A word from the author—

Happy November NCP friends! This month, with the holidays right around the corner, I wanted to mesh a health awareness topic with something a little more festive: FOOD. The majority of us have heard of diabetes, understand what blood sugar levels are and how they can affect our bodies, and have known someone close to us that struggles with blood sugar control. Rather than giving a huge article about diabetes, I wanted to give a brief overview of National Diabetes Awareness Month and really focus on tips and tricks how to cook for a diabetic, or pre-diabetic friend or family member that may be coming to your home this holiday season. I have also included some great recipes that can help you include some healthier alternatives to your holiday spread, especially if you are concerned about your own blood sugar levels getting too close to that “borderline” that your doctor always mentions. I hope you enjoy!
What is National Diabetes Month?
Observed every November, American Diabetes Month is an important element in the American Diabetes Association’s efforts to focus our nation’s attention on the disease and the tens of millions of people affected by it.

Our 2016 theme is This Is Diabetes. We’ll showcase real-life stories of friends, families and neighbors managing the day-to-day triumphs and challenges of the disease. Join as we salute the 29 million Americans with diabetes — as well as their loved ones — to raise awareness and to create a sense of urgency about this growing public health crisis. The campaign invites people to submit their own stories to capture the authenticity of those who understand this disease best.

National Diabetes Month 2016: Theme
National Diabetes Month is observed every November so individuals, health care professionals, organizations, and communities across the country can bring attention to diabetes and its impact on millions of Americans.

This year, the National Diabetes Education Program’s theme is: Managing Diabetes – It’s Not Easy, But It’s Worth It. This theme highlights the importance of managing diabetes to prevent diabetes-related health problems such as heart attack, stroke, kidney disease, vision loss, and amputation. The theme also serves as a reminder to people who may be struggling with the demands of managing diabetes that they are not alone.
Diabetes Awareness from the National Institute for Health

As mentioned above, the theme for National Diabetes Month this year is, “Managing Diabetes”. Below is the article published by the National Institute for Health, including links to click on for this year’s diabetes health information:

Managing diabetes is a balancing act. It involves maintaining a healthy weight, making healthy food choices, being physically active, and taking medications as prescribed. Having a plan and setting realistic goals can help.

These resources provide guidance on how to manage your diabetes every day.

- **Know Your Blood Sugar Numbers**
  Learn why you should know your blood sugar numbers, how to check your blood sugar levels, target levels, and what to do if your levels are too low or too high.

- **4 Steps to Manage Your Diabetes for Life**
  Read these four steps to help you understand, monitor, and manage diabetes. This publication explains the diabetes ABCs and ways to stay healthy and manage the disease.
• **What I Need to Know About Physical Activity and Diabetes**
  Learn how physical activity can help you take care of your diabetes. This resource provides ideas to help you get started on a physical activity plan.

• **Diabetes HealthSense**
  Find resources to help you set goals, make you become healthier, and cope with the demands of diabetes management or prevention.

For more information about managing your diabetes, please visit: [https://www.niddk.nih.gov/health-information/diabetes/manage-monitoring-diabetes](https://www.niddk.nih.gov/health-information/diabetes/manage-monitoring-diabetes)

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7 Tips for Diabetic Cooking

Below is a direct article from [www.webmd.com](http://www.webmd.com) that I found VERY helpful with trying to understand how to make changes in your cooking style in order to accommodate the dietary restrictions of a diabetic friend or family member. The last thing I want to do is sacrifice TASTE, so here are some great tips how to still get great flavor… without all the carbs and sugars!

Who says that having diabetes means you can’t still whip up delicious, homemade food? When you know the basics of meal planning, you can make almost any recipe work. So don’t throw out your cookbooks or toss your favorite recipes. Instead, take some tips about how to cook wisely.
1. Cook with liquid fats in place of solid fats.
Solid fats often include saturated fats, which you should limit, or trans fats, which you should avoid totally. If a recipe calls for solid fat like butter, lard, or hydrogenated shortening, try trans-fat free margarine, spreads, or shortening instead. Check the label to see whether the product will work for cooking or baking.

Many liquid fats -- oils such as canola, corn, olive, and grape seed -- can be healthy when used in moderate amounts. Some oils have stronger flavors that may affect the taste. So experiment to find which oils work best with which recipes.
2. **Switch to low-fat dairy.**

Many dairy products used in cooking and baking are high in fat. You can lower the fat content without compromising taste.

Instead of whole milk or half-and-half, pour 1% or skim milk, condensed skim milk, or nonfat half-and-half. Instead of sour cream, try low-fat or nonfat plain yogurt, buttermilk, or even low-fat cottage cheese (you may need to blend it first to make it smooth.)

To make a sauce that calls for cream or whole milk, use cornstarch and skim milk.

3. **Use less fat altogether.**

For many dishes, you can use 25% to 33% less fat than what the recipe says. Another tip: Substitute applesauce or mashed bananas for some or all of the fat in baked goods.

Or, if you’re whipping up a treat that calls for chocolate or chocolate chips, try cocoa powder, or use mini-chocolate chips and use fewer of them.

When cooking up a soup or stew, skim off the fat that floats to the surface while it’s on the stove. Or, place the pot in the refrigerator. When the fat has hardened at the top, it’s easy to skim off.

4. **Be smart about carbs.**

Choose those that give you energy that lasts and fiber.

When a recipe calls for "white" flour, "white" rice, or other refined grains, try substituting whole wheat flour, brown rice, or other whole-grain flours or grain products. You can also use ground nuts such as almond or hazelnut (filbert) meal. Or you can mix several of these whole-grain ingredients together in the same recipe.

5. **Skimp on the sugar.**

Sugar can quickly raise your blood sugar, unlike the carbs from vegetables or starches, which are absorbed more slowly.
Many times you can cut the amount of sugar without seriously affecting taste or texture, though you may need to add more flour. An exception: You can’t cut corners if something you’re baking needs yeast, because the yeast needs the sugar in order to do its job. If you’re using a sugar substitute, check the product label to be sure it’s designed for baking.

6. Experiment with flavor.
Reach for ingredients other than sugar, salt, and fat to satisfy your taste buds. Try out different herbs, spices (cinnamon, cardamom, nutmeg), mustards, and vinegars (balsamic, sherry). Some spices may even have health benefits of their own. Cinnamon, for example, may help lower blood sugar levels.

You can also cut the amount of salt in a recipe, unless the recipe includes yeast, which needs the salt for rising. Or skip the salt entirely when you’re cooking, and then sprinkle a little on at the table when it’s time to eat.

Another way to reduce how much sodium you get is to choose fresh over canned and frozen foods, which tend to be higher in salt. If you’re cooking with nuts, check that they aren’t salted.

7. Ask a pro.
If you have favorite recipes that you’d like to make diabetes-friendly, ask your doctor for a referral to a dietitian. They’re experts at helping plan meals that are appropriate for people with diabetes or other health issues.

Heart Healthy means Diabetic Friendly
The majority of “heart healthy” recipes and meals are also diabetic friendly as well—low in sugars, fats, and cholesterol. You can protect your heart and blood vessels by:
- Eating less unhealthy fats (trans fat, saturated fat and cholesterol) and by choosing the types of fats that help your cholesterol levels (unsaturated fats).
• Maintaining a healthy weight by keeping portions in perspective and making healthy food choices.
• Reducing your sodium intake, which can help many people with blood pressure control.

The ingredients you use and the way you cook can make a big difference. Below are some practical tips to remember for heart-healthy eating and cooking.

**Fat is OK… In Moderation**

This means limiting foods high in trans fat, saturated fat and cholesterol – like processed snacks and sweets, baked goods, fried foods, high-fat dairy products, solid fats, and high-fat meats.

Instead, choose lean protein foods and low-fat dairy products. Limit the amount of processed snacks and baked goods you buy and eat. Choose more nutritious fresh foods to include in your snacks and meals such as fresh vegetables, whole grains, nuts and fruit. When cooking, skip the butter and margarine and try healthy vegetable-based oils in moderation.
Incorporate Omega-3s

Omega-3 fatty acids are a type of healthy fat that helps prevent the clogging of arteries. We recommend including fish (non-fried) in your meal plan at least twice a week – especially those high in omega-3 fatty acids. These "fatty" fish include salmon, albacore tuna, herring, rainbow trout, mackerel and sardines.

Other foods that provide omega-3 fatty acids include soybean products, walnuts, flaxseed and canola oil. It's also great if you can include some of these sources in your diet. Try mixing walnuts into your morning oatmeal or adding tofu to your stir-fry.

It's All About the Cooking Method

You can cut down on the calories in your meals by broiling, microwaving, baking, roasting, steaming or grilling foods. Avoid frying foods in lots of oil, lard or butter.

It is okay to use some fat when cooking. Just make sure you use oil high in unsaturated fats and don't use too much. (Remember that all fats are dense in calories, so they will add up quickly.) Some ideas are olive, peanut, corn, vegetable, safflower, sunflower or flaxseed oil. Nonstick pans and cooking sprays also work well if you're trying to reduce calories in a dish.
There’s a lot to be said about a Home Cooked Meal

Restaurant food tends to be high in calories, sodium, and unhealthy fats – all things you want to watch if you're eating heart healthy. Try to cook at home as much as possible with fresh, healthy ingredients. You'll find that you have much more control over what goes into your food.

If you are looking for diabetes-friendly recipes to make at home, sign up for Recipes for Healthy Living. You'll receive with dozens of meal ideas, healthy tips and recipes each month.
Increase the Flavor, Decrease the Salt and Fat

Look for recipes that use herbs and spices for flavor instead of salt, butter, lard, or other unhealthy fats. Try these tricks to season your food:

- Squeeze fresh lemon juice or lime juice on steamed vegetables, broiled fish, rice, salads or pasta.
- Try salt-free lemon pepper or mesquite seasoning on chicken.
- Try a salt-free herbs and spices. Fresh herbs are also a great choice.
- Use onion and garlic to liven up meats and vegetables.
- Try marinating and grilling chicken or pork with barbecue sauce or with a homemade marinade.

Trim the Fat

Cut away visible fat from meat and poultry. Roast food on a rack to let the fat drip off. Make soups a day ahead so you can chill them and then remove the fat that has risen to the top.
Great Substitution List for Ingredients- Diabetic and Heart Healthy

**Instead of** regular ground beef...
**Try** 90% lean ground beef or better yet, try lean ground turkey breast.
**Why?** Fewer calories, less saturated fat and less cholesterol.

**Instead of** sour cream on tacos or in dips...
**Try** non-fat plain yogurt (regular or Greek).
**Why?** Fewer calories and less saturated fat.

**Instead of** butter or margarine when cooking vegetables or protein foods...
**Try** trans-free margarine and oils like olive oil or vegetable oil.
**Why?** No trans fat, less saturated fat and more heart-healthy unsaturated fats.

**Instead of** butter or margarine when baking...
**Try** substituting half with applesauce.
**Why?** Fewer calories and less saturated fat.

**Instead of** cream, whole milk or 2% milk...
**Try** 1% milk or skim milk.
**Why?** Fewer calories and less saturated fat.

**Instead of** regular cheese...
**Try** reduced-fat cheese or use less.
**Why?** Fewer calories, less saturated fat and less cholesterol.
Instead of snack foods with hydrogenated oil, palm oil or coconut oil (crackers, chips, candy or baked goods)...

Try fruit with plain yogurt, fresh vegetables and hummus, a slice of whole wheat toast and natural peanut butter, nuts and dried fruit.

Why? Less sodium, less saturated fat and zero trans fat.

Instead of regular mayonnaise...

Try light mayonnaise or mustard on sandwiches. Try non-fat plain yogurt or a combination of non-fat plain yogurt and light mayonnaise if used in dressing, sauces and dips.

Why? Fewer calories.

Instead of bologna, salami or pastrami...

Try sliced low-sodium turkey or roast beef. Or better yet, cook fresh chicken or turkey on the weekend and use throughout the week for meals.

Why? Less total fat, less saturated fat and less sodium.
Are you cooking for a diabetic this holiday season? Maybe you or someone that is visiting is concerned about their blood sugar levels and has been watching what they eat. I’m sure we all know that person who doesn’t want to make a “big deal” about their holiday plate… so they just nibble on a few things on the holiday spread and never really “eat” a meal. This holiday season, make a dish or two that is diabetic friendly and still tastes delicious… whether you want to make it a side dish, or the main entrée!

Below are recipes and links that I found for great holiday meals:

**Appetizers**

### Mini Brie & Apple Quiches

![Mini Brie & Apple Quiches](image)

Recipe By: EatingWell Test Kitchen

“We love the way Brie and apples taste together in these mini quiches. Mini phyllo cups make it swift and simple to create an elegant appetizer. ”

COOK TIME: 15 min  
READY IN: 30 min  
SERVES: 8

**Ingredients**

- 30 mini phyllo shells (two 1.9-ounce packages; see Note)
- 1/2 medium apple, peeled and finely diced
- 5 large eggs
- 1 teaspoon Dijon mustard
- 1/4 teaspoon salt
- Pinch of freshly ground pepper
- Pinch of ground nutmeg
- 4 ounces Brie (1/2 small wheel), cut into 30 squares

**Directions**

- Preheat oven to 350 °F.
• Arrange phyllo shells on a large parchment-lined baking sheet. Divide apple among the shells.
• Whisk eggs, mustard, salt, pepper and nutmeg in a large measuring cup. Pour the egg mixture over the apple (do not overfill the shells). Place a Brie square in each shell.
• Bake until the egg is set, the Brie is melted and the phyllo is starting to brown around the edges, about 15 minutes. Let cool slightly before serving.

• Note: Mini phyllo shells, or fillo, are available in the freezer section near other frozen appetizers. They do not need to be defrosted before filling and baking.

Bacon and Mushroom Bite-Size Quiche

Tender, cheesy and savory custards in flaky pastry shells make elegant finger food-and can be made ahead and reheated. Delicious for brunch or evening appetizers.
Makes 3-1/2 dozen.
Serving size: 1 quiche.

Ingredients
• 8 slices bacon
• 1/4 pound fresh mushrooms, chopped
• 1 tablespoon butter
• 1/3 cup green onion, chopped
• 1 2/3 cups Swiss cheese, shredded
• Pastry for double-crust pie, (homemade or purchased)
• 5 eggs
• 1 2/3 cups sour cream

Directions
1. Heat oven to 375 degrees F.
2. On a lightly floured board, roll out the pastry dough 1/16-inch thick.
3. Using a 3-inch cutter, cut out 42 circles; re-roll scraps as needed.
4. Fit circles into bottoms and slightly up sides of lightly greased 2-1/2-inch muffin pans.
5. Meanwhile, fry bacon slices until crisp, drain; crumble or chop.
6. Chop mushrooms, saute in butter until limp and liquid evaporates.
7. Combine bacon, mushrooms, green onion and cheese. Divide filling equally among muffin cups.
8. In large bowl, beat together eggs, add sour cream and stir until smooth. Spoon about 1 tablespoon into each muffin cup.
10. Serve warm or let cool on wire racks. If made ahead, wrap cooled quiches airtight, and refrigerate overnight.
11. Reheat, uncovered, in a 350 degrees F. oven for about 10 minutes.

**Nutritional Information Per Serving**
Calories: 95 ; Protein: 3 g ; Fat: 7 g ; Sodium: 87 mg;
Cholesterol: 35 mg ; Dietary Fiber: 0 g ; Carbohydrates: 4 g

### Beef and Blue Cheese Stuffed Mushrooms

Perfectly bite-sized mushrooms are stuffed with a savory blend of ground beef, crumbled blue cheese and minced chives.
Yield: 36 servings

**Ingredients**

- 1/2 pound 96% lean ground ground beef
- 1/4 teaspoon salt
- 36 small button or cremini mushrooms (about 1-1/2 to 2-inch diameter)
- 1/3 cup crumbled blue cheese
- 1/4 cup soft whole wheat bread crumbs
- 3 tablespoons minced chives
- 1/2 teaspoon steak seasoning blend
- Minced fresh chives (optional)

**Directions**

1. Preheat oven to 375F. Remove and reserve stems from mushrooms. Season mushroom caps with salt; set aside. Mince stems to yield 1/2 cup; discard remaining stems.
2. Combine Ground Beef, minced stems, blue cheese, bread crumbs, 3 tablespoons chives and steak seasoning. Spoon beef mixture evenly into mushrooms.
3. Place stuffed mushrooms on rack in broiler pan. Bake in 375F oven 15 to 20 minutes. Sprinkle with additional chives, if desired.

**Nutritional Information Per Serving**
Calories: 15 ; Protein: 2 g ; Fat: 1 g ; Sodium: 49 mg; Cholesterol: 5 mg ; Saturated Fat: 0 g ; Dietary Fiber: 0.1 g ; Carbohydrates: 1 g

**Artichoke Dip**
Serve with fresh sliced vegetables.
Servings: 14; 2 tablespoons per serving

**Ingredients**
- 9-ounce package frozen no-salt-added artichoke hearts, thawed, drained
- 4 ounces fat-free or low-fat cream cheese, room temperature
- 1/2 cup plain nonfat or low-fat yogurt
- 1/4 cup thinly sliced green onions (green part only)
- 1 1/2 teaspoons cream sherry
- 1 teaspoon salt-free Italian herb seasoning
- 1/8 teaspoon salt

**Directions**
1. Blot artichokes dry on paper towels. Chop into small pieces.
2. In medium bowl, whisk together remaining ingredients, blending well. Stir in artichokes.
3. Cover and refrigerate for at least 1 hour to allow flavors to blend.
4. Stir before serving.

**Nutritional Information Per Serving**
Calories: 20 ; Protein: 2 g ; Sodium: 79 mg; Carbohydrates: 3 g
Exchanges: 1/2 Low-Fat meat
Source: The New American Heart Association Cookbook

**Butternut Squash Crostini**

Yield: 32 servings

**Ingredients**
- 8 slices Roman Meal bread (or similar whole grain, sliced bread), toasted or grilled
- 2 cups butternut squash, broiled and cut into 1/4-inch cubes
- 4 ounces feta cheese, crumbled
- 2 tablespoons maple syrup
- 1 tablespoon fresh thyme leaves
- 32 fresh basil leaves

**Directions**
1. Cut each piece of toast into quarters for a total of 32 pieces.
2. Combine squash, cheese, maple syrup and thyme in medium bowl.
3. Top toast quarters with about 1 tablespoon squash mixture each. Top with fresh basil leaves.

**Nutritional Information Per Serving**
Calories: 30 ; Protein: 1 g ; Fat: 1 g ; Sodium: 65 mg;
Cholesterol: 5 mg ; Carbohydrates: 5 g
Source: Roman Meal

**Side Dishes**

**New Potatoes with Olive Oil and Garlic**

*Serves: 4 (1 Serving = About 3 potatoes)*

**Ingredients**
- 12 small new potatoes (1 pound total)
- 1 tablespoon plus 1 teaspoon extra virgin olive oil
- 1 large clove garlic, minced
- 1/4 teaspoon salt
- Pinch of freshly ground pepper

**Directions**
1. Peel off a 1/2-inch strip of skin around the center of each potato.
2. Place the potatoes in a steamer set over simmering water. Cover and steam until tender, 15 to 20 minutes. Drain and reserve.
3. Heat the oil and garlic in a nonstick skillet large enough to hold the potatoes in one layer. Cook over medium heat until the garlic is fragrant, about 2 minutes. Add the potatoes and roll them in the oil mixture. Season with salt and pepper.

**Nutritional Information Per Serving**
Calories: 123 ; Protein: 3 g ; Fat: 5 g ; Sodium: 153 mg;
Cholesterol: 0 mg ; Carbohydrates: 19 g
Exchanges: 1 Starch, 1 Fat
Source: The New Family Cookbook For People with Diabetes

**Creamy Mashed Potatoes**

*Servings: 8*

**Ingredients**
- 5 medium potatoes (2-1/2 pounds), peeled and cut into quarters
- 1 teaspoon Morton Lite Salt Mixture,
- 1 teaspoon dried parsley flakes
- 1 teaspoon dried onion flakes
1 package (3 tablespoons) Butter Buds
1/2 cup nonfat milk powder
1/4 teaspoon freshly ground pepper
1/2 teaspoon garlic powder

Directions
1. Place peeled potatoes in a large pot and cover with water. Cover; simmer for 30 minutes, or until potatoes are tender.
2. Drain, but reserve cooking liquid. Mash potatoes with a potato masher. Add 1/2 cup hot reserved cooking liquid and remaining ingredients. Mash until well blended.

Nutritional Information Per Serving
Calories: 87 ; Protein: 4.1 g ; Fat: 0.12 g ; Sodium: 251 mg; Cholesterol: 1.5 mg ; Carbohydrates: 18.2 g
Exchanges: 1 Bread/Starch
Source: Deliciously Healthy Favorite Foods Cookbook
Author: Suzi Castle

Candied Sweet Potatoes

This holiday favorite has been re-vamped to include just enough "candy" without being overloaded with excess fat and sugar.
PREP TIME: 10 minutes
COOK TIME: 20 minutes
SERVINGS: 8

1¼ lb sweet potatoes, peeled and cut into 2” pieces
1/2 c chopped onions
1 granny smith apple, cut into 1” pieces
1/4 c raisins
1/4 c orange juice
2 Tbsp brown sugar
2 tsp non-diet tub-style margarine or butter
1/2 tsp grated orange rind
1. IN a large saucepan, combine the potatoes and onions. Add 1” of water to the pan. Cover and simmer over medium heat for 8 minutes, or until the potatoes are tender. Drain, returning the vegetables to the pan.
2. ADD the apples, raisins, orange juice, brown sugar, margarine or butter and orange rind. Cook over low heat, stirring frequently, until the liquid reduces slightly and glazes the potatoes and apples.

NUTRITION (per serving) 130 calories, 3 g fat, 1 g saturated fat, 2 g protein, 25 g carbohydrates, 11 g sugar, 3 g fiber, 80 mg sodium

Roasted Potatoes with Garlic and Rosemary
Yield: 8 to 12 wedges (4 servings)

Ingredients
- 2 large baking potatoes or 3 medium potatoes (1-1/4 pounds total), each cut in 4 wedges
- 1 tablespoon olive oil
- 2 cloves garlic, minced
- 1/2 teaspoon crushed rosemary
- 1/4 teaspoon salt

Directions
1. Preheat the oven to 350 degrees F. Prepare a shallow dish or pan with nonstick pan spray.
2. Arrange potato wedges in the prepared pan. Combine the oil, garlic, rosemary, and salt in a small bowl. Brush the potatoes lightly with the oil mixture.
3. Bake until tender and golden brown, about 1 hour, basting with oil from the pan every 15 minutes.

Nutritional Information Per Serving
Calories: 136 ; Protein: 3 g ; Fat: 3 g ; Sodium: 155 mg;
Cholesterol: 0 mg ; Dietary Fiber: 4 g ; Sugars: 3 g ; Carbohydrates: 24 g
Exchanges: 1-1/2 Starch, 1/2 Fat
Source: The New Family Cookbook for People with Diabetes

Roasted Autumn Vegetables
Servings: 8

Ingredients
- 1/2 lb small red potatoes
- 1 tbsp olive oil
- Bay leaf
- 1/4 tsp dried thyme, crumbled
- Garlic cloves, crushed
- 2 lbs butternut squash, peeled and cut into 3/4 inch pieces (4 cups)
- Fresh thyme sprigs for garnish, if desired

Directions
1. In a bowl toss together the potatoes, quartered, 1 tbsp of the oil, bay leaf, dried thyme, garlic, and salt and pepper to taste.
2. Spread the vegetables in an oiled large toasting pan and roast them in the middle of a preheated 375° oven, shaking pan every 5-10 minutes for 25 minutes.
3. In a bowl, toss the squash with the remaining tbsp oil and salt and pepper to taste and add it to the pan. Roast the vegetables, shaking the pan occasionally, for 10-20 minutes.
more, or until they are tender. Discard the bay leaf and garnish the vegetables with the thyme sprigs.

**Nutritional Information Per Serving**
Calories: 172 ; Fat: 9 g ; Sodium: 176 mg;

Exchanges: 1 Bread
Source: Cooking Healthy and Fast

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**Cheddar Pepper Muffins**

Packed with peppers and cheese, these muffins are a guilt-free replacement for starchy, refined-flour rolls. The flavor screams gourmet, and they’re ready in 30 minutes.

PREP TIME: 20 minutes
COOK TIME: 15 minutes
SERVINGS: 12

1 c unbleached or all-purpose flour
1 c yellow cornmeal
2 tsp sugar
2 tsp baking powder
1/2 tsp salt
1 c (4 oz) shredded fat-free Cheddar cheese
1/3 c grated reduced-fat parmesan cheese
1 c fat-free milk
1/2 c liquid egg substitute
1/4 cup canola oil
1/8 tsp hot-pepper sauce
1/2 green bell pepper, finely chopped
1/2 red bell pepper, finely chopped
1/2 sm onion, finely chopped

1. **PREHEAT** the oven to 400°F. Coat a 12-cup muffin pan with cooking spray.

2. **IN** a large bowl, combine the flour, cornmeal, sugar, baking powder, salt, Cheddar, and Parmesan.

3. **IN** a small bowl, combine the milk, egg substitute, oil, and hot-pepper sauce. Add to the flour mixture and stir just until blended. Stir in the bell peppers and onion. Evenly divide the batter among the prepared muffin cups.

4. **BAKE** for 15 minutes, or until a wooden pick inserted in the center of a muffin comes out clean. Cool slightly on a rack. Serve warm.

**NUTRITION** (per serving) 167 calories, 6 g fat, 1 g saturated fat, 8 g protein, 20 g carbohydrates, 2 g sugar, 1 g fiber, 354 mg sodium

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**Ginger Green Beans**

Trade in the calorie-laden creamy casseroles for this flavorful green bean side dish that’s healthy enough to have more than one helping.

**PREP TIME:** 5 minutes  
**COOK TIME:** 12 minutes  
**SERVINGS:** 8

1 pkg (16 oz) frozen whole green beans  
1 Tbsp non-diet tub-style margarine or butter  
1/2 c chopped shallots  
1 Tbsp crystallized ginger  
1/2 tsp grated lemon rind  
1/8 tsp ground black pepper

1. **IN** a medium saucepan, bring 1" of water to a boil. Place the green beans on a steaming rack and set the rack in the pan. Cover and steam for 7 to 9 minutes, or until the beans are tender. Remove the steaming rack and set aside. Drain the pan.
2. In the same pan over low heat, melt the margarine or butter. Add the shallots and ginger. Sauté for 4 minutes, or until the shallots are tender. Add the green beans, lemon rind and pepper. Cook for 1 minute, or until heated through.

NUTRITION (per serving) 50 calories, 1 g fat, 0 g saturated fat, 1 g protein, 7 g carbohydrates, 2 g sugar, 1 g fiber, 21 mg sodium

Fresh Fruit and Cranberry Relish

At less than ten calories a serving, this sweet relish is the perfect topping for slices of lean turkey breast.

PREP TIME: 5 minutes
COOK TIME: 0 minutes
SERVINGS: 32

2 c fresh cranberries
1 granny smith apple, chopped
1 navel orange, unpeeled and chopped
1/2 c sugar

1. In a food processor, combine the cranberries, apples, oranges and sugar. Process with on/off turns just until chunky.

2. Transfer to a bowl, cover and refrigerate for at least 2 hours before serving.
Warm Apple and Cranberry Sauce

Nothing beats cooking with apples and cranberries for the holidays and this homemade sauce combines the two fruits for a show-stopping side dish.

Yield: 2-2/3 cups (650 mL); 8 servings.
Serving size: 1/3 cup (75 mL).

Ingredients
- 1 Tbsp canola oil (15 mL)
- 4 large Fuji apples, about 2 lb (1 kg), cored, quartered lengthwise and cut into half-inch pieces
- 1/4 cup water (60 mL)
- 1 Tbsp lemon juice (15 mL)
- 1/2 tsp pure vanilla extract (2 mL)
- 1/4 tsp ground cinnamon (1 mL)
- 1/4 cup coarsely chopped dried cranberries (60 mL)
- 1/8 teaspoon salt (optional) (.5 mL)

Directions
1. In large, heavy saucepan, heat canola oil and add apples. Saute over medium heat for about 10 minutes or until apples are lightly caramelized. Add water and lemon juice to pan, cook and stir briefly to deglaze pan.
2. Carefully transfer apples to bowl of food processor and pulse just a few times to chunky consistency. Stir in vanilla, cinnamon and cranberries. Serve warm.

Nutritional Information Per Serving
Calories: 40 ; Protein: 0 g ; Fat: 1 g ; Sodium: 0 mg;
Cholesterol: 0 mg ; Dietary Fiber: 2 g ; Carbohydrates: 9 g
Source: Cheryl Forberg, R.D.
Honey-Baked Acorn Squash

Just a spoonful of honey helps the natural sweetness of this fall favorite come through. And a hint of cinnamon is the perfect topper.

PREP TIME: 5 minutes
COOK TIME: 1 hour 15 minutes
SERVINGS: 4

1 acorn squash, about 1½ lb
1/4 tsp ground cinnamon
1/4 tsp salt
1 pinch of freshly ground black pepper
1 tsp olive oil
1 Tbsp honey

1. PREHEAT the oven to 350°F.
2. CUT the squash in half and scoop out the seeds. Cut each half in half again and place in a 13" x 9" baking dish.
3. SPRINKLE the cinnamon, salt, and pepper over each squash quarter. Drizzle with the oil and then the honey.
4. BAKE for 1 hour 15 minutes to 1 hour 30 minutes, until the squash is lightly golden and tender when pierced with a fork.

NUTRITION (per serving) 95 calories, 1 g fat, 0 g saturated fat, 1 g protein, 22 g carbohydrates, 8 g sugar, 3 g fiber, 151 mg sodium
Slimming Cranberry Stuffing

Seasoned with dried herbs and sprinkled with cranberries, this stuffing recipe uses olive oil and fruit juice to create a healthy alternative to other butter-soaked recipes.

PREP TIME: 6 minutes  
COOK TIME: 28 minutes  
SERVINGS: 8

1 tsp olive oil  
1/4 c white wine or apple juice  
1 c chopped onions  
1/2 c chopped celery  
1 clove garlic, minced  
4 c soft bread crumbs  
1/4 c cranberries  
1 tsp honey or sugar  
1 tsp dried thyme  
1/2 tsp dried sage  
1/4 tsp ground black pepper

1. PREHEAT the oven to 400°F. Coat a 12” x 8” baking dish with no-stick spray.  
2. COAT a 10” no-stick skillet with no-stick spray and place over medium-high heat until hot. Add the oil and wine or apple juice. Bring to a boil. Add the onions, celery, and garlic. Cook, stirring, for 5 minutes, or until the vegetables are soft but not browned.  
3. IN a large bowl, combine the bread crumbs, cranberries, honey or sugar, thyme, sage, and pepper. Mix well. Add the onion mixture and mix well.  
4. TRANSFER to the prepared baking dish. Cover and bake for 20 minutes, or until heated through.  

NUTRITION (per serving) 86 calories, 1 g fat, 0 g saturated fat, 2 g protein, 15 g carbohydrates, 3 g sugar, 1 g fiber, 161 mg sodium
Try this new twist on your usual stuffing recipe for a dish that’s full of flavor and fiber-rich whole grains.

PREP TIME: 15 minutes  
COOK TIME: 45 minutes  
SERVINGS: 8

1 oz dried porcini mushrooms  
1½ c hot water  
2 tsp olive oil  
1 c chopped scallions  
2 cloves garlic, minced  
1/2 tsp dried thyme  
2 c sliced fresh button mushrooms  
2 c pearl barley  
3 c defatted reduced-sodium chicken broth  
1/4 c chopped fresh parsley  
2 Tbsp grated Romano cheese  
1/4 tsp salt  
1/4 tsp ground black pepper

1. **COAT** a 3-quart no-stick baking dish with no-stick spray; set aside.  
2. **COMBINE** the porcini mushrooms and water in a small bowl, and let stand for about 20 minutes, or until the mushrooms are soft. Using a slotted spoon, remove the mushrooms; chop and set aside. Strain the liquid into a small bowl through a fine sieve lined with cheesecloth or a coffee filter; set aside.  
3. **COAT** a medium saucepan with olive oil no-stick spray. Add the oil and warm over medium heat. Add the scallions, garlic, thyme and button mushrooms. Cook over medium heat for 7 to
10 minutes, or until the mushroom liquid has evaporated. 
4. **ADD** the reserved porcini mushrooms and the barley. Cook, stirring often, for 3 to 4 minutes to coat the barley with the vegetables. Add the reserved mushroom liquid and the broth and bring to a boil. Remove from the heat. Stir in the parsley, Romano, salt and pepper. 
5. **PREHEAT** the oven to 400°F. Spoon the stuffing into the prepared dish. Cover with foil and bake for 35 to 40 minutes, or until the barley is tender.

**NUTRITION** (per serving) 218 calories, 3 g fat, 1 g saturated fat, 8 g protein, 43 g carbohydrates, 1 g sugar, 9 g fiber, 285 mg sodium

**Main Entrees**

**Herb-Rubbed Roast Turkey**

In this preparation, earthy thyme, tarragon, and rosemary add depth of flavor. Remove the skin from the turkey to cut back on fat and cholesterol.

**PREP TIME:** 25 minutes  
**COOK TIME:** 2 hours 34 minutes  
**SERVINGS:** 12  

3/4 tsp dried thyme  
3/4 tsp dried tarragon  
1/2 tsp dried rosemary, crumbled  
1/2 tsp garlic powder  
3/4 tsp onion powder  
1/4 tsp ground black pepper
1 tsp salt
2 tsp olive oil or melted butter
1 whole turkey breast on the bone (6 lb)
1/2 c dry white wine or chicken broth
1/2 c chicken broth
1½ tsp cornstarch (optional)
2 tsp cold water (optional)

1. **PREHEAT** the oven to 450°F.
2. **IN** a small bowl, mix together the thyme, tarragon, rosemary, garlic powder, onion powder, pepper, and 3/4 teaspoon of the salt. Rub the oil or butter over the turkey and sprinkle with the herb mixture, pressing it in lightly. Place in a roasting pan and in the oven, immediately reducing the heat to 350°F.
3. **ROAST**, basting occasionally with the fat in the pan, until a meat thermometer inserted in the thickest part registers 170°F, about 2 1/2 hours. Remove to a platter, reserve chicken and turkey main dishes the pan juices, and let rest for 15 minutes before carving.
4. **POUR** the pan juices into a fat separator or glass measuring cup. Discard the fat that rises to the top and pour the juices (about 2 tablespoons) back into the roasting pan. Add the wine or broth and broth. Bring to a simmer, scraping up the browned bits that are stuck to the bottom of the pan. Cook for 3 minutes, adding any accumulated juices from the platter. Strain if desired, and season with the remaining 1/4 teaspoon salt. Whisk the cornstarch with the water. Stir into the pan, cooking until slightly thickened, about 30 seconds.

**NUTRITION** (per serving) 374 calories, 17 g fat, 4 g saturated fat, 50 g protein, 1 g carbohydrates, 0 g sugar, 0 g fiber, 367 mg sodium

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**Herb-Roasted Turkey with Calvados Gravy**

Recipe By: Lia Huber

Bay leaves in the dry rub and fresh sage guarantee that this easy turkey recipe has tons of flavor. Leaving the turkey uncovered in the fridge creates the crispiest skin. Look for a heritage, organic or natural turkey, which won't contain the sodium solution that's pumped into most conventional turkeys.”
Makes: 12 servings  
Ready in: 3 h 45 min

Ingredients  
**Dry Rub & Turkey**  
- 4 bay leaves  
- 2 tablespoons kosher salt  
- 1 teaspoon ground pepper, plus more to taste  
- 1 12- to 14-pound turkey  

**Roasting & Gravy**  
- 3 tablespoons unsalted butter, softened  
- 1/4 cup minced fresh sage plus 2 tablespoons, divided  
- 2 cups hot water  
- 3-4 cups low-sodium chicken broth or homemade turkey stock, divided  
- 1/3 cup all-purpose flour  
- 1/2 cup chopped shallots  
- 1 cup apple brandy, such as Calvados

Directions  
- To dry-rub turkey: Grind bay leaves in a clean coffee grinder or mortar and pestle. Transfer to a small bowl and combine with salt and pepper. Remove any giblets from the turkey. Loosen the skin over the breast, legs and thighs and rub the meat with the salt mixture. Place the turkey in a roasting pan. Refrigerate, uncovered, for 12 to 24 hours.  
- To roast turkey: Position oven rack in lower third of oven; preheat to 475 °F.  
- Remove the turkey from the refrigerator. Combine butter and 1/4 cup sage in a small bowl. Rub the mixture under the skin over the breast, legs and thighs. Tuck the wing tips under the turkey and tie the legs together with kitchen string, if desired. Place the turkey on a roasting rack set in the roasting pan. Let stand at room temperature for 30 minutes.  
- Roast the turkey for 20 minutes.  
- Reduce oven temperature to 350 °. Pour hot water into the pan. Continue roasting, tenting the breast or legs with foil if the skin is getting too dark, until a thermometer inserted horizontally into the deepest part of the thigh without touching bone registers 165 °F, 1 1/2 to 2 hours. (If your turkey is larger than 14 pounds, plan to add an extra 15 minutes of roasting time for each additional pound.)  
- Carefully transfer the turkey to a clean cutting board, loosely tent with foil and let rest for 20 to 30 minutes before carving.  
- To prepare gravy: Pour pan juices from the roasting pan into a large glass measuring cup (leave any browned bits in the pan). Place the measuring cup in the freezer until the fat rises to the top, about 10 minutes. (Or pour into a fat separator and pour the defatted juices into a large measuring cup.)  
- Transfer 3 tablespoons of fat from the separated pan juices back to the roasting pan (discard any remaining fat). Add enough broth (or stock) to the defatted juices to total 4 cups liquid. Whisk 1/2 cup broth (or stock) with flour in a separate small bowl until smooth.  
- Set the roasting pan over two burners on medium-high heat. Add shallots and the remaining 2 tablespoons sage; cook, whisking, until the shallots soften and the pan drippings are browning, about 2 minutes. Pour in brandy; cook, whisking to scrape up the browned bits, until almost evaporated, 1 to 3 minutes. Add the broth-juices mixture and bring to a boil; boil for 4 minutes. Whisk the flour mixture again and add to the pan. Cook, whisking constantly, until the gravy thickens, 1 to 3 minutes more. Carefully pour the gravy through a fine-mesh sieve into a large
Basic Turkey Gravy

Servings: 12-14

Ingredients

- 1 Package Neck, heart, gizzard from TURKEY giblets
- 1 Medium carrot thickly sliced
- 1 Medium onion thickly sliced
- 1 Medium celery rib thickly sliced
- 1/2 Teaspoon salt
- 1 TURKEY liver
- 3 Tablespoons fat from poultry drippings
- 3 Tablespoons all-purpose flour
- 1/2 Teaspoon salt

Directions

1. In a 3-Quart saucepan, over high heat, place neck, heart, gizzard, vegetables, and salt in enough water to cover. Heat to boiling. Reduce heat to low; cover and simmer 45 minutes.
2. Add liver and cook 15 minutes longer. Strain both into a large bowl; cover and reserve broth in the refrigerator.
3. To make gravy, remove the cooked turkey and roasting rack from the roasting pan. Pour poultry drippings through a sieve into a 4-cup measuring cup.
4. Add 1 cup giblet broth to the roasting pan and stir until the crusty brown bits are loosened; pour the deglazed liquid/broth into the 4-cup measure. Let the mixture stand a few minutes, until the fat rises to the top.
5. Over medium heat, spoon 3 tablespoons fat from the poultry drippings into a 2-quart saucepan. Whisk flour and salt into the heated fat and continue to cook and stir until the flour turns golden.
6. Meanwhile, skim and discard any fat that remains on top of the poultry drippings. Add remaining broth and enough water to the poultry drippings to equal 3-1/2 cups.
7. Gradually whisk in warm poultry drippings/broth mixture. Cook and stir, until gravy boils and is slightly thick.
8. Provides 14 servings at 1/4 cup per portion.

Nutritional Information Per Serving
Calories: 47 ; Protein: 1 g ; Fat: 3 g ; Sodium: 193 mg; Cholesterol: 4 mg ; Carbohydrates: 4 g
While it sounds luxuriously rich, this gravy is light on calories and fat so you can enjoy all of the flavour with none of the guilt.

Yield: 2 cups (500 mL); 8 servings. Serving size: 1/4 cup (60 mL).

**Ingredients**
- 1/2 oz dried porcini mushrooms (15 g)
- 2 Tbsp warm water (30 mL)
- 1 1/2 Tbsp canola oil
- 6 Tbsp white whole-wheat flour (90 mL)
- 2 cups fat-free, low-sodium chicken broth (500 mL)
- 3/4 tsp salt (optional) (4 mL)
- 1 tsp onion powder (5 mL)
- 1/4 tsp freshly ground black pepper or to taste (1 mL)

**Directions**
1. Soak mushrooms in warm water for 5 minutes.
2. In 2 quart saucepan, heat canola oil over medium heat. Whisk in flour until blended and continue stirring until roux is lightly browned and develops nutty aroma.
3. Whisk in broth, optional salt and onion powder. Bring to a gentle boil until just thickened, stirring. Cook and stir for 1 minute. Remove from heat and season with pepper. Add softened mushrooms and any soaking liquid.
4. Puree gravy in food processor or food mill. Return mixture to saucepan. Heat just to a simmer.

**Nutritional Information Per Serving**
Calories: 50 ; Protein: 1 g ; Fat: 3 g ; Sodium: 115 mg; Cholesterol: 0 mg ; Saturated Fat: 0 g ; Dietary Fiber: 2 g ; Carbohydrates: 5 g

Source: Cheryl Forberg, R.D.
Desserts

Rustic Plum-Walnut Tart

Nutty, sweet, and homemade, this tart is a perfect substitute for sugar-loaded holiday pecan pies.

PREP TIME: 20 minutes  
COOK TIME: 30 minutes  
SERVINGS: 8

Crust:
1 c whole grain pastry flour  
1/4 tsp salt  
1/4 tsp ground cinnamon  
2 Tbsp canola oil  
4 Tbsp ice water

Filling:
1/3 c sugar  
1 tsp sugar  
1/4 c grape-nuts or low-fat granola  
2 Tbsp whole grain pastry flour
2 Tbsp chopped toasted walnuts
6 plums, pitted and quartered
1 Tbsp fat-free milk
2 Tbsp red currant jelly

1. **TO MAKE THE CRUST:** Preheat the oven to 400°F. Line a baking sheet with foil and coat with cooking spray.

2. **MIX** the flour, salt, and cinnamon in a medium bowl. Using a fork, slowly stir in the oil until coarse crumbs form. Stir in enough ice water to form a slightly sticky dough. Form into a ball and flatten into a disk. Cover and refrigerate for 15 minutes.

3. **PLACE** the dough between 2 pieces of waxed paper and roll into a 12” circle. Remove the top piece of paper and invert the dough onto the prepared baking sheet. Peel off the second piece of paper.

4. **TO MAKE THE FILLING:** In a food processor, combine 1/3 cup of the sugar, the cereal, flour, and walnuts. Pulse until finely ground.

5. **SPREAD** over the dough, leaving a 1 1/2” border around the edge. Arrange the plums in concentric circles over the nut mixture. Fold the pastry border over the outside edge of the plums. Brush the milk over the dough and sprinkle with the remaining 1 teaspoon sugar.

6. **BAKE** for 30 to 40 minutes, or until the crust is golden and the juices are bubbling. With a long metal spatula, loosen the pastry bottom. Slide the tart onto a serving platter and let cool.

7. **BEFORE** serving, melt the jelly in a small saucepan over low heat. Brush over the plums.

**NUTRITION** (per serving) 173 calories, 5 g fat, 0 g saturated fat, 3 g protein, 31 g carbohydrates, 17 g sugar, 2 g fiber, 96 mg sodium
Warm Gingerbread-Pumpkin Pudding

This pudding garners much of its flavor from spices that are reminiscent of autumn weather, like allspice and cinnamon.

PREP TIME: 5 minutes
COOK TIME: 25 minutes
SERVINGS: 6

2 lg eggs
2 lg egg whites
1/4 c molasses
1/4 c granulated sugar
1 c canned pumpkin
3/4 c fat-free milk
1/3 c whole grain pastry flour
2 tsp ground ginger
1½ tsp ground cinnamon
1 tsp baking powder
1/2 tsp baking soda
1/4 tsp ground allspice
1 tsp confectioners’ sugar

1. PREHEAT the oven to 400°F. Coat a 9” x 9” baking dish with cooking spray.
2. MIX the eggs, egg whites, molasses, and granulated sugar in a large bowl. Stir in the pumpkin, milk, flour, ginger, cinnamon, baking powder, baking soda, and allspice. Pour into the prepared baking dish.
3. BAKE for 25 minutes, or until the pudding is lightly browned and cracked around the edges but still a bit soft in the center. Cool on a rack for 10 minutes.
4. JUST before serving, place the confectioners’ sugar in a small sieve and dust over the warm pudding.
Sweet Raisin-Apple Strudel

Whole-wheat phyllo dough surrounding warm apples and raisins combine for a healthier take on apple pie.

PREP TIME: 30 minutes
COOK TIME: 15 minutes
SERVINGS: 12

2 granny smith or golden delicious apples, peeled, cored, and thinly sliced (about 3 c)
1/4 c packed light brown sugar
2 Tbsp golden raisins
1/2 tsp ground cinnamon
1/4 tsp ground nutmeg
1/3 c plain dry bread crumbs
1/4 c granulated sugar
12 sheets (17" x 11" each) frozen whole wheat phyllo dough, thawed
1/2 c apricot all-fruit preserves, warmed
1 Tbsp confectioners’ sugar

1. PREHEAT the oven to 400°F. Line a large baking sheet with parchment paper.
2. MIX the apples, brown sugar, raisins, cinnamon, and nutmeg in a large bowl.
3. **MIX** the bread crumbs and granulated sugar in a small bowl.

4. **PLACE** the phyllo on a dry kitchen counter and cover with plastic wrap and a damp towel to keep it from drying out. Remove 1 sheet, spread it flat, and mist with butter-flavored cooking spray. Sprinkle with 1 scant tablespoon of the crumb mixture. Repeat layering to use 4 more of the remaining phyllo sheets and about half of the crumb mixture. Top with 1 phyllo sheet and mist with the cooking spray.

5. **SPREAD** with 1/4 cup of the preserves to within 1" of the edges. Spoon half of the apple mixture over the preserves. Fold 1" of each long edge over the apple mixture. Starting with the short edge, roll up as tightly as possible. Gently place the strudel, seam side down, on the prepared baking sheet. Mist the top with cooking spray.

6. **REPEAT** to make a second strudel.

7. **USING** a sharp knife, make several slashes in the top of each strudel.

8. **BAKE** for 15 minutes, or until crisp and golden brown. Sprinkle with the confectioners’ sugar. Serve warm.

**NUTRITION** (per serving) 153 calories, 1 g fat, 0 g saturated fat, 2 g protein, 34 g carbohydrates, 18 g sugar, 1 g fiber, 121 mg sodium

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**Fruit 'n' Nut Pumpkin Bars**

If you’re looking for a more portable dessert, these bars are the solution—they’re packed with carrots, raisins, cranberries, and nuts, and held together with a delectable pumpkin cake.

**PREP TIME:** 12 minutes  
**COOK TIME:** 30 to 35 minutes  
**SERVINGS:** 12

1 c all-purpose flour  
1 tsp baking powder
1/4 tsp baking soda
1/2 tsp ground cinnamon
1/4 tsp salt
1 lg egg
1 lg egg white
1 c packed brown sugar
1/2 c canned pumpkin
2 Tbsp canola oil
2 Tbsp trans-free margarine or butter, melted
Grated peel of 1 orange
1 tsp vanilla extract
1/2 c packed grated carrots
1/2 c raisins
1/3 c dried cranberries or chopped apricots
1/3 c chopped walnuts or pecans

1. PREHEAT oven to 350°F.
2. COMBINE flour, baking powder, baking soda, cinnamon, and salt.
3. IN separate bowl, beat egg and egg white until foamy. Beat in sugar, pumpkin, oil, margarine, orange peel, and vanilla extract until smooth.
4. ADD flour mixture to egg mixture, and stir by hand until almost combined. Stir in carrots, raisins, cranberries, and nuts just until blended.
5. SPREAD batter into 8”x 8” pan coated with cooking spray. Bake 30 to 35 minutes, until top springs back when lightly touched. Cool in pan on rack.

NUTRITION (per serving) 214 calories, 7 g fat, 1 g saturated fat, 0 g pro, 34 g carbohydrates, 2 g fiber, 152 mg sodium

Resources
http://www.diabetes.org/mfa-recipes/recipes/