

Recipes ... June, 2016

Ancho Garlic Steaks w/Summer Salsa

Taste of Home Simple & Delicious, Aug-Sept 2015

- 2 boneless beef top loin steaks (1 1/4-inch thick and 8 oz each)
- 2 tsp ground ancho chili pepper
- 1 tsp garlic salt

Salsa

- 1 cup seeded chopped watermelon
- 1 cup fresh blueberries
- 1 medium tomato, chopped
- 1/4 cup finely chopped red onion
- 1 Tbsp minced fresh mint
- 1 1/2 tsp grated fresh gingerroot
- 1/4 tsp salt

Rub steaks with chili pepper and garlic salt. Grill, covered, over medium heat or broil 4-inches from heat 7-9 minutes on each side or until meat reaches desired doneness (for medium-rare, a thermometer should read 145°F; medium, 160°F; well-done 170°F).

In a bowl, combine salsa ingredients. Thinly slice steak; serve with salsa.

NOTE: Top loin steak may be labeled as strip steak, Kansas City steak, New York strip steak, ambassador steak, or boneless club steak.

Servings per recipe: 4

Nutrition facts per serving – 195 calories, 5 total fat (2 g saturated fat), 50 mg cholesterol, 442 mg sodium, 10 g carbohydrates, 2 g dietary fiber, and 25 g protein

Diabetic Exchanges: 3 lean meat, 1/2 fruit

Grilled Tilapia w/Pineapple Salsa

Taste of Home Simple & Delicious, Aug-Sept 2015

- 2 cups cubed fresh pineapple
- 2 green onions, chopped
- 1/4 cup finely chopped green pepper
- 1/4 cup minced fresh cilantro
- 4 tsp plus 2 Tbsp lime juice, divided
- 1/8 tsp plus 1/4 tsp salt, divided
- Dash cayenne pepper
- 1 Tbsp canola oil
- 8 tilapia fillets (4 oz each)
- 1/8 tsp pepper

For salsa, in a small bowl, combine pineapple, green onions, green pepper, fresh cilantro, 4 teaspoon lime juice, 1/8 teaspoon salt, and cayenne pepper. Refrigerate until serving.

Mix oil and remaining lime juice; drizzle over fillets. Sprinkle with pepper and remaining salt.

Moisten a paper towel with cooking oil; using long-handled tongs, rub on grill rack to coat lightly. Grill tilapia fillets, covered, over medium heat or broil 4-inches from heat 2-3 minutes on each side or until fish just begins to flake easily with a fork. Serve with pineapple salsa.

Servings per recipe: 8

Nutrition facts per serving – 131 calories, 3 total fat (1 g saturated fat), 55 mg cholesterol, 152 mg sodium, 6 g carbohydrates, 1 g dietary fiber, and 21 g protein

Diabetic Exchanges: 3 lean meat, 1/2 fruit

Spicy Barbecued Chicken

Taste of Home Simple & Delicious, Aug-Sept 2015

1 Tbsp canola oil
2 garlic cloves, minced
1/3 cup chili sauce
3 Tbsp brown sugar
2 tsp salt-free seasoning blend, divided
3/4 tsp cayenne pepper, divided
2 tsp ground mustard
2 tsp chili powder
8 boneless skinless chicken breast halves (4 oz each)

In a small saucepan, heat oil over medium heat. Add garlic; cook and stir 1 minute. Add chili sauce, brown sugar, 1 teaspoon seasoning blend and 1/4 teaspoon cayenne. Bring to a boil; cook and stir for 1 minute. Remove from heat.

In a bowl, mix mustard, chili powder, remaining seasoning blend and cayenne; rub over chicken. Moisten a paper towel with cooking oil; with long-handled tongs, lightly coat grill rack.

Grill chicken, covered, over medium heat for 4 minutes longer, or until a thermometer reads

165°F, brushing tops occasionally with chili sauce mixture.

Servings per recipe: 8

Nutrition facts per serving – 179 calories, 5 total fat (1 g saturated fat), 63 mg cholesterol, 293 mg sodium, 10 g carbohydrates, trace of dietary fiber, and 23 g protein

Diabetic Exchanges: 3 lean meat, 1/2 starch, 1/2 fat

Skewerless Stovetop Kabobs

Taste of Home Simple & Delicious, Aug-Sept 2015

1 pork tenderloin (1 lb), cut into 3/4-inch cubes
3/4 cup fat-free Italian salad dressing, divided
2 large green peppers, cut into 3/4-inch pieces
2 small zucchini, cut into 1/2-inch slices
1 large sweet onion, cut into wedges
1/2 lb medium fresh mushrooms, halved
1 cup cherry tomatoes
1/4 tsp pepper 1/8 tsp seasoned salt

In a large nonstick skillet, cook pork over medium-high heat in 1/4 cup salad dressing until no longer pink. Remove from pan.

In the same pan, cook green peppers, zucchini, onion, mushrooms, tomatoes, pepper, and seasoned salt in remaining salad dressing until vegetables are tender. Return pork to skillet; heat through.

Servings per recipe: 4

Nutrition facts per serving – 236 calories, 5 total fat (2 g saturated fat), 65 mg cholesterol, 757 mg sodium, 22 g carbohydrates, 4 g dietary fiber, and 27 g protein

Diabetic Exchanges: 3 lean meat, 2 starch

Basil Grilled Corn on the Cob

Taste of Home Simple & Delicious, Aug-Sept 2015

4 medium ears sweet corn
4 tsp butter, melted
3/4 tsp salt
1/4 tsp pepper
16 fresh basil leaves
1/2 medium lemon
2 tsp minced fresh cilantro

Place corn in a 6-qt stockpot; cover with cold water. Soak 20 minutes; drain. Carefully peel back corn husks to within 1-inch of bottoms; remove silk. Brush butter over corn; sprinkle with salt and pepper. Press four basil leaves onto each cob. Rewrap corn in husks; secure with kitchen string.

Grill corn, covered, over medium heat 20-25 minutes or until tender, turning often. Cut string and peel back husks; discard basil leaves. Squeeze lemon juice over corn; sprinkle with fresh cilantro.

Servings per recipe: 4

Nutrition facts per serving – 125 calories, 5 total fat (3 g saturated fat), 10 mg cholesterol, 489 mg sodium, 20 g carbohydrates, 2 g dietary fiber, and 4 g protein

Diabetic Exchanges: 1 starch, 1 fat

Garlic-Herb Squash

Taste of Home Simple & Delicious, Aug-Sept 2015

5 cups halved small squash (about 1 1/4 lbs)
1 Tbsp olive oil
2 garlic cloves, minced
1/2 tsp salt
1/4 tsp dried oregano
1/4 tsp dried thyme
1/4 tsp pepper
1 Tbsp minced fresh parsley

Preheat oven to 425°F. Place squash in a greased 15x10x1-inch baking pan. Mix oil, garlic, salt, oregano, thyme, and pepper; drizzle over squash. Toss to coat. Roast 15-20 minutes or until tender, stirring occasionally. Sprinkle with parsley.

Servings per recipe: 4

Nutrition facts per serving – 58 calories, 3 total fat (trace saturated fat), 0 mg cholesterol, 296 mg sodium, 6 g carbohydrates, 2 g dietary fiber, and 2 g protein

Diabetic Exchanges: 1 vegetable, 1/2 fat

Strawberry-Carrot Smoothies

Taste of Home Simple & Delicious, Aug-Sept 2015

2 cups (16 oz) reduced-fat plain Greek yogurt
1 cup carrot juice
1 cup orange juice
1 cup frozen pineapple chunks
1 cup frozen unsweetened sliced strawberries

Place all ingredients in a blender; cover and process until smooth.

Servings per recipe: 5

Nutrition facts per serving – 141 calories, 2 total fat (1 g saturated fat), 5 mg cholesterol, 79 mg sodium, 20 g carbohydrates, 1 g dietary fiber, and 10 g protein

Diabetic Exchanges: 1 fruit, 1/2 reduced-fat milk

Zucchini Ribbon Salad

Diabetes Self-Management – July/August 2015

2 medium zucchini
2 Tbsp chopped sun-dried tomatoes (not packed in oil)
2 tsp olive oil
1 tsp fresh lemon juice
1 tsp white vinegar

1/8 tsp salt
2 Tbsp shredded Parmesan cheese
1 Tbsp pine nuts, toasted

Peel zucchini lengthwise into ribbons using vegetable peeler until seeds are visible. Combine zucchini ribbons and sun-dried tomatoes in medium bowl.

Whisk oil, lemon juice, vinegar, and salt in small bowl until well blended. Drizzle over zucchini and tomatoes; gently toss to coat.

Divide salad evenly between 2 serving bowls. Top with cheese and pine nuts. Serve immediately.

NOTE: To toast the pine nuts, spread in a single layer in a heavy skillet. Cook over medium heat 1 to 2 minutes or until the nuts are lightly browned, stirring frequently.

Servings per recipe: 2

Nutrition facts per serving – 133 calories, 10 g total fat (2 g saturated fat), 4 mg cholesterol, 254mg sodium, 9 g carbohydrates, 3 g dietary fiber, and 5 g protein

Diabetic Exchanges: 2 fat, 2 vegetable

Shrimp & Tomato Stir-Fry

Diabetes Self-Management – July/August 2015

20 Kalamata olives, pitted and coarsely chopped
1 cup cherry tomatoes, halved
1/4 cup chopped fresh basil
1/4 tsp plus 1/8 tsp salt, divided
1/4 tsp black pepper
Nonstick cooking spray
1 lb peeled medium raw shrimp
1 clove garlic, minced
1/8 tsp red pepper flakes
1 medium zucchini, quartered lengthwise, then cut crosswise into 2-inch pieces
1 medium onion, cut into 8 wedges

Combine olives, tomatoes, basil, 1/8 teaspoon salt, and pepper. Toss gently to blend.

Spray 12-inch nonstick skillet with cooking spray. Heat over medium heat until hot. Add shrimp, garlic, and pepper flakes; cook and stir 3 minutes or until shrimp are opaque. Remove from skillet; set aside.

Spray same skillet with cooking spray. Heat over medium high heat, coat skillet with cooking spray, add zucchini, onion, and remaining 1/4 teaspoon salt. Cook and stir 5 minutes or until edges of vegetables begin to brown.

Add tomato mixture and shrimp to skillet; cook and stir 1 minutes until heated through.

Servings per recipe: 4 (about 1 1/3 cups)

Nutrition facts per serving – 165 calories, 5 g total fat (25 g saturated fat), 172 mg cholesterol, 782 mg sodium, 7 g carbohydrates, 1 g dietary fiber, and 24 g protein

Diabetic Exchanges: 1 vegetable, 3 meat

Frozen Watermelon Whip

Diabetes Self-Management – July/August 2015

1 3/4 cup ice
1 cup coarsely chopped seedless watermelon
1 cup brewed lemon-flavored herbal tea, at room temperature
Lime slices (optional)

Combine ice, watermelon, and tea in blender or food processor; blend until smooth, pulsing to break up ice.

Pour into two tall glasses. Garnish with lime. Serve immediately.

Servings per recipe: 2

Nutrition facts per serving – 24 calories, 1 g total fat (1 g saturated fat), 0 mg cholesterol, 2 mg sodium, 6 g carbohydrates, 1 g dietary fiber, and 1 g protein

Diabetic Exchanges: 1/2 fruit

No-Bake Red, White, and Blue Cheesecake Cups

Diabetes Self-Management – July/August 2015

3/4 cup graham cracker crumbs (about 12 squares crushed)
1/3 cup plus 2 Tbsp sugar substitute
4 Tbsp reduced-fat margarine, melted
8 oz reduced-fat cream cheese, softened
1/2 cup reduced-fat sour cream
1 cup reduced fat whipped topping, divided
1/4 tsp almond extract
6 medium fresh strawberries, stemmed and halved
1 cup fresh blueberries

Line 12 standard (2 1/2-inch) muffin cups with paper baking cups. Lightly spray cups with nonstick cooking spray.

Combine graham cracker crumbs, 2 tablespoons sugar substitute, and margarine in medium bowl; mix well. Press 1 rounded tablespoon crumb mixture into bottom of each prepared muffin cup. Refrigerate crusts while preparing filling.

Beat cream cheese, sour cream, and remaining 1/3 cup sugar substitute in medium bowl with electric mixer at low speed until smooth. Beat in 1/2 cup whipped topping and almond extract. Fold in remaining whipped topping.

Spoon cheesecake filling over crusts; smooth tops. Place strawberry half in center of each cheesecake cup; arrange blueberries around

strawberry. Refrigerate at least 2 hours or until set.

Servings per recipe: 12

Nutrition facts per serving – 139 calories, 9 g total fat (3 g saturated fat), 15 mg cholesterol, 325 mg sodium, 12 g carbohydrates, 1 g dietary fiber, and 6 g protein

Diabetic Exchanges: 1 bread/starch, 1 1/2 fat

Oven-Fried Chicken

Diabetes Self-Management – July/August 2015

4 boneless skinless chicken breasts (about 1 pound)
4 skinless chicken drumsticks (about 2 1/2 oz each)
3 Tbsp all-purpose flour
1/2 tsp poultry seasoning
1/4 tsp garlic salt
1/4 tsp black pepper
1 1/2 cups cornflakes, crushed
1 Tbsp dried parsley
1 egg white
1 Tbsp water
Nonstick cooking spray

Preheat oven to 375°F.

Combine flour, poultry seasoning, garlic salt, and pepper in large resealable food storage bag. Combine cornflakes and parsley in small shallow bowl. Whisk egg white and water in small bowl.

Add chicken to flour mixture, 1 or 2 pieces at a time. Seal bag; shake until chicken is well coated. Remove chicken from bag, shaking off excess flour. Dip into egg white mixture, coating all sides. Roll in cornflake mixture. Place in shallow baking pan. Lightly spray chicken with cooking spray.

Bake chicken breasts 18 to 20 minutes or until no longer pink in center. Bake drumsticks about 25 minutes or until cooked through (165°F).

Servings per recipe: 4

Nutrition facts per serving – 314 calories, 6 g total fat (2 g saturated fat), 170 mg cholesterol, 278 mg sodium, 13 g carbohydrates, 1 g dietary fiber, and 50 g protein

Diabetic Exchanges: 1 bread/starch, 5 meat

Cherry-Chicken Salad

Diabetes Forecast – July 2014

Salad:

10 oz lower-sodium deli chicken breast, cut into
1/2-inch cubes
1 large carrot, peeled and diced
3 scallions, thinly sliced
1/2 cup diced zucchini, unpeeled
1 medium yellow bell pepper, cored, seeded, and
diced
1/2 cup dried unsweetened cherries
4 cups mixed greens

Dressing:

2 Tbsp fresh lemon juice
2 tsp honey
1 tsp Dijon mustard
1/4 cup olive oil
1/8 tsp sea salt
1/4 tsp freshly ground black pepper

Combine all the ingredients for the salad, except the mixed greens.

For the dressing, in a small bowl or measuring cup, whisk together the lemon juice, honey, and mustard. Add the oil in a thin stream, whisking to emulsify. Whisk in the salt and black pepper. Add the dressing to the vegetable mixture and mix well. Serve over the greens.

Servings per recipe: 4

Nutrition facts per serving – 280 calories, 15 g total fat (2 g saturated fat), 40 mg cholesterol, 570 mg sodium, 22 g carbohydrates, and 17 g protein

Diabetic Exchanges: 1 fruit, 1 non-starchy vegetable, 2 lean protein, 2 fat