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TEST KITCHEN

**Everyday
Diabetic Recipes**

Easter Dinner Ideas

30 Healthy Easter Recipes



"OOH IT'S SO GOOD!!®"

A Free eCookbook from the Mr. Food Test Kitchen



Everyday Diabetic Recipes

Easter Dinner Ideas: 30 Healthy Easter Recipes

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Easter Dinner Ideas: 30 Healthy Easter Recipes

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Everyday Diabetic Recipes

Dear Friend,

Spring is in the air and so is the smell of delicious springtime food! Now is the time to start planning your Easter dinner menu, and where better to start than this FREE eCookbook? Our healthy Easter recipes are easy and yummy. We've taken the hassle out of preparing holiday meals. That's why we came up with this FREE eCookbook, *Easter Dinner Ideas: 30 Healthy Easter Recipes*. The best part is that while all of these recipes are diabetic-friendly, many are low-carb too! That means that along with the provided nutrition information for EVERY recipe, you can have an enjoyable Easter dinner menu. We hope that you enjoy these healthy Easter recipes as much as we do!

Start your Easter Sunday off right with a healthy and hearty brunch. With filling recipes like these, it's easy to stay full until you serve your Easter dinner. There are plenty of options to choose from, including our fresh **Flourless Banana Pancakes** (page 2). We've even got a low-carb egg breakfast with an Italian flair! **Frittata Primavera** (page 4) is a healthy option that's also a crowd-favorite. Make sure to include the **Easter Braid Loaf** (page 11) as part of your spread because recipes this good only come once a year. After a delicious brunch, you'll have the energy to cook up even more of our perfect healthy Easter recipes for dinner!

Now it's time to get to the meat and potatoes, literally! The **Apple Butter Glazed Ham** (page 21) is traditional and a sure crowd-pleaser! If you're looking to go the fancier route (and hey you can, it IS Easter!), then go for our **Garlicky Mustard Lamb Chops** (page 22). These main dishes wouldn't be themselves if they weren't accompanied by one of our savory side dishes. Since peas are a popular springtime ingredient, why not try the **Easy Peasy Pea Salad** (page 16)? It's also low-carb! If the Easter bunny left behind some carrots, then the **Easy Carrot Bake** (page 20) is just the side dish for you.

Don't overlook two of the most important (and our favorite) parts of your Easter dinner menu: appetizers and desserts! Enjoy low-carb appetizers like our **Southern Deviled Eggs** (page 6) and **Easy Cucumber Cups** (page 8); they each only take 10 minutes to make! And after dinner, save room for some dessert, because we've got low-carb **Raspberry Lemon Mini Cheesecakes** (page 28) that are sure to become one of your favorites!

Whether you're setting up a brunch buffet for a crowd or an Easter dinner menu for two, you and your gang will love these healthy holiday recipes. They're a delicious way to make 'em say...

"OOH IT'S SO GOOD!!®"

Kelly Howard Patty



P.S. Enjoy this eCookbook filled with 30 fabulous Easter Sunday recipes. Remember our *Easter Dinner Ideas* 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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Cheesy Spinach Quiche

Impress family and guests by baking up this easy, but fancy looking, Cheesy Spinach Quiche for breakfast. Loaded with nutrient-rich spinach and creamy cheese, this is one breakfast recipe that'll really wake 'em up!

Serves: 8 | **Serving Size:** 1 slice

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 and squeezed dry
- 1 teaspoon onion powder
- 1/4 teaspoon ground nutmeg
- 1/2 teaspoon salt
- 1/4 teaspoon black pepper
- 1 (9-inch) ready-to-bake pie crust



What To Do:

1. Preheat the 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 for 40 to 45 minutes, or until firm. Let sit for 5 minutes.
4. Slice quiche and serve.

Notes:

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

Nutrition Facts

Amount Per Serving

Calories 223 Calories from Fat 94

% Daily Value*

Total Fat 10g	16 %
Saturated Fat 4.7g	23 %
<i>Trans</i> Fat 0.0g	0 %
Protein 12g	24 %
Cholesterol 15mg	5 %
Sodium 537mg	22 %
Total Carbohydrate 22g	7 %
Dietary Fiber 1.1g	4 %
Sugars 2.6g	0 %

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

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Flourless Banana Pancakes

All you need is five simple ingredients and a skillet, and you can cook up these low-fat pancakes that everyone is going to go bananas for! It's a simple breakfast that can be made in a flash.

Yields: 12 | **Serving Size:** 1 Pancake

Cooking Time: 10 min

What You'll Need:

- 2 ripe bananas, peeled
- 3 eggs
- 1 teaspoon baking powder
- 1 teaspoon vanilla extract
- 1/4 teaspoon cinnamon



What To Do:

1. In a medium bowl, mash bananas until mushy. Add remaining ingredients and whisk until combined.
2. Coat a griddle or skillet with cooking spray and heat over medium-low heat until hot.
3. Pour 1/8 cup batter for each pancake onto griddle and cook 1 to 2 minutes, or until bubbles form on top. Gently turn over pancakes and cook 1 more minute, or until golden brown. Repeat until all batter is used.

Nutrition Facts

Amount Per Serving

Calories 37 **Calories from Fat** 11

% Daily Value*

Total Fat 1.3g	2 %
Saturated Fat 0.4g	2 %
<i>Trans</i> Fat 0.0g	0 %
Protein 1.8g	4 %
Cholesterol 47mg	16 %
Sodium 59mg	2 %
Total Carbohydrate 4.8g	2 %
Dietary Fiber 0.5g	2 %
Sugars 2.5g	0 %

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

Notes:

- Serve with a sprinkle of confectioners' sugar or a drizzle of sugar-free maple syrup.
- Make sure you use gluten-free baking powder if you want these banana pancakes to be totally gluten-free!

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Oatmeal Coffee Cake

There are few things that go better with coffee cake than a mug full of your favorite hot beverage. Enjoy a slice of Oatmeal Coffee Cake for breakfast; it's got a great spice cake flavor with a little crunch!

Serves: 12 | **Serving Size:** 1 slice

Cooking Time: 30 min

What You'll Need:

- 1/3 cup canola oil
- 1/2 cup egg substitute
- 1/4 cup sugar substitute
- 1/2 cup plus 1 tablespoon brown sugar, divided
- 1 teaspoon vanilla extract
- 3/4 cup quick-cooking oatmeal, prepared in water
- 3/4 cup white whole wheat flour
- 3/4 cup all-purpose flour
- 1 teaspoon cinnamon
- 1/2 teaspoon salt
- 1 teaspoon baking soda
- 1/4 cup chopped walnuts



What To Do:

1. Preheat oven to 350 degrees F. Coat an 8-inch square baking dish with cooking spray.
2. In a large bowl, combine oil, egg substitute, sugar substitute, 1/2 cup brown sugar, the vanilla, and oatmeal; mix well.
3. In a medium bowl, combine both flours, cinnamon, salt, and baking soda; mix well. Stir flour mixture into egg mixture until well combined. Pour into baking dish.
4. In a small bowl, mix walnuts and remaining brown sugar; sprinkle over batter.
5. Bake 30 to 35 minutes, or until toothpick inserted in center comes out dry. Let cool, then cut into squares.

Nutrition Facts

Amount Per Serving

Calories 152 Calories from Fat 72

% Daily Value*

Total Fat 8.0g	12 %
Saturated Fat 0.7g	3 %
<i>Trans</i> Fat 0.0g	0 %
Protein 3.6g	7 %
Cholesterol 0mg	0 %
Sodium 224mg	9 %
Total Carbohydrate 17g	6 %
Dietary Fiber 1.5g	6 %
Sugars 3.9g	0 %

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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, and it's one that your whole family can enjoy!

Serves: 4 | **Serving Size:** 2 1/2 inch slice

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 for 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 for 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.

Notes:

- 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.



Nutrition Facts

Amount Per Serving

Calories 93 **Calories from Fat** 34

% Daily Value*

Total Fat 3.8g	6 %
Saturated Fat 1.2g	6 %
Trans Fat 0.0g	0 %
Protein 9.8g	20 %
Cholesterol 140mg	47 %
Sodium 398mg	17 %
Total Carbohydrate 5.2g	2 %
Dietary Fiber 1.6g	6 %
Sugars 2.8g	0 %

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

The following ingredients or measurements are not included:

- crushed red pepper (optional)

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Southern Johnny Cakes

This classic favorite was named for it's long-keeping qualities. We'd like to think our Southern Johnny Cakes keep just as long, but we wouldn't know since we just gobble 'em up soon as they're ready!

Serves: 10 | **Serving Size:** 1 cake

Cooking Time: 10 min

What You'll Need:

- 1/2 cup whole wheat flour
- 1 cup self-rising cornmeal
- 1 teaspoon baking powder
- 1 tablespoon sugar
- 1/2 teaspoon salt
- 2 eggs, lightly beaten
- 1 cup hot reduced fat milk
- 2 teaspoons vanilla extract
- 1 tablespoon unsalted butter, melted



What To Do:

1. In a large bowl, combine flour, cornmeal, baking powder, sugar, and salt. Stir in the eggs, milk, vanilla, and butter. Don't overmix!
2. Heat a griddle over medium-high heat about 2 minutes. Coat with cooking spray.
3. Drop 1/4 cup batter per pancake on hot griddle. Cook 2 to 3 minutes per side, or until golden brown. Repeat with remaining batter.

Nutrition Facts

Amount Per Serving

Calories 104 **Calories from Fat** 27

% Daily Value*

Total Fat 3.0g	5 %
Saturated Fat 1.1g	5 %
<i>Trans</i> Fat 0.0g	0 %
Protein 3.7g	7 %
Cholesterol 36mg	12 %
Sodium 342mg	14 %
Total Carbohydrate 16g	5 %
Dietary Fiber 1.5g	6 %
Sugars 2.7g	0 %

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

Notes:

- If you want to a little extra sweetness, serve 'em up with some sugar-free maple syrup!

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Southern Deviled Eggs

The next time you're invited to a get-together bring along a plate of Southern Deviled Eggs. It's a recipe any Southern granny would approve of!

Serves: 12 | **Serving Size:** 1/2 egg

Preparation Time: 10 min

What You'll Need:

- 6 hard-boiled eggs, peeled and cut in half lengthwise
- 3 tablespoons light mayonnaise
- 1 tablespoon sweet pickle relish, patted dry
- 1 tablespoon Dijon mustard
- Paprika for sprinkling



What To Do:

1. In a small bowl, combine egg yolks, mayonnaise, relish, and mustard, mix well.
2. Fill egg white halves with yolk mixture and place on platter. Sprinkle with paprika, cover, and refrigerate until ready to serve.

Nutrition Facts

Amount Per Serving

Calories 54 Calories from Fat 35

% Daily Value*

Total Fat 3.9g	6 %
Saturated Fat 1.0g	5 %
<i>Trans</i> Fat 0.0g	0 %
Protein 3.2g	6 %
Cholesterol 95mg	32 %
Sodium 96mg	4 %
Total Carbohydrate 1.0g	0 %
Dietary Fiber 0.0g	0 %
Sugars 0.8g	0 %

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

The following ingredients or measurements are not included:

- Paprika for sprinkling



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"Beet"-the-Clock Spinach Salad

Spinach is the ultimate super food, rich in antioxidants, vitamin A, vitamin C, and more, so you can't go wrong with a salad like this. "Beet"-the-Clock Spinach Salad is so tasty you'll forget how good it is for you!

Serves: 8 | **Serving Size:** 1 1/2 cups

Cooking Time: 5 min

What You'll Need:

- 1/3 cup canola oil
- 3 tablespoons apple cider vinegar
- 1 tablespoon honey
- 1 teaspoon onion powder
- 1 teaspoon garlic powder
- 1/2 teaspoon salt
- 1/2 teaspoon black pepper
- 1 (10-ounce) package fresh spinach
- 1 (8-1/4-ounce) can julienne beets, drained
- 1/4 cup imitation bacon bits



What To Do:

- In a medium saucepan, bring the oil, vinegar, honey, onion powder, garlic powder, salt, and black pepper to a boil over medium heat.
- In a large bowl, combine the spinach, drained beets, and bacon bits. Pour the hot dressing over the spinach mixture; toss to coat well. Serve immediately.

Notes:

- Be sure to take extra care when working with beets (canned or fresh) because of their tendency to stain anything from hands to clothing.

Nutrition Facts

Amount Per Serving

Calories 125 Calories from Fat 91

% Daily Value*

Total Fat 10g	16 %
Saturated Fat 0.8g	4 %
<i>Trans</i> Fat 0.0g	0 %
Protein 2.5g	5 %
Cholesterol 0.0mg	0 %
Sodium 293mg	12 %
Total Carbohydrate 7.2g	2 %
Dietary Fiber 1.8g	7 %
Sugars 4.0g	0 %

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Easy Cucumber Cups

Give your guests a healthier option by setting out a platter of these Easy Cucumber Cups. These bite-sized cups look company-fancy and taste anytime-amazing. They're easy to make, too!

Serves: 8 | **Serving Size:** 2 cups

Preparation Time: 10 min

What You'll Need:

- 2 large cucumbers, cut into 1-inch slices
- 1 cup cubed cooked ham
- 3 hard-boiled eggs
- 1/2 cup fat-free plain yogurt
- 1/4 cup light mayonnaise
- 2 tablespoons Dijon mustard
- 1/2 cup dill pickle relish, drained
- 1/2 cup chopped scallion (with 1 tablespoon reserved for garnish)
- 1/4 teaspoon black pepper



What To Do:

- Partially scoop out the center of the cucumber slices, making sure to leave the bottom of each slice intact.
- Place ham and eggs in a food processor and process until finely chopped; place in a medium bowl.
- Place remaining ingredients in food processor and pulse until smooth. Add to ham and egg mixture and mix until well combined.
- Fill cucumber cups with ham mixture and top with reserved scallions. Serve immediately or refrigerate until ready to serve.

Nutrition Facts

Amount Per Serving

Calories 118 **Calories from Fat** 46

% Daily Value*

Total Fat 5.1g	8 %
Saturated Fat 1.0g	5 %
<i>Trans</i> Fat 0.0g	0 %
Protein 8.3g	17 %
Cholesterol 86mg	29 %
Sodium 537mg	22 %
Total Carbohydrate 8.8g	3 %
Dietary Fiber 0.6g	3 %
Sugars 6.1g	0 %

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Bacon Cheddar Deviled Eggs

Is there anything that just a bit of bacon won't make a little better? These Bacon Cheddar Deviled Eggs has just enough bacon and Cheddar cheese to make your taste buds happy without leaving you feeling guilty.

Serves: 6 | **Serving Size:** 2 halves

Preparation Time: 10 min

What You'll Need:

- 6 hard-boiled eggs, peeled and cut in half lengthwise
- 3 tablespoons light mayonnaise
- 1 teaspoon Dijon mustard
- 2 tablespoons reduced-fat finely shredded Cheddar cheese
- 2 teaspoons bacon bits
- 1 scallion, thinly sliced



What To Do:

1. In a small bowl, combine egg yolks, mayonnaise, mustard, Cheddar cheese, bacon bits, and scallion; mix well.
2. Fill egg white halves with yolk mixture and place on platter. Cover with plastic wrap and refrigerate until ready to serve.

Nutrition Facts

Amount Per Serving

Calories 108 **Calories from Fat** 72

% Daily Value*

Total Fat 8.0g	12 %
Saturated Fat 2.1g	11 %
<i>Trans</i> Fat 0.0g	0 %
Protein 7.0g	14 %
Cholesterol 190mg	63 %
Sodium 148mg	6 %
Total Carbohydrate 1.4g	0 %
Dietary Fiber 0.1g	0 %
Sugars 1.0g	0 %

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Beauty Salad

Did you know your favorite veggies are as good for keeping you looking healthy, as they are for making you feel healthy? We've used some of our favorites to create this fresh Beauty Salad!

What You'll Need:

- 2 cups spinach leaves
- 1/2 cup cucumber slices
- 1 avocado, sliced thin
- 2 tablespoons chickpeas, canned, no salt-added, rinsed and drained
- 1 tablespoon sliced almonds
- 1-1/2 tablespoon olive oil
- 1 teaspoon lemon juice
- 1 clove garlic, minced
- 1/8 teaspoon salt
- 1 pinch black pepper

Serves: 2 | **Serving Size:** 1 1/4 cup

Preparation Time: 10 min



What To Do:

1. Evenly divide spinach onto 2 serving plates. Top with cucumber, avocado, chick peas and almonds, distributing evenly.
2. In a small bowl, whisk olive oil, lemon juice, garlic, salt, and pepper. Pour over spinach salad and serve.

Nutrition Facts

Amount Per Serving

Calories 292 **Calories from Fat** 240

% Daily Value*

Total Fat 27g	41 %
Saturated Fat 3.7g	18 %
<i>Trans</i> Fat 0.0g	0 %
Protein 4.4g	9 %
Cholesterol 0.0mg	0 %
Sodium 178mg	7 %
Total Carbohydrate 14g	5 %
Dietary Fiber 8.4g	34 %
Sugars 1.4g	0 %

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Easter Braid Loaf

Bread is an important part of an Easter table spread, which is why we came up with this Easter Braid Loaf recipe. It's a beautiful and easy bread recipe that features a light almond flavor and sweet golden raisins.

Yields: 24 slices (2 loaves) | **Serving Size:** 1 slice

Preparation Time: 1 hr 40 min | **Cooking Time:** 25 min

What You'll Need:

- 1 (1/4-ounce) package active dry yeast
- 1/4 cup warm water
- 1 cup warm 2% milk
- 1/2 cup sugar
- 1/2 cup (1 stick) butter, softened
- 3 eggs
- 1/2 teaspoon salt
- 5-1/2 cups all-purpose flour
- 1 cup golden raisins
- 2 teaspoons almond extract
- 1 egg, lightly beaten
- 2 tablespoons sliced almonds



What To Do:

1. In a large bowl, dissolve yeast in warm water. Add milk, sugar, butter, the 3 eggs, salt, and 3 cups flour; beat until smooth. Stir in remaining flour to form a soft dough. Stir in raisins and almond extract.
2. Turn dough onto floured surface; knead about 5 minutes, or until smooth and elastic. Place in a greased bowl, turning once to grease the top. Cover and let rise in a warm place about 1-1/2 hours, or until doubled.
3. Preheat oven to 350 degrees F. Coat a baking sheet with cooking spray.
4. Punch dough down; turn onto a lightly floured surface. Divide into 6 portions and shape each into a 12-inch rope. Place 3 ropes on prepared baking sheet and braid; pinch ends to seal and tuck under. Repeat with remaining ropes. Brush with beaten egg and sprinkle with almonds.
5. Bake 25 to 30 minutes, or until golden brown. Cool on wire racks.

Nutrition Facts

Amount Per Serving

Calories 193 **Calories from Fat** 47

% Daily Value*

Total Fat 5.2g	41 %
Saturated Fat 1.1g	6 %
<i>Trans</i> Fat 1.0g	0 %
Protein 4.8g	10 %
Cholesterol 32mg	11 %
Sodium 102mg	102 %
Total Carbohydrate 32g	11 %
Dietary Fiber 1.2g	5 %
Sugars 8.4g	0 %

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Onion Board

You might find everyone hovering over your bread basket when you make this Onion Board. This easy bread recipe uses a convenient shortcut, so you can enjoy freshly baked bread in no time!

What You'll Need:

- 2 tablespoons butter
- 1 medium onion, diced
- 1 pound frozen bread dough, thawed
- 1 egg, beaten
- 1/2 teaspoon poppy seeds

Serves: 12 | **Serving Size:** 1 square
Preparation Time: 10 min | **Cooking Time:** 30 min



What To Do:

1. Preheat the oven to 350 degrees. Coat a large rimmed baking sheet with cooking spray.
2. In a medium skillet, melt the butter and cook the onion over medium heat for 6 to 8 minutes, or until the onion is soft and lightly browned.
3. 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.
4. Brush the dough with the beaten egg, then spread the cooked onion evenly over the top. Sprinkle with the poppy seeds and bake for 25 to 30 minutes, or until golden.
5. Remove to a cutting board; let cool slightly, then cut into squares.

Notes:

- It's a great one to make ahead of time, so, if you do, just throw it in a 300 degree oven to warm for 5 minutes before serving.

Nutrition Facts

Amount Per Serving

Calories 122 **Calories from Fat** 31

% Daily Value*

Total Fat 3.4g	5 %
Saturated Fat 1.4g	7 %
<i>Trans</i> Fat 0.1g	0 %
Protein 4.0g	8 %
Cholesterol 21mg	7 %
Sodium 192mg	8 %
Total Carbohydrate 19g	6 %
Dietary Fiber 0.9g	3 %
Sugars 1.8g	0 %

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Carrot Cake Bread

We love carrot cake so much we wanted to find a great way to eat it anytime. This recipe tastes like a lighter and less sweet version of your favorite carrot cake, which makes it great for breakfast or as a side item!

Serves: 12 | **Serving Size:** 1 slice

Cooking Time: 55 min

What You'll Need:

1-1/4 cup whole wheat flour
2-1/2 teaspoons baking powder
1/8 teaspoon salt
1 teaspoon cinnamon
1/2 cup light brown sugar
3/4 cup raisins
4 medium carrots, peeled and finely grated
2 eggs
1 tablespoon canola oil
1/2 cup confectioners' sugar
3 teaspoons fat-free milk



What To Do:

1. Preheat oven to 325 degrees F. Lightly coat an 8- x 4-inch loaf pan with cooking spray, and line it with parchment paper.
2. In a large bowl, combine flour, baking powder, salt, and cinnamon; mix well. Stir in brown sugar, raisins, carrots, eggs, and oil; mix well. Pour mixture into prepared pan.
3. Bake 55 to 60 minutes, or until toothpick inserted in center comes out clean. Cool in pan 10 minutes, then turn out onto wire rack and peel off parchment paper. Let cool completely.
4. In a small bowl, whisk confectioners' sugar and milk until smooth. Pour over cake and slice when ready to serve.

Nutrition Facts

Amount Per Serving

Calories 150 **Calories from Fat** 20

% Daily Value*

Total Fat 2.3g	3 %
Saturated Fat 0.4g	2 %
<i>Trans</i> Fat 0.0g	0 %
Protein 3.1g	6 %
Cholesterol 27mg	9 %
Sodium 152mg	6 %
Total Carbohydrate 32g	11 %
Dietary Fiber 2.4g	9 %
Sugars 19g	0 %

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

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Banana Coconut Bread

Whether you add this to your bread basket or serve it for dessert, your group is sure to love our moist and delicious Banana Coconut Bread. It's the perfect go-along !

Yields: 8 | Serving Size: 1 slice

Cooking Time: 30 min

What You'll Need:

1-1/4 cup whole wheat flour
1/2 cup unsweetened shredded coconut
2 teaspoons baking powder
1/2 teaspoon baking soda
1/2 teaspoon salt
1 cup mashed banana
1/4 cup canola oil
2 tablespoons honey



What To Do:

1. Preheat oven to 350 degrees F. Coat an 8- x 4-inch loaf pan with cooking spray.
2. In a large bowl, mix together flour, coconut, baking powder, baking soda, and salt. In a small bowl, combine banana, oil, and honey; stir gently into flour mixture until well combined. Spread batter into prepared pan.
3. Bake 30 to 35 minutes, or until toothpick inserted in center comes out clean. Cool 10 minutes in pan, then invert onto wire rack to cool completely.

Nutrition Facts

Amount Per Serving

Calories 201 **Calories from Fat** 97

% Daily Value*

Total Fat 11g	17 %
Saturated Fat 3.7g	19 %
<i>Trans</i> Fat 0.0g	0 %
Protein 3.2g	6 %
Cholesterol 0.0mg	0 %
Sodium 349mg	15 %
Total Carbohydrate 26g	9 %
Dietary Fiber 3.6g	14 %
Sugars 8.2g	0 %

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

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Cloud Bread

Cloud Bread is a totally gluten-free, low-carb, low-calorie, and low-fat bread alternative. It's a healthier choice that looks like a fluffy cloud and tastes so good!

Serves: 5 (makes 10) | **Serving Size:** 2

Cooking Time: 30 min

What You'll Need:

- 3 eggs, separated
- 3 tablespoons cream cheese, softened
- 1 teaspoon sugar
- 1/4 teaspoon cream of tartar



What To Do:

1. Preheat oven to 300 degrees F. Coat 2 baking sheets with cooking spray.
2. In a small bowl, mix egg yolks, cream cheese, and sugar until smooth.
3. In a medium bowl, combine cream of tartar with egg whites; beat with an electric mixer on high speed until fluffy and stiff peaks form. Gently fold egg yolk mixture into egg white mixture until well combined. Spoon mixture into 10 even rounds on baking sheets.
4. Bake 25 to 30 minutes, or until golden brown. Let cool 5 minutes, then remove to a wire rack to cool completely.

Notes:

- The best way to store this low-carb Cloud Bread is in an airtight container.
- If you'd like your bread a little firmer, allow it to sit overnight.

Nutrition Facts

Amount Per Serving

Calories 76 **Calories from Fat** 52

% Daily Value*

Total Fat 5.8g	9 %
Saturated Fat 2.6g	13 %
<i>Trans</i> Fat 0.0g	0 %
Protein 4.3g	9 %
Cholesterol 121mg	40 %
Sodium 71mg	3 %
Total Carbohydrate 1.5g	1 %
Dietary Fiber 0.0g	0 %
Sugars 1.2g	0 %

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



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Easy Peasy Pea Salad

This is a quick and easy salad to throw together. That's why we've named it Easy Peasy Pea Salad! Simply toss all the nutritious ingredients together, let them chill up and when you're ready to serve, drizzle on the tangy basil dressing.

Serves: 8 | **Serving Size:** 1/4 cup

Chilling Time: 3 hr

What You'll Need:

- 1 (16-ounce) package frozen petite peas, thawed
- 1 cup thinly sliced celery
- 1/4 cup finely chopped green onions with tops
- 1/2 teaspoon garlic powder
- 1/8 teaspoon black pepper
- 1/4 cup fat-free balsamic vinaigrette
- 2 tablespoons fresh basil, chopped



What To Do:

1. Combine all ingredients in bowl. Refrigerate for at least 3 hours.
2. Drain excess dressing when ready to serve.

Nutrition Facts

Amount Per Serving

Calories 51 Calories from Fat 2.4

% Daily Value*

Total Fat 0.3g	0 %
Saturated Fat 0.1g	0 %
<i>Trans</i> Fat 0.0g	0 %
Protein 3.2g	6 %
Cholesterol 0.0mg	0 %
Sodium 96mg	4 %
Total Carbohydrate 9.3g	3 %
Dietary Fiber 2.9g	12 %
Sugars 3.6g	0 %

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Orange-Glazed Carrots

Our Orange-Glazed Carrots are sure to cause a commotion at your table. We used sugar-free marmalade and warming spices like cinnamon and cloves to make these baby carrots delicious, and diabetes-friendly!

Serves: 6 | **Serving Size:** 1/2 cup

Cooking Time: 15 min

What You'll Need:

- 1 pound baby carrots
- 2 tablespoons light soft tub margarine
- 1/2 cup sugar-free orange marmalade
- 1/4 teaspoon cinnamon
- 1/4 teaspoon cloves
- 2 teaspoons Splenda brown sugar blend
- 1/4 teaspoon salt



What To Do:

1. Place the carrots in a medium saucepan. Add enough water to cover and bring to a boil over high heat. Reduce the heat to medium-high, cover, and cook for 10-15 minutes, or until desired tenderness; drain well and set aside.
2. In the saucepan, melt the margarine over medium heat. Add the remaining ingredients; mix well.
3. Return the carrots to the saucepan and toss until mixed well and heated through. Serve immediately.

Nutrition Facts

Amount Per Serving

Calories 107 **Calories from Fat** 11

% Daily Value*

Total Fat 1.2g	2 %
Saturated Fat 0.2g	1 %
<i>Trans</i> Fat 0.0g	0 %
Protein 0.8g	2 %
Cholesterol 0.0mg	0 %
Sodium 201mg	8 %
Total Carbohydrate 25g	8 %
Dietary Fiber 2.5g	10 %
Sugars 20g	0 %

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Company-Fancy Asparagus

Want to impress company or simply add a festive taste to any mealtime? Well, our Mr. Food Test Kitchen diabetes-friendly recipe for Company-Fancy Asparagus is sure to do you proud.

Serves: 4 | **Serving Size:** 5 spears

Cooking Time: 3 min

What You'll Need:

- 1 tablespoon canola or olive oil
- 1 tablespoon fresh lemon juice
- 1/4 teaspoon onion powder
- 1/4 teaspoon garlic powder
- 1/8 teaspoon salt
- 1/8 teaspoon black pepper
- 1 pound fresh asparagus spears, trimmed (about 20)
- 1 hard-boiled egg white, chopped



What To Do:

1. In a small bowl, whisk together oil, lemon juice, onion, garlic powder, salt, and pepper.
2. In a medium skillet over medium-high heat, bring 1/2 cup water to a boil. Add asparagus and cook 3 to 5 minutes, or until just tender. Remove from skillet and let cool to room temperature.
3. Arrange asparagus spears on serving platter and drizzle with oil mixture. Garnish with chopped egg.

Nutrition Facts

Amount Per Serving

Calories 75 Calories from Fat 45

% Daily Value*

Total Fat 5.0g	8 %
Saturated Fat 0.7g	4 %
<i>Trans</i> Fat 0.0g	0 %
Protein 4.1g	8 %
Cholesterol 47mg	16 %
Sodium 91mg	4 %
Total Carbohydrate 5.1g	2 %
Dietary Fiber 2.5g	10 %
Sugars 2.4g	0 %

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Baked Stuffed Spuds

Turn ordinary baked potatoes into your gang's new favorite side! Baked Stuffed Spuds are loaded with creamy goodness that everyone will love.

Serves: 6 | **Serving Size:** 1/2 potato

Cooking Time: 1 hr 8 min

What You'll Need:

- 3 baking potatoes, scrubbed and pierced with a fork
- 1 (9-ounce) package frozen spinach, thawed and drained
- 1/2 cup reduced-fat sour cream
- 1 tablespoon butter
- 1/2 teaspoon onion powder
- 1/2 teaspoon salt
- 1/2 teaspoon black pepper
- Paprika for sprinkling



What To Do:

1. Preheat oven to 400 degrees F.
2. Bake potatoes 50 to 55 minutes, or until tender; let cool slightly.
3. Slice each potato in half and scoop out pulp; place pulp in a medium bowl. Add remaining ingredients except paprika and mix until thoroughly combined. Spoon mixture into potato shells and sprinkle with paprika.
4. Bake 25 to 30 minutes, or until potatoes begin to brown and are heated through.

Nutrition Facts

Amount Per Serving

Calories 123 **Calories from Fat** 44

% Daily Value*

Total Fat 4.9g	8 %
Saturated Fat 2.9g	15 %
<i>Trans</i> Fat 0.1g	0 %
Protein 4.4g	9 %
Cholesterol 12mg	4 %
Sodium 269mg	11 %
Total Carbohydrate 17g	6 %
Dietary Fiber 3.3g	13 %
Sugars 1.3g	0 %

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

The following ingredients or measurements are not included:

- Paprika for sprinkling

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Easy Carrot Bake

Talk about "no-fuss"...this satisfying go-along Easy Carrot Bake requires no mashing, no chopping, no worries! Our baby food shortcut is not only healthy, it's like having an extra pair of hands in the kitchen!

Serves: 12 | **Serving Size:** 1 square

Cooking Time: 35 min

What You'll Need:

- 3 (4-ounce) jars carrot baby food
- 1/2 cup (1 stick) margarine
- 3/4 cup eggs
- 1 cup all-purpose flour
- 1 cup packed light brown sugar
- 1 tablespoon lemon juice
- 1 teaspoon vanilla extract
- 1 teaspoon baking soda
- 1 teaspoon baking powder



What To Do:

1. Preheat the oven to 350 degrees. Coat an 8-inch square baking dish with cooking spray.
2. In a large bowl, combine the carrots and butter; mix well. Add the remaining ingredients; mix until well blended, then pour into the baking dish.
3. Bake for 35 to 40 minutes, or until a wooden toothpick inserted in the center comes out clean.

Nutrition Facts

Amount Per Serving

Calories 192 **Calories from Fat** 70

% Daily Value*

Total Fat 1.4g	12 %
Saturated Fat 1.5g	7 %
<i>Trans</i> Fat 0.0g	0 %
Protein 2.9g	6 %
Cholesterol 0mg	0 %
Sodium 202mg	8 %
Total Carbohydrate 28g	9 %
Dietary Fiber 0.8g	3 %
Sugars 19g	0 %

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

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Apple Butter Glazed Ham

Your friends and family will be wowed with this recipe for Apple Butter Glazed Ham, and better yet, they'll never know it's fit for a diabetes diet. It's the perfect ham recipe for Easter Sunday!

Serves: 12 | **Serving Size:** 2 slices

Preparation Time: 1 hr 30 min

What You'll Need:

- 1 6-10 lb. bone in smoked ham
- 3/4 cup apple butter
- 1/4 cup Dijon mustard
- 1/4 cup packed light brown sugar
- 1/4 cup sugar-free maple syrup
- 1/4 teaspoon ground cloves
- 1/4 teaspoon salt



What To Do:

1. Preheat oven to 325 degrees F. Score the ham with a paring knife through the skin and fat in a tight crosshatch pattern. Place the ham, fat side up, in a large roasting pan. Bake 1 hour.
2. Whisk the apple butter, mustard, brown sugar, syrup and cloves in a bowl until smooth. Brush the ham with half the glaze and bake for 15 more minutes.
3. Brush remaining glaze over ham and bake another 15 minutes or until ham is heated through.
4. Let rest for 15 minutes before carving.

Nutrition Facts

Amount Per Serving

Calories 330 **Calories from Fat** 49

% Daily Value*

Total Fat 5.4g	8 %
Saturated Fat 2.7g	13 %
<i>Trans</i> Fat 0.0g	0 %
Protein 41g	82 %
Cholesterol 50mg	17 %
Sodium 2,214mg	92 %
Total Carbohydrate 29g	10 %
Dietary Fiber 0.3g	1 %
Sugars 11g	0 %

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Garlicky Mustard Lamb Chops

Garlic and lamb chops make one great combination. We know lamb chops may not be an everyday occasion, but as Easter draws near, you may be feeling fancy!

Serves: 4 | **Serving Size:** 1 lamb chop

Preparation Time: 14 min

What You'll Need:

- 4 cloves, garlic, minced
- 1/2 teaspoon pepper
- 1/4 teaspoon dried thyme
- 1/8 teaspoon salt
- 1 teaspoon chopped fresh parsley
- 2 teaspoons lemon juice
- 1 tablespoon olive oil
- 4 (5-ounce) lean lamb loin chops



What To Do:

1. Preheat the broiler. In a small bowl, combine all ingredients except lamb chops; mix well.
2. Trim fat from lamb chops. Spread garlic mixture over both sides of chops. Place chops on a lightly greased rack in a broiler pan. Broil 6 to 7 minutes on each side or to desired degree of doneness.

Nutrition Facts

Amount Per Serving

Calories 369

Calories from Fat
207

% Daily Value*

Total Fat 23g	35 %
Saturated Fat 9.6g	48 %
<i>Trans</i> Fat 0.0g	0 %
Protein 37g	73 %
Cholesterol 120mg	40 %
Sodium 164mg	7 %
Total Carbohydrate 1.4g	0 %
Dietary Fiber 0.2g	1 %
Sugars 0.1g	0 %

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Presto Pesto Roast

Why not trying slicing our tender Presto Pesto Roast and serving it as an open-faced sandwich? Pair it with some fresh green beans or grilled mixed veggies and "Presto!" - you'll be in and out of the kitchen in a flash!

Serves: 8 | **Serving Size:** 5 ounces

Cooking Time: 50 min

What You'll Need:

- 1 cup fresh basil leaves
- 1/4 cup olive oil
- 1/2 cup sun-dried tomatoes (about 2 ounces), reconstituted
- 3 garlic cloves
- 1/4 teaspoon salt
- 1/4 teaspoon black pepper
- 1 (2-1/2-pound) beef eye of round roast



What To Do:

1. Preheat the oven to 350 degrees. Coat a roasting pan with nonstick cooking spray.*
2. In a food processor, process the basil, oil, sun-dried tomatoes, garlic, salt, and pepper until smooth.
3. Place the roast in the pan; spread the tomato-pesto mixture over the entire roast.
4. Cook the roast for 50 to 60 minutes, or until it reaches the desired doneness.
5. Remove the roast to a cutting board. Slice evenly then spoon pan juices over each serving.

Notes:

- To make this a gluten-free recipe, use nonstick cooking spray with no flour added.
- Why not try slicing the meat and serving it as an open-faced sandwich? Pair it with some fresh green beans or grilled mixed veggies and "Presto!"

Nutrition Facts

Amount Per Serving

Calories 261 Calories from Fat 146

% Daily Value*

Total Fat 16g	25 %
Saturated Fat 4.6g	23 %
<i>Trans</i> Fat 0.0g	0 %
Protein 25g	51 %
Cholesterol 77mg	26 %
Sodium 148mg	6 %
Total Carbohydrate 2.6g	1 %
Dietary Fiber 0.6g	3 %
Sugars 1.3g	0 %

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Balsamic Chicken

Balsamic chicken has an unmistakably rich flavor, and this light version tastes so good, nobody will believe it's healthy, too! It's the perfect chicken to put on your Easter dinner menu.

What You'll Need:

- 1/4 cup balsamic vinegar
- 2 tablespoons olive oil
- 1-1/2 teaspoon garlic powder
- 1/4 teaspoon salt
- 1/4 teaspoon black pepper
- 4 (5-ounce) boneless, skinless chicken breast halves

Serves: 4 | **Serving Size:** 5 ounces

Marinating Time: 30 min | **Cooking Time:** 15 min



What To Do:

1. Combine all ingredients in a large resealable plastic storage bag; mix well. Seal, and marinate in refrigerator 30 minutes.
2. Heat a grill pan over medium heat until hot. Place chicken on pan, discarding excess marinade, and cook 6 to 10 minutes per side, or until no pink remains and juices run clear.



Nutrition Facts

Amount Per Serving

Calories 207 **Calories from Fat** 87

% Daily Value*

Total Fat 9.7g	15 %
Saturated Fat 1.6g	8 %
<i>Trans</i> Fat 0.0g	0 %
Protein 24g	49 %
Cholesterol 73mg	24 %
Sodium 281mg	12 %
Total Carbohydrate 3.6g	1 %
Dietary Fiber 0.1g	0 %
Sugars 2.4g	0 %

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Farmer's Pork with Veggies

This Farmer's Pork with Veggies is an easy skillet meal, and one that will keep you and your family satisfied long after the table has been cleared. Plus, because everything cooks in one skillet, cleanup is a breeze!

Serves: 4 |

Serving Size: 4 ounce pork chop, 1/2 cup vegetables

Cooking Time: 25 min

What You'll Need:

- 4 (4-ounce) pork loin chops, well trimmed
- 1/2 teaspoon garlic powder
- 1/4 teaspoon salt
- 1/4 teaspoon black pepper
- 2 tablespoons canola oil
- 1 onion, cut into 1-inch chunks
- 2 carrots, cut into 1/2-inch slices



What To Do:

- Season both sides of pork chops with garlic, salt, and pepper.
- In a large skillet over medium-high heat, heat oil. Brown pork chops 4 to 5 minutes per side.
- Add onion and carrots to skillet. Reduce heat to low, cover, and simmer 15 to 20 minutes, or until vegetables are tender and pork chops are cooked through. Serve vegetables over pork.

Nutrition Facts

Amount Per Serving

Calories 258 Calories from Fat 130

% Daily Value*

Total Fat 14g	22 %
Saturated Fat 3.1g	15 %
<i>Trans</i> Fat 0.0g	0 %
Protein 25g	51 %
Cholesterol 62mg	21 %
Sodium 219mg	9 %
Total Carbohydrate 5.6g	2 %
Dietary Fiber 1.4g	5 %
Sugars 2.6g	0 %

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Coconut Cake

Everyone's gonna go "coconuts" over this recipe for Coconut Cake! This easy cake recipe is moist, delicious, and great for anyone who is following a diabetic diet. This is going to be one of your favorites!

Serves: 16 | **Serving Size:** 1 inch slice

Cooking Time: 30 min

What You'll Need:

- 1 (16.5-ounce) package white or yellow cake mix
- 1/4 cup egg substitute
- 1 teaspoon coconut extract
- 1 (12-ounce) can diet lemon-lime soda
- 1 cup fat-free sour cream
- 1 cup flaked coconut, with 1 tablespoon reserved for garnish
- 1 (8-ounce) container fat-free frozen whipped topping, thawed



What To Do:

1. Preheat oven to 350 degrees F. Coat 2 (8-inch square) cake pans with cooking spray and dust with flour.
2. In a large bowl, beat cake mix, egg substitute, coconut extract, and soda until moistened. Pour evenly into prepared pans.
3. Bake 30 to 35 minutes, or until toothpick inserted in center comes out dry. Let cool 10 minutes, then remove each cake to a wire rack to cool completely. Slice each cake in half horizontally, making 4 layers.
4. In a medium bowl, combine sour cream and coconut. Fold in whipped topping.
5. Place 1 cake layer on a serving platter and spread with 1/4 of filling; repeat with remaining layers. Sprinkle reserved coconut on top. Refrigerate until ready to serve.

Nutrition Facts

Amount Per Serving

Calories 182 **Calories from Fat** 40

% Daily Value*

Total Fat 4.5g	7 %
Saturated Fat 1.7g	9 %
<i>Trans</i> Fat 0.0g	0 %
Protein 2.3g	5 %
Cholesterol 1.3mg	0 %
Sodium 245mg	10 %
Total Carbohydrate 32g	11 %
Dietary Fiber 0.7g	3 %
Sugars 19g	0 %

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Carrot Cake

Carrot cake is one of our favorite desserts, and this diabetes-friendly recipe won't disappoint! You'll love how moist and full of flavor our Carrot Cake is. It's an easy, recipe you'll look forward to making all year long!

Serves: 24 | **Serving Size:** 1 square

Cooking Time: 25 min

What You'll Need:

- 2 cups shredded carrots
- 4 ounces unsweetened crushed pineapple with juice
- 3/4 cup Splenda brown sugar blend
- 1 cup unsweetened applesauce
- 3 egg whites
- 2 teaspoons vanilla extract
- 2 cups white whole wheat flour
- 1/2 teaspoon baking soda
- 2 teaspoons baking powder
- 1/4 teaspoon salt
- 1 teaspoon ground cinnamon
- 1 (16-ounce) container sugar-free white frosting



What To Do:

1. Preheat oven to 350 degrees F. Coat a 9- x 13-inch baking dish with cooking spray.
2. In a large bowl, combine carrots, pineapple, brown sugar blend, applesauce, egg whites, and vanilla. Add remaining ingredients except frosting; mix well. Spread batter in baking dish.
3. Bake 25 to 30 minutes, or until wooden toothpick inserted in center comes out clean. Let cool, then spread frosting over cake and serve.

Nutrition Facts

Amount Per Serving

Calories 119 **Calories from Fat** 35

% Daily Value*

Total Fat 3.9g	6 %
Saturated Fat 1.0g	5 %
<i>Trans</i> Fat 1.3g	0 %
Protein 1.7g	3 %
Cholesterol 0.0mg	0 %
Sodium 143mg	6 %
Total Carbohydrate 22g	7 %
Dietary Fiber 3.3g	13 %
Sugars 2.0g	0 %

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Raspberry Lemon Mini Cheesecakes

Bake up a batch of our Raspberry Lemon Mini Cheesecakes and find yourself immersed in tart citrusy flavor! These are perfectly portioned and low-carb, so you don't have to feel guilty about treating yourself!

What You'll Need:

- 1 (8-ounce) package low-fat cream cheese, softened
- 1/3 cup sugar
- 1/2 teaspoon lemon juice
- 1 teaspoon lemon zest
- 1/2 teaspoon vanilla extract
- 1/2 cup low-fat plain Greek yogurt
- 2 large eggs, at room temperature
- 2 tablespoons white whole wheat flour
- Fresh raspberries for garnish
- Confectioners' sugar for sprinkling

Makes: 11 | **Serving Size:** 1 mini cheesecake
Chilling Time: 1 hr 30 min | **Cooking Time:** 20 min



What To Do:

1. Preheat oven to 350 degrees F. Coat a muffin tin with cooking spray or line with paper liners.
2. In a large bowl, combine cream cheese, sugar, lemon juice, lemon zest, and vanilla; with an electric mixer, beat until smooth. Add yogurt, eggs, and flour and continue to mix until well-blended. Spoon batter into prepared tin, filling each muffin cup 3/4 full.
3. Bake 18 to 20 minutes, or until a toothpick inserted in center comes out clean. Cool 10 minutes, then transfer to a wire rack to cool 30 additional minutes.
4. Refrigerate 2 to 3 hours, or until ready to serve. Top with fresh raspberries and a sprinkle of confectioners' sugar.

Nutrition Facts

Amount Per Serving

Calories 90 Calories from Fat 36

% Daily Value*

Total Fat 4.0g	6 %
Saturated Fat 2.2g	11 %
<i>Trans</i> Fat 0.0g	0 %
Protein 4.1g	8 %
Cholesterol 45mg	15 %
Sodium 114mg	5 %
Total Carbohydrate 9.4g	3 %
Dietary Fiber 0.1g	0 %
Sugars 7.7g	0 %

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

The following ingredients or measurements are not included:

- Fresh raspberries for garnish
- Confectioners' sugar for sprinkling



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Luscious Lemon Cookies

Brighten up your cookie platter with these Luscious Lemon Cookies. Low in fat and high in citrusy flavor, these cookies will be a hit no matter where or when you serve them!

Yields: 20 | Serving Size: 1

Cooking Time: 8 min

What You'll Need:

- 2 eggs
- 1/3 cup stevia
- 1 tablespoon plus 2 teaspoons lemon juice, divided
- 1 tablespoon lemon zest
- 1 teaspoon vanilla extract
- 1-1/2 cups all-purpose flour
- 1 teaspoon baking powder
- 1/2 cup confectioners' sugar



What To Do:

1. Preheat oven to 325 degrees F. Coat baking sheets with cooking spray.
2. In a large bowl, with an electric mixer, beat eggs until frothy. Add sweetener, 1 tablespoon lemon juice, the lemon zest, and vanilla; mix well. Beat in flour and baking powder just until mixed.
3. Drop dough by teaspoonfuls onto baking sheets.
4. Bake 8 to 10 minutes, or until lightly golden around edges. Cool slightly, then remove to a wire rack to cool completely.
5. Meanwhile, in a small bowl, whisk confectioners' sugar and remaining lemon juice. Drizzle over cooled cookies.

Nutrition Facts

Amount Per Serving

Calories 54 **Calories from Fat** 5.1

% Daily Value*

Total Fat 0.6g	1 %
Saturated Fat 0.2g	1 %
<i>Trans</i> Fat 0.0g	0 %
Protein 1.6g	3 %
Cholesterol 19mg	6 %
Sodium 32mg	1 %
Total Carbohydrate 11g	4 %
Dietary Fiber 0.3g	1 %
Sugars 3.1g	0 %

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

Easter Dinner Ideas: 30 Healthy Easter Recipes

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Guilt-Free Strawberry Shortcake

We've created a lighter version of classic strawberry shortcake that will make you the star of any dinner party. With lighter ingredients and plenty of fresh berries, this Guilt-Free Strawberry Shortcake is just that!

Serves: 6 | **Serving Size:** 1 biscuit, 1/2 cup strawberries

Cooking Time: 10 min

What You'll Need:

2-1/2 cups reduced-fat biscuit baking mix
3/4 cup fat-free (skim) milk
1/4 tablespoon vanilla extract
1 tablespoon butter, melted
1 tablespoon sugar
1/4 teaspoon ground cinnamon
1 quart strawberries, hulled and sliced
1-1/2 cup frozen fat-free whipped topping, thawed



What To Do:

1. Preheat oven to 450 degrees F.
2. In a large bowl, combine baking mix, milk, and vanilla extract, stirring until a soft dough forms. Turn dough onto a work surface dusted with baking mix. Knead dough 10 times, adding a little more baking mix to stiffen it, if needed. Roll out dough to a 1/2-inch thickness. Using a 3-inch biscuit cutter, cut out 6 circles. Place dough circles on an ungreased baking sheet.
3. In a small bowl, combine butter, sugar, and cinnamon; mix well and brush over dough circles.
4. Bake 8 to 10 minutes, or until golden. Remove biscuits to a wire rack to cool completely.
5. Cut each biscuit horizontally in half and separate. Distribute half the strawberries and half the whipped topping over biscuit bottoms. Replace tops, dollop with remaining whipped topping, and decorate with remaining strawberries. Serve immediately.

Nutrition Facts

Amount Per Serving

Calories 164 **Calories from Fat** 38

% Daily Value*

Total Fat 4.3g	7 %
Saturated Fat 1.8g	9 %
<i>Trans</i> Fat 0.1g	0 %
Protein 3.6g	7 %
Cholesterol 8.6mg	3 %
Sodium 252mg	11 %
Total Carbohydrate 29g	12 %
Dietary Fiber 2.9g	1 %
Sugars 14g	0 %

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

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