

Mr. Food
TEST KITCHEN

Everyday Diabetic Recipes

Our Best Low-Carb Recipes

30 Low-Carb Dinner Recipes, Desserts, and More



A Free eCookbook from EverydayDiabeticRecipes.com

"OOH IT'S SO GOOD!!"[®]



Everyday Diabetic Recipes

Our Best Low-Carb Recipes: 30 Low-Carb Dinner Recipes, Desserts, and More

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Everyday Diabetic Recipes

Dear Friend,

Maintaining a healthy lifestyle in the kitchen can be tricky, especially when it seems like you can't find a low-carb recipe you actually enjoy. With the latest eCookbook from EverydayDiabeticRecipes.com, however, you can feel confident in serving up any of our triple-tested recipes; not only do they taste good, but they're good for you, too!

Breakfast is the most important meal of the day, and even though these recipes are low in carbs, they're certainly still full of flavor! Make a cozy meal for your family with our **Frittata Primavera** (page 2) or enjoy a sweet morning treat with our **Orange 'n' Brown Sugar Glazed Peaches** (page 5). You won't want to skip breakfast again with these on the menu!

We don't know about you, but a steamin' bowl of soup is enough to make us feel like a million bucks. Serve our **Weeknight Tomato-Beef Soup** (page 8) as an easy mid-week meal, or whip up a batch of our **Shortcut Chicken Soup & Dumplings** (page 10), and you'll relish each and every feel-good spoonful.

When the dinner bell's calling your family home, you'll be grateful to have so many healthy dinner recipes to choose between! If ground beef is your calling, our **Two-Step Meat Loaf Muffins** (page 14) will show you how to make dinner on the fly. For a fancy, restaurant-style meal, our **Stuffed Chicken Rolls** (page 17) add a sophisticated touch to your dinner plate. And our **Herb-Crusted Pork Tenderloin** (page 23) is easy enough to make during the week, but still company-ready for guests.

We've saved the best for last with our selection of low-carb desserts. You don't need to have a "guilty pleasure" sweet when you've got these recipes you can feel good about! From our tropical-getaway recipe for **No-Bake Key Lime Pie** (page 28) to our extra chocolaty **Berry Chocolate Cupcakes** (page 29), you're sure to find plenty of desserts that'll have you saying...

"OOH IT'S SO GOOD!!®"

Kelly Howard Patty



P.S. Enjoy this eCookbook filled with 30 fantastic low-carb recipes. Remember, the *Best Low-Carb Recipes* 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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Table of Contents

Breakfast

| | |
|---|---|
| Fiesta Breakfast Cups..... | 1 |
| Frittata Primavera..... | 2 |
| Italian Sausage Frittata..... | 3 |
| Sweet Broiled Grapefruit..... | 4 |
| Orange 'n' Brown Sugar Glazed Peaches..... | 5 |

Soup

| | |
|---|----|
| Broccoli Cream Soup..... | 6 |
| Icy Hot Gazpacho..... | 7 |
| Weeknight Tomato-Beef Soup..... | 8 |
| Thick 'n' Creamy Mushroom Soup..... | 9 |
| Shortcut Chicken Soup & Dumplings..... | 10 |

Ground Beef

| | |
|---------------------------------|----|
| Beanless Beef Chili..... | 11 |
| Border Burgers..... | 12 |
| Stuffed Peppers Italiano..... | 13 |
| Two-Step Meat Loaf Muffins..... | 14 |
| Beefed-Up Vegetable Stew..... | 15 |

Chicken

| | |
|--------------------------------|----|
| Asian Wraps..... | 16 |
| Stuffed Chicken Rolls..... | 17 |
| Stoplight Chicken..... | 18 |
| Mom's Chicken Cordon Bleu..... | 19 |
| Riviera Chicken..... | 20 |

Pork

| | |
|-----------------------------------|----|
| Ginger Pork Tenderloin..... | 21 |
| Zesty Sausage Meatballs..... | 22 |
| Herb-Crusted Pork Tenderloin..... | 23 |
| Mouthwatering Pork Marsala..... | 24 |
| Parisian Pork Medallions..... | 26 |

Desserts

| | |
|----------------------------------|----|
| Crustless Lemon Cream Pie..... | 27 |
| No-Bake Key Lime Pie..... | 28 |
| Berry Chocolate Cupcakes..... | 29 |
| Coconut Peanut Butter Bites..... | 31 |
| Lickety Split Lemon Oaties..... | 32 |

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Fiesta Breakfast Cups

Muffin tin 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, especially if you are looking for a low-carb breakfast. Popping them in the oven gets you out of the kitchen and back to the party with your guests!

Serves: 6

Serving Size: 1 breakfast cup

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 pepper, 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

| Amount/Serving | % Daily Value* | Amount/Serving | % Daily Value* | Amount/Serving | Servings Per Recipe: 6 | % Daily Value* |
|-----------------------|----------------|--------------------------|----------------|---------------------------------|------------------------|----------------|
| Calories 37 | | Protein 5.2g | 10% | Total Carbohydrates 2.9g | | 1% |
| Calories from Fat 6.8 | | Cholesterol 2.1mg | 1% | Dietary Fiber 0.4g | | 2% |
| Total Fat 0.8g | 1% | Sodium 194mg | 8% | Sugars 1.1g | | 0% |
| Saturated Fat 0.4g | 2% | | | | | |
| Trans Fat 0.0g | 0% | | | | | |

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

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Frittata Primavera

Say “goodbye” to boring omelets and say “hello” to frittatas! Besides being packed with protein, this Frittata Primavera sure makes a colorful presentation!

Serves: 4

Cooking Time: 15 min

What You'll Need:

1 cup cut fresh asparagus
1 cup chopped fresh mushrooms
1/2 cup chopped broccoli florets
2 scallions, thinly sliced
1/2 red bell pepper, chopped
1 clove garlic, crushed
1/8 teaspoon crushed red pepper (optional)
1/2 teaspoon salt
3 whole eggs
3 egg whites
1/4 cup nonfat milk



What To Do:

1. Coat a 10-inch nonstick skillet with cooking spray*; heat over medium-high heat.
2. Add the asparagus, mushrooms, broccoli, scallions, bell pepper, garlic, crushed red pepper, if desired, and salt. Cook 2 to 3 minutes, or until the vegetables are tender, stirring occasionally.
3. Meanwhile, in a medium bowl, whisk together the whole eggs, egg whites, and milk. Reduce the heat of the skillet to medium-low and add the egg mixture.
4. As the mixture begins to set, push the cooked edges slightly toward the center, allowing the liquid to run to the edges of the skillet. Reduce the heat to low, cover, and cook 8 to 9 minutes, or until the eggs are set.
5. Slide the frittata onto a serving platter. Cut into 4 wedges and serve immediately.



*To make this a gluten-free recipe, use nonstick cooking spray with no flour added, and, if using crushed red pepper, use a brand with no added starch from a gluten-containing source.

Nutritional Information

| Amount/Serving | % Daily Value* | Amount/Serving | % Daily Value* | Amount/Serving | Servings Per Recipe: 4 | % Daily Value* |
|----------------------|----------------|--------------------------|----------------|---------------------------------|------------------------|----------------|
| Calories 93 | | Protein 9.8g | 20% | Total Carbohydrates 5.2g | | 2% |
| Calories from Fat 34 | | Cholesterol 140mg | 47% | Dietary Fiber 1.6g | | 6% |
| Total Fat 3.8g | 6% | Sodium 398mg | 17% | Sugars 2.8g | | 0% |
| Saturated Fat 1.2g | 6% | | | | | |
| Trans Fat 0.0g | 0% | | | | | |

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

*Does not include crushed red pepper (optional)

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Italian Sausage Frittata

A low-carb breakfast doesn't have to leave you hungry. The proof is in our Italian Sausage Frittata. With bell peppers, mushrooms, onions, and tomatoes, this good-for-you frittata will leave you satisfied. Plus, thanks to all those flavorful veggies, nobody will ever suspect the sneaky swap of turkey sausage.

Serves: 8

Serving Size: 1 wedge

Cooking Time: 18 min

What You'll Need:

- 1 tablespoon canola oil
- 1/2 green bell pepper, chopped
- 1/4 cup onion, chopped
- 1-1/2 cups mushrooms, sliced
- 1 tomato, cut into 1/2-inch chunks
- 1 cup cooked turkey sausage crumbles
- 1-1/2 cups egg substitute
- 1/4 cup fat-free half-and-half cream
- 1/2 teaspoon black pepper
- 1/2 cup reduced-fat shredded cheddar cheese



What To Do:

1. In a large, nonstick skillet, heat oil over medium heat.
2. Cook green pepper, onion, mushrooms and tomatoes for 6 to 8 minutes or until tender.
3. Stir in sausage and cook 1 minute.
4. In a medium bowl, combine egg substitute, half-and-half and pepper.
5. Pour over sausage mixture, cover, and cook 8 to 10 minutes or until set on top.
6. Sprinkle with cheddar cheese and cover 1 minute or until cheese melts.
7. Cut into 8 wedges.

Nutritional Information

| Amount/Serving | % Daily Value* | Amount/Serving | % Daily Value* | Amount/Serving | Servings Per Recipe: 8 | % Daily Value* |
|----------------------|----------------|-------------------------|----------------|---------------------------------|------------------------|----------------|
| Calories 82 | | Protein 10g | 20% | Total Carbohydrates 3.9g | | 1% |
| Calories from Fat 31 | | Cholesterol 11mg | 4% | Dietary Fiber 0.6g | | 2% |
| Total Fat 3.4g | 5% | Sodium 266mg | 11% | Sugars 2.7g | | 0% |
| Saturated Fat 0.8g | 4% | | | | | |
| Trans Fat 0.0g | 0% | | | | | |

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Sweet Broiled Grapefruit

You'll feel "in the pink" when you enjoy this old-fashioned favorite! Our Sweet Broiled Grapefruit is a cinch to make, and the tangy sweet flavors will satisfy you long after you finish the last spoonful.

Serves: 4

Serving Size: ½ a grapefruit

What You'll Need:

- 2 large pink grapefruit, halved
- 2 tablespoons reduced-fat buttery spread
- 1/2 teaspoon ground cinnamon
- 2 teaspoons granulated Splenda

What To Do:

1. Preheat oven to broil.
2. Section each grapefruit half with grapefruit knife or paring knife by cutting around each section close to membrane. Sections should be loosened from shell completely.
3. In a small microwaveable bowl, melt spread in microwave on HIGH 10 seconds. Add cinnamon and Splenda and mix well. Drizzle over grapefruit halves.
4. Broil grapefruit halves in shallow baking pan about 4 inches from heat until tops bubble and are light brown.

Nutritional Information

| Amount/Serving | % Daily Value* | Amount/Serving | % Daily Value* | Amount/Serving | % Daily Value* |
|----------------------|----------------|--------------------------|----------------|---------------------------------|----------------|
| Calories 52 | | Protein 0.5g | 1% | Total Carbohydrates 6.9g | 2% |
| Calories from Fat 28 | | Cholesterol 7.5mg | 3% | Dietary Fiber 1.1g | 4% |
| Total Fat 3.1g | 5% | Sodium 50mg | 2% | Sugars 5.8g | 0% |
| Saturated Fat 1.8g | 9% | | | | |
| Trans Fat 0.0g | 0% | | | | |

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Orange 'n' Brown Sugar Glazed Peaches

A warm fruity dessert is always welcome, and our Test Kitchen came up with a winner here. These light and healthy Orange 'n' Brown Sugar Glazed Peaches are sure to brighten up your day.

Serves: 3

Cooking Time: 10 min

What You'll Need:

- 2 tablespoons light butter spread with canola oil
- 2 tablespoons brown sugar Splenda blend
- 2 tablespoons fresh orange juice
- 1 teaspoon ground cinnamon
- 1 (15-ounce) no-sugar-added sliced peaches with juice, drained



What To Do:

1. In a large skillet over medium heat, melt butter spread and stir in brown sugar. When it bubbles, stir in orange juice and cinnamon.
2. Add peaches and cook about 5 minutes until peaches are coated. When peaches are hot and glazed, remove from pan and spoon into 3 dessert dishes. Serve immediately.

Nutritional Information

| Amount/Serving | % Daily Value* | Amount/Serving | % Daily Value* | Amount/Serving | Servings Per Recipe: 3 | % Daily Value* |
|----------------------|----------------|-------------------------|----------------|--------------------------------|------------------------|----------------|
| Calories 76 | | Protein 0.1g | 0% | Total Carbohydrates 10g | | 3% |
| Calories from Fat 36 | | Cholesterol 10mg | 3% | Dietary Fiber 6.4g | | 25% |
| Total Fat 4.0g | 6% | Sodium 79mg | 3% | Sugars 7.1g | | 0% |
| Saturated Fat 2.3g | 12% | | | | | |
| Trans Fat 0.0g | 0% | | | | | |

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Broccoli Cream Soup

There's something about a cream soup that just makes us feel warm and cozy. Just because you are on a diabetes diet doesn't mean you can't enjoy a cream soup, too! We've devised a healthy way to get that creamy consistency without all the fat and calories, so grab a spoon and dig in!

Serves: 8

Cooking Time: 30 min

What You'll Need:

- 2 cloves garlic, minced
- 1 cup finely chopped onion
- 1 cup chopped red or green bell pepper
- 1 cup chopped celery
- 5 cups coarsely chopped broccoli florets
- 1 container (32-ounce) reduced-sodium, fat-free chicken broth
- 1/4 cup fat-free half-and-half cream



What To Do:

1. Coat a large nonstick skillet with cooking spray. Over medium-high heat, cook garlic, onion, bell pepper, and celery until tender, stirring occasionally.
2. Stir in broccoli and broth; bring to a boil. Reduce heat to medium; continue cooking until broccoli is soft enough to mash.
3. Cool about 10 minutes. Transfer in batches to food processor or blender and process until smooth.
4. Return to pan, pour in half-and-half cream, and heat over low heat, being careful not to burn.

Nutritional Information

| Amount/Serving | % Daily Value* | Amount/Serving | % Daily Value* | Amount/Serving | % Daily Value* |
|----------------------|----------------|--------------------------|----------------|---------------------------------|----------------|
| Calories 51 | | Protein 3.3g | 7% | Total Carbohydrates 7.7g | 3% |
| Calories from Fat 11 | | Cholesterol 2.8mg | 1% | Dietary Fiber 2.4g | 10% |
| Total Fat 1.2g | 2% | Sodium 61mg | 3% | Sugars 2.9g | 0% |
| Saturated Fat 0.6g | 3% | | | | |
| Trans Fat 0.0g | 0% | | | | |

Servings Per Recipe: 8

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Icy Hot Gazpacho

Let this tongue-tingling, veggie-packed chilled soup keep both your gang and your kitchen cool! Make our Icy Hot Gazpacho and let them help themselves right from the fridge when they come home hungry.

Serves: 10

Chill Time: 4 hrs

What You'll Need:

- 1 (14-1/2-ounce) can diced tomatoes, drained
- 1 (46-ounce) can no-salt-added tomato juice
- 1 large cucumber, peeled, seeded and diced
- 1 medium-sized green bell pepper, diced
- 5 scallions, thinly sliced
- 3 garlic cloves, minced
- 1/3 cup white vinegar
- 1 tablespoon olive oil
- 2 tablespoons Worcestershire sauce
- 1/2 teaspoon hot pepper sauce



What To Do:

1. In a large bowl, combine all ingredients; mix well.
2. Cover and chill at least 4 hours before serving.

Nutritional Information

| Amount/Serving | % Daily Value* | Amount/Serving | % Daily Value* | Amount/Serving | Servings Per Recipe: 10 | % Daily Value* |
|----------------------|----------------|--------------------------|----------------|--------------------------------|-------------------------|----------------|
| Calories 60 | | Protein 1.9g | 4% | Total Carbohydrates 11g | | 4% |
| Calories from Fat 13 | | Cholesterol 0.0mg | 0% | Dietary Fiber 1.8g | | 7% |
| Total Fat 1.5g | 2% | Sodium 128mg | 5% | Sugars 7.3g | | 0% |
| Saturated Fat 0.2g | 1% | | | | | |
| Trans Fat 0.0g | 0% | | | | | |

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Weeknight Tomato-Beef Soup

After a hectic day, you can look forward to simmering this homemade Weeknight Tomato-Beef Soup quick as can be. This low-carb soup recipe has great taste and nutrition, too!

Serves: 7

Cooking Time: 20 min

What You'll Need:

- 1-3/4 cups reduced-sodium beef broth
- 2 cups reduced-sodium tomato juice
- 1 teaspoon Worcestershire sauce
- 1 tablespoon fresh or teaspoon crushed basil

What To Do:

1. In a large saucepan over medium-high heat, combine all ingredients; bring to a boil. Reduce heat to low, cover, and simmer 4 to 5 minutes, or until heated through.

Nutritional Information

| Amount/Serving | % Daily Value* | Amount/Serving | % Daily Value* | Amount/Serving | Servings Per Recipe: 7 | % Daily Value* |
|-----------------------|----------------|--------------------------|----------------|---------------------------------|------------------------|----------------|
| Calories 19 | | Protein 1.8g | 4% | Total Carbohydrates 3.5g | | 1% |
| Calories from Fat 0.3 | | Cholesterol 0.0mg | 0% | Dietary Fiber 0.3g | | 1% |
| Total Fat 0.0g | 0% | Sodium 193mg | 8% | Sugars 2.6g | | 0% |
| Saturated Fat 0.0g | 0% | | | | | |
| Trans Fat 0.0g | 0% | | | | | |

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Thick 'n' Creamy Mushroom Soup

This lighter version of rich and creamy mushroom soup doesn't skimp on taste. Our Thick 'n' Creamy Mushroom Soup is a quick and easy low-carb soup that anyone can enjoy!

Serves: 5

Cooking Time: 20 min

What You'll Need:

1 pound fresh sliced mushrooms
 3-1/2 cups ready-to-use reduced-sodium chicken broth
 1/2 teaspoon onion powder
 1/8 teaspoon black pepper
 1 cup low-fat milk
 5 tablespoons all-purpose flour
 1/4 teaspoon browning and seasoning sauce



What To Do:

1. Coat a soup pot with cooking spray. Add mushrooms, and sauté over high heat 4 to 5 minutes, or until soft, stirring frequently.
2. Add chicken broth, onion powder, and pepper; bring to a boil then reduce heat to medium-low.
3. In a small bowl, mix milk and flour until smooth. Gradually add to soup, stirring constantly. Stir in browning and seasoning sauce and simmer an additional 5 minutes, or until thickened.

Nutritional Information

| Amount/Serving | % Daily Value* | Amount/Serving | % Daily Value* | Amount/Serving | Servings Per Recipe: 5 | % Daily Value* |
|----------------------|----------------|--------------------------|----------------|--------------------------------|------------------------|----------------|
| Calories 97 | | Protein 8.6g | 17% | Total Carbohydrates 14g | | 5% |
| Calories from Fat 17 | | Cholesterol 2.4mg | 1% | Dietary Fiber 1.2g | | 5% |
| Total Fat 1.9g | 3% | Sodium 77mg | 3% | Sugars 4.7g | | 0% |
| Saturated Fat 0.7g | 3% | | | | | |
| Trans Fat 0.0g | 0% | | | | | |

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Shortcut Chicken Soup & Dumplings

This lighter version of Shortcut Chicken Soup & Dumplings comes packing all the old-fashioned taste you'd expect, without all the work. For a soul soothing low-carb soup that won't blow your diet, this is the one for you.

Serves: 6

Preparation Time: 5 min

Cooking Time: 20 min

What You'll Need:

1/3 cup reduced-fat biscuit mix
3 tablespoons water
1/4 teaspoon crushed dried thyme
3-1/2 cups 98% fat-free chicken broth
1 can (12-ounce) 98% fat-free premium chicken breast in water

What To Do:

1. In a small bowl, stir biscuit mix and water to make a soft dough. Add an additional small amount of biscuit mix if dough is too sticky. Add thyme.
2. In a medium saucepan, combine broth and chicken; heat until broth boils. Drop tablespoons of dumpling dough into boiling broth. Reduce heat to medium and slow boil 10 minutes. Cover and continue cooking an additional 10 minutes.

Nutritional Information

| Amount/Serving | % Daily Value* | Amount/Serving | % Daily Value* | Amount/Serving | Servings Per Recipe: 6 | % Daily Value* |
|----------------------|----------------|-------------------------|----------------|---------------------------------|------------------------|----------------|
| Calories 75 | | Protein 13g | 27% | Total Carbohydrates 2.5g | | 1% |
| Calories from Fat 10 | | Cholesterol 25mg | 8% | Dietary Fiber 0.1g | | 0% |
| Total Fat 1.2g | 2% | Sodium 326mg | 14% | Sugars 0.2g | | 0% |
| Saturated Fat 0.0g | 0% | | | | | |
| Trans Fat 0.0g | 0% | | | | | |

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Beanless Beef Chili

No long cooking required for our Beanless Beef Chili, yet it's as hearty as can be, even without the beans. This skillet main dish is packed with lighter ingredients but is still stick-to-your-ribs satisfying, making it one of our favorite low-carb ground beef recipes.

Serves: 8

Cooking Time: 35 min

What You'll Need:

- 1 pound lean ground beef
- 2 onions, sliced
- 2 cloves garlic, minced
- 1 (14-ounce) can no-salt diced tomatoes
- 1 (14-ounce) can low-sodium beef broth
- 1 (4-ounce) can chopped green chilies with liquid
- 1 teaspoon cumin
- 1 teaspoon chili powder



What To Do:

1. In a large skillet over medium heat, brown ground beef. Drain and discard excess liquid; set aside.
2. Add onions and garlic to skillet. Cook over medium heat about 10 minutes. Add tomatoes, broth, and green chilies. Bring to a boil and add cumin, chili powder, and ground beef. Reduce heat to low and simmer about 15 minutes.

Nutritional Information

| Amount/Serving | % Daily Value* | Amount/Serving | % Daily Value* | Amount/Serving | Servings Per Recipe: 8 | % Daily Value* |
|----------------------|----------------|-------------------------|----------------|---------------------------------|------------------------|----------------|
| Calories 158 | | Protein 12g | 25% | Total Carbohydrates 7.0g | | 2% |
| Calories from Fat 78 | | Cholesterol 39mg | 13% | Dietary Fiber 1.1g | | 4% |
| Total Fat 8.7g | 13% | Sodium 209mg | 9% | Sugars 3.9g | | 0% |
| Saturated Fat 3.4g | 17% | | | | | |
| Trans Fat 0.5g | 0% | | | | | |

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Border Burgers

If you're on the hunt for low-carb ground beef recipes, stop right here! These juicy burgers are absolutely diet-friendly! Our easy southwestern-style recipe for Border Burgers is so delicious, you won't even miss the bun!

Serves: 4

Serving Size: 1 burger

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/Serving | % Daily Value* | Amount/Serving | % Daily Value* | Amount/Serving | Servings Per Recipe: 4 | % Daily Value* |
|-----------------------|----------------|-------------------------|----------------|---------------------------------|------------------------|----------------|
| Calories 223 | | Protein 24g | 47% | Total Carbohydrates 5.0g | | 2% |
| Calories from Fat 105 | | Cholesterol 74mg | 25% | Dietary Fiber 1.5g | | 6% |
| Total Fat 12g | 18% | Sodium 478mg | 20% | Sugars 2.2g | | 0% |
| Saturated Fat 4.7g | 23% | | | | | |
| Trans Fat 0.7g | 0% | | | | | |

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Stuffed Peppers Italiano

Our shortcut version to flavorful stuffed peppers is sure to be one of your favorite go-to main dish comfort recipes. Stuffed Peppers Italiano is perfect for anyone with diabetes 'cause it has simple ingredients yet it maintains full flavor.

Serves: 6

Serving Size: ½ a pepper

Cooking Time: 45 min

What You'll Need:

- 3 large green bell peppers
- 4 cups water
- 1 onion, finely chopped
- 1 pound lean ground beef
- 2 cups light marinara sauce



What To Do:

1. Cut peppers lengthwise into 2 halves. Remove stems, seeds and white membrane.
2. In a large saucepan, bring water to a boil. Drop peppers into boiling water and boil 5 to 6 minutes, or until tender-crisp. Plunge into cold water and drain upside down on paper towels.
3. Coat a medium skillet with cooking spray. Cook onion over medium heat until tender. Remove from skillet and set aside. Add ground beef to skillet, cooking until browned, stirring occasionally. Drain meat in strainer and wipe skillet with paper towels to remove any excess fat.
4. Preheat oven to 350 degrees F. Coat a 9- x 13-inch baking dish with cooking spray.
5. In same skillet, combine ground beef, onion, and 1 cup of marinara sauce. Place pepper shells in prepared baking dish and mound beef mixture into peppers. Cover and bake 20 minutes. While peppers bake, heat remaining sauce in small saucepan. Spoon over baked peppers and serve.

Nutritional Information

| Amount/Serving | % Daily Value* | Amount/Serving | % Daily Value* | Amount/Serving | Servings Per Recipe: 6 | % Daily Value* |
|-----------------------|----------------|-------------------------|----------------|--------------------------------|------------------------|----------------|
| Calories 224 | | Protein 16g | 32% | Total Carbohydrates 11g | | 4% |
| Calories from Fat 114 | | Cholesterol 53mg | 18% | Dietary Fiber 3.1g | | 12% |
| Total Fat 13g | 20% | Sodium 408mg | 17% | Sugars 7.0g | | 0% |
| Saturated Fat 4.6g | 23% | | | | | |
| Trans Fat 0.7g | 0% | | | | | |

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

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Two-Step Meat Loaf Muffins

If your family loves meat loaf, why not give quick 'n' easy Two-Step Meat Loaf Muffins recipe a new taste each time you make it? Try it with hickory-smoked, honey-garlic, and other types of barbecue sauces for different twists!

Serves: 6

Serving Size: 1 meat loaf muffin

Cooking Time: 25 min

What You'll Need:

1 pound 95-96% lean ground beef
1/2 zucchini, shredded
1 egg white
1/2 cup plain bread crumbs*
1/2 teaspoon dried Italian seasoning*
1/4 teaspoon salt
4 tablespoons barbecue sauce*, divided



What To Do:

1. Preheat oven to 400 degrees. Coat a 6-cup muffin pan with nonstick cooking spray.*
2. In a large bowl, combine the beef, zucchini, egg white, bread crumbs, Italian seasoning, salt, and 2 tablespoons barbecue sauce; mix lightly but thoroughly. Divide the beef mixture evenly among the 6 muffin cups. Smooth the tops and spread the remaining 2 tablespoons barbecue sauce over the tops.
3. Bake 25 to 30 minutes, or until no pink remains and the juices run clear.

Nutritional Information

| Amount/Serving | % Daily Value* | Amount/Serving | % Daily Value* | Amount/Serving | Servings Per Recipe: 6 | % Daily Value* |
|-----------------------|----------------|-------------------------|----------------|--------------------------------|------------------------|----------------|
| Calories 218 | | Protein 16g | 32% | Total Carbohydrates 11g | | 4% |
| Calories from Fat 107 | | Cholesterol 51mg | 17% | Dietary Fiber 0.6g | | 2% |
| Total Fat 12g | 18% | Sodium 311mg | 13% | Sugars 3.6g | | 0% |
| Saturated Fat 4.6g | 23% | | | | | |
| Trans Fat 0.7g | 0% | | | | | |

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

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Beefed-Up Vegetable Stew

What's the secret to this beefed-up vegetable stew that makes it a great choice for anyone who has diabetes? We start with lean ground beef, pack it with lots of healthy veggies, and let it simmer in a slow cooker in a light broth.

Serves: 8

Cooking Time: 5 hr 5 min

What You'll Need:

- 1 pound 90% lean ground beef
- 1 (14-ounce) can diced tomatoes with basil, garlic, and oregano
- 1 (16-ounce) package frozen stew vegetables
- 1 cup water
- 1 (4g) packet sodium-free beef bouillon

What To Do:

1. Coat a medium nonstick skillet with cooking spray. Over medium heat, brown beef; drain.
2. Coat a 4- to 5-quart slow cooker with cooking spray. Add beef, tomatoes, stew vegetables, water, and bouillon. Stir, cover, and cook on LOW 4 to 6 hours.

Nutritional Information

| Amount/Serving | % Daily Value* | Amount/Serving | % Daily Value* | Amount/Serving | Servings Per Recipe: 8 | % Daily Value* |
|----------------------|----------------|-------------------------|----------------|--------------------------------|------------------------|----------------|
| Calories 148 | | Protein 14g | 27% | Total Carbohydrates 10g | | 3% |
| Calories from Fat 54 | | Cholesterol 37mg | 12% | Dietary Fiber 3.1g | | 12% |
| Total Fat 6.0g | 9% | Sodium 86mg | 4% | Sugars 1.6g | | 0% |
| Saturated Fat 2.4g | 12% | | | | | |
| Trans Fat 0.4g | 0% | | | | | |

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Asian Wraps

These trendy restaurant-style Asian Wraps are as fun to make as they are to eat. Plus, thanks to the cool Bibb lettuce that holds the flavor-packed chicken filling, this is one of our most requested low-carb chicken recipes.

Serves: 10

Serving Size: 2 wraps

What You'll Need:

- 3/4 pound boneless, skinless chicken breast, cooked and coarsely shredded
- 1/4 pound fresh bean sprouts
- 1/2 small head Napa or Chinese cabbage, shredded (about 3 cups)
- 1 carrot, shredded (about 1 cup)
- 6 scallions (green onions), thinly sliced
- 1/4 cup white vinegar
- 3 tablespoons canola oil
- 2 tablespoons light soy sauce
- 1 tablespoon sesame oil
- 2 garlic cloves, minced
- 2 teaspoons ground ginger
- 1/2 teaspoon black pepper
- 1 to 2 heads Bibb lettuce, separated to obtain 20 leaves



What To Do:

1. In a large bowl, combine chicken, bean sprouts, cabbage, carrot, and scallions; mix well.
2. In a small bowl, combine vinegar, canola oil, soy sauce, sesame oil, garlic, ginger, and black pepper; mix well then pour over cabbage mixture. Mix until evenly coated.
3. Spoon an equal amount of chicken mixture onto center of each lettuce leaf and fold like an envelope. Turn over and place on a serving platter.

Nutritional Information

| Amount/Serving | % Daily Value* | Amount/Serving | % Daily Value* | Amount/Serving | Servings Per Recipe: 10 | % Daily Value* |
|----------------------|----------------|-------------------------|----------------|--------------------------------|-------------------------|----------------|
| Calories 163 | | Protein 14g | 29% | Total Carbohydrates 10g | | 3% |
| Calories from Fat 64 | | Cholesterol 29mg | 10% | Dietary Fiber 3.0g | | 12% |
| Total Fat 7.1g | 11% | Sodium 62mg | 3% | Sugars 2.1g | | 0% |
| Saturated Fat 0.9g | 5% | | | | | |
| Trans Fat 0.0g | 0% | | | | | |

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

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Stuffed Chicken Rolls

The 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. You'll never go back to the old way again!

Serves: 4

Serving Size: 1 chicken roll

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 grated Parmesan cheese

1/4 teaspoon nutmeg

1/4 teaspoon onion powder

1 tablespoon grated Parmesan cheese

1/4 teaspoon paprika

1/8 teaspoon black pepper



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 1 tbsp. 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

| Amount/Serving | % Daily Value* | Amount/Serving | % Daily Value* | Amount/Serving | Servings Per Recipe: 4 | % Daily Value* |
|----------------------|----------------|-------------------------|----------------|---------------------------------|------------------------|----------------|
| Calories 201 | | Protein 31g | 61% | Total Carbohydrates 2.4g | | 1% |
| Calories from Fat 64 | | Cholesterol 85mg | 28% | Dietary Fiber 1.2g | | 5% |
| Total Fat 7.2g | 11% | Sodium 368mg | 15% | Sugars 0.4g | | 0% |
| Saturated Fat 3.1g | 15% | | | | | |
| Trans Fat 0.0g | 0% | | | | | |

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

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Stoplight Chicken

Just because you're cooking low-carb chicken recipes doesn't mean they have to be low in flavor! Our Stoplight Chicken recipe is not only delicious, but eye-catching, too, and you can have it on your table in just minutes!

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 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/Serving | % Daily Value* | Amount/Serving | % Daily Value* | Amount/Serving | Servings Per Recipe: 6 | % Daily Value* |
|----------------------|----------------|-------------------------|----------------|---------------------------------|------------------------|----------------|
| Calories 135 | | Protein 18g | 36% | Total Carbohydrates 6.8g | | 2% |
| Calories from Fat 38 | | Cholesterol 50mg | 17% | Dietary Fiber 2.3g | | 9% |
| Total Fat 4.2g | 6% | Sodium 450mg | 19% | Sugars 3.4g | | 0% |
| Saturated Fat 0.6g | 3% | | | | | |
| Trans Fat 0.0g | 0% | | | | | |

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

*Does not include shredded Parmesan cheese (optional)

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Mom's Chicken Cordon Bleu

The muffin tins make this recipe for Mom's Chicken Cordon Bleu a cinch, so you can surely impress guests with this new technique. Plus, with low-fat ingredients and only 2.5g of carbs per serving, this meal is a perfect match for anyone who is looking for low-carb chicken recipes!

Serves: 6

Preparation Time: 10 min

Serving Size: 1 Cordon Bleu roll

Cooking Time: 25 min

What You'll Need:

6 slices (1-oz. each) deli ham
1/2 cup (2-ounce) shredded Swiss cheese
6 (4-ounce) boneless, skinless chicken breast halves
1/2 teaspoon salt
1/2 teaspoon black pepper
1 tablespoon Italian bread crumbs
1/8 teaspoon paprika



What To Do:

1. Preheat oven to 350 degrees. Coat a 6-cup muffin tin with nonstick cooking spray.
2. Between 2 pieces of wax paper, gently pound the chicken with a mallet or rolling pin to 1/4-inch thickness. Season the chicken breasts with salt and pepper, then place a slice of ham on top of chicken breast. Evenly sprinkle with cheese and roll up tightly, tucking in the sides as you roll.
3. Place the rolls seam side down in the cups of the muffin tin. Sprinkle with bread crumbs and paprika.
4. Bake 25 to 30 minutes, or until no pink remains in the chicken and its juices run clear. Serve immediately.

Nutritional Information

| Amount/Serving | % Daily Value* | Amount/Serving | % Daily Value* | Amount/Serving | Servings Per Recipe: 6 | % Daily Value* |
|----------------------|----------------|-------------------------|----------------|---------------------------------|------------------------|----------------|
| Calories 199 | | Protein 31g | 63% | Total Carbohydrates 2.5g | | 1% |
| Calories from Fat 54 | | Cholesterol 94mg | 31% | Dietary Fiber 0.1g | | 0% |
| Total Fat 6.0g | 9% | Sodium 663mg | 28% | Sugars 1.2g | | 0% |
| Saturated Fat 2.3g | 11% | | | | | |
| Trans Fat 0.0g | 0% | | | | | |

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Riviera Chicken

There's no passport required to enjoy the delightful tastes of the sunny Mediterranean if you make this healthy main dish recipe. Our Riviera Chicken is packed with light and fresh ingredients you'll love!

Serves: 4

Cooking Time: 20 min

What You'll Need:

4 (4-ounce) boneless skinless chicken breast halves, rinsed and patted dry

1/8 teaspoon salt

1/8 teaspoon black pepper

1 can (14.5-ounce) diced tomatoes with basil, garlic, and oregano

1/2 cup drained, sliced black olives

1 tablespoon finely grated lemon peel

2 cloves garlic, chopped



What To Do:

1. Coat a medium nonstick skillet with cooking spray. Heat to medium-high heat.
2. Sprinkle chicken with salt and pepper. Place in skillet, cover, and cook 5 to 7 minutes on each side, or until no longer pink. Remove chicken from skillet. Reduce heat to medium.
3. Add tomatoes, olives, lemon peel, and garlic to skillet. Cook about 4 minutes, or until hot, stirring occasionally. Return chicken to skillet and heat through.

Nutritional Information

| Amount/Serving | % Daily Value* | Amount/Serving | % Daily Value* | Amount/Serving | Servings Per Recipe: 4 | % Daily Value* |
|----------------------|----------------|-------------------------|----------------|---------------------------------|------------------------|----------------|
| Calories 172 | | Protein 25g | 50% | Total Carbohydrates 6.7g | | 2% |
| Calories from Fat 43 | | Cholesterol 73mg | 24% | Dietary Fiber 2.4g | | 10% |
| Total Fat 4.7g | 7% | Sodium 369mg | 15% | Sugars 3.3g | | 0% |
| Saturated Fat 0.9g | 4% | | | | | |
| Trans Fat 0.0g | 0% | | | | | |

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Ginger Pork Tenderloin

Add this to the list of low-carb pork recipes you love! East meets West in this mouthwatering Asian favorite, Ginger Pork Tenderloin! Bright, bold flavors dress up this lean cut of pork that's company-fancy but easy enough for any weeknight.

Serves: 8

Serving Size: About 4 ounces

Cooking Time: 20 min

What You'll Need:

2 tablespoons olive oil
2 tablespoons light soy sauce*
1 tablespoon honey
1 tablespoon grated fresh ginger
3 cloves garlic, chopped
2 pork tenderloins (about 2 pounds total)
1 tablespoon peanut oil



What To Do:

1. In a resealable plastic storage bag or shallow dish, combine the olive oil, soy sauce, honey, ginger, and garlic; add the tenderloins. Seal the bag or cover the dish and marinate the tenderloins in the refrigerator 30 minutes, turning occasionally.
2. In a large skillet, heat the peanut oil over medium heat. Place the tenderloins in the skillet, reserving the marinade. Cook 12 to 15 minutes, or until medium doneness, turning to brown all sides.
3. Meanwhile, in a small saucepan, bring the reserved marinade to a boil over high heat; let boil 5 minutes. Slice the tenderloin and serve topped with the sauce.

Nutritional Information

| Amount/Serving | % Daily Value* | Amount/Serving | % Daily Value* | Amount/Serving | Servings Per Recipe: 8 | % Daily Value* |
|----------------------|----------------|--------------------------|----------------|---------------------------------|------------------------|----------------|
| Calories 181 | | Protein 24g | 48% | Total Carbohydrates 3.0g | | 1% |
| Calories from Fat 68 | | Cholesterol 211mg | 25% | Dietary Fiber 0.1g | | 0% |
| Total Fat 7.6g | 12% | Sodium 211mg | 9% | Sugars 2.3g | | 0% |
| Saturated Fat 1.6g | 8% | | | | | |
| Trans Fat 0.0g | 0% | | | | | |

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Zesty Sausage Meatballs

Our robust-tasting Zesty Sausage Meatballs are perfect for your next Super Bowl party or for any bash you may be planning. Not to mention, they are one of our best low-carb recipes, too, for those that may be watching what they eat. We suggest serving them with warm marinara sauce for dipping.

Serves: 12

Serving Size: 3 meatballs

Cooking Time: 15 min

What You'll Need:

- 1 pound ground pork
- 1/2 cup plain bread crumbs
- 1/4 cup water
- 1 small onion, chopped
- 1/4 cup chopped fresh parsley
- 1 teaspoon crushed fennel seed
- 1/2 teaspoon garlic powder
- 1/4 teaspoon ground red pepper
- 1/2 teaspoon salt
- 1/2 teaspoon black pepper



What To Do:

1. Preheat oven to 350 degrees. Coat a rimmed baking sheet with cooking spray. In a large bowl, combine all the ingredients; mix well. Form the mixture into 36 one-inch balls.
2. Place on the baking sheet and bake 15 to 18 minutes, or until no pink remains, turning the meatballs over halfway through baking.



You can also use lean ground beef, veal, and even ground turkey breast, so they can be a bit different every time you serve them.

Nutritional Information

| Amount/Serving | % Daily Value* | Amount/Serving | % Daily Value* | Amount/Serving | Servings Per Recipe: 12 | % Daily Value* |
|----------------------|----------------|-------------------------|----------------|---------------------------------|-------------------------|----------------|
| Calories 124 | | Protein 7.2g | 14% | Total Carbohydrates 4.8g | | 2% |
| Calories from Fat 75 | | Cholesterol 27mg | 9% | Dietary Fiber 0.6g | | 2% |
| Total Fat 8.3g | 13% | Sodium 153mg | 6% | Sugars 0.9g | | 0% |
| Saturated Fat 3.0g | 15% | | | | | |
| Trans Fat 0.0g | 0% | | | | | |

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Herb-Crusted Pork Tenderloin

Fresh herbs and seasonings are a great and healthy way to bring flavors to a dish, like in this Herb-Crusted Pork Tenderloin. With the help of a little browning sauce, your diabetic pork dishes can go from drab to fab in no time at all!

Serves: 6

Serving Size: About 3-1/4 ounces

Cooking Time: 30 min

What You'll Need:

- 2 pork tenderloins (about 10 oz. each)
- 2 tablespoons water
- 1 teaspoon browning and seasoning sauce
- 1 tablespoon chopped fresh parsley
- 1 teaspoon garlic powder
- 1/2 teaspoon rubbed sage
- 1/2 teaspoon salt
- 1/2 teaspoon black pepper



What To Do:

1. Preheat oven to 350 degrees. Place the pork in a 7" x 11" baking dish.
2. In a small bowl, combine the water and browning and seasoning sauce; mix well then spoon over the pork.
3. In another small bowl, combine the remaining ingredients; mix well then rub evenly over the pork.
4. Bake covered 25 to 30 minutes, or to desired doneness. Slice, and serve with the pan drippings.



Nowadays, we can brown our meat in a variety of ways, besides using browning and seasoning sauce. For a tasty change of pace, try light soy or barbecue sauce, low-sugar marmalade, or even brown gravy.

Nutritional Information

| Amount/Serving | % Daily Value* | Amount/Serving | % Daily Value* | Amount/Serving | Servings Per Recipe: 6 | % Daily Value* |
|----------------------|----------------|-------------------------|----------------|---------------------------------|------------------------|----------------|
| Calories 108 | | Protein 20g | 40% | Total Carbohydrates 1.0g | | 0% |
| Calories from Fat 19 | | Cholesterol 61mg | 20% | Dietary Fiber 0.1g | | 0% |
| Total Fat 2.1g | 3% | Sodium 246mg | 10% | Sugars 0.4g | | 0% |
| Saturated Fat 0.7g | 3% | | | | | |
| Trans Fat 0.0g | 0% | | | | | |

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Mouthwatering Pork Marsala

Wait 'til you get a load of the heavenly aroma that'll fill your kitchen when you cook up this first-class Mouthwatering Pork Marsala. When you get a craving for mushrooms, onions, and tender pork cooked up in a tempting sauce, put together this restaurant-popular main-dish masterpiece right at home!

Serves: 6

Cooking Time: 25 min

What You'll Need:

1/4 cup all-purpose flour*
1/2 teaspoon salt, divided
1 teaspoon black pepper, divided
1-1/2 pounds center-cut pork loin, cut into 1/4-inch slices, well-trimmed
2 tablespoons canola oil, divided
1/2 pound mushrooms, sliced
1 onion, chopped
2 cloves garlic, minced
1 small tomato, chopped
1/2 cup reduced-sodium chicken broth*
1/4 cup Marsala wine



What To Do:

1. In a shallow dish, combine the flour, 1/4 teaspoon salt, and 1/2 teaspoon pepper; mix well. Coat the pork in the seasoned flour.
2. In a large skillet, heat 1 tablespoon oil over medium heat. Add the pork; sauté in batches 1 to 2 minutes per side, adding the remaining oil as necessary. Remove the pork from the skillet; set aside.
3. Add the mushrooms, onion, and garlic to the skillet; sauté 6 to 8 minutes, until the onion is tender, stirring occasionally.
4. Add the tomato, chicken broth, wine, and the remaining 1/4 teaspoon salt and 1/2 teaspoon pepper. Bring to a boil; boil 3 to 4 minutes.
5. Return the pork to the skillet; cook 2 minutes, or until heated through. Serve topped with Marsala sauce.



*To make this a gluten-free recipe, use tapioca flour instead of all-purpose flour and gluten-free chicken broth.

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Mouthwatering Pork Marsala (cont.)

Nutritional Information

| Amount/Serving | % Daily Value* | Amount/Serving | % Daily Value* | Amount/Serving | Servings Per Recipe: 6 | % Daily Value* |
|-----------------------|----------------|-------------------------|----------------|---------------------------------|------------------------|----------------|
| Calories 267 | | Protein 27g | 55% | Total Carbohydrates 8.6g | | 3% |
| Calories from Fat 112 | | Cholesterol 62mg | 21% | Dietary Fiber 1.1g | | 4% |
| Total Fat 12g | 19% | Sodium 255mg | 11% | Sugars 2.0g | | 0% |
| Saturated Fat 3.0g | 15% | | | | | |
| Trans Fat 0.0g | 0% | | | | | |

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Parisian Pork Medallions

Parisian Pork Medallions cook up fast, which makes them perfect for an impromptu dinner party. In fact, they are one of our quickest cooking, low-carb pork recipes. Plus, they're so tender your guests won't even need a knife!

Serves: 4

Cooking Time: 10 min

What You'll Need:

- 1 (1-pound) pork tenderloin, cut into 1-inch-thick slices
- 1/4 teaspoon salt
- 1/4 teaspoon black pepper
- 1 tablespoon vegetable oil
- 1/4 cup half-and-half
- 1 tablespoon Dijon mustard



What To Do:

1. Place the pork slices between 2 sheets of heavy-duty plastic wrap and, using a meat mallet or rolling pin, flatten to 1/4-inch thickness. Season with the salt and pepper.
2. In a large skillet, heat the oil over medium-high heat. Add the pork and cook about 2 minutes per side, or until browned.
3. Reduce the heat to low and add the half-and-half and mustard, stirring until well combined. Serve the pork topped with the sauce.

Nutritional Information

| Amount/Serving | % Daily Value* | Amount/Serving | % Daily Value* | Amount/Serving | Servings Per Recipe: 4 | % Daily Value* |
|----------------------|----------------|-------------------------|----------------|---------------------------------|------------------------|----------------|
| Calories 177 | | Protein 24g | 48% | Total Carbohydrates 0.7g | | 0% |
| Calories from Fat 68 | | Cholesterol 79mg | 26% | Dietary Fiber 0.0g | | 0% |
| Total Fat 7.6g | 12% | Sodium 302mg | 13% | Sugars 0.0g | | 0% |
| Saturated Fat 2.3g | 12% | | | | | |
| Trans Fat 0.0g | 0% | | | | | |

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Crustless Lemon Cream Pie

This isn't your ordinary fruit pie. No way! With the taste of tried-and-true lemon meringue pie, this Crustless Lemon Cream Pie is much simpler to make and sure to work every time. That's why it's one of our favorite easy low-carb dessert recipes!

Serves: 12

Serving Size: 1 slice

Preparation Time: 5 min

What You'll Need:

2 packages (4-serving-size) sugar-free lemon gelatin

2 cups boiling water

1 cup ice cubes

2 cups frozen light whipped topping*, thawed



What To Do:

1. In a large bowl, dissolve the gelatin in the boiling water; add the ice cubes and stir until melted.
2. Add the whipped topping; mix until thoroughly combined. Pour into a 9-inch deep-dish pie plate.
3. Cover, and chill at least 3 hours, or until set.



*To make this a gluten-free recipe, use gluten-free whipped topping.

Nutritional Information

| Amount/Serving | % Daily Value* | Amount/Serving | % Daily Value* | Amount/Serving | Servings Per Recipe: 12 | % Daily Value* |
|----------------------|----------------|--------------------------|----------------|---------------------------------|-------------------------|----------------|
| Calories 35 | | Protein 1.1g | 2% | Total Carbohydrates 3.0g | | 1% |
| Calories from Fat 15 | | Cholesterol 0.3mg | 0% | Dietary Fiber 0.0g | | 0% |
| Total Fat 1.6g | 3% | Sodium 51mg | 2% | Sugars 3.0g | | 0% |
| Saturated Fat 1.4g | 7% | | | | | |
| Trans Fat 0.0g | 0% | | | | | |

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

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No-Bake Key Lime Pie

Who doesn't love a no-bake dessert, especially one that won't make us feel guilty? No-Bake Key Lime Pie is sure to make everybody happy.

Serves: 12

Serving Size: 1 slice

Preparation Time: 5 min

Chilling Time: 3 hr

What You'll Need:

- 1 (4-serving) package sugar-free lime gelatin
- 1/2 cup boiling water
- 1 (8-ounce) package fat-free cream cheese, softened
- 1 tablespoon fresh lime juice
- 1 teaspoon grated lime peel
- 2 cups frozen light whipped topping, thawed



What To Do:

1. Coat a 9-inch pie plate with cooking spray.
2. In a small bowl, dissolve gelatin in boiling water, stirring until dissolved.
3. In a large bowl, beat cream cheese until smooth. Slowly add liquid gelatin until well combined.
4. Stir in lime juice and lime peel. Fold in whipped topping until well blended. Pour into pie plate, cover, and chill 3 hours or until set.



As with any creamy dessert, cover and store this in the refrigerator until serving time. Don't let it stand at room temperature before or after serving.

Nutritional Information

| Amount/Serving | % Daily Value* | Amount/Serving | % Daily Value* | Amount/Serving | % Daily Value* |
|----------------------|----------------|--------------------------|----------------|---------------------------------|----------------|
| Calories 52 | | Protein 3.7g | 7% | Total Carbohydrates 4.5g | 2% |
| Calories from Fat 16 | | Cholesterol 2.5mg | 1% | Dietary Fiber 0.0g | 0% |
| Total Fat 1.8g | 3% | Sodium 162mg | 7% | Sugars 4.0g | 0% |
| Saturated Fat 1.5g | 8% | | | | |
| Trans Fat 0.0g | 0% | | | | |

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Berry Chocolate Cupcakes

A sweet treat can be part of a healthy diet on occasion. How about trying these Berry Chocolate Cupcakes the next time you're in the mood for something sweet? We're pretty sure they'll become one of your favorite easy low-carb dessert recipes.

Makes: 18 cupcakes

Serving Size: 1 cupcake

Cooking Time: 13 min

What You'll Need:

3/4 cup granulated Splenda
1/2 cup water
3 ounces semisweet chocolate, chopped
2 egg yolks
1 teaspoon vanilla
1/3 cup all-purpose flour
1/2 cup unsweetened cocoa powder
1/4 teaspoon baking powder
5 egg whites
2/3 cup (1/4 of an 8-ounce container) frozen light whipped topping, thawed
1 cup fresh mixed berries, such as blueberries, raspberries, strawberries



What To Do:

1. Preheat oven to 350 degrees F. Line 18 muffin tin cups with paper liners; set aside.
2. In a saucepan, stir together Splenda and water. Cook over medium-low heat until the Splenda dissolves and mixture almost boils, stirring constantly. Stir in the chocolate until melted. Remove from heat. Place egg yolks in a small bowl. Gradually stir the chocolate mixture into egg yolks; add vanilla (mixture may be slightly grainy).
3. In another bowl, stir together flour, cocoa powder, and baking powder. Stir in chocolate-egg yolk mixture until smooth. In a large bowl with an electric mixer, beat egg whites on medium speed until stiff peaks form. Stir a small amount of the beaten egg whites into the chocolate mixture to lighten. Fold chocolate mixture into remaining egg whites. Fill muffin cups 1/2 full with batter.
4. Bake 13 minutes or until tops spring back when lightly touched. Cool on wire rack 5 minutes. Remove from cups and cool completely.
5. To serve, top cupcakes with whipped topping and berries.

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Berry Chocolate Cupcakes (cont.)

Nutritional Information

| Amount/Serving | % Daily Value* | Amount/Serving | % Daily Value* | Amount/Serving | % Daily Value* |
|----------------------|----------------|-------------------------|----------------|---------------------------------|----------------|
| Calories 58 | | Protein 2.5g | 5% | Total Carbohydrates 7.1g | 2% |
| Calories from Fat 26 | | Cholesterol 21mg | 7% | Dietary Fiber 1.4g | 5% |
| Total Fat 2.9g | 5% | Sodium 26mg | 1% | Sugars 2.9g | 0% |
| Saturated Fat 1.7g | 8% | | | | |
| Trans Fat 0.0g | 0% | | | | |

Servings Per Recipe: 18

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Coconut Peanut Butter Bites

Try our Coconut Peanut Butter Bites when you get a craving for peanut butter. With a bit of crunchy rice cereal and sweet coconut, one bite of these surprisingly healthy treats is enough to satisfy your sweet tooth!

Serves: 40

Serving Size: 1 piece

Chilling Time: 1 hr

What You'll Need:

1-1/2 cups crispy rice cereal
1-2/3 cups reduced fat peanut butter
1/2 cup granulated Splenda
3/4 cup unsweetened coconut



What To Do:

1. Line a baking sheet with wax paper.
2. In a large bowl, combine rice cereal, peanut butter, and Splenda until well mixed.
3. Pour coconut into a shallow bowl.
4. Using about a teaspoon at a time, form mixture into balls and roll in coconut to coat.
5. Place on prepared baking sheet and refrigerate at least 1 hour. Store in an airtight container in refrigerator.

Nutritional Information

| Amount/Serving | % Daily Value* | Amount/Serving | % Daily Value* | Amount/Serving | Servings Per Recipe: 40 | % Daily Value* |
|----------------------|----------------|--------------------------|----------------|---------------------------------|-------------------------|----------------|
| Calories 77 | | Protein 3.3g | 7% | Total Carbohydrates 5.5g | | 2% |
| Calories from Fat 46 | | Cholesterol 0.0mg | 0% | Dietary Fiber 0.9g | | 4% |
| Total Fat 5.1g | 8% | Sodium 71mg | 3% | Sugars 1.3g | | 0% |
| Saturated Fat 1.6g | 8% | | | | | |
| Trans Fat 0.0g | 0% | | | | | |

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

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Lickety Split Lemon Oaties

Lickety Split Lemon Oaties are a great change-of-pace cookie, especially when you're looking for something light but packed with flavor.

Makes: 30

Serving Size: 1 oatie

Preparation Time: 5 min

Cooking Time: 10 min

What You'll Need:

5 tablespoons stick margarine
 1/4 cup granulated sugar
 1/4 cup packed light brown sugar
 2 egg whites
 1 tablespoon grated lemon peel
 1 cup quick-cooking rolled oats
 1/2 cup all-purpose flour



What To Do:

1. Preheat oven to 350 degrees. Coat baking sheets with nonstick cooking spray.
2. In a large bowl, beat the margarine, granulated sugar, brown sugar, egg whites, and lemon peel until light and creamy. Add the oats and flour; mix until just blended.
3. Drop the dough by rounded teaspoonfuls 1-1/2 inches apart onto the baking sheets.
4. Bake 10 to 12 minutes, or until the edges are golden.
5. Remove from the oven and let stand 3 minutes. Remove the cookies to a wire rack to cool completely.

Nutritional Information

| Amount/Serving | % Daily Value* | Amount/Serving | % Daily Value* | Amount/Serving | Servings Per Recipe: 30 | % Daily Value* |
|----------------------|----------------|--------------------------|----------------|---------------------------------|-------------------------|----------------|
| Calories 44 | | Protein 0.6g | 1% | Total Carbohydrates 6.0g | | 2% |
| Calories from Fat 17 | | Cholesterol 0.0mg | 0% | Dietary Fiber 0.2g | | 1% |
| Total Fat 1.9g | 3% | Sodium 22mg | 1% | Sugars 3.5g | | 0% |
| Saturated Fat 0.3g | 2% | | | | | |
| Trans Fat 0.5g | 0% | | | | | |

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