

Recipes ... March, 2016

Breakfast Egg Casserole

Taste of Home Simple & Delicious, Aug-Sept 2015

- 1 Tbsp olive oil
- 1 small red onion, chopped
- 1 medium sweet red pepper, chopped
- 1 medium green pepper, chopped
- 1 cup sliced fresh mushrooms
- 12 large eggs, lightly beaten
- 1 can (12 oz) evaporated milk
- 1/2 cup all-purpose flour
- 1 tsp baking powder
- 1 1/2 tsp salt-free seasoning blend
- 3/4 tsp salt
- 1/4 tsp pepper
- 4 cups (16 oz) shredded cheddar or Monterey Jack cheese

Preheat oven to 350° F. In a large skillet, heat oil over medium heat. Add onion and red and green peppers; cook and stir 4-5 minutes or until crisp-tender. Add mushrooms; cook 2-3 minutes or until tender. Remove from heat.

In a large bowl, whisk eggs, milk, flour, baking powder, and seasonings until blended. Stir in cheese and vegetable mixture. Transfer to a greased 13x9-inch baking dish. Bake, uncovered, 30-35 minutes or until set.

Servings per recipe: 12

Nutrition facts per serving – 300 calories, 20 total fat (11 g saturated fat), 235 mg cholesterol, 517 mg sodium, 10 g carbohydrates, 1 g dietary fiber, and 19 g protein

Cod with Bacon & Balsamic Tomatoes

Taste of Home Simple & Delicious, Aug-Sept 2015

- 4 center-cut bacon strips, chopped
- 4 cod fillets (5 oz each)
- 1/2 tsp salt
- 1/4 tsp pepper
- 2 cups grape tomatoes, halved
- 2 Tbsp balsamic vinegar

In a large skillet, cook bacon over medium heat until crisp, stirring occasionally. Remove with a slotted spoon; drain on paper towels.

Sprinkle fillets with salt and pepper. Add fillets to bacon drippings; cook over medium-high heat 4-6 minutes on each side or until fish just begins to flake easily with a fork. Remove and keep warm.

Add tomatoes to skillet; cook and stir 2-4 minutes or until tomatoes are softened. Stir in vinegar; reduce heat to medium-low. Cook 1-2 minutes longer or until sauce is thickened. Serve cod with tomato mixture and bacon.

Servings per recipe: 4

Nutrition facts per serving – 178 calories, 6 total fat (2 g saturated fat), 64 mg cholesterol, 485 mg sodium, 5 g carbohydrates, 1 g dietary fiber, and 26 g protein

Diabetic Exchanges: 4 lean meat, 1 vegetable

Lime-Glazed Pork Chops

Taste of Home Simple & Delicious, Aug-Sept 2015

1/3 cup orange marmalade
1 jalapeno pepper, seeded and finely chopped
2 Tbsp lime juice
1 tsp grated fresh gingerroot
4 bone-in pork loin chops (8 oz each)
4 tsp minced fresh cilantro
Lime wedges

For glaze, in a small saucepan, combine marmalade, jalapeno, lime juice, and ginger; cook and stir over medium heat 4-6 minutes or until marmalade is melted.

Moisten a paper towel with cooking oil; using long-handled tongs, rub on grill rack to coat lightly.

Grill pork chops, covered, over medium heat or broil 4 inches from heat 6-8 minutes on each side or until a thermometer reads 145°F, brushing with glaze during the last 5 minutes. Let stand 5 minutes. Sprinkle with cilantro; serve with lime wedges.

Servings per recipe: 4

Nutrition facts per serving – 286 calories, 8 total fat (3 g saturated fat), 86 mg cholesterol, 85 mg sodium, 18 g carbohydrates, 1 g dietary fiber, and 34 g protein

Ham & Swiss Stromboli

Taste of Home Simple & Delicious, Dec-Jan 2016

1 tube (11 oz) refrigerated crusty French loaf
5 slices deli ham (about 6 oz)
1/4 cup finely chopped onion
8 bacon strips, cooked and crumbled

10 slices Swiss cheese (about 6 oz)
Honey mustard, optional

Preheat oven to 375°F. Unroll dough on a baking sheet. Place ham down center third of dough to within 1-inch of ends; top with onion, bacon, and cheese. Fold long sides of dough over filling, pinching seam and ends to seal; tuck under ends. Cut slits in top.

Bake 20-25 minutes or until golden, slice. If desired, serve with mustard.

Servings per recipe: 6

Nutrition facts per serving – 272 calories, 11 total fat (5 g saturated fat), 40 mg cholesterol, 795 mg sodium, 26 g carbohydrates, 1 g dietary fiber, and 18 g protein

Ham & Green Onion Biscuits

Taste of Home Simple & Delicious, Dec-Jan 2016

2 cups all-purpose flour
3 tsp baking powder
1 tsp sugar
1/4 tsp garlic salt
Dash pepper
6 Tbsp cold butter, cubed
1 cup finely chopped fully cooked ham
2 green onions, chopped
3/4 cup 2% milk

Preheat oven to 450°F. In a large bowl, whisk the first five ingredients. Cut in butter until mixture resembles coarse crumbs. Stir in ham and green onions. Add milk; stir just until moistened.

Turn dough onto a lightly floured surface; knead gently 8-10 times. Pat or roll dough to 1/2-inch thickness; cut with a floured 2 1/2-inch biscuit cutter. Place 2-inches apart on an ungreased

baking sheet. Bake 10-12 minutes or until golden brown. Serve warm.

Servings per recipe: 12

Nutrition facts per serving – 151 calories, 7 total fat (4 g saturated fat), 23 mg cholesterol, 315 mg sodium, 17 g carbohydrates, 1 g dietary fiber, and 5 g protein

Flourless Chocolate Cake

d-Life.com

1 each butter flavored cooking spray
2 Tbsp powdered sugar
5 each egg whites
3 1/2 oz baking chocolate bar, semi-sweet
3Tbsp unsweetened cocoa powder
1/2 cup ground walnuts
1/2 Splenda® No Calorie Sweetener, granulated
1/2 cup sour cream
2 each eggs
1/2 tsp vanilla extract

Preheat oven to 350°F.

Lightly coat 9-inch spring-form pan with butter-flavored cooking spray.

In bowl of electric mixer, beat egg whites on high until stiff, glossy peaks form.

Microwave chocolate in microwave-safe bowl on high for 2-3 minutes. Stir until smooth. Scrape chocolate into medium size mixing bowl.

Stir in cocoa, nuts, Splenda, sour cream, eggs, and vanilla extract. With spatula, fold in egg whites.

Spoon batter into prepared spring-form pan and gently smooth top. Bake for 30 minutes. Remove from oven and let stand until cool.

Loosen edges of pan and remove cake. Cake will deflate.

Slice, dust with powdered sugar, and serve.

Servings per recipe: 8

Nutrition facts per serving – 164 calories, 11 total fat (5 g saturated fat), 57 mg sodium, 11 g carbohydrates, 2 g dietary fiber, and 6 g protein

Cherry Almond Snack Mix

d-Life.com

4 cups oatmeal squares cereal
1/2 cup sliced almonds
2 Tbsp butter
1/2 tsp apple pie spice
1 pinch salt
1 cup dried cherries or cranberries

Preheat oven to 300°F.

In a small bowl, place butter, cover with paper towel, and melt in microwave.

In large bowl, mix combine cereal and almonds. In small bowl, mix melted butter, apple pie spice, and salt. Drizzle butter/spice mixture onto cereal mixture. Toss to evenly coat.

Spread mixture onto 15x10x1-inch baking pan.

Bake 20 minutes or until almonds are toasted, stirring once during baking.

Cool in pan on a wire rack for 20 minutes. Add dried cherries/cranberries.

Cool completely. Store in tightly covered container at room temperature for up to 1 week.

Servings per recipe: 20

Nutrition facts per serving – 80 calories, 2 total fat (2 g saturated fat), 70 mg sodium, 14 g carbohydrates, 2 g dietary fiber, and 2 g protein

Rosemary Potato Frittata

Better Homes & Gardens Diabetic Living

4 oz tiny new potatoes, cut into 1/4-inch slices (1 cup)
1/4 cup chopped red onion or yellow onion
1/4 cup chopped red, green, and/or yellow sweet pepper
1 cup refrigerated or frozen egg product, thawed, or 4 eggs
1/2 tsp snipped fresh rosemary or 1/4 tsp dried rosemary, crushed
1/8 tsp salt
1/8 tsp ground black pepper
Nonstick cooking spray
1/4 cup shredded Swiss cheese (1 oz)
Fresh rosemary (optional)

In a covered 6- to 7-inch nonstick skillet with flared sides, cook potatoes and onion in a small amount of boiling water for 7 minutes. Add sweet pepper. Cook, covered, for 3 to 5 minutes more or until vegetables are tender. Drain in a colander.

Meanwhile, in a small bowl, whisk together egg, 1/2 tsp rosemary, salt, and pepper. Set aside.

Wipe out skillet; lightly coat with cooking spray. Return vegetables to skillet. Pour egg mixture over vegetables. Cook over medium heat, without stirring, about 1 minute or until egg mixture begins to set. Run a spatula around the edge, lifting mixture so uncooked portion flows

underneath. Continue cooking and lifting edges until egg is almost set but still glossy and moist.

Remove skillet from heat. Sprinkle with cheese. Let stand, covered, for 3-4 minutes or until top is set and cheese is melted.

To serve, cut frittata into wedges. If desired, top each serving with fresh rosemary.

Servings per recipe: 2

Nutrition facts per serving – 168 calories, 4 total fat (3 g saturated fat), 13 mg cholesterol, 407 mg sodium, 15 g carbohydrates, 2 g dietary fiber, and 17 g protein

Peach or Berry Smoothies

Better Homes & Gardens Diabetic Living

2 cups sliced fresh peaches, nectarines, and/or apricots
1 cup fat-free milk
1 (6 oz) carton peach fat-free yogurt with no-calorie sweetener
1 cup small ice cubes or crushed ice

In a blender, combine fruit, milk, and yogurt. Cover and blend until smooth.

Gradually add ice through hole in lid, blending until almost smooth. If desired, garnish each serving with fresh fruit.

Other options:

Double Blue Berry ... Substitute blueberry yogurt for peach yogurt and 1 1/2 cups fresh or frozen blueberries and 1/2 cup fresh or frozen blackberries for peaches.

Double Red Berry ... Substitute strawberry yogurt for peach yogurt and 1 1/2 cups fresh or frozen sliced strawberries and 1/2 cup fresh or frozen red raspberries for peaches.