
DIABETES

SELF-MANAGEMENT



***Food
Lovers'***

BUDGET SPECIAL

25 Family Favorite
RECIPES...

25 Money-Saving
TIPS

25

Family Favorite Recipes

Eating deliciously with diabetes is easy and inexpensive when you rely on yummy recipes like these. You don't need to spend extra money on "sugar-free" or "fat-free" foods or pricy "diabetic" snacks. Just stick close to Mother Nature for the healthiest food choices—you'll please both your wallet and your taste buds.



APPLE-CINNAMON POPCORN CRUNCH

Preparation time: 30 minutes

Baking time: 50 minutes

Cooling time: 30 minutes

**2 cups unsweetened dried apple rings,
chopped**

10 cups air-popped popcorn

½ cup walnuts, chopped

**4 tablespoons margarine, melted
(not reduced-fat margarine)**

½ teaspoon vanilla extract

2 tablespoons light brown sugar

1 teaspoon cinnamon

Preheat oven to 250°F. Place chopped apples in a single layer in a 9" × 13" baking pan and bake 20 minutes. Remove from oven and stir in popcorn and nuts. Set aside. In a small bowl, whisk together melted margarine, vanilla extract, brown sugar, and cinnamon. Drizzle evenly over popcorn mixture and toss well to coat. Bake for 30 minutes, quickly opening the oven door and stirring every 10 minutes. Watch carefully during the last 10 minutes and remove from the oven if apples begin to turn dark brown. (Apples should be crisp, but not overcooked.) Pour onto waxed paper to cool for 30 minutes. Store in an airtight container.

Yield: 11 cups

Serving size: 1 cup



NUTRITION FACTS

Per Serving:

Calories: 144

Carbohydrate: 16 g

Protein: 2 g

Fat: 8 g

Saturated fat: 1 g

Sodium: 59 mg

Fiber: 2 g

Exchanges per serving:

1 starch, 1½ fat

Carbohydrate choices: 1

HOT AND SPICY NUTS

Preparation time: 15–20 minutes

NUTRITION FACTS

Per Serving:

Calories: 96

Carbohydrate: 3 g

Protein: 2 g

Fat: 9 g

Saturated fat: <1 g

Sodium: 1 mg

Fiber: 1 g

Exchanges per serving:

2 fat

Carbohydrate choices: 0

½ cup whole almonds

½ cup pecan halves

½ cup walnut halves

1 teaspoon canola oil

½ teaspoon cumin

½ teaspoon curry powder

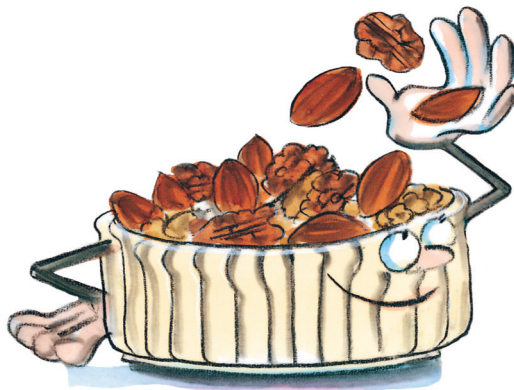
⅛ teaspoon cayenne pepper

Dash of white pepper

Preheat oven to 350°F. Toss the nuts with oil in a large bowl. In a small bowl, combine the spices. Add spices to the nuts, stirring until the nuts are covered evenly. Spread the nuts on a baking tray in a single layer. Bake the nuts for 10 to 12 minutes. Remove from oven and cool before serving.

Yield: 1½ cups

Serving size: ¼ cup



BREAKFAST PARFAITS

Preparation time: 5 minutes

1 container (6 ounces) nonfat, artificially sweetened vanilla yogurt

1 individual serving cup (4 ounces) unsweetened applesauce

¼ teaspoon honey

⅛ teaspoon pumpkin pie spice

1 cup low-fat granola

In a small bowl, stir together yogurt, applesauce, honey, and pumpkin pie spice. In each of two 9-ounce cups, layer ¼ cup granola, half of yogurt mixture, and another ¼ cup granola. Serve immediately or cover and refrigerate to eat later (granola will soften a bit).

Yield: 2 parfaits

Serving size: 1 parfait

NUTRITION FACTS

Per Serving:

Calories: 287

Carbohydrate: 57 g

Protein: 8 g

Fat: 3 g

Saturated fat: 1 g

Sodium: 186 mg

Fiber: 4 g

Exchanges per serving:

2 starch, ½ fruit,

½ fat-free milk,

1 other carbohydrate

Carbohydrate choices: 4



SAVORY SPINACH SCRAMBLE

NUTRITION FACTS

Per Serving:

Calories: 70
Carbohydrate: 5 g
Protein: 8 g
Fat: 2 g
Saturated fat: 1 g
Sodium: 700 mg
Fiber: 2 g

Exchanges per serving:

1 vegetable,

1 very lean meat

Carbohydrate choices: ½

Preparation time: 5 minutes

Cooking time: 15 minutes

¼ cup liquid egg substitute

¼ cup skim milk

Dash black pepper

⅛ teaspoon salt

2 tablespoons packaged bacon bits

**1 can (13.5 ounces) whole leaf spinach,
drained well**

Cooking spray

In a bowl, whisk together egg substitute, milk, pepper, salt, and bacon bits. Stir in spinach and mix well. Pour mixture into a nonstick skillet coated with cooking spray and cook over medium heat, stirring frequently, until most of the liquid has evaporated.

Yield: 1½ cups

Serving size: ½ cup



SHRIMP FAJITA SALAD

Preparation time: 12 minutes

Cooking time: 10 minutes

1 medium red bell pepper

1 medium green bell pepper

1 medium onion

Nonstick cooking spray

1 teaspoon canola oil

1 clove garlic, minced

1 pound cooked, peeled shrimp (50 count/lb)

¼ cup prepared salsa (mild or hot)

Juice of 1 lime

4 cups sliced iceberg lettuce

¼ cup chopped fresh cilantro

16 baked bite-size tortilla chips

1 tablespoon hot salsa (optional)

NUTRITION FACTS

Per Serving:

Calories: 183

Carbohydrate: 14 g

Protein: 25 g

Fat: 3 g

Saturated fat: 0 g

Cholesterol: 173 mg

Sodium: 282 mg

Fiber: 3 g

Exchanges per serving:

1 starch, 3 lean meat

Carbohydrate choices: 1

Remove stems, seeds, and cores of the red and green peppers. Cut each into long thin strips. Peel onion, remove ends, and cut in half. Quarter onion and slice into thin pieces, separating them. Spray a large skillet with a thick layer of nonstick cooking spray, and heat over medium-high heat. Add canola oil and garlic. Sauté quickly, then add peppers and onions, stirring frequently. Once the peppers are beginning to soften, add shrimp, salsa, and lime juice. Stir rapidly to heat ingredients evenly, about a minute. Remove mixture from heat. Spread 1 cup sliced lettuce on each of four shallow salad bowls or plates. Place ¼ of the shrimp mixture on each of the lettuce beds. Distribute cilantro equally on tops of each salad. Crush the tortilla chips in a small plastic bag with your hands to make irregularly sized crumbs. Sprinkle chip crumbs on top of each salad. Garnish each serving with a dab of hot salsa, if desired, and serve.

Yield: 4 servings • Serving size: 1 cup lettuce, 1 cup shrimp mixture

MIXED MELON SALAD

Preparation time: 15 minutes

Chilling time: 30 minutes

NUTRITION FACTS

Per Serving:

Calories: 102

Carbohydrate: 21 g

Protein: 1 g

Fat: 2 g

Saturated fat: <1 g

Sodium: 19 mg

Fiber: 1 g

Exchanges per serving:

1 1/2 fruit

Carbohydrate choices: 1½

**1 cup fresh or canned pineapple chunks,
packed in juice**

3 cups cantaloupe balls

2 cups watermelon balls

2 cups honeydew melon balls

3 tablespoons honey

**3 tablespoons cider vinegar or
other fruit vinegar**

1 tablespoon vegetable oil

1 small shallot, minced

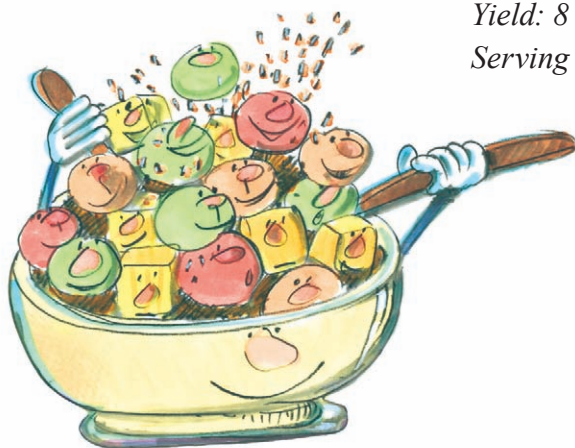
1 teaspoon Dijon mustard

1½ teaspoons poppy seeds

Combine fruits in large bowl. Combine honey, vinegar, oil, shallot, mustard, and poppy seeds in small jar; cover tightly and shake to blend. Pour dressing over fruit and toss to coat. Cover and chill for 30 minutes before serving.

Yield: 8 cups

Serving size: 1 cup



MOM'S TUNA-MACARONI SALAD

Preparation time: 15 minutes

Cooking time: 15 minutes

- 1 can (5 ounces) reduced-sodium tuna in water,
drained and flaked**
- 6 ounces whole wheat elbow macaroni,
cooked and drained**
- 2 cups frozen green peas, thawed**
- ½ cup minced onion**
- ½ cup chopped celery**
- ¼ cup chopped sweet red pepper**
- ½ cup reduced-fat mayonnaise**
- ½ cup fat-free yogurt**
- 2 teaspoons Dijon mustard**
- 1 teaspoon black pepper**
- 1 hard-boiled egg, chopped**

In a large bowl, lightly toss the tuna, macaroni, peas, onion, celery, and red pepper until mixed. In a smaller bowl, combine the mayonnaise, yogurt, mustard, and black pepper until well blended. Pour the mayonnaise mixture over the pasta and carefully mix until the pasta is evenly coated with the dressing. Sprinkle the egg pieces over the top, and chill well before serving.

Yield: 6 main-dish servings

Serving size: 2 cups

NUTRITION FACTS

Per Serving:

Calories: 260

Carbohydrate: 33 g

Protein: 13 g

Fat: 9 g

Saturated fat: 1.5 g

Cholesterol: 50 mg

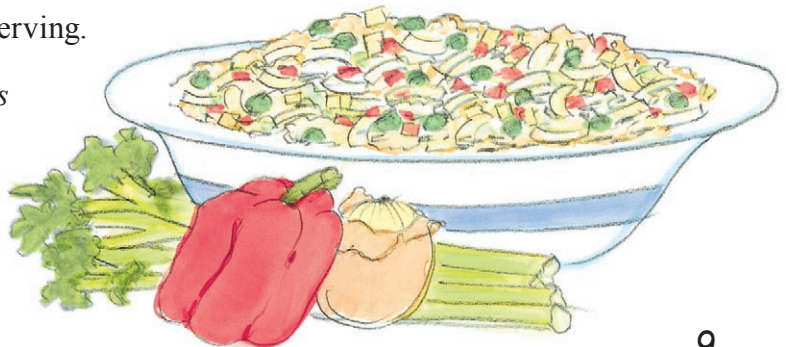
Sodium: 270 mg

Fiber: 5 g

Exchanges per serving:

1 meat, 1 fat, 2 starch

Carbohydrate choices: 2



BEEFY BARLEY MUSHROOM SOUP

Preparation time: 25 minutes

Cooking time: about 50 minutes

NUTRITION FACTS

Per Serving:

Calories: 178

Carbohydrate: 19 g

Protein: 12 g

Fat: 6 g

Saturated fat: 2 g

Sodium: 209 mg

Fiber: 4 g

Exchanges per serving:

1 starch, 1 1/2 lean meat,

1 nonstarchy vegetable

Carbohydrate choices: 1½

Cooking spray

**1 pound lean stew beef or trimmed, diced
sirloin steak, cut into bite-size pieces**

2 cups water plus 4 cups water

½ cup red wine (optional)

2 tablespoons reduced-calorie margarine

2 large carrots, diced

1 medium onion, finely diced

2 medium celery stalks, finely diced

**8 ounces fresh mushrooms, sliced (porcini,
shiitake, or gourmet blend are suggested)**

3 cloves garlic, minced

4 cups 50% less sodium, fat-free beef broth

1 cup quick barley

⅛ teaspoon black pepper

½ teaspoon dried thyme

⅓ cup reduced-fat sour cream

¼ cup chopped fresh parsley

Salt to taste (optional)

Coat a large, nonstick skillet with cooking spray, add meat, and brown over medium-high heat about 5–7 minutes. Add 2 cups water and the wine; simmer uncovered over medium heat while sautéing vegetables.

In a large stockpot, melt margarine over medium heat. Add carrots, onion, celery, mushrooms, and garlic; sauté for 7–8 minutes or until onions are translucent. Add

meat and cooking liquid to stockpot. Stir in broth, remaining 4 cups water, barley, black pepper, and thyme. Cover and simmer 30 minutes over medium heat, or until barley is soft; stir occasionally. Remove from heat and stir in sour cream, parsley, and salt (if desired). Serve. Reheats well.

Yield: 11 cups • Serving size: 1 cup

SLOW-COOKED SOUTHWESTERN CHILI

Preparation time: 25 minutes

- 1½ medium onions, chopped**
- 3 medium plum tomatoes, chopped**
- 2 cloves garlic, minced**
- 2 cups fat-free, low-sodium chicken broth**
- 2 cups shredded, cooked chicken breast**
- 1 can (15 ounces) kidney beans with liquid**
- 1 can (15 ounces) sweet corn with liquid**
- 1 small can (6 ounces) tomato paste**
- 2 teaspoons chili powder**
- 1 teaspoon cumin**
- 1 teaspoon dried oregano**
- ½ cup chopped cilantro (optional)**

In a slow cooker or Crock-Pot, add all ingredients except cilantro, combine well, and turn on high setting for two hours. Reduce to low setting and cook for additional 5 hours, stirring occasionally, until vegetables are tender. Ladle into soup bowls and garnish each serving with 2 tablespoons chopped cilantro (optional). Serve immediately.

Yield: 8 cups

Serving size: 1 cup



NUTRITION FACTS

Per Serving:

Calories: 174
Carbohydrate: 16 g
Protein: 24 g
Fat: 2 g
Saturated fat: 0 g
Sodium: 79 mg
Fiber: 4 g

Exchanges per serving:

1½ starch,

1½ very lean meat

Carbohydrate choices: 1½

EASY OLD-FASHIONED TURKEY POT PIE

NUTRITION FACTS

Per Serving:

Calories: 298

Carbohydrate: 43 g

Protein: 25 g

Fat: 3 g

Saturated fat: 0 g

Sodium: 768 mg

Fiber: 5 g

Exchanges per serving:

2½ starch,

1 nonstarchy vegetable,

2 very lean meat

Carbohydrate choices: 3

Preparation time: 7 minutes

Baking time: 25–30 minutes

**1 can (10¾ ounces) reduced-sodium,
reduced-fat cream of chicken soup
¾ cup fat-free milk**

**6 ounces (1½ cups) chopped, cooked turkey
(white meat, no salt added, either leftovers
or precooked turkey breast from the
deli counter)**

2 cups frozen mixed vegetables

**1 small tube of refrigerated, prepared biscuit
dough (10 small biscuits)**

Preheat oven to 350°F. Pour cream of chicken soup, fat-free milk, chopped, cooked turkey, and frozen mixed vegetables into a casserole dish. Stir until well combined. Open container of prepared biscuits. Place 8 biscuits on top of soup mixture. (Reserve remaining 2 biscuits for another meal.) Place casserole in oven. Bake for approximately 25–30 minutes until biscuits are golden-brown and contents are heated through.

Yield: 4 servings

*Serving size: 1 cup casserole and
2 small biscuits*



SPICY PORK CHOP SUPPER

Preparation time: 25 minutes

Baking time: 35–40 minutes

- 2 tablespoons + 1 tablespoon chili seasoning mix**
- 2 tablespoons all-purpose flour**
- 4 boneless, ½ inch–thick pork loin chops (about 4 ounces each)**
- Cooking spray**
- 1½ teaspoons corn oil**
- 1 cup uncooked instant white rice**
- 1 cup water**
- 1 can (8 ounces) tomato sauce**
- ½ cup coarsely chopped onion**
- ½ cup coarsely chopped yellow pepper**
- ½ cup coarsely chopped green pepper**

NUTRITION FACTS

Per Serving:

Calories: 373
Carbohydrate: 34 g
Protein: 39 g
Fat: 9 g
Saturated fat: 4 g
Sodium: 965 mg
Fiber: 2 g

Exchanges per serving:

**2 starch, 1 vegetable,
4 very lean meat, 1 fat**

Carbohydrate choices: 2½

Preheat oven to 350°F. Combine 2 tablespoons chili seasoning mix and flour in a large zip-top bag. Add pork chops, seal bag, and shake to coat well. Coat a large, nonstick skillet with cooking spray, add oil, and heat until oil is hot. Add chops and sprinkle with remaining coating. Brown pork chops quickly over medium-high heat (about 3–4 minutes on each side). Remove from heat and set aside.

Coat a 2-quart casserole dish with cooking spray; set aside. In a large bowl, stir together remaining 1 tablespoon chili seasoning mix, rice, water, and tomato sauce. Pour into casserole dish. Arrange pork chops over rice and sprinkle with onion, yellow pepper, and green pepper. Bake, covered, for 35–40 minutes, or until rice is bubbly and pork chops are no longer pink in the center.

Yield: 4 servings • Serving size: ¼ recipe

BASIL GRILLED SHRIMP

NUTRITION FACTS

Per Serving:

Calories: 180
Carbohydrate: 3 g
Protein: 24 g
Fat: 8 g
Saturated fat: 1 g
Sodium: 280 mg
Fiber: 1 g

Exchanges per serving:

3 lean meat

Carbohydrate choices: **0**

Preparation time: 30 minutes

Marinating time: 1 hour

Cooking time: about 4–6 minutes

1 tablespoon olive oil

**1½ tablespoons reduced-calorie margarine,
melted**

Juice of ½ a large lemon

1 tablespoon coarse-grain prepared mustard

**1 ounce (approximately 1 cup) fresh basil,
minced**

1 clove garlic, minced

Pinch of black pepper

**1 pound medium fresh shrimp, peeled
and deveined**

Cooking spray

In a small bowl, whisk together olive oil, margarine, lemon juice, mustard, basil, garlic, and pepper; pour into a large, zip-top bag. Add shrimp and toss gently to coat. Marinate in the refrigerator for 1 hour. Preheat grill to medium-high heat. Remove shrimp from the marinade and thread on skewers. Coat grill grate with cooking spray. Arrange skewers on grill over medium-high heat and drizzle with any remaining marinade. Cook for 2–3 minutes, turn over, and continue cooking for 2–3 more minutes or until shrimp are pink and opaque. Leftovers may be eaten chilled or reheated.

Yield: 4 servings

Serving size: ¼ of recipe



SESAME-GINGER GRILLED SALMON

Preparation time: 5 minutes

Marinating time: 1 hour

Cooking time: about 12 minutes

1 tablespoon reduced-sodium soy sauce

¼ cup fresh-squeezed orange juice

(for best flavor)

1 tablespoon horseradish mustard

2 dashes cayenne pepper

½ teaspoon ground ginger

1 teaspoon minced garlic

1 tablespoon honey

4 boneless salmon fillets (3 ounces each)

1 teaspoon toasted sesame seeds

In a small bowl, whisk together soy sauce, orange juice, mustard, cayenne pepper, ginger, garlic, and honey. Place salmon fillets in a large zip-top bag and drizzle evenly with marinade. Seal bag and shake gently to coat fish. Marinate in the refrigerator for 1 hour, turning occasionally.

Preheat grill to medium-high heat (around 350°F). Place salmon on the grill, reserving marinade. Baste fish with marinade, then grill about 6 minutes on each side, or until fish flakes easily when pierced with a fork. Bring remaining marinade to a boil and boil 2–3 minutes. (Do not use remaining marinade unless it is boiled). Drizzle cooked salmon with heated marinade and top with toasted sesame seeds.

Yield: 4 servings

Serving size: 1 fillet or 3 ounces

NUTRITION FACTS

Per Serving:

Calories: 123

Carbohydrate: 7 g

Protein: 17 g

Fat: 3 g

Saturated fat: 1 g

Cholesterol: 44 mg

Sodium: 324 mg

Fiber: <1 g

Exchanges per serving:

3 very lean meat,

½ other carbohydrate

Carbohydrate choices: ½

HOOSIER MEAT LOAF

NUTRITION FACTS

Per Serving:

Calories: 277

Carbohydrate: 12 g

Protein: 28 g

Fat: 13 g

Saturated fat: 3 g

Cholesterol: 102 mg

Sodium: 533 mg

Fiber: 1 g

Exchanges per serving:

1 starch, 4 lean meat

Carbohydrate choices: 1

Preparation time: 15 minutes

Baking time: 45–50 minutes

1 tablespoon extra-virgin olive oil

1 cup finely chopped onion

1½ teaspoons minced garlic

2 small ribs of celery, finely chopped

¾ teaspoon black pepper

1 teaspoon dried thyme (leaves)

1½ pounds lean ground turkey (7% fat)

2 egg whites

⅓ cup skim milk

⅓ cup plus ¼ cup ketchup

1 tablespoon mustard

1 cup fresh whole wheat or white bread crumbs

Nonstick cooking spray

Preheat oven to 350°F. Heat olive oil in a large skillet; add onion, garlic, and celery and sauté until vegetables are soft. Place ground turkey in a large bowl. In a small bowl, whisk together egg whites and skim milk. Add to turkey and combine well. Add sautéed vegetables to turkey mixture, along with ⅓ cup ketchup, the mustard, and the bread crumbs. Spray a loaf pan with nonstick cooking spray. Press the mixture evenly into the loaf pan. With a basting brush or spoon, spread remaining ketchup in a thin layer on top. Bake for approximately 45–50 minutes, or until meat loaf is cooked through and brown. Let sit 10 minutes before slicing.

Yield: 1 meat loaf

Serving size: ⅓ of meat loaf

SAVORY STUFFED PEPPERS

Preparation time: 25 minutes

Baking time: 20 minutes

- 4 medium-size green peppers**
- ½ pound extra-lean ground beef**
- ½ cup chopped onion**
- 1 cup drained, canned whole tomatoes**
- 1 cup cooked wild rice**
- 1 tablespoon Worcestershire sauce**
- ½ teaspoon Italian seasoning**
- ½ cup soft bread crumbs**
- Vegetable cooking spray**
- 1 cup canned tomato sauce**



Slice off stem end of peppers and remove and discard seeds and membranes. Submerge the peppers in a pan of boiling water and cook for 5 to 10 minutes; drain. Brown ground beef and onion in a nonstick skillet over medium heat. Drain and pat dry with paper towels. Return meat mixture to skillet. Add tomatoes, breaking them into pieces with cooking spoon, and cook until liquid evaporates. Remove meat mixture from heat; stir in wild rice, Worcestershire sauce, and Italian seasoning. Spoon ½-cup portions of rice mixture into peppers; sprinkle evenly with bread crumbs. Place peppers in a baking dish coated with cooking spray. Bake at 350°F for 20 minutes or until lightly browned. Spoon tomato sauce over peppers and return to oven until heated.

Yield: 4 servings • Serving size: 1 stuffed pepper

NUTRITION FACTS

Per Serving:

Calories: 243
Carbohydrate: 34 g
Protein: 19 g
Fat: 4 g
Saturated fat: <1 g
Sodium: 653 mg
Fiber: 5 g

Exchanges per serving:

**2 starch, 1½ lean meat,
1 fat**
Carbohydrate choices: 2

ROSEMARY CHICKEN ORZO



NUTRITION FACTS

Per Serving:

Calories: 228
Carbohydrate: 35 g
Protein: 13 g
Fat: 4 g
Saturated fat: <1 g
Sodium: 238 mg
Fiber: 3 g

Exchanges per serving:

2 starch, 1 vegetable,

1 lean meat

Carbohydrate choices: 2½

Preparation time: 40 minutes

Cooking spray

8 ounces fully cooked boneless, skinless chicken breast strips (such as frozen Tyson's Fully Cooked Chicken Breast Strips)

2 cloves (or teaspoons) minced garlic

1¾ cups dry orzo pasta

1 (14-ounce) can fat-free, ½-less-sodium chicken broth

½ cup water

½ teaspoon dried rosemary

½ teaspoon salt

1 medium zucchini (approximately 6–7 inches long), cut lengthwise into fourths, then crosswise into ¼-inch-thick slices

4 Roma tomatoes, seeded and chopped (approximately 2½ cups)

1 small onion, coarsely chopped (approximately 1 cup)

8 ounces fresh mushrooms, quartered

Coat a large nonstick skillet with cooking spray and warm over medium-high heat. Add chicken, garlic, orzo, and broth; cover and bring to a boil. Reduce heat to medium-low and simmer 8–9 minutes, or until most of the liquid is absorbed. Stir occasionally to prevent sticking. Stir in remaining ingredients and return to a simmer (if mixture becomes too dry, add water to prevent sticking). Simmer 5–7 minutes, or until pasta is tender and vegetables are crisp-tender.

Yield: 8 cups • Serving size: 1 cup

HOISIN CHICKEN WITH ORANGE SAUCE

Preparation time: 45 minutes, including cooking the rice

Cooking time: 15–20 minutes

1 pound boneless, skinless chicken

tenderloins or breasts

1 tablespoon canola oil

Juice of 1 medium orange

2 tablespoons hoisin sauce

2 teaspoons sesame seeds

2 cups broccoli florets, cut into bite-size pieces

2 medium oranges, peeled, with seeds

removed, divided in sections, and

sections cut in half

2 cups cooked brown rice

Cut chicken into bite-size pieces. Heat oil in a large skillet over medium heat. Add chicken pieces and brown on both sides. When chicken is lightly browned but not cooked through, add orange juice and hoisin sauce to skillet. Cook 2 minutes. Add sesame seeds and broccoli pieces. Cover and cook a few minutes until broccoli has turned bright green. Add the orange segments, and mix well. Cook for about 1 minute more to heat orange; do not overcook. Serve mixture on brown rice.

Yield: 4 servings

*Serving size: about 1¼ cups mixture on
½ cup rice*

NUTRITION FACTS

Per Serving:

Calories: 303

Carbohydrate: 40 g

Protein: 20 g

Fat: 7 g

Saturated fat: 1 g

Cholesterol: 55 mg

Sodium: 531 mg

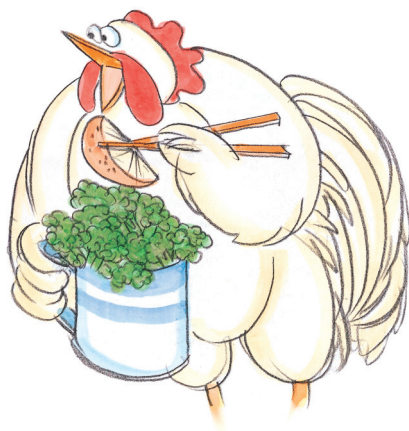
Fiber: 5 g

Exchanges per serving:

2 starch, 1 fruit,

1 vegetable, 3 lean meat

Carbohydrate choices: 2½



SPICY BLACK BEAN BURRITOS



Preparation time: 25 minutes

**2 cans (15 ounces each) black beans,
rinsed and drained**

1 cup frozen corn, thawed

1 cup cooked rice

16 ounces mild picante sauce

¼ teaspoon lime juice

¼ teaspoon ground cumin

10 (8-inch) flour tortillas

Fat-free sour cream (optional)

NUTRITION FACTS

Per Serving:

Calories: 340

Carbohydrate: 66 g

Protein: 10 g

Fat: 4 g

Saturated fat: <1 g

Sodium: 995 mg*

Fiber: 5 g

Exchanges per serving:

4 starch, 1 fat

Carbohydrate choices: 4½

Place beans in a nonstick skillet over medium heat. Mash about half of the beans with a fork or the back of a spoon. Add corn, rice, picante sauce, lime juice, and cumin. Stir to combine. Cook over medium heat, stirring frequently, until hot and bubbly.

Warm tortillas, if desired. Spoon ½ cup bean mixture down the center of each flour tortilla. Fold tortilla around filling. Top with a dollop of fat-free sour cream if desired.

Bean filling can be made ahead and frozen or refrigerated until serving time. Warm over low-medium heat on the stove or in the microwave.

Yield: 10 burritos

Serving size: 1 burrito

**This recipe may not be suitable for people who need to limit their sodium intake.*

STATE FAIR TURKEY DRUMSTICK FOR TWO

Preparation time: 5 minutes

Cooking time: Approximately 40 minutes

1 turkey drumstick (about 1 pound)

½ cup all-purpose flour

½ teaspoon paprika

½ teaspoon black pepper

1 teaspoon onion powder

1 tablespoon olive oil

Nonstick cooking spray



Heat oven to 400°F. Combine flour, paprika, pepper, and onion powder in a gallon-size resealable plastic bag. Wash drumstick and pat dry with paper towel. Brush drumstick with olive oil, then place in plastic bag and shake to coat leg. Spray a shallow baking pan with nonstick cooking spray. Place drumstick in pan. Bake for approximately 20 minutes, then turn. Bake for approximately 20 more minutes until meat thermometer inserted in drumstick reaches 180°F.

Yield: 1 drumstick

Serving size: ½ of meat portion, skin removed

NUTRITION FACTS

Per Serving:

Calories: 210

Carbohydrate: 2 g

Protein: 28 g

Fat: 10 g

Saturated fat: 3 g

Cholesterol: 86 mg

Sodium: 313 mg

Fiber: 0 g

Exchanges per serving:

4 lean meat

Carbohydrate choices: 0

BANANA SPLIT ICE CREAM PIE

NUTRITION FACTS

Per Serving:

Calories: 261
Carbohydrate: 41 g
Protein: 4 g
Fat: 9 g
Saturated fat: 3 g
Sodium: 190 mg
Fiber: 1 g

Exchanges per serving:

**3 other carbohydrates,
2 fat**

Carbohydrate choices: 3

Preparation time: 25 minutes
Freezing time: 2 hours
Standing time: 10–15 minutes

**1 six-ounce commercial graham cracker
crumb piecrust**
1 banana (about 6 inches), sliced
**2 cups reduced-fat, no-sugar-added vanilla
ice cream, softened**
**2 cups reduced-fat, no-sugar-added
chocolate ice cream**
¼ cup strawberry 100% fruit spread
½ cup fat-free whipped topping
8 maraschino cherries with stems, well-drained
**3 tablespoons lite chocolate syrup (such
as Hershey's)**

Cover the bottom of the piecrust with banana slices. Spread softened vanilla ice cream over the banana slices, pressing it into spaces between bananas, making a smooth layer. Cover and freeze, about 1 hour, or until ice cream is firm. Soften chocolate ice cream 20–30 seconds in the microwave, or by allowing it to sit at room temperature 10–15 minutes. Remove pie from the freezer and cover vanilla ice cream completely with a layer of chocolate ice cream, smoothing it with a dull knife. Cover and return to the freezer until the ice cream is again hardened, about 1 hour. Before serving, allow pie to soften slightly at room temperature for 10–15 minutes and warm the fruit spread. To serve, cut pie into 8 slices and put on serving plates. Drizzle each piece with warm strawberry fruit spread. Top each with a dollop of whipped topping and a maraschino cherry, then drizzle lightly with chocolate syrup. Serve immediately.

Yield: 8 slices • *Serving size: 1 topped slice*

CHEWY CHOCOLATE BROWNIES

Preparation time: 10 minutes

Baking time: 25 minutes

Vegetable cooking spray

¼ cup plus 3 tablespoons all-purpose flour

½ cup cocoa

¼ teaspoon salt

2 egg whites

1 whole egg

½ cup plus 2 tablespoons sugar

6 tablespoons unsweetened applesauce

2 tablespoons oil

1½ teaspoons vanilla

2 tablespoons chopped walnuts or pecans



Preheat oven to 350°F. Spray an 8-inch square baking pan with vegetable cooking spray. In a medium bowl, combine flour, cocoa, and salt. Mix well. In a separate large bowl, whisk together egg whites, egg, sugar, applesauce, oil, and vanilla. Stir in the flour mixture until just blended; do not overmix. Pour batter into the prepared pan and sprinkle walnuts on top. Bake for 25 minutes, until a toothpick inserted in the center comes out clean. Cool the brownies on a wire rack for at least 15 minutes. Cut into 12 rectangles.

Yield: 12 brownies

Serving size: 1 brownie

NUTRITION FACTS

Per Serving:

Calories: 111

Carbohydrate: 17 g

Protein: 3 g

Fat: 4 g

Saturated fat: <1 g

Sodium: 65 mg

Fiber: 1 g

Exchanges per serving:

1 starch, ½ fat

Carbohydrate choices: 1

EASY OATMEAL CHOCOLATE CHIP COOKIES



Preparation time: 15 minutes

Baking time: 10 minutes per pan

1/3 cup margarine, softened

1/2 cup firmly packed brown sugar

1 egg

3 teaspoons vanilla

3/4 cup all-purpose flour

1/2 teaspoon baking soda

1/4 teaspoon salt

3/4 cup quick-cooking rolled oats

1/3 cup semisweet chocolate chips

Vegetable cooking spray

NUTRITION FACTS

Per Serving:

Calories: 101

Carbohydrate: 14 g

Protein: 1 g

Fat: 4 g

Saturated fat: 1 g

Sodium: 120 mg

Fiber: 1 g

Exchanges per serving:

1 starch, 1 fat

Carbohydrate choices: 1

Preheat oven to 375°F. Beat margarine at medium speed with an electric mixer until light and fluffy; gradually add brown sugar and beat well. Add egg and vanilla, beating well. Combine flour, baking soda, and salt. Gradually add flour mixture to margarine mixture, mixing well. Stir in oats and chocolate chips. Coat cookie sheets with cooking spray. Using two teaspoons, drop dough onto cookie sheets, leaving about 2 inches between each cookie. Portion the dough so that you make about 3 dozen cookies. Bake 10 minutes or until lightly browned. Store in an airtight container.

Yield: about 3 dozen

Serving size: 2 cookies

CREAMY PUMPKIN PIE

Preparation time: 15 minutes

Chilling time: 3 hours

1 cup skim milk

**2 1-ounce packages instant vanilla
sugar-free pudding mix**

½ teaspoon pumpkin pie spice

1 can (15 ounces) pumpkin

1 9-inch graham cracker pie crust

1 cup fat-free whipped topping

In a medium mixing bowl, mix skim milk, pudding mix, and pumpkin pie spice together until well blended (this mixture will be thick). Add pumpkin and mix well. Spread pumpkin mixture in pie crust. Top pumpkin layer with whipped topping and refrigerate for at least 3 hours or up to two days.

Yield: 8 servings

Serving size: 1/8 pie

NUTRITION FACTS

Per Serving:

Calories: 185

Carbohydrate: 32 g

Protein: 4 g

Fat: 5 g

Saturated fat: 1 g

Sodium: 449 mg

Fiber: 2 g

Exchanges per serving:

1 starch, 1 fat

Carbohydrate choices: 2

OVEN-POACHED PEARS

NUTRITION FACTS

Per Serving:

Calories: 182

Carbohydrate: 30 g

Protein: 2 g

Fat: 7 g

Saturated fat: 1 g

Sodium: 54 mg

Fiber: 5 g

Exchanges per serving:

½ starch, 1½ fruit,

1 fat

Carbohydrate choices: 2

Preparation time: 15 minutes

Baking time: 10–20 minutes

**4 tablespoons apricot or raspberry jam
or preserves**

**4 ripe Bartlett or Bosc pears (may substitute
apples, fresh peaches, or nectarines)**

4 tablespoons chopped almonds or hazelnuts

4 teaspoons margarine

4 teaspoons apple juice concentrate

2 teaspoons ground ginger

2 teaspoons grated lemon or orange zest

Raspberries or strawberries (optional)

Preheat oven to 375°F. Cut four pieces of foil that are about 2½ times the size of the pears. Fold each piece

in half and place one tablespoon of jam in the crease of the fold. Cut pears lengthwise through the stem, about halfway down, so that you create four wedges that are still held together at the base of the pear. Place pears in the center of foil on top of the jam (it's OK if the wedges separate a bit), and fill them with 1 tablespoon nuts, 1 teaspoon margarine, 1 teaspoon apple juice concentrate, ½ teaspoon ground ginger, and ½ teaspoon citrus zest. Set the pears upright and wrap them in a loose but well-sealed foil envelope. Place pears on a baking sheet or in a baking dish and bake for about 10–20 minutes or until the pears are soft and heated through. Test with a fork for doneness. Unwrap the pears and serve them on a pink palette of puréed raspberries or strawberries, if desired. Note: The pears can be assembled the night before and stored in the refrigerator until ready to cook. Once cooked, do not leave pears in foil; store them in a covered plastic or glass dish.

Yield: 4 pears • Serving size: 1 pear

PEACH AND RASPBERRY CRUMBLE

Preparation time: 15 minutes

Baking time: 30–35 minutes

Butter-flavor cooking spray

**1 can (15 ounces) sliced peaches in juice,
drained**

**1 package (12 ounces) unsweetened frozen
raspberries, thawed**

1 cup quick-cooking oats, uncooked

2 tablespoons brown sugar

1½ teaspoons cinnamon

**3 tablespoons reduced-calorie stick margarine,
melted**

2 tablespoons honey

Preheat oven to 350°F. Coat an 8" × 8" baking pan with cooking spray. Arrange peach slices evenly in the bottom of the pan. Sprinkle raspberries evenly over the peaches. Set aside.

In a bowl, combine oats, brown sugar, and cinnamon and mix with a fork, breaking up brown sugar clumps. Add margarine and honey; stir to combine. Sprinkle topping over fruit. Bake uncovered for 30 to 35 minutes, or until fruit is bubbly. Portion into six equal servings. Serve alone or over low-fat, no-sugar-added vanilla ice cream.

Yield: 6 servings

Serving size: 1/6 of recipe

NUTRITION FACTS

Per Serving:

Calories: 185

Carbohydrate: 33 g

Protein: 3 g

Fat: 4 g

Saturated fat: 1 g

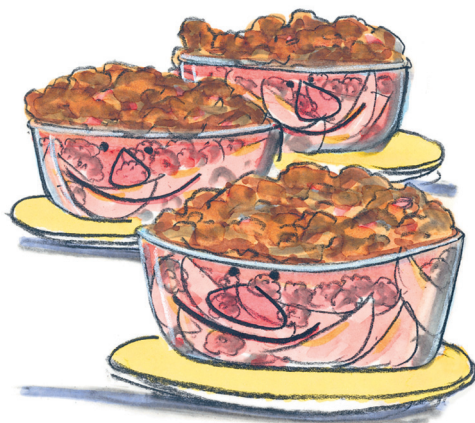
Sodium: 70 mg

Fiber: 4 g

Exchanges per serving:

1 starch, 1 fruit, 1 fat

Carbohydrate choices: 2½



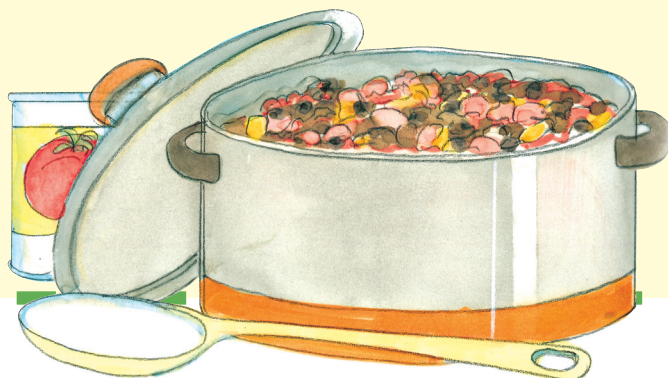


25 Money-Saving Tips

Did you know that the cost of food is the second biggest expense for most Americans? It comes right after housing. So it makes sense to sharpen up your shopping skills, especially in these tough economic times. Follow these tips to dine divinely every day—and still get the most bang for your buck at the market.

1) PLAN TO SAVE. Take a few minutes once a week to focus on meal planning. Once you have your basic menu for the week, it's easy to make a shopping list that features healthy and delicious food choices. No guesswork equals big savings!

2) COOK ONCE, EAT TWICE. Cook a big batch of favorite dishes and freeze portions for future meals.



3) SHOP THE BARGAINS.

Different stores offer different bargains. Shop warehouse clubs, like Costco, for nonperishable staples. Supercenters, like Walmart, feature everyday low prices. Food coops offer fresh produce and bargain staples like grains, beans, and nuts.



4) SKIP “CONVENIENCE” STORES. Corner store convenience can blow a big hole in your budget. And you’ll be hard pressed to find many healthy foods.

5) MAKE A LIST. It sounds obvious, but when you shop without a list, you’re more apt to make impulse buys. Just a couple of extra purchases can add \$5 to \$10 a week to your expenses—that’s \$250 to \$500 a year!

6) SPEEDY SECRET! Organize your list to match your store’s aisle-by-aisle layout. You’ll be amazed at how much time you save.

7) SHOP SOLO. Extra people—especially kids—mean extra impulse items in your shopping cart when you get to the checkout.

8) NEVER GO HUNGRY. Make sure you have a meal or small snack before hitting the market. When you’re hungry, your stomach does the shopping.



9) COMPARE UNIT PRICES. What's cheaper—the half gallon or two quarts? Check the price per ounce, pound, or other unit (often found on a small tag on the shelf below the item) for the true story. The big item is often cheaper—but not always.

10) NEVER PAY FULL PRICE. When you find a great price, write it down, along with the date and store. Most stores run sales every six weeks on items like chicken breasts or canned veggies. When you keep a record, you can plan to stock up and freeze your purchases for future use.

11) PASS UP THESE COUPONS. Clip coupons ONLY for the foods you normally eat. Otherwise you could end up spending more money for a slightly discounted, expensive item that you wouldn't normally buy anyway.

12) COUPON COUPS. Don't stop with your newspaper, go online to sites like www.thegrocerygame.com, www.coolsavings.com, www.foodcouponsdirect.com and www.redplum.com, to find supermarket coupons. Some sites charge a fee, but you may save a lot over the long term.



13) LABEL LINGO. Make the Nutrition Facts panel of any package your shopping bible. It tells you the serving size plus the calories, carbohydrates, fats, sodium, and fiber per serving. That's how you'll find the exact kind of nutrition you need.

14) LOOK UP AND DOWN. Grocers place the most expensive foods at eye level. Look above and below these shelves for the best bargains.

15) SHOP THE PERIMETER. You'll find the healthiest choices—fresh fruits and vegetables, meats and fish, dairy foods—in the outer aisles. Highly processed, often pricier choices clog the center.

16) TARGET THE TREASURES in the center aisles. Dive in for old-fashioned oatmeal, whole grains, dried beans, canned tomatoes, peanut butter, and frozen veggies.

17) BRING A BASKET. When you only need a few items, bypass the cart and use a basket. When it gets too heavy—you're done.



18) JUMP ON THE GENERICS. House label or generic brands can save you as much as 30 cents on the dollar. Try a small package first to make sure you like the taste and quality.

19) WHEN BIGGER IS BAD. Giant-size containers can save you money—but only if you can use the entire product before the expiration date. When you have to throw away food, you're throwing away money.

20) CONVENIENCE IS COSTLY. Prepared ingredients like grated cheese or chopped peppers cost extra. You save money when you do the prep yourself.

ADVANCED SUPERMARKET SAVVY!

✓ Use these **sneaky secrets** to save money in every aisle! Just look...

21) BAGGED PRODUCE is not all equal. There can be as much as a $\frac{3}{4}$ -pound difference in two 5-pound bags of potatoes. Weigh a few bags and choose the heaviest.



22) RITZY RICE—the kind in pre-seasoned mixes—costs up to three times as much as regular rice. Season it yourself and save big!

23) CHEAPER CEREAL. Packaging costs a bundle. Buy unsweetened cereal in a bag instead of a box for sweet savings.



24) YUMMIER YOGURT. Pass up the costly single-serving containers of flavored yogurt. Buy a quart of plain yogurt instead, separate into servings, and add your own fruit for more nutrition and a better buy.

25) FROZEN VEGGIES in butter or cream sauce cost twice as much. Buy bags of plain frozen vegetables and add your own seasonings to save money and calories.

DIABETES SELF-MANAGEMENT