



# Healthy Diabetic Cooking

**21 Diabetic Recipes for Healthy Eating**

"OOH IT'S SO GOOD!!®"



From Breakfast to Dessert and Everything in Between



# Everyday Diabetic Recipes

## Healthy Diabetic Cooking: 21 Diabetic Recipes for Healthy Eating

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**Healthy Diabetic Cooking: 21 Diabetic Recipes for Healthy Eating**

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# Everyday Diabetic Recipes

Dear Friend,

Welcome to our inaugural, free eCookbook for our new site, [EverydayDiabeticRecipes.com](http://EverydayDiabeticRecipes.com)! We've heard your pleas, and we're so excited to debut plenty of brand-new recipes (with nutritional information!) using the Mr. Food Test Kitchen's philosophy of "Quick & Easy" cooking. Take a look at what our first free eCookbook has in store.

Cooking for diabetics can be tricky. You want to make sure it abides by those strict dietary standards while making sure it still tastes yummy! Our diabetic-friendly breakfast recipes are so good that you won't think they're missing a thing! From the sweet taste of our **Old-Fashioned Cinnamon-Raisin French Toast** (page 1) to our hearty, savory breakfast recipe for **Cheesy Spinach Quiche** (page 3), you're all set to start your day off right.

Invite the whole gang over for dinner when you serve up a meal with our favorite diabetic-friendly appetizers, main dishes, and sides. You could start off your meal with some of our restaurant-worthy **Mini Crab Cakes** (page 5). We know they're tasty, but make sure you save room for the rest of dinner, too! With main courses like our **Crispy Golden Chicken** (page 9) or our **Homestyle Beef Stroganoff** (page 12), you'll definitely want to save room for seconds! We do recommend clearing a bit of room on your plate, however, for our irresistible selection of sides. Prepare for a takeout fake-out with our **Fantastic Fried Rice** (page 16) or get in your recommended dose of veggies with our summertime favorite, **Roasted Street Fair Corn** (page 19). Whether you're potlucking, hosting, or just making dinner for the family, you can have a diabetic-friendly meal in style!

Alright, let's get to the good stuff: dessert! Maybe you're a chocolate fan, maybe you lean toward fruitier fare. It doesn't matter; we've got some heavenly options for both. From our rich **Almond Fudge Brownies** (page 20) to our holiday-ready **Easy Peach Cake** (page 23) to grandmother-approved **Peanut Butter Cookies** (page 24), you've got plenty of ways to get to the heart of that...

"OOH IT'S SO GOOD!!®"

Kelly Howard Patty



P.S. Enjoy this eCookbook filled with 21 "Quick & Easy" diabetic-friendly recipes. Remember, the *Healthy Diabetic Cooking* eCookbook is available FREE, with many others also available on [www.EverydayDiabeticRecipes.com](http://www.EverydayDiabeticRecipes.com). Go on, tell your friends to visit [EverydayDiabeticRecipes.com](http://EverydayDiabeticRecipes.com), so they too

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# Old-Fashioned Cinnamon-Raisin French Toast

If you've been dreaming of waking up to some Old-Fashioned Cinnamon-Raisin French Toast but thought it was off limits for a healthy diet, check this one out! Our no-guilt recipe tastes amazing!

**Serves:** 4

**Cooking Time:** 16 min

## What You'll Need:

- 1/2 cup liquid egg substitute
- 1/2 cup fat-free milk
- 1/2 teaspoon vanilla extract
- 2 teaspoons Splenda granulated sweetener
- 4 slices cinnamon-raisin bread



## What To Do:

1. Coat a medium nonstick skillet with cooking spray.
2. In a medium bowl, beat egg substitute, milk, vanilla, and Splenda until smooth. Pour into shallow dish.
3. Coat both sides of bread with egg mixture. Over medium heat, cook about 4 minutes per side, or until browned. Serve immediately.

## Nutritional Information

Amount Per Serving	% Daily Value *
<b>Calories</b> 99	
Calories from Fat 14	
Total Fat 1.5g	2 %
Saturated Fat 0.0g	0 %
<b>Protein</b> 3.0g	6 %

Servings Per Recipe: 4

Amount Per Serving	% Daily Value *
<b>Cholesterol</b> 0.6mg	0 %
<b>Sodium</b> 24mg	1 %
<b>Total Carbohydrates</b> 18g	6 %
Dietary Fiber 0.0g	1 %
Sugars 8.2g	1 %

\* Percent Daily Values are based on a 2,000 calorie diet.

The following ingredients or measurements are not included:

- liquid egg substitute



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# Apple Muffin Stack

Pile on the tasty toppings and enjoy sinking your teeth into this healthy breakfast sandwich! Our Apple Muffin Stack is chock full of autumn flavor that you'll love year-round!

**Makes:** 2

**Cooking Time:** 5 min

## What You'll Need:

- 1 whole wheat English muffin, halved
- 1/4 cup reduced-fat, small-curd cottage cheese, well drained
- 1/2 cup unsweetened applesauce
- 1/2 teaspoon ground cinnamon
- 2 teaspoons Splenda granulated sweetener

## What To Do:

1. Lightly toast muffin halves. Preheat oven to broil.
2. In a small bowl, combine cottage cheese and applesauce. Top each muffin half with mixture, distributing evenly.
3. In a small bowl, combine cinnamon and Splenda. Sprinkle over muffins.
4. Broil muffins 2 to 3 minutes, or until cheese and applesauce mixture is heated through. Serve immediately.

## Nutritional Information

Servings Per Recipe: 2

Amount Per Serving	% Daily Value *
<b>Calories</b> 127	
Calories from Fat 7.8	
Total Fat 0.9g	1 %
Saturated Fat 0.3g	1 %
<b>Protein</b> 5.9g	12 %

Amount Per Serving	% Daily Value *
<b>Cholesterol</b> 1.1mg	0 %
<b>Sodium</b> 214mg	9 %
<b>Total Carbohydrates</b> 25g	8 %
Dietary Fiber 1.0g	4 %
Sugars 9.7g	1 %

\* Percent Daily Values are based on a 2,000 calorie diet.



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# Cheesy Spinach Quiche

Because spinach is filled with vitamins, minerals, and fiber, it's a great bonus in this easy Cheesy Spinach Quiche! Plus, it's up to you to include the crust or not — this works just as well crustless.

**Serves:** 8

**Cooking Time:** 45 min

## What You'll Need:

3/4 cup egg substitute  
1 cup fat-free milk  
1 cup shredded, fat-free, real Cheddar cheese  
1 cup shredded, reduced-fat, real Swiss cheese  
1 (10-ounce) package frozen, chopped spinach, thawed  
1 teaspoon onion powder  
1/4 teaspoon ground nutmeg  
1/2 teaspoon salt  
1/4 teaspoon black pepper  
1 (9-inch) ready-to-bake, deep-dish, reduced-fat pie crust (optional)



## What To Do:

1. Preheat oven to 350 degrees F.
2. In a medium bowl, beat the egg substitute and milk until well combined. Add the Cheddar cheese, Swiss cheese, spinach, onion powder, nutmeg, salt, and pepper; mix well then pour into the pie crust, if desired, or a pie plate coated with cooking spray.
3. Bake 40 to 45 minutes, or until firm. Let sit for 5 minutes.
4. Slice quiche and serve.



To make this a gluten-free recipe, use seasonings with no added starch from a gluten-containing source; nonstick cooking spray with no flour added; and a gluten-free pie crust, if using one.

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# Cheesy Spinach Quiche (cont.)

## Nutritional Information

Servings Per Recipe: 8

Amount Per Serving	% Daily Value *	Amount Per Serving	% Daily Value *
<b>Calories</b> 70		<b>Cholesterol</b> 8.3mg	3 %
Calories from Fat 17		<b>Sodium</b> 306mg	13 %
Total Fat 1.9g	3 %	<b>Total Carbohydrates</b> 4.1g	1 %
Saturated Fat 1.1g	6 %	Dietary Fiber 1.1g	4 %
<b>Protein</b> 9.6g	19 %	Sugars 2.1g	1 %

\* Percent Daily Values are based on a 2,000 calorie diet.

The following ingredients or measurements are not included:

- egg substitute
- ready-to-bake deep-dish pie crust (optional)



# Mini Crab Cakes

Mini Crab Cakes are the perfect two-bite appetizer for your next gathering. Loaded with crab meat, your guests won't be able to eat them fast enough!

**Serves:** 18

**Cooking Time:** 20 min

## What You'll Need:

- 1/2 cup Italian-flavored bread crumbs
- 1/2 cup egg substitute
- 1/2 red bell pepper, finely chopped
- 1/2 red onion, finely chopped
- 1 rib celery, finely chopped
- 3 tablespoons light mayonnaise
- 2 teaspoons fresh lemon juice
- 3/4 teaspoon black pepper
- 1 teaspoon crushed dried tarragon
- 3 (6.5-ounce) cans lump crabmeat, drained
- 2 tablespoons vegetable oil



## What To Do:

1. In a medium bowl, combine all the ingredients except the crabmeat and oil; mix well. Fold in the crabmeat, being careful not to break up the crabmeat chunks.
2. Form the mixture into 36 equal-sized patties. Heat the oil in a large skillet over medium heat.
3. Add the patties and cook in batches for 2 to 3 minutes per side, or until golden brown. Serve warm.

## Nutritional Information

Servings Per Recipe: 18

Amount Per Serving	% Daily Value *
<b>Calories</b> 54	
Calories from Fat 24	
Total Fat 2.7g	4 %
Saturated Fat 0.4g	2 %
<b>Protein</b> 4.3g	9 %

Amount Per Serving	% Daily Value *
<b>Cholesterol</b> 21mg	7 %
<b>Sodium</b> 159mg	7 %
<b>Total Carbohydrates</b> 2.9g	1 %
Dietary Fiber 0.3g	1 %
Sugars 0.5g	1 %

\* Percent Daily Values are based on a 2,000 calorie diet.

The following ingredients or measurements are not included:

- egg substitute



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# Veggie-Stuffed Mushrooms

This colorful starter welcomes almost any veggie you have on hand and proves that we eat with our eyes! Sprinkle our Veggie-Stuffed Mushrooms with a bit of grated Parmesan cheese just before serving and watch how fast the gang digs in!

**Serves:** 6

**Cooking Time:** 25 min

## What You'll Need:

12 large mushrooms (about 3/4 pound)  
1 tablespoon olive oil  
1 small zucchini, shredded  
1/2 small onion, finely chopped  
1/2 red bell pepper, finely chopped  
1/4 cup plain bread crumbs\*  
1/2 teaspoon garlic powder\*  
1/4 teaspoon salt  
1/4 teaspoon black pepper



## What To Do:

1. Preheat oven to 350 degrees F.
2. Remove the mushroom stems from the caps; finely chop the stems.
3. In a large skillet, heat the oil over medium heat. Add the mushroom stems, zucchini, onion, and bell pepper. Sauté the vegetables until tender, about 5 minutes. Add the bread crumbs, garlic powder, salt, and black pepper.
4. Stuff each mushroom cap with the vegetable mixture and place on a large ungreased rimmed baking sheet. Bake 20 to 25 minutes, or until the mushrooms are tender and heated through. Serve immediately.



\*To make this a gluten-free recipe, use a gluten-free bread crumb product and seasonings with no added starch from a gluten-containing source.

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# Veggie-Stuffed Mushrooms (cont.)

## Nutritional Information

Servings Per Recipe: 6

Amount Per Serving	% Daily Value *
<b>Calories</b> 56	
Calories from Fat 25	
Total Fat 2.7g	4 %
Saturated Fat 0.4g	2 %
<b>Protein</b> 2.4g	5 %

Amount Per Serving	% Daily Value *
<b>Cholesterol</b> 0.0mg	1 %
<b>Sodium</b> 134mg	6 %
<b>Total Carbohydrates</b> 6.5g	2 %
Dietary Fiber 1.1g	5 %
Sugars 2.2g	1 %

\* Percent Daily Values are based on a 2,000 calorie diet.

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# Blackened Shrimp Dip

If you thought that a creamy, rich-tasting dip was off your list for healthy eating... we are delighted to tell you it's not! Our recipe for Blackened Shrimp Dip is a cinch to throw together, and it tastes like you're cheating, but it is right on target with a diabetes-friendly diet.

**Serves:** 18

**Chilling Time:** 1 hr

## What You'll Need:

- 1 (8-ounce) package reduced-fat cream cheese, softened
- 1/2 cup reduced-fat mayonnaise
- 1 (6-ounce) can chopped peeled, deveined shrimp, drained, rinsed
- 1 teaspoon blackened seasoning
- 1 teaspoon lemon juice

## What To Do:

1. In a large bowl, combine all ingredients; mix well.
2. Refrigerate 1 hour before serving.

## Nutritional Information

Servings Per Recipe: 18

Amount Per Serving	% Daily Value *
<b>Calories</b> 56	
Calories from Fat 38	
Total Fat 4.3g	7 %
Saturated Fat 1.5g	8 %
<b>Protein</b> 3.0g	6 %

Amount Per Serving	% Daily Value *
<b>Cholesterol</b> 33mg	11 %
<b>Sodium</b> 187mg	8 %
<b>Total Carbohydrates</b> 1.6g	1 %
Dietary Fiber 0.0g	0 %
Sugars 1.0g	1 %

\* Percent Daily Values are based on a 2,000 calorie diet.



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# Crispy Golden Chicken

Wow! Who would guess it would be such a cinch to cook a healthy version of fried chicken? Well, we figured it out, and our diabetes-friendly recipe for Crispy Golden Chicken is proof positive it can be done.

**Serves:** 4

**Preparation Time:** 5 min

**Cooking Time:** 20 min

## What You'll Need:

2 egg whites, beaten  
3/4 cup cornflake crumbs  
1/2 teaspoon garlic powder  
1/2 teaspoon salt  
1/4 teaspoon cayenne pepper  
1 pound chicken breast tenders, rinsed and patted dry  
1 tablespoon olive oil

## What To Do:

1. Place egg whites in a shallow dish. In another shallow dish, combine cornflake crumbs, garlic powder, salt, and cayenne pepper.
2. Dip chicken tenders in egg whites and coat with crumb mixture.
3. In a medium, nonstick skillet, heat olive oil over medium-high heat. When oil is hot, add half the tenders. Cook 3 to 4 minutes on each side. If needed, reduce heat to medium. Repeat with remaining tenders.

## Nutritional Information

Servings Per Recipe: 4

Amount Per Serving	% Daily Value *
<b>Calories</b> 229	
Calories from Fat 58	
Total Fat 6.5g	10 %
Saturated Fat 1.1g	6 %
<b>Protein</b> 27g	54 %

Amount Per Serving	% Daily Value *
<b>Cholesterol</b> 73mg	24 %
<b>Sodium</b> 569mg	24 %
<b>Total Carbohydrates</b> 15g	5 %
Dietary Fiber 0.5g	2 %
Sugars 1.9g	1 %

\* Percent Daily Values are based on a 2,000 calorie diet.



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# Basil and Cheese-Stuffed Chicken

Using fat-free Swiss cheese won't take away one bit of taste from our Basil and Cheese-Stuffed Chicken. Your gang'll never know they're eating something good for them!

**Serves:** 4

**Cooking Time:** 30 min

## What You'll Need:

- 4 (4-ounce) boneless, skinless chicken breast cutlets
- 2 slices (1-1/2 ounces total) fat-free Swiss cheese, cut in half
- 8 basil leaves
- 1 tablespoon olive oil
- 1 large onion, finely chopped
- 2 tablespoons white wine

## What To Do:

1. Preheat oven to 350 degrees F. Coat an 8-inch square baking dish with cooking spray.\*
2. Place a half-slice of Swiss cheese over each of the chicken breasts. Place 2 basil leaves over each and roll up jelly roll-style; secure each with 2 wooden toothpicks. Place the rolls in the baking dish.
3. In a large skillet, heat the olive oil over medium-high heat. Add the onion, and sauté until tender. Add the wine, and cook 2 minutes. Pour over the chicken.
4. Bake 20 to 25 minutes, or until no pink remains in the chicken.



\*To make this a gluten-free recipe, use nonstick cooking spray with no flour added.

## Nutritional Information

Servings Per Recipe: 4

Amount Per Serving	% Daily Value *
<b>Calories</b> 206	
Calories from Fat 64	
Total Fat 7.1g	11 %
Saturated Fat 1.6g	8 %
<b>Protein</b> 29g	57 %

Amount Per Serving	% Daily Value *
<b>Cholesterol</b> 77mg	26 %
<b>Sodium</b> 170mg	7 %
<b>Total Carbohydrates</b> 4.3g	1 %
Dietary Fiber 0.7g	3 %
Sugars 1.9g	1 %

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# Stoplight Chicken

If you're looking for a tasty dish that's eye-catching, too, look no more, because you can have our Stoplight Chicken on your table in just minutes . . . honest!

**Serves:** 6

**Cooking Time:** 15 min

## What You'll Need:

- 3/4 cup reduced-fat Italian dressing, divided
- 1 pound boneless, skinless chicken breasts, cut into 1/2-inch strips
- 6 bell peppers (2 red, 2 green, 2 yellow), cut into thin strips
- 1 (10-ounce) package fresh spinach, washed and trimmed
- 1/2 teaspoon garlic powder
- 1/4 teaspoon black pepper
- 3 tablespoons shredded Parmesan cheese (optional)



## What To Do:

1. Pour 1/2 cup of Italian dressing into a large resealable plastic bag. Add chicken, seal and mix well. Refrigerate for 1 hour to marinate.
2. Heat a large grill pan over high heat until hot. Place chicken in pan, discarding marinade, and cook or 2 to 3 minutes per side, or until no pink remains. Remove chicken from pan; set aside. Add peppers, garlic powder, and black pepper to pan and cook 4 to 5 minutes, or until crisp-tender, stirring occasionally. Return chicken to pan and cook until heated through.
3. Place spinach in a large bowl and add chicken mixture, and remaining 1/4 cup Italian dressing; toss well. Sprinkle with Parmesan cheese, if desired, and serve immediately.

## Nutritional Information

Amount Per Serving	% Daily Value *
<b>Calories</b> 135	
Calories from Fat 38	
Total Fat 4.2g	6 %
Saturated Fat 0.6g	3 %
<b>Protein</b> 18g	36 %

Servings Per Recipe: 6

Amount Per Serving	% Daily Value *
<b>Cholesterol</b> 50mg	17 %
<b>Sodium</b> 450mg	19 %
<b>Total Carbohydrates</b> 6.7g	2 %
Dietary Fiber 2.3g	9 %
Sugars 3.3g	1 %

\* Percent Daily Values are based on a 2,000 calorie diet.

The following ingredients or measurements are not included:

- shredded Parmesan cheese (optional)



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# Homestyle Beef Stroganoff

By using reduced fat ingredients and no-yolk noodles, the Mr. Food Test Kitchen devised a tasty and guilt-free way for everyone to enjoy the mouthwatering taste of Homestyle Beef Stroganoff.

**Serves:** 8

**Cooking Time:** 35 min

## What You'll Need:

- 1 pound boneless beef top sirloin steak, well-trimmed and thinly sliced across the grain
- 1 small onion, chopped
- 1 pound fresh sliced mushrooms
- 1 (10-3/4-ounce) can condensed, reduced-fat cream of mushroom soup
- 1/2 cup reduced-sodium chicken broth
- 1/2 cup dry white wine
- 1/4 teaspoon black pepper
- 1 pound uncooked, no-yolk egg noodles
- 1/2 cup reduced-fat sour cream



## What To Do:

1. Coat a skillet with cooking spray. Add steak and onion, and brown over medium-high heat 5 to 7 minutes, stirring occasionally, or until no pink remains in steak and onions are tender.
2. Add mushrooms and cook 3 minutes, or until tender. Reduce heat to low and stir in soup, chicken broth, wine, and pepper; simmer 25 minutes, or until steak is tender.
3. Meanwhile, prepare noodles according to package directions, omitting salt; drain then set aside and cover to keep warm.
4. Add sour cream to steak mixture, and cook 1 minute, or until heated through; do not boil. Serve over warm noodles.



Sprinkle with fresh chopped parsley, if desired.

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# Homestyle Beef Stroganoff (cont.)

## Nutritional Information

Servings Per Recipe: 8

Amount Per Serving	% Daily Value *
<b>Calories</b> 355	
Calories from Fat 51	
Total Fat 5.6g	9 %
Saturated Fat 2.2g	11 %
<b>Protein</b> 23g	47 %

Amount Per Serving	% Daily Value *
<b>Cholesterol</b> 40mg	13 %
<b>Sodium</b> 318mg	13 %
<b>Total Carbohydrates</b> 48g	16 %
Dietary Fiber 4.1g	16 %
Sugars 4.7g	1 %

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# Asian Sesame Steak

As with many marinated dishes, Asian Sesame Steak can be prepared the night before so it's ready and waiting for you to cook the next day. Besides, the longer you marinate your meats (as long as it's no more than 24 hours), the more flavorful and tender they become. Talk about a real time-saver!

**Serves:** 8

**Cooking Time:** 10 min

## What You'll Need:

3 tablespoons olive oil	1 tablespoon fresh ginger, minced
2 tablespoons light soy sauce*	1 teaspoon black pepper
1 scallion, thinly sliced	1 (1-1/2-pound) beef flank steak, about 1 inch thick
2 cloves garlic, minced	1 tablespoon sesame seeds

## What To Do:

1. In a large resealable plastic storage bag, combine all the ingredients except the steak and sesame seeds; mix well.
2. Score the steak on both sides by making shallow diagonal cuts 1-1/2 inches apart. Place the steak in the storage bag, seal, and marinate in the refrigerator for at least 4 hours or overnight, turning the bag occasionally.
3. Heat a large grill pan or skillet over high heat until hot. Remove the steak from the marinade and place on the pan, discarding the excess marinade. Cook the steak 5 to 6 minutes per side for medium-rare, or to desired doneness.
4. Thinly slice the steak across the grain. Sprinkle with sesame seeds, and serve.



\*To make this a gluten-free recipe, use gluten-free soy sauce, or pure tamari.

## Nutritional Information

Servings Per Recipe: 8

Amount Per Serving	% Daily Value *
<b>Calories</b> 188	
Calories from Fat 106	
Total Fat 12g	18 %
Saturated Fat 3.3g	17 %
<b>Protein</b> 19g	37 %

Amount Per Serving	% Daily Value *
<b>Cholesterol</b> 55mg	18 %
<b>Sodium</b> 197mg	8 %
<b>Total Carbohydrates</b> 1.2g	0 %
Dietary Fiber 0.3g	1 %
Sugars 0.1g	1 %

\* Percent Daily Values are based on a 2,000 calorie diet.



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# Spicy Baked Linguine

If there was an Olympic competition for pasta, Spicy Baked Linguine would definitely take the gold. You can never go wrong with zucchini, peppers and eggplant!

**Serves:** 8

**Cooking Time:** 38 min

## What You'll Need:

1 pound linguine  
1 tablespoon vegetable oil  
1 zucchini, cut into 1-inch chunks  
1 large red bell pepper, cut into 1-inch chunks  
1 eggplant, peeled and cut into 1-inch chunks  
1 (26-ounce) jar light spaghetti sauce  
1 cup salsa  
3/4 cup (3 ounces) shredded reduced-fat mozzarella cheese



## What To Do:

1. Preheat oven to 350 degrees F. Coat a 9- x 13-inch baking dish with nonstick cooking spray. Cook the linguine according to the package directions; drain, rinse, drain again, and set aside.
2. Meanwhile, heat the oil in a soup pot over medium-high heat; add the zucchini, pepper, and eggplant. Sauté 6 to 8 minutes, or until tender.
3. Stir in the spaghetti sauce and salsa, then add the linguine and mix well. Place the linguine mixture in the baking dish.
4. Top with the cheese and bake 25 to 30 minutes, or until the linguine is heated through and the cheese is melted.

## Nutritional Information

Servings Per Recipe: 8

Amount Per Serving	% Daily Value *
<b>Calories</b> 337	
Calories from Fat 46	
Total Fat 5.1g	8 %
Saturated Fat 1.4g	7 %
<b>Protein</b> 13g	26 %

Amount Per Serving	% Daily Value *
<b>Cholesterol</b> 5.7mg	2 %
<b>Sodium</b> 510mg	21 %
<b>Total Carbohydrates</b> 60g	20 %
Dietary Fiber 6.6g	27 %
Sugars 13g	1 %

\* Percent Daily Values are based on a 2,000 calorie diet.



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# Fantastic Fried Rice

Don't throw away that leftover white rice! Turn it into everyone's favorite Asian side dish. This Fantastic Fried Rice is guaranteed to be your new favorite dinner companion.

**Serves:** 4

**Cooking Time:** 15 min

## What You'll Need:

- 2 tablespoons sesame oil
- 3 cups cold cooked white rice, rinsed\*
- 2 cups frozen peas and carrots, thawed
- 6 scallions, thinly sliced
- 3 tablespoons light soy sauce\*
- 1/4 cup vegetable broth\* (see Options)
- 1/4 teaspoon black pepper

## What To Do:

1. In a large skillet or wok, heat the oil over medium-high heat. Add the rice; stir-fry 8 to 10 minutes.
2. Add the peas and carrots and the scallions; stir-fry 1 minute.
3. Add the soy sauce, vegetable broth, and pepper; mix well. Reduce the heat to medium-low and cook, stirring constantly, 2 to 3 minutes, or until thoroughly mixed and heated through.



Want to give your fried rice an even bigger flavor boost? Simply substitute low-sodium chicken broth for the vegetable broth, and serve it up as-is or alongside your favorite Asian meal.

\*To make this a gluten-free recipe, use gluten-free rice, gluten-free soy sauce or pure tamari, and gluten-free vegetable broth.

## Nutritional Information

Servings Per Recipe: 4

Amount Per Serving	% Daily Value *
<b>Calories</b> 278	
Calories from Fat 69	
Total Fat 7.6g	12 %
Saturated Fat 1.1g	6 %
<b>Protein</b> 8.4g	17 %

Amount Per Serving	% Daily Value *
<b>Cholesterol</b> 0.0mg	1 %
<b>Sodium</b> 571mg	24 %
<b>Total Carbohydrates</b> 44g	15 %
Dietary Fiber 5.0g	20 %
Sugars 4.7g	1 %

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# Spicy Baked Sweet Potato Fries

Chili powder gives our Spicy Baked Sweet Potato Fries the perfect kick, sure to get your gang excited about their new favorite side!

**Serves:** 6

**Cooking Time:** 25 min

## What You'll Need:

- 1 tablespoon canola oil
- 2 teaspoons chili powder\*
- 1 teaspoon salt
- 1/8 teaspoon ground red pepper\*
- 3 large sweet potatoes (about 2-1/2 pounds), peeled and cut lengthwise into thin wedges



## What To Do:

1. Preheat oven to 425 degrees F. Coat rimmed baking sheets with nonstick cooking spray.
2. In a large bowl, toss the potatoes with oil. In a small bowl, combine the chili powder, salt, and ground red pepper. Sprinkle over the potato wedges and toss until evenly coated.
3. Spread the potato wedges in a single layer on the baking sheets.
4. Bake 25 to 30 minutes, or until golden and tender, turning once halfway through cooking time. Serve immediately.



\*To make this a gluten-free recipe, use seasonings with no added starch from a gluten-containing source, and nonstick cooking spray with no flour added.

## Nutritional Information

Servings Per Recipe: 6

Amount Per Serving	% Daily Value *
<b>Calories</b> 83	
Calories from Fat 24	
Total Fat 2.7g	4 %
Saturated Fat 0.3g	1 %
<b>Protein</b> 1.4g	3 %

Amount Per Serving	% Daily Value *
<b>Cholesterol</b> 0.0mg	1 %
<b>Sodium</b> 464mg	19 %
<b>Total Carbohydrates</b> 14g	5 %
Dietary Fiber 2.8g	11 %
Sugars 2.9g	1 %

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# Baked Balsamic Asparagus

The woody flavor of balsamic vinegar guarantees a great salad dressing. But we like to use balsamic vinegar in everything from mixed salads and marinades to grilled vegetables and so much more. It adds robust flavor to dishes like Baked Balsamic Asparagus... without any guilt.

**Serves:** 6

**Cooking Time:** 15 min

## What You'll Need:

- 1 pound fresh asparagus, trimmed
- 2 tablespoons olive oil
- 2 tablespoons balsamic vinegar
- 1/4 teaspoon salt
- 1/4 teaspoon black pepper



## What To Do:

1. Preheat oven to 350 degrees F. Cut a sheet of aluminum foil 18 inches long.
2. Place the asparagus on the foil; drizzle with oil and vinegar then sprinkle with salt and pepper. Seal the foil packet and place it on a baking sheet.
3. Bake 12 to 15 minutes, or until the asparagus is tender. Open the packet carefully, and serve.



Thumbs-up for gluten-free meal plans!

## Nutritional Information

Servings Per Recipe: 6

Amount Per Serving	% Daily Value *
<b>Calories</b> 60	
Calories from Fat 41	
Total Fat 4.6g	7 %
Saturated Fat 0.7g	3 %
<b>Protein</b> 1.7g	3 %

Amount Per Serving	% Daily Value *
<b>Cholesterol</b> 0.0mg	1 %
<b>Sodium</b> 100mg	4 %
<b>Total Carbohydrates</b> 3.8g	1 %
Dietary Fiber 1.6g	6 %
Sugars 2.2g	1 %

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# Roasted Street Fair Corn

Boiling corn is good, but roasting it is even better, and when it's seasoned with a few basics, we have a side dish that is summer at it's best!

**Serves:** 4

**Cooking Time:** 25 min

## What You'll Need:

2 tablespoons corn oil or stick margarine, melted  
1 garlic clove, minced  
1/4 teaspoon chili powder  
1 teaspoon chopped fresh cilantro  
1/8 teaspoon salt  
1/8 teaspoon black pepper  
4 ears fresh corn on the cob, husked



## What To Do:

1. Preheat oven to 425 degrees F. In a small bowl, combine margarine, garlic, chili powder, cilantro, salt, and black pepper; mix well.
2. Place each ear of corn in a separate piece of aluminum foil and brush with seasoning mixture. Wrap each and seal completely then place on a rimmed baking sheet.
3. Roast corn 20 to 25 minutes, or until kernels are tender. Careful when opening foil and removing corn. Serve immediately.

## Nutritional Information

Amount Per Serving	% Daily Value *
<b>Calories</b> 141	
Calories from Fat 74	
Total Fat 8.2g	13 %
Saturated Fat 0.9g	4 %
<b>Protein</b> 3.0g	6 %

Amount Per Serving	% Daily Value *
<b>Cholesterol</b> 0.0mg	1 %
<b>Sodium</b> 89mg	4 %
<b>Total Carbohydrates</b> 17g	6 %
Dietary Fiber 1.9g	8 %
Sugars 5.7g	1 %

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# Almond Fudge Brownies

Almonds are an amazing nutritional powerhouse since they're chock-full of vitamins, minerals, and "good fats," so combine them with brownies, and you've got yourself the perfect treat!

**Makes:** 16

**Preparation Time:** 10 min

**Cooking Time:** 25 min

## What You'll Need:

2 tablespoons butter, softened  
1 cup sugar  
1/2 cup unsweetened applesauce  
1 egg  
2 teaspoons vanilla extract  
1/2 cup unsweetened cocoa powder  
3/4 cup all-purpose flour  
1/4 cup sliced almonds



## What To Do:

1. Preheat oven to 350 degrees F. Coat an 8-inch square baking dish with cooking spray.
2. In a medium bowl, using an electric beater on medium speed, beat the butter, sugar, applesauce, egg, and vanilla. Slowly beat in the cocoa and flour. Pour the batter into the baking dish and top with the almonds.
3. Bake 25 to 30 minutes, or until a wooden toothpick inserted in the center comes out clean. Cool completely before cutting.

## Nutritional Information

Servings Per Recipe: 16

Amount Per Serving	% Daily Value *
<b>Calories</b> 106	
Calories from Fat 26	
Total Fat 2.9g	4 %
Saturated Fat 1.3g	6 %
<b>Protein</b> 1.9g	4 %

Amount Per Serving	% Daily Value *
<b>Cholesterol</b> 15mg	5 %
<b>Sodium</b> 18mg	1 %
<b>Total Carbohydrates</b> 20g	7 %
Dietary Fiber 1.3g	5 %
Sugars 13g	1 %

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# Frosty Key Lime Treats

These easy-to-make Frosty Key Lime Treats are refreshingly easy to make! Just 3 simple ingredients are all it takes to allow your freezer to do all the work to create delicious dessert squares.

**Serves:** 9

**Preparation Time:** 10 min

## What You'll Need:

- 2 containers (6-ounce) reduced-fat, key lime pie yogurt
- 1 package (.35-ounce) sugar-free, lime gelatin mix
- 1 container (8-ounce) reduced-fat whipped topping, thawed

## What To Do:

1. Combine yogurt and gelatin in bowl and mix well.
2. Fold in whipped topping and pour into 9-inch square dish. Freeze until ready to serve.
3. Cut into squares.

## Nutritional Information

Servings Per Recipe: 9

Amount Per Serving	% Daily Value *
<b>Calories</b> 81	
Calories from Fat 30	
Total Fat 3.3g	5 %
Saturated Fat 2.8g	14 %
<b>Protein</b> 2.3g	5 %

Amount Per Serving	% Daily Value *
<b>Cholesterol</b> 1.6mg	1 %
<b>Sodium</b> 63mg	3 %
<b>Total Carbohydrates</b> 9.5g	3 %
Dietary Fiber 0.0g	1 %
Sugars 8.2g	1 %

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# "Berry-licious" Parfait

How could anything this creamy, this decadent, this fresh-tasting be guilt-free? Well, it is 'cause the low-fat ingredients in our "Berry-licious" Parfait allow us to indulge once in a while.

**Serves:** 4

## What You'll Need:

- 1 pint strawberries, washed, hulled, and sliced
- 3 tablespoons strawberry all-fruit spread, melted
- 1 (3-ounce) package reduced-fat cream cheese, softened
- 1 tablespoon fat-free (skim) milk
- 1 tablespoon lemon juice
- 1 tablespoon sugar
- 1/2 cup frozen light whipped topping, thawed
- 1/4 cup graham cracker crumbs



## What To Do:

1. In a medium bowl, toss the strawberries and fruit spread; set aside.
2. In another medium bowl, beat the cream cheese, milk, lemon juice, and sugar until smooth; fold in the whipped topping.
3. Equally divide half of the strawberry mixture among four parfait glasses, then sprinkle with half of the graham cracker crumbs, and top with half of the cream cheese mixture. Repeat the layers, and serve immediately, or cover and chill until ready to serve.

## Nutritional Information

Amount Per Serving	% Daily Value *
<b>Calories</b> 167	
Calories from Fat 48	
Total Fat 5.3g	8 %
Saturated Fat 3.1g	15 %
<b>Protein</b> 3.1g	6 %

Servings Per Recipe: 4

Amount Per Serving	% Daily Value *
<b>Cholesterol</b> 12mg	4 %
<b>Sodium</b> 144mg	6 %
<b>Total Carbohydrates</b> 28g	9 %
Dietary Fiber 2.0g	8 %
Sugars 22g	1 %

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# Easy Peach Cake

Our moist, melt-in-your mouth Easy Peach Cake is so simple to make, you can whip it up any night of the week. It'll make any night feel special!

**Serves:** 12

**Cooking Time:** 30 min

## What You'll Need:

2 cups all-purpose flour  
1-1/2 cups brown sugar  
2 teaspoons baking powder  
1/4 teaspoon salt  
2 eggs  
1 teaspoon rum extract  
1 (14-1/2-ounce) can, sliced peaches, no sugar added, diced and liquid reserved  
1/4 cup Maraschino cherries, chopped, plus more for garnish  
Whipped topping for garnish



## What To Do:

1. Preheat oven to 350 degrees F. Coat a 9 x 13-inch baking dish with cooking spray.
2. In a large bowl, combine flour, sugar, baking powder, and salt. Stir in eggs, rum extract, peaches, and cherries; mix well. Spoon into prepared baking dish.
3. Bake 30 to 35 minutes or until toothpick comes out dry. Let cool. When ready to serve, add a dollop of whipped topping and a cherry.

## Nutritional Information

Servings Per Recipe: 12

Amount Per Serving	% Daily Value *
<b>Calories</b> 168	
Calories from Fat 9.0	
Total Fat 1.0g	2 %
Saturated Fat 0.3g	1 %
Trans Fat 0.0g	1 %
<b>Protein</b> 3.4g	7 %

Amount Per Serving	% Daily Value *
<b>Cholesterol</b> 31mg	10 %
<b>Sodium</b> 149mg	6 %
<b>Total Carbohydrates</b> 37g	12 %
Dietary Fiber 1.0g	4 %
Sugars 20g	1 %

\* Percent Daily Values are based on a 2,000 calorie diet.

The following ingredients or measurements are not included:

- Whipped topping for garnish



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# Peanut Butter Cookies

You don't have to be a kid to love peanut butter - or cookies, for that matter! This Peanut Butter Cookies recipe combines the two favorites into one ageless treat.

**Makes:** 18

**Preparation Time:** 10 min

**Cooking Time:** 8 min

## What You'll Need:

2/3 cup all-purpose flour  
1/2 teaspoon baking soda  
1/2 teaspoon baking powder  
1/4 teaspoon salt  
1/3 cup vegetable shortening  
1/3 cup reduced-fat peanut butter  
2 tablespoons light brown sugar  
2 tablespoons granulated sugar  
2 eggs, well beaten



## What To Do:

1. Preheat oven to 375 degrees F. Coat baking sheets with cooking spray.
2. In a medium bowl, combine the flour, baking soda, baking powder, and salt; mix well.
3. In a large bowl, combine the shortening and peanut butter until creamy, then gradually add the brown and granulated sugars until blended. Add the beaten eggs and mix thoroughly.
4. Add the flour mixture to the peanut butter mixture and mix until a soft dough forms. Drop by 1/2-teaspoonfuls onto the baking sheets. Bake 8 to 10 minutes, or until golden.

## Nutritional Information

Servings Per Recipe: 18

Amount Per Serving	% Daily Value *
<b>Calories</b> 98	
Calories from Fat 55	
Total Fat 6.1g	9 %
Saturated Fat 2.0g	10 %
<b>Protein</b> 2.5g	5 %

Amount Per Serving	% Daily Value *
<b>Cholesterol</b> 23mg	8 %
<b>Sodium</b> 118mg	5 %
<b>Total Carbohydrates</b> 8.5g	3 %
Dietary Fiber 0.4g	2 %
Sugars 3.5g	1 %

\* Percent Daily Values are based on a 2,000 calorie diet.



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