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TEST KITCHEN

**Everyday Diabetic Recipes**

# Healthy Casserole Recipes

20 of Your Favorites, Including Low-Carb Casseroles!



A Free eCookbook from [EverydayDiabeticRecipes.com](http://EverydayDiabeticRecipes.com)

"OOH IT'S SO GOOD!!®"



# Everyday Diabetic Recipes

## Healthy Casserole Recipes: 20 of Your Favorites, Including Low-Carb Casseroles!

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# Everyday Diabetic Recipes

Dear Friend,

We love casserole recipes. They're easy to whip up in a flash and they're great for taking along to potlucks and get-togethers. Casserole recipes also make it easier to cook for several people all at once. Thing is, not every casserole out there is good for those of us that are following a diabetic-friendly diet, which is why we came up with this free eCookbook, *Healthy Casserole Recipes: 20 of Your Favorites, Including Low-Carb Casseroles!* This cookbook is full of easy casserole recipes that are healthier for us, but still taste amazing, too!

How do you get the whole gang to "rise and shine" in the morning? You serve 'em something that's worth waking up for, like our **Breakfast Veggie Casserole** (page 1). This colorful breakfast casserole is loaded with yummy, good-for-you veggies and a cheesy, seasoned egg mixture. This casserole will give them the energy and nutrients they need to get their day started! There's also our 30-minute recipe for **Crustless Quiche** (page 4). Ham, onion, and a few other ingredients are baked together to make the most spectacular brunch recipe they've ever tasted! Did we mention that it's low-carb, too?

If your gang likes chicken casseroles, then they're going to love our Tex-Mex recipe for **Light King Ranch Chicken Casserole** (page 6). It's got all the creamy and cheesy without all the fat! Or, for those of us that like a little crunch in our meals, there's always our **Creamy Crunchy Chicken Casserole** (page 8). Each bite of this chicken casserole is loaded with...creamy, crunchy chicken (and veggies, too!). Even those that aren't following a diabetes diet aren't going to be able to tell the difference!

We know that making dinner for the whole gang can be a little tricky sometimes. It seems like no one can ever agree on what to eat. Well, we're pretty sure they'll all agree to eat any of the classic favorites we've included in our "Other Dinner Casseroles" chapter. I mean, who can resist a beefy dish like **Cheeseburger Pie** (page 14), or a cheesy and comforting plate of **Three Cheese Macaroni & Cheese** (page 15). We sure can't!

Not every casserole recipe has to be a main dish. Casserole side dishes are convenient when you've got company coming over, or when you've got to feed a really hungry family. Some of our favorite casserole side dishes are the ones that are made with veggies, like our **Golden Squash Casserole** (page 17) and our **Fluffy Cabbage Casserole** (page 20). Adding a healthier casserole side dish to your menu will help keep your family full, satisfied, and on the right track to better health!

From morning to night, we know you and your whole gang will love all of the tasty casserole recipes in this eCookbook. Whether you're following a diabetic-friendly diet, or you're just looking for a healthier way to enjoy your favorite casserole dishes, you'll be happy to know that all of these recipes are sure to leave you saying...

"OOH IT'S SO GOOD!!®"

Kelly Howard Patty



P.S. Enjoy this eCookbook filled with 20 must-make casserole recipes. Remember our *Healthy Casserole Recipes* eCookbook is available FREE, with many others also available on [www.EverydayDiabeticRecipes.com](http://www.EverydayDiabeticRecipes.com). Go on, tell your friends to visit [EverydayDiabeticRecipes.com](http://EverydayDiabeticRecipes.com), so they too can get their very own FREE copies!

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# Breakfast Veggie Casserole

This easy Breakfast Veggie Casserole is the perfect healthy breakfast recipe for getting everyone up and moving about. Best part? There's not much work to it!

**Serves: 6**

**Cooking Time: 40 min**

## What You'll Need:

- 1 cup chopped broccoli florets
- 1/2 red bell pepper, chopped
- 1/4 cup chopped onion
- 2 cups liquid egg substitute
- 1/2 cup fat-free milk
- 3/4 cup reduced-fat shredded Cheddar cheese
- 1 teaspoon Italian seasoning
- 1/4 teaspoon salt
- 1/4 teaspoon black pepper
- 4 slices whole wheat bread, torn into 1-inch chunks



## What To Do:

1. Preheat oven to 350 degrees F. Coat a 2-quart casserole dish with cooking spray.
2. Coat a medium skillet with cooking spray. Over medium-high heat, cook broccoli, bell pepper, and onion 4 to 5 minutes, or until crisp-tender, stirring occasionally.
3. In a large bowl, combine egg substitute, milk, cheese, Italian seasoning, salt, and pepper; mix well. Stir in vegetables.
4. Place bread pieces in prepared casserole; top with vegetable mixture.
5. Bake 35 to 40 minutes, or until knife inserted in center comes out clean.

## Nutrition Facts

Amount Per Serving

**Calories** 164      **Calories from Fat** 28

% Daily Value\*

<b>Total Fat</b> 3.1g	5 %
Saturated Fat 1.5g	8 %
<i>Trans</i> Fat 0.0g	0 %
<b>Protein</b> 18g	36 %
<b>Cholesterol</b> 7.6mg	3 %
<b>Sodium</b> 482mg	20 %
<b>Total Carbohydrate</b> 17g	6 %
Dietary Fiber 2.0g	8 %
Sugars 8.9g	0 %

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

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# Mushroom and Spinach Egg Bake

Wake up to a healthy start with this easy breakfast casserole! Our Mushroom and Spinach Egg Bake is loaded with protein and vitamin-rich spinach. We love it when we can have both healthy and tasty!

**Serves:** 6

**Cooking Time:** 40 min

## What You'll Need:

- 2 teaspoons canola oil
- 4 cups packed fresh spinach
- 1/4 cup chopped onion
- 1-1/2 cup sliced mushrooms
- 2 cups egg substitute
- 1 cup shredded reduced-fat mozzarella cheese
- 1 teaspoon garlic powder
- 1/2 teaspoon Italian seasoning
- 1/4 teaspoon salt (optional)
- 1/4 teaspoon black pepper



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## What To Do:

1. Preheat oven to 350 degrees F. Coat a 9-inch square baking dish with cooking spray.
2. In a large skillet over medium heat, heat oil; add spinach and cook about 2 minutes, or until spinach is wilted. Place spinach in baking dish.
3. In the same skillet over medium-high heat, cook onion and mushrooms 4 to 5 minutes, or until soft. Place over spinach.
4. In a medium bowl, whisk together egg substitute, cheese, garlic powder, Italian seasoning, salt, if desired, and pepper. Pour egg mixture over vegetables and stir gently until well combined.
5. Bake 30 to 35 minutes, or until eggs are set in center. Let sit 5 minutes before serving.

## Nutrition Facts

Amount Per Serving

**Calories** 123      Calories from Fat 49

% Daily Value\*

<b>Total Fat</b> 5.4g	8 %
Saturated Fat 2.2g	11 %
<i>Trans</i> Fat 0g	0 %
<b>Protein</b> 15g	29 %
<b>Cholesterol</b> 10mg	3 %
<b>Sodium</b> 307mg	13 %
<b>Total Carbohydrate</b> 4.7g	2 %
Dietary Fiber 0.8g	3 %
Sugars 2.5g	0 %

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

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# Cheesy Egg Casserole

This is a diabetic recipe? You bet it is! Who says you can't have a hearty Cheesy Egg Casserole if you're trying to eat healthy! Of course you can, and this easy breakfast recipe is proof of that!

**Serves: 4**

**Cooking Time: 25 min**

## What You'll Need:

- 2 slices reduced-fat wheat bread, cubed
- 1/2 cup liquid egg substitute
- 1/2 cup fat-free evaporated milk
- 1/2 cup reduced-fat finely shredded sharp Cheddar cheese, divided
- 4 drops hot red pepper sauce
- 1/2 teaspoon onion powder
- 2 scallions, thinly sliced



## What To Do:

1. Preheat oven to 325 degrees F. Coat a 1-1/2-quart casserole dish with cooking spray. Arrange bread cubes in baking dish.
2. In a medium bowl, combine egg substitute, evaporated milk, 1/4 cup cheese, hot pepper sauce, onion powder, and scallions.
3. Pour egg mixture over bread cubes, pushing cubes down into liquid. Let stand 5 to 10 minutes and push cubes into liquid again, making sure the bread is well coated. Sprinkle with remaining cheese
4. Cover and bake 15 minutes. Remove cover and bake 10 additional minutes, or until golden brown and knife inserted in center comes out clean. Serve immediately..

## Nutrition Facts

Amount Per Serving

Calories 100      Calories from Fat 12

% Daily Value\*

<b>Total Fat</b> 1.3g	2 %
Saturated Fat 0.7g	3 %
Trans Fat 0.0g	0 %
<b>Protein</b> 11g	22 %
<b>Cholesterol</b> 4.3mg	1 %
<b>Sodium</b> 250mg	10 %
<b>Total Carbohydrate</b> 12g	4 %
Dietary Fiber 1.2g	5 %
Sugars 5.3g	0 %

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# Crustless Quiche

Our easy Crustless Quiche is the perfect brunch recipe to serve at your next brunch get-together. It's so flavorful and rich, you'd never guess it was a healthier low carb recipe!

**Serves:** 6

**Cooking Time:** 30 min

## What You'll Need:

- 3/4 cup cooked chopped ham
- 1/2 onion, chopped
- 4 large eggs
- 1/2 cup half-and-half
- 1/8 teaspoon black pepper
- 3/4 cup reduced fat shredded pepper jack cheese



## What To Do:

1. Preheat oven to 350 degrees F. Coat a 9-inch pie plate with cooking spray.
2. Evenly distribute ham and onion on bottom of prepared pie plate.
3. In a medium bowl, whisk together eggs, half-and-half, and pepper. Stir in cheese. Pour mixture over ham and onion.
4. Bake 30 to 35 minutes, or until a toothpick inserted in center comes out clean. Let cool 10 minutes, then serve.

## Nutrition Facts

Amount Per Serving

**Calories** 138      Calories from Fat 74

% Daily Value\*

<b>Total Fat</b> 8.3g	13 %
Saturated Fat 3.8g	19 %
<i>Trans</i> Fat 0.0g	0 %
<b>Protein</b> 12g	25 %
<b>Cholesterol</b> 150mg	50 %
<b>Sodium</b> 426mg	18 %
<b>Total Carbohydrate</b> 3.0g	1 %
Dietary Fiber 0.2g	1 %
Sugars 1.6g	0 %

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# Creamy Broccoli and Hash Brown Casserole

Add a bit of healthy variety to your favorite hash brown casserole with our recipe for Creamy Broccoli and Hash Brown Casserole. This casserole is great for sneaking some veggies into your morning meal!

**Serves:** 8

**Cooking Time:** 50 min

## What You'll Need:

- 2 teaspoons canola oil
- 1/2 cup chopped onion
- 1-1/2 cup frozen chopped broccoli, thawed
- 2 tablespoons all-purpose flour
- 1-1/2 cup fat-free milk
- 1 teaspoon garlic powder
- 1/8 teaspoon ground nutmeg
- 1/2 teaspoon salt (optional)
- 1/4 teaspoon black pepper
- 3/4 cup reduced-fat shredded Cheddar cheese
- 1 (20-ounce) package refrigerated shredded hash brown potatoes
- 4 multi-grain crackers, coarsely crushed
- Cooking spray



## Nutrition Facts

Amount Per Serving

Calories 132      Calories from Fat 25

% Daily Value\*

<b>Total Fat</b> 2.7g	4 %
Saturated Fat 0.7g	4 %
<i>Trans</i> Fat 0.0g	0 %
<b>Protein</b> 7.2g	14 %
<b>Cholesterol</b> 3.1mg	1 %
<b>Sodium</b> 206mg	9 %
<b>Total Carbohydrate</b> 21g	7 %
Dietary Fiber 2.3g	9 %
Sugars 3.6g	0 %

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

## What To Do:

1. Preheat oven to 375 degrees F. Coat a 7- x 11-inch baking dish with cooking spray.
2. In a large skillet over medium-high heat, heat oil; cook onion and broccoli 5 minutes, or until tender. Stir in flour until well combined. Add milk, garlic, nutmeg, salt, if desired, and pepper. Cook until mixture begins to thicken. Stir in cheese and potatoes; mix well.
3. Spoon mixture into baking dish and sprinkle with cracker crumbs. Lightly spray top of casserole with cooking spray.
4. Bake 40 to 45 minutes, or until golden and bubbly.

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# Light King Ranch Chicken Casserole

Our Light King Ranch Casserole is a healthier version of your favorite creamy and cheesy Tex-Mex chicken casserole recipe. You won't even need to ring the dinner bell for this one...they'll already be lining up!

**Serves:** 10

**Cooking Time:** 35 min

## What You'll Need:

- 1 large onion, chopped
- 1 large green bell pepper, chopped
- 2 cups chopped cooked chicken breast
- 2 (10-ounce) cans reduced-fat cream of chicken soup
- 1 (10-ounce) can diced tomatoes and green chiles
- 1 teaspoon chili powder
- 1/4 teaspoon garlic powder
- 1/2 teaspoon black pepper
- 8 (6-inch) corn tortillas, cut into 1-inch pieces
- 2 cups reduced-fat shredded Cheddar cheese



## What To Do:

1. Preheat oven to 350 degrees F. Coat a 3 quart casserole dish with cooking spray.
2. Coat a large skillet with cooking spray and saute onion and bell pepper over medium-high heat for 5 minutes or until tender.
3. Stir in chicken, soup, diced tomatoes, chili powder, garlic powder and pepper, remove from heat.
4. Layer one-third tortilla pieces in bottom of prepared dish. Top with one-third chicken mixture and one-third cheese. Repeat layers twice. Bake for 30 to 35 minutes or until bubbly.

## Nutrition Facts

Amount Per Serving

**Calories** 179      Calories from Fat 56

% Daily Value\*

<b>Total Fat</b> 6.2g	10 %
Saturated Fat 2.7g	14 %
<i>Trans</i> Fat 0.0g	0 %
<b>Protein</b> 16g	31 %
<b>Cholesterol</b> 35mg	12 %
<b>Sodium</b> 456mg	19 %
<b>Total Carbohydrate</b> 16g	5 %
Dietary Fiber 1.9g	8 %
Sugars 1.7g	0 %

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# Hot Chicken Salad Casserole

This down-home casserole recipe will make your insides feel warm and cozy. With lighter ingredients and fresh veggies, this is an easy low-carb recipe that's perfect for dinner or for taking to the next potluck!

**Serves:** 6

**Cooking Time:** 30 min

## What You'll Need:

- 3 cups cubed, cooked chicken breast
- 2 celery stalks, sliced
- 1 red bell pepper, chopped
- 1/2 cup finely shredded reduced-fat Cheddar cheese
- 1 (10-3/4-ounce) can reduced-sodium cream of chicken soup
- 1 (6-ounce) plain low-fat yogurt
- 2 scallions, thinly sliced
- 1/4 teaspoon ground ginger
- 1/4 teaspoon black pepper
- 1/4 cup sliced almonds



## What To Do:

1. Preheat oven to 400 degrees F. Coat an 8- x 8-inch baking dish with cooking spray.
2. In a large bowl, combine chicken, celery, bell pepper, cheese, soup, yogurt, scallions, ginger, and black pepper. Spoon into baking dish. Sprinkle almonds on top.
3. Bake, uncovered, 30 to 35 minutes, or until heated through.

## Nutrition Facts

Amount Per Serving

Calories 215      Calories from Fat 68

% Daily Value\*

<b>Total Fat</b> 7.6g	12 %
Saturated Fat 2.6g	13 %
<i>Trans</i> Fat 0.0g	0 %
<b>Protein</b> 27g	54 %
<b>Cholesterol</b> 70mg	23 %
<b>Sodium</b> 306mg	13 %
<b>Total Carbohydrate</b> 9.1g	3 %
Dietary Fiber 1.5g	6 %
Sugars 2.9g	0 %

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# Creamy Crunchy Chicken Casserole

Our Creamy Crunchy Chicken Casserole hits all the high notes. Plus, it comes together so quickly, you'll have this on the table before your gang can ask, "What's for dinner?"

**Serves: 6**

**Cooking Time: 30 min**

## What You'll Need:

- 3 cups cooked chicken breast (about 1lb.), chopped
- 3/4 cup shredded reduced-fat cheddar or mozzarella cheese
- 1 (10-3/4-ounce) can, reduced-fat and reduced-sodium condensed cream of chicken soup
- 1/4 cup low-fat milk
- 1 cup chopped red or yellow bell pepper
- 1/4 cup chopped celery
- 1/4 cup sliced green onions
- 1/4 teaspoon pepper
- 1/4 cup low-sodium crushed cornflakes
- 1/4 cup sliced almonds



## What To Do:

1. Preheat oven to 400 degrees F. Coat a 2-qt. casserole dish with cooking spray.
2. In a large bowl, stir together chicken, cheese, soup, milk, bell pepper, celery, green onions, and pepper. Pour into prepared casserole dish.
3. In a small bowl, stir together cornflakes and almonds. Sprinkle evenly over chicken mixture.
4. Bake, uncovered, about 30 minutes, or until heated through. Let stand for 10 minutes before serving.

## Nutrition Facts

Amount Per Serving

Calories 226      Calories from Fat 74

% Daily Value\*

<b>Total Fat</b> 8.3g	13 %
Saturated Fat 2.9g	15 %
<i>Trans</i> Fat 0.0g	0 %
<b>Protein</b> 28g	57 %
<b>Cholesterol</b> 71mg	24 %
<b>Sodium</b> 339mg	14 %
<b>Total Carbohydrate</b> 9.6g	3 %
Dietary Fiber 1.4g	6 %
Sugars 2.2g	0 %

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# Mushroom Chicken & Rice Bake

Comforting casseroles are always welcome, especially on a chilly night. But even if it's not cold outside, our easy, lighter casserole with good-for-you ingredients will still be a comfort, 'cause it's ready in 30 minutes!

**Serves: 8**

**Cooking Time: 25 min**

## What You'll Need:

- 1 package (6-ounce) reduced-sodium long grain-wild rice mix
- 2 large boneless, skinless chicken breast halves, cooked, cubed
- 1 can (10-ounce) 98% fat-free cream of mushroom soup
- 1 jar (4-ounce) diced pimentos with liquid
- 1/4 cup water
- 1/2 teaspoon onion powder
- 1/4 teaspoon black pepper



## What To Do:

1. Preheat oven to 350 degrees F. Coat a 8-inch square baking dish with cooking spray.
2. Prepare rice according to package directions.
3. In a large bowl, combine all ingredients. Pour into prepared baking dish.
4. Cover and bake 25 minutes, or until mixture is bubbly and heated through.

## Nutrition Facts

Amount Per Serving

Calories 135      Calories from Fat 16

% Daily Value\*

<b>Total Fat</b> 1.8g	3 %
Saturated Fat 0.4g	2 %
<i>Trans</i> Fat 0.0g	0 %
<b>Protein</b> 8.1g	16 %
<b>Cholesterol</b> 18mg	6 %
<b>Sodium</b> 270mg	11 %
<b>Total Carbohydrate</b> 21g	7 %
Dietary Fiber 1.0g	4 %
Sugars 0.5g	0 %

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# Lighter Chicken Pot Pie

Got your plate ready? Good, 'cause you're going to want a slice of this Lighter Chicken Pot Pie. It's got all the cozy mixed in, like veggies and chicken in a lightened-up cream sauce. We've even added a bit of crust!

**Serves: 8**

**Cooking Time: 30 min**

## What You'll Need:

- 1 tablespoon light margarine
- 1/2 cup chopped onion
- 8 ounces mushrooms, coarsely chopped
- 1-1/2 cup frozen mixed vegetables, thawed
- 3 cups cooked diced chicken
- 1/2 teaspoon dried thyme
- 1/2 teaspoon salt (optional)
- 1/4 teaspoon black pepper
- 1 cup reduced sodium fat-free chicken broth
- 1/2 cup fat-free evaporated milk
- 2 tablespoons all-purpose flour
- 4 slices reduced-fat crescent rolls (from an 8-ounce package)



## What To Do:

1. Preheat oven to 375 degrees F. Coat a 9-inch deep dish pie plate with cooking spray.
2. In a large skillet over medium-high heat, melt margarine. Add onions and mushrooms and cook 3 to 5 minutes, or until just softened. Add vegetables, chicken, thyme, salt, if desired, pepper, and broth; simmer 5 to 6 minutes.
3. In a small bowl, whisk evaporated milk and flour. Pour into skillet and continue to cook 3 to 5 minutes, or until sauce is thickened.
4. Pour chicken mixture into pie plate and arrange dough slices on top, placing the widest side of dough on outer edge of pie plate.
5. Bake 20 to 25 minutes, or until hot and bubbly and crust is golden.

## Nutrition Facts

Amount Per Serving

Calories 203      Calories from Fat 51

% Daily Value\*

<b>Total Fat</b> 5.7g	9 %
Saturated Fat 1.6g	8 %
<i>Trans</i> Fat 0.3g	0 %
<b>Protein</b> 21g	43 %
<b>Cholesterol</b> 45mg	15 %
<b>Sodium</b> 197mg	8 %
<b>Total Carbohydrate</b> 17g	6 %
Dietary Fiber 2.3g	9 %
Sugars 4.3g	0 %

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# Cheesy Tuna Casserole

Enjoy a comforting family-favorite with our recipe for Cheesy Tuna Casserole. We even snuck in some good-for-ya veggies to make this tuna casserole healthier. Even those picky eaters will gobble it right up!

**Serves: 8**

**Cooking Time: 35 min**

## What You'll Need:

- 1 head cauliflower, cut into small florets
- 8 ounces whole grain rotini or other favorite shape pasta
- 1 (14-3/4-ounce) can reduced-fat, low sodium cream of mushroom soup
- 1-1/2 cup skim milk
- 1-1/2 cup shredded reduced-fat white Cheddar cheese
- 1 teaspoon onion powder
- 1/4 teaspoon black pepper
- 2 (5-ounce) cans water packed tuna, drained well
- 1 cup frozen peas, thawed



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## What To Do:

1. Coat a 3-quart casserole dish with cooking spray.
2. Bring a large pot of water to a boil over high heat. Add cauliflower and cook 8 minutes. Stir in pasta and continue to cook 7 to 8 minutes, or until both are tender. Drain and set aside.
3. In the same pot, combine soup, milk, cheese, onion powder, and black pepper; mix well and heat over medium heat 5 minutes. Stir in remaining ingredients along with cooked pasta and continue to cook 5 minutes, or until hot.
4. Preheat oven to broil. Pour mixture into casserole dish and place under broiler 3 to 5 minutes, or until lightly browned.

## Nutrition Facts

Amount Per Serving

Calories 256      Calories from Fat 36

% Daily Value\*

<b>Total Fat</b> 4.0g	6 %
Saturated Fat 1.5g	7 %
<i>Trans</i> Fat 0.0g	0 %
<b>Protein</b> 22g	45 %
<b>Cholesterol</b> 21mg	7 %
<b>Sodium</b> 470mg	20 %
<b>Total Carbohydrate</b> 33g	11 %
Dietary Fiber 2.6g	10 %
Sugars 6.1g	0 %

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

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# Mexican Spaghetti Casserole

This hearty Mexican Spaghetti Casserole will fill you up but won't break your efforts to stick to your diabetes diet. Everything about it shouts healthy, and those green chilies give it a wonderful zesty taste.

**Serves:** 8

**Cooking Time:** 40 min

## What You'll Need:

- 6 ounces reduced-carb spaghetti
- 8 ounces fresh mushrooms, sliced
- 1 cup chopped tomatoes
- 1 teaspoon garlic powder
- 1 can (4-ounce) chopped green chilies
- 1 can (10-ounce) 98% fat-free cream of mushroom soup
- 1-1/2 cup reduced-fat shredded Cheddar cheese, divided
- 1 tablespoon chopped fresh cilantro



## What To Do:

1. Preheat oven to 350 degrees F. Coat a 9- x 13-inch baking dish with cooking spray.
2. In a large pot, cook spaghetti according to package directions; drain. Add the mushrooms, tomatoes, and garlic powder to the pot. Cook over medium heat for 5 to 6 minutes or until soft. Stir in the chilies, soup, 1 cup cheese and cilantro. Return the pasta to the pot and toss until evenly coated. Place spaghetti mixture into prepared dish.
3. Bake 25 minutes or until heated through. Sprinkle with remaining cheese and bake for 5 to 7 minutes more.

## Nutrition Facts

Amount Per Serving

Calories 141      Calories from Fat 25

% Daily Value\*

<b>Total Fat</b> 2.8g	4 %
Saturated Fat 1.1g	6 %
<i>Trans</i> Fat 0.0g	0 %
<b>Protein</b> 9.3g	19 %
<b>Cholesterol</b> 4.5mg	1 %
<b>Sodium</b> 427mg	18 %
<b>Total Carbohydrate</b> 21g	7 %
Dietary Fiber 3.0g	12 %
Sugars 1.7g	0 %

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

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# Cauliflower Pepperoni Pizza

If you're a fan of pizza, but could do without all the carbs and fat, then our Cauliflower Pepperoni Pizza is just for you! Packed with great pizza flavor, this crustless, casserole-style dish is perfect for you!

**Serves:** 6

**Cooking Time:** 40 min

## What You'll Need:

- 1 head cauliflower, trimmed and cut into florets
- 2 tablespoons light margarine
- 12 slices pepperoni, divided
- 1/2 cup shredded low-fat mozzarella cheese, divided
- 1/2 teaspoon dried oregano
- 1/8 teaspoon salt (optional)
- 1/8 teaspoon black pepper



## What To Do:

1. In a soup pot, place cauliflower; fill with just enough water to cover cauliflower.
2. Over high heat, bring to a boil; cover and continue cooking 15 to 20 minutes, or until fork-tender. Drain and return cauliflower to pot. Add margarine and beat with an electric mixer until smooth.
3. Preheat oven to 375 degrees F.
4. Dice 4 slices pepperoni and add to cauliflower, along with 1/4 cup mozzarella cheese, the oregano, salt, if desired, and pepper. Spread mixture in 9-inch pie plate. Top with remaining mozzarella cheese and pepperoni slices.
5. Bake 20 to 25 minutes, or until hot. Cut into wedges and serve.

## Nutrition Facts

Amount Per Serving

Calories 80      Calories from Fat 43

% Daily Value\*

<b>Total Fat</b> 4.8g	7 %
Saturated Fat 1.8g	9 %
<i>Trans</i> Fat 0.1g	0 %
<b>Protein</b> 5.2g	10 %
<b>Cholesterol</b> 9.1mg	3 %
<b>Sodium</b> 190mg	8 %
<b>Total Carbohydrate</b> 5.3g	2 %
Dietary Fiber 2.0g	8 %
Sugars 1.9g	0 %

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# Cheeseburger Pie

Ooh - this recipe is so beefy! Our Cheeseburger Pie is an easy, ground beef casserole that's popular with kids of all ages. Honestly, what's not to love about this low-carb, cheesy, burger dish?

**Serves:** 8

**Cooking Time:** 40 min

## What You'll Need:

- 1-3/4 pound extra lean ground beef
- 1 tablespoon onion powder
- 1-1/2 cup shredded reduced fat Cheddar cheese, divided
- 1 cup egg substitute
- 1/2 cup fat-free mayonnaise
- 1/2 cup fat-free half-and-half
- 1/4 teaspoon salt
- 1/4 teaspoon black pepper



## What To Do:

1. Preheat oven to 350 degrees F. Coat a 9-inch pie plate with cooking spray.
2. In a large skillet over medium heat, cook ground beef 8 to 10 minutes, or until no longer pink; drain liquid. Stir in onion powder and 1 cup cheese. Place mixture in prepared baking dish.
3. In a medium bowl, whisk together egg substitute, mayonnaise, half-and-half, salt, and pepper; pour over beef mixture.
4. Bake 25 minutes, sprinkle remaining cheese on top, and cook another 5 to 10 minutes, or until firm in center. Let stand 5 minutes before serving.

## Nutrition Facts

Amount Per Serving

**Calories** 250      Calories from Fat 108

% Daily Value\*

<b>Total Fat</b> 12g	19 %
Saturated Fat 5.2g	26 %
<i>Trans</i> Fat 0.6g	0 %
<b>Protein</b> 29g	57 %
<b>Cholesterol</b> 71mg	24 %
<b>Sodium</b> 466mg	19 %
<b>Total Carbohydrate</b> 5.1g	2 %
Dietary Fiber 0.5g	2 %
Sugars 2.7g	0 %

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# Three Cheese Macaroni and Cheese

If you're a fan of extra-creamy and cheesy, then you'll love our Three Cheese Macaroni and Cheese. This healthier take on your favorite American classic uses a special ingredient to take it over the top!

**Serves:** 8

**Cooking Time:** 1 hr 25 min

## What You'll Need:

- 1 pound butternut squash
- 2 tablespoons margarine
- 2 tablespoons all-purpose flour
- 1/4 teaspoon salt
- 1/8 teaspoon black pepper
- 1 cup fat-free milk
- 3/4 cup part-skim shredded mozzarella cheese
- 3/4 cup reduced-fat shredded Cheddar cheese
- 8 ounces whole grain elbow macaroni (about 2 cups), cooked according to package directions.
- 4 slices muenster cheese



## Nutrition Facts

Amount Per Serving

Calories 317      Calories from Fat 98

% Daily Value\*

<b>Total Fat</b> 11g	17 %
Saturated Fat 5.0g	25 %
<i>Trans</i> Fat 0.5g	0 %
<b>Protein</b> 19g	37 %
<b>Cholesterol</b> 13mg	4 %
<b>Sodium</b> 348mg	14 %
<b>Total Carbohydrate</b> 37g	12 %
Dietary Fiber 1.2g	5 %
Sugars 9.6g	0 %

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

## What To Do:

1. Preheat oven to 375 degrees F. Line a baking sheet with aluminum foil. Place squash on baking sheet.
2. Bake 50 to 60 minutes, or until a knife can easily pierce squash; let cool until able to handle, then cut in half. Scoop flesh from squash halves; discard skin. Mash squash and set aside.
3. In a medium saucepan over medium heat, melt margarine. Whisk in flour, salt, and pepper until combined. Add milk, whisking until smooth. Cook until thickened and bubbly, stirring often. Add mozzarella and Cheddar cheeses and whisk until cheeses are melted. Stir in squash and add pasta; stir until coated.
4. Coat an 8-inch square baking dish with cooking spray. Place mixture in baking dish and top with muenster cheese slices.
5. Bake 25 to 30 minutes, or until cheese is golden and casserole is bubbly.

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# Italian Onion Bake

Onion lover's take heart, this healthy Italian Onion Bake is high in flavor, yet light enough to fit a diabetes diet. Dish up some tonight and the onion lover in you will be smiling.

**Serves:** 6

**Cooking Time:** 45 min

## What You'll Need:

- 2 large white or yellow onions, cut into 1-inch wedges
- 3 tablespoons fat-free balsamic vinaigrette
- 1 teaspoon dried thyme, crushed
- 1/2 teaspoon garlic powder
- 1/4 teaspoon salt
- 1 tablespoon grated Parmesan cheese



## What To Do:

1. Preheat oven to 425 degrees F. Coat a 9- x 13-inch baking dish with cooking spray.
2. Arrange onion wedges to overlap slightly in prepared baking dish. Drizzle vinaigrette over onions and sprinkle with thyme, garlic powder, and salt.
3. Bake, uncovered about 45 minutes, or until onions are tender. Sprinkle with Parmesan cheese and serve.

## Nutrition Facts

Amount Per Serving

Calories 29      Calories from Fat 2.7

% Daily Value\*

<b>Total Fat</b> 0.3g	0 %
Saturated Fat 0.2g	1 %
<i>Trans</i> Fat 0.0g	0 %
<b>Protein</b> 0.9g	2 %
<b>Cholesterol</b> 0.7mg	0 %
<b>Sodium</b> 136mg	6 %
<b>Total Carbohydrate</b> 5.7g	2 %
Dietary Fiber 0.9g	4 %
Sugars 2.6g	0 %

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# Golden Squash Casserole

When it comes to lighter recipes, we turn to reduced-fat cheese varieties to add that creamy goodness! That's just what you'll find in our Golden Squash Casserole, so go ahead and dig in.

**Serves:** 6

**Cooking Time:** 45 min

## What You'll Need:

- 2 pounds (about 7) yellow summer squash, cut into 1-inch chunks
- 3/4 cup shredded reduced-fat sharp Cheddar cheese, divided
- 1/4 cup reduced-fat mayonnaise
- 1/2 cup liquid egg substitute
- 1/4 teaspoon salt
- 1/4 teaspoon black pepper



## What To Do:

1. Preheat oven to 375 degrees F. Coat a 2-quart baking dish with cooking spray.
2. In a large saucepan, add squash with enough water to cover; bring to a boil. Reduce heat to medium and cook 8 to 10 minutes, or just until squash is tender. Drain well.
3. In a large bowl, combine squash, 1/2 cup cheese, mayonnaise, egg substitute, salt, and pepper. Spoon into prepared baking dish. Sprinkle with remaining cheese.
4. Bake 30 minutes, or until golden and heated through.

## Nutrition Facts

Amount Per Serving

Calories 91      Calories from Fat 41

% Daily Value\*

<b>Total Fat</b> 4.6g	7 %
Saturated Fat 1.2g	6 %
<i>Trans</i> Fat 0.0g	0 %
<b>Protein</b> 7.5g	15 %
<b>Cholesterol</b> 6.5mg	2 %
<b>Sodium</b> 295mg	12 %
<b>Total Carbohydrate</b> 6.6g	2 %
Dietary Fiber 1.7g	7 %
Sugars 4.3g	0 %

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# Guiltless Green Bean Casserole

Many holiday food memories include stories about grandma's green bean casserole. We know we can never recreate Grandma's, but our lightened-up version of Guiltless Green Bean Casserole comes pretty close!

**Serves:** 10

**Cooking Time:** 30 min

## What You'll Need:

- 1-1/2 pound fresh green beans, trimmed
- 2 tablespoons margarine
- 3 tablespoons all-purpose flour
- 1 tablespoon dry ranch-style dressing mix
- 1/4 teaspoon white pepper
- 1-1/2 cup skim milk
- 1/2 cup chopped onion
- 2 cloves garlic, minced
- 1-1/2 cup fresh mushrooms, sliced
- 1 cup soft whole wheat bread crumbs



## What To Do:

1. Preheat oven to 375 degrees F. In a covered saucepan, cook green beans in a small amount of boiling water for 8-10 minutes or until crisp-tender; drain and set aside.
2. Meanwhile, for white sauce, in a medium saucepan over medium heat, melt butter. Stir in flour, dry dressing mix, and white pepper until combined. Stir in milk. Cook and stir until thickened and bubbly; remove from heat.
3. Coat a nonstick skillet with cooking spray. Preheat over medium heat. Add onion and garlic; cook 2-3 minutes or until tender. Remove half of the onion mixture; set aside.
4. Add mushrooms to skillet and cook about 5 minutes or until tender.
5. In a 1-1/2 qt. casserole, combine mushrooms, green beans, and white sauce. In a small bowl, stir together reserved onion mixture and bread crumbs. Sprinkle bread crumb mixture over green bean mixture in casserole.
6. Bake, uncovered, for 25 to 30 minutes, or until heated through.

## Nutrition Facts

### Amount Per Serving

**Calories** 119      **Calories from Fat** 26

% Daily Value\*

<b>Total Fat</b> 2.9g	4 %
Saturated Fat 0.5g	2 %
<i>Trans</i> Fat 0.6g	0 %
<b>Protein</b> 6.3g	13 %
<b>Cholesterol</b> 0.7mg	0 %
<b>Sodium</b> 184mg	8 %
<b>Total Carbohydrate</b> 19g	6 %
Dietary Fiber 3.4g	13 %
Sugars 6.2g	0 %

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

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# Potato Casserole

Say hello to your new favorite potato casserole! It's perfect as part of a balanced breakfast, or as a side to a fabulous main dish. However, and whenever, you eat it you'll agree...Potato Casserole is the best!

**Serves:** 16

**Cooking Time:** 50 min

## What You'll Need:

- 30 ounces frozen shredded hash brown potatoes
- 1 teaspoon margarine
- 3/4 cup chopped onion
- 3/4 teaspoon black pepper
- 1 (10-3/4-ounce) can low-fat condensed cream of chicken soup
- 1 cup fat-free sour cream
- 1-1/4 cup shredded reduced-fat Cheddar cheese
- 3/4 cup fat-free skim milk



© Mr.Food

## What To Do:

1. Preheat oven to 375 degrees F. Coat a 9- x 13-inch baking dish with cooking spray.
2. Place potatoes in baking dish; set aside.
3. In a large skillet over medium-high heat, melt margarine. Add onions and sauté until soft. Add remaining ingredients and mix well. Pour mixture over potatoes and mix until well combined.
4. Bake 50 to 55 minutes, or until golden on top.

## Nutrition Facts

Amount Per Serving

Calories 88      Calories from Fat 13

% Daily Value\*

<b>Total Fat</b> 1.4g	2 %
Saturated Fat 0.7g	3 %
<i>Trans</i> Fat 0.0g	0 %
<b>Protein</b> 4.5g	9 %
<b>Cholesterol</b> 4.1mg	1 %
<b>Sodium</b> 165mg	7 %
<b>Total Carbohydrate</b> 15g	5 %
Dietary Fiber 1.1g	4 %
Sugars 1.3g	0 %

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# Fluffy Cabbage Casserole

Bet you never thought about having cabbage for breakfast. Well, you may want to rethink that! Our Fluffy Cabbage Casserole has a creamy, egggy, and well...fluffy texture to it that's just perfect for any time of the day!

**Serves:** 10

**Cooking Time:** 35 min

## What You'll Need:

- 1/2 cup light margarine
- 1 head cabbage, shredded
- 1 onion, chopped
- 1 cup low-fat (1%) milk
- 1 cup liquid egg substitute
- 12 low-sodium crackers, coarsely crushed
- 1/2 teaspoon garlic powder
- 1/4 teaspoon salt
- 1/4 teaspoon black pepper



## What To Do:

1. Preheat oven to 350 degrees F. Coat a 3-quart casserole dish with cooking spray.
2. In a large soup pot, melt margarine over medium heat. Add cabbage and onion and cook about 15 minutes, or until softened. Stir in milk and simmer for 3 minutes. Remove pot from heat.
3. Stir in egg substitute, 1/2 of crushed crackers, garlic, salt, and pepper. Pour into prepared casserole dish. Top with remaining crushed crackers.
4. Bake for 35 to 40 minutes, or until center is firm. Serve.

## Nutrition Facts

Amount Per Serving

Calories 95      Calories from Fat 25

% Daily Value\*

<b>Total Fat</b> 2.8g	4 %
Saturated Fat 0.5g	3 %
<i>Trans</i> Fat 0.0g	0 %
<b>Protein</b> 5.3g	11 %
<b>Cholesterol</b> 1.2mg	0 %
<b>Sodium</b> 267mg	11 %
<b>Total Carbohydrate</b> 13g	4 %
Dietary Fiber 2.6g	11 %
Sugars 5.2g	0 %

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