

Mr. Food
TEST KITCHEN

Everyday Diabetic Recipes

Must-Have Recipes for a Potluck

30 Diabetic Desserts, Salads, Appetizers & More



A Free eCookbook from the Mr. Food Test Kitchen

"OOH IT'S SO GOOD!!®"



Everyday Diabetic Recipes

Must-Have Recipes for a Potluck: 30 Diabetic Desserts, Salads, Appetizers & More

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Everyday Diabetic Recipes

Dear Friend,

There are so many events to attend all year that having a stash of easy potluck recipes are a must. And when you're balancing a diabetic lifestyle on top of everything else, it can be tough to find recipes that everyone will love. With our triple-tested guarantee, you can be sure that your dish is the highlight of the party, no matter the event!

Invite the whole family over for Sunday brunch to remember with recipes like our muffin tin **Fiesta Breakfast Cups** (page 1). Trust us; you've never had "muffins" like these before! And don't get us started on how much we love fresh-from-the-oven bread. One bite of our **Cinnamon Apple Flat Bread** (page 4), and you'll be hooked!

When attending a potluck, the first recipe we always look for is an easy bring-along appetizer. You can never have too many munchies, right? No party's complete without homemade dip like our **In-a-Wink Guacamole Dip** (page 8). It only takes 10 minutes to prep — thank goodness 'cause it'll get gobbled up before your eyes! That's not all we have though. From **Cauliflower & Cheese Cakes** (page 7) to **Teriyaki Cocktail Meatballs** (page 9) and more, we guarantee you'll find the perfect appetizer for your next party.

Time to plan out dinner and dessert! If you're hosting the bash, get ready to hear raves from family and friends after they take one bite of our **Stuffed Chicken Rolls** (page 13). You can even save this recipe to cook for your family during the week. Plus, there's no better way to complement your meal than with a sweet treat. With decadent desserts like our **Chocolate Peanut Butter Trifle** (page 28) or **Aloha Fruity Pudding** (page 30) to choose from, you'll know you're in good hands!

When the weather gets warm, don't forget enjoy the sunshine with an outdoor barbecue, featuring tasty recipes like our **Apple Cider Slaw** (page 20) and **Picnic Pasta Salad** (page 21). With such a variety of recipes to choose from, it's no wonder you'll hear people say they're...

"OOH IT'S SO GOOD!!®"

Kelly Howard Patty



P.S. Enjoy this eCookbook filled with 30 can't-miss potluck recipes. Remember, the *Must-Have Recipes for a Potluck* eCookbook is available FREE, with many others also available on www.EverydayDiabeticRecipes.com. Go on, tell your friends to visit EverydayDiabeticRecipes.com, so they too can get their very own FREE copies!

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Fiesta Breakfast Cups

Muffin tip cups are one of the most versatile and helpful tools in the kitchen. Our Fiesta Breakfast Cups come together quickly and are a perfect solution to feeding a crowd. Popping them in the oven gets you out of the kitchen and back to the party with your guests!

Serves: 6

Cooking Time: 30 min

What You'll Need:

- 1 cup egg substitute
- 1 (4-ounce) can chopped green chilies, rinsed and drained
- 1 cup sliced mushroom, sautéed
- 2 tablespoons jarred roasted red peppers, drained and chopped
- 1/2 cup shredded Mexican cheese blend



What To Do:

1. Preheat oven to 350 degrees F. Coat 6 muffin cups with cooking spray.
2. In a large bowl, combine all ingredients; mix well then spoon into muffin cups.
3. Bake 20 to 25 minutes, or until eggs are set. Serve immediately.

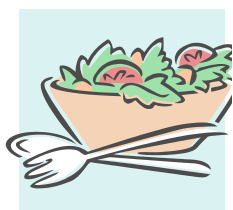
Nutritional Information

Servings Per Recipe: 6

Amount Per Serving	% Daily Value *
Calories 37	
Calories from Fat 6.8	
Total Fat 0.8g	1 %
Saturated Fat 0.4g	2 %
Trans Fat 0.0g	0 %
Protein 5.2g	10 %

Amount Per Serving	% Daily Value *
Cholesterol 2.1mg	1 %
Sodium 194mg	8 %
Total Carbohydrates 2.9g	1 %
Dietary Fiber 0.4g	2 %
Sugars 1.1g	0 %

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



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Creamy Orange Quesadillas

These Creamy Orange Quesadillas taste so decadent, it's almost hard to believe they're one of our favorite easy diabetic breakfast recipes! Go ahead; enjoy these as your guilty pleasure!

Serves: 2

Cooking Time: 3 min

What You'll Need:

2 tablespoons reduced-fat cream cheese
2 (8-inch) low-carb whole wheat tortillas
1 tablespoon sugar-free orange marmalade

What To Do:

1. Preheat oven or toaster oven to 400 degrees F. Line a baking sheet with aluminum foil.
2. Spread 1 tablespoon cream cheese on each tortilla almost to edges. Spread 1/2 tablespoon marmalade over cream cheese. Fold each tortilla in half and place on prepared baking sheet.
3. Heat 3 to 4 minutes, or until cream cheese begins to melt. Serve immediately.

Nutritional Information

Servings Per Recipe: 2

Amount Per Serving	% Daily Value *
Calories 265	
Calories from Fat 66	
Total Fat 7.3g	11 %
Saturated Fat 3.9g	19 %
Trans Fat 0.0g	0 %
Protein 10g	20 %

Amount Per Serving	% Daily Value *
Cholesterol 8.1mg	3 %
Sodium 586mg	24 %
Total Carbohydrates 40g	13 %
Dietary Fiber 26g	104 %
Sugars 7.9g	0 %

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



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Cheesy Spinach Quiche

Not only does this taste amazing, it's also filled with vitamins, minerals, and fiber from all the spinach. What a bonus! Plus, this works just as well crustless, so it's up to you to include the crust or not.

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 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 5 minutes.
4. Slice quiche and serve.

Nutritional Information

Amount Per Serving	% Daily Value *
Calories 81	
Calories from Fat 17	
Total Fat 1.9g	3 %
Saturated Fat 1.1g	6 %
Trans Fat 0.0g	0 %
Protein 12g	24 %

Servings Per Recipe: 8

Amount Per Serving	% Daily Value *
Cholesterol 8.3mg	3 %
Sodium 353mg	15 %
Total Carbohydrates 4.5g	2 %
Dietary Fiber 1.1g	4 %
Sugars 2.6g	0 %

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

The following ingredients or measurements are not included:

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



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Cinnamon Apple Flat Bread

When the apple orchards are overflowing, that's the perfect time to take advantage of the season's best. Using frozen bread dough helps cut prep time to practically nothing, making this one of our most requested easy diabetic breakfast recipes!

Serves: 12

Preparation Time: 10 min

Cooking Time: 20 min

What You'll Need:

- 1 pound frozen bread dough, thawed
- 1/4 cup peach all-fruit spread
- 4 apples, cored, peeled, and thinly sliced
- 1 tablespoon sugar
- 1 teaspoon ground cinnamon

What To Do:

1. Preheat oven to 350 degrees. Coat a large rimmed baking sheet with cooking spray.
2. On a lightly floured surface, roll out the dough to a 10- x 15-inch rectangle. With your fingertips, gently spread the dough to cover the pan, and push it up to the edges of the pan, forming a rim. If the dough is too sticky, dust it and your hands lightly with flour.
3. Spread the fruit spread over the dough, then top with the sliced apples, arranged in a single layer.
4. In a small bowl, combine the sugar and cinnamon. Sprinkle over the apples. Bake 20 to 25 minutes, or until the edges are golden.
5. Remove from the oven and cool slightly in the pan on a wire rack. Slice, and serve warm.

Nutritional Information

Servings Per Recipe: 12

Amount Per Serving	% Daily Value *
Calories 136	
Calories from Fat 9.6	
Total Fat 1.1g	2 %
Saturated Fat 0.0g	0 %
Trans Fat 0.0g	0 %
Protein 3.5g	7 %

Amount Per Serving	% Daily Value *
Cholesterol 0.0mg	0 %
Sodium 169mg	7 %
Total Carbohydrates 29g	10 %
Dietary Fiber 1.3g	5 %
Sugars 11g	0 %

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Cheesy Bacon Breakfast Tortillas

Yes, even if you're watching your diet, you can bring home the bacon...as long as it's turkey bacon, and enjoy these flavor-packed Cheesy Bacon Breakfast Tortillas, which just happen to be one of our favorite easy diabetic breakfast recipes!

Serves: 2

Cooking Time: 5 min

What You'll Need:

1/2 cup liquid egg substitute
2 tablespoons red bell pepper, chopped
1/4 teaspoon black pepper
2 slices turkey bacon, cooked, crumbled
2 (8-inch) low-carb, whole wheat tortillas
1 scallion, thinly sliced
1/4 cup reduced-fat finely shredded Cheddar cheese



What To Do:

1. Coat a medium skillet with cooking spray. Over medium heat, scramble egg substitute, red bell pepper, and black pepper.
2. Evenly distribute scrambled eggs and bacon over each tortilla, then top each with scallions and cheese. Roll the tortillas and place seam-side down on a microwaveable plate.
3. Microwave on high 10 to 15 seconds, or until heat through. Serve immediately.

Nutritional Information

Servings Per Recipe: 2

Amount Per Serving	% Daily Value *
Calories 332	
Calories from Fat 95	
Total Fat 11g	16 %
Saturated Fat 4.4g	22 %
Trans Fat 0.0g	0 %
Protein 24g	47 %

Amount Per Serving	% Daily Value *
Cholesterol 19mg	6 %
Sodium 1,089mg	45 %
Total Carbohydrates 35g	12 %
Dietary Fiber 26g	106 %
Sugars 2.9g	0 %

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Chunky Pear and Apple Sauce

I love this sauce as a cold snack, but I've even had it served warm as a dessert with a spoonful of vanilla ice cream or low-fat yogurt. Okay, I'll say it again. MODERATION IS KEY!

Serves: 6

Cooking Time: 50 min

What You'll Need:

- 4 pears, cored, peeled and cut into chunks
- 4 apples, cored, peeled, and cut into chunks
- 3/4 cup unsweetened apple juice
- 1 cinnamon stick

What To Do:

1. In a large saucepan, bring all the ingredients to a boil over high heat.
2. Reduce the heat to low, cover, and simmer 45 to 50 minutes, or until the desired consistency, stirring occasionally.
3. Serve warm or allow to cool, then cover and chill until ready to serve.



Use your favorite type of apples and pears. We like to use Red Delicious apples and Bartlett pears, but most any types you have on hand can be used. Also, if you prefer your sauce a bit sweeter, add 1 tablespoon light brown sugar to the saucepan with the other ingredients.

Nutritional Information

Servings Per Recipe: 6

Amount Per Serving	% Daily Value *
Calories 119	
Calories from Fat 2.5	
Total Fat 0.3g	0 %
Saturated Fat 0.0g	0 %
Trans Fat 0.0g	0 %
Protein 0.7g	1 %

Amount Per Serving	% Daily Value *
Cholesterol 0.0mg	0 %
Sodium 2.4mg	0 %
Total Carbohydrates 32g	11 %
Dietary Fiber 4.6g	18 %
Sugars 22g	0 %

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Cauliflower & Cheese Cakes

These Cauliflower & Cheese Cakes will trick anyone into eating their vegetables and loving them! After all, with cheddar cheese and a pinch of cayenne for a little zing, what's not to love?

Yields: 12 cakes

Cooking Time: 15 min

What You'll Need:

1 head cauliflower, cut into florets
1/4 cup chopped onion
1/2 cup low-fat cheddar cheese, shredded
1/2 cup panko bread crumbs
2 large eggs, lightly beaten
1/2 teaspoon salt
1/4 teaspoon cayenne pepper
1 teaspoon olive oil, divided



What To Do:

1. In a large pot of boiling water, cook cauliflower and onion about 10-15 minutes, or until fork tender; drain.
2. Mash cauliflower with a potato masher or beat with an electric mixer until smooth.
3. Stir in cheese, panko, eggs, salt, and cayenne pepper. Form cauliflower mixture into 3-inch patties.
4. In a large skillet or griddle, heat 1 tbsp olive oil over medium heat. Cook the patties in batches, using remaining oil, 4-5 minutes per side, or until golden and set. Keep warm in oven on low temperature until all batches are finished.

Nutritional Information

Servings Per Recipe: 12

Amount Per Serving	% Daily Value *
Calories 41	
Calories from Fat 15	
Total Fat 1.6g	3 %
Saturated Fat 0.5g	3 %
Trans Fat 0.0g	0 %
Protein 3.3g	7 %

Amount Per Serving	% Daily Value *
Cholesterol 32mg	11 %
Sodium 154mg	6 %
Total Carbohydrates 3.9g	1 %
Dietary Fiber 1.0g	4 %
Sugars 1.2g	0 %

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In-a-Wink Guacamole Dip

Avocados are chock full of the "good fats." In moderation, it's just fine to indulge in some freshly made guacamole, so you should definitely add this recipe to your repertoire of diabetic appetizer recipes, especially since it's so easy and delicious!

Serves: 4

Preparation Time: 10 min

What You'll Need:

2 ripe avocados, halved, with seeds removed
1 teaspoon grated onion
2 teaspoons lime juice
1/4 teaspoon garlic powder

What To Do:

1. Cut avocados into quarters and peel. In a medium bowl, mash avocado with a fork.
2. Add remaining ingredients and mix well.
3. Cover tightly and refrigerate. Serve same day.

Nutritional Information

Amount Per Serving	% Daily Value *
Calories 162	
Calories from Fat 133	
Total Fat 15g	23 %
Saturated Fat 2.1g	11 %
Trans Fat 0.0g	0 %
Protein 2.1g	4 %

Servings Per Recipe: 4

Amount Per Serving	% Daily Value *
Cholesterol 0.0mg	0 %
Sodium 7.2mg	0 %
Total Carbohydrates 9.0g	3 %
Dietary Fiber 6.8g	27 %
Sugars 0.8g	0 %

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Teriyaki Cocktail Meatballs

Pass around a platter of our Asian-inspired pork Teriyaki Cocktail Meatballs and watch them disappear. It's no surprise they are one of our most popular diabetic appetizer recipes! Just 'cause the ingredients are lighter, doesn't mean we've skimped on flavor. They're scrumptious!

Serves: 10

Cooking Time: 15 min

What You'll Need:

- 1 pound lean ground pork
- 1/3 cup finely chopped scallion
- 1 cup light-style whole wheat bread crumbs (see Note)
- 1/3 cup reduced-sodium teriyaki marinade, divided
- 1/2 teaspoon black pepper



What To Do:

1. Preheat oven to 400 degrees F. Line a baking sheet with aluminum foil; coat with cooking spray.
2. In a medium bowl, mix pork, scallion, bread crumbs, 2 tablespoons marinade, and black pepper. Using 2 tablespoons of mixture per meatball, make about 20 meatballs; arrange on prepared baking sheet. Brush with marinade.
3. Bake 15 to 20 minutes or until no longer pink; baste once or twice during baking.

Nutritional Information

Servings Per Recipe: 10

Amount Per Serving	% Daily Value *
Calories 152	
Calories from Fat 88	
Total Fat 9.8g	15 %
Saturated Fat 3.6g	18 %
Trans Fat 0.0g	0 %
Protein 9.9g	20 %

Amount Per Serving	% Daily Value *
Cholesterol 33mg	11 %
Sodium 239mg	10 %
Total Carbohydrates 6.9g	2 %
Dietary Fiber 0.9g	4 %
Sugars 2.3g	0 %

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Nicole's Chicken Fingers

A real Southern tradition like fried chicken can be hard to give up, especially when you have to switch to a diabetic meal plan. By coating boneless, skinless chicken with flavorful seasonings and baking it in the oven, we leave out the excess fat and calories, and end up with a new, healthier way of enjoying an old favorite!

Makes: 6

Preparation Time: 5 min

Cooking Time: 15 min

What You'll Need:

2/3 cup Fiber One cereal*	1/4 teaspoon ground red pepper*
1 cup bran cereal*	2 egg whites
1/2 cup chopped pecans	1 pound boneless, skinless chicken breast, cut into 12 strips
2 tablespoons sesame seeds	cooking spray*
1/4 teaspoon salt	

What To Do:

1. Preheat oven to 350 degrees F. Coat a baking sheet with cooking spray.
2. In a resealable plastic storage bag, combine the cereals, pecans, sesame seeds, salt, and red pepper. Crush into medium-fine crumbs then pour into a shallow dish. Place the egg whites in another shallow dish.
3. Dip each chicken strip into the egg whites then into the crumb mixture, coating completely. Place on the baking sheet and coat lightly with nonstick cooking spray.
4. Bake the chicken 15 to 18 minutes, or until no pink remains. Serve immediately.



*To make this a gluten-free recipe, use gluten-free cereals and/or crispy coating mix, seasoning 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 *	Amount Per Serving	% Daily Value *
Calories 194		Cholesterol 48mg	16 %
Calories from Fat 93		Sodium 252mg	11 %
Total Fat 10g	16 %	Total Carbohydrates 8.5g	3 %
Saturated Fat 1.3g	6 %	Dietary Fiber 3.6g	15 %
Trans Fat 0.0g	0 %	Sugars 1.4g	0 %
Protein 19g	39 %		

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Curry-Dijon Deviled Eggs

There's something about deviled eggs that always makes them the hit of any gathering. There's never any left over, and these mouthwatering Curry-Dijon Deviled Eggs sound fancy, but they're easy as can be.

Serves: 16

What You'll Need:

- 8 hard-boiled eggs
- 1/4 cup reduced-fat mayonnaise
- 2 teaspoons Dijon-style mustard
- 1/4 teaspoon curry powder



What To Do:

1. Halve eggs lengthwise and remove yolks. In a medium bowl, mash yolks, then mix with remaining ingredients. Stir until smooth.
2. Spoon yolk mixture into egg white halves. Cover and refrigerate until ready to serve.



Garnish with chopped red pepper.

Nutritional Information

Servings Per Recipe: 16

Amount Per Serving	% Daily Value *
Calories 52	
Calories from Fat 35	
Total Fat 3.9g	6 %
Saturated Fat 1.0g	5 %
Trans Fat 0.0g	0 %
Protein 3.2g	6 %

Amount Per Serving	% Daily Value *
Cholesterol 95mg	32 %
Sodium 71mg	3 %
Total Carbohydrates 0.6g	0 %
Dietary Fiber 0.0g	0 %
Sugars 0.4g	0 %

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South-of-the-Border Bean Dip

Turn those cans of beans into a crowd-pleasing dip with the zest of fresh veggies that any partygoer is sure to love! We know this South-of-the-Border Bean Dip will become one of your new favorite diabetic appetizer recipes!

Serves: 14

Preparation Time: 5 min

Cooking Time: 10 min

What You'll Need:

2 (15-1/2-ounce) cans pinto beans, rinsed and drained, divided

1 cup salsa, divided (see note)

1 teaspoon canola oil

1 onion, finely chopped

1 green bell pepper, finely chopped

3 cloves garlic, minced

1 tablespoon dried cilantro*

2 teaspoons ground cumin*

3/4 teaspoon salt

1/2 cup (2 ounces) shredded Cheddar cheese

1 tomato, chopped

What To Do:

1. In a blender or food processor, combine 1 can of beans and 1/4 cup salsa; blend or process until smooth.

2. In a large nonstick skillet, heat the oil over medium heat and sauté the onion, bell pepper, and garlic 5 to 7 minutes, or until tender. Add the bean mixture, cilantro, cumin, salt, and the remaining can of beans and 3/4 cup salsa; mix well. Bring to a boil, reduce the heat to low, and simmer 5 minutes, stirring frequently.

3. Pour the mixture into a shallow serving dish, top with Cheddar cheese and tomato, and serve warm.



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

Nutritional Information

Servings Per Recipe: 14

Amount Per Serving	% Daily Value *
Calories 76	
Calories from Fat 16	
Total Fat 1.8g	3 %
Saturated Fat 0.9g	4 %
Trans Fat 0.0g	0 %
Protein 4.6g	9 %

Amount Per Serving	% Daily Value *
Cholesterol 4.2mg	1 %
Sodium 480mg	20 %
Total Carbohydrates 11g	4 %
Dietary Fiber 3.1g	13 %
Sugars 1.6g	0 %

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



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Stuffed Chicken Rolls

The easy Mr. Food Test Kitchen secret to rolling up a chicken breast is the key to this quick and easy diabetes recipe for Stuffed Chicken Rolls.

Serves: 4

Cooking Time: 25 min

What You'll Need:

- 4 (4-ounce) skinless, boneless chicken breast halves
- 1/2 (10-ounce) package frozen chopped spinach, thawed, squeezed dry
- 1/2 cup plus 1 tablespoon grated Parmesan cheese, divided
- Cooking spray



What To Do:

1. Preheat oven to 425 degrees F. Line a baking sheet with aluminum foil and coat with cooking spray.
2. Lightly pound chicken between 2 sheets of wax paper with rolling pin to flatten.
3. In a medium bowl, combine spinach, Parmesan cheese, nutmeg, and onion powder. Spoon 2 to 3 tablespoons over each chicken breast half. Roll and secure with toothpicks.
4. In a small bowl, combine remaining Parmesan cheese, paprika, and black pepper. Evenly sprinkle over chicken and place seam-side down on prepared baking sheet. Coat tops of rolls lightly with cooking spray.
5. Bake about 25 minutes, or until chicken is no longer pink and crust is golden.

Nutritional Information

Servings Per Recipe: 4

Amount Per Serving	% Daily Value *
Calories 193	
Calories from Fat 60	
Total Fat 6.7g	10 %
Saturated Fat 2.8g	14 %
Trans Fat 0.0g	0 %
Protein 30g	60 %

Amount Per Serving	% Daily Value *
Cholesterol 84mg	28 %
Sodium 349mg	15 %
Total Carbohydrates 2.0g	1 %
Dietary Fiber 1.0g	4 %
Sugars 0.3g	0 %

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



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Fiesta Soft Tacos

Did you say you needed easy diabetic dinner recipes? Look no further than our Fiesta Soft Tacos, which will turn dinnertime into a party! We've chosen ground turkey breast, which is low in fat and high in flavor to make these fitting for a diabetes diet.

Serves: 6

Cooking Time: 15 min

What You'll Need:

- 1 pound ground turkey breast
- 6 teaspoons reduced-sodium taco seasoning
- 6 (8-inch) low-carb, whole wheat tortillas
- 1/2 cup finely shredded reduced-fat cheddar cheese
- 1 1/2 cups shredded iceberg lettuce
- 1/2 cup chopped fresh tomatoes
- Salsa for garnish

What To Do:

1. Brown turkey in sprayed 10-inch skillet over medium heat. Stir in 2/3 cup water and taco seasoning. Bring to a boil and reduce heat to simmer. Cook and stir 3 to 4 minutes until flavors blend and sauce thickens.
2. Spoon one-sixth turkey onto each tortilla. Sprinkle each with one-sixth cheese, lettuce and tomato. Fold over or roll. Garnish with salsa.

Nutritional Information

Servings Per Recipe: 6

Amount Per Serving	% Daily Value *
Calories 349	
Calories from Fat 104	
Total Fat 12g	18 %
Saturated Fat 4.4g	22 %
Trans Fat 0.1g	0 %
Protein 26g	53 %

Amount Per Serving	% Daily Value *
Cholesterol 54mg	18 %
Sodium 700mg	29 %
Total Carbohydrates 35g	12 %
Dietary Fiber 27g	107 %
Sugars 1.7g	0 %

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

The following ingredients or measurements are not included:

- salsa for garnish



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Spicy Baked Linguine

Have no fear of trying our healthy, veggie-filled Spicy Baked Linguine. Because the recipe calls for salsa, you control the heat level. Plus, you can never go wrong with zucchini, peppers and eggplant!

Serves: 8

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 *
Calories 337	
Calories from Fat 46	
Total Fat 5.1g	8 %
Saturated Fat 1.4g	7 %
Trans Fat 0.0g	0 %
Protein 13g	26 %

Amount Per Serving	% Daily Value *
Cholesterol 5.7mg	2 %
Sodium 510mg	21 %
Total Carbohydrates 60g	20 %
Dietary Fiber 6.6g	27 %
Sugars 13g	0 %

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



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Asian Chicken Tenders

With only a handful of ingredients, this sweet and sour version of Asian Chicken Tenders is definitely among our favorite easy diabetic dinner recipes. Plus, it boasts lighter versions of flavorful teriyaki sauce and pineapple tidbits, but still packs full taste.

Serves: 4

Preparation Time: 15 min

Cooking Time: 5 min

What You'll Need:

- 1 pound chicken breast tenders
- 1/3 cup reduced-sodium teriyaki sauce
- 2 teaspoons reduced-sodium teriyaki sauce
- 1/4 cup sliced green onion
- 1 can (8-ounce) pineapple tidbits with reduced-sugar juice, juice reserved

What To Do:

1. Place chicken and 1/3 cup teriyaki sauce in resealable plastic bag. Refrigerate 15 to 20 minutes. Remove chicken and discard marinade.
2. Coat a nonstick wok or skillet with cooking spray. Preheat over high heat.
3. Add about half the chicken to wok. Cook 2 minutes or until chicken is browned, stirring occasionally. Reduce heat as needed. Remove first batch to a serving platter and repeat with remaining chicken. Remove second batch.
4. Add scallion, pineapple, 1 tablespoon reserved pineapple juice, and remaining teriyaki sauce to wok. Cook about 1 minute. Spoon over chicken tenders and serve immediately.

Nutritional Information

Servings Per Recipe: 4

Amount Per Serving	% Daily Value *
Calories 183	
Calories from Fat 27	
Total Fat 3.0g	5 %
Saturated Fat 0.6g	3 %
Trans Fat 0.0g	0 %
Protein 25g	51 %

Amount Per Serving	% Daily Value *
Cholesterol 73mg	24 %
Sodium 512mg	21 %
Total Carbohydrates 12g	4 %
Dietary Fiber 0.6g	3 %
Sugars 10g	0 %

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



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Italian Steak & Veggies

There's plenty of reasons to rejoice about our Italian Steak & Veggies! It's full of healthy veggies, too, so it fits our diabetes regime perfectly.

Serves: 4

Cooking Time: 30 min

What You'll Need:

1 tablespoon canola oil
1 onion, cut in strips
1/2 red bell pepper, cut in strips
1/2 green bell pepper, cut in strips
1 teaspoon garlic powder
1 teaspoon Italian seasoning
1/2 teaspoon salt
1/2 teaspoon pepper
1 pound beef cubed steaks
1 (14-1/2-ounce) can diced tomatoes, no salt added



What To Do:

1. In a large skillet, heat oil over medium-high heat. Cook the peppers, onion, garlic powder, Italian seasoning, salt and pepper 5 minutes. Remove to a plate and set aside.
2. Add the cube steaks to the same skillet and cook 5 to 7 minutes, or until browned, turning once.
3. Add the tomatoes to the skillet. Bring to a boil, reduce heat to low, and simmer for 20-25 minutes or until meat is tender.

Nutritional Information

Servings Per Recipe: 4

Amount Per Serving	% Daily Value *
Calories 256	
Calories from Fat 113	
Total Fat 13g	19 %
Saturated Fat 3.8g	19 %
Trans Fat 0.0g	0 %
Protein 26g	53 %

Amount Per Serving	% Daily Value *
Cholesterol 78mg	26 %
Sodium 402mg	17 %
Total Carbohydrates 8.5g	3 %
Dietary Fiber 2.5g	10 %
Sugars 4.9g	0 %

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



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Homestyle Meatloaf

Got a craving for comfort food? It's meatloaf to the rescue! Not only is it a great ground beef recipe for dinner, but some (like us!) say it's even better 'the day after' as the filling in a cold meatloaf sandwich. Plus, because everything is mixed in one bowl, it can be included among your easy diabetic dinner recipes.

Serves: 10

Cooking Time: 1 hr 35 min

What You'll Need:

- 2 pounds 95% lean ground beef
- 1 (8-1/4-ounce) can julienne carrots, drained
- 1 (13-1/2-ounce) can mushroom stems and pieces, drained
- 1/2 cup cornflake crumbs
- 1 tablespoon dried minced onion
- 1/2 cup egg substitute
- 1/2 teaspoon black pepper
- 3 tablespoons ketchup

What To Do:

1. Preheat oven to 350 degrees F. Coat a 5- x 9-inch loaf pan with cooking spray.
2. In a large bowl, combine ground beef, carrots, mushrooms, cornflake crumbs, minced onion, egg substitute, and pepper; mix well. Place in loaf pan and spread ketchup evenly over top.
3. Bake 1-1/2 hours, or until no pink remains. Allow to sit 5 minutes. Pour off excess liquid, if any, then slice and serve.

Nutritional Information

Servings Per Recipe: 10

Amount Per Serving	% Daily Value *
Calories 227	
Calories from Fat 124	
Total Fat 14g	21 %
Saturated Fat 5.3g	27 %
Trans Fat 0.9g	0 %
Protein 19g	38 %

Amount Per Serving	% Daily Value *
Cholesterol 62mg	21 %
Sodium 364mg	15 %
Total Carbohydrates 6.0g	2 %
Dietary Fiber 1.4g	5 %
Sugars 2.9g	0 %

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



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Twin Pepper Steak Kabobs

If you're looking for diabetic picnic recipes, look no further! These fit any time we want the big taste of the grill, whether it's Memorial Day, July 4th, or even on a cold winter's day — 'cause our Twin Pepper Steak Kabobs work in the broiler just as well as on the barbecue grill.

Serves: 8

Preparation Time: 20 min

Cooking Time: 15 min

What You'll Need:

- 8 (10- to 12-inch) metal or wooden skewers
- 1 cup ketchup
- 1/4 cup steak sauce
- 1/2 cup packed light brown sugar
- 1/2 cup apple cider vinegar
- 2 tablespoons Worcestershire sauce
- 2 pounds boneless beef top sirloin steak, well-trimmed and cut into 32 equal-sized chunks
- 1 green bell pepper, cut into 16 pieces
- 1 red bell pepper, cut into 16 pieces



What To Do:

1. In a medium saucepan, combine the ketchup, steak sauce, brown sugar, vinegar, and Worcestershire sauce over medium heat; bring to a boil, stirring occasionally until the sugar is dissolved. Remove from the heat and allow marinade to cool.
2. Thread each skewer alternately with 4 pieces of steak, 2 pieces of red pepper, and 2 pieces of green pepper. Place the skewers in a 9-inch by 13-inch glass baking dish and pour the cooled marinade over them. Cover and chill at least 2 hours, or overnight.
3. Preheat the broiler to high. Coat a rimmed baking sheet with cooking spray.
4. Place the kabobs on the baking sheet, discarding any excess marinade, and broil 14 to 16 minutes, or to desired doneness, turning halfway through the cooking.

Nutritional Information

Amount Per Serving	% Daily Value *
Calories 249	
Calories from Fat 43	
Total Fat 4.8g	7 %
Saturated Fat 1.7g	9 %
Trans Fat 0.0g	0 %
Protein 26g	52 %

Servings Per Recipe: 8

Amount Per Serving	% Daily Value *
Cholesterol 68mg	23 %
Sodium 585mg	24 %
Total Carbohydrates 25g	8 %
Dietary Fiber 0.4g	2 %
Sugars 22g	0 %

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



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Apple Cider Slaw

Apple Cider Slaw is a great side dish or lunch. It's a perfect partner for pork and pretty much everything else.

Serves: 16

What You'll Need:

- 1/2 of a head green cabbage, shredded (see Options)
- 1/2 of a head red cabbage, shredded (see Options)
- 2 large cucumbers, seeded and diced
- 1 onion, finely chopped
- 1 (15-1/4-ounce) can whole-kernel corn, drained
- 1/2 cup olive oil
- 1/2 cup apple cider vinegar
- 1/3 cup sugar
- 1 1/2 teaspoons salt



What To Do:

1. In a large bowl, toss together the green and red cabbage, the cucumbers, onion, and corn.
2. In a small bowl, combine the remaining ingredients; pour over the cabbage mixture and toss well. Serve, or cover and chill until ready to serve.



Go ahead and make this salad your own! Add peppers or carrots for extra crunch, or use prepared cole slaw mix for convenience.

Nutritional Information

Servings Per Recipe: 16

Amount Per Serving	% Daily Value *
Calories 123	
Calories from Fat 65	
Total Fat 7.2g	11 %
Saturated Fat 1.0g	5 %
Trans Fat 0.0g	0 %
Protein 1.7g	3 %

Amount Per Serving	% Daily Value *
Cholesterol 0.0mg	0 %
Sodium 283mg	12 %
Total Carbohydrates 15g	5 %
Dietary Fiber 2.1g	8 %
Sugars 7.8g	0 %

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



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Picnic Pasta Salad

Nothing says summer more than a picnic-style salad, and this one borrows the ingredients from two favorites — chicken salad and macaroni salad. Our diabetes-friendly version of Picnic Pasta Salad is sure to be included among your most requested diabetic picnic recipes.

Serves: 4

Cooking Time: 15 min

What You'll Need:

1 (16-ounce) package frozen broccoli, cauliflower and carrot blend

1-1/2 cups cooked reduced-carb pasta

2 (4-ounce) boneless skinless chicken breast halves, cooked, cubed

2 teaspoons light Asian sesame dressing (see Note)



What To Do:

1. Cook vegetables according to package directions and drain.
2. Combine all ingredients in salad bowl and lightly toss.

Nutritional Information

Amount Per Serving	% Daily Value *
Calories 192	
Calories from Fat 18	
Total Fat 2.0g	3 %
Saturated Fat 0.4g	2 %
Trans Fat 0.0g	0 %
Protein 16g	33 %

Servings Per Recipe: 4

Amount Per Serving	% Daily Value *
Cholesterol 36mg	12 %
Sodium 118mg	5 %
Total Carbohydrates 24g	8 %
Dietary Fiber 3.6g	14 %
Sugars 4.2g	0 %

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

The following ingredients or measurements are not included:

- light Asian sesame dressing (see Note)



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Confetti Corn Salad

We all know that cottage cheese is a super-healthy option, but it can get a bit boring. So we decided to add some excitement to it by tossing it with a rainbow of colorful veggies. So now it's a Confetti Corn Salad that's creamy, delicious and even better for you, and one that will be in perfect company among your other diabetic picnic recipes!

Serves: 6

Preparation Time: 10 min

What You'll Need:

1-1/3 cups frozen whole corn kernels
1/4 cup chopped red bell pepper
1/2 cup chopped celery
1/4 cup finely chopped onion
1 cup reduced-fat small curd cottage cheese, drained
1/3 cup reduced-fat sour cream
1 teaspoon fresh dill (or 1/8 teaspoon dried dill)
1/4 teaspoon salt
1/4 teaspoon pepper



What To Do:

1. Prepare corn according to package instructions. Drain and cool.
2. In a salad bowl, combine corn, red pepper, celery and onions. Add cottage cheese and strain mixture, if needed, to remove excess liquid. Stir in sour cream, dill, salt and pepper. Cover and refrigerate until well chilled.

Nutritional Information

Amount Per Serving	% Daily Value *
Calories 88	
Calories from Fat 22	
Total Fat 2.5g	4 %
Saturated Fat 1.4g	7 %
Trans Fat 0.0g	0 %
Protein 6.8g	14 %

Servings Per Recipe: 6

Amount Per Serving	% Daily Value *
Cholesterol 5.9mg	2 %
Sodium 267mg	11 %
Total Carbohydrates 11g	4 %
Dietary Fiber 1.2g	5 %
Sugars 2.7g	0 %

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



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Hot Diggity Dog "Bites"

Hot Diggity Dog "Bites" are the perfect way to celebrate. Think about making them at the start of a new school year as a kid-pleasin' treat!

Serves: 16

Preparation Time: 10 min

Cooking Time: 12 min

What You'll Need:

1/4 cup yellow mustard
2 tablespoons sweet pickle relish
8 (6-inch) flour tortillas
8 turkey hot dogs (1-pound)
Toothpicks



What To Do:

1. Preheat oven to 350 degrees. Coat a baking dish with cooking spray.
2. In a small bowl, combine the mustard and relish; mix well. Spread equally over each tortilla.
3. Place one hot dog on the edge of each tortilla, and roll up. Trim and discard the ends of the tortillas. Cut each roll into eight equal pieces and secure each with a toothpick.
4. Place the hot dog bites on the baking sheet and bake 12 to 15 minutes, or until heated through and the tortillas are golden.



Did you know Turkey franks average only 2 grams of fat each, compared to traditional beef franks, which have about 29 grams each.

Nutritional Information

Servings Per Recipe: 16

Amount Per Serving	% Daily Value *
Calories 93	
Calories from Fat 38	
Total Fat 4.2g	6 %
Saturated Fat 1.1g	6 %
Trans Fat 0.0g	0 %
Protein 3.9g	8 %

Amount Per Serving	% Daily Value *
Cholesterol 21mg	7 %
Sodium 418mg	17 %
Total Carbohydrates 9.7g	3 %
Dietary Fiber 0.5g	2 %
Sugars 1.6g	0 %

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Border Burgers

Sink your teeth into these juicy burgers that are absolutely diet-friendly! Our easy southwestern-style recipe for Border Burgers is so delicious, you'll never even realize it's part of a healthier lifestyle.

Makes: 4

What You'll Need:

- 1 pound 90% lean ground beef
- 1 teaspoon chili powder
- 1 teaspoon cumin
- 1/2 teaspoon salt
- 1/4 teaspoon black pepper
- 1 onion, thinly sliced
- 2 bell peppers (red and yellow or green), thinly sliced
- 4 tablespoons salsa



What To Do:

1. Preheat oven to broil. Coat a nonstick broiling pan with cooking spray.
2. Divide beef into 4 patties and broil until no pink remains or to desired doneness.
3. Meanwhile, in a medium nonstick skillet over medium heat, sauté onion and bell peppers until tender, stirring occasionally.
4. Serve hamburgers topped with veggie mixture and salsa.

Nutritional Information

Amount Per Serving	% Daily Value *
Calories 223	
Calories from Fat 105	
Total Fat 12g	18 %
Saturated Fat 4.7g	23 %
Trans Fat 0.7g	0 %
Protein 24g	47 %

Servings Per Recipe: 4

Amount Per Serving	% Daily Value *
Cholesterol 74mg	25 %
Sodium 478mg	20 %
Total Carbohydrates 5.0g	2 %
Dietary Fiber 1.5g	6 %
Sugars 2.2g	0 %

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



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Layered Pineapple Cherry Squares

Cherries and coconut come together in our Layered Pineapple Cherry Squares to make a fruity and delicious dessert. Plus, by using store-bought crescent dough, we've lightened the work load so you can throw these together in a jiffy. Try them out at your next potluck and we're sure they'll become one of your favorite easy diabetic dessert recipes!

Serves: 12

Cooking Time: 15 min

Chilling Time: 1 hr

What You'll Need:

1 (8-ounce) can reduced-fat refrigerated crescent rolls

1 (8-ounce) package fat-free cream cheese, softened

2 tablespoons Splenda

2 teaspoons coconut extract, divided

1 package (4-serving) sugar-free vanilla cook & serve pudding mix

4-serving package sugar-free cherry gelatin

1 (14-1/2-ounce) can tart red cherries, packed in water, drained and liquid reserved

1 (8-ounce) can crushed pineapple, packed in juice, drained and liquid reserved

1-1/2 cups lite frozen whipped topping, thawed

3 tablespoons flaked coconut



What To Do:

1. Preheat oven to 375 degrees F. Unroll dough and press to cover bottom of 10-inch x 15-inch rimmed baking sheet. Bake 9 to 11 minutes or until golden brown. Let cool.
2. In a medium bowl, combine cream cheese, Splenda, and coconut extract. Spread evenly over cooled crust.
3. In a medium saucepan, combine dry pudding mix, and dry gelatin. Add enough water to reserved cherry and pineapple liquids to make 1-1/4 cups liquid. Add to pudding mixture; mix well to combine. Stir in cherries and pineapple. Cook over medium heat, stirring constantly until mixture thickens and starts to boil. Remove from heat and let cool completely. When cool, spread mixture evenly over cream cheese mixture.
4. Spread whipped topping evenly over cherry filling. Evenly sprinkle coconut over top.
5. Cover and refrigerate 1 hour or until ready to serve.

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Layered Pineapple Cherry Squares (cont.)

Nutritional Information

Servings Per Recipe: 12

Amount Per Serving	% Daily Value *
Calories 137	
Calories from Fat 40	
Total Fat 4.5g	7 %
Saturated Fat 2.5g	13 %
Trans Fat 0.0g	0 %
Protein 5.3g	11 %

Amount Per Serving	% Daily Value *
Cholesterol 2.5mg	1 %
Sodium 337mg	14 %
Total Carbohydrates 21g	7 %
Dietary Fiber 0.7g	3 %
Sugars 11g	0 %

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

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Rainbow Bars

Just because you're making an effort to eat healthfully doesn't mean you can't enjoy a treat now and then. Indulge your sweet tooth with our Rainbow Bars, which include low-fat peanut butter and candy-coated chocolate pieces.

Serves: 18

Cooking Time: 12 min

What You'll Need:

- 1/2 cup granulated Splenda
- 1/2 cup packed brown sugar
- 1/2 cup canola oil
- 1/4 cup reduced-fat peanut butter
- 1 egg
- 1 teaspoon vanilla extract
- 2 cups all-purpose flour
- 1/2 teaspoon baking soda
- 1/4 teaspoon salt
- 3/4 cup mini candy-coated chocolate pieces



What To Do:

1. Preheat oven to 350 degrees F. Coat a 9- x 13-inch baking dish with cooking spray.
2. In a bowl, combine the Splenda, brown sugar, oil, peanut butter, egg, and vanilla.
3. In another bowl, combine flour, baking soda, and salt; stir into the peanut butter mixture. Stir in the candy pieces. Spread into prepared pan.
4. Bake 12 to 15 minutes or until lightly browned. Cool on a wire rack.

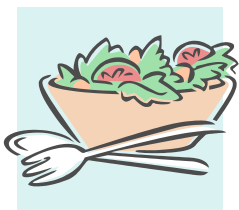
Nutritional Information

Servings Per Recipe: 18

Amount Per Serving	% Daily Value *
Calories 195	
Calories from Fat 87	
Total Fat 9.7g	15 %
Saturated Fat 1.9g	10 %
Trans Fat 0.0g	0 %
Protein 3.2g	6 %

Amount Per Serving	% Daily Value *
Cholesterol 12mg	4 %
Sodium 100mg	4 %
Total Carbohydrates 24g	8 %
Dietary Fiber 0.8g	3 %
Sugars 12g	0 %

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



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Chocolate Peanut Butter Trifle

If you're looking for the ultimate dessert presentation, make this Chocolate Peanut Butter Trifle in parfait glasses so the decadent layers can win you loads of raves! Plus, it's one of our many easy diabetic dessert recipes that are perfect for a potluck!

Serves: 12

Preparation Time: 10 min

What You'll Need:

- 1 package (4-serving size) sugar-free instant chocolate pudding mix
- 2 cups fat-free milk
- 1 (8-ounce) container fat-free frozen whipped topping, thawed, divided
- 1/2 cup reduced-fat peanut butter
- 1/2 of a store-bought angel food cake, cut into 1/2-inch slices
- 2 tablespoons chopped peanuts



What To Do:

1. In a large bowl, beat the pudding mix and milk until well combined. Place 1 cup pudding in a medium bowl, reserving the remaining pudding. Add 1 cup whipped topping to the 1 cup pudding; fold until well blended.
2. In another medium bowl, beat the peanut butter into the remaining whipped topping until smooth.
3. Line the bottom of an 8-inch square baking dish with half of the angel food cake slices. Spread the chocolate whipped topping mixture evenly over the cake slices, followed by a second layer of the remaining angel food cake slices then a layer of chocolate pudding. Spread the peanut butter mixture over the pudding.
4. Sprinkle with the chopped peanuts. Cover and chill at least 1 hour before serving.

Nutritional Information

Servings Per Recipe: 12

Amount Per Serving	% Daily Value *
Calories 201	
Calories from Fat 53	
Total Fat 5.9g	9 %
Saturated Fat 1.4g	7 %
Trans Fat 0.0g	0 %
Protein 7.7g	15 %

Amount Per Serving	% Daily Value *
Cholesterol 3.8mg	1 %
Sodium 321mg	13 %
Total Carbohydrates 32g	11 %
Dietary Fiber 1.7g	7 %
Sugars 14g	0 %

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



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Cookies 'n' Cream Cupcakes

Who doesn't love the age-old pairing of chocolate and vanilla? Our Cookies 'n' Cream Cupcakes provide a tasty twist on a classic combination.

Makes: 24

Cooking Time: 18 min

What You'll Need:

- 1 (18.25-ounce) package white cake mix
- 1-1/4 cups water
- 1/4 cup canola oil
- 3 egg whites
- 1-1/2 cups chocolate sandwich cookie crumbs, divided
- 1 (16-ounce) can sugar-free vanilla frosting

What To Do:

1. Preheat oven to 350 degrees F. Line muffin tins with paper liners.
2. In a large bowl, combine cake mix, water, oil, and egg whites; beat on low speed for 30 seconds. Beat on high for 2 minutes. Gently fold in 1 cup cookie crumbs. Spoon batter into muffin tins, filling each about 2/3 full.
3. Bake 18 to 22 minutes, or until a toothpick inserted near the center comes out clean. Cool completely, then frost. Sprinkle with remaining cookie crumbs.

Nutritional Information

Servings Per Recipe: 24

Amount Per Serving	% Daily Value *
Calories 201	
Calories from Fat 86	
Total Fat 9.5g	15 %
Saturated Fat 1.8g	9 %
Trans Fat 1.3g	0 %
Protein 1.1g	2 %

Amount Per Serving	% Daily Value *
Cholesterol 0.0mg	0 %
Sodium 205mg	9 %
Total Carbohydrates 31g	10 %
Dietary Fiber 2.3g	9 %
Sugars 14g	0 %

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



Must-Have Recipes for a Potluck: 30 Diabetic Desserts, Salads, Appetizers & More

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Aloha Fruity Pudding

Set sail for Hawaii with our Aloha Fruity Pudding. A base of banana pudding and lots of fresh fruit add body and flavor to this tropical delight! Plus, it comes together so quickly that it is definitely one of our favorites easy diabetic dessert recipes for a potluck.

Serves: 6

What You'll Need:

- 1 package (4-serving) package sugar-free instant vanilla pudding mix
- 1 cup skim milk
- 1/2 teaspoon vanilla extract
- 1-1/2 cups frozen fat-free whipped topping, thawed, divided
- 1 (8-ounce) can pineapple chunks, unsweetened, drained
- 1 (11-ounce) can mandarin oranges, packed in juiced, drained
- 1 cup fresh strawberries, sliced
- 1 banana, sliced
- 1 tablespoon shredded unsweetened coconut



What To Do:

1. In a large bowl, combine pudding mix, milk, and vanilla until thickened.
2. Stir in 1-1/4 cups whipped topping. Gently fold in the pineapple, mandarin oranges, strawberries, and banana.
3. Spoon mixture into six individual serving dishes and top with remaining whipped topping and coconut. Serve immediately or refrigerate until ready to serve.

Nutritional Information

Servings Per Recipe: 6

Amount Per Serving	% Daily Value *
Calories 163	
Calories from Fat 52	
Total Fat 5.7g	9 %
Saturated Fat 4.9g	24 %
Trans Fat 0.0g	0 %
Protein 3.1g	6 %

Amount Per Serving	% Daily Value *
Cholesterol 1.2mg	0 %
Sodium 44mg	2 %
Total Carbohydrates 26g	9 %
Dietary Fiber 2.8g	11 %
Sugars 21g	0 %

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



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Grandma's Oatmeal Raisin Cookies

This classic recipe for Grandma's Oatmeal Raisin Cookies will take you back to the days of your childhood, when warm milk and cookies were waiting for you to devour as soon as you arrived home from school. But not to worry, we've altered the recipe just a little to make them diabetic-friendly, so you can still enjoy them in moderation!

Serves: 8

Cooking Time: 20 min

What You'll Need:

1-1/2 cups quick-cooking rolled oats	1/3 cup granulated Splenda
1/2 cup plus 1 tablespoon all-purpose flour	2 tablespoons plus 2 tsp, reduced-calorie margarine, melted
1 teaspoon baking powder	1 egg, slightly beaten
1/2 teaspoon baking soda	1/2 cup unsweetened applesauce
1 teaspoon pumpkin pie spice	1/4 cup fat-free plain yogurt
2 tablespoons Splenda brown sugar	1/3 cup raisins

What To Do:

1. Preheat oven to 350 degrees. Coat 2 baking sheets with cooking spray.
2. In a large bowl, combine oats, flour, baking powder, baking soda, pumpkin pie spice, Splenda brown sugar, and granulated Splenda. Add margarine and blend into oats mixture. Add egg, applesauce, yogurt, and raisins. Mix gently to combine.
3. Drop by tablespoonfuls to form 24 cookies on prepared baking sheets.
4. Bake 20 to 22 minutes. Let cool completely on wire racks.

Nutritional Information

Servings Per Recipe: 8

Amount Per Serving	% Daily Value *
Calories 149	
Calories from Fat 22	
Total Fat 2.4g	4 %
Saturated Fat 0.5g	3 %
Trans Fat 0.0g	0 %
Protein 3.2g	6 %

Amount Per Serving	% Daily Value *
Cholesterol 21mg	7 %
Sodium 176mg	7 %
Total Carbohydrates 20g	7 %
Dietary Fiber 1.8g	7 %
Sugars 14g	0 %

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



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