

DIABETIC  
FRIENDLY  
RECIPES



# HEALTHY EATING RECIPE IDEAS

(Just a couple of recipes to try... If you are interested in more, there are endless resources on the internet and in your local bookstore for “Diabetic Friendly” Recipes. Good Luck!)

## APPETIZERS

### Crispy Chips

5 Corn Tortillas  
1 cup Water  
1 tsp Chili Powder

1. Preheat the oven to 450' F
2. Dip each tortilla quickly in water
3. Stack the tortillas on top of each other
4. Cut the stack into 8 triangles
5. Lay the triangles on a nonstick cookie sheet
6. Sprinkle the chips with chili powder
7. Bake in the oven for 5 – 8 minutes until crisp

Serving Size	8 chips		
Calories	56	Sodium	41
Calories from Fat	6	Total Carbohydrates	12 g
Total Fat	1 g	Dietary Fiber	1 g
Saturated Fat	0 g	Sugars	0 g
Cholesterol	0 mg	Protein	1 g

*American Diabetes Association*

## Fried Green Tomatoes

- 4 firm Green Tomatoes
- 1 cup cornmeal
- 1 pinch salt
- 1 pinch pepper
- 3 tbsp canola oil

1. Wash the tomatoes, and slice each tomato into 4 thick slices.
2. Season cornmeal with salt and pepper.
3. Heat the oil in a medium skillet until hot.
4. Dip the tomato slices into the cornmeal and fry until brown, turning one, around 3-4 minutes total.

Serving Size	4 slices		
Calories	251	Sodium	17
Calories from Fat	102	Total Carbohydrates	33 g
Total Fat	11 g	Dietary Fiber	4 g
Saturated Fat	0 g	Sugars	3 g
Cholesterol	0 mg	Protein	4 g

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## Garlic Sticks

- 2 tbsp Olive Oil
- 4 slices Day Old Bread
- 2 tbsp Grated Parmesan Cheese
- 2 Cloves Minced Garlic
- 1 tsp Dried Oregano

1. Preheat the oven to 375' F
2. Spray a baking sheet with nonstick cooking spray.
3. Pour oil into a small bowl
4. Cut each slice of bread into 5 even strips, around  $\frac{3}{4}$  inch wide.
5. Arrange on a piece of wax paper.
6. Brush each strip lightly with the oil on both sides
7. In a small bowl, combine the cheese, garlic and oregano.
8. Sprinkle mixture over the stips, pressing your fingers to make the crumb mixture stick.
9. Place on the prepared baking sheet and bake until lightly browned (around 13 minutes).

Serving Size	5 sticks		
Calories	144	Sodium	199
Calories from Fat	79	Total Carbohydrates	13 g
Total Fat	9 g	Dietary Fiber	1 g
Saturated Fat	0 g	Sugars	2 g
Cholesterol	4 mg	Protein	4 g

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## Guacamole

2 avocados (diced)

1-1/3 cup chopped red onion

¼ cup cilantro

1-1/2 tbsp lime juice

1. Combine all ingredients in a bowl and mix.

Serving Size	½ cup		
Calories	101	Sodium	
Calories from Fat		Total Carbohydrates	6 g
Total Fat	9 g	Dietary Fiber	4 g
Saturated Fat	1 g	Sugars	
Cholesterol		Protein	1 g

*Adapted from Ellie Krieger, Food Network*

## Hot Skins

1 medium baked potato

¼ tsp Oregano

1/8 tsp garlic powder

1/8 tsp black pepper

1/8 tsp paprika

1. Heat oven to 400' F.
2. Cut cooled baked potato in half crosswise.
3. Scoop out insides and reserve for another use, leaving a thin layer of potato along the skin.
4. Cut in half again lengthwise and place on baking sheet
5. Spray with nonstick cooking spray.
6. Sprinkle with seasonings and bake 10 minutes or until crisp
7. Dip skins in mustard, salsa, homemade ketchup, or non-fat sour cream

Serving Size	1 recipe		
Calories	97	Sodium	10
Calories from Fat	1	Total Carbohydrates	23 g
Total Fat	0 g	Dietary Fiber	4 g
Saturated Fat	0 g	Sugars	1 g
Cholesterol	0 g	Protein	2 g

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## Show Time Mix

- 6 cups Plain Air-Popped Popcorn
- ½ cup Dry roasted soy nuts or peanuts
- 2 cups Corn Chex Cereal
- 1 oz Pretzel Sticks
- 1 tsp Old Bay Seasoning
- 1 tsp Onion Powder

1. Mix popcorn, nuts, cereal, and pretzels in a large bowl.
2. Spray lightly with nonstick cooking spray and sprinkle with seasoning and onion powder.
3. Stir in covered container.
4. For a spicier variation, add 1-1/2 tsp Chili Powder.

Serving Size	1/6 rec.		
Calories	147	Sodium	358
Calories from Fat	23	Total Carbohydrates	23 g
Total Fat	3 g	Dietary Fiber	4 g
Saturated Fat	0 g	Sugars	2 g
Cholesterol	0 mg	Protein	8 g

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## **SIDE DISHES**

### **Broccoli with Lemon**

- 1 tsp Olive Oil
- 1 medium minced garlic clove
- ½ cup minced red onion
- 1 lb fresh broccoli florets
- ½ cup low fat, low sodium chicken broth
- 2 tsp lemon juice
- 1 tsp grated lemon zest

1. Heat the oil in a large nonstick skillet over medium-high heat.
2. Add the garlic and onion and sauté for 3 minutes.
3. Add the broccoli and broth.
4. Cover and steam for 6 minutes.
5. Add the lemon juice and lemon zest, and cook uncovered for 30 seconds.

Serving Size	2/3 cup		
Calories	42	Sodium	83
Calories from Fat	12	Total Carbohydrates	6 g
Total Fat	1 g	Dietary Fiber	2 g
Saturated Fat	0 g	Sugars	3 g
Cholesterol	0 mg	Protein	3 g

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## Collard Greens

1-1/4 pounds collard greens

1 tbsp water

1 tbsp olive oil

1 onion

1 tbsp cider vinegar

1 tbsp maple syrup

¾ cup low-sodium chicken broth

Dash of salt

1. Remove stems and ribs from greens
2. Wrap leaves and cut in around ½ inch strips
3. Place into a large, microwave safe bowl with water and seal
4. Microwave on high for 5 minutes
5. In the meantime, heat a skillet and sauté onion in the oil for approximately 2 minutes
6. Add the collard greens and stir in vinegar, maple syrup, and broth
7. Bring to a simmer and cook, covered, for 30 minutes.
8. Season with salt and serve.

Serving Size	½ cup		
Calories	138	Sodium	327
Calories from Fat		Total Carbohydrates	15 g
Total Fat	6 g	Dietary Fiber	5.3 g
Saturated Fat	1.2 g	Sugars	
Cholesterol		Protein	9 g

*Adapted from Ellie Krieger, Food Network*

## Oven Fried Onion Rings

- 1 thinly sliced Onion
- 1 tbsp Reduced Calorie Corn Oil
- 2 tbsp Cornmeal
- 2 tbsp Fine bread crumbs
- 1 tbsp Parmasean Cheese
- 1/8 tsp Paprika

1. Peel onion, and slice into ¼ inch rings
2. Sprinkle with oil and toss to coat.
3. Mix dry ingredients, sprinkle over onion rings, and toss to coat evenly.
4. Place on a nonstick baking sheet.
5. Bake at 400° F for 20 minutes or until lightly browned.

Serving Size	½ cup		
Calories	93	Sodium	104
Calories from Fat	45	Total Carbohydrates	9 g
Total Fat	5 g	Dietary Fiber	1 g
Saturated Fat	1 g	Sugars	
Cholesterol	3 mg	Protein	3 g

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## Fresh Peas with Tarragon

- 3 cups peas
- 1 tbsp tarragon vinegar
- 2 tsp butter
- ½ cup pearl onions
- ½ cup low fat, low sodium chicken broth
- ¼ tsp minced fresh tarragon

1. Combine all ingredients except tarragon in a saucepan and cook over medium heat until peas and onions are tender (around 5-8 minutes).
2. Add the tarragon, toss lightly, and serve.

Serving Size	½ cup		
Calories	89	Sodium	181
Calories from Fat	16	Total Carbohydrates	14 g
Total Fat	2 g	Dietary Fiber	5 g
Saturated Fat	1 g	Sugars	6 g
Cholesterol	4 mg	Protein	5 g

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## Scalloped Corn

17 oz Cream Style Corn  
1 cup Skim Milk  
1 Egg, Beaten  
1 cup Cracker Crumbs  
2 tbsp Pimento  
¼ cup chopped onion  
½ tsp salt  
1 pinch pepper  
2 tsp margarine

1. Preheat oven to 350' F.
2. Spray 1 quart casserole pan with nonstick spray
3. Combine the corn, milk and egg. Stir well.
4. Add ¾ cup of the crumbs, then the pimento, onion, salt, and pepper. Mix well.
5. Pour into the casserole pan.
6. Melt margarine in a small skillet
7. Add the remaining ¼ cup cracker crumbs. Stir to distribute the margarine through the crumbs.
8. Sprinkle crumbs over the corn mixture.
9. Bake for 35 minutes. Serve warm

Serving Size	½ cup		
Calories	150	Sodium	621
Calories from Fat	35	Total Carbohydrates	26 g
Total Fat	4 g	Dietary Fiber	1 g
Saturated Fat	1 g	Sugars	11 g
Cholesterol	36 mg	Protein	5 g

## MAIN COURSES

### **Butter Beans with Smoked Turkey**

8 oz Smoked Turkey Breast

¼ cup chopped onion

1 lb dried butter beans (mature lima beans), soaked

1 clove minced garlic

1 bay leaf

1/8 tsp pepper

1 tsp thyme

¼ tsp salt

1. Boil the turkey and onion in 1 quart of water for minutes.
2. Place the beans, garlic, pepper, bay leaf, and thyme in the water and cook for 1 hour or until the beans are tender.
3. Add the salt in the final 15 minutes of cooking.

Serving Size	1 cup		
Calories	216	Sodium	423
Calories from Fat	6	Total Carbohydrates	36 g
Total Fat	1 g	Dietary Fiber	11 g
Saturated Fat	0 g	Sugars	5 g
Cholesterol	13 mg	Protein	18 g

## Pizza Potatoes

6 medium sized potatoes  
1 large onion (sliced)  
2 tbsp olive oil  
6 oz Mozzarella Cheese  
2 oz Sliced Turkey Pepperoni  
Pizza Sauce

1. Saute potato and onion slices in oil until the onion appears transparent.
2. Drain.
3. In slow cooker, combine potatoes, onions, cheese, and pepperoni.
4. Pour pizza sauce over top
5. Cover and cook on low for 6 – 10 hours or until potatoes are soft.

Serving Size	½ cup		
Calories	205	Sodium	417
Calories from Fat	43	Total Carbohydrates	27 g
Total Fat	5 g	Dietary Fiber	3 g
Saturated Fat	0 g	Sugars	6 g
Cholesterol	12 mg	Protein	13 g

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## CONDIMENTS

### Barbecue Sauce

1 tbsp Olive Oil	$\frac{3}{4}$ cup Worcestershire Sauce
1 cup Minced Onion	$\frac{3}{4}$ cup Dijon Mustard
2 Cloves Minced Garlic	3 tbsp Liquid Smoke (Hickory)
2 Beef Bouillon Cubes	1 tsp Salt
$\frac{1}{2}$ cup Hot Water	$\frac{1}{2}$ cup Cider Vinegar
3 cans (6 oz) Tomato Paste	1 tsp Tabasco Sauce
1 cup Splenda	

1. Place oil in a large saucepan.
2. Add onions and garlic
3. Saute over medium heat until translucent (around 2-3 minutes)
4. Mix the bouillon and water until partially dissolved.
5. Add bouillon mixture and all remaining ingredients to the saucepan. Stir well using a wire whisk.
6. Simmer uncovered 25-30 minutes to allow flavors to meld. Stir frequently.
7. Refrigerate overnight in a non-metallic container. (Sauce is usually best if made a day before use. Keeps well refrigerated for 1 week)

Serving Size	2 tbsp		
Calories	15	Sodium	180
Calories from Fat	0	Total Carbohydrates	3 g
Total Fat	0	Dietary Fiber	0
Saturated Fat	0	Sugars	0
Cholesterol	0	Protein	0

## Caesar Dressing

- ¼ cup Cottage Cheese
- 1 Clove Minced Garlic
- 2 tbsp Grated Parmesan Cheese
- 2 tbsp Lemon Juice
- 2 tbsp Lite Mayonnaise
- 1 tsp Anchovy Paste (optional)
- ½ tsp Dijon Mustard

1. In a food processor or blender, puree the cottage cheese and garlic until smooth.
2. Add the Parmesan cheese, the lemon juice, mayonnaise, anchovy paste (optional), and the mustard.
3. Pulse until smooth.
4. Let stand 10 minutes to allow the flavors to blend.

Serving Size	1 tbsp		
Calories	27	Sodium	96
Calories from Fat	16	Total Carbohydrates	1 g
Total Fat	2 g	Dietary Fiber	0
Saturated Fat	1 g	Sugars	1 g
Cholesterol	3 mg	Protein	2 g

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## Ranch Dressing

- 1 cup Fat Free Mayonnaise
- 2 tbsp Lemon Juice
- 2 tbsp Chopped Fresh Parsley
- 2 tbsp Chopped Green Onion
- 2 tbsp Equal
- 1 tbsp Dijon Style Mustard
- 1-1/2 Minced Garlic
- ¼ tsp Salt
- ¾ cup Fat Free Buttermilk

1. Combine all ingredients, except buttermilk.
2. Stir with a wire whisk until blended. Whisk in buttermilk.
3. Refrigerate, covered 1-2 hours to allow flavors to blend.
4. Use as a dressing for mixed salad greens or as a dip for fresh vegetables.

Serving Size	2 tbsp		
Calories	57	Sodium	193
Calories from Fat	45	Total Carbohydrates	2 g
Total Fat	5 g	Dietary Fiber	0 g
Saturated Fat	1 g	Sugars	1 g
Cholesterol	6 mg	Protein	1 g

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## Tartar Sauce

- ½ cup Reduced Fat Mayonnaise
- 2 tbsp Finely diced peeled cucumber
- 1 tbsp Finely diced dill pickles
- 1 tbsp Minced green onions
- 1 tsp capers (optional)

1. In a small bowl, combine all ingredients.
2. Refrigerate 10 minutes to allow flavors to blend.

Serving Size	2 tbsp		
Calories	68	Sodium	233
Calories from Fat	60	Total Carbohydrates	2 g
Total Fat	7 g	Dietary Fiber	0
Saturated Fat	1 g	Sugars	0
Cholesterol	7 mg	Protein	0

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