4- INGREDIENT WALDORF SALAD

COOKING WELL WITH DIABETES

INGREDIENTS

- 4 cups apples, cored and chopped
- ¾ cup raisins
- ½ cup pecans
- ½ cup low-fat mayonnaise

DIRECTIONS

1. Wash apples; core and chop.
2. Combine all ingredients in a large bowl. Refrigerate until ready to serve.

POINTS TO REMEMBER

- Apples are a source of both soluble and insoluble fiber. Soluble fiber such as pectin helps to prevent cholesterol buildup in the lining of blood vessel walls, thus reducing the risk of atherosclerosis and heart disease. The insoluble fiber in apples provides bulk in the intestinal tract, holding water to move food through the digestive system.
- Apples are also rich in antioxidants especially quercetin, known to inhibit cancer onset and cell proliferation. It is a good idea to eat apples with their skin. Ursolic acid, a natural compound found in the apple's skin, may prevent muscle wasting that can result from aging or illness. Almost half of the vitamin C content is just underneath the skin. Eating the skin also increases insoluble fiber content.
- Most of an apple's fragrance cells are also concentrated in the skin and as they ripen, the skin cells develop more aroma and flavor.
- Wash apples under cool, running water. To prevent browning of sliced apples, coat cut apple pieces in a mixture of one-part lemon juice to three parts water, in vitamin C, in vitamin C fortified 100% apple juice, or in a commercial anti-browning product.
- Dried fruit such as raisins are nutritious choices, but the portions are small because of the concentrated amount of natural sugar.
    - Two tablespoons of dried fruit contains about 15 grams carbohydrate.
- Adding raisins to a salad provides the flavor and sweetness while stretching the carbohydrate provided by this dried fruit among low carbohydrate food.

Makes 8 servings –¾ cup each
Nutrients per serving: Calories 185; total fat, 9 grams; sodium 110 mg; carbohydrate, 28 grams; fiber, 3 grams; protein, 1 gram

COLORFUL VEGGIE COINS

COOKING WELL WITH DIABETES

INGREDIENTS

- 2 medium carrots, thinly sliced
- 1 medium yellow squash, sliced
- 1 medium zucchini, sliced
- 1 small head cauliflower, broken into florets
- 1 clove garlic, minced
- 2 tablespoons butter, divided
- ½ cup low sodium chicken broth
- ¼ teaspoon black pepper

DIRECTIONS

1. Place carrots, squash and cauliflower in shallow 2-quart baking dish.
2. In a small saucepan, sauté garlic in 1 tablespoon butter for 1 minute.
3. Stir in broth and pepper. Pour broth mixture over veggies and top with remaining butter.
4. Cover and bake at 350 degrees F. for 30 minutes or until veggies are tender.

POINTS TO REMEMBER

- Zucchini and other summer squash varieties, which are harvested at the immature stage, have soft shells and tender, light-colored flesh. Other varieties of summer squash include patty pan, yellow crookneck, and yellow straight neck.
- Like cucumbers, summer squash are 95 percent water. The high-water content makes summer squash a low-calorie food. A cup of raw zucchini contains only 20 calories. Summer squash are generally a good source of vitamin C, with the amount of vitamin C varying by variety. They are also a good source of potassium.
- Chicken stock tends to be made more from bony parts, whereas chicken broth is made more out of meat. Chicken stock tends to have a fuller mouth feel and richer flavor, due to the gelatin released by long-simmering bones. Chicken broth and chicken stock without added salt are a great way to flavor vegetable recipes.

Serves 6

Nutrients per serving: Calories: 70; Fat: 4.5 grams; Sodium: 65 milligrams; Carbohydrate:7 grams; Fiber: 2 grams; Protein: 2grams

DOUBLE CORNBREAD

COOKING WELL WITH DIABETES

INGREDIENTS

- 1 cup cornmeal
- ½ cup all-purpose flour
- 4 teaspoons baking powder
- 2 egg whites or ¼ cup egg substitute
- ½ cup fat free sour cream
- 2 tablespoons oil
- 1 can (8.5 ounces) creamed corn
- Nonstick baking spray

DIRECTIONS

1. Preheat the oven to 425 degrees F.
2. Combine the cornmeal, flour and baking powder in a large mixing bowl; mix well.
3. Separate the eggs or measure the egg substitute and place it in a small bowl. Add the sour cream, oil and creamed corn to the eggs. Mix well.
4. Add the corn mixture to the dry ingredients and stir them only enough to dampen the flour.
5. Spray the muffin pan or a 9-inch-square baking pan. Spoon the cornbread mixture into the pan.
6. Bake muffins for 20 minutes or the 9-inch-square pan for 25 minutes. Remove from the oven and serve warm.

POINTS TO REMEMBER

- Comfort foods like cornbread don't have to be packed with calories. Lightened up ingredients such as fat free sour cream can add flavor to recipes without adding extra fat calories.
- At 18 grams carbohydrate per 2" square, 1 serving of double cornbread is equivalent to 1 carbohydrate choice.
- Creamed corn(which is also known by other names, such as "cream-style corn") is a soup or sauce made by pulping corn kernels and collecting the milky residue from the corn.
- Corn (also known as maize), is one of the sweetest tasting grains. In its immature form, it is the familiar yellow corn on the cob. When it matures and dries, it is used like other grains to make grain foods like breakfast cereal and tortillas.

Makes 12 servings (2 inches square)
Nutrients per serving Calories: 110; fat: 3 grams; carbohydrates: 18 grams; dietary fiber: 1 gram; protein: 3 grams; sodium: 270 milligrams

GARLIC MASHED CAULIFLOWER

COOKING WELL WITH DIABETES

INGREDIENTS

- 5 cups fresh cauliflower florets
- 1 clove garlic, minced
- 3 tablespoons fat-free milk
- 3 tablespoons reduced-fat mayonnaise*
- 1/8 teaspoon white pepper
- Minced fresh chives, optional

*Substitute light margarine for mayonnaise for taste like mashed potatoes.

DIRECTIONS

1. Place 1 inch of water in large saucepan; add cauliflower and garlic.
2. Bring to a boil; simmer, covered, 5-10 minutes or until tender, stirring occasionally. Drain.
3. In a bowl, combine milk, mayo, and pepper. Add cauliflower. Beat until smooth and creamy.
4. Sprinkle with chives if desired.

POINTS TO REMEMBER

- Broccoli and cauliflower are flowering members of the cabbage family. Other cabbage family members include Brussels sprouts, cabbage, and turnips. Together, they are known as cruciferous vegetables.
- Cruciferous vegetables have health benefits. Increasing consumption of all fruits and vegetables helps decrease your risk of chronic diseases such as cancers, heart disease, or diabetes.
- Scientists have found that combining broccoli with tomatoes can maximize the body's defense against diseases. Combining different vegetables increases their antioxidant capacity. Use a wide variety of vegetables and fruits in salads and other dishes for maximum cancer–fighting capacity.
- Cauliflower is a rich source of vitamin C and a good source of potassium. Remember that the phytochemical activity of these vegetables is increased when they are combined with other vegetables.
- Cauliflower may be cooked whole or broken into florets. When cooking cauliflower, add milk or lemon juice to maintain whiteness.
- This recipe mimics mashed potatoes in texture and appearance, but the carbohydrate content is less. Great flavor comes from the garlic and chives and richness from the mayonnaise and milk.

Serves 4

Nutrients per serving: Calories: 80; Fat:5 grams; Sodium: 135milligram; Carbohydrates: 8 grams; Fiber: 3 grams; Protein: 3 grams

STRAWBERRY PINEAPPLE CUPS

COOKING WELL WITH DIABETES

INGREDIENTS

- 3 ripe bananas
- 2 6-ounce containers fat free yogurt (any flavor)
- 1 package (10 ounces) frozen strawberries (thawed and undrained)
- 1- 8-ounce can crushed pineapple (undrained, packed in its own syrup)

DIRECTIONS

1. Line 18 medium muffin cups with paper baking cups.
2. In a medium bowl, mash bananas with a fork.
3. Add remaining ingredients. Stir until combined.
4. Spoon into cups. Freeze at least 3 hours or until firm.
5. Remove from paper cups and let stand 10 minutes before serving.

POINTS TO REMEMBER

- Can you still eat bananas with diabetes? YES, you can still eat bananas. Bananas are a good source of fiber, potassium, and vitamin C but they do contain carbohydrate. In fact, all fruit contains carbohydrate, so it needs to be counted in your diabetes meal plan.
- Bananas can vary in size so counting carbohydrate can be challenging. Purchasing smaller bananas is probably a good choice to keep portions in check. Below are some estimates for different sizes:
  - Extra small banana (6 inches long or less) —18.5 grams of carbohydrate
  - Small banana (about 6-6 7/8 inches long) —23 grams of carbohydrate
  - Medium banana (7-7 7/8 inches long) —27 grams of carbohydrate
  - Large banana (8-8 7/8 inches long) —31 grams of carbohydrate
  - Extra large banana (9 inches or longer) —35 grams of carbohydrate
- Did you know that 1- 6 ounce serving of yogurt provides:
  - 20% of the recommendation for daily value of calcium, (builds, maintains strong bones, teeth)
  - 17% daily value of protein, (builds, repairs muscle tissue)
  - 20% daily value of phosphorus, (builds, maintains strong bones, teeth, supports tissue growth)
  - 25% daily value of riboflavin, (helps body use carb, fat, protein for fuel)
  - 40% daily value of B12, (helps with normal blood function, keeps nervous system healthy)
  - 20% daily value pantothenic acid, (helps body use carb, fat, protein for fuel)
  - 15% daily value of zinc (helps body's immune system work properly)

Makes 18 servings

Nutrients per serving: Calories: 50; total fat: 0 grams; protein: 1 gram; carbohydrate: 11 grams; fiber: 1 gram; sodium: 10 milligrams

SWEET PEPPER AND ONION STIR-FRY

COOKING WELL WITH DIABETES

INGREDIENTS

- 1 tablespoon extra-virgin olive oil
- 1 large yellow bell pepper
- 1 large red bell pepper
- 1 large green, orange or purple bell pepper
- 1 medium white onion 1 clove garlic, minced

DIRECTIONS

1. Core, seed and thinly slice bell peppers.
2. Cut onion into thin wedges.
3. Heat oil in large nonstick skillet over medium-high heat until very hot.
4. Add peppers and onion; stir-fry 3 minutes. Add garlic; continue to stir-fry 2-3 minutes longer or until vegetables are crisp-tender.

POINTS TO REMEMBER

- Bell peppers are a fruit that are in the same family as tomatoes, potatoes, and eggplant. Bell peppers are available in a variety of colors having a sweet mild flavor that tends to be crisp and juicy. Bell peppers are very rich in Vitamin A, Vitamin C, and potassium. They are moderately rich in folate (folic acid) and dietary fiber and naturally low in calories, fat, and sodium.
- When selecting peppers, choose those that have a smooth, glossy skin and feel heavy for their size.
- Store peppers in the refrigerator in a ventilated bag up to 5 days. Red, yellow and other colored peppers are slightly more perishable than green peppers. Rinse peppers under cool, running water prior to preparation.
- This recipe can be used as a side dish, wrapped in a tortilla, or even tossed into a salad. It is low in sodium and calories and very flavorful.

Serves 4

Nutrients per serving: Calories: 80 calories; fat: 4 gram; sodium: 5 milligrams; carbohydrate: 10gram; fiber: 2 gram; protein: 2 grams

TEXAS A&M AGRILIFE EXTENSION

COOKING WELL WITH DIABETES

High Fiber Foods

- Goal is 25 grams (g) to 35 g of fiber a day.
- Add Fiber gradually to diet over the course of weeks.
- Increase water consumption to 8 – 8 ounce cups per day

Lentils
Amount of fiber: 1 cup, boiled = 18 g fiber

Black beans
Amount of fiber: 1 cup, canned (unsalted) = 15 g fiber

Edamame
1/2 cup, boiled and shelled = 4 g fiber

Kidney beans
Amount of fiber: 1 cup, cooked = 12 g fiber

Chia seeds
Amount of fiber: 2 tablespoons = 10 g fiber

Blackberries
Amount of fiber: 1 cup = 7.5 g fiber

Barley
Amount of fiber: 1 cup, cooked = 6 g fiber

Oats
Amount of fiber: 1 cup, cooked = 5 g fiber

Quinoa
Amount of fiber: 1 cup, cooked = 5 g fiber

Apples
Amount of fiber: 1 medium apple = 4.5 g fiber

Edamame
Amount of fiber: 1/2 cup = 4 g fiber

Split peas
Amount of fiber: 1 cup, boiled = 16 g fiber

Pinto beans
Amount of fiber: 1 cup, boiled = 15 g fiber

Artichoke hearts
Amount of fiber: 1 cup, cooked = 14 g fiber

Chickpeas
Amount of fiber: 1 cup, cooked = 12 g fiber

Raspberries
Amount of fiber: 1 cup = 8 g fiber

Whole-wheat pasta
Amount of fiber: 1 cup, cooked = 7 g fiber

Almonds
Amount of fiber: 23 almonds = 6 g fiber

Broccoli
Amount of fiber: 1 cup, chopped = 5 g fiber

Haas avocados
Amount of fiber: Half of an avocado = 5 g fiber

Green peas
Amount of fiber: 1/2 cup, boiled = 4 g fiber

Brussels sprouts
Amount of fiber: 1 cup, cooked = 4 g fiber

COOKING WELL WITH DIABETES

ITALIAN SPINACH ZUCCHINI MEATBALLS

MAKES 12, 2 meatball PORTIONS

ingredients

- 2 pounds ground turkey – 7% fat
- 2 cups shredded mozzarella low sodium, divided
- 1 medium zucchini shredded
- 2 cups chopped spinach
- 2 large egg whites
- 1 clove garlic minced
- 3 teaspoons Italian seasoning
- 1/2 teaspoon salt
- 1 teaspoon pepper

Nutrition Facts

12 servings per container

Serving size	2 meatballs (125g)
Amount per serving	
Calories	**150**
	% Daily Value*
Total Fat 5g	6%
Saturated Fat 2.5g	13%
Trans Fat 0g	
Cholesterol 56mg	18%
Sodium 280mg	12%
Total Carbohydrate 2g	1%
Dietary Fiber 0g	0%
Total Sugars 1g	
Includes 0g Added Sugars	0%
Protein 24g	
Vitamin D 0mcg	0%
Calcium 143mg	10%
Iron 1mg	6%
Potassium 356mg	8%

* The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

directions

1. Wash your hands, clean your preparation area, and rinse fresh fruits and vegetables under cool running water.
2. Preheat oven to 350 degrees
3. In a large bowl, add ground turkey, 1 cup of shredded mozzarella, shredded zucchini, chopped spinach, egg whites, and all seasonings.
4. Combine until ingredients are well mixed
5. Split mixture into 4 sections. Aim to make 6 meatballs from each section to get you 24 total meatballs.
6. Add meatballs to an oven-safe dish.
7. Bake for 40 minutes at 350 degrees.
8. Remove dish from the oven, add 1 cup mozzarella cheese, and bake for 5 more minutes, or until cheese is melted.

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TEXAS A&M AGRILIFE EXTENSION

COOKING WELL WITH DIABETES

LEMON ARUGULA PASTA SALAD

Ingredients

Salad

- 1 tsp olive oil extra virgin
- 2 cups Arugula loosely packed
- 1/2 cup feta crumbled
- 1/2 lb Farfalle/Bowtie pasta cooked to package directions
- 1/8 tsp thyme dried

Dressing

- 1/4 cup lemon juice
- 1/4 cup olive oil extra virgin
- 1/4 tsp kosher salt
- 2 cloves garlic minced
- 1 tsp sugar or 1/2 -1 tsp honey.
- 1/8 tsp pepper to taste
- 1 tsp mustard Dijon

directions

1. Cook pasta to package directions. Once drained, toss is olive oil and allow to cool.
2. Add remaining ingredients and toss gently.
3. C hill for about 20 minutes before serving.

Nutrition Facts

Serving Size 1 1/2 cups
Serves 4

Amount Per Serving	
Calories	372
	% Daily Value*
Total Fat 13.8g	**18%**
Saturated Fat 4.3g	
Trans Fat 0g	
Polyunsaturated Fat 1.5g	
Monounsaturated Fat 7g	**0%**
Cholesterol 37.4mg	**12%**
Sodium 277.4mg	**12%**
Total Carbohydrate 45g	**16%**
Dietary Fiber 1.9g	**7%**
Sugars 3g	
Protein 16.6g	**33%**

TEXAS A&M AGRILIFE EXTENSION

COOKING WELL WITH DIABETES

SPICY PEA & AVOCADO TOAST

MAKES 3, 1/3 cup SERVINGS

ingredients

- 1/2 Cup frozen peas, Thawed
- 1 Medium Avocado, Sliced
- 1 jalapeno, seeded and diced
- 1/3 Cup red onion, chopped
- 1/4 Cup cilantro, chopped
- 1/2 Teaspoon garlic, minced
- 2 Tablespoons lime juice (about 1 Small Lime)
- 1/4 Teaspoon salt

Other toppings

- 3 Slices 100% whole wheat bread
- 1/2 Cup cherry tomatoes Sliced in Half
- 3 Tablespoons feta cheese Crumbled
- 1/2 Tablespoon hot sauce

directions

1. Pulse the peas in a food processor until smooth.
2. Transfer peas to a medium bowl. To the same bowl, add the flesh of the avocado. Combine avocado and peas by smashing together into a chunky texture.
3. To the avocado mixture, add jalapeno, red onion, cilantro, garlic, lime juice, and salt. Stir to combine. Set aside.
4. Toast bread to desired doneness.
5. Evenly divide the guacamole by spreading onto the toast (about 1/3 Cup)
6. Top the toast with an even division of the cherry tomatoes, feta cheese, and hot sauce.

Nutrition Facts

3 servings per container

Serving size	**1/3 Cup Guacamole + 1 Slice of Toast**
Amount per serving	
Calories	**210**
	% Daily Value*
Total Fat 11g	**14%**
Saturated Fat 2.5g	**13%**
Trans Fat 0g	
Cholesterol 10mg	**3%**
Sodium 450mg	**20%**
Total Carbohydrate 24g	**9%**
Dietary Fiber 5g	**18%**
Total Sugars 4g	
Includes 1g Added Sugars	**2%**
Protein 7g	
Vitamin D 0mcg	0%
Calcium 92mg	8%
Iron 2mg	10%
Potassium 453mg	10%

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TEXAS A&M AGRILIFE EXTENSION

COOKING WELL WITH DIABETES

SPICY BEAN SALAD

MAKES 12, ½ cup PORTIONS

ingredients

Salad

- 14.5 ounce low sodium green beans drained
- 15.5 ounce low sodium garbanzo beans drained
- 15.5 ounce low sodium kidney beans drained and rinsed
- 1/2 cup red onion sliced thinly
- 2 jalapenos seeded and chopped
- 1/4 cup cilantro chopped

Marinade

- 3/4 cup apple cider vinegar
- 1 packet sucralose
- 1/4 cup canola oil
- ½ teaspoon cumin, ground
- 1/2 teaspoon pepper

directions

1.Wash hands and sanitize the working area

2.Open green bean and garbanzo bean cans, drain and add to a large bowl.

3.Open the kidney bean can drain and rinse. Add to a large bowl.

4.Add prepared red onion, jalapeno, and cilantro to a large bowl and stir.

5.Prepare marinade in a separate bowl by combining, apple cider vinegar, sucralose, canola oil, and pepper.

6.Add marinade to bean mixture and toss to coat.

7.Cover bowl and refrigerate for at least 2 hours and up to 2 days for best flavor.

Nutrition Facts

12 servings per container
Serving size 1/2 Cup (137g)

Amount per serving	
Calories	**130**
	% Daily Value*
Total Fat 6g	8%
Saturated Fat 0.5g	3%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 115mg	5%
Total Carbohydrate 15g	5%
Dietary Fiber 5g	18%
Total Sugars 3g	
Includes 0g Added Sugars	0%
Protein 5g	
Vitamin D 0mcg	0%
Calcium 44mg	4%
Iron 2mg	10%
Potassium 255mg	6%

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TEXAS A&M AGRILIFE EXTENSION

COOKING WELL WITH DIABETES

CHOCOLATE PUDDING PHYLLO CUPS

ingredients

- 1 pkg. (3.9 oz.) of Chocolate Flavor Instant Pudding
- 1-1/2 cups of cold milk
- 1 container Light dessert topping
- 1 pkg. (1.9 oz.) frozen mini phyllo shells
- 15 fresh raspberries

directions

1. Start by making the chocolate pudding by opening the package and pouring the mix in a bowl, add the milk and stir with a whisk until getting a smooth but firm chocolate pudding consistency.

2. Add Dessert topping to pudding

3. Pour the pudding on a plastic or pastry bag for easy filling the cups with the chocolate pudding. Place mini shells on a tray. These cups are ready to use no need to bake or defrost. One by one fill the cups with the chocolate pudding using the pastry bag. Then top each cup with a fresh raspberry.

Place on a nice serving plate and enjoy.

TEXAS A&M AGRILIFE EXTENSION

DOUBLE CHOCOLATE PROTEIN BALLS

COOKING WELL WITH DIABETES

MAKES 10, SERVINGS

ingredients

- 1/3 cup almond butter
- 1/8 cup agave nectar or honey
- 1 scoop protein powder (your choice of flavor)
- 1 teaspoon unsweetened cocoa powder
- 3 Tablespoons chia seeds
- 1/4 cup mini chocolate chips

directions

1.Mix all ingredients together in a medium bowl. Use a small scoop or tablespoon to shape 10 small balls. Freeze for at least 20 minutes before serving. Enjoy!

Nutrition Facts

10 servings per container
Serving size **1 ball (22g)**

Amount per serving
Calories **110**

	% Daily Value*
Total Fat 7g	9%
Saturated Fat 1.5g	8%
Trans Fat 0g	
Cholesterol 5mg	2%
Sodium 30mg	1%
Total Carbohydrate 10g	4%
Dietary Fiber 2g	7%
Total Sugars 6g	
Includes 3g Added Sugars	6%
Protein 4g	
Vitamin D 0mcg	0%
Calcium 56mg	4%
Iron 1mg	6%
Potassium 105mg	2%

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