

DINING WITH DIABETES: RECIPE SHEET

SESSION ONE

Glazed Carrots

2 cups carrots, peeled and sliced
½ cup orange juice, fresh or frozen
1 Tbsp. cornstarch
1 tsp. brown sugar
¼ tsp. cinnamon
1/8 tsp. ground cloves
1 tsp. reduced fat margarine

Directions:

Peel and slice carrots. Cook in small amount of water on top of stove or in microwave until just tender. In small saucepan, dissolve cornstarch in cold orange juice. Stir in brown sugar, cinnamon, and cloves. Over medium heat, bring juice to a slow boil, stirring constantly until thickened. Add margarine and carrots. Stir to coat evenly.

Nutritional Information:

Calories 65
Carbohydrate: 14 g
Fat: 0.7 g
Sodium: 57 mg
Protein: 1 g
Exchanges: 1 Fruit



Carrots and other deep yellow and deep green vegetables and fruits are rich in beta-carotene. Beta-carotene may help to protect against some chronic diseases.

Sauces thickened with cornstarch require little or no fat. Cornstarch should always be mixed with cold liquid, and then heated to a gentle boil.

Four-Bean Salad

1 can (8.5 oz.) cut green beans, drained
1 can (8.5 oz) cut wax beans, drained
1 can (8.5 oz) lima beans, drained
1 can (8.5 oz) kidney beans, drained
½ cup thinly sliced red onion rings
½ cup chopped celery
¼ cup diced green pepper

Dressing:

2 tsp. Dijon mustard
2 Tbsp. vinegar
½ tsp. sugar
½ tsp. dried thyme (or 1 tsp. chopped fresh thyme)
1 clove garlic, crushed or minced
¼ cup olive oil

Directions:

In a large mixing bowl, combine all the beans, onion, celery, and green pepper. In a smaller mixing bowl whisk together the mustard, vinegar, sugar, thyme, pepper, and garlic. Whisking continually, add the oil in a slow, thin stream. Whisk until well blended. Pour the dressing over the bean mixture and toss to coat well. Cover and refrigerate 1-2 days before serving.

Nutrition Information:

Calories: 121
Carbohydrate: 12 g
Fat: 7 g
Sodium: 172 mg
Protein: 3.3 g
Exchanges: ½ Starch, 1 Vegetable, and 1 Monounsaturated Fat



Canned vegetables are higher in sodium than fresh cooked or frozen vegetables. Draining liquid and rinsing canned vegetables helps reduce sodium.

Kidney beans and lima beans are legumes. These vegetables are rich in soluble fiber, which helps to slow down digestion of carbohydrates and may help keep blood sugar more even after meals. Legumes also may help reduce absorption of cholesterol from other foods in the same meal. They are also a great source of protein with no saturated fat.

This recipe uses highly flavored vegetables, such as onion and garlic, as well as spices, to give flavor when salt is not added.

Four-Bean Salad will keep well for several days if tightly covered and refrigerated.

Italian Beef Stir-fry

(serves four)

- 1 pound beef round tip steak, frozen
- 1-1/2 cups uncooked medium bow-tie or shell pasta
- 2 cloves garlic
- 1/4 tsp. black pepper
- 3 cups (9 oz.) sliced mushrooms
- 1 cup cherry tomato halves or 2 medium tomatoes
- 1 Tbsp. chopped fresh parsley
- 1 Tbsp. olive oil
- 1/4 cup prepared fat-free Italian salad dressing
- 1 Tbsp. grated Parmesan cheese

Directions:

Remove beef from freezer and allow to partly thaw while assembling ingredients. If beef is fresh, place in freezer for 30 minutes to firm. Cook pasta according to package directions, but do not add salt to cooking water. Drain cooked pasta and keep warm. Cut garlic cloves into thin slices or use garlic press. Slice mushrooms. Cut cherry tomatoes in half or slice tomatoes in thin

wedges. Chop parsley. With very sharp knife, cut beef into thin diagonal slices. Heat oil in large nonstick skillet over medium-high heat. Place half of beef strips in skillet and stir-fry 1 minute or until outside surface is no longer pink. Do not overcook. Remove to warm platter. Stir-fry the rest of the beef with the sliced or crushed garlic cloves. Remove to warm platter. Sprinkle with black pepper. Cover with foil and a towel to keep warm. In same skillet, add mushrooms and stir-fry for 2 minutes. Add tomatoes, beef, and Italian dressing. Heat through. Spoon beef mixture over hot pasta. Sprinkle with cheese and parsley. Serve immediately. Makes a one-dish meal in a hurry.

Nutritional Information:

Calories: 462

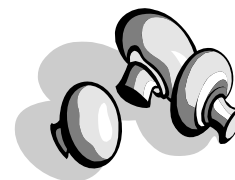
Carbohydrate: 39 g

Fat: 21 g

Sodium: 270 mg

Protein: 29 g

Exchanges: 2 Starches, 3 Lean Meats, 1 Vegetable, and 1 Fat



Cut all vegetables and assemble near the stove before heating the skillet. Cut up meat last to prevent any possible cross-contamination from cutting surfaces.

Meat for stir-fry can be cut up easily if it is partly frozen. Cutting across the grain of the meat into thin slices reduces cooking time and promotes tenderness.

It is never safe to thaw beef at room temperature for long periods of time.

Quick-thawing of beef for this recipe should be done in the microwave or by placing the meat in a leak proof plastic bag and placing the bag in a container of cold tap water. After quick-thawing the meat, it must be cooked immediately.

The leanest cuts of beef are from the round or the loin. To cut down on saturated fat, buy only the leanest cuts of beef, trim all visible fat before cooking, and keep portion sizes small.

Using a nonstick skillet or sauté pan and a small amount of olive oil helps keep the calories low in this dish.

Lemon Cake

1 purchased angel food cake
1 box (4-serving size) lemon instant
Sugar-free pudding
½ cup skim milk
1 8-oz. carton lemon-flavored fat-free,
no-sugar-added yogurt
½ of an 8-oz. tub “Lite” frozen whipped
topping, thawed

Directions:

Cut angel food cake in half, horizontally, using serrated knife in a sawing motion. Place bottom layer on serving plate. Beat pudding with milk until thickened, about 1 minute. Stir in yogurt. Fold thawed reduced-calorie whipped topping into pudding mixture. Frost bottom layer of cake with lemon mixture. You may then place top layer on cake and frost with remaining mixture, or make a second cake with remaining topping mixture. Chill until served. Garnish with thin strawberry, lemon, or kiwi slices. Makes 16 medium servings or 24 small servings.

Note: Other flavors of pudding and/or yogurt could be used. Check label carefully to make sure the new flavor does not have more carbohydrate than the original flavors chosen for this recipe.

Nutritional Information for 16 (24) servings:

Calories: 143 (95)

Carbohydrate: 28 g (18g)

Fat: 2 g (1.4 g)

Sodium: 317 mg (218 mg)

Protein: 3.6 g (2.4 g)

Exchanges: 2 Starches (1 Starch)



Angel food cake is always fat free, but it is high in carbohydrate. Desserts made with angel food cake should be cut into small servings.

Sugar-free instant pudding is not a “Free Food” because it is made with cornstarch and milk. It must be counted as part of the carbohydrate in recipes. Sugar-free gelatin is a Free Food.

Flavored yogurt can be very high in carbohydrate because of added sugar. Look for no-sugar –added or artificially sweetened yogurt to cut down on carbohydrate.

Frozen nondairy whipped topping is made with tropical oil, containing highly saturated fat. It is fine for occasional use, but should not be used daily.

Carrot Cake

1-1/4 cup raisins
½ cup water
1 packet saccharin-type sweetener (like Sweet ‘n Low)
1 packet aspartame-type sweetener (like Equal)
½ cup canola oil
3 cups grated carrots
1-1/4 cup unsweetened applesauce
¾ cup egg substitute **or** 1 whole egg plus
4 egg whites
1 tsp. vanilla extract
1-1/2 tsp. cinnamon
½ tsp. allspice
4 packets aspartame-type sweetener
2 packets saccharin-type sweetener
1 tsp. baking soda
1 Tbsp. baking powder
1-1/2 cup all-purpose flour
½ cup whole wheat flour
Nonstick cooking spray

Directions:

Preheat oven to 350°. Combine raisins, water, and 1 packet each of saccharin and aspartame sweeteners in small saucepan. Simmer over medium heat until water is absorbed. Stir

occasionally. (Or place raisins, water, and sweeteners in heatproof bowl and microwave on High for 2 minutes.) Remove from heat and let cool. In large bowl, combine raisins, oil, grated carrots, applesauce, eggs or egg substitute, and vanilla extract. In smaller bowl, combine cinnamon, allspice, 2 packets saccharin, 4 packets aspartame, baking soda, baking powder, all-purpose flour, and whole wheat flour. Stir to combine. Add dry mixture to fruits in large bowl. Mix well. Coat 9"x13" baking pan with nonstick spray. Pour batter into the coated pan. Bake in preheated 350° oven for 40 minutes or until the cake is light brown. Serve warm or cooled. Cut into 16 or more servings.

Nutrition Information:

Calories: 178
Carbohydrates: 25 g
Fat: 7.5 g
Sodium: 200 mg
Protein: 4g
Exchanges: 1 Fruit, 1 Starch and 1 Fat

This recipe is high in fiber, potassium, and beta carotene. The addition of whole wheat flour gives the recipe a nutty taste without adding fat.

If nuts are added to this recipe, fiber, fat, and calories will be increased. Many nuts are rich in monounsaturated fat, which is thought to help protect against heart disease. Nuts are low in carbohydrate, so they do not raise blood sugar significantly. If ½ cup of chopped pecans is added to this recipe and the cake is cut into 16 pieces, each piece would then have 203 calories and 10 g. fat.

SESSION TWO

Spinach Salad

For 4 Servings:

Dressing:

2 Tbsp. olive oil

1 Tbsp. cider vinegar

1 Tbsp. chopped fresh parsley
 1 tsp. lemon juice
 2 packages artificial sweetener

Salad:

2 cups cooked bowtie or rotini noodles
 2 cups torn raw spinach
 ¾ cup sliced celery
 ¼ cup sliced green onions
 1 medium tomato or 1 cup cherry tomatoes
 1 cup seedless grapes
 ½ cup raw snow peas
 ½ pound cooked shrimp **or** 8 oz. grilled chicken breast

Directions:

Cook noodles according to package directions, but do not add salt to water. Drain, rinse, and cool. Place all dressing ingredients in pint jar, close with lid, and shake well. Place torn fresh spinach in large salad bowl. Chop celery and green onions. Slice fresh tomato into small wedges or cut cherry tomatoes into halves. Wash grapes and snow peas and add all to salad bowl. If using fresh or frozen shrimp, remove peels and veins. If using chicken, cut into bite-size pieces using separate cutting board. Add to salad bowl. Place drained and cooled pasta in salad bowl. Shake dressing well and pour over salad. Toss with salad tongs or 2 large spoons.

Nutritional Information:

Calories: 276
Carbohydrates: 32 g
Fat: 8.5 g
Sodium: 85 mg
Protein: 18 g
Exchanges: 2 Starches, 2 Very Lean Meats, 1 Monounsaturated Fat



Spinach and other deep green leafy vegetables are excellent sources of folate and beta carotene. Folate is important for reproduction and growth. Beta carotene is converted into Vitamin A. Choose deeply colored vegetables every day.

Raw vegetables are low in calories and high in fiber. They help make a dish seem satisfying and filling without raising blood sugar.

Baked Pork Chops

4 lean boneless pork chops, 4 ounces
1 egg white
¼ cup evaporated skim milk
½ cup cornflake crumbs
1 Tbsp. Hot 'n Spicy Seasoning
Nonstick spray coating

Hot 'n Spicy Seasoning:

¼ cup paprika
2 tsp. chili powder
2 Tbsp. dried oregano, crushed
1 tsp. black pepper
1 tsp. garlic powder
½ tsp. red (cayenne) pepper
½ tsp. dry mustard

Mix all ingredients together. Store in airtight container.

Directions:

Trim all fat from chops and discard. Beat egg white with evaporated skim milk. Place chops in milk mixture. Let stand for 5 minutes, turning chops once. Mix together cornflake crumbs and Hot 'n Spicy Seasoning in plastic bag. Remove chops from milk mixture. Drop in plastic bag and shake to coat thoroughly. Spray a 13 x 9-inch baking pan with nonstick spray. Place chops in pan. Sprinkle all remaining crumb mixture on chops. Bake at 375° for 15 minutes. Turn chops; bake 5-10 minutes more or until no pink remains.

Nutrition Information:

Calories: 205

Carbohydrate: 13 g

Fat: 6 g

Sodium: 205 mg

Protein: 24 g

Exchanges: 3 Lean Meat and 1 Starch



Spicy seasoning mixtures add a new taste to recipes, which have the salt reduced or eliminated.

Modern pork production has reduced the amount of fat in the meat. The leanest cuts of pork include the tenderloin, sirloin chops, loin roast, and top loin chops. Pork is a good source of protein, iron, zinc, and B vitamins. When used in small portions and when the leanest cuts are chosen, pork can be part of a healthy diet.

Evaporated skim milk gives a nice flavor to the coating for the pork chops. Regular skim milk can be used if this is not available.

Cornflake crumbs are tasty and somewhat salty.

This recipe is excellent with chicken, turkey cutlets, or fish. If fish is used, reduce baking time to 15 minutes total.

Spinach Lasagna

2 tsp. olive oil
2 cloves garlic, minced
1 8-oz. can "no salt added" tomato sauce
1 16-oz. can diced tomatoes
¼ tsp. pepper
½ tsp. oregano
2 tsp. olive oil
¼ cup chopped onions
1 10-oz. package fresh spinach, washed, stemmed, and chopped (or 1 10-oz. package frozen chopped spinach, thawed)
8 oz. uncooked lasagna noodles
12 oz. 1% fat cottage cheese (or 12 oz. reduced-fat ricotta cheese)
8 oz. shredded part-skim Mozzarella cheese
¼ cup grated Parmesan cheese
Nonstick baking spray

Directions:

Preheat oven to 375°. Lightly coat baking dish with nonstick spray. In large saucepan over low heat, sauté garlic in 2 teaspoons olive oil over low

heat for 1 minute. Do not let garlic brown. Add tomato sauce and tomatoes, pepper and oregano. Simmer gently over low heat, uncovered, while preparing other ingredients. In large skillet over low heat, sauté onions in remaining 2 teaspoons olive oil, stirring constantly, until onions are transparent but not brown. Add chopped spinach, stirring constantly to separate and heat spinach. Layer *uncooked* lasagna noodles, sauce, spinach mixture, cottage cheese, and mozzarella in baking pan. Repeat, using all ingredients, ending with a layer of sauce. Sprinkle top with Parmesan cheese. Cover baking dish tightly with foil. Bake for one hour at 375° or until lasagna noodles are cooked. (If noodles are cooked before assembling lasagna, bake uncovered and reduce baking time to 25 minutes.)

Lasagna can be assembled and frozen, uncooked. To prepare lasagna that has been frozen, defrost in refrigerator for 3-4 hours, and then bake, covered, for 1-1/2 hours or more. Lasagna is done when cheese in center is melted, all noodles are cooked, and casserole is very hot all the way to the center.

Nutritional Information:

Calories: 263

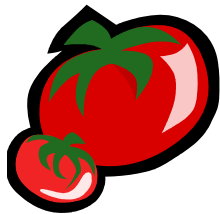
Carbohydrate: 26 g

Fat: 9g

Sodium: 508 mg

Protein: 19 g

Exchanges: 2 Lean Meats, 1 Starch, 2 Vegetables, and 1/2 Monounsaturated Fat



Traditional lasagna is very high in fat because it contains large amounts of cheese. This recipe uses reduced-fat cheese and keeps amounts small. Fat-free cheese can be used, but it does not melt well. Lasagna made with fat-free cheese will be stringier and less creamy than traditional lasagna.

Look for tomatoes and other vegetables canned with “no added salt.”

Spinach is high in foliate, vitamin A, and potassium. It makes a healthy and tasty addition to this and many other dishes. Try adding some raw spinach leaves to salads and at the very end of stir-fry dishes.

Olive oil is very good for sautéing garlic and onions. It adds some healthy monounsaturated fat and very traditional flavor to this recipe

This is a good dish to assemble and freeze for baking later. Be sure to bake frozen uncooked lasagna long enough to heat all the way through the dish. Improper reheating of frozen dishes can result in food spoilage and food-borne illness.

Double Layer Pumpkin Pie

1-1/2 cups graham cracker crumbs

4 Tbsp. reduced-fat margarine

4 oz. reduced-fat cream cheese
(Neufchatel)

2 Tbsp. skim milk

2 packets artificial sweetener (Equal or Aspartame)

1 8-oz. tub “Lite” frozen whipped topping, thawed

1 cup skim milk

2 boxes sugar-free instant vanilla pudding (4 serving size)

1 15-oz. can pumpkin (NOT pie mix)

1 tsp. cinnamon

1/2 tsp. ginger

1/4 tsp. ground cloves (or use 1-1/2 tsp. pumpkin pie spice in place of cinnamon, ginger, and cloves)

Directions:

Mix graham cracker crumbs and reduced-fat margarine with fork until well blended. Press into bottom of two

9" pie pans or one 15" x 22" pan. Bake for 5-7 minutes at 350°. Cool while mixing next layer. Beat softened reduced-fat cream cheese until very smooth. Beat in 2 tablespoons skim milk and the artificial sweetener. Carefully stir in half of the carton of reduced-calorie frozen whipped topping. Spread on cooled graham cracker crust. Place in refrigerator while mixing next layer. Pour skim milk into chilled bowl. Sprinkle both boxes of pudding mix on milk. Beat with wire whisk or mixer on low speed for 1-2 minutes. Mixture will be very thick. Stir in pumpkin and spices. Fold in remaining half carton of frozen whipped topping. Spread on cream cheese layer. Chill for at least 1 hour. May be made the night before serving. The dessert can be garnished with additional whipped topping, toasted nuts (increases calories and fat) or slices of strawberry, if desired. Cut into 16 (31) pieces for serving. Refrigerate unused portions.

Nutrition Information:
Calories: 149 (75)
Carbohydrates: 18 g (9g)
Fat: 7.4 g (3.7 g)
Sodium: 115 mg (58 mg)
Protein: 3 g (1.5 g)
Exchanges: 1 Starch and 1-1/2 Fat
(32 servings: 1 Vegetable and 1 Fat)



Graham cracker crumb crusts can be high in calories, so this recipe uses just enough to cover the bottom of the pans. Using reduced-fat margarine helps keep the calories and fat low in the recipe.

Reduced-fat cream cheese works well in recipes that are beaten or baked. Fat-free cream cheese does not work as well.

Pumpkin is rich in beta-carotene, from which the body makes Vitamin A. Beta-carotene is also an antioxidant, which may have many health-giving properties.

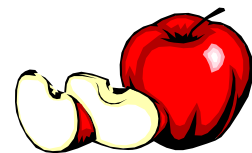
Apple-Berry Crisp

1 8-oz. apple
 ¾ cup fresh or frozen blueberries
 1 packet aspartame sweetener (like Equal)
 1 packet saccharin sweetener (like Sweet 'n Low)
 ¼ tsp. cinnamon
 ¼ cup uncooked rolled oats
 ¼ cup all-purpose or whole wheat flour
 1 Tbsp. brown sugar
 1 Tbsp. chopped pecans
 1 packet aspartame sweetener (like Equal)
 1-1/2 Tbsp. low-fat (not fat-free) margarine
 Nonstick baking spray

Directions:

Preheat oven to 350°. Coat inside of 1-quart heat-proof baking dish with nonstick spray. Peel and slice apple into dish. Add fresh or frozen blueberries and toss lightly. Combine cinnamon and sweeteners in mixing bowl. Sprinkle over fruit. In same mixing bowl combine oats, flour, brown sugar, pecans, and remaining one packet of sweetener. Add margarine and mix with fork until crumbly. Sprinkle over fruit in baking dish. Bake for 20 minutes or just until fruit juices bubble up on sides and in the middle of the dish. Serve warm with frozen whipped topping or milk or vanilla frozen dessert. Remember that milk or frozen dessert topping will add more calories and carbohydrate, while 2 tablespoons of frozen whipped topping are a Free Food.

Nutrition Information:
Calories: 133 calories
Carbohydrate: 24 g
Fat: 4.2 g
Sodium: 21 g
Protein: 2.3 g
Exchanges: 1-1/2 Starch



Apples contain soluble fibers that help the body get rid of some of the cholesterol taken in at meals. The insoluble fibers in the skins of apples and other foods are important in regulating bowel function.

Whole wheat flour and nuts are other important sources of fiber in the diet. In addition, certain nuts are sources of helpful monounsaturated fat.

Combining the two types of sweeteners, saccharin and aspartame, makes a much sweeter taste than if the saccharin or aspartame were used alone. In this way, the recipe can be made with less total artificial sweetener.

Fruit and fruit juice can replace sugar in some dessert recipes.

Blueberries contain special phytochemicals in the colored portion of the skins. These phytochemicals may be important in helping the body fight off chronic diseases. Eating a wide variety of fruits and vegetables is a good way to get vitamins, minerals, and phytochemicals, which occur in very small amounts in food.

food processor. Buy shredded cole slaw mixture or use food processor fitted with shredding disk for cabbage and carrots. Add chopped and shredded vegetables to large bowl. Toss well to blend and refrigerate. Can be made the night before.

Traditional Method:

Shred cabbage and grate carrots. Chop onion, celery, and pepper. Mix dressing ingredients in bottom of large bowl. Add shredded and chopped vegetables. Mix well and chill to blend flavors.

Nutritional Information (per serving):

*Calories: **

Carbohydrates: 3 g

*Fat: **

Sodium: 116 mg

Protein: 1 g

*Exchanges: **

**With regular mayonnaise: 52 calories, 6 g fat, Free Food and 1 Fat*

**With reduced-fat mayonnaise: 30 calories, 3 g fat, Free Food and ½ Fat*

**With fat-free mayonnaise: 17 calories, 0 g fat, Free Food*

SESSION THREE

Cole Slaw

1 bag shredded cole slaw mixture or 3 ½ cups shredded cabbage and ¼ cup shredded carrots

2 Tbsp. finely chopped onion

¼ cup chopped celery

¼ cup chopped green or red pepper

Dressing:

¼ cup mayonnaise*

1 Tbsp. vinegar (plain or red wine type)

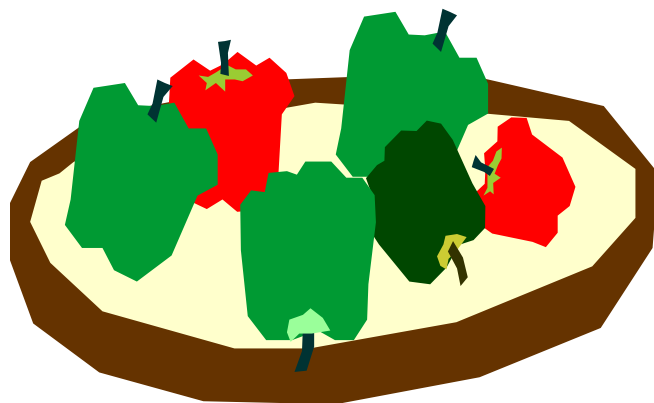
3 packets artificial sweetener

¼ tsp. salt

¼ tsp. pepper

Easy Mixing Directions:

Place all dressing ingredients into bottom of large bowl and mix with rubber scraper to blend. Chop onion, celery, and pepper on cutting board or in



Cabbage is a cruciferous vegetable. Studies seem to show that cruciferous vegetables, such as cabbage, cauliflower, broccoli, Brussels sprouts, bok choy, spinach, collard greens, and others, may help protect against certain types of cancerous changes in the body. The word “cruciferous” refers to the cross-shaped flower on these plants.

Preparing salad dressings in the bottom of salad bowls is a good way to reduce the amount of fat used. The dressing ingredients are carefully measured into the bowl and then the raw vegetables are tossed in the bowl just until the leaves appear shiny.

Fat-free and reduced-fat mayonnaises are acceptable substitutes for regular mayonnaise in recipes containing other strong-flavored ingredients, such as cole slaw. Be sure to read the label to make certain that these substitutes are not high in carbohydrates.

A “Free Food” is a food that has less than 20 calories and less than 4 g. carbohydrate in the serving that you eat.

If carrying salad to a picnic, place the salad bowl in a large cooler or on ice until serving time.

Discard any unused salad that has not been refrigerated or kept on ice throughout the serving time.

Double Corn Bread

1 cup cornmeal
½ cup all-purpose flour
4 tsp. baking powder
2 egg whites (or ¼ cup egg substitute)
½ cup fat-free sour cream
2 Tbsp. canola oil
1 8.5-oz. can (1 cup) creamed corn
Nonstick baking spray

Directions:

Preheat oven to 425°. If using iron skillet, place skillet in oven to heat. Combine cornmeal, flour, and baking powder in large mixing bowl. Mix well. Separate eggs or measure egg substitute and place in small bowl. Add sour

cream, oil, and creamed corn and mix well. Add corn mixture to dry ingredients and stir only enough to dampen flour. If using muffin tins or 9” x 9” pan, spray with nonstick baking spray. If using iron skillet, remove from oven and hold away from face and oven while spraying lightly with nonstick baking spray. Spoon batter into muffin tin or pan. Spray top lightly with baking spray. Bake muffins for 20 minutes, pan or skillet bread for 25 minutes. Remove from oven and serve warm. Cut bread into 12 servings.

Nutrition Information:

Calories: 101

Carbohydrate: 19 g

Fat: 2.6 g

Protein: 3 g

Sodium: 237 mg

Exchanges: 1 Bread/starch and ½ Fat



Fat-free sour cream gives desired flavor to this recipe without added fat.

Whole wheat flour could be used to increase fiber in this recipe.

Creamed corn has some added sugar, which helps to make the recipe tender. The total carbohydrate in creamed corn is not much higher than regular canned corn, but the creamed corn makes a tenderer product.

Canola oil and olive oil are good sources of monounsaturated fat and should be used whenever possible in recipes.

Oven Poached Fish

1 pound fresh or frozen fish fillets
½ cup skim milk
¼ cup seasoned bread crumbs
Black pepper
1 Tbsp. grated Parmesan cheese
Nonstick baking spray

Directions:

Preheat oven to 400°. Rinse fish fillets and pat dry. Spray baking dish lightly with nonstick spray. Put fish in single layer in baking dish. Pour skim milk over fish fillets. Sprinkle bread crumbs on the tops of the fillets and season with black pepper. Sprinkle Parmesan cheese on tops of fillets. Spray quickly with nonstick spray. Bake 400° for 15 minutes* or until fish is white and hot to the touch in the thickest part of the fillet. Do not overcook, since fish will be dry and not as tasty.

Note:* Baking time depends on thickness of fillets. Any firm, white skinless fish fillets will work very well in this recipe. Haddock, flounder, sole, orange roughly, and catfish are good choices.

Nutrition Information:

Calories: 146

Carbohydrates: 6 g

Fat: 2 g

Sodium: 244 mg

Protein: 24 g

Exchanges: 3 Very Lean Meat exchanges



Fish is naturally low in fat. It is a good source of Omega-3 fatty acid, which is thought to offer protection against heart disease. Although fish is expensive and fresh fish may be difficult to find in some areas, it is a very healthy and tasty addition to the diet.

Choosing fresh fish is not difficult with a little practice. Fresh whole fish should appear firm and the eyes should be shiny. Fillets should be firm and moist. Fresh fish smells like seaweed and is never “fishy.” Refrigerate fish immediately, placing fillets or whole fish on ice in a large container and cover loosely with plastic wrap. Store in the coldest part of the refrigerator.

Frozen fish should be thawed in the refrigerator. To thaw quickly, place the unwrapped fish in a leak proof plastic bag and immerse in a large container of cold tap water. Change the water, adding cold tap water, every 30 minutes until fish is flexible. Cook immediately if possible.

The wrappings from frozen or fresh fish will develop an unpleasant odor quickly if left at room temperature. Try storing “fish papers” in the freezer until time for garbage pickup.

Poaching fish in simmering liquid on top of the stove or in the oven is an ideal way to prepare fish for hardened fish haters. The poaching liquid absorbs most of the fishy taste, leaving a mild and moist main dish.

Fish is a very delicate food and should never be overcooked. Look for a change in color, from grayish white to solid white, to indicate doneness. If unsure, make a tiny cut in the thickest part of the fish and test to make sure the fish is hot and white all the way through. White liquid coming from the fish is a sign of overcooking; remove immediately from the heat if this happens.

Spicy Grilled Chicken

2 whole skinless chicken breasts (4 pieces, about 1 pound)
½ cup bottled salsa

Directions:

About 15 minutes before cooking, measure the salsa into a large bowl. Rinse and pat dry chicken pieces. Remove any remaining skin and fat. Place in the large bowl with salsa and turn with tongs to coat completely. Place bowl in refrigerator until ready to cook chicken. When ready to cook, lift chicken pieces from bowl and place on hot grill or broiler pan. Grill or broil about 5 minutes on each side. Chicken is done when all juices are clear and when a cut into the thickest part of the meat shows no pink. (Chicken can also be baked. Coat baking dish lightly with nonstick spray. Place chicken in baking dish and pour salsa over chicken. Cover tightly and bake at 400° for 20 minutes. Test for doneness, as in grilling directions.) Boiling the marinade will kill any germs, but uncooked marinade can be the source of food-borne illness. Serving immediately or refrigerate to use in salads or sandwiches.

Nutrition Information:

Calories: 135

Carbohydrate: 2 g

Fat: 1.4 g

Sodium: 304 mg

Protein: 26 g

Exchanges: 3 Lean Meat exchanges



Germs that are sometimes found on raw chicken can make people very sick. Keep chicken refrigerated until ready to cook to keep germs from multiplying. Freezing and refrigerating do not kill germs. **Heat kills germs.**

Chicken breast is low in fat and saturated fat and can be a delicious part of a healthy diet.

Salsa is usually fat-free and low in added sugar. It makes a quick and delicious marinade for mild foods like chicken, fish, or lean, trimmed pork. Try this recipe with fish!

Wash tongs and all surfaces that have touched the chicken with hot, soapy water. Wash hands thoroughly under running water for at least 20 seconds.

Banana-Pineapple Delight

1-1/2 cup graham cracker crumbs
1/3 cup reduced-fat margarine
2 bananas
1 (8 oz.) package reduced-fat cream cheese (Neufchatel), softened
1-1/2 cups skim milk
1 package (four servings) sugar-free instant vanilla pudding
1 (20 oz.) can crushed pineapple, drained
½ of an 8-oz. tub frozen “Lite” whipped topping, thawed

Directions:

Mix graham cracker crumb and reduced-fat margarine with fork or pastry cutter until margarine is cut into crumbs. Wet fingers and press mixture into bottom of baking dish. No baking required. Slice bananas and spread evenly over crumb mixture. Beat softened cream cheese until very smooth and gradually add milk, beating until smooth. Add pudding mix and beat 1 minute or until mixture begins to thicken. Spoon evenly over bananas and spread with rubber scraper. Spread drained crushed pineapple over the pudding layer. Spread whipped topping over pineapple layer with rubber scraper, making sure to spread to the edges of baking dish. Refrigerate at least one hour, but

refrigerating three or more hours is best.
Cut into 16 slices and serve chilled.

Nutrition Information:

Calories: 164

Carbohydrate: 22 g

Fat: 7g

Sodium: 141 mg

Protein: 7 g

Exchanges: 1 Starch, ½ Skim Milk, and 1 Fat

Reduced-fat margarine is made by whipping water into the more solid, regular margarine. It works best in recipes where the quantity of margarine is small. It does not work well for sautéing or frying, as the water content will cause spattering.

Reduced-fat cream cheese (Neufchatel) does well in recipes where beating or baking is required. It has much of the taste of regular cream cheese with 1/3 less fat. Fat-free cream cheese is sometimes made with gelatin and may become very “soupy” if beaten with other ingredients.

Graham cracker crumb crusts can be lower in fat and calories than regular piecrusts, but only if they are homemade. Check labels on purchase graham cracker pie shells to see how much fat and sugar have been added.

For More Information:

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