and her Meal-Master (From
Bill Orsetti via GENie)**

**From: All New Cookbook For Diabetics and Their Families
Copyright 1988 Oxmoor House, Inc.
Book Division of Southern Progress Corporation
P.O. Box 2463, Birmingham, Alabama 35201**

**Title: Lemon Cake Pie - Diabetic
Categories: Pies, Diabetic, Desserts
Yield: 8 servings**

-----LISA CRAWLEY/TSPN-----

**1 9" Baked Pie Shell
1/2 c Sugar Replacement
2 tb Flour
2 tb Margarine; soft
1 tb Lemon Rind
3 tb Lemon Juice
1 c Skim Milk
2 Eggs; separated**

Combine sugar replacement, flour, margarine, lemon rind and juice, skim milk, and egg yolks. Beat vigorously. Fold in egg whites (well beaten).

Pour into unbaked pie shell. Bake at 325 for 1 hr., or until set.

Yield: 8 servings

Exchange 1 serving: 1 milk + pie shell exchange.

Calories 1 serving: 40 + pie shell calories.

Title: Lemon Coupe
Categories: Desserts, Diabetic, Fruits
Yield: 8 servings

--KAREN VISOCKY DDVD62B--

--FRUIT LAYER

**2 c Fresh or frozen fruit,
-sliced ***

6 pk Equal

__LEMON MOUSSE LAYER

1 pk Low-cal whipped topping mix

2 tb Lemon juice

1 tb Grated lemon peel

5 pk Equal

--LEMON CUSTARD LAYER

3/4 c Water

1/4 c Lemon juice

3 tb Diet margarine

2 tb Cornstarch

3 Eggs

16 pk Equal

1 Lemon for garnish if desired

*** Suggested Fruits: strawberries, raspberries, blueberries, peaches.**

**Fruit Layer: Sprinkle 6 pkts. Equal over fruit.
Toss gently, chill.**

**Mousse Layer: Prepare whipped topping according to package directions.
Fold lemon juice, lemon peel and 5 pkts. Equal into whipped topping. Chill.**

**Custard Layer: Mix water, lemon juice and diet margarine in small pan.
Heat to boiling. Beat eggs until creamy, add cornstarch and mix
thoroughly. Stir a small amount of hot mix into eggs. Whisk eggs into hot
mix. Bring to boil, stirring constantly. Remove from heat, stir in 16**

pkts. Equal. Chill. When ready to serve, divide fruit among 8 dessert dishes. Spoon cold lemon custard on fruit. Top with lemon mousse. Garnish with lemon slice if desired. Makes 8 - 1/2 cup servings.

Nutritional information: Calories - 118, Diabetic Exchanges: 1/2 Lean Meat, 1/2 Starch, 1 Fat

Title: Lemon Cream Pie #2
Categories: Desserts, Diabetic, Pies
Yield: 8 servings

Cream Pie Topping
Basic Dessert Pie Crust
4 1/2 ea Lemons
3/4 c Apple juice concentrate
3/4 c Water
4 1/2 tb Cornstarch

Prepare the cream topping according to the recipe directions, and refrigerate for 3-4 hours, or overnight. Don't beat it until you are ready to spread it on the pie.

Prepare the pie crust according to the recipe directions and set aside.

Squeeze the lemons and pour the juice into a saucepan. Add the juice concentrate and water. Add the cornstarch and stir until the mixture is smooth. Cook over medium heat, stirring constantly, until the mixture is thickened and looks transparent. Pour into the pie shell. Cool in the refrigerator for about a half hour.

When the pie is cooled, beat the Cream Pie Topping according to the recipe directions. Spread it on top.

Refrigerate for at least 2 hours before serving. A lemon slice on top makes a nice garnish.

Title: Lemon Filling #2 - Diabetic
Categories: Fillings, Diabetic
Yield: 1 filling

1 ts Unflavored gelatin (1/3 env)
2 tb Lemon juice
1 ea Egg yolk
1 ts Lemon peel
1/2 c Diet lemon soda
Artificial sweetener to =
-6 teaspoons sugar.

SOURCE: Sugar Free...That's me! by Judith S. Majors, copyright 1978. ISBN #0-345-28708-8.

Formatted into MM by Ursula R. Taylor.

This fills an individual tart shell. Recipe can be doubled, tripled, etc. to accommodate whatever type pie shell you are filling. It also is good just as a pudding.

Soften gelatin in lemon juice. Combine remaining ingredients with wire whip. Blend well and stir over low heat (to avoid sticking), until mixture thickens.

Pour into tart or pie shell.

PER recipe = 75 calories and is 1 med. fat meat exchange.

Title: Lemon Meringe Pie #4 - Fruit Sweet
Categories: Pies, Diabetic, Desserts
Yield: 10 servings

1 Pie shell, baked and cooled
2 c Water
1/3 c Cornstarch
1/2 c Fruit Sweet (2/3 c if you
-like it sweet)
2 Egg yolks, slightly beaten
1 tb Butter
2/3 c Lemon juice (about 3 lg
-lemons)
2 ts Grated lemon peel
Meringue:
4 Egg whites
1/2 ts Cream of tartar
2 tb Fruit Sweet
2 ts Vanilla

From: Ellen Cleary

Fruit sweet is made of peach and pear juices and pineapple syrup. It is available from Wax Orchards; R4 - 320; Vashon Island, WA 98070

Preheat oven to 350 degrees. Combine 1/2 c water and cornstarch in saucepan. Add remaining water and Fruit Sweet. Stirring constantly over medium heat, cook, until mixture thickens and boils. Boil 1 minute. remove from heat. Stir half of mixture into egg yolks, then blend this back into hot mixture. Stir and cook 2 more minutes. Remove from heat and stir in butter, lemon juice and peel. Pour int crust.

Meringue: Beat whtes and cream of tartar until fluffy. Slowly, add Fruit Sweet and continue beating until stiff and glossy. Beat in vanilla. Heap

onto hot filling, sealing meringue to edge of crust. Bake 5-7 minutes, until golden.

Serves 10

Title: LEMON PARMESEAN CHICKEN

Categories: Meats, Main dish, Diabetic

Yield: 4 servings

1 Egg
1 1/2 ts Milk
1/8 ts Salt
1/8 ts Pepper
1 cl Garlic; crushed
4 Chicken breasts, skinned
-boneless
1 c Bread crumbs, seasoned
1/4 c Olive oil
1/3 c Chicken broth
2 tb Dry white wine
1/3 c Lemon juice
1/2 c Parmesean; grated

In a shallow dish stir together egg, milk, salt, papper and garlic. Pound chicken breasts with mallet to flatten, then dip in egg mixture, and roll in bread crumbs. In a large skillet, heat olive oil over medium heat, then cook chicken in skillet, turning once until golden. Drain on paper towels, then arrange in a large rectangular baking dish. In a small mixing bowl, combine chicken broth, wine and lemon juice. Pour over chicken. Sprinkle with the grated Parmesean cheese. Cover and bake at 350^ for 25 min.

Uncover and bake 10 min more. The sauce this dish makes goes wonderfully with a side dish of fettuccine.

Title: Lemony Chicken Salad

Categories: Diabetic, Salads, Poultry, Main dish

Yield: 4 Servings

- 1 cn Low-sodium chicken broth;
(13 3/4 oz)**
- 2 Pkg Jell-O Lemon gelatin;
(sugar free, 4 serving size)**
- 1 c Cold water;**
- 1 cn Crushed pineapple;,undrained
(in unsweetened juice)**
- 2 tb Lemon juice;**
- 1/2 ts Dried tarragon leaves;
(crushed);
Dash of white pepper;**
- 1 1/2 c Cubed cooked chickenbreast;**
- 1/2 c Chopped parsley;**
- 1/4 c Chopped red pepper;**

Bring chicken broth to a boil in small saucepan. Completely dissolve gelatin in boiling broth. Add water, pineapple, lemon juice, tarragon and white pepper. Refrigerate until slightly thickened.

Stir in chicken, celery and red pepper. Spoon into 4 individual plastic containers or serving dishes. Refrigerate until firm, about 2 hours.

DIABETIC EXCHANGE(per serving): 2 lean meat, 1 vegetable; also 160 calories, 45mg cholesterol, 450mg sodium, 3gm fat, 11g carbohydrate, 22 g protein.

Lifted from the JELL-O Sugar free cookbook

Title: LIMA BEAN-FILLED POTASTO SNACKS

Categories: Diabetic, Appetizers, Vegetarian, Ovo-lacto

Yield: 6 servings

**1 c Lima beans; cooked
1 cl Garlic; minced
1 tb Lemon juice
1/4 c Onion; chopped
1 tb Parsley; chopped
1/2 ts Dill
1/4 c Yogurt, plain
24 New potatoes, coked**

Preheat the oven to 350°F. Combine all ingredients except the yogurt and new potatoes in a non stick skillet. Cook over medium heat until onions are tender, about 5 min. Pour into a food processor or blender and add yogurt. Process until smooth. Cut a thin slice off of the bottom of each potato so it will not rool. Scoop out a small amount of potato and fill cavity with the lima bean mixture. Heat the stuffed potatoes for 10-15 min before serving.

One serving of 4 potatoes = 187 cal pro 5gm, pro 32gm, fat 2gm, sodium 72mg exchanges: 2 starch/bread

----- Recipe via Meal-Master (tm) v8.05

Title: Lime Butter

Categories: Ww, Side dish, Sauces, Diabetic

Yield: 1 batch

**1/4 c Whipped butter
1/4 c Freshly squeezed lime juice
1 tb Chopped Italiana parsley -
--flat leaf
1 ds Salt**

1 ds White pepper

SOURCE: Weight Watchers Quick Success Program Cookbook by Jean Nidetch, copyright 1988, ISBN #0-453-01016-4. MM format by Ursula Taylor.

This delightful butter, which can be made up to 1 week in advance, goes well with cooked seafood, fish, or chicken.

In blender container combine butter and lime juice and process until combined, scraping down sides of container as necessary; stir in remaining ingredients.

Transfer to resealable plastic container and refrigerate until ready to use.

Each 2 tbsp. serving provides 50 optional calories.

Per serving: 55 calories, 0.1 g protein, 6 g fat, 1 g carbohydrate, 5 mg calcium, 92 mg sodium, 16 mg cholesterol, trace dietary fiber.

Each 1 tbsp. serving provides 25 optional calories.

Per serving: 28 calories, 0.07 g protein, 3 g fat, 0.7 g carbohydrate, 2 mg calcium, 46 mg sodium, 8 mg cholesterol, trace dietary fiber.

Title: LOMI LOMI (HAWAIIAN SALMON) - LIGHT-HEARTED S
Categories: Diabetic, Holiday, Meat/fish

Yield: 12 servings

1 cn Salmon (15 1/2 oz)

3 Tomatoes; diced

2/3 c Green onion; thinly sliced

2 ts Lemon juice

Drain salmon reserving 2 tbs of liquid., then flake salmon. Combine salmon, tomatoes, onion and lemon juice mixing well. Chill overnight.

**Can be served before or with dinner 1 serving = 1 lean meat, 1 vegetable
70 cal; fat 3.3gm, pro 9gm, carb 3gm, sodium 200mg, 20 mg**

Title: Low-Calorie Eggnog
Categories: Beverages, Holiday, Equal/nswet, Diabetic
Yield: 8 servings

2 x Eggs, separated
4 c Skim milk
1 ts Vanilla extract
3 Packets Equal sweetener
1/2 ts Brandy or rum flavoring
Ground nutmeg

Combine the egg yolks and milk in a saucepan.
Cook over medium heat until the mixture coats a metal spoon. Cool.
Beat the egg whites until soft peaks form. Add to the egg custard mixture with the vanilla, sweetener, and flavoring. Mix lightly. Cover and chill. Pour into serving cups and sprinkle with nutmeg.

PER SERVING: 1/2 cup = calories - 70, carbohydrate - 6 g., fat - 3 g., sodium - 80 mg., potassium - 207 mg., cholesterol - 74 mg. Exchanges 1/2 Medium-fat meat, 1/2 milk.

FROM: American Diabetes Association Holiday Cookbook by Betty Wedman, M.S., R.D copyright 1986 Formatted to MM by Trish McKenna.

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Title: Macaroni Salad
Categories: Diabetic, Salads, Pasta, Low-cal
Yield: 6 servings

3 c Macaroni; cooked and drain
1/2 c Celery; thinly sliced
1 c Green onions;cooked, chopped
1 c Broccoli;cooked, chopped

1 c Cauliflower;cooked, chopped
1/2 c Yogurt, plain, low fat
1 tb Mustard, prepared
3/4 ts Herb or Italian seasoning
- no oil

Combine the macaroni and vegetables. Combine the yogurt, mustard and seasoning in a separate bowl and mix well. Add to the vegetable and macaroni mixture and chill.

serving: 1 vegetable + 1 bread 125 cal (6% from fat) 24.1g carb, 5.7g pro, .9g fat 60mg sodium

From Cooking for Diabetics

Title: Maui Burgers

Categories: Diabetic, Main dish, Meat, Sandwiches

Yield: 4 Servings

1 lb Extra-lean ground beef;
1 cl Garlic; minced
2 Scallions; minced
1 ts Fresh ginger; minced
1 tb Low-sodium soy sauce;
4 sl Fresh Pineapple; or
-Canned water-packed
-Unsweetened pineapple
1 ts Worcestershire sauce;
4 sl 1 oz french bread

Mix the beef, garlic, scallions, ginger, and soy sauce together and form in 4 patties of equal size about 3/4" thick. Grill or broil 4" from source of heat, for 7 minutes for medium-rare turning once. While burgers are grilling, brush 4 slices of fresh or canned water-packed unsweetened pineapple with 1 ts Worcestershire sauce. Grill until pineapple is heated

through and seared with grill marks, about 6 minutes (2 minutes for canned pieapple). Serve each patty open-face on a 1 oz toasted slice of French bread, topped with grilled slice, and garnished with 1 tb minced green bell pepper. Joslin Food Exchange per serving: 2 MEDIUM-FAT MEAT EXCHANGES + 1

1/2 BREAD/STARCH EXCHANGES CAL: 282; PRO: 20g; CAR: 23g; FAT: 13g(CAL: FROM FAT 41%) FIB: TRACE CHO: 53mg; SODIUM: 401mg; POTASSIUM: 307mg;

Souce: Joslin Diabetes Gourmet Cookbook Brought to you and yours via Nancy O'Brion and her Meal-Master.

Title: Meat Cakes

Categories: Diabetic, Meat, Main dish, Fruits

Yield: 18 Meat loave

1 1/2 lb Lean ground beef
1/2 lb Bulk Italian sausage
1/2 c Minced onion
1 ts Italian seasoning
1 ts Salt
2 ts Worcestershire sauce
1/2 ts Dried sage
1 c Unsweetened applesauce
1/2 c Whole wheat bread crumbs
1/2 c Unprocessed bran

Preheat oven to 350 degrees F. Mix all ingredients together well. Place 1/3 cup (2 oz.) mixture in each of 16 muffin cups. Bake at 350F. until done, about 1 hour. Remove from muffin tins. Serve hot or cold. Note: Nice for a picnic. Yield: 16 meat cakes Nutrient analysis of 1 meat cake: 1/2 starch/bread exchange; 2 lean meat exchanges; 150 Calories; 12 g protein; 8 g fat; 8 g carbohydrate; 360 mg sodium; 41 mg cholesterol.

Source: The Complete Diabetic Cookbook by PJ Palumbo,MD and Joyce Daly Margie, MS

Posted by Dar Rains Reposted by John Davis

Title: Meat Casserole

Categories: Diabetic, Main dish, Meat, Crockpot

Yield: 8 Servings

**1/2 c Noodles; uncooked
5 c Tomato juice;
4 c Celery; chopped finely
1 c Green pepper; chopped finely
4 c Meat,cooked & cubed;
1/4 ts Pepper; ground fresh
3 ts Salt; (ugh) 1/2 would do
-nicely
1 ts Diet margarine;**

Heat oven to 350F. Combine all ingredients. Turn into well greased (use a non stick pan spray by today's standard) carrerole; bake 2 hours and 15 minutes. Again I think that this could be done in this day and age the crockpot. This was for 4 servings, but I made for 8. Food Exchange per servings: 1 STARCH/BREAD EXCHANGE + 3 MEAT EXCHANGES 1 VEGETABLE EXCHANGE

Source: Recipes for Diabetics by Billie Little and Penny L. Thorup Brought by you and yours via Nancy O'Brion and her Meal-Master

This is a very old cookbook (1972) and it doesn't have the nutritional values, only the calories: 280 per serving

Title: Meatballs with Caraway Seeds

Categories: Diabetic, Main dish, Vegetables, Meat

Yield: 8 Servings

- 2 c Lean Grd round; (15% fat)**
- 1 Onion; minced fine**
- 1 Egg**
- 1 ts Lemon peel; grated fine**
- 1/4 ts Pepper;**
- 1/2 ts Salt;**
- 1 tb Parsley flakes; dried**
- 8 oz Raw potato; coarsely grated**
- 2 1/2 c Water**
- 4 Beef bouillon cubes;**
- 1 ts Caraway seeds;**
- 1 tb Water;**

Mix first eight ingredients; form into 16 meatballs. Bring water to boil; dissolve bouillon cubes in water. Add meatballs; cover tightly. Gently boil about 30 minutes. Remove meatballs from broth; stir arrowroot and caraway seeds into 1 tb water; stir into garish with parsley with parsley, if desired. (Stove remain gravy in tightly covered in refrigerator for later use)

Food Exchange per serving: 1/4 STARCH/BREAD EXCHANGE + 2 LEAN MEAT EXCHANGES + 1 FAT EXCHANGE CAL: 182

Source: Recipes for Diabetics by Billie Little (1985 version)

Brought to you and yours via Nancy O'Brion and her Meal-Master

Title: Mexican Goolash

Categories: Diabetic, Meat, Main dish, Mexican

Yield: 4 Servings

**1/2 lb Lean ground beef;
1/2 c Onion; chopped
1/4 c Green pepper; chopped
3 c Tomato juice; Hunt's No Salt
1 1/2 c Raw macaroni;
1/4 ts Garlic powder;
1/4 ts Pepper;
1/4 ts Chili powder;**

Add Macaroni to boiling water and cook for 7 minutes. Cook the first 3 ingredients in cast-iron skillet until meat is brown and vegetables are tender. Drain off fat. Add tomato juice, macaroni, and spices. Simmer until liquid is almost absorbed.

Note: Served with a salad, this makes a delicious meal.

Nutrients per serving: Calories 323, fat 11g, cholesterol 49mg, carbohydrate 36g, sodium 64mg.

Exchanges: Bread 2, Meat 2, Vegetable 1.

Source: "There IS Life after Lettuce" by Pepper Durcholz, Alberta Gentry, Carolyn Williamson, M.S.

Formatted for Meal-Master by Joyce Burton.

Title: Mexican Goulash

Categories: Diabetic, Meat, Main dish, Pasta, Crockpot

Yield: 4 Servings

**1/2 lb Lean ground beef;
1/2 c Onion; chopped
1/4 c Green pepper; chopped
3 c Tomato juice; Hunt's No Salt
1 1/2 c Raw macaroni;
1/4 ts Garlic powder;
1/4 ts Pepper;
1/4 ts Chili powder;**

Add Macaroni to boiling water and cook for 7 minutes. Cook the first 3 ingredients in cast-iron skillet until meat is brown and vegetables are tender. Drain off fat. Add tomato juice, macaroni, and spices. Simmer until liquid is almost absorbed.

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Formatted for Meal-Master by Joyce Burton.

Title: MEXICAN SALSA - COOKING FOR DIABETICS

Categories: Diabetic, Appetizers, Ethnic

Yield: 16 tablespoon

2 md Tomatoes
2 cl Garlic; crushed
1/3 c Onion; chopped
1 ts Worcestershire sauce
1/2 Green chilie salsa
2 tb Salsa jalapena

Place whole tomatoes in a small shallow pan. Broil under medium heat. Turn the tomatoes on all sides until the skins are blistered and the tomatoes are cooked through, about 10 - 15 minutes. Cool. Place the tomatoes in a blender or food processor fitted with the metal blade. Add remaining ingredients and mix until blended. Refrigerate several hours before serving. This may be stored in the refrigerator for several months. Up to 3 tablespoons several times a day is allowed. Exchanges: free 5 cal 5.6g carb, .2g pro, 0g fat

Title: Microwave Mexican Vegetable Stew
Categories: Diabetic, Microwave, Stews, Vegetables
Yield: 8 servings

2 md Onions, about 1/2 lb.,
-peeled and cut into 8ths.
1 sm Eggplant, about 1/2 lb., cut
-into 1-inch cubes
1 md Zucchini, about 1/4 lb., cut
-into 1-inch cubes
1 md Yellow summer squash, about
-1/4 lb., cut into 1-inch
-cubes
11 md Red bell pepper, about 5 oz.
-seeded and cut into 1-in.
-cubes
1 tb Seeded and minced fresh
-jalapeno chili

2 ts Olive oil
2 sm Tomatoes, about 6 oz.,
-seeded & chopped
1/2 ts Crushed dried oregano
1/4 ts Ground cumin
1/8 ts Freshly ground pepper or to
-taste
1 tb Tomato paste
1/4 ts Salt - optional
3 tb Chopped fresh cilantro
-(fresh coriander)

SOURCE: The Joslin Diabetes Gourmet Cookbook by Bonnie Sanders Polin, Ph. D., and Frances Townder Giedt, copyright 1993, ISBN #0-553-08760-6.. Formatted into MM by Ursula R. Taylor.

A quick and easy microwave recipe that uses the abundant squash and tomatoes that issue from a late summer garden.

In a large deep microwave-size casserole, place onions, eggplant, zucchini, summer squash, red bell pepper, and jalapeno. Drizzle with olive oil; stir to distribute oil.

Cover and microwave on HIGH for 10 minutes, stirring twice during cooking. Remove cover and stir in tomatoes, oregano, cumin, pepper, and tomato paste.

Microwave, uncovered, on HIGH, for 12 to 15 minutes, until vegetables are tender. Stir in salt and cilantro. Let sit for at least 30 minutes before serving to allow flavors to blend.

Makes 8 servings.

Per 1/2 cup serving: calories - 45, protein - 1 g, carbohydrate - 8 g, fat - 1 g, calories from fat - 20%, dietary fiber - 1 g, cholesterol - 0 mg, sodium - 88 mg, potassium - 280 mg. Joslin Exchanges: 1 vegetable.

Title: Mincemeat Cake
Categories: Diabetic, Cakes, Holiday, Fruits

Yield: 16 - 1" slice

1/4 c Margarine, softened
1 Egg
1 1/3 c Mincemeat - see sep. recipe
1/2 c Apple juice
1 c Whole wheat flour
1 c Unbleached flour
1 ts Baking powder
1/2 ts Baking soda
1/2 ts Ground cinnamon
1/4 ts Ground cloves
1/2 c Chopped nuts

SOURCE: Special Celebrations And Parties Cookbook by Betty Wedman, M.S., R.D., copyright 1989, ISBN #0-13-004219-6. MM format by Ursula R. Taylor.

Beat margarine and egg together in a bowl. Add mincemeat and apple juice. Mix well. Stir in remaining ingredients. Pour into a slightly oiled 2 quart ring mold or a tube pan. Bake in a 350~ oven for 40 to 45 minutes. Cool for 5 minutes before removing from pan.

Yield: 16 each 1 inch slices.

Food Exchanges per slice: 1 starch/bread + 1/2 fruit + 1 fat.

Nutritional information per slice: 125 calories, 4 g protein, 21 g carbohydrate, 7 g fat, 83 mg sodium, 132 mg potassium, 21 mg cholesterol

Title: Mincemeat Cookies #2

Categories: Cooky/bars, Diabetic, Holiday, Snacks

Yield: 60 cookies

1 c Mincemeat - see sep. recipe
1/2 c Vegetable oil

1/2 c Sugar
1 Egg
1 ts Grated orange peel
1 ts Baking soda
1 1/2 c Whole wheat flour
2 c All purpose flour

SOURCE: Special Celebrations and Parties Cookbook by Betty Wedman, M.S., R.D., copyright 1989, ISBN #0-13-004219-6. MM format by Ursula R. Taylor.

Beat mincemeat, oil, sugar, and egg together. Add remaining ingredients and mix well. Roll dough in small amounts onto a lightly floured board. Cut with a cookie cutter. Bake on a lightly oiled baking sheet at 350~ for 10 to 12 minutes.

Yield: 60 cookies. Serving is 2 cookies.

Food Exchange per 2 cookies: 1 starch/bread.

Nutritional information per 2 cookies: 96 calories, 2 g protein, 16 g carbohydrate, 4 g fat, 32 mg sodium, 54 mg potassium and 10 mg cholesterol.

Title: MINISTRONE - QUICK AND EASY DIABETIC MENUS
Categories: Diabetic, Soups/stews, Vegetarian, Vegan
Yield: 12 servings

1 Onion; chopped
1 cl Garlic; minced
1 ts Oregano, dried
1 ts Basil, dried

1 tb Parsley, dried
1 c Celery; chopped
1 c Carrots; sliced
2 c Zucchini; sliced
2 cn Tomatoes, whole with juice,
-28 oz
1 cn Kidney beans, white or red
-16 oz
1 c Macaroni

Combine all ingredients in a large saucepan or Dutch oven. Cover and simmer for 2-3 hours, until the macaroni is cooked and the vegetables are tender One serving = 122 cal; pro 8g, carb 16g, fat 1g, sodium 333mg exchanges: 1 starch + 1 low fat pro + 1 vegetable

Title: Mini Almond Cheesecakes
Categories: Cheesecake, Dairy, Low-cal/fat, Diabetic, Desserts
Yield: 12 servings

-----KAREN THACKERAY-----

3/4 c Almonds; ground
1 tb Margarine; melted
1 Envelope unflavored gelatin
1/4 c Cold water
12 oz Light cream cheese
3/4 c Skim milk
1/2 c Sugar; OR 12 pkgs sugar sub.
1/4 ts Almond extract
3 c Fresh peach slices;peeled

Stir together almonds and margarine in small bowl.
Press mixture evenly onto bottoms of 12 paper-lined baking cups (muffin tins). Soften gelatin in water in small saucepan; stir over low heat until dissolved.

Beat cream cheese milk, sugar and almond extract in large mixing bowl at medium speed with electric mixer until well blended. Stir in gelatin. Pour into baking cups; freeze until firm.

Place peaches in food processor or blender container; process until smooth. Spoon peach puree onto individual plates.

Remove cheesecakes from freezer 10 minutes before serving. Peel off paper. Invert cheesecakes onto plates. Garnish with additional peach slices, raspberries and fresh mint leaves, if desired.

Note: For a sweeter peach puree, add sugar to taste.

Calories: 175 Source: No Guilt Desserts Karen in S.CA

Title: *Miracle Rise Chocolate Cake*

Categories: Diabetic, Desserts

Yield: 12 servings

-----INGREDIENTS-----

1 pk Active dry yeast
1/2 c Warm water
2 Eggs, OR EGG SUBSTITUTE
1/2 c Skim milk
1/3 c Vegetable Oil
1 T Sugar or Fructose
3 T Sweet*10 Liquid
1/2 c Cocoa
2 c Flour, Pillsbury's All Purp.
1 T Baking Powder
1 t Soda
1/2 t Salt
1 t Vanilla
1 t Red food coloring

Directions: Spray a 9-in tube or Bundt pan. In a large mixer bowl, soften yeast in warm water. Add egg substitute, milk, oil and Sweet*10. Beat 2 minutes at high speed.

**Add cocoa, dry ingredients, vanilla and food coloring.
Blend at low speed; beat 3 minutes at medium speed.
Pour batter into greased 9-inch Bundt pan or tube pan.
Cover with foil; let rise in warm place for 45 minutes. Bake at 350
degrees for 30 to 35 minutes until a wooden pick inserted in center of cake
comes out clean. Invert immediately onto wire rack. Cool.
1/12th of cake has 145 calories.
Exchange values - 1/2 skim milk; 1 Fruit, 1 Fat Exchange From files of
A.Broaddus 6-29-93**

**Title: Mirliton El Casserole
Categories: Creole, Meats, Casserole, Diabetic
Yield: 4 servings**

**1/2 lb Ground beef
2 tb Vegetable oil
1/2 c Onion,chopped
1 tb Green bell pepper,chopped
2 c Mirlitons,chopped(2 med)
1 1/2 ts Salt
1/2 ts Black pepper
2 tb Butter or margarine
1 tb Parsley,chopped
1/4 c Bread crumbs**

**1. In skillet, brown meat in vegetable oil.
2. Add onion, bell pepper, mirlitons, salt and pepper; cook slowly until
well done (about 30 minutes).
3. Fill buttered casserole with mirliton mixture, mixing in parsley. 4.
Top with bread crumbs and bake in preheated 350~F oven 20 minutes. NOTE:
Squash may be substituted for mirlitons.
Sorry I don't exchanges yet on this folks.....**

Title: Mock Chocolate Rum Truffles
Categories: Desserts, Holiday, Diabetic
Yield: 14 servings

--KAREN VISOCKY DDVD62B--

3 Eggs
1/4 c Water
2 tb Light rum OR
1 ts Rum extract
1 tb Frozen orange juice concen-
-trate, thawed
26 pk Equal
1/3 c Cocoa
1 1/3 c Fine, dry bread crumbs

Beat eggs with water, rum and orange juice concentrate until thick and lemon colored, 5 to 7 minutes. Gradually add Equal. Fold in cocoa and bread crumbs. (Mixture will become very dense.) Shape rounded teaspoons of the mix into balls. Let stand at room temperature until outsides are dry. Store in airtight container in refrigerator. Makes 3 1/2 dozen truffles or 14 servings of 3 truffles each.

**Nutritional information per serving (using rum): calories - 73,
Diabetic Exchanges: 1 Starch**

Using rum extract: calories - 69, Diabetic Exchanges: 1 Starch

Title: Mock Shortbread Cookies - Diet
Categories: Desserts, Diabetic, Cookies
Yield: 24 servings

Nonstick Vegetable Spray
2 c All-purpose flour
1 1/2 ts Baking powder
1/2 c Vegetable oil
1/4 c Water
1 ea Egg
2 pk Sugar substitute - NOT
-aspartame
1 ts Vanilla extract

SOURCE: The American Diabetes Association, The American Dietetic Association - Family Cookbook, Volume III - with microwave adaptations - copyright

1987. 1. Preheat oven to 350~F. Spray cookie sheet with nonstick vegetable spray.

2. Combine all ingredients to form a soft dough. Roll or pat out on floured board to 1/4-inch thick.

3. Cut 2-inch rounds and place 1-inch apart on prepared cookie sheet. Bake for 15-20 minutes until edges are a light golden brown. YIELD: 2 dozen cookies SERVING SIZE: 1 cookie EXCHANGES: 1/2 Starch/bread and 1 Fat.

NUTRIENT CONTENT per serving: CAL 89, FAT 5 gm, Na 23 mg, Fiber 0 gm, PRO 2 gm, CHO 9 gm, K 14 mg, Chol 11 mg.

Title: Moroccan Chicken

Categories: Diabetic, Poultry, Low-fat/cal

Yield: 6 Servings

- 3 lb Chicken; cut into serving
-pieces or**
- 4 Split chicken breasts**
- 8 Dried figs; snipped**
- 1 8-oz can tomato sauce**
- 1/2 c Onion; chopped**
- 2 cl Garlic; minced**
- 1/4 c White wine or apple juice**
- 2 Bay leaves**
- 1/2 ts Ground allspice**
- 1 ts Dried thyme leaves**
- 1/2 c Green peper; chopped
-optional**
- 2 T Sesame seeds; toasted or**
- 2 T Almonds; slivered**

Skin chicken. Place in a pot or hearty skillet. Add remaining ingredients, except sesame seeds or almonds. Cover and cook in a slow cooker about 6 hours or cook in oven on low heat about 2 hours. For faster cooking, bring to a boil on top of range, reduce heat to low, and cook for 20-35 minutes depending on thickness of chicken pieces. Sprinkle sesame seeds or almonds on top before serving. This makes six 3-oz servings.

Food Exchanges: 3 lean meats, 1 fruit, 1 vegetable. Calories per serving: 241, Protein 22 g, Carbohydrate 22 g, Fat 7 g, Sodium 270 mg, Potatosium 553 mg, Cholesterol 55 mg.

Source: Special Celebrations and Parties Cookbook, American Diabetes Association.

Shared and MM by Judi M. Phelps

Title: Muesli

Categories: Breakfast, Diabetic

Yield: 6 servings

- 1 c Old-fashioned oats**
- 1/2 c Oat bran**
- 1 1/2 c Plain low-fat yogurt**
- 1/2 c Coarsely grated apple**
- 1/2 c Coarsely grated pear**
- 1/3 c Chopped almonds**
- 1/4 c Raisins**
- 1 tb Honey**
- 1 ts Cinnamon**
- 1/2 ts Nutmeg**

In a bowl, stir together the oats, oat bran, and yogurt. Cover and chill mixture for 30 minutes.

Stir in apple, pear, almonds, raisins, honey, and spices. Mix well. Makes 6 - 1/2 cup servings.

Nutritional information per serving: calories - 216, protein - 9 gm., fat - 6 gm., carbohydrates - 35 gm., cholesterol - 4 mg., fiber - 3.8 gm., sodium - 48 mg., potassium - 404 mg. Diabetic Exchanges: Starch/Bread - 2, Fruit - 1/2, Fat - 1.

FROM: The UCSD Healthy Diet for Diabetes by: Susan Algert, M.S., R.D., Barbara Grasse, R.D., C.D.E., Annie Durning, M.S., R.D. copyright 1990.

Formatted to MM by Trish McKenna.

Title: Mustard Pork Chop in Foil

Categories: Meat, Diabetic

Yield: 1 Servings

Stephen Ceideburg

1/4 ts Vegetable or olive oil
1 Thick slice onion
5 oz Boneless pork chop
1 ts Prepared mustard
Salt and pepper to taste
Sprig of rosemary or
1/4 ts Dried rosemary, optional

Hands on time: 5 minutes. Baking time: 20 to 30 minutes.

Preheat oven to 350 degrees.

Tear heavy-duty foil to make a 12-inch square; smear foil with oil. Place onion slice on half of foil. Trim fat from chop, spread both sides with mustard, place on onion, sprinkle with salt and pepper, top with rosemary if desired. Close foil to form triangle, roll edges and crimp firmly to seal, turning sealed edges upward. (A surprising amount of juices are generated during cooking.) Place in baking pan (lest those juices leak) and bake 20 to 30 minutes, depending on thickness of chop, or until chop is no longer pink in center.

Transfer packet to dinner plate, open and turn chop with onion and juices onto plate. Serve, if desired, with potato or sweet potato baked in same oven.

Per serving: 219 calories (41 percent from protein, 5 percent from carbohydrate, 54 percent from fat), 22 grams protein, 3 grams carbohydrate, 13 grams fat, 74 milligrams cholesterol, 325 milligrams sodium.

Exchanges: 1/2 vegetable, 3 1/2 meat.

From the Oregonian FOODday, 1/5/93.

Posted by Stephen Ceideburg

Title: NEW ENGLAND CLAM CHOWDER _ QUICK AND EASY DIA
Categories: Diabetic, Soups/stews, Meat/fish

Yield: 4 servings

6 tb Margarine; or butter
2 c Celery; chopped
2 cl Garlic; minced
2 c Onion; chopped
1/4 c Flour
2 c Milk, skim
1 c Potatoes; peeled and diced
1 lb Clams; fresh or frozen
1 ts Salt
1 tb Thyme, crumbled

Melt 2 tbs of margarine in a skillet. Add the celery, garlic and onions and saute over medium heat for 3-5 min., until celery is tender. Melt the remaining margarine in a large saucepan and stir in flour. Cook over medium heat for a few minutes, until the mixture starts to brown. Gradually add the skim milk, stirring rapidly to prevent lumps from foerming. Add the potatoes and cook for 10 minutes, stirring occasionally. Add the sauteed vegetables, clams, thyme and salt. Simmer until the potatoes are tender.

serving = 192 cal; pro 11g, carb 16g, fat 4g, sodium 482mg. exchanges: 1 low meat + 1 bread + 1/2 milk + 1 vegetable

Title: Norwegian Meatballs

Categories: Diabetic, Meat, Main dish

Yield: 6 Servings

2 tb Cornstarch
3/4 ts Salt (optional)
1/2 ts Nutmeg
2 Lg egg whites
3/4 c Skim milk
1 lb Very lean ground beef
2/3 c Cream of mushroom soup

Place first 4 ingredients and 1/4 cup milk in mixer bowl and mix at low speed to blend well. Add beef to mixer bowl and mix at low speed to blend well. Shape 18 meatballs using about 1 1/2 tablespoons mix per meatball. (The mixture will be soft.) Place in a 9 x 13 pan that has been lined with aluminum foil or sprayed with cooking spray. Bake

30 minutes at 375F.

Remove from pan while still hot and place in a 1 1/2 quart casserole. Mix soup and remaining 1/2 cup milk well and pour over meatballs. Cover and bake at 350F for 30 minutes. Serve 3 meatballs per serving with a little of the sauce. 1 serving = 1 vegetable, 2 lean meat calories = 148

Title: Nutritional Information on Commercial Pie Cru
Categories: Desserts, Diabetic, Pies
Yield: 8 servings

Preformed pie shells, for 8" pie or tart pans:

Frozen Plain Flour Shells

Exchange per serving: 1 Bread, 1 Fat

Calories per serving: 110

Carbohydrates : 14 gms.

Plain Ghaham Cracker Shells

Exchange per serving: 1 Bread, 1 Fat

Calories per serving: 110

Carbohydrates : 14 gms.

Chocolate-Flavored Shells

Exchange per serving: 1 Bread, 1 Fat

Calories per serving: 120

Carbohydrates : 16 gms.

Pie sheets, for 8-9" pie or tart pans, in refrigerator section of store

Exchange per serving: 1 Bread, 1 Fat

Calories per serving: 120

Carbohydrates : 12 gms.

Pie Cracker crumbs and flour mixes, for 8-9" pie or tart pans

Exchange per serving: 1 Bread, 1 Fat

Calories per serving: 120

Carbohydrates : 12 gms.

Information taken from: Quick & Delicious Diabetic Desserts by Mary Jane Finsand copyright 1992. Formatted to MM by Trish McKenna.

Title: Oatmeal-Banana Muffins

Categories: Muffins, Fruits, Seeds, Diabetic, Vegetarian

Yield: 12 servings

**3 c Whole Wheat Flour
3/4 c Rolled Oats
1 tb Baking Powder
1/2 ts Ground Cinnamon
1/4 ts Ground Nutmeg
1 tb Sugar
1 Egg
2 tb Vegetable Oil
1 1/2 c Lowfat Milk
1 sm Banana, cubed
1/4 c Sunflower Seeds, toasted**

Combine the flour, oats, baking powder, cinnamon, nutmeg and sugar in a bowl. Add the remaining ingredients and blend.

Spoon into oiled muffin tins or paper muffin cups.

Bake in a 375-degree oven for 15 to 20 minutes.

Makes 12

One Muffin = Calories: 180 Carbohydrates: 29 Protein: 5 Fat: 5 Sodium: 91 Potassium: 221 Cholesterol: 23

Exchange Value: 1 Bread Exchange + 1 Fruit Exchange + 1 Fat Exchange

Source: Holiday Cookbook, American Diabetes Association, ISBN 0-13-024894-0, by Betty Wedman, M.S.,R.D.

Title: One Dish Pork Chop Dinner

Categories: Diabetic, Meat, Vegetables, Main dish

Yield: 8 Sweet ones

- 8 Pork chops**
 - (1/2 inch thick)**
- 1/3 c All-purpose flour**
- 1/4 c Butter or margarine**
 - Salt and pepper to taste**
- 2 c Apple juice, divided**
- 2 lb Small red potatoes**
- 1 lb Small whole onions**
 - =OR=-**
 - 1 sm Jar whole onions,**
 - drained (16 oz.)**
 - 1 lb Carrots, peeled cut**
 - into 3 inch pieces**
- 6 c To 8 C Shredded cabbage**

Coat pork chops in flour; reserve excess flour. In a large dutch oven melt butter over medium-high heat. Brown chops on both sides. Season with pepper and salt if desired. Remove and set aside. Stir reserved flour into pan; cook and stir until paste forms. Gradually whisk in 1 1/2 cups apple juice; blend until smooth. Return chops to dutch oven; cover and bake at 350 degrees for 30 minutes. Add potatoes, onions, carrots and remaining apple juice. Cover and bake 30 minutes longer. Top with cabbage; cover and bake 1 to 1 1/2 hours or until the pork chops are tender, basting occasionally with juices. Yield 8 servings.

Diabetic Exchanges: One serving prepared with margarine and without additional salt equals: 2 meat, 2 starch, 2 vegetable, 2 1/2 fat,; also 464 calories, 333mg sodium, 56 mg cholesterol, 43 gm carbohydrate, 19 gm

protein, 24 gm fat.

**SOURCE: *Pat Waymire, Yellow Springs, OH, Country Woman Magazine
May/June**

93 POSTED BY: Jim Bodle 11/93

Title: Oranges, Olives and Onion

Categories: Salads, Fruits, Vegetables, Low-fat, Diabetic

Yield: 2 servings

1 ts Olive oil

1 ts White wine vinegar

2 lg Navel oranges

**4 md Or large black Italian,
-French or Greek olives**

2 tb Finely chopped red onion

In a serving bowl mix oil and vinegar. Peel oranges with a knife to remove pith along with the skin; slice. Add to bowl. Pit olives. Cut up and add to bowl. Stir onion into the bowl, mixing all the ingredients well. Makes 2 servings.

Nutritional information per serving: calories - 135 (27 percent of calories from fat), protein - 3 gms., fat - 4 gms., carbohydrates - 26 gms., cholesterol - 0 mg., sodium - 40 mg.

FROM: An article by Marian Burros of the New York Times, printed in the March 30, 1994 issue of the Santa Rosa Press Democrat. Formatted to MM by Trish McKenna.

Title: Our Lemon Pie

Categories: Pies, Diabetic, Desserts

Yield: 8 servings

3 tb Margarine

10 Graham cracker squares

1/2 c Skimmed evaporated milk;

-cold

1 pk Dream Whip

27 pk Equal sweetener

2 Egg yolks

2 lg Lemons; 1/2 cup juice

3 Egg whites

3 tb Sugar

Melt margarine on medium to low heat. Roll graham crackers into crumbs with rolling pin. Mix crumbs and melted margarine. Pat to make crust on bottom and sides of pie pan. Chill.

Add cold evaporated milk to Dream Whip (do not add vanilla). Sprinkle in 24 pkg. Equal. Mix and beat according to directions. Beat egg yolks slightly, and gradually stir in lemon juice. Gradually fold in the whipped Dream Whip. Spread in pie crust. Turn on broiler so it will get hot. Beat 3 egg whites frothy (use clean beaters so whites will beat up as fluffy as possible). Add 1 tbs. sugar and beat until blended in. Add another tbs. sugar and 3 Equal pkg. and beat until soft peaks form. Spread meringue over top.

Spread meringue to stick to the edges so it won't shrink when you broil it.

Put under broiler for 30-60 seconds until meringue is lightly browned. IT DOESN'T TAKE LONG AT ALL AND IS EASY TO BURN. The flavors will blend better if you chill for 5 hours.

Nutrients per serving: Calories 144, fat 5g, cholesterol .6mg, carbohydrate 27g, sodium 81mg.

Exchanges: Bread 1, fruit 1/2, milk 1/2, fat 1.

Source: "There IS Life after Lettuce" by Pepper Durcholz, Alberta Gentry, Carolyn Williamson, M.S.

Formatted for Meal-Master by Joyce Burton Posted on *P by Diane English -
CRHN32B.

Title: Out-Of-Bounds Candy Bars

Categories: Candies, Chocolate, Diabetic, Bars

Yield: 8 servings

1 1/4 c Unsweetened coconut

1/2 c Milk

2 ts Unflavored gelatin

1 ts Cornstarch

1 ts White vanilla extract

**1 Recipe Semisweet Dipping
-Chocolate**

**SOURCE: The Diabetic Chocolate Cookbook by Mary Jane Finsand -
copyright 1982.**

**Combine 1/4 cup of the coconut, the milk, gelatin and cornstarch in
blender; blend until smooth. Pour into small saucepan, cook and stir over
medium heat until slightly thickened. Remove from heat and stir in vanilla
and remaining coconut. Form into 8 bars, allow to firm and cool
completely. Dip in chocolate.**

YIELD; 8 bars

EXCHANGE 1 bar: 2/3 full-fat milk and 1 fat.

CALORIES 1 bar: 133

Title: Oven Eggplant
Categories: Vegetarian, Diabetic, Ovo-lacto
Yield: 2 servings

1 md Eggplant
1/2 c Cottage cheese, lowfat
2 tb Onion; chopped
1 ts Bay leaf; ground
1 ts Basil
1 ts Oregano
2 tb Tomato sauce
2 oz Provolone

Cook eggplant in boiling water, covered, for 10 min. Drain and cut in half lengthwise. Scoop out insides leaving 1/2" shell. Mash scooped out insides with cottage cheese, onion, bay leaf, basil, oregano and tomato sauce. Preheat oven to 350^ Stuff eggplant halves, place in casserole dish and bake covered for 15 min. Add a little water to bottom of pan to keep eggplant moist. Top with provolone cheese. Bake 5 more min uncovered

1 serving = 244C, 2 meat, 1 bread, 2 veg Protein 10gm, fat 4gm, carbo 10 gm
From "Vegetarian Cooking for Diabetics"

Title: OVEN EGGPLANT - VEGETARIAN COOKING FOR DIABET
Categories: Diabetic, Vegetarian, Ovo-lacto
Yield: 2 servings

1 md Eggplant
1/2 c Cottage cheese, low fat
2 tb Onion; chopped
1 ts Bay leaf; ground
1 ts Basil
1 ts Oregano
2 tb Tomato sauce
Wheat germ
2 oz Provolone cheese

Cook eggplant in boiling water, covered, for 5 minutes.

Drain and cut in 2 lengthwise. Scoop out the insides leaving a half inch shell. Mash eggplant with cottage cheese, onion, bay leaf, basil, oregano, and tomato sauce. Preheat oven to 350°F Stuff eggplant halves, place in casserole dish. Add a little water to bottom of dish to keep eggplant moist.

Bake covered for 15 minutes. Top with wheat germ and provolone cheese. Bake 5 more min, uncovered.

1 serving: 244 cal, 2 meat, 1 bread, 2 vegetables protein: 10gm, fat: 4gm, carbohydrates 10 gm.

Title: Oyster Stew

Categories: Soups/stews, Seafood, Diabetic

Yield: 4 servings

1 pt Oysters with liquor

1 tb Butter

2 c Lowfat milk

1/8 ts Cayenne pepper

Combine the oysters, oyster liquor, and butter in a skillet. Cook until the edges of the oysters curl.

Add the milk. Heat just to boiling.

Sprinkle with the cayenne pepper, Ladle into hot bowls. Garnish with chopped fresh parsley if desired.

Makes 4 1/2 cup servings.

**PER SERVING: calories - 154, carbohydrates - 10 g., protein - 14 g., fat - 7 g., sodium - 184 mg., potassium - 337 mg., cholesterol - 65 mg.
Exchanges = 1 Lean Meat, 1 Milk, 1 Fat**

FROM: The American Diabetes Association Holiday Cookbook by Betty Wedman, M.S., R.D. copyright 1986 Formatted to MM by Trish McKenna.

Title: OYSTERS ON THE HALF SHELL WITH RED WINE VINEG
Categories: Diabetic, Holiday, Meat/poul
Yield: 8 servings

24 Oysters in the shell
5 oz Vinegar, red wine
2 tb Olive oil
3 tb Shallot or green onion;
-finely minced
1 tb Parsley; finely minced

Clean oysters by scrubbing under cold running water.
Open with an oyster knife. Free oyster from shell and leave on half shell. To prepare sauce mix together vinegar, oil, and onion. Garnish with parsley. Serve oysters with sauce on the side.

3 oysters per serving = 1 lean meat 65 cal; fat 3.5gm, pro 7gm, Carb 0, sodium 30mg, chol 25mg

From Ames Center for diabetic Education.

Title: Packaged Steak Supper
Categories: Diabetic, Main dish, Meat
Yield: 1 Servings

3 oz Beef minute steak

- 1 Small potato
- 2 tb Carrot (sliced)
- 2 tb Onion (sliced)
- 2 tb Celery (sliced)
- 2 Large tomato slices
- Salt and pepper to taste

Place steak on large piece of aluminum foil. Layer vegetables in order given. Add salt and pepper. Wrap in foil, sealing ends securely. Bake at 350F for 1 hour.

MICROWAVE: Place in plastic wrap. Cook on High for 10

minutes. 1 serving = 3 medium-fat meat, 1 bread, 1/2 vegetable Calories: 375

Title: PARSLIED CARROTS

Categories: Diabetic, Holiday, Vegetables

Yield: 4 servings

-----**INGREDIENTS**-----

- 1 lb Baby carrots
- 1/2 c Water
- 2 T Lemon juice
- 1 T Margarine
- 1/4 t Salt
- 1/8 t Pepper
- 3/4 t Equal*Measure
- OR**
- 2 pk Equal
- 2 T Parsley, snipped

DIRECTIONS:

In a medium saucepan combine carrots, water, lemon juice, margarine, salt and pepper. Bring to boiling, reduce heat. Cover, cook over low heat for 15 minutes or until just tender. Continue to cook, uncovered, 5

to 10 minutes more or until most of the liquid has evaporated, carefully stirring occasionally to prevent sticking. Remove from heat. Stir in Equal*Measure and parsley. makes 4 (2/3) C servings.

Nutrition information per serving:

Calories: 77 Diabetic Food Exchanges: 2
Vegetable, 1 Fat 1 g Prot; 12 g Carb; 3 g fat; 0 mg
Chol; 237 mg Sodium

All Things Equal Newsletter, formatted for MM by
A.Broaddus, 1995

Title: Pasta Primavera
Categories: Main dish, Diabetic
Yield: 6 servings

-----**INGREDIENTS**-----

6 oz Thin spaghetti, cooked
According to package dir.
1/2 lb Broccoli
2 T Olive Oil
2 Garlic Cloves, peeled and
Crushed
1/2 lb Zucchini, young, washed and
Thinly sliced
1/2 lb Mushrooms, sliced
1 1/2 t Dried basil
1/2 t Salt
1/2 t Black pepper, coarse grind
2 T Water
2 T Parmesan Cheese, grated

DIRECTIONS: While spaghetti is cooking, wash broccoli and cook it in a small amount of boiling water until crisp but tender. Heat 1 T olive oil in

a large skillet and saute garlic 3 minutes; add zucchini and cook until slightly browned. Add mushrooms; cook until tender.

Drain broccoli; slice into bite-sized pieces and add to zucchini and mushrooms. Stir in seasonings. When spaghetti is "al dente" stop cooking by pouring cold water into pot; drain spaghetti. Return it to the pot, stir in 2 T of water, remaining 1 T olive oil, Parmesan Cheese, and vegetable mixture. Cover and reheat over low heat.

OPTIONAL: Steam the vegetables in a steamer until crisp tender and omit oil. Or, omit oil, saute in bottled sugar-free white grape juice for an addition to flavor.

Substitute eggplant, red or green sweet peppers, green beans, onions, snow peas, or other vegetables in season. Chop tomatoes and sprinkle on top after the other ingredients are cooked.

NUTRITIVE VALUES per serving: 1 Cup CHO 35 gm, PRO 8 gm, FAT 6 gm, Calories 223, Sodium 367 mg
1/2 C CHO 18 gm, PRO 4 gm, FAT 3 gm, Calories 112, Sodium 184 mg

FOOD EXCHANGES per serving: 1 Cup 2 Bread Exchanges plus 1 Vegetable Exchange plus 1 Fat Exchange
1/2 C 1 Bread Exchange plus 1/2 Vegetable Exchange plus 1/2 Fat Exchange

LOW-SODIUM diets: Omit salt in recipe and in cooking water of spaghetti.

From files of A.BROADDUS [Alice in Houston] 1985

Title: Pasta with Creamy Vegetables

Categories: Poultry, Pasta, Vegetables, Main dish, Low-fat

Yield: 4 servings

2 tb Olive oil

1 lb Chicken breast, skinless,
-boneless cut in small cubes

2 cl Garlic, minced
1 Carrot, cut in thin 2-inch
-matchsticks
1/2 Red pepper, cut into thin
-strips
2 Green onions, chopped
1/2 ts Dried rosemary
1 ts Dried basil
1/4 lb Small pea pods
1/4 c Dry white wine
1 c Low-fat evaporated milk
8 oz Pasta, cooked
Salt and pepper

In a large nonstick skillet, heat 1 tablespoon of the oil until hot. Add chicken; saute' 5 minutes, until cooked through. Remove and keep warm. Add remaining olive oil and garlic to pan, heat and add carrot, red pepper, onions, rosemary and basil.

Saute' 5 minutes more.

Add pea pods and wine; actively simmer for several minutes, stirring, until wine is reduced and almost evaporated. Add milk and simmer again, for 5 minutes, to reduce. Sauce will be thin.

Add sauce and reserved chicken to hot, cooked pasta. Stir gently to combine. Add salt and pepper to taste. Ladle into four individual serving dishes and, if desired, garnish each with a sprig of rosemary. Makes 4 servings.

No nutritional information available.

FROM: An article from the Associated Press printed in the May 25, 1994 issue of the Santa Rosa Press Democrat. Formatted to MM by Trish McKenna.

Title: PEA SOUP - VEGETARIAN COOKING FOR DIABETICS
Categories: Diabetic, Vegan, Beans
Yield: 4 servings

1/2 c Split peas, dried

1/4 c Barley, raw
6 c -water
1 c Potato; diced
1 c Onions; chopped
1 c Cabbage; shredded
1 Celery stalk; diced
1 c Carrots; diced
Bay leaf, basil, tarragon,
Pepper; to taste

In a large pot combine water, lentils and barley.
Cook for 1 hour. Add the remaining ingredients, cover and cook another 30
min. 1 serving = 1 1/2 c 272 calories, 2 meat, 2 bread, 2 veg protein 10gm,
fat 0gm, carbs 58gm

Title: Peach Melba
Categories: Desserts, Fruits, Diabetic
Yield: 1 servings

1/2 c Raspberries
1/2 ts Sugar replacement
1/2 c Dietetic vanilla ice cream
1/2 Peach (sliced)

Slightly mash raspberries and sugar replacement.
Allow to rest 5 minutes.
Place ice cream in dish. Top with peach slices and raspberries.

1 serving = 1 bread, 1 fruit Calories = 120

Title: Peanut Butter & Banana Cookies
Categories: Cookies, Diabetic, Desserts, Grains
Yield: 24 servings

1/4 c Butter or margarine
1/2 c Mashed ripe bananas (about 2
-medium bananas)
1/2 c No-sugar-added natural
-peanut butter
1 Egg
1/4 c Thawed frozen unsweetened
-apple juice concentrate
1 t Vanilla
1 c All-purpose flour
1/2 t Baking soda
1/4 t Salt
1/2 c Chopped salted peanuts
Whole peanuts (optional)

Preheat oven to 375 degrees F. Beat butter in large bowl until creamy. Add banana and peanut butter; beat until smooth. Blend in egg, apple juice concentrate and vanilla. Beat in flour, baking soda and salt. Stir in chopped peanuts. Drop rounded tablespoonfuls of dough, 2 inches apart, onto lightly greased cookie sheets; top each with one peanut, if desired. Bake 8 minutes or until set. Cool completely on wire rack. Store in tightly covered container. Makes 2 dozen cookies.

Nutritional information per cookie: calories - 100, protein - 3 gm., fat - 6 gm., carbohydrates - 8 gm., cholesterol - 14 mg., sodium - 84 mg. Exchanges per cookie: 1/4 Starch/Bread, 1/4 High-Fat Meat, 1 Fat, 1/4 Fruit.

FROM: Favorite All Time Recipes - Sugar-Free Desserts copyright December 1992

Title: Peanut Butter Cookies #2 - Diet
Categories: Cookies, Party, Low-cal/fat, Diabetic, Grains
Yield: 15 servings

**1/4 c Mashed banana, mashed with a
- fork**
1/2 c Peanut butter - smooth
2 lg Eggs**
3/4 ts Vanilla extract
2 tb Butter, softened**
1 c Unbleached white flour
1/2 ts Baking powder
1/2 ts Nutmeg
1 c Chopped peanuts

****PERSONAL NOTE from Ursula**
-Taylor - to cut down on fat
-why not use egg substitute
-equal to 2 eggs and use a
-low-fat margarine.

SOURCE: Sweet and Sugarfree Cookbook by Karen E. Barkie.

In a mixing bowl beat together mashed banana, peanut butter, eggs, vanilla extract and butter until creamy. Add flour, baking powder, and nutmeg. Beat well. Stir in chopped peanuts. Drop batter by rounded teaspoonful onto lightly oiled cookie sheets. Press each cookie down with back of a fork and again in the opposite direction to indent a checkered pattern into each cookie. Wet the fork with cold water occasionally to avoid sticking. Bake at 375 degrees for 5 to 8 minutes or until lightly browned. Cool on wire racks. YIELD: 2 to 3 dozen.

Title: Peanut Butter/bran Muffins
Categories: Muffins, Nuts, Diabetic, Holiday, Vegetarian
Yield: 8 servings

1/2 c Whole Wheat Flour

1/3 c Bran
2 ts Baking Powder
1 tb Sugar
1 Egg
1/4 c Peanut Butter
1/2 c Lowfat Milk
1/3 c Peanuts, chopped

Combine the flour, bran, baking powder and sugar in a bowl. Add the remaining ingredients and blend.

Spoon into oiled muffin tins or paper muffin cups.

Bake in a 375-degree oven for 15 to 20 minutes.

Makes 8

**One Muffin = Calories: 140 Carbohydrates: 12 Protein: 6 Fat: 9 Sodium: 104
Potassium: 184 Cholesterol: 35**

Exchange Value: 1 Bread Exchange + 2 Fat Exchanges

**Source: Holiday Cookbook, American Diabetes Association, ISBN
0-13-024894-0, by Betty Wedman, M.S.,R.D.**

Title: Peppy-Mex Popcorn Snack
Categories: Popcorn, Snacks, Diabetic
Yield: 11 servings

8 c Popped popcorn
2 1/2 c Miniature pretzels
**2 1/2 c Crunchy cheese-flavored
Snacks**
1/3 c Margarine or butter
1 ts Lemon pepper seasoning
1/2 ts Dried oregano leaves
1/4 To 1/2 ts chili powder

**1/4 ts Garlic powder
1/4 ts Onion powder**

Heat oven to 325. In large bowl, combine popcorn, pretzels and cheese-flavored snacks. Melt margarine in small saucepan over low heat; stir in lemon pepper seasoning, oregano, chili powder, garlic powder and onion powder. Pour margarine mixture over popcorn mixture; stir gently to coat. Spread mixture in ungreased 15x10x1-inch baking pan. Bake at 325 for 10 to 15 minutes, stirring once. Cool completely. Store in airtight container.

**Nutrition Information per serving: 1 cup Calories 190 Protein 3 g
Carbohydrate 20 g Dietary Fiber 1 g Fat 11 g
Polyunsat 3 g
Saturated 2 g Cholesterol 0 mg Sodium 540 mg Potassium 60 mg Dietary
Exchanges: 1 Starch, 2 Fat**

Taken from Pillsbury Classic Cookbooks May 1993 Enjoy!

**Title: Pfeffernuss
Categories: Diabetic, Cooky/bars, Holiday
Yield: 70 servings**

**2 Eggs
1 c Brown-sugar replacement
1/2 c Granulated fructose
2 ts Fresh lemon juice
2 c All-purpose flour
2 ts Ground cinnamon
1/2 ts Baking soda
1/2 ts Ground cardamom
1/2 ts Ground nutmeg
1/2 ts Ground cloves
1/4 ts Salt
1/4 ts Ground black pepper
1/4 ts Ground blanched almonds
Grated zest of 1 lemon**

Combine eggs, brown-sugar replacement and fructose in a mixing bowl. Beat to blend for 10 full minutes.

Beat in lemon juice.

In a bowl, combine flour, cinnamon, baking soda cardamom, nutmeg, allspice, cloves, salt, and black pepper. Stir to mix. Gradually add flour mixture to egg mixture. Beat well after each addition. Add almonds and lemon zest. Stir to mix. Shape dough into balls, and place them on greased cookie sheets.

Allow the balls to 'ripen overnight at room temperature.

Bake at 350F. degrees for 15 minutes, or until cracks form in the tops.

Move to cooling racks.

Yield: 70 cookies.

Serving size: 1 cookie.

Nutritional information per serving: Carbohydrates ~ 4g; Calories - 21.

Exchanges per serving: 1/3 bread exchange.

Source: Diabetic Cookies; by Mary Jane Finsand.

Formatted by: Nancy Filbert; December, 1995

Title: Pizza Noodle Casserole

Categories: Main dish, Casserole, Pasta, Diabetic

Yield: 6 servings

7 oz (4 cups) uncooked wide

Egg noodles

1/2 lb Lean ground beef

1 c Chopped onions

1/2 c Chopped green bell pepper

2 ts Dried Italian seasoning

1 pk (3 1/2 oz) small pepperoni

Slices, halved

**1 cn (2 1/2 oz) sliced ripe
Olives, drained
1 cn (15 oz) tomato sauce
1 cn (6 oz) tomato paste
8 oz (2 cups) shredded mozzarella
Cheese
1 tb Chopped fresh parsley, if
Desired**

Cook noodles to desire doneness as directed on package, drain. Heat oven to 350F. In large skillet, cook ground beef, onions and bell pepper 7 to 9 minutes or until meat is browned and vegetables are crisp tender; drain. Add noodles, Italian seasoning, pepperoni, olives, tomato sauce and tomato paste; mix well. Fold in 1 cup of the cheese. Pour mixture into ungreased 2-quart baking dish. top with remaining 1 cup cheese. Bake at 350F for 25 to 35 minutes or until thoroughly heated and cheese begins to brown. Sprinkle with parsley.

Nutrition Information: 1 Cup - Calories 430, Protein 27g, Carbohydrate 34g, Dietary Fiber 4g, Fat 22g, Polyunsat. 2g, saturated 9g, cholesterol 81 mg, sodium 1320mg, potassium 830mg.

Dietary Exchanges: 2 starch, 3 medium-fat meat, 1 fat

Taken from Pillsbury Classic Cookbooks June 1994, #160 Enjoy!

**Title: Popcorn Snacks
Categories: Diabetic, Snacks, Popcorn
Yield: 1 servings**

3 c Popped Corn

3 cups = one serving.

For a TV snack, or something to take to the show or the ball game that stays fresh and crisp, try seasoned popcorn.

Pop corn without fat using directions on popper and season to taste with any of the following:

Butter Flavored Salt Taco Seasoning Garlic Salt Onion Salt Parmesan Cheese

Dried Herbs Hickory Flavored Salt (Great outdoors) Seasoned Salt

*** To share with your feathered friends:**

String left-over popcorn and hang outside for a healthy treat for the birds. It's fun to watch them eat! In the bleak winter months the birds would love a bit of bacon fat rubbed on the left-over corn.

**1 serving (3 cups) = 80 cal, 1 bread serving. C = 15 P = 3 F = Trace
Approved by the American Diabetes Assoc.**

Title: Popcorn-Goldfish Snack

Categories: Popcorn, Snacks, Diabetic

Yield: 11 servings

**8 c Popped corn
2 c Cheddar cheese goldfish
1 c Plain bread croutons
1 c Tiny pretzels
2 tb Butter
1 ts Worcestershire sauce
1/2 ts Garlic powder
1/2 ts Onion powder
1/2 ts Chili powder**

Combine first 4 ingredients in bowl. Combine margarine and worchestershire sauce. Drizzle over popcorn.

Combine seasonings and sprinkle over mixture, tossing well. Spread on cookie sheet and bake 350~F for 15 minutes stirring once. Let cool in oven and store in airtight container when cool. Makes 11 cups.

Title: Pork and Pineapple Meatballs

Categories: Diabetic, Main dish, Vegetables, Meat

Yield: 4 Nice folks

- 1 lb Lean ground pork;**
 - 6 Scallions; finely chopped**
 - 1 Red/green/yellow pepper;**
 - seeded finely chopped**
 - may use a comb of 3 peppers**
 - 1 c Whole wheat bread crumbs;**
 - fresh**
 - Salt to taste**
 - Pepper to taste**
 - 2 Eggs**
 - 8 oz Cn pineapple; in natural**
 - juice; drained**
 - 1/4 c All-pupose flour;**
 - 1 tb Water;**
 - 1/4 c Dry bread crumbs;**
-

Title: Potato Supreme

Categories: Vegetables, Diabetic

Yield: 6 servings

- 1 1/4 lb New potatoes**
- 1/2 c Onions, minced**
- 2 tb Unsalted butter**
- 1 Egg, large, well beaten**
- 1/2 c Skim milk**
- 1 ts Salt**
- 1/2 ts White pepper, freshly ground**

In saucepan, cover the potatoes with water and bring to a boil; reduce heat, cover, and cook until potatoes are tender. Meanwhile, saute onions in the butter until golden brown. Drain potatoes and cool slightly with cold water; peel. Rice potatoes through a potato ricer into a large bowl. Stir remaining ingredients and onions into the riced potatoes. Spoon mixture into a well-greased baking dish. Bake at 375F for about 40 minutes or until well browned.

1 serving = 1 bread, 1 fat calories = 116

carbohydrates = 15g FROM: DIABETIC GOURMET COOKING by Mary Jane Finsand,

Sterling Publishing Co., NY Copyright 1986

Title: Powdered Sugar Replacement

Categories: Diabetic, Desserts, Low-cal/fat

Yield: 1 servings

2 c Nonfat dry milk powder

2 c Cornstarch

1 c Granulated sugar replacement

SOURCE: The Diabetic Chocolate Cookbook by Mary Jane Finsand - copyright 1982.

Combine all ingredients in food processor or blender. Whip until well blended and powdered.

Transfer to airtight container. Recipe Yield: 4 cups replacement - for use in making desserts. Diabetic exchange: 1 bread OR 1/2 nonfat milk & 1/2 bread.

Calories for 1/4 c = 81

Title: Prudhomme's Lemon Dill Chicken
Categories: Diabetic, Poultry, Main dish, Low-fat/cal
Yield: 4 Servings

-----SEASONING MIX-----

1 ts Salt;
1 ts Dillweed;
1 ts Dried sweet basil leaves;
1/4 ts Black pepper;
1/4 ts White pepper;

-----MEAT AND VEGETABLES-----

8 Chicken breasts; boneless
- skinless, (2 to 3 oz each)
1 tb Cornstarch PLUS;
2 ts Cornstarch;
1 c Apple juice;
1 1/2 c Defatted chicken stock;
2 c Onions; julienned
1/2 c Fresh lemon juice; in all
2 pk Artificial sweetener;
- (1 gram each), optional

TO SEASON CHICKEN: Combine seasoning mix ingredients in small bowl. Sprinkle all surfaces of chicken evenly with 2 teaspoons seasoning mix. Rub it in well. Dissolve cornstarch in 1/4 cup apple juice. Set aside.

Preheat heavy 10-inch skillet, preferably non-stick, over high heat to 350 degrees for about 4 minutes. Place 4 chicken breasts in skillet. Lower heat to medium. Brown for at least 1 minute per side. Remove chicken. Brown 4 more. Set all the chicken aside.

Return heat to high. Stir in 1/2 cup stock, scraping bottom of skillet to clear it of all browned bits. Add onions and remaining seasoning mix. Stir. Cook for 3 to 4 minutes, or until all liquid evaporates. Stir in 1/4 of lemon juice. Scrape bottom of skillet again to clear it. Cook for 3 to 4 minutes, or until liquid evaporates. Add 1/2 cup apple juice. Clear bottom and side of skillet. Cook for 2 to 3 minutes, or until about half of the liquid evaporates.

Stir in remaining 1 cup of stock, the 1/4 cup lemon juice and the 1/4 cup apple juice. Bring to a boil (will take 2 to 3 minutes), whisk in the cornstarch-apple juice mixture, and return to a boil. Return the chicken to

the skillet, lower the heat to medium, and cook until the chicken is done all the way through, about 4 to 5 minutes. Turn off the heat, remove the chicken, and if desired, whisk in the artificial sweetener.

Makes 4 servings.

From: Fork In The Road by Chef Paul Prudhomme
printed in Rochester, NY Times Union 11/29/93 Posted in COOKING by:
Jean Cody 12/1/93

Title: PUMPKIN CAKE

Categories: Cakes, Diabetic, Holiday

Yield: 24 servings

-----**INGREDIENTS**-----

4 ea Eggs
1/4 c Salad oil
2 c Pumpkin
2 c SugarTwin, Granulated
2 1/2 c Flour
1 1/2 t Soda
3 t Cinnamon
1 t Salt
2 T Baking powder
1 1/2 t Vanilla

-----**LAZY DAISY FROSTING**-----

1/2 c Butter or Margarine, melted
3 T Half-and-half (or milk)
3/4 c Coconut, shredded or grated
(Preferably fresh grated)
1/2 c SugarTwin, brown, granulated
1/3 c Chopped nutmeats

DIRECTIONS FOR CAKE:

Beat eggs until foamy, add oil and pumpkin and mix

well. Sift dry ingredients together and mix with pumpkin mixture. Pour into ungreased tube pan. Bake one hour in 375 F oven or until toothpick inserted in center comes out clean. Cool in pan for one hour.

DIRECTIONS FOR LAZY DAISY FROSTING:
Combine all ingredients. Spread evenly over cake. Broil until frosting becomes bubbly. May be served warm or cold.

IMPORTANT NOTE: SugarTwin is substituted teaspoon for teaspoon for sugar. In using other sugar substitutes, calculate according to the above. The addition of 1 T Sugar to the recipe improves the flavor and adds very few calories per serving.

CALORIES: 196 - 24 servings
Exchanges: 1.2 Bread; 2 Fat
Nutritional Values: 22 g carb; 10 g fat

Nutritional Value and Exchanges: Meal-Mate
1963 recipe - Adapted and formatted for MM by
A.Broaddus

Title: Pumpkin Custard Cups
Categories: Desserts, Diabetic, Holiday
Yield: 4 servings

1 pk SF Orange flavored gelatin
3/4 c Boiling water
1/2 c Part-skim ricotta cheese
1 c Canned pumpkin - NOT PIE
--Filling
1 ts Vanilla extract
1/2 ts Ground cinnamon

SOURCE: More Lean and Luscious - Volume II by Bobbie Hinman & Millie Snyder - copyright 1988.

In a small saucepan, dissolve gelatin in boiling waater.
In a blender container, combine gelatin mixture with remaining ingredients. Blend until smooth.

Divide mixture evenly into 4 individual serving bowls or sherbert glasses.

Chill until firm.

EACH SERVING PROVIDES: 76 carlories, 3 g protein, 3 g fat, 7 g carbohydrate, 102 mg sodium, 10 mg cholesterol.

EXCHANGES per serving: 1/2 protein/meat, 1/2 vegetable and 8 additional carlories.

Title: Pumpkin Mincemeat Pie #2

Categories: Diabetic, Pies, Fruits, Holiday

Yield: 10 slices

- 1 1/2 c Prepared mincemeat - see
-sep. recipe
- 1 9" pie crust
- 1 1/2 c Canned OR cooked pumpkin
- 1/4 c Brown sugar
- 1 ts Ground cinnamon
- 1/2 ts Ground ginger
- 1 c Skim milk
- 2 Eggs

SOURCE: Special Celebrations and Parties Cookbook by Betty Wedman, M.S., R.D., copyright 1989, ISBN #0-13-004219-6. MM format by Ursula R. Taylor.

Spread mincemeat on the bottom of pie crust.

Combine remaining ingredients in a mixing bowl and beat well. Pour pumpkin mixture over mincemeat. Bake in a 450~ oven for 15 minutes. Reduce oven temperature to 325~ and continue baking for 20 to 30 minutes.

NOTE; This recipe contains a moderate amount of

sucrose. This recipe is **FOR OCCASIONAL USE ONLY** and should be carefully worked into the individual meal plan.

Yield: 10 slices.

Food Exchanges per slice: 1 starch/bread + 1 fruit + 1 fat.

Nutritional information per slice: 212 calories, 5 g protein, 28 g carbohydrate, 7 g fat, 116 mg sodium, 259 mg potassium and 61 mg cholesterol.

Title: Pumpkin Muffins #2

Categories: Ww, Muffins, Diabetic

Yield: 2 servings

--Kathleen Kincaid NRRN96A

1 c Pumpkin

1 ts Cinnamon

2 ea Eggs - or use egg substitute

1 ts Vanilla

6 tb Flour

1 ts Baking powder

4 tb Raisins

1/2 c Carrots, grated

2/3 c Powdered milk

10 pk Sweet & Low

2 ts Pumpkin pie spice

Mix all ingredients. Spray muffin tin with Pam.

Divide equally. Bake at 350~ F. for 25 minutes.

Makes 12 muffins.

READ this part carefully: Each serving - of six (6) muffins, YES 6 MUFFINS, equals the following Weight Watchers Exchnge: 1 Bread, 1 Fruit, 1

Milk, 1 Protein and 1 1/2 Vegetables. This is a no fat recipe! You may substitute Egg Beaters for the eggs and Equal for the Sweet and Low. These freeze well.

Title: Pumpkin Pie #1 - Diet
Categories: Pies, Diabetic, Desserts, Bisquick
Yield: 8 servings

1 ea 16 oz. can solid-pack
-pumokin - NOT PUMPKIN PIE
-FILLING
1 ea 13 oz. can evaporated skim
-milk
1 ea Egg or egg substitute equal
-to one egg
2 ea Egg whites
1/2 c Biscuit mix - Bisquick now
-makes low-fat version
2 tb Sugar
8 pk Sugar substitute
2 ts Pumpkin pie spice
2 ts Vanilla extract

This was originally posted on *P by Lavena George ID #RMVF59B.
Heat oven to 350 degrees F. Lightly grease a 9 inch pie plate - or spray with Pam. Place all ingredients in blender, food processor, or large mixing bowl.
Blend 1 minute or beat 2 minutes with mixer. Pour into pie pan and bake for 50 minutes or until center is puffed up.
Yield: 8 servings.
Exchanges = 1 1/2 bread.

Title: Pumpkin Pie #5 - Pat Daley
Categories: Pies, Desserts, Diabetic
Yield: 8 servings

1 Unbaked pie shell
3 c Cooked pumpkin
3/4 c Brown sugar substitute
Egg beaters equal to 4 eggs
1 cn Evaporated skimmed milk
1/2 ts Ginger
1 ts Nutmeg
1/2 ts Pumpkin pie spice

SOURCE; Posted on *P by Patricia Daley - ID#HWPS68A. MM format by Ursula R. Taylor.

Mix up all ingredients well. Pour into unbaked pie shell.

Bake at 350~ for about 1 1/4 hours or until set.

Sorry folks no nutritional info available and I had to guess at number of servings - since Pat gave none.

U.Taylor.

Title: Pumpkin Raisin Bran Muffins - Tmpj72b
Categories: Diabetic, Desserts, Muffins
Yield: 6 servings

3/4 c Whole wheat flour
1/2 ts Baking soda

1 ts Baking powder
1 ts Cinnamon
1 ts Ginger
1 ts Cloves
1 ts Nutmeg
1 1/2 oz Bran cereal flakes, crushed
1 ea Egg or egg substitute = to
2 tb Apple sauce or vegetable oil
1 ts Vanilla
1 cn Pumpkin - 1 lb - NOT PIE
-FILLING
1/4 c Sugar or sweetener equal to
-12 tsp. sugar
1/4 c + 2 tb raisins

SOURCE: Posted on *P by Christine Walsh - ID# XBGF46B - no other source was given other than the ID # in the title.

Preheat oven to 375 degrees F. In large bowl, combine flour, baking soda, baking powder, and spices.

Stir in cereal. In a medium bowl, combine remaining ingredients - EXCEPT RAISINS. Beat with fork or whisk until well blended. Add wet mixture and raisins to dry ingredients, stirring until all ingredients are moistened.

Divide batter evenly among 6 nonstick muffin cups or ones that have been sprayed with nonstick cooking spray. Bake 20 minutes, until a toothpick inserted in the center comes out clean.

Remove to a rack to cool.

Each serving = 6 grams fat, 221 mg sodium, 46 mg cholesterol, and 204 calories. Weight Watcher's exchanges: 1 bread, 1/3 vegetable, 1 fat, 1/2 fruit and 8 additional calories.

Title: Pumpkin Soup #2
Categories: Soups/stews, Vegetables, Diabetic
Yield: 12 servings

---RoseRay dsjn00a---

2 cn Pumpkin; 16 oz cans
1/4 ts Allspice
1/2 ts Ground nutmeg
1/2 ts Cinnamon
10 c Chicken broth
2 tb Butter or margarine
1 c Yellow onions; chopped
1 c Leeks; cleaned, sliced
Salt and white pepper - to
-taste
---GARNISH---
Sour cream - use low-fat
Nutmeg
Chives

SOURCE: The Peach Tree Tea Room, Fredericksburg, Texas

In a large stock pot, combine pumpkin, allspice, nutmeg, cinnamon and broth. Bring to a boil, reduce heat and simmer, covered, for 30 minutes. In a separate saucepan, melt the butter or margarine over medium heat. Saute the onion and leeks until golden, about 6-8 minutes. Stir into the pumpkin mixture and heat for several minutes, stirring constantly. Taste for salt and white pepper. Serve very hot with a dollop of sour cream on top and a pinch of nutmeg and chopped green onion tops.

NOTE: This soup should be a little spicy. If the soup is too thick, thin it with additional broth.

Title: Pumpkin Tea Ring - Diet
Categories: Breads, Diabetic
Yield: 25 servings

1 tb Active dry yeast
1/4 c Lukewarm water (105 to 110~)
1 c Milk
1/4 c Vegetable oil
2 tb Sugar
1/2 ts Salt
5 c Whole wheat flour (5 1/2 c)
16 oz Canned pumpkin
1 ts Cinnamon
1/2 ts Nutmeg
1/4 ts Cloves
1/2 c Dark raisins or currents
2 tb Margarine
2 tb Honey

Servings: 25

Soften yeast in the water. Combine the milk, oil, sugar, and salt in a large bowl with 2 cups of the flour. Add the yeast mixture, pumpkin, cinnamon, nutmeg, cloves, and raisins. Mix well. Stir in 3 more cups of flour. Beat. Transfer to an oiled bowl, cover with damp towel, and let raise in a warm place until doubled in bulk (about 1 hour.)Punch down dough and turn onto a lightly floured surface and knead in the remaining flour to make a smooth elastic dough, about 5 minutes. Melt the margarine and honey together in a saucepan. Break off 2-inch pieces of the dough and shape into balls. Dip them into the honey mixture.

Place in an oiled 10-ince tube pan. Cover and let raise until doubled (about 1 hour.) Bake in a 350 F oven for 50 to 60 minutes. Cool 10 min before removing from the pan. Serve warm.

1 serving = 1 bread + 1 fat + 1 fruit exchange. = 144 cal, 25 CHO, 4 PRO, 4 Fat, 17 Na, 187 K, 0 Cholest

From the ADA Holiday Cookbook by Dr. Betty Wedman.

Posted by PHILLIP BOWER, Prodigy ID# FHMN87A.

Title: Pumpkin-Raisin Muffins - Diet
Categories: Diabetic, Muffins
Yield: 12 servings

1 1/4 c Whole wheat flour
1/2 c Wheat germ
2 ts Baking soda
3/4 ts Cinnamon
2 lg Egg whites
1/2 c Canned pumpkin - NOT PIE MIX
1 ts Vanilla
3/4 c Frozen unsweetened apple
-juice concentrate--thawed
1/4 c Raisins

This recipe was posted on *P by Laurie Nelson - MDTD80B and she got it from a cookbook called DESSERTS TO LOWER YOUR FAT THERMOSTAT by Barbara W.

Higa, R.D., published by Vitality House International, Inc.

Combine all dry ingredients. Combine egg whites, pumpkin, vanilla and apple juice concentrate. Add to dry ingredients until just moistened. Fold in raisins.

Spray muffin tin with nonstick vegetable coating.

Bake at 375 for 15 to 20 minutes. YIELDS: 12 muffins or 36 mini-muffins. If you make mini-muffins bake for about 12 minutes. Nutritional Info - per muffin or 3 mini muffins: Cal 103, % Fat: 7, Pro: 4, Fat: Tr, COH: 22, Na: 151 mg. Exchanges per muffin or 3 mini-muffins = 1/2 fruit and 1 bread and NO FAT.

Title: Quick and Tasty Chicken Soup

Categories: Diabetic, Soup, Main dish, Poultry, Crockpot

Yield: 4 Cups

1 1/2 c Chicken; cooked diced.

1 1/2 c Chicken broth;

1 c Water

2 tb Onion; chopped fine

1/4 c Celery; diced fine

1/2 ts Thyme;

1/2 tb Arrowroot;

1 tb Water;

Simmer first seven ingredients for about 10 minutes. Make paste of arrowroot and 1 tb water, add to soup. Cook until clear and smooth (takes just a few seconds.

**Food Exchange per serving: 2 3/4 LEAN MEAT EXCHANGES CAL: 185
THAT'S ALL!!**

Source: Recipes for Diabetics by Billie Little (2 almost 2 1/2 years ago I was diagnosis as Diabetic, this was one of the first of servral books I prechased, then I found a EARLY version at the thrift store. Both are so different.)

Brought to you and yours via Nancy O'brion and her Meal-Master

Title: Quick Beef Soup

Categories: Diabetic, Soup, Meat, Vegetables

Yield: 8 Sweet ones

**1/2 c Lean ground meat;
8 oz (2 cans) tomato sauce;
2 c Carrots; sliced
1/4 c Onion; chopped
2 1/2 oz (1 Jar) mushrooms; sliced
2 c Water**

Cook ground chuck in a large nonstick over medium heat until browned, stirring to crumble. Drain and pat dry with a paper towels. Wipe pan drippings from skillet with a paper towel. Return ground chuck to skillet, and add tomato sauce, sliced carrots, chopped onion and undrained sliced mushrooms. Stir in water. Cover and bring to boil. Reduce heat, and simmer 30 to 35 minutes or until carrots are tender, stirring occasionally. Serve hot. Food Exchange per serving: 1 LOW-FAT MEAT EXCHANGE + 1/2 STRACH EXCHANGE; CAL: 89; CAR: 8gm; PRO: 8gm; FAT: 3gm; SOD: 323gm; CHO: 20mg;

Source: All New Cookbook for Diabetics and Their Families. Brought to you and yours via Nancy O'Brion and Meal-Master.

**Title: Quick Chocolate Cheesecake
Categories: Diabetic, Chocolate, Dairy, Cheesecake
Yield: 8 servings**

****CRUST AND TOPPING****

**1/4 c Margarine
32 Graham crackers, crumbed**

****FILLING****

**1 1/4 c Skim milk
1 pk Low-cal chocolate pudding**

-mix (recipe didn't say but
-I'd use the SF type)
1 c Cottage cheese - low-cal
1 c Nondairy whipped topping

SOURCE: The Diabetic Chocolate Cookbook by Mary Jane Finsand -
copyright 1984.

Melt the margarine and mix with graham cracker crumbs; reserve 1/4 cup
for the topping. Press remaining crumbs into the base of an 8 inch flan
ring set on a serving plate. Refrigerate to firm.

For the filling, combine skim milk and chocolate pudding mix in saucepan.
Cook and stir over medium heat until mixture is thick. Remove from heat.
Turn cottage cheese into blender or food processor and blend to thoroughly
cream. Stir into pudding. Cool slightly. Fold nondairy whipped topping
into pudding. Spoon mixture over crumb crust. Chill until firm. Remove the
flan ring and decorate with reserved graham cracker crumbs.

YIELD: 8 servings

EXCHANGE, 1 serving: 2 bread, 1/2 high-fat meat and 1 fat.

CALORIES, 1 serving: 237

PERSONAL NOTE from Ursula Taylor - if you don't want a chocolate
cheesecake - I see no reason why you can't substitute another flavor of SF
pudding mix.

Title: Raisin Bread
Categories: Breads, Breakfast, Diabetic
Yield: 14 servings

1 pk Dry yeast
1/4 c Warm water
3/4 c Milk (scalded and cooled)
2 tb Sugar replacement
1 ts Salt

Egg
2 tb Margarine (softened)
3 3/4 c Flour
1 c Raisins

Soften yeast in warm water; allow to rest for 5 minutes. Combine milk, sugar replacement, salt, egg, and margarine; mix thoroughly. Stir in yeast mixture.

Add 1 cup of the flour. Beat until smooth. Mix in raisins. Blend in remaining flour. Knead for 5 minutes.

Cover; allow to rise for 2 hours. Punch down; form into loaf. Place in greased 9 x 5 inch loaf pan; cover. Allow to rise for 1 hour. Bake at 400F for 30 minutes, or until loaf sounds hollow and is golden brown.

Remove to rack.

1 slice = 1 bread Calories 1 slice: 68

Title: RASPBERRY-ALMOND BARS

Categories: Desserts, Diabetic, Holiday

Yield: 24 servings

2 c All-purpose flour
3 1/2 t Equal Measure
Or
12 pk Equal sweetener
1/8 t Salt
8 T Cold Margarine, cut into
Pieces
1 lg Egg
1 T Skim milk or water
2 t Grated lemon rind

**2/3 c Seedless raspberry
Spreadable fruit
1 t Cornstarch
1/2 c Chopped toasted almonds,
Walnuts or pecans**

DIRECTIONS:

Combine flour, Equal Measure, and salt in medium bowl, cut in margarine with pastry blender until mixture resembles coarse crumbs. Mix in egg, milk and lemon rind (mixture will be crumbly). Press mixture evenly in bottom of greased baking dish, 11x7. Bake in 400 F oven until edges of crust are browned, about 15 minutes. Cool on wire rack.

Mix spreadable fruit and cornstarch in small saucepan, heat to boiling. Boil until thickened, stirring constantly, 1 minute. Cool until warm. Spread mixture evenly over cooled crust; sprinkle with almonds. Bake in preheated 400 F oven until spreadable fruit is thick and bubbly, about 15 minutes. Cool on wire rack; cut into squares. Makes 24 squares.

Nutrition information per serving.

**Calories: 116 Diabetic Food Exchanges: 1
Bread, 1 Fat 2 g Prot; 15 g carb; 6 g fat; 9 mg Chol;
59 mg sodium**

**All Things Equal Newsletter, formatted for MM by
A.Broaddus, 1995**

**Title: REFRIGERATOR CORN RELISH
Categories: Holiday, Relishes, Vegetarian, Diabetic
Yield: 20 servings**

-----**INGREDIENTS**-----

2 c Corn, Fresh, cut (4 ears)
OR
10 oz Corn, frozen, whole kernel
1 T Cornstarch
1/2 c Vinegar
1/3 c Cold water
1/4 c Chopped onion
1/4 c Chopped celery
1/4 c Sweet pepper, green and red
Chopped
2 T Pimiento, Chopped
1 t Turmeric, ground
1/2 t Salt
1/2 t Dry mustard
1 3/4 t Equal Measure
OR
6 pk Equal Sweetener

DIRECTIONS:

Cook corn in boiling water for 5 to 7 minutes or until crisp tender; drain and set aside. In a saucepan combine cornstarch, vinegar and water. Stir in the corn, onion, celery, chopped pepper, pimiento, turmeric, salt and mustard. Cook and stir until thickened and bubbly. Cook and stir for 2 minutes more. Remove from heat. Stir in Equal Measure. Cool. Cover and store in the refrigerator for up to 4 weeks. Serve with beef, pork or poultry. Makes 2-1/4 C (20 two-tablespoon servings).

Nutrition Information per serving:

Calories: 22 Exchanges: 1/2 bread
Values: 1 g Prot, 5 g carb, 0 Fat, 0 chol, 57 mg sodium

Title: Reuben Burgers

Categories: Diabetic, Main dish, Meats

Yield: 4 servings

**1 lb Extra-lean ground beef;
1 sm Onion; minced
1/2 ts Ground pepper; freshly
4 tb To 8 tb sauerkraut; drained
4 sl Low-fat Swiss cheese;
4 sl Rye bread;
4 tb Russian Dressing;**

Mix beef, onion, and ground pepper together and form 4 patties of equal size about 3/4" thick. Grill or broil, 4" from source of heat, for 3 minutes on each side for medium-rare. Place 1 to 2 tb on the center of each patty and top with one 1 oz slice of low-fat Swiss cheese. Grill for 1 to 2 minutes, until the cheese melts. Serve each patty open-face on a slice of toasted or grilled light rye bread. Top with each serving with 1 tb Russian Dressing.

Joslin Exchange per serving: 3 MEDIUM-FAT EXCHANGES + 1 BREAD/STARCH EXCHANGE

**CAL: 348; PRO: 28g; CAR: 18g;(CALORIES FROM FAT, 46%); FIB: 1g CHO: 72mg;
SODIUM: 460mg* POTASSIUM: 387mg;**

Source: Joslin Diabetes Gourmet Cookbook

Brought to you and yours via Nancy O'Brion and her Meal-Master

***Not recommended for low-sodium diets unless raw shredded cabbage is substituted for the sauerkraut.**

Title: Rice And Lentils

Categories: Vegetables, Diabetic, Rice

Yield: 4 servings

**1 md Onion, chopped
2 cl Garlic, minced
2 tb Vegetable Oil
1 ts Ground Turmeric
1/2 ts Paprika
1/4 ts Ground Cloves
1/4 ts Ground Cinnamon
1/4 ts Ground Coriander
1/4 ts Ground Black Pepper
1/4 ts Salt
1 c Brown Rice, uncooked
1 c Dried Lentils, sorted and
-washed
4 c Water**

Saute the onion and garlic in the oil in a large saucepan. Add the spices and cook over low heat for 4 minutes. Add the rice and lentils and stir to mix well. Pour in the water. Bring to a boil, turn the heat o low and cook for 45 to 50 minutes, or until the rice and lentils are tender.

One Serving = Calories: 232 Carbohydrates: 34 Protein: 10 Fat: 8 Sodium: 262 Potassium: 325 Cholesterol: 0

Exchange Value: 2 Bread Exchanges + 1 Lean Meat Exchange + 1 Fat Exchange

Source: Holiday Cookbook, American Diabetes Association, ISBN 0-13-024894-0, by Betty Wedman, M.S.,R.D.

Shared by: Norman R. Brown

Title: RUBY FRUIT COMPOTE
Categories: Diabetic, Desserts, Fruits, Holiday
Yield: 6 servings

-----**INGREDIENTS**-----

**1 cn Cherries, water-pack, tart
Red, 1 lb.**
1/2 c SugarTwin
1 T Cornstarch
1/4 t Salt
1 T Lemon juice
4 dr Red food coloring
1 t Angostura bitters
1 t Almond flavoring
1 pt Strawberries, fresh, whole,
OR
2 c Strawberries, frozen,
Without sugar

DIRECTIONS:

Drain cherries, reserving liquid. Add water to cherry juice to make 1-1/2 Cups. Blend sweetener, cornstarch, salt and cherry juice mixture. Cook, stirring until thickened and bubbly. Add lemon juice, food coloring, flavoring and fruits. Chill. Serves 6.

If desired, top with 1 T fat-free sour cream or vanilla yogurt.

Exchanges: 2/3 C = 1 Fruit

**1963 Amarillo Diabetes Lay Society Newsletter,
formatted for MM by A.Broaddus, 1995**

----- **Recipe via Meal-Master (tm) v8.05**

Title: Saffron Buttered Popcorn
Categories: Snacks, Popcorn, Diabetic
Yield: 6 servings

1/4 c Corn oil
3/4 c Popping corn
Salt

1/4 ts Saffron threads; finely chop
3 tb Butter; melted

In a large heavy pot, heat corn oil over high heat until the oil smokes. Add 1 kernel popping corn and heat until kernel pops. Add rest of popping corn, cover pot, and shake gently until corn starts to pop.

Shake vigorously until popping subsides. Remove from heat. Heat melted butter with saffron threads for 1 minute. Toss popcorn with salt and butter/saffron.

Title: Sage Pot Roast

Categories: Diabetic, Meat, Main dish, Crockpot

Yield: 12 Servings

**1 Lean boneless beef chuck
(5 lb) roast**
1 tb Cooking oil
1 1/2 ts Rubbed dried sage
1/2 ts Salt substitute
1/4 ts Pepper
1 c Low sodium beef broth
6 Red potatoes, cut in half
4 Carrots, cut into 2" pieces
2 Onions, quartered
5 ts Cornstarch
1/4 c Water

In a Dutch oven, brown roast on both sides in oil. Season with sage, salt and pepper. Add beef broth. Cover and bake at 325 degrees f for 2 1/2 hours. Add potatoes, carrots and onions. Cover and bake 1 hour longer or

until meat is tender and vegetables are cooked. Remove roast and vegetables to a serving platter and keep warm. Combine cornstarch and water; stir into pan juices. Cook until thickened and bubbly.

DIABETIC EXCHANGE: One serving equals 3 lean meat, 1 starch, 1 vegetable; also 301 calories, 59mg sodium, 82mg cholesterol, 16gm carbohydrate, 27 gm protein, 14 gm fat.

Title: SALAD DRESSING - FREE
Categories: Low-cal, Diabetic
Yield: 8 servings

-----**INGREDIENTS**-----

1/2 c Water
1/2 c White vinegar
1/2 t Salt (optional)
1/2 t Dry mustard
1/8 t Pepper
1/16 t Paprika
Artificial sweetener to
Equal 4 teaspoons sugar

DIRECTIONS: Combine all ingredients in a pint jar and cover tightly. Shake vigorously and store in refrigerator.
Shake before using.

NUTRITIVE VALUES: (Per Serving) NO CHO, PRO, FAT, or Calories in entire recipe.

SODIUM VALUE: Content of 2 T is 133 mg. For Low Sodium Diets, omit salt.

VARIATION: POPPY SEED DRESSING: Follow recipe for Free Salad Dressing, but use cider vinegar in place of white vinegar, omit paprika, and add 1 T poppy seeds. Delicious over fruit salads.

From Files of A.BROADDUS [Alice in Houston] 1960 Recipe

Title: Salmon Dip
Categories: Appetizers, Diabetic, Fish
Yield: 16 servings

1 cn (7 3/4 oz) salmon
2 tb Minced green onions
1/4 c Plain lowfat yogurt
1/4 c Mayonnaise or salad dress.
1/2 ts Ground ginger
2 tb Toasted sesame seeds

Drain and flake the salmon. Combine all the ingredients in a bowl. Cover and refrigerate at least 1 hour. Serve with raw vegetable dippers, such as: zucchini, carrots, pea pods, cherry tomatoes, cauliflowerrets, broccoli florets, etc.

PER SERVING: 1 Tablespoon = calories - 17, carbohydrates - 0, protein ~ 0, fat - 1.5 g., sodium - 106 mg., potassium - 16 mg., cholesterol - 1 g.
EXCHANGES = 1 T free, 3 T - 1 fat

FROM: American Diabetes Association Holiday Cookbook by Betty Wedman, M.S., R.D. copyright 1986.
Formatted to MM by Trish McKenna

Title: SALMON STIR FRY

Categories: Diabetic, Main dish, Lunch, Diet, Grains

Yield: 4 servings

1 cn Salmon; 16 oz.

5 c Vegetables

Mushrooms

Celery

Peppers

Carrots

Onions

1 cl Garlic

Water

1 ts Cornstarch

Cooked brown rice

Spray skillet or wok with nonstick cooking spray.

Drain salmon and reserve liquid. Break salmon into chunks. Stir-fry vegetables and garlic 1 minute. Add water to reserved salmon liquid to measure 1/2 cup liquid. Blend in cornstarch. Stir mixture into vegetables and cook until slightly thickened, gently stir in salmon. Heat and serve over rice. NOTE: If canned mushrooms are used add a little more liquid for more sauce. PER SERVING WITH 1/2 CUP RICE: 278 calories, 20 g protein, 35.7 g carbohydrate, 4.3 g fat,

289 mg sodium, 3.6 g fiber. Preparation time: 15 minutes Servings: 4

This recipe came from HEALTHY COOKING ON THE RUN Cookbook.

Title: Sauteed Salmon Spinach Salad

Categories: Diabetic, Meat/fish, Salads

Yield: 4 servings

4 Salmon fillets, 1/4#;

-skinless
2 tb Olive oil
1/2 lb Spinach; thoroughly cleaned
1/4 ts Salt
1/8 ts Black pepper; freshly ground
1/2 c Onion; chopped
3 Tomatoes; peeled, seeded, to
1/2" dice
1 tb Parsley, flat leaf; chopped
-coarsely

Arrange the salmon on a plate. In a skillet, heat 1 tablespoon of olive oil. When hot saute the spinach over medium heat for 1 1/2 minutes. Mix in the salt and pepper and divide the spinach among for plates.

Heat the remaining tablespoon of olive oil in the skillet. Saute the onion and tomatoes over medium heat until the onion is tender, about 5 minutes. Push to one side and add the salmon. SAute over medium heat until cooked through, about 5-6 minutes. Arrange teh salmon on the spinach and top with tomato and onions.

serving: 187 cal 22g prot, 4g carbohydrate, 9g fat, 181mg sodium 3 low fat protein + 1 vegetable + 1 fat 43% calories from fat

From Quick and Easy Diabetic Meals

Title: Savannah Peach Cheesecake
Categories: Cheesecake, Diabetic, Low-cal/fat, Fruits
Yield: 8 servings

-----JACK WENTZEL FDGG51B-----

-----CRUST-----

1 c Graham craker crumbs
3 tb Margarine
2 tb Sugar or 3 sugar substitute
-packets

-----FILLING-----

1 Envelope unflavored gelatin
1/2 c Cold water
8 oz Light cream cheese
3 tb Sugar or 4 sugar substitute
-packets
1/8 ts Ground ginger
1/2 c Skim milk
16 oz Peach lowfat yogurt **

-----TOPPING-----

2 Fresh peaches, pitted,
-peeled, & sliced
1 tb Lemon juice
**PERSONAL NOTE from Ursula
-Taylor - for diabetic use -
-be sure to use the SF type
-yogurt....

CRUST: Stir together crumbs, margarine and 2 T sugar in small bowl; press onto bottom of 9-inch springform pan. Chill. **FILLING:** Soften gelatin in water in small saucepan; stir over low heat until dissolved. Blend cream cheese product, 3 T sugar and ginger in large mixing bowl at medium speed until well blended (electric mixer). Gradually add gelatin and milk; mix well. Chill until mixture is thickened but not set.

Fold in yogurt; pour over crust. Chill until firm.

About 6 hours. Carefully remove rim of pan just before serving. Toss together peach slices and lemon juice, drain. Arrange peaches on top of cheesecake.

Serves 8 - ha ha Only takes 1/2 hour to make.

----- Recipe via Meal-Master (tm) v8.05

Title: Savory Snack Mix
Categories: Snacks, Grains, Popcorn, Diabetic
Yield: 12 cups

-----PATTI - VDRJ67A-----

8 c Popped popcorn
2 c Salted fish shaped crackers
2 c Whole almonds
2 c Thin pretzel sticks
1/3 c Margarine or butter; melted
1/4 c Parmesan cheese
1/2 ts Garlic salt
1/4 ts Onion powder

Heat oven to 325~. Mix popcorn, crackers, almonds and pretzels in a large bowl. Mix remaining ingredients.

Pour over popcorn mix. Toss to evenly coat. Spread in ungreased 13x9" pan. Bake 15 minutes; stir. Bake 15 minutes longer. Remove from oven; cool. Store in airtight container. Makes 12 cups snack.

Title: Scalloped Turkey & Cauliflower

Categories: Poultry, Main dish, Diabetic, Low-fat/cal

Yield: 4 Servings

2 c Cauliflower florets
1 1/2 c Turkey stock
2 ts Wholewh. or all-purp. flour
1 ts Parsley flakes
2 ts Onion flakes
1 ts Salt
1/4 ts Black pepper
1/2 lb Turkey breast, cooked

Cook cauliflower in boiling, salted water for 6 min or until almost tender. Drain.

Combine stock, flour and seasonings in a small saucepan. Cook and stir until mixture is slightly thickened.

Place turkey breast in a greased baking pan. Arrange cauliflower around turkey breast. Pour sauce over turkey and cauliflower. Bake in 350 F oven 20-25 min or until heated through.

4 servings, each 112 calories 1 med-fat meat, 1 vegetable exchange

Source: Diabetic High Fiber Cookbook by Mary Jane Finsand c. 1985 Shared but not tested by Elizabeth Rodier Oct 93

Title: Seared Chicken Breast with Cilantro Yogurt Sa

Categories: Poultry, Low-fat, Diabetic

Yield: 6 servings

1/2 ts Cayenne pepper

1/2 ts Salt

3 ts Chili powder

2 ts Paprika

**6 Boneless, skinless half
-chicken breasts, pounded**

2 tb Olive oil

******* YOGURT SAUCE *******

1 c Low or nonfat plain yogurt

1 tb Honey

1 ts Chili powder

1 ts Paprika

1/4 ts Cayenne pepper

2 tb Chopped fresh cilantro OR

1 ts Dried cilantro

Combine spices for chicken; pat onto both sides of pounded chicken breasts. Heat oil over medium-hot heat in large saute' pan; saute' both sides of chicken and cook until done. Remove to warm platter and serve with yogurt sauce.

Combine all yogurt sauce ingredients and warm slightly or serve at room temperature.

Makes six servings.

Nutritional information per serving: calories - 222 (32 percent of calories from fat), protein - 29.2 gms., fat - 8 gms., carbohydrates - 7.3 gms., cholesterol - 74 mg., dietary fiber - 0.7 gms., sodium - 301 mg.

FROM: The California Milk Advisory Board, printed in the March 31, 1993, issue of the Santa Rosa Press Democrat. Formatted to MM by Trish McKenna.

Title: Seasoned Popcorns
Categories: Popcorn, Diabetic
Yield: 1 snack

1 qt Air-popped popcorn
Butter-flavored cooking
-spray

-----**ASIAN POPCORN**-----

2 ts Low-sodium soy sauce
1/2 ts Garlic powder
1/8 ts Onion powder
1/4 ts Ground ginger

-----**ITALIAN POPCORN**-----

1 ts Dried Italian seasoning
1/8 ts Cayenne pepper or to taste
1 tb Finely grated Parmesean
-cheese

-----**NACHO CHEESE**-----

1/2 ts Ground cumin
1/2 ts Garlic powder
1/2 ts Onion powder
1/2 ts Worcestershire sauce
1/8 ts Tabasco sauce or to taste

SOURCE: The Joslin Diabetes Gourmet Cookbook by Bonnie Sanders Polin, Ph.D., and Frances Towner Giedt, copyright 1993, ISBN #0-553-08760-6. Formatted into MM by Ursula R. Taylor.

Preheat oven to 300~F (150~C). Place popcorn on a nonstick cookie sheet. Spray lightly with cooking spray and toss with a combination of the seasonings for the flavor you've chosen. Bake for 10 minutes, tossing once. Serve warm.

Makes 1 snack.

ASIAN POPCORN - per serving - calories - 114, protein - 5 g, carbohydrate - 23 g, fat - trace, calories from fat - less than 1%, dietary fiber - 1 g, cholesterol - 0 mg, sodium - 371 mg, potassium - 24 mg, JOSLIN Exchanges - 1 1/2 bread/starch.

ITALIAN POPCORN - per serving - calories - 134, protein - 7 g, carbohydrate - 21 g, fat 2 g, calories from fat - 12%, dietary fiber 1 g, cholesterol - 5 mg, sodium - 117 mg, potassium - 36 mg, JOSLIN Exchanges = 1 1/2 bread/starch.

NACHO POPCORN - per serving - calories - 111, protein - 4 g, carbohydrate - 22 g, fat - trace, calories from fat - less than 1%, dietary fiber - 1 g, cholesterol - 0 mg, sodium - 29 mg, potassium 51 mg, JOSLIN Exchanges - 1 1/2 bread/starch.

Title: Semisweet Dipping Chocolate
Categories: Chocolate, Candies, Diabetic
Yield: 1 batch

1 c Nonfat dry milk powder
1/3 c Cocoa
2 tb Paraffin wax
1/2 c Water
1 tb Vegetable oil
1 tb Liquid sugar replacement

SOURCE: The Diabetic Chocolate Cookbook by Mary Jane Finsand - copyright 1982.

Combine milk powder, cocoa and wax in food processor or blender; blend to the consistency of soft powder.

Pour into top of double boiler and add water, stirring to blend. Add liquid shortening. Place over hot - NOT BOILING - water, and cook and stir until wax pieces are completely dissolved and mixture thick, smooth and creamy. Remove from heat. Stir in sugar replacement and cool slightly. Dip candies according to recipe directions. Shake off excess chocolate.

Place on very lightly greased waxed paper and allow to cool completely. If candies do not remove easily, slightly warm the waxed paper over electric burner or with clothes iron. Store in a cool place.

Yield: 1 cup

EXCHANGE full recipe: 3 low-fat milk

Calories, full recipe: 427

Title: Sensational Double Layer Sf Pumpkin Pie

Categories: Pies, Desserts, Diabetic

Yield: 8 servings

**4 oz Neufchatel lite cream cheese
12 oz Can Evaporated Skim Milk
1 tb Sugar (or substitute)
1 1/2 c Thawed Cool Whip Lite**
Graham Cracker Crust
2 pk Sugar-free Vanilla pudding *
1 cn (16 oz) pumpkin
1/2 ts Ground cinnamon
1/4 ts Ground ginger**

****PERSONAL NOTE from Ursula**

-Taylor - or make your own

-SF topping

*** Use 2, 4 serving size, packages of sugar-free instant vanilla pudding and pie mix.**

Helpful Hint: Soften cream cheese in microwave on HIGH 15 to 20 seconds.

Mix cream cheese, 1 Tablespoon evaporated skim milk and sugar (or sugar substitute) in a large bowl with wire whisk until smooth. Gently stir in Lite Whipped Topping. Spread on bottom of prepared graham cracker crust.

Pour remaining milk into bowl. Add sugar-free pudding mix. Beat with wire whisk until well blended, 1 to 2 minutes. Mixture will be thick.

Stir in pumpkin and spices with wire whisk; mix well. Spread over cream cheese layer. Refrigerate at least 3 hours or overnight. Garnish with additional whipped topping and nuts if desired. Makes 8 servings.

NO nutritional information available.

FROM: The makers of Jell-O, Keebler, and Cool Whip.

Title: Sensational Double Layer Sugar-Free Pumpkin P

Categories: Pies, Desserts, Diabetic

Yield: 8 servings

4 oz Neufchatel lite cream cheese

12 oz Can Evaporated Skim Milk

1 tb Sugar (or substitute)

1 1/2 c Thawed Cool Whip Lite

Graham Cracker Crust

2 pk Sugar-free Vanilla pudding *

1 cn (16 oz) pumpkin

1/2 ts Ground cinnamon

1/4 ts Ground ginger

*** Use 2, 4 serving size, packages of sugar-free instant vanilla pudding and pie mix.**

Helpful Hint: Soften cream cheese in microwave on HIGH 15 to 20 seconds.

Mix cream cheese, 1 Tablespoon evaporated skim milk and sugar (or sugar substitute) in a large bowl with wire whisk until smooth. Gently stir in Lite Whipped Topping. Spread on bottom of prepared graham cracker crust.

Pour remaining milk into bowl. Add sugar-free pudding mix. Beat with wire whisk until well blended, 1 to 2 minutes. (Mixture will be thick.)

Stir in pumpkin and spices with wire whisk; mix well. Spread over cream cheese layer. Refrigerate at least 3 hours or overnight. Garnish with additional whipped topping and nuts if desired. Makes 8 servings.

NO nutritional information available.

FROM: The makers of Jell-o, Keebler, and Cool Whip. Formatted to MM by Trish McKenna.

Title: Shepherd's Turkey Pie

Categories: Meat, Main dish, Vegetables, Diabetic

Yield: 6 Servings

2 Onions; sliced

2 tb Vegetable oil;

**4 c Turkey / chicken;
-cooked chopped**

1/4 c Whole wheat flour;

2 c Chicken stock or broth;
2 c Carrots; sliced, steamed
2 c Tomato/canned peeled diced;
1/2 ts Dried thyme;
1/2 ts Dried rosemary;
6 Potatoes; cooked, mashed

In a large saucepan, saute the onions in the oil for 5 minutes. Add the turkey (or chicken). Sprinkle in the flour, stir to blend. Add the chicken stock, carrots, tomatoes, thyme, and rosemary.

Cook over medium heat until thickened. Pour into a lightly oiled 3-quart casserole. Spread the potatoes over the top. Bake in a 375 F oven for 20 to 30 minutes, or until browned.

1/6 recipe - 371 calories, 4 lean meat, 2 bread, 1 vegetable exchange 38 grams carbohydrate, 33 grams protein, 10 grams fat 81 mg sodium, 1133 mg potassium, 71 mg cholesterol

Source: Am. Diabetes Assoc. Holiday Cookbook, by Betty Wedman 1986 Shared but not tested by Elizabeth Rodier, Nov 93 From the files of Al Rice, North PoleAlaska, Feb 1994

Title: SHORTBREAD WEDGES
Categories: Diabetic, Holiday, Desserts
Yield: 12 servings

-----INGREDIENTS-----

1 c All-purpose flour
3 1/2 t Equal*Measure
OR
12 ea Packets Equal* Sweetener
1 T Cornstarch
1/8 t Salt

**8 T Cold margarine, cut into
Pieces
1/2 t Vanilla
1/2 t Almond extract
12 ea Almonds, whole, unblanched
OR
12 ea Pecan halves, whole**

DIRECTIONS:

Combine flour, Equal*Measure, cornstarch, and salt in medium bowl, cut in margarine with pastry blender until mixture resembles coarse crumbs. Sprinkle vanilla and almond extracts over mixture and stir in; mix with hands briefly until dough begins to hold together.

Pat dough evenly in bottom of greased 8-inch round cake pan. Lightly cut dough into 12 wedges with sharp knife, cutting about halfway through dough. Pierce each wedge 2-3 times with tines of fork; press almond into each wedge.

Bake in preheated 325 F oven until shortbread is lightly browned, 25-30 minutes. Cool on wire rack; cut into wedges while warm. Makes 12 servings.

Nutrition information per serving:

Calories 120 Diabetic Food Exchanges: 1/2 Bread; 1-1/2 Fat 1 g Prot; 10 g Carb; 8 g fat; 0 mg chol; 112 mg sodium 28% caloric reduction from traditional recipe.

All Things Equal Newsletter, formatted for MM by A.Broaddus, 1995

**Title: SHRIMP CREOLE - QUICK AND EASY DIABETIC MENUS
Categories: Main dish, Meat/fish, Diabetic
Yield: 6 servings**

1/2 c Celery; chopped
1/2 c Onion; chopped
1 cl Garlic; minced
1/2 c Ham, lean
1 cn Tomatoes, 28oz, with juice
1 cn Tomato sauce, 8oz
1/2 ts Chili powder
1/2 ts Thyme
1 lb Shrimp; cooked and peeled
Tabasco sauce to taste

SAute the celery, onion, garlic, and ham in a nonstick skillet over medium heat until the celery is tender, about 5 min. Add rest of ingredients and cook uncovered for 20 min over medium heat. Serve over rice.

serving = 190 cal; pro 22g, carb 5g, fat 6g, sodium 318mg exchanges: 3 low fat protein + 1 vegetable

Title: SHRIMP CURRY - QUICK AND EASY DIABETIC MENUS
Categories: Main dish, Diabetic, Meat/fish
Yield: 4 servings

1 ts Margarine
1 sm Onion; chopped
1/4 c Bell pepper; chopped
1 cl Garlic; minced
3/4 ts Curry powder; or to taste
1/4 ts Ginger
1/2 ts Chili powder
1/2 c Yogurt
3/4 lb Shrimp; cooked and peeled

In a non-stick saucepan, melt the margarine. Add and saute the onion, green pepper, garlic, and spices over medium heat for 3-4 minutes. Add yogurt and shrimp. cover and cook over low heat until hot, stirring occasionally. Serve over rice

servings = 147 cal; pro 23g, carb 7g, fat 5g, sodium 187 mg exchanges: 3
low-fat protein

Title: SKEWERED SCALLOPS - AMES CENTER FOR DIABETES
Categories: Diabetic, Holiday, Meat/fish
Yield: 20 servings

1 lb Scallops
2 lg Peppers, green
1 pt Cherry tomatoes
1/3 c Lemon juice
3 tb Honey
3 tb Mustard, prepared
2 tb Vegetable oil
1 1/2 ts Curry powder; or to taste

Cut large scallops in half. Cut green peppers into 1 inch squares. Alternate scallops, tomatoes, and green peppers on 20 skewers or round toothpicks (3" long).

Place kabobs in lightly oiled broiler pan. Combine sauce ingredients in a bowl. Brush kabobs about 4 inches from source of heat for 2-3 min. Turn carefully and brush with sauce. Broil about 1-2 min longer, basting again.

2 kabobs per serving = 1 1/2 lean meat 40 cal; fat 2gm, prot 4.5gm, carb 1gm, sodium 70mg, chol 8mg

Title: Skillet Chicken Paella

Categories: Diabetic, Poultry, Main dish, Vegetables, Soup
Yield: 6 Servings

1 1/4 lb Chicken breast, boneless
1 tb Olive or cooking oil
Medium onion chopped
2 x Cloves garlic, minced
2 1/4 c Fat-free chicken broth
1 c Uncooked long grain rice
1 ts Dried oregano, crushed
1/2 ts Paprika
1/4 ts Salt
1/4 ts Pepper
1/8 ts Ground saffron or turmeric
1 cn (14 1/2 oz.) stewed tomatoes
Med. sweet red pepper
3/4 c Frozen peas

Remove skin from chicken breast. Rinse and pat dry with paper towels. Cut into bite-sized strips. In a 10 inch skillet cook chicken strips, HALF at a time, in hot oil for 2 to 3 minutes or till no longer pink.

Remove chicken from skillet.

Add onion and garlic to skillet; cook till tender but not brown. Remove skillet from heat. Add broth, uncooked rice, oregano, paprika, salt, pepper and saffron or turmeric. Bring to boiling. Reduce heat.

Simmer, covered, about 15 minutes.

Coarsely chop stewed tomatoes and add with their juice to the pan. Add sweet red pepper which has been cut into strips and frozen peas. Cover and simmer about 5 minutes more or until rice is tender. Stir in cooked chicken. Cook and stir about 1 minute more or till heated through.

Makes 6 main-dish servings.

PER SERVING: calories - 297, fat - 6 g., cholesterol - 50 mg., protein ~ 24 g., carbohydrate - 36 g., fiber - 2 g., sodium - 642 mg. (To further lower sodium content, use low-sodium chicken broth, no salt added tomatoes and lite-salt.)

FROM: Better Homes and Gardens Magazine September 1992 issue

Title: SMOKEY SALMON PATE - AMES CENTER FOR DIABETES
Categories: Diabetic, Holiday, Meat/fish
Yield: 40 appetizers

1 c Salmon (15oz)
2/3 c Cottage cheese, low fat
1/4 ts Liquid smoke seasoning
1 tb Lemon juice
2 tb Onion; minced
2 tb Olives, ripe; finely chopped
1 ts Worcestershire sauce
1/2 ts Paprika

Drain salmon and chop fine, or mash with a fork.
Press cottage cheese through a strainer, or blend smooth; combine with salmon and remaining ingredients.
Mix well. Cover and chill for at least one hour.
Serve with melba toast or party rye.

1 serving is 3 appetizers.
1 lean meat 20 cal; fat 1gm, pro 2gm, sodium 75mg, chol 6mg

Title: SNOW CONES -DIABETIC
Categories: Snacks, Diabetic
Yield: 2 quarts

2 qt -water
4 pk Cystal Light (tubs)

Dissolve 4 tubs of any flavor of Crystal Light in 2 quarts of water. Mix

well. Pour over chipped or shaved ice in a cup. exchanges: free

This is a great treat on a hot summer day.

Title: SOUTHERN CORNBREAD

Categories: Diabetic, Breads, Diet

Yield: 12 servings

1 c Yellow cornmeal

1 c Flour

4 ts Baking powder

3/4 ts Salt substitute

1 md Egg; slightly beaten

1 c Skim milk

Sift dry ingredients together. Add egg and milk; mix well. Pour into 12 x 8-inch pan which has been sprayed with a nonstick vegetable coating. Bake at 425 for 25 minutes. Cut into 12 squares.

Nutrients per serving: Calories 81; fat 1g, cholesterol 0, carbohydrate 15g, sodium 142mg.

Exchanges: Bread 1

Source: "There IS Life after Lettuce" by Pepper Durcholz, Alberta Gentry, Carolyn Williamson, M.S.

Formatted for Meal-Master by Joyce Burton.

Title: Southwest Smoothie
Categories: Beverages, Diabetic
Yield: 3 servings

1/2 c Banana; sliced
1/2 c Mango, papaya, or guava; *
2 c Milk
1 tb Honey **

****PERSONAL NOTE from Ursula**
-Taylor - for diabetics use
-Cary's SF syrup - and it
-may change the taste just
-slightly.

*** Fruit should be of one kind listed and be chopped.**
~--- Place all ingredients in food processor workbowl fitted with steel
blade or in blender container; cover and process on high speed until
smooth. Strain if using mango.

Title: Spice Spritz Cookies
Categories: Diabetic, Cooky/bars, Holiday
Yield: 75 servings

2 1/4 c All-purpose flour
1/4 ts Baking soda
1 ts Ground cinnamon
1/2 ts Ground allspice
1/2 ts Ground nutmeg
1/4 ts Ground cloves

1/4 ts Salt
1/2 c Margarine
1/3 c Granulated sugar replacement
3 tb Granulated fructose
1 Egg
1/4 c Liquid fructose

Sift together flour, baking soda, cinnamon, allspice, nutmeg, cloves, and salt; set aside.

Using an electric mixer, beat margarine until light.

Combine sugar replacement and fructose in a bowl; stir to mix. Add granulated sugar replacement and granulated fructose into creamed margarine. Beat in egg and liquid fructose. Gradually stir flour mixture into creamed mixture. Press dough from a cookie press (use thin setting or small tip) onto ungreased cookie sheets, following press manufacturer's directions.

Bake cookies at 375F. degrees or 8 to 10 minutes, or until edges of cookies are delicately browned. Move to cooling racks.

Yield: 75 cookies. Serving size: 1 cookie.

Nutritional information per serving: Carbohydrates ~ 2g; Calories - 21.

Exchanges per serving: 1/3 bread exchange.

Source: Diabetic Cookies; by Mary Jane Finsand.

Formatted by: Nancy Filbert; December, 1995

Title: Spiced Apples
Categories: Can/pickle, Fruits, Diabetic

Yield: 2 servings

1 1/2 c Concentrated apple juice
2/3 c Distilled vinegar
1 ts Whole cloves
1 Cinnamon stick broken into
-4 pieces
1/3 ts Red food coloring (optional)
5 md Apples peeled and cut into
-1/8's. Use sweet, firm
-apples, Yellow Delicious

Combine all ingredients except apples in saucepan and bring to a boil. Drop apples into hot solution, and simmer until slightly soft, about 10 minutes at most. Pack into hot, clean jars, leaving 3/4 inch at top. Cap with hot lids, process in boiling water bath for 5 minutes after water returns to boiling, or in pressure cooker for 15 minutes at 5 pounds pressure.

Makes 2 pints. Note: These taste like old-fashioned crabapple pickles.

Nutritional information per 3 pieces: calories - 36, protein - 0, fat ~ 0, carbohydrates - 9 gm. 3 pieces equal 1 diabetic Fruit exchange. 3 pieces contain less than 2 milligrams of sodium.

FROM: Canning and Preserving without Sugar by: Norma M. MacRae, R.D. copyright 1982. Formatted to MM by Trish McKenna.

Title: Spicy Popcorn Munch

Categories: Popcorn, Snacks, Diabetic

Yield: 1 servings

**1 c Tiny pretzels
7 c Popped corn
1 tb Vegetable oil
1 1/2 ts Salt free herb & spice blend
1/2 ts Paprika
1/4 ts Garlic salt**

Combine first 2 ingredients in a bowl; drizzle with oil. Combine remaining ingredients and sprinkle over popcorn mixture and toss well. Spread mixture in a cookie sheet. Bake 350~ oven for 20 minutes; stir once. Turn oven off; let cool in oven. Store in air-tight container. Makes 8 cups.

Title: Spicy Baked Chicken

Categories: Diabetic, Poultry, Main dish

Yield: 4 Servings

**1 1/2 lb To 2 lb chicken pieces;
-meaty breast halves, thighs
-or drumstick
1/3 c Bread crumbs; fine dry
2 tb Parsley; snipped
3/4 ts Dried Italian Seasoning;
-crushed
1/2 ts Seasoned salt or salt;
1/8 ts Grd red pepper;
1/4 c All-purpose flour;
3 tb Skim milk;
Nonstick spray coating**

Remove skin from chicken. Rinse chicken; pat dry. In a medium mixing bowl stir together bread crumbs, snipped parsley, Italian Seasoning, seasoned salt or salt, and ground red pepper.

Place four in a plastic bag. Place milk in a shallow bowl; set aside. Add chicken pieces, one at a time, to the bag; shake to coat. Dip in milk; then, dip in bread crumb mixture, pressing lightly to coat well.

Spray a 13 by 9 by 2" baking dish with non-stick coating. Arrange chicken pieces, meatly sides up, in the dish. Bake in a 375F oven for 45 to 55 minutes or till chicken is tender and not longer pink. Makes 4 servings.

Food Exchange per serving: 3 LEAN MEAT EXCHANGES + 1 STARCH/BREAD EXCHANGE

Brought to you and yours by Nancy O'Brion and her Meal-Master

Source: Better Homes and Gardens Diabetic Cook Book

Title: Spicy Pumpkin Butter

Categories: Canning, Diabetic, Microwave, Spread/dips

Yield: 1 batch

DEIDRE ANNE PENROD (FGGT98B)

1/4 c Dark brown sugar; packed *

2 tb Sugar **

1/4 c Water

1/2 ts Allspice

1/4 ts Ginger

1/4 ts Cloves

1/4 ts Nutmeg

1/2 ts Cinnamon

1 1/2 c Pumpkin

PERSONAL NOTE From Ursula

-Taylor --
*For diabetic use why not
-try using Brown SugarTwin
**Use sugar substitute equal
-to.

**TRY USING THIS ADDED TO WHIPPED CREAM TO GARNISH PUMPKIN
PIE**

Combine the two sugars, water, allspice, ginger, cloves, nutmeg and
cinnamon in a 4-cup glass measure.

MW on HIGH 3 minutes; stir. Add pumpkin and MW on HIGH 5 minutes. Let
cool

and refrigerate. Keeps several weeks in refrigerator or can be frozen.

YIELD: 2 cups NOTE: Use this as you would apple butter.

**Source: Microscope Savour Faire From the cookbook files of: Deidre-Anne
Penrod, FGGT98B on *Prodigy, J.PENROD3 on GENie**

Title: Spinach Apple Salad
Categories: Diabetic, Salads
Yield: 4 servings

1 lb Spinach, fresh
1 c Apple; chopped
1/2 c Celery; chopped
1/4 c Cider vinegar
1/4 c Oil
1 ts Sugar
1 ts Caraway seed
1/4 ts White pepper; ground

Remove the stems from the spinach; Wash the leaves thoroughly and pat dry. Tear into bite size pieces.

Combine the spinach, apple, and celery in a large bowl. Combine the vinegar and remaining ingredients in a small saucepan and bring to a boil. Pour over the spinach mixture and toss well. Serve immediately

serving 61cal 1g prot, 8g carb, 4g fat, 51mg sodium 2 veg + 1 fat + 1/2 fruit 60% of cal from fat

Title: Spinach Salad

Categories: Diabetic, Low-cal, Salads

Yield: 4 servings

**1 bn Spinach; washed and stemmed
1/4 lb Bean sprouts
1/4 lb Scallops; cooked
1 cl Garlic; minced
1/8 ts Salt substitute
1 tb Cider vinegar
1/8 c Mushrooms, fresh
1/8 tb Pimento
ds Pepper**

Toss al ingredients together in a salad bowl. Cover and chill before serving.

serving: 1/2 veg + 1/2 meat cal 34 2.6g carb, 5.8g pro, .4g fat 10% cal from fat

From: Cooking for Diabetics

Title: SPINACH VEGETABLE DIP - COOKING FOR DIABETICS
Categories: Diabetic, Appetizers
Yield: 56 tbs

8 oz Yogurt, plain, low fat
1 c Mayonaise, reduced cal
3/4 pk Leek soup mix
10 oz Spinach, frozen chopped;
-drained
1/2 c Parsley
1/2 c Green onions; chopped
1 ts Dill, dry
1 ts Italian salad dressing mix

In a food processor combine all of the ingredients and mix well until well incorporated. Place in an airtight container and refrigerate. Just before serving, place in a bowl and surround with raw vegetables

Exchanges per tablespoon: 1 fat 49 cal; 6.1g carb, 1.9g pro, 2.9g fat

Title: Squash Casserole

Categories: Vegetables, Diabetic

Yield: 10 servings

3 c Cooked mashed squash *
**3 tb Honey, brown sugar replace-
-ment or sugar free syrup**
3 tb Whole wheat flour
3/8 ts Salt (optional)
1/4 ts Nutmeg
1/4 ts Cinnamon
1/4 ts Ginger
3 Eggs, separated

*** Use acorn, butternut, banana or any winter squash.**

Combine squash, honey, flour, salt and spices. Mix well. Stir in egg yolks. Beat egg whites till stiff but not dry. Fold into squash mixture. Pour into 1 1/2 quart casserole dish which has been sprayed with a nonstick vegetable coating. Bake at 350 ~F. for 45 minutes or until crusty.

No nutritional information available.

FROM: Judy Waldrop CBNN56A

**NOTE: This dish is absolutely scrumptious. Tastes like pumpkin pie!
(Trish)**

Title: Star Fruit and Swiss Chard Salad
Categories: Diabetic, Salads, Fruits, Vegetables
Yield: 6 servings

1/2 lb Swiss chard OR small romaine
-leaves, washed
2 ea Star fruits (carambolas),
-thinly sliced, OR 2 oranges
-sectioned.
2 sm Red onion, about 3 ounces,
-very thinly sliced
1 ea Yellow bell pepper, about 6
-oz., seeded and cut into
-thin strips
1 tb Fresh lemon juice
1 tb Fresh orange juice
1 cl Garlic, minced
2 tb Olive oil
Freshly ground pepper to
-taste

SOURCE: The Joslin Diabetes Gourmet Cookbook by Bonnie Sanders Polin, Ph.D., and Frances Towner Giedt, copyright 1993, ISBN #0-553-08760-6. MM format by Ursula R. Taylor.

Fresh fruit flavor infuses this interesting salad. Star fruit (carambola), a juicy, tart, plum-flavored fruit, looks like a five-pointed star when it's sliced crosswise.

Available from summer's end to midwinter, star fruit has become one of our favorite fruits - we love it's exotic flavor, and 1 1/2 star fruits is only 1 fruit exchange. Choose firm fruit that has a bright even color.

Those with greening on the ribs need to be ripened at room temperature. Once ripe, refrigerate in a tightly closed plastic bag for up to a week.

If star fruit is not available, you can substitute orange sections. Small inner leaves of crisp romaine can be used instead of Swiss chard.

Remove chard stems; trim and discard woody bottoms. Coarsely chop stems and leaves. Place in salad bowl along with star fruit, onion, and bell pepper.

In a small bowl, whisk together remaining ingredients. Pour over salad; toss.

Makes 6 servings.

PER SERVING: Calories - 86, protein - 2 g, carbohydrate - 11 g, fat - 5 g, calories from fat - 56%, dietary fiber - 3 g, cholesterol - 0 mg, sodium ~ 81 mg, potassium - 317 mg.

JOSLIN EXCHANGES: 1 vegetable, 1/2 fruit and 1 fat.

Title: Steak Hawaiian

Categories: Diabetic, Main dish, Meat

Yield: 1 Servings

3 oz Beef top round steak(sliced)

1/2 ts Mace

2 tb Unsweetened pineapple juice

1 Pineapple slice(unsweetened)

Pound slices of round steak with mallet or edge of plate until thin. Sprinkle both sides with mace. Place in aluminum foil. Sprinkle with pineapple juice; top with pineapple slice. Secure foil tightly. Place in baking dish. Bake at 350F for 40-45 minutes.

MICROWAVE: Place in plastic wrap. Cook on High for 10-12 minutes. 1 serving = 3 lean meat, 1 fruit calories 200

Title: Strawberry Lemonade

Categories: Beverages, Fruits, Diabetic

Yield: 4 servings

1 qt Fresh Strawberries, Hulled

3/4 c Lemon Juice

2 c Club Soda, Chilled
3 c Cold Water
3/4 c Sugar - can use up to 1 cup*
Ice

-----**GARNISHES**-----

Strawberries and/or

Mint leaves

***PERSONAL NOTE from Ursula**

-Taylor - for diabetic use -

-use sugar substitute to =.

SOURCE: Real Lemon Recipe Collection produced by Real Lemon Juice Co.
In blender containier, puree strawberries. In pitcher, cocmbine pureed strawberries, water, lemon juice, and sugar; stir until sugar; stir until sugar dissolves. Add club soda. Serve over ice and garnish strawberries and/or mint leaves.

-

Title: Strawberry Turnovers
Categories: Desserts, Fruits, Diabetic
Yield: 8 servings

1/2 ts Cornstarch
1 tb Water
1/2 c STRAWBERRY TOPPING
1 BASIC PIE SHELL dough
VANILLA GLOSS

Blend cornstarch and water. Add to strawberry topping.

Cook over low heat until very thick. Roll pie dough thin, Cut into eight 4" squares. Place 1 1/2 t of the strawberry mixture into center of each square. Fold each square into a triangle; press sides securely together to seal. Bake at 400F for 9-11 minutes, or until golden brown. Brush with Vanilla gloss.

**Microwave: Use microwave only for strawberry filling.
Blend cornstarch and water. Add to Strawberry Topping. Cook on high for 30 seconds, or until very thick. Proceed as above.**

Yield 8 turnovers 1 serving = 1 bread calories = 180

Title: Summer Delight Salad

Categories: Diabetic, Salads, Low-cal

Yield: 4 servings

- 1 Grapefruit; sectioned**
- 1 Orange; sectioned**
- 1 Cucumber; sliced**
- 1 Red onion; sliced**
- 1 Apple; peeled and cored**
- 1/2 c Orange juice**
- 1/4 c Wine vinegar**
- 1 ts Sugar**

Toss all the ingredients together. Cover and chill for 1-3 hours. Serve on lettuce.

serving: 48 cal 14g carb, 18mg sodium 1 fruit 0% cal from fat From Quick and Easy Diabetic Menus

Title: Superbowl Popcorn

Categories: Appetizers, Popcorn, Snacks, Diabetic, Dairy

Yield: 6 servings

**4 qt Popped corn
12 oz Peanuts
2 c Shredded cheddar cheese
1/4 c Melted butter
2 t Lemon pepper
2 t Cumin
1/4 t Cayenne pepper
2 t Chili powder
1 t Paprika**

**Combine popcorn, peanuts, and cheese in a large bowl.
Set aside. Add spices to melted butter one at a time, stirring
constantly. Pour over popcorn and toss to coat. Enough for six.**

Title: Sweet Cinnamon Flats
Categories: Cookies, Diabetic
Yield: 12 servings

12 ea 4" wonton wrappers
1 ea Egg white, slightly beaten
1 tb Granulated sugar replcement
1 ts Ground cinnamon

SOURCE: Quick & Delicious Diabetic Desserts by Mary Jane Finsand - copyright 1992.

Use vegetable spray to lightly grease a cookie sheet. Brush each wonton wrapper with the beaten egg white. Lightly sprinkle the egg white-brushed side of each wrapper with sugar replacement and cinnamon. Lay flat on the cookie sheet and bake at 350 degrees F for 8 to 10 minutes. Remove from sheet and cool completely.

YIELD: 12 cookies
EXCHANGE, 1 cookie: negligible
CALORIES, 1 cookie: negligible
CARBOHYDRATES, 1 cookie: negligible

Title: SWEET POTATO RICE - VEGETARIAN COOKING FOR DI
Categories: Diabetic, Vegetarian, Ovo-lacto
Yield: 2 servings

2/3 c Raw rice
2 c -water
2 tb Parsley; chopped
1/4 ts Sage
1/2 c Sweet potato; cooked and
-mashed
1/4 ts Pepper
1/4 c Wheat germ
1 tb Yeast, Brewers (nutritional)
4 oz Yogurt

Cook rice over low heat for 40 min in 2 cups water.
Stir in and heat throughly the parsley, sage, sweet potato, pepper, wheat
germ, and Brewer's yeast.
If desired, serve warm or cold with yogurt (add 50 cal and 1/2 milk
exchange)

1 serving = 272cal; 3 meat, 2 breads, 1/2 fat

Title: Sweet Potato Salad
Categories: Diabetic, Salads
Yield: 8 servings

2 qt -Water
1 Cinnamon Stick, 3"
2 lb Sweet potatoes, peeled

-----**ORANGE JUICE DRESSING**-----

1/2 c Orange juice
1/4 ts Cinnamon, ground
1/2 c Yogurt, vanilla, low fat
1/2 ts Salt

Bring the water and cinnamon to a boil in a pot large enough to hold the whole sweet potatoes. Add the potatoes, cover, and simmer for 30-45 minutes, until tender. Cool briefly and slice. Combine the dressing ingredients, then pour over the potatoes. Serve chilled or at room temperature.

Serving: 91 cal 3g prot, 21g carb, 1g fat 1 starch/bread 10% calories from fat

Title: Sweet Potatoes and Broccoli
Categories: Vegetarian, Ovo-lacto, Diabetic
Yield: 1 servings

1 md Sweet potato
1/2 c -water
1 c Broccoli; fresh, chopped
1/2 c Cottage cheese, low fat
1 tb Sesame seeds

Dice the sweet potato and cook in the 1/2 c water covered until almost done. Add the broccoli and cook until tender. You may need to add more water. Add to hot vegetables the cottage cheese and sesame seeds and toss until blended

1 serving = 362C; 2 meat, 2 veg, 2 bread, 1 fat Protein 22gm, fat 4g, carbo 48gm From "Vegetarian Cooking for Diabetics"

Title: SWEET POTATOES AND BROCCOLI - VEGETARIAN COOK
Categories: Diabetic, Vegetarian, Ovo-lacto
Yield: 1 servings

1 md Sweet potato; diced
1/2 c -water
1 c Broccoli; chopped, cooked
1/2 c Cottage cheese, low fat
1 tb Sesame seed

In a covered saucepan cook sweet potato in 1/2 c water until almost done. Add chopped broccoli and extra water if needed. Toss cottage cheese and

sesame seeds with vegetables until heated through.

1 serving = 362 cal, 2 meat, 2 veg, 2 bread, 1 fat

Title: Sweet-And-Sour Green Beans

Categories: Vegetables, Jewish, Diabetic, Holiday, Vegetarian

Yield: 4 servings

10 oz Package Frozen Green Beans

1/2 c Water

1 Bay Leaf

4 Whole Cloves

2 tb Wine Vinegar, red or white

1 tb Margarine

1 pk Equal Sweetener

Combine the beans, water, bay leaf and cloves in a saucepan. Cook until the beans are tender, about 3 minutes. Drain off the water.

Add the vinegar and margarine. Saute for 3 minutes.

Remove the bay leaf and cloves. Sprinkle on the sweetener and serve.

Serves 4

**One Serving = Calories: 46 Carbohydrates: 0 Protein: 1 Fat: 3 Sodium: 37
Potassium: 39 Cholesterol: 0**

Exchange Value: 1 Vegetable Exchange + 1/2 Fat Exchange

**Source: Holiday Cookbook, American Diabetes Association, ISBN
0-13-024894-0, by Betty Wedman, M.S.,R.D.**

Title: Szechuan Bean Curd(Tofu)

Categories: Diabetic, Vegan, Vegetables, Meat, Main dish

Yield: 4 Servings

- 4 oz 85% lean ground beef**
- 1 c Green onions w/tops chopped**
- 1 Clove garlic minced**
- 3/4 c Chicken broth**
- 2 tb Light soy sauce**
- 1 tb Chili sauce**
- 1 ts Sesame oil**
- 1/4 ts Hot oil***
- 1/4 ts Red pepper flakes**
- 2 tb Corn starch**
- 2 tb Cold water**
- 1 c Bean curd(tofu) 1/2" cubes**

Place ground beef, green onions, & garlic in a nonstick skillet and cook, stirring quickly, until beef is browned. Stir in chicken broth, soy sauce, oils, and red pepper flakes. Mix the cornstarch with the cold water. Add to the skillet. Cook stirring continuously, until sauce thickens. Gently stir in the bean curd (tofu). Continue cooking over medium heat for 3 minutes. * Sesame oil & hot oil may be found in Asian markets and in cooking specialty stores. Nutritive values per serving: Carbohydrates 9 gm Protein 15 gm Fat 7 gm Calories 149 Fiber .9 gm Sodium 518 mg Cholesterol 18 mg Food Exchange per Serving: 2 Lean Meat 1 Vegetable

Origin: The Art of Cooking For The Diabetic, by-Hess & Middleton, Signet Publishing, ISBN # 0-451-16118-1, Copyright 1989, USA

Title: Szechwan Bean Curd

Categories: Diabetic, Main dish, Meat, Vegan, Vegetarian

Yield: 4 Servings

4 oz 85% lean ground beef;

**1 c Green onions; with tops
-chopped**

1 cl Garlic; minced

3/4 c Chicken broth;

**2 tb (light) Soy sauce reduced
-sodium**

1 tb Chile sauce;

1 ts Sesame oil;

**1/4 ts Hot oil; (optional; see
-below)**

1/4 ts Red pepper flakes;

2 tb Cornstarch;

2 tb Water

**1 c Bean curd(tofu); cut into
-1/2-inch cubes**

Place ground beef, green onions, and garlic in a nonstick skillet and cook, stirring quickly, until beef is browned. Stir in chicken broth, soy sauce, chili sauce, oils, and red pepper flakes. Mix cornstarch with cold water. Add to skillet. Cook, stirring constantly, until sauce thickens. Gently stir in bean curd. Continue to cooking over medium heat 3 minutes. NOTE: Sesame oil and hot oil are available in Oriental sections of food markets and in specialty stores.

Food Exchanges per serving: 2 LEAN MEAT EXCHANGES + 1 VEGETABLE EXCHANGE

CHO: 9g; PRO: 15g; FAT: 7g; CAL: 149; LOW-SODIUM DIETS: This recipe is not suitable.

Source: The Art of Cooking for the Diabetic by Mary Abbott Hess,R.D.,M.S. and Kathraine Middleton Brought to you and yours via Nancy O'Brion and her Meal Master

Title: Szechwan Chicken

Categories: Entree, Poultry, Spicy, Diabetic

Yield: 4 servings

-----**INGREDIENTS**-----

1 lb Chicken Breasts, boned and Skinned
4 t Cornstarch
1 ea Eggwhite, unbeaten
2 T Vegetable oil
3/4 c Bamboo shoots, drained, Canned, thinly sliced
1/4 c Green chiles, diced, drained
1/2 c Peanuts, shelled, roasted Skinned
1 Garlic clove, finely minced
1 t Sugar
2 T Soy sauce
3 T Dry sherry
1 t Ginger root, grated, peeled
1 T Green onion, finely chopped

DIRECTIONS: Cut chicken into 2 x 1/2 inch strips. Place in a large pie

plate. Sprinkle w t. cornstarch over chicken and mix well to coat chicken. Add egg white and mix again. Heat oil in a large 12-inch frying pan. Add chicken and bamboo shoots and stir-fry about 3 minutes (use a wooden spoon or wooden fork). Add chiles and peanuts; stir-fry 2 minutes. Combine all remaining ingredients except the green onions with 2 t cornstarch and add to the pan. Stir-fry and heat until sauce is thick and smooth and mixture is well blended. Add green onions. Stir-fry 1/2 minute to warm onions. Serve immediately.

NUTRITIVE VALUES: CHO 8 gm, PRO 25 gm; FAT 15 gm, Calories 272, Sodium 554 mg

FOOD EXCHANGES PER SERVING: 3-1/2 Medium-Fat Meat Exchanges plus 1 Vegetable Exchange. When served on or with cooked rice, add 1 Bread Exchange per 1/3 C rice, CHO 15 gm, PRO 2 gm and Calories 68

From files of A.BROADDUS [Alice in Houston] 5/6/1980

Title: Taco Compuesto
Categories: Diabetic, Main dish, Meat, Vegetables
Yield: 4 Servings

3/4 lb LEAN ground beef;
1/2 c Onion; chopped
2 tb Green chili peppers; diced
-canned
1 cl Garlic;
1 ts Chili powder;

1 1/2 c Tomato; chopped
3 tb Italian Salad dressing;
-reduced-calorie;
1/2 ts Seasoned salt; yak!!
8 Taco shells;
1 c Lettuce;
1 c Low-cal prossc cheese or;
Part-skim mozzarella cheese;
-shredded for either
-a mixture of both
1/2 c Taco sauce

In a large skillet cook ground beef, chopped onions, green chili pepper; and minced garlic over medium heat till beef is brown. Drain off fat. Stir in chili powder.

In a mixing bowl combine chopped tomato, Italian salad dressing, and seasoned salt. (Salt is Salt no matter what) Spoon beef mixture into taco shells. Top with tomato mixture, shredded lettuce, shredded cheese, and taco sauce. Makes 4 servings. Time 20 min.

Food Exchange per servings: 3 LEAN MEAT EXCHANGES + 1
STARCH/BREAD
EXCHANGE + 1 VEGETABLE EXCHANGE + 1 1/2 FAT EXCHANGES

FROM THE BETTER HOMES AND GARDENS DIABETIC COOK BOOK

Brought to you and yours by Nancy O'brion and her Meal-Master

Title: Taco Glop
Categories: Main dish, Poultry, Low-fat, Grnd poult., Diabetic
Yield: 4 servings

1 lb Ground chicken
1 cn (1 lb) Canned tomatoes
-undrained
1 cn (1 lb) No-fat refried beans
1 pk Taco seasoning mix (or chili
-seasoning mix)
4 oz Tortilla chips
*******GARNISHES*******
Fat free sour cream
Shredded lettuce
Chopped onions
Grated low or non-fat cheese
Chopped fresh tomatoes OR
-fresh salsa
Sliced ripe olives

Thoroughly cook ground chicken in a nonstick frying pan, breaking up with a spoon or spatula. Drain all fat from meat. Add packet of seasoning mix and the can of tomatoes, breaking tomatoes up with the spoon.

Add the can of refried beans and stir to combine well.

Let simmer for about 5 - 10 minutes for flavors to combine.

Put 1 oz. of tortilla chips on each of 4 plates.

Divide meat/bean mixture evenly over the chips. Top with your favorite taco garnishes. Makes 4 healthy servings. Serve with a good non-alcoholic beer.

Yummy!

Nutritional information figured using the Meal Mate Analysis Program, ver. 3.7 Per serving: calories - 383, protein - 30 gm., carbohydrates - 44 gm., fat - 12 gm. Diabetic Exchanges: Bread/Starch - 1.3, Meat ~ 2.4, Fat - .7, Vegetable - 4.6

I cannot vouch for how accurate this is figured as some items are not listed in the database and I have to figure using substitutes, like figuring how many fresh tomatoes to use as there is no listing for canned tomatoes. So, take it with a grain of salt.

You could further lower the fat content by using the No Oil Tortilla Chips which are baked and not fried or you could prepare your own chips by cutting corn tortillas into wedges, sprinkling with water, placing on an ungreased cookie sheet and baking at 350 degrees F until crisp and dry.

This recipe is a concoction of a friend. She originally used all the

good (?) stuff, ground beef, cheddar cheese, refried beans cooked with lard, and whole milk sour cream. . She has since seen the error of her ways. <VBG> It is just as good and a lot healthier. Please do try it and give it a fair chance. I think you will like it. (Trish McKenna)

Title: Tangerine Hens

Categories: Diabetic, Poultry, Main dish, Vegetables

Yield: 4 Servings

4 Cornish game hens
4 Tangerines, peeled,
-seeded, & chopped
1 c Fresh squeezed orange juice
1/4 c Zinfandel wine
1 ts Or salt to taste
4 tb Butter
1/4 c Minced onion
1/4 c Mushrooms chopped
4 tb Pecans chopped
1 ts Soy sauce
1 Clove garlic minced
1 tb * honey

***NOTE: optional Rinse hens and pat dry. Mix wine, soy sauce, salt, honey & orange juice together. Rub 1 Tblpsn butter inside each hen. Sprinkle the cavity with salt. Mix the onion, garlic, pecans, mushrooms, & tangerines together. Stuff each hen with this mixture. Heat the liquid mixture until it begins to boil. Turn off & let cool for 5 minutes. Pour 2 Tblspns of this into each hen. Preheat oven to 325 degrees F then bake hens for 45 minutes. Be sure to baste every 10 minutes with the liquid mixture. Test birds...if not done....cook until done. **NOTE** I have used this same thing on chickens too as well Guinea hens. All came out well as did the quail I used it with. Origin: Don Houston's kitchen...circa 1970-something**

NANCY O'BRION NOTES: I included this because IT gave me good practice to work a round a ricepe to make it work for ME and MINE!(very big smile) What I figure the food exchange by hotkey it (y)ield and then say yes the next question(just be sure that you write or remember what the orginally serving was in this case it was 4 serving) I would make this about 1 meat exchange(depending on what I use of poultry) and 1 fruit (deponding how big tangerine because of the orange juice) and 1 fat exchange. Make it work!!!! For it it will not be the same old thing!

Title: Teriyaki Kebobs

Categories: Diabetic, Main dish, Meat

Yield: 6 Servings

1 md Green pepper

1 lb Lean beef cubes

12 sm Boiling onions

12 md Cherry tomatoes

12 md Mushrooms

1/2 Recipy of Teriyaki sauce

Wash cubes and marinate in teriyaki sauce 4-6 hours. Wash pepper, remove seeds and cut in 1 inch sections. Peel onions and clean mushrooms. Arrange meat cubes on skewers (non-metal, bamboo work well) alternating with mushrooms, green pepper and onions. Place on a rack and baste with sauce. Microwave on high 3-4 minutes, turning once. Baste again after turning. Do Not Overcook. Let rest 2 minutes. Serve with tomatoes on end of skewers. Really good in hot weather.

1 serving = 1 vegetable exchange

: 2 fat-meat exchange

: 135 calories

: 5 g carbohydrate

: 16 g protein
: 6 g fat

Title: Texas Round Steak

Categories: Diabetic, Meat, Main dish, Vegetables

Yield: 6 Sweet ones

**1/2 c All-purpose flower;
1 ts Salt
1 1/2 ts Chile powder;
1 lb 2oz round beef
-about 1/2 thick(weighed
-after fat and bone are
-removed) cut into 6 3oz
-steaks
2 tb Vegetable oil;
1/2 c Green peppers; fresh
1/2 c Onions; chopped
1 c Fat-free beef broth;
1/2 c Tomato juice;
1 ts Chili power;
1/4 ts Garlic powder;
1/4 ts Ground cumin;**

Blend flour, salt and chili powder well and place in pie pan. Dredge meat in the flour mixture. You should use about half of the mixture. (You can discard the rest; however, it is necessary to have this amount to make dredging practical.) Place oil in a heavy frying pan and heat to frying temperature over moderate heat. Add meat and brown on both sides. Transfer steaks to a 1 1/2 quart casserole. Fry peppers and onions over moderate heat in the pan in which the meat was browned, stirring frequently. Remove vegetables with a slotted spoon and spread over meat. Pour out any remaining fat. Add beef broth to frying pan and cook and stir over moderate

heat to absorb and brown particles remaining in the pan. Add remaining ingredients to broth. Mix well and pour over meat. Stir the meat and vegetables lightly with a fork to distribute the broth and vegetables. Cover tightly and bake at 325 degrees for about 1-1 1/2 hours or until the meat is tender. Serve 1 piece of steak with some of the sauce per serving. Food Exchange per serving: 1 FRUIT EXCHANGE + 3 LEAN MEAT EXCHANGE; CAL: 213; CHO: 9gm; PRO: 20gm; FAT: 11gm; Low-sodium diets: Omit salt. Use low-sodium broth, tomato sauce and tomato juice.

Source: The New Diabetic Cookbook by Mabel Cavaiani, R.D. Brought to you and yours via Nancy O'Brion and her Meal-Master.

Title: Three-pepper Popcorn
Categories: Snacks, Popcorn, Diabetic
Yield: 6 servings

2 tb Corn oil
2 tb Olive oil
2 cl Garlic; split
3/4 c Popping corn
Salt
1 cl Garlic; minced
1 ds Cayenne pepper
2 ts Black pepper; coarsely
- ground
1/4 c Hot pepper sauce

2 tb Butter; melted

In a large heavy pot, heat corn oil and olive oil over high heat until the oil smokes. Add 1 kernel popping corn and heat until kernel pops. Add split garlic cloves and rest of popping corn, cover pot, and shake gently until corn starts to pop. Shake vigorously until popping subsides. Remove from heat. Remove garlic. Mix hot pepper sauce with melted butter. Toss popcorn with minced garlic, cayenne, black pepper, salt and hot pepper/butter.

Title: Thyme-Fig Fruitcake

Categories: Cakes, Diabetic, Holiday

Yield: 12 servings

1/2 c Unsweetened apple juice

1/2 ts Dried thyme

1 c Finely chopped dried figs

1 1/4 c Flour

1/4 c Cornmeal

2 ts Baking powder

1/4 ts Baking soda

6 tb Vegetable oil

2 tb Sugar

1 Egg

1/4 c Pine nuts, toasted

Combine the apple juice, thyme, and figs in a bowl. Set aside for 10 minutes. Stir together the flour, cornmeal, baking powder, and baking soda in a bowl.

Beat the oil, sugar and egg until well blended. Pour the egg mixture into the flour. Add the pine nuts and fig mixture. Beat well.

Pour the batter into an oiled and floured 9-inch round (or 8 inch square) baking pan. Bake in 350 F oven for 40 to 50 minutes. Cool for 5 minutes in the pan. Remove from pan and cool thoroughly.

1/12 recipe - 190 calories, 1 bread, 1 fruit, 1 1/2 fat exchange 27 grams carbohydrate, 3 grams protein, 8 grams fat 66 mg sodium, 156 mg potassium, 23 mg cholesterol

Source: Am. Diabetes Assoc. Holiday Cookbook by Betty Wedman, 1986 Shared but not tested by Elizabeth Rodier, Nov 93

Title: Tiramisu

Categories: Desserts, Low-fat, Diabetic, Jell-o

Yield: 12 servings

1 1/2 c Cold 2% Lowfat milk, divided
8 oz Pasturized process cream
-cheese product
2 tb Maxwell House or Yuban

- instant coffee or Sanka
- brand 99.7% Caffeine Free
- Instant Coffee
- 1 tb Hot water
- 2 tb Brandy (optional)
- 1 pk (4 serving size) JELL-O
 - Vanilla Flavor Sugar Free
 - Instant Pudding and Pie
 - Filling
- 2 c Thawed Cool Whip Lite Whip-
-ped Topping
- 1 pk (3 oz) ladyfingers, split
- 1 oz (1 square) Baker's Semi-
-Sweet Chocolate, grated

Pour 1/2 cup of the milk into blender container.
Add cream cheese product; cover. Blend until smooth.
Blend in the remaining 1 cup milk.
Dissolve coffee in the hot water; add to blender with brandy (if desired). Add pudding mix; cover.
Blend until smooth, scraping down sides occasionally; pour into large bowl. Gently stir in whipped topping.

Cut ladyfingers in half crosswise. Cover bottom of 8-inch springform pan with ladyfinger halves. Place remaining halves, cut-ends down, around sides of the pan. Spoon pudding mixture into pan. Chill until firm, about 3 hours. Remove side of pan. Sprinkle with grated chocolate. Makes 12 servings.

Nutritional information per serving: calories - 140, protein - 4 gm., fat - 6 gm., carbohydrates - 15 gm., cholesterol - 35 mg., sodium - 240 mg.
Diabetic Exchanges: Starch - 1 1/2, Fat - 1

FROM: There's Always Room for Sugar Free JELL-O - Kraft General Foods, Inc. copyright 1992. Formatted to MM by Trish McKenna.

MAXWELL HOUSE, YUBAN, SANKA, COOL WHIP LITE, JELL-O, and BAKER'S are all registered trademarks of Kraft General Foods, Inc.

NOTE: You must be very true to pan size in this recipe. I only had a 9-inch springform pan and the single package of ladyfingers was not adequate. I also did not measure the Cool Whip Lite and so my end product was slightly softer than I expected, altho' not too bad. All in all, this is a delicious dessert, one well worth the effort be it for yourself or for company. (Trish)

Title: TOFU VEGETABLE SOUP - VEGETARIAN COOKING FOR
Categories: Diabetic, Soups/stews, Vegan
Yield: 1 servings

2 tb Brown rice, raw
2 c -water
3/4 c Carrots; sliced
1 sm Potato; diced
1/4 c Peas; fresh or frozen
1/2 c Celery, sliced
1/2 c Onions; chopped
Tarragon
Bay leaf
Basil
Celery seed
8 oz Tofu; bite size pieces

Combine brown rice and water and cook 15 min.
Add the other ingredients except tofu and simmer 10-15 min longer. Add the
tofu just prior to serving

1 serving 407 cal, 4 meats, 2 breads, 2 vegetables

You can cut the meat exchanges by using less tofu.
This will also cut fat and protein.

Title: Tomato Juice Cocktail
Categories: Beverages, Diabetic, Party
Yield: 10 servings

46 oz Can tomato juice
6 ea Limes, juiced
2 ts Salt
8 ds Tabasco sauce
2 ts Ground cumin
1 ea Lime slices for garnish

Mix all ingredients except lime slices. Put mixture in a pitcher and float the lime slices. Guests can serve this over ice or add vodka.

Title: Tomato Sip

Categories: Beverages, Diabetic
Yield: 6 servings

**1 ea 10 1/2 oz. cans condensed
-beef bouillon**
19 oz Can tomato juice
2 ea Lemon slices
6 ea Whole cloves
1/8 ts Basil
2 tb Dry sherry

**SOURCE: Good Housekeeping Cookbook for Calorie Watchers by Hazel P>
Schoenberg, copyright MCMLXXI, ISBN #0-87851-004-4. Library of Congres
Catalog #75-127516. MM format by Ursula R. Taylor.**

**About 15 minutes before serving: In saucepan, heat all ingredients to
boiling; simmer 5 minutes; strain out spices. Serve in mugs or cups. Makes
6 servings of a scant cup each.**

Diabetic diet exchanges per serving: 1 vegetable

Low-fat, low-cholesterol diet: Negligible fat per serving.

Title: Turkey Barbecue for Sandwiches

Categories: Diabetic, Sandwiches, Poultry, Bbq, Low-fat/cal

Yield: 4 Servings

16 oz Can tomatoes; cut up
6 oz Can tomato paste;

1 ts Powdered mustard;
1/4 c Onion; chopped
1 ts Chili powder; (or totaste)
2 c Turkey; chopped, cooked

Combine all the ingredients in a saucepan. Simmer for 10 to 15 minutes, or until the flavors are blended. Spoon the mixture over hamburger buns or toast.

1/4 recipe, not including bun - 176 calories, 3 lean meat + 2 vegetable exchanges 12 grams carbohydrate, 23 grams protein, 4 grams fat, 220 mg sodium, 767 mg potassium, 54 mg cholesterol.

Source: Am. Diabetes Assoc. Holiday Cookbook by Betty Wedman 1986 Shared but not tested by Elizabeth Rodier, Nov 93.

Title: Turkey Chowder
Categories: Soups/stews, Poultry, Diabetic, Holiday, Vegetables
Yield: 6 servings

1/2 c Onion, chopped
1 c Celery, sliced
2 tb Margarine
2 tb Flour

1/2 ts Salt
1/4 ts Black Pepper, ground
1 ts Dried Thyme
5 c Turkey -or- Chicken Broth
2 Potatoes, peeled and cubed
1 c Carrots, chopped
1 c Zucchini, sliced
1/2 c Unsweetened Apple Juice
3 Cooked Turkey, chopped

Saute the onion and celery in the margarine. Add the flour, salt, pepper and thyme. Gradually add the broth. Add the potatoes and carrots. Cover and simmer for 15 minutes or until the vegetables are tender.
Add the zucchini, apple juice and turkey. Continue cooking over low heat for 10 minutes.

Serves 6

One Serving = Calories: 222 Carbohydrates: 16 Protein: 23 Fat: 8 Sodium: 282 Potassium: 570 Cholesterol: 54

Exchange Value: 3 Lean Meat Exchanges + 1 Bread Exchange

Source: Holiday Cookbook, American Diabetes Association,

----- Recipe via Meal-Master (tm) v8.05

Title: Turkey Frittata
Categories: Poultry, Vegetables, Fruits, Diabetic, Holiday
Yield: 6 servings

1/2 c Onion, sliced
1 Garlic Clove, minced
1 tb Oil
1 c Mushroom, sliced
1 c Frozen Chopped Spinach,
-defrosted and squeezed dry
2 tb Lemon Juice
1/8 ts Black Pepper, ground
1 c Cooked Turkey, chopped
6 Eggs, beaten

Keywords: main dishes

Saute the onion, garlic and mushrooms in the oil for 5 minutes. Add the spinach, lemon juice and pepper.

Cook over low heat for 3 minutes. Add the turkey and eggs to the spinach mixture. Pour into a greased 9-inch-round baking pan.

Bake in a 350-degree oven for 25 to 30 minutes, or until eggs are set. Cut into wedges to serve.

Serves 6

One Serving = Calories: 158 Carbohydrates: 4 Protein: 15 Fat: 9 Sodium: 106 Potassium: 318 Cholesterol: 292

Exchange Value: 2 Lean Meat Exchanges + 1 Vegetable Exchange + 1 Fat Exchange

Source: Holiday Cookbook, American Diabetes Association, ISBN 0-13-024894-0, by Betty Wedman, M.S.,R.D.

----- Recipe via Meal-Master (tm) v8.05

Title: Turkey Gumbo

Categories: Main dish, Poultry, Vegetables, Grains, Diabetic

Yield: 4 servings

2 tb Margarine
1/2 lb Okra, fresh or frozen, cut
-into 1-inch lengths
2 c Celery, chopped
1 md Onion, chopped
1 sm Sweet Green Pepper, chopped
2 Garlic Cloves, minced
8 oz Can Tomato Paste
4 Ripe Tomatoes, peeled -or-
16 oz Can Peeled Tomatoes
2 c Water
2 c Cooked Turkey, chopped
3/4 ts Gumbo File Powder
Cooked Rice

Keywords: leftovers, creole, new south, old south

Melt the margarine in a large skillet. Add the okra. Saute until the okra loses its shiny appearance, about 5 minutes. Remove the okra pieces to a

bowl. Add the celery, onion, green pepper and garlic to the skillet. Cook over medium heat until the onion is transparent. Add the tomato paste, tomatoes, water, okra mixture and turkey. Cook over low heat 10 minutes or until turkey is hot. Add the file powder. Stir to blend. Spoon over the rice in soup bowls.

Serves 4

One Serving = Calories: 255 Carbohydrates: 19 Protein: 25 Fat: 10 Sodium: 176 Potassium: 1102 Cholesterol: 54

Exchange Value: 3 Lean Meat Exchanges + 1 Bread Exchange + 1 Vegetable Exchange

Source: Holiday Cookbook, American Diabetes Association, ISBN 0-13-024894-0, by Betty Wedman, M.S.,R.D.

----- Recipe via Meal-Master (tm) v8.05

Title: Turkey Hash

Categories: Poultry, Diabetic, Cheese, Low-fat/cal

Yield: 6 Servings

**1/4 c Chopped onion
2 ts Reduced-cal margarine
1 c Diced cooked turkey (no skin
10 3/4 oz Can cream celery soup
1 1/2 c Cooked diced potato
2/3 c Cooked green peas
1/4 c Shred.low-fatproc.Am.cheese
Paprika**

1. Saute onion in margarine in nonstick skillet until tender. 2. Add turkey, soup, potatoes and peas. 3. Place mixture in 1-quart nonstick casserole. 4. Top with shredded cheese and paprika. 5. Bake at 350 F for 30 minutes.

1/2 cup serving, 1 bread exchange, 1 medium-fat meat

**Source: Cookbooks for Diabetics and Their Families, U of Alabama 1984
Shared by Earl Shelsby on Cooking Oct 93.**

Title: Turkey Jerky
Categories: Meats, Snacks, Diabetic
Yield: 1 servings

**1 lb Turkey breast or tenderloins
;boned and skinned**
1 tb Salt
1/2 c -water
2 tb Brown sugar; firmly packed
2 cl Garlic;pressed or minced OR
1/4 ts Garlic powder
1/2 sm Onion; minced OR
1/4 ts Onion powder
1 ts Pepper
1/2 ts Liquid smoke
Nonstick cooking spray

Rinse meat and pat dry. Pull off and discard any fat and connective tissue. To make meat easier to slice, freeze it until it feels firm, but not hard. Cut turkey into 1/8 to 1/4-inch-thick slices. Cut breast piece with or across the grain, and tenderloins lengthwise.

In a bowl, stir together salt, water, brown sugar, garlic, onion, pepper,

and liquid smoke. Add turkey and mix well. Cover and chill at least 1 hour or up to 24 hours; meat will absorb most of the liquid.

Depending on drying method, evenly coat dehydrator racks, (you need 3, each about 10 by 13 in.) or metal racks (to cover a 10- by 15-inch baking pan) with nonstick cooking spray.

Lift turkey strips from liquid, shaking off excess, and lay strips close together, but not overlapping, on racks.

In a dehydrator: Arrange trays as manufacturer directs and dry at 140 until a cool piece of jerky (remove from dehydrator and let stand about 5 minutes) cracks and breaks when bent, about 4 1/2 to 5 hours.

In an oven: Set at 150-200, place pan on center rack; prop door open about 2 inches. Dry until a piece of jerky cracks and breaks when bent (see above), about 3-5 hours.

Let jerky cool on racks, then remove. Serve or store in airtight containers in a cool, dry place up to 3 weeks, in the refrigerator up to 4 months, or longer in the freezer. Makes about 7 ounces.

TERIYAKI TURKEY JERKY: Prepare turkey jerky as above, omitting salt and water. Add 1/4 cup soy sauce and 2 teaspoons Worcestershire.

Per Ounce: 94 Cal. 16 g. pro. 4 g. carbo. 1 g. fat 40 mg chol. 498 mg. sodium.

Title: Turkey Loaf

Categories: Poultry, Diabetic, Low-fat/cal
Yield: 5 Servings

1 Egg, lightly beaten
1/4 c Bread crumbs
2 tb Fresh parsley or 2 tsp dry
1/2 ts Poultry seasoning or sage
1 ts Dijon-style mustard
1/4 ts Freshly ground black pepper
1 tb Fresh basil or 1 ts dry
1 lb Ground turkey, 454 grams
1/4 c Chopped onion
SAUCE
1 tb Low-fat yogurt
2 ts Dijoy-style mustard

A lower-fat version of traditional meat loaf made with ground beef. Could also be baked as patties with cooking time adjusted. (my note)

Combine egg, crumbs, seasonings. Add turkey and onion, mix well.

Press evenly into ungreased 8 x 5 loaf pan. Bake at 350 F for 35 minutes or until done.

Mix sauce ingredients and spread over top before serving. 5 servings.

1 serving 3 oz., 169 calories Protein 22 g, Fat 6 g, Carbohydrate 6 g, Fiber .5 g, Cholesterol 112 mg, Sodium 146 mg, Potassium 268 mg. 2 1/2 lean meat exchange, 1 vegetable

Source: Univ. of Calif. San Diego Healthy Diet for Diabetes c. 1990 Shared but not tested by Elizabeth Rodier Oct 93

Title: Turkey Noodle Soup
Categories: Diabetic, Poultry, Main dish, Soup, Crockpot
Yield: 6 Servings

-----**STOCK**-----

- 1 All bones from roast turkey**
- 7 c Water**
- 1 Bay leaf;**
- 1 Stalk celery; chopped**
- 1 Onion; quartered**

-----**SOUP**-----

- 1/4 c Broken noodles; 1/2" pieces**
- 1 Celery; Stack & leaves, chop**
- 1 Carrot; chopped**
- 3 Green onions; sliced**
- 1/3 c Zucchini; grated**
- 1 ts Dried basil;**
- 1 ts Dried thyme;**
- 1 ds Hot pepper sauce;**
- Salt to taste**
- Freshly ground pepper**

My note: Remove bones from turkey or chicken before serving and refrigerate or freeze until you have time to prepare the soup. I like to do it the next day, if possible, and make a batch of crackers while the soup is cooking.

STOCK: In stockpot or large saucepan, combine bones, water, bay leaf, celery and onion. (Skin and drippings may be included, if desired.) Simmer, covered about 4 hours. Strain, reserving stock. Let bones cool, pick out any meat and add to the stock.

SOUP: In stockpot or saucepan, bring stock to boil; add noodles and simmer for 5 minutes. Add celery, carrot, green onions, zucchini, basil and thyme. Simmer for 10 minutes. Stir in hot pepper sauce, season with salt and pepper to taste. Makes about 4 1/2 cups.

**3/4 cup serving - 91 calories, 1 1/2 protein, 1/2 fruit & vegetable choice
5 grams carbohydrate, 11 grams protein, 3 grams fat 137 mg sodium, 32 mg**

cholesterol

Source: The Lighthearted Cookbook by Anne Lindsay, Cdn. Heart Foundation 1988. Shared but not tested by Elizabeth Rodier, Nov 93

VARIATIONS: Substitute rice for noodles. Use 6 cups chicken stock if you start without bones For a main course, add 19 oz can chickpeas or kidney beans, drained. Other additions: green peas, chopped spinach, asparagus, broccoli, potato, squash or turnip.

Title: Vanilla Gloss

Categories: Pies, Cakes, Diabetic

Yield: 8 servings

1/4 c Cold water

2 ts Cornstarch

1 ds Salt

1/3 c Sugar replacement

1 ts Vanilla extract

Blend cold water and cornstarch. Pour into small saucepan. Add salt. Boil until clear and thickened.

Remove from heat. Add sugar replacement and vanilla extract. Stir to dissolve. Cool. Drizzle over cakes, pies,etc. or use as a wash to wipe on top of pie shells.

Title: Vanilla Pudding - Diabetic
Categories: Pudding, Desserts, Diabetic
Yield: 8 servings

2 c Low-fat milk - 2% milkfat
2 tb Cornstarch
1 ea Egg - slightly beaten
1 tb Liquid sugar replacement
1 ts Vanilla extract**
2 ts Margarine - melted
****SEE Note at end of**
-directions for possible
-variation

SOURCE: Diabetic Candy, Cookie & Dessert Cookbook by Mary jane Finesand
~ copyright 1982.

Combine milk and cornstarch in saucepan. Cook and stir over medium heat until slightly thickened; remove from heat. Pour small amount of milk mixture into the beaten egg, stirring to blend. Pour egg-milk mixture back into saucepan and return to heat. Cook and stir until thickened; remove from heat. Allow to cool 10 minutes. Add sugar replacement, vanilla and melted margarine, and stir just to blend. Pour into 8 serving dishes. Serve hot or chilled.

YIELD: 8 servings

EXCHANGE 1 serving: 1/3 full-fat milk

CALORIES 1 serving: 65 PERSONAL NOTE from Ursula R. Taylor for variation - why not use banana extract and add bananas for a banana pudding.....

Title: Vegetable Confetti

Categories: Vegetables, Diabetic, Holiday, Vegetarian, Vegan

Yield: 2 servings

**1 sm Zucchini, shredded
1 sm Yellow Squash, shredded
2 Carrots, shredded
1 sm Onion, sliced thin
2 tb Water
2 ts Margarine**

Combine the zucchini, yellow squash, carrots, onion and water in a skillet. Cover and cook over medium heat for 4 to 5 minutes, or until the vegetables are tender. Add the margarine. Saute, uncovered, until all the moisture has evaporated. Serve immediately.

Serves 2

**One Serving = Calories: 94 Carbohydrates: 14 Protein: 3 Fat: 4 Sodium: 83
Potassium: 453 Cholesterol: 0**

Exchange Value: 2 Vegetable Exchanges + 1 Fat Exchange

**Source: Holiday Cookbook, American Diabetes Association, ISBN
0-13-024894-0, by Betty Wedman, M.S.,R.D.**

Title: VEGETARIAN CHEF SALAD - VEGETARIAN COOKING FO

Categories: Diabetic, Vegetarian, Ovo-lacto

Yield: 1 servings

**2 c Basic free salad
2 tb Cheddar cheese; diced
2 tb Swiss cheese; diced
1/4 c Garbanzo beans
2 tb Peanuts
1 sl Whole wheat bread; toasted
- and cut into cubes**

**In a large bowl mix the basic free salad with cheeses and garbanzo beans.
Top with the wheat bread cubes**

1 serving = 3 meat, 2 fat, 1 bread

Title: Veggie Dunk

Categories: Spread/dips, Dairy, Diabetic

Yield: 1 cup dip

**1 c Plain low-fat yogurt
2 ea Green onions, chopped
1/4 ts Dill weed
1/8 ts Garlic powder
1 ds Pepper**

**SOURCE: Posted on *P by Kay Newman on the diabetic board 6/15/93.
Combine all ingredients in bowl or blender.
Refrigerate several hours. Makes 1 cup of dip. Good with all raw
vegetables.**

Title: Veggy Meat Loaf

Categories: Diabetic, Main dish, Meat, Vegetables

Yield: 6 Servings

- 2 md Carrots**
- 1 md Celery stalk**
- 1 sm Onion**
- 1 c Beef broth**
- 1/4 c Bread crumbs**
- 1 T Parsley**
- 1 md Egg, beaten**
- 1 t Salt**
- 1/2 t Pepper**
- 1 lb Ground lean beef**

Place carrots, celery and onion in the container of a food processor or blender; process with on/off action until finely chopped (or shred by hand). Combine vegetables and 1/2 cup broth in a frypan. Stir-cook over medium heat seven minutes until vegetables are tender-crisp. Combine in a mixing bowl the remaining broth with bread crumbs, parsley, egg, salt and papper, add braised vegetables and ground beef; mix thoroughly. Form into a firm loaf (2 inches thick). Place in a shallow baking dish large enough for juices to drain away from meat loaf. Bake in 350 degree oven 50 minutes until meat is no longer pink. Remove from oven and immediately place on a warm serving platter so fat will not be absorbed.

Makes 6 services 1 serving = 1 slice 1-1/2 inches thick

- : 2 protein choices 1/2 fruit & veg. choice**
- : 5 g carbohydrate 16 g protein**
- : 7 g fat 620 kilojoules**
- : 147 calories**

Title: Watermelon Slush

Categories: Beverages, Fruits, Diabetic

Yield: 4 servings

6 c Watermelon cubes (tight pack

2 c Cantaloupe cubes

1 tb Sugar **

2 tb Lemon juice

1 tb Grenadine syrup **

1/2 ts Vanilla extract

****PERSONAL NOTE from Ursula**

-Taylor for use by diabetics

-use sugar substitute to

-equal 1 tb. sugar and leave

-the grenadine syrup out.

Place watermelon cubes in food processor bowl. Process until smooth. Press watermelon through a sieve, reserving 2 cups juice; discard seeds. Pour juice into an 8" square baking pan; freeze until firm. Break frozen juice into chunks. Combine juice chunks and remaining ingredients in processor bowl; process until smooth. Serve immediately. About 123 calories per cup. A Healthy Cooking recipe formatted for you by Judy Lausch.

Title: Weight Watchers Danish
Categories: Ww, Breakfast, Diabetic
Yield: 1 servings

1 sl Raisin bread
1/3 c Cottage cheese- either
Regular or low fat
1/8 ts Vanilla or to taste
Artificial sweetner to tast
Cinnamon

**TOAST RAISIN BREAD. MIX REMAINING INGREDIENTS TOGETHER AND
SPOON ON TOAST
~ SPREADING EVENLY OVER TOAST.
PLACE UNDER BROILER OR IN TOASTER OVEN ON TOP BROWN ONLY
UNTIL HOT AND
BUBBLY. This is an old Weight Watchers Recipe.**

Title: Wheatable Snack Mix
Categories: Snacks, Popcorn, Grains, Diabetic
Yield: 10 cups

-----PATTI - VDRJ67A-----

6 c Popped popcorn
2 c Pretzel sticks

1 c Peanuts
1/4 c Margarine or butter; melted
3 c Wheat snack crackers
1/4 ts Onion salt
1/4 ts Garlic salt

Mix popcorn, pretzels and peanuts in large bowl.
Drizzle with margarine. Stir in crackers. Sprinkle with onion salt and
garlic salt; toss. Store in airtight container. Makes 10 cups.

Title: WHITE AND BLACK BEAN SALAD
Categories: Diabetic, Vegetables, Salad/dress
Yield: 8 servings

2 c Finely chopped red onion
2 tb Olive or vegetable oil
1/3 c Red wine vinegar
1/4 c Chopped red pepper
2 tb Minced parsley
2 cl Garlic, minced
2 tb NutraSweet Spoonful
1/4 ts Salt
1/4 ts Pepper
1 cn (15 oz) great northern bean,
-rinsed, drained
1 cn (15 oz) black beans, rinsed,
-drained
Red pepper rings

SAUTE ONIONS in oil until crisp-tender in medium skillet; remove from heat
and cool until warm. Stir vinegar, red pepper, parsley, garlic, NutraSweet
Spoonful, salt and pepper into the onions.

POUR ONION MIXTURE over combined beans in bowl, mix well. Granish with pepper rings.

Nutrition Information:

Serving size 1/8 recipe

**Calories-----150 Saturated Fat-----<1g Protein-----6g
Cholesterol-----0mg Carbohydrates--19g Fiber-----5g Total
Fat-----3g Sodium-----70mg**

**Source: Recipe card inside cover box from
: NutraSweet Spoonful refill pack.**

Put in MealMaster format by Chris Tomlinson

**Title: Whole Wheat Buttermilk Pancakes
Categories: Griddlecake, Diabetic, Holiday, Vegetarian, Breakfast
Yield: 12 servings**

**1/2 c Whole Wheat Flour
1/2 c Unbleached White Flour
1 ts Sugar
1 ts Baking Powder
1/2 ts Baking Soda
1/4 ts Salt
1 Egg**

**1 c Buttermilk -or- Sour Milk (1
-cup lowfat milk + 1
-tablespoon vinegar)
2 tb Vegetable Oil**

Stir together the flours, sugar, baking powder, baking soda and salt.

Beat the egg, milk and oil together. Add the liquids to the flour mixture and stir just until blended.

Pour the batter onto a greased hot griddle.

Serve with fresh fruit slices, unsweetened applesauce or low-calorie syrup.

Makes 12 4-inch pancakes

**Two Pancakes = Calories: 114 Carbohydrates: 18 Protein: 4 Fat: 3 Sodium:
246 Potassium: 1200 Cholesterol: 47**

Exchange Value: 1 Bread Exchange + 1/2 Fat Exchange

Source: Holiday Cookbook, American Diabetes Association,

**Title: Whole Wheat Pizza
Categories: Italian, Vegetables, Seeds, Diabetic, Vegetarian
Yield: 8 servings**

**1 c Warm Water (110 to 115
-degrees)
1 pk (or 1 tablespoon) Active Dry
-Yeast -or-
1 Ck Yeast
1 tb Honey
1 c Whole Wheat Flour
1/2 ts Salt
1 tb Vegetable Oil
4 oz Cheddar Cheese, grated
1/2 ts Black Pepper, ground
1/2 ts Caraway Seeds
1/4 ts Garlic Powder
1 1/4 To 1-1/2 c Whole Wheat Flour
1/2 c Tomato Sauce -or- Pizza
-Sauce
1/2 To 1 tb Dried Oregano
1 c Raw Broccoli Pieces
1 c Raw Mushroom Slices
8 oz Part Skim Mozzarella Cheese,
-shredded**

Combine the water, yeast, honey and the 1 cup of whole wheat flour in a large bowl. Beat 100 times until mixture is smooth. Let rise in a warm place for 15 minutes. Add the salt, oil, Cheddar cheese, pepper, caraway seeds, garlic powder and 1-1/4 to 1-1/2 cups whole wheat flour. Mix well and let the dough rest for 5 minutes.

Pat out the dough onto a baking sheet for 1 large pizza or divide the dough in half and make two medium-size pizzas.

Top with the pizza sauce, oregano, vegetables and mozzarella. Bake in a 400 degree oven for 15 to 20 minutes.

Serves 8

One Serving = Calories: 305 Carbohydrates: 33 Protein: 18 Fat: 12 Sodium: 430 Potassium: 378 Cholesterol: 31

Exchange Value: 2 Medium-Fat Meat Exchanges + 2 Bread Exchanges + 1 Vegetable Exchange

Source: Holiday Cookbook, American Diabetes Association, ISBN 0-13-024894-0, by Betty Wedman, M.S.,R.D.

----- Recipe via Meal-Master (tm) v8.05

Title: Wild Rice-Pine Nut Stuffing

Categories: Poultry, Diabetic, Rice, Nuts/grains

Yield: 2 Servings

**1/4 c Wild rice, uncooked
1 c Water
1 Green onion
1 sm Garlic clove, minced
1 ts Vegetable oil
1/4 c Pine nuts or any choppednut
1/2 ts Dried thyme**

Cook the wild rice in the water until tender, about 1 hour. Add more water if needed.

Meanwhile, saute the onion, garlic, nuts and thyme in the oil. Add the wild rice. Simmer for 10 minutes to blend the flavors. Cool enough to stuff into quail or one Cornish hen (or serve with chicken).

1/2 recipe - 182 calories, 1 bread exchange, 2 fat 15 grams carbohydrate, 4 grams protein, 11 grams fat 138 mg sodium, 114 mg potassium, 0 cholesterol

Source: Am. Diabetes Assoc. Holiday Cookbook by Betty Wedman, 1986 Shared but not tested by Elizabeth Rodier, Nov 93

MY NOTE: Pine nuts are very expensive, about 5 times the cost of shelled sunflower seeds in the bulk bin. They do not have a very strong flavor.

Title: WW Chocolate Bars

Categories: Ww, Candies, Low-cal/fat, Chocolate, Diabetic

Yield: 1 servings

**1 pk Alba Choc. Drink Mix
2 tb Water
2 tb Raisins
1 tb Chunky peanut butter
3/4 oz Grape-Nuts**

Mix Alba and water together and add the rest of the ingredients; form into a bar on saran wrap and freeze.

I make it into 2 bars and then usually one bar or half a bar is enough to satisfy me. TOTAL RECIPE COUNTS AS: 1 M, 1 P, 1 F, 1 FR AND 1 B.

Title: WW Pumpkin Squares

Categories: Breakfast, Diabetic, Ww

Yield: 1 servings

**1 sl Raisin bread;crumbed
1/3 c Nonfat dry milk powder
4 pk Artificial sweetner
1 ts Baking powder
1/8 ts Cinnamon
1/8 ts Nutmeg
1/8 ts Dehydrated orange peel
1 md Egg beaten (see note)
1/2 ts Vanilla
2 oz Canned pumpkin (scant
1/4 Cup)**

**Note: egg beaters can be
Used instead of egg.**

Formatted into MM by Ursula R. Taylor.

Make raisin bread into crumbs. Combine all dry ingredients into large bowl. In small bowl combine all wet ingredients and mix well. Add to dry ingredients and stir until thoroughly combined. Spray loaf pan (7 3/8 x 3 5/8 x 2 1/4) with PAM. Bake at 375 for 12 to 15 minutes or until done and toothpick comes out clean. Makes 1 serving equal to 1 bread, 1 egg, 1 milk and 1 limited vegetable. You can make 4 at a time by quadrupling list of ingredients and baking in a jelly roll pan. Egg beaters can be used instead of egg.

This is an old Weight Watchers Recepte.

If making 4 - use a jelly roll pan - cook for about 17 minutes or until done and using a toothpick to see if done. If done the toothpick comes out clean. Then cut into 4 equal servings and put them in individual plastic baggies.

1 - 16 oz. can of pumpkin will make two batches of 4 each of these....So it's just as easy to make 8 at once. Then freeze four of them..Reheat in the microwave....

Title: Yummy Peanut Butter Cookies

Categories: Cookies, Diabetic, Desserts, Grains

Yield: 18 servings

1/3 c Flour

1/4 ts Baking soda

1/4 ts Baking powder

1/4 c Diet margarine

4 tb Peanut butter

1 tb Brown sugar replacement

1/2 c Granulated sugar replacement

1 ea Egg, well beaten

Preheat oven to 375 degrees F. Grease cookie sheet lightly. Sift flour, baking soda, and baking powder. Work margarine and peanut butter with spoon

until creamy; gradually add brown sugar replacement, continue working until light. Add granulated sugar replacement and egg; beat well. Mix in dry ingredients thoroughly. Drop by teaspoonfuls onto cookie sheet; flatten with tines of fork in a criss-cross pattern. Bake until done, 8-10 minutes. Makes 18 cookies.

Nutritional information per cookie: calories - 45 Diabetic Exchanges per cookie: 1/4 Bread, 1/2 Fat, 1/4 Lean Meat.

FROM: Recipes for Diabetics by Billie Little copyright 1990

Title: Zero Salad Dressing
Categories: Dressings, Diet, Salads, Diabetic
Yield: 1 batch

-----JONI CLOUD SSMW41A-----

1/2 c Tomato juice
2 tb Lemon juice or vinegar
1 tb Onion;minced
1/8 ts Salt
1/8 ts Oregano
1 ds Papper
1 ds Garlic powder;optional

Combine all ingredients in jar with tightly fitted top. Refrigerate several hours. Shake well before using. NOTE: This dressing may be kept for several weeks refrigerated in a closed container. From the Diabetic Kitchen of Joni in S.Jersey,Enjoy.

Title: ZUCCHINI SOUP - FIT OR FAT TARGET COOKBOOK
Categories: Soups/stews, Diabetic, Vegetarian, Ovo-lacto
Yield: 4 servings

2 lb Zucchini; thinly sliced
1 c Veggie broth
1 c Onion; diced
1 ts Curry powder
1/2 ts Salt
1/2 ts Pepper
1 c Skim milk or low fat yogurt

ombine the zucchini, broth, onions and seasonings and cook over medium low heat until very tender. Put through a blender until smooth. Add the skim milk or yogurt. Adjust the seasoning. Serve hot or cold. Cal per serving with skim milk : 75 Cal per serving with yogurt: 92

Title: Zucchini-Meat Sauce

Categories: Diabetic, Meat, Sauces, Main dish, Vegetables

Yield: 6 Servings

- 1 lg Onion chopped**
- 3 tb Parsley, finely
-chopped**
- 2 Cloves garlic, crushed**
- 1/2 c Vegetable oil (or less)**
- 1 1/2 lb Zucchini (about 6),
-unpeeled, finely diced**
- 2 c Tomato sauce**
- 2 ts Basii**
- 1 Bay leaf**
- 1 lb Ground beef**

Saute onion, parsley and garlic in oil about 10 minutes: Stir in zucchini and simmer about five minutes, stirring occasionally. Add tomato sauce basil, bay leaf and simmer for 30 minutes, stirring occasionally. Meanwhile, brown ground beef until just brown and separated. Stir meat into first mixture (remove bay leaf) and serve hot, with Parmesan cheese, over pasta, potatoes or rice, or even a bun.

Source: The Everett Herald; August 28 th 1991 Found by Fran McGee
