

TASTY RECIPES

*For People with Diabetes
and Their Families*



**Centers for Disease
Control and Prevention**
Office of Noncommunicable
Diseases, Injury and
Environmental Health

Ask your healthcare provider to refer you to diabetes self-management education and support services.

To find an American Diabetes Association-recognized or an American Association of Diabetes Educator-accredited diabetes program in your area, visit:

www.diabeteseducator.org/living-with-diabetes/find-an-education-program



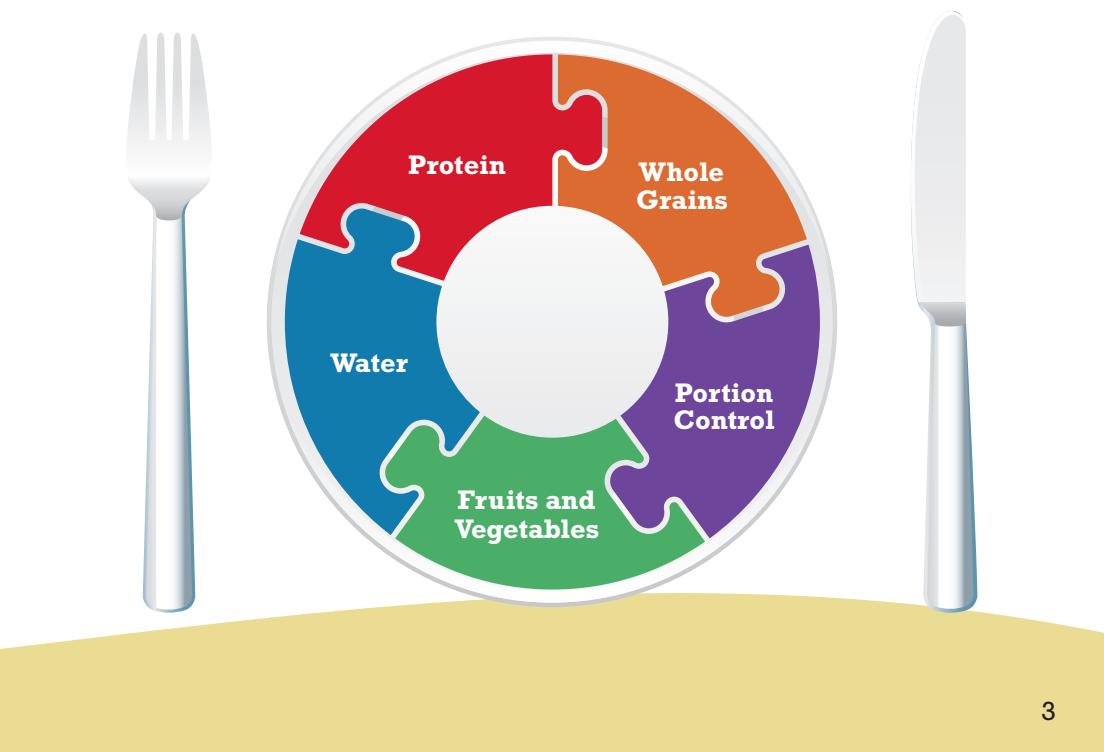
I Have Diabetes. What Do I Need to Know About Healthy Eating?

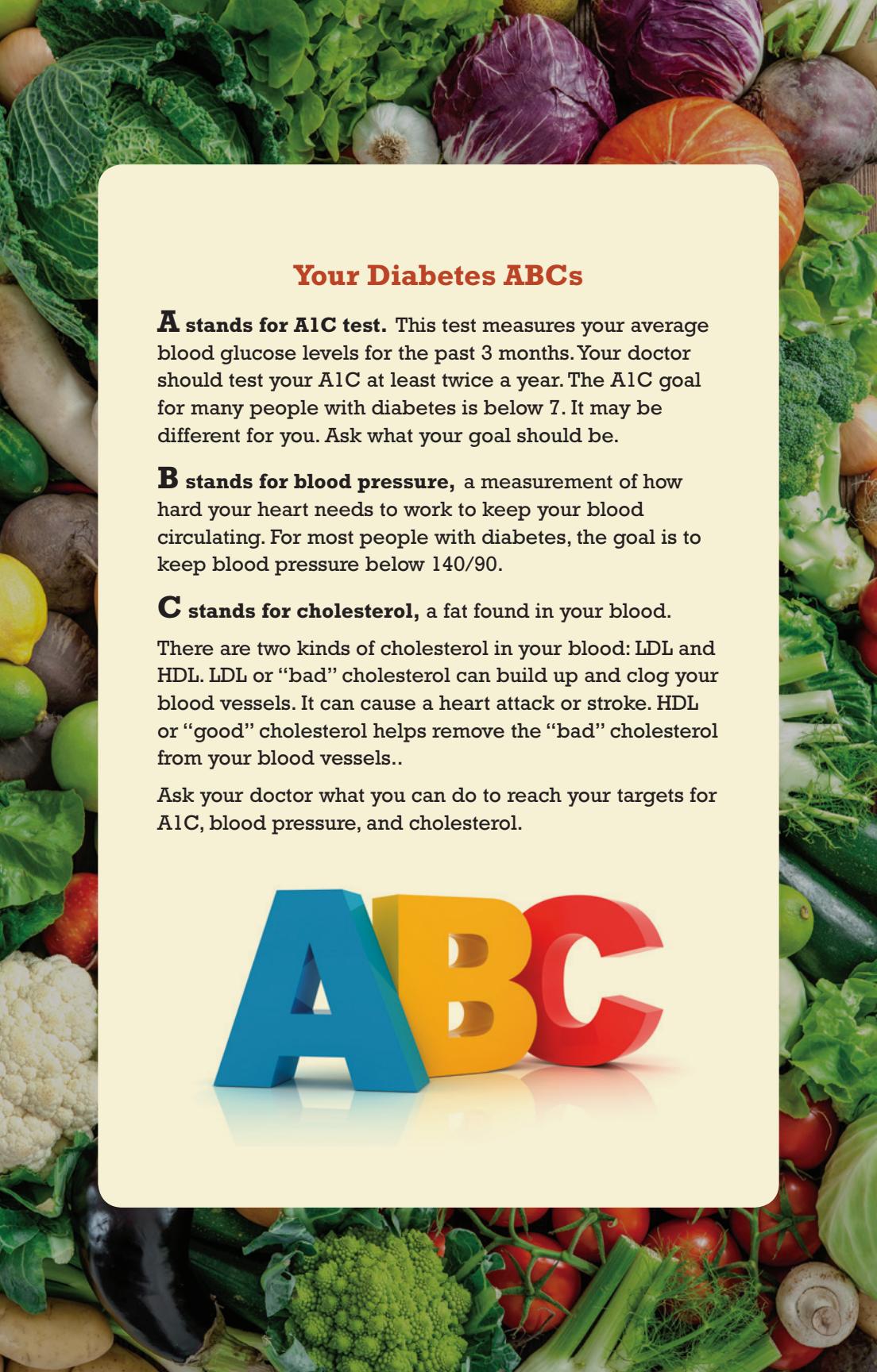
You can take good care of yourself and your diabetes by learning about healthy eating—what foods to eat, how much to eat, and when to eat. Healthy eating can help keep your diabetes under control and lower your risk for heart disease, stroke, and other health problems caused by diabetes. Making wise food choices will help you feel good every day and lose weight if needed.

This recipe booklet will help you create healthy meals and learn how to follow a healthy eating plan. A healthy eating plan contains many of the foods and beverages you usually eat or drink. Foods fit together like puzzle pieces (see Figure 1) to meet your health needs without going over your calorie limits. Your calorie intake depends on the total calories in your food, which includes your saturated and non-saturated fats, added sugars, and carbohydrates. All kinds of foods, including fresh, canned, dried, and frozen foods—including special treats—can be included in a healthy eating plan.

Whether you have been diagnosed with type 1, type 2, or gestational diabetes, understanding how foods and nutrition affect your body and taking steps to stay healthy will help you manage it successfully.

Figure 1: A Healthy Eating Plan





Your Diabetes ABCs

A stands for **A1C test**. This test measures your average blood glucose levels for the past 3 months. Your doctor should test your A1C at least twice a year. The A1C goal for many people with diabetes is below 7. It may be different for you. Ask what your goal should be.

B stands for **blood pressure**, a measurement of how hard your heart needs to work to keep your blood circulating. For most people with diabetes, the goal is to keep blood pressure below 140/90.

C stands for **cholesterol**, a fat found in your blood.

There are two kinds of cholesterol in your blood: LDL and HDL. LDL or “bad” cholesterol can build up and clog your blood vessels. It can cause a heart attack or stroke. HDL or “good” cholesterol helps remove the “bad” cholesterol from your blood vessels..

Ask your doctor what you can do to reach your targets for A1C, blood pressure, and cholesterol.



Take steps to manage your diabetes

- ✓ Ask your doctor how often you should check your blood sugar.
- ✓ Learn how to keep your blood sugar in your target range. Ask your doctor about the best range for you.
- ✓ Know your diabetes ABCs (see the call out on the previous page).
- ✓ Ask your doctor for an A1C test at least twice a year.
- ✓ Talk to your doctor about how to plan your meals around taking your medication and being physically active to stabilize your blood sugar.
 - ✚ If you are taking insulin, your meals need to be planned around your medications. If you don't eat or eat later than planned, you may develop low blood sugar (hypoglycemia).
 - ✚ In contrast, eating too much food may cause your blood sugar level to climb too high (hyperglycemia).

Learn how to keep your blood sugar on target

You can prevent health problems by keeping your blood sugar in your target range. Ask your health care team to suggest a blood sugar target range for you. Healthful eating can keep your blood sugar levels on target. Being physically active and taking your diabetes medicines can also help.

Make wise food choices and develop healthy eating habits

Read the Nutrition Facts labels

You can learn how healthy a food is by reading the label (see Figure 2). For help, ask a dietitian or a diabetes educator. Try to eat less of foods high in saturated fat, *trans* fat (liquid oils turned into solid fats during food processing), added sugar, and salt.

- ✓ To learn more about how to read the Nutrition Facts label so you can make smarter food choices, visit the FDA for Consumers website (<http://www.fda.gov/forconsumers/consumerupdates/ucm387114.htm>).
- ✓ To find a diabetes educator, visit the American Association of Diabetes Educators website (<https://www.diabeteseducator.org/patient-resources/find-a-diabetes-educator>).
- ✓ To find a dietitian, visit the Academy of Nutrition and Dietetics website (<https://www.eatright.org>).

Figure 2: How to Understand a Nutrition Facts Label



Develop a healthy eating plan

Make an appointment with a dietitian as soon as you find out you have diabetes or if you have had diabetes for a while but don't have a meal plan. Your dietitian will teach you about healthy food choices, portion planning, and help you make a meal plan that works for you. Your dietitian should review your meal plan at least once a year. Discuss how to make a healthy eating plan work with the foods you like, your daily routine, and any medicines you take.

Check serving sizes on the Nutrition Facts label

It is easy to eat more food than you need without realizing it. A dietitian or a diabetes educator can show you simple ways to learn the right serving size for you without overeating. A serving size is a fixed amount, a standard amount that is used to measure foods (for example, one cup, one part or one ounce), and is also a unit of measure for food. For example, a serving of protein, such as chicken or fish, is the size of a deck of cards or the palm of your hand. A portion is the amount that you choose to drink or to eat. A dietitian can help you make a daily meal plan that will keep you satisfied without overeating. There are many factors that affect your personal meal plan. A dietitian or diabetes educator is specially trained to help you make the best plan for you. See Figures 3 through 5 (pages 10, 11, and 12), to help you manage your portions and visually estimate how much you are eating.

Manage your meal plan with the Nutrition Facts label

Using the Nutrition Facts label, you can compare the salt content of foods and choose the product with less salt.

- ✓ Use the Nutrition Facts label and ingredients list on the package to find the amounts of saturated fat, salt, and added sugars in the foods and beverages you choose.
- ✓ Look for foods and drinks that are lower in saturated fat, salt, and added sugar.



Make healthy food choices

Examples of healthy food choices:

- ✓ Non-starchy vegetables such as chilies, nopalas, jalapeños, carrots, cabbage, eggplant, cauliflower, broccoli, spinach, jicama, kale, lettuce, tomatoes, and peppers.
- ✓ Starchy vegetables such as potatoes, green peas, corn, acorn squash, butternut squash, pumpkin, plantains, yams, yuca, ñame, yautía, (*malanga, camote, and batata*); eat less of these foods because they have more carbs that will raise your blood sugar.
- ✓ Dried beans, dried peas, and lentils such as black and pinto beans, black-eyed and split peas.
- ✓ Whole grains such as whole wheat bread, oatmeal, brown rice, quinoa, whole wheat pasta, whole grain corn, cornmeal, and popcorn.
- ✓ Fruits, especially whole fruits. Fresh or frozen fruits are also good choices, but avoid fruit that is dried or canned or fruit juices because of the high sugar content. If you eat canned fruit, choose those packed in their own juice rather than syrup.
- ✓ Fat-free or low-fat dairy, including milk, yogurt, cheese, soft margarine with zero *trans* fats, and fortified soy beverages.
- ✓ A variety of protein, including lean meats, poultry/chicken, turkey, fish, seafood, eggs, nuts, seeds, and soy products. Trim fat from meats, and remove the skin from poultry.
- ✓ Oils, such as olive, canola, and safflower. Avoid lard and shortening.
- ✓ Drinks with no added sugars, such as water, unsweetened tea, and coffee.



Don't skip meals

Skipping a meal can make you very hungry and make it easy to eat too much at the next meal so you take in more total calories for the day. Be sure to space your meals evenly through the day. Work with your dietitian or health care team to find the best meal plan for you. Include a variety of healthy, low-fat, and low-calorie foods. Remember that eating too little could result in hypoglycemia (low blood sugar).

Learn how carbs affect your blood sugar

Carbs are found in many foods and drinks, including bread, pasta, fruit, desserts, dairy products, sodas, juices, and starchy vegetables like potatoes and corn. Complex carbs, such as whole grain bread and whole grain pasta, provide more nutrition than other carbs. Cut back on sweets such as cake, cookies, and pies. Sweets are high in fat, calories, and carbs, so save them for a special treat once in a while.

Knowing where you are getting carbohydrates, not only in what you eat, can give key information to help you manage your blood sugar. Your dietitian can guide you on how many carbs to aim for at each meal. Foods high in carbs have the biggest effect on your blood sugar. It's important for people taking insulin at mealtime to know how many carbs are in the foods they eat and drink. Knowing the number of carbs you are eating helps you estimate the correct dose of insulin. Some examples of foods high in carbs are:

- ✓ Bread, pretzels, crackers, and tortillas.
- ✓ Pasta, noodles.
- ✓ Rice, cereal.
- ✓ Corn.
- ✓ Beans and lentils.
- ✓ Yams, yuca, and other root vegetables, such as potatoes, ñame, yautía, malanga, and camote, (batata).
- ✓ Green bananas or plantains.



Reduce added sugars, saturated fats, and salt, and drink alcohol in moderation or not at all

- ✓ Limit fruit drinks and sodas, or coffee or tea sweetened with sugar and honey.
- ✓ The two main sources of added sugars are sugary drinks such as sodas and sweet snacks such as ice cream, cookies, and cakes.
- ✓ Watch out for hidden sugar, like tomato sauces, fat-free salad dressings, and condiments.
- ✓ Most of the sodium Americans eat comes from packaged, processed, store-bought, and restaurant foods. Only a small amount comes from salt added during cooking or at the table. Foods that come in cans including beans, vegetables, soups and other processed foods, such as canned and instant soups, processed meats (such as cold cuts), and canned beans have high levels of salt. Rinsing beans and vegetables and eating fewer canned foods can help you maintain blood pressure at normal levels. Also, use less salt when you cook, and take the salt shaker off the table to avoid using it during your meal.
- ✓ Saturated fat is solid at room temperature and is most often found in animal products (high-fat meat and dairy foods), some fried and baked foods, and palm and coconut oils.
- ✓ Reduce saturated fats. These fats come from burgers, sandwiches, tacos, pizza, and mixed dishes that contain meat or cheese or both (such as rice, pasta, and grain dishes with meat or cheese; and meat, poultry, and seafood dishes with cheese).
- ✓ Limit alcohol if you drink. That means no more than one drink per day for women and two drinks per day for men. For those who choose to drink, small amounts of alcohol can fit into most healthy eating plans. Keep in mind that drinking alcohol may increase your risk for low blood sugar, especially if you are taking insulin or diabetes medicines.



Figure 3: Use these pictures to estimate the portion size of foods you eat. These tools can serve as a good guide, but may not be exact enough for dosing insulin.

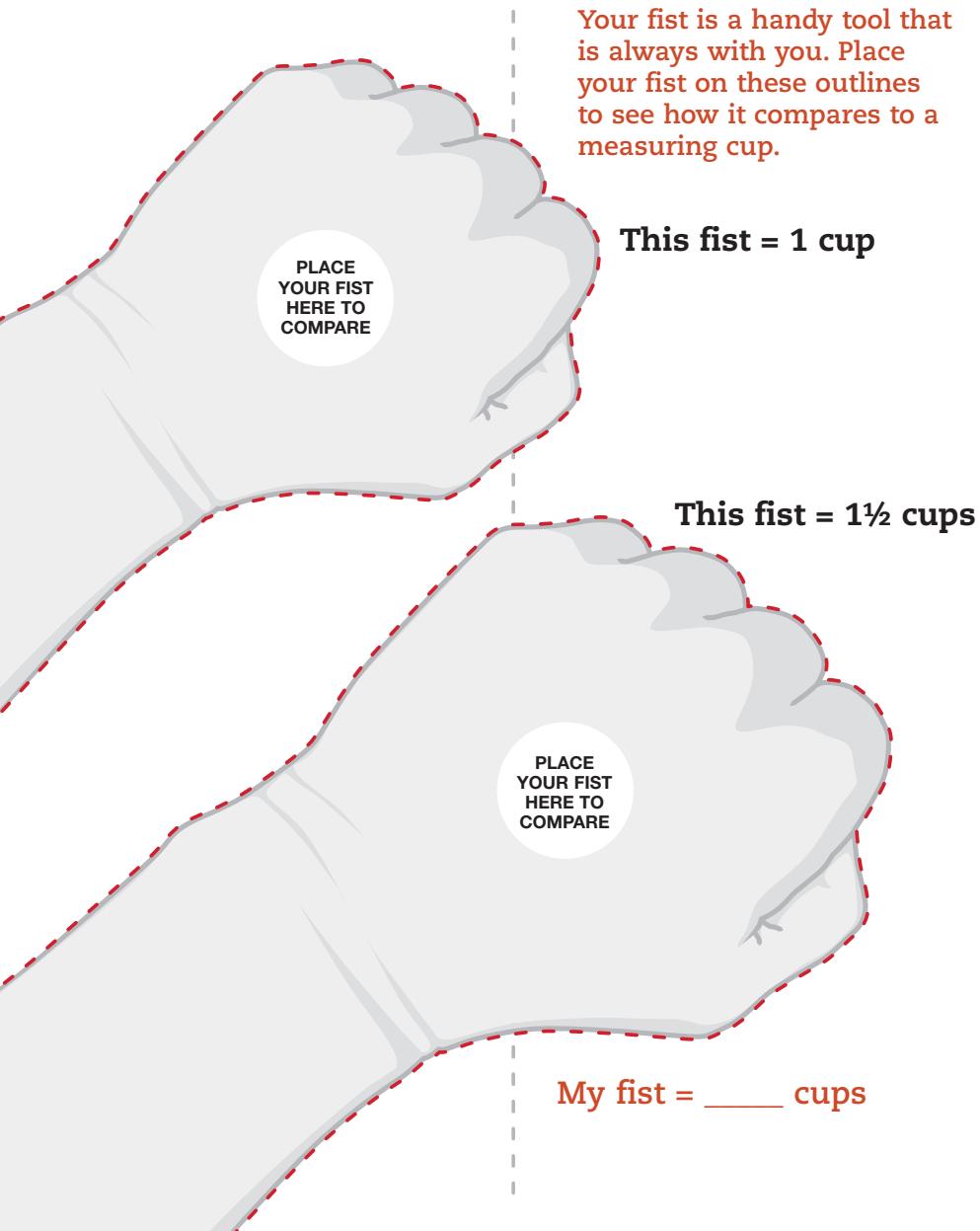
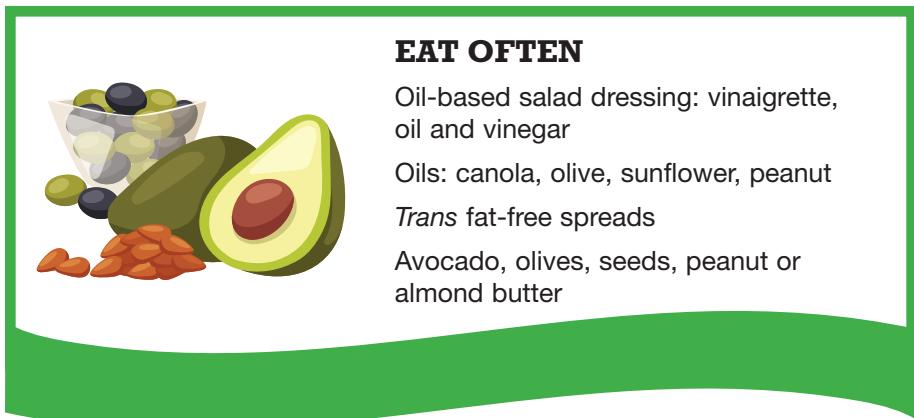


Figure 4: All fats are high in calories, so keep the portion size small (less than 1 tablespoon in most cases).



EAT OFTEN

Oil-based salad dressing: vinaigrette, oil and vinegar

Oils: canola, olive, sunflower, peanut

Trans fat-free spreads

Avocado, olives, seeds, peanut or almond butter



SOMETIMES

Low-fat creamy salad dressing like light ranch

Oils: corn, soybean, safflower, sesame

Mayonnaise



LIMIT

Full-fat creamy salad dressing like ranch or blue cheese

Butter, lard, coconut oil

Margarine

Cream

Figure 5: Use these pictures to estimate portion size of foods you eat. These tools can serve as a good guide, but may not be exact enough for dosing insulin.



1 oz

A serving of 23 almonds is about 1 ounce and about 170 calories.

Compare your piece of fruit to this apple to estimate the calories and carbohydrates.

A “small” piece of fruit is about $2\frac{1}{2}$ inches in diameter and will be about 60 calories and 15 grams of carbohydrate.



1 tsp

How does this compare to how much you use in cooking?

One teaspoon of olive oil goes a long way.



1 Tbsp

How does your portion compare?

Salad dressing: Two tablespoons are the standard serving size (if you want to cut calories, use less).

Understand the difference between portions and servings

A portion is how much food you choose to eat at one time, for example, from a served meal in a restaurant or from a package at home.

A serving size is the amount of food listed on a Nutrition Facts label. A serving size on a food label may be more or less than the amount of one serving. How much you eat depends on what else you are eating, your age and weight, whether you are male or female, and how active you are. Sometimes portion and serving sizes match, and sometimes they don't. For example, if the label says that one serving is two cookies and you eat four cookies, then you have eaten two servings of cookies.

- ✓ Learn what portion size is right for you. Simplify your healthy eating plan by writing down your usual portions for the foods you eat most often.
- ✓ To learn about food portions and carb counts, you can use measuring cups or spoons, a food scale, or the American Diabetes Association's (ADA) Food Hub (<https://www.diabetesfoodhub.org/>). (See the next section: ADA can help you find more recipe options and meal planning tools.)
- ✓ See Figure 6 (page 14), "Plan Your Portions," to help you manage your portions and visually estimate how much you are eating.

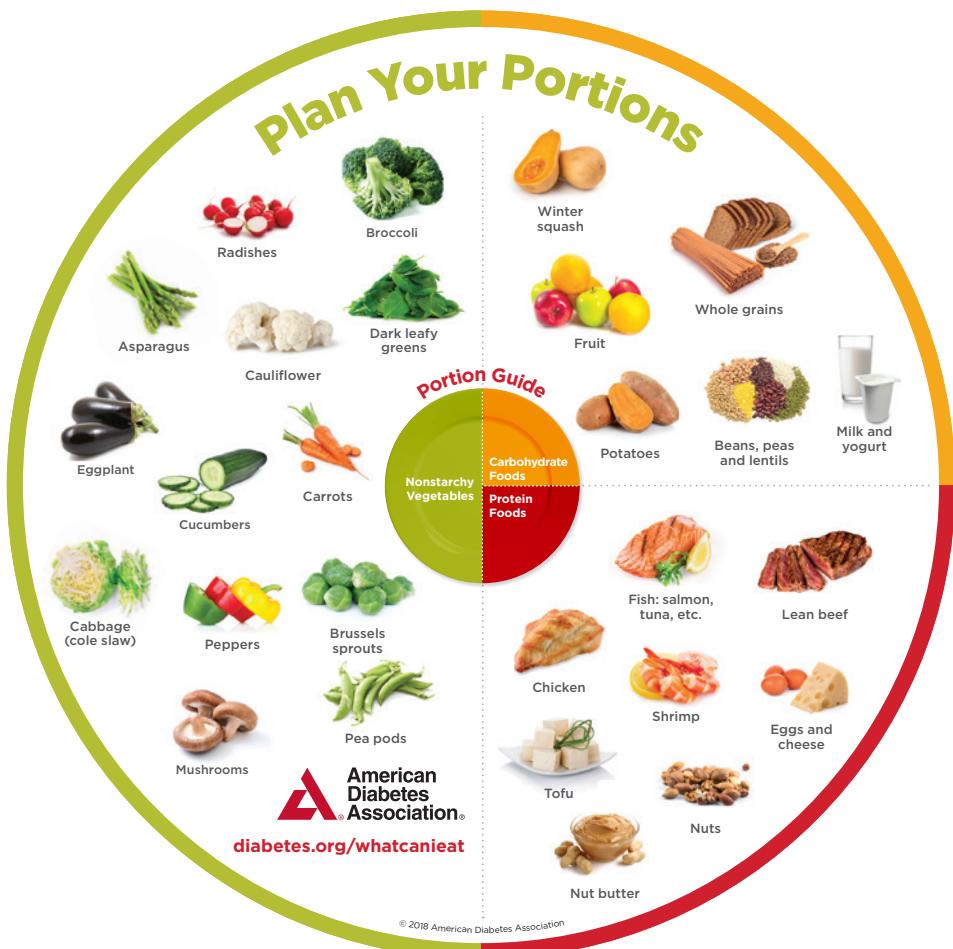


Use ADA's tools to manage your healthy eating plan

ADA has created some tools to help you plan healthy meals, with or without diabetes. The ADA's Plan Your Portions Diabetes Plate method aims to make meal planning faster and stress free. When you are ready, you can try new foods within each section of the plate.

Learn more about ADA's Diabetes Food Hub (<https://www.diabetesfoodhub.org/>) to find more recipe options and meal planning tools.

Figure 6: ADA's Plan Your Portions Diabetes Plate Method



½ plate
Non-Starchy
Vegetables



¼ plate
Protein



¼ plate
Grains and
Starchy Foods

Resources

Academy of Nutrition and Dietetics
<http://www.eatright.org>

American Association of Diabetes Educators
<http://www.diabeteseducator.org>

American Diabetes Association
<http://www.diabetes.org>

Centers for Disease Control and Prevention
<https://www.cdc.gov/nutrition/>

New Nutritional Guidelines for Consumers
<https://health.gov/dietaryguidelines/2015/guidelines/>



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SPANISH OMELET

This tasty dish provides a healthy array of vegetables and can be used for breakfast, brunch, or any meal! Serve with fresh fruit salad and a whole grain dinner roll.

Ingredients

5 small potatoes,
peeled and sliced
(about 1 $\frac{1}{4}$ lb. total weight)

Vegetable cooking spray
 $\frac{1}{2}$ medium onion, minced

1 small zucchini, sliced

1 $\frac{1}{2}$ cups green/red
peppers, sliced thin

5 medium mushrooms,
sliced

3 whole eggs, beaten

5 egg whites, beaten

Pepper and garlic salt
with herbs, to taste

3 ounces shredded part-skim
mozzarella cheese

1 Tbsp. reduced-fat
parmesan cheese

Directions

Preheat oven to 375 °F.

Cook potatoes in boiling water until tender.

In a nonstick pan, add vegetable spray and warm at medium heat.

Add onion and sauté until brown. Add vegetables and sauté until tender but not brown.

In a medium mixing bowl, slightly beat eggs and egg whites, pepper, garlic salt, and low-fat mozzarella cheese. Stir egg-cheese mixture into the cooked vegetables.

In a 10-inch pie pan or ovenproof skillet, add vegetable spray and transfer potatoes and egg mixture to pan. Sprinkle with low-fat parmesan cheese and bake until firm and brown on top, about 20–30 minutes.

Remove omelet from oven, cool for 10 minutes, and cut into five pieces.



Total Servings: 5

Food Choice List:

Lean Protein 1; Starch 1;

Non-starchy Vegetable 2; Fat 1

Note: Diabetic exchanges
are calculated based on
the American Diabetes
Association Exchange System.

Nutrition Facts

5 servings per recipe

Serving Size

1/5 of omelet

Amount Per Serving

Calories

210

% Daily Value (DV)*

Total Fat 6g	8%
Saturated Fat 3g	15%
Trans Fat 0g	0%
Cholesterol 125mg	41%
Sodium 240mg	10%
Total Carbohydrate 24g	9%
Dietary Fiber 3g	11%
Sugars 4g	

Includes 0g Added Sugars

Protein 15g

Vitamin D 1mcg	4%
Calcium 180mg	14%
Iron 1mg	6%
Potassium 625mg	13%

The % Daily Value (DV) tells you how much nutrition in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

CARIBBEAN FIESTA

This recipe offers a lower sodium alternative for tortilla lovers by using the blue corn tortilla chips. Enjoy the crispy texture, fresh vegetables and delicious cheese. A party in your mouth!

Ingredients

- 1 tablespoon olive oil
- 1 chicken tender, cut into bite-sized pieces (Approx. 2 oz.)
- Dash of seasonings like curry, allspice, and scotch bonnet pepper sauce (optional)
- 8 blue or yellow corn tortilla chips
- $\frac{1}{4}$ cup pinto and/or black beans, rinsed and drained
- 4 grape tomatoes, chopped
- $\frac{1}{2}$ orange bell pepper, seeded and diced
- $\frac{1}{3}$ green onion, peeled and chopped
- 1 ounce reduced-fat shredded cheddar jack cheese

Directions

- In a nonstick skillet, warm the olive oil over medium heat. Add the chicken, season with optional spices, and cook for about 5 minutes, or until cooked through.
- Evenly spread the tortilla chips on a plate and evenly distribute chicken, beans, tomatoes, bell peppers, and green onions. Top with cheese and microwave for 1 minute or until cheese is melted.



Total Servings: 1

Food Choice List:

Lean Protein 3; Starch 1 ½;
Non-starchy Vegetable 1;
Fat 4

Note: Diabetic exchanges
are calculated based on
the American Diabetes
Association Exchange System.

Nutrition Facts

1 serving per recipe

Serving Size

1 full recipe

Amount Per Serving

Calories

440

% Daily Value (DV)*

Total Fat 26g	33%
Saturated Fat 6g	30%
Trans Fat 0g	0%
Cholesterol 45mg	156%
Sodium 350mg	15%
Total Carbohydrate 31g	11%
Dietary Fiber 6g	21%
Sugars 3g	

Includes 0g Added Sugars

Protein 26g

Vitamin D 0mcg	0%
Calcium 275mg	21%
Iron 2mg	11%
Potassium 580mg	12%

The % Daily Value (DV) tells you how much nutrition in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

TURKEY STEW

This dish goes nicely with a green leaf lettuce and cucumber salad and a dinner roll. Plantains or corn can be used in place of the potatoes.

Ingredients

- 1 pound turkey breast, cut into cubes
- 2 Tbsp. whole wheat flour
- $\frac{1}{4}$ tsp. salt (optional)
- $\frac{1}{4}$ tsp. pepper
- $\frac{1}{4}$ tsp. cumin
- 1½ Tbsp. olive oil
- 2 cloves garlic, minced
- 2 medium onions, sliced
- 2 stalks celery, sliced
- 1 medium red/green bell pepper, sliced
- 1 medium tomato, finely minced
- 5 cups of low-sodium beef or turkey broth, fat removed
- 5 small potatoes, peeled and cubed
- 12 small carrots, cut into large chunks
- 1¼ cups green peas

Directions

- Preheat oven to 375 °F.
- Mix the whole wheat flour with salt, pepper, and cumin. Roll the beef or turkey cubes in the mixture. Shake off excess flour.
- In a large skillet, heat olive oil over medium-high heat. Add beef or turkey cubes and sauté until nicely brown, about 7–10 minutes.
- Place beef or turkey in an ovenproof casserole dish.
- Add minced garlic, onions, celery, and peppers to skillet and cook until vegetables are tender, about 5 minutes.
- Stir in tomato and broth. Bring to a boil and pour over turkey or beef in casserole dish. Cover dish tightly and bake for 1 hour at 375 °F.
- Remove from oven and stir in potatoes, carrots, and peas. Bake for another 20–25 minutes or until tender.

Total Servings: 4

Food Choice List:

Lean Protein 3; Starch 2;
Non-starchy Vegetable 5; Fat ½

Note: Diabetic exchanges
are calculated based on
the American Diabetes
Association Exchange System.

Nutrition Facts

4 servings per recipe

Serving Size

1/4 of recipe

Amount Per Serving

Calories

450

% Daily Value (DV)*

Total Fat 9g	12%
Saturated Fat 2g	10%
Trans Fat 0g	0%
Cholesterol 65mg	21%
Sodium 390mg	17%
Total Carbohydrate 56g	20%
Dietary Fiber 11g	39%
Sugars 16g	

Includes 0g Added Sugars

Protein 40g

Vitamin D 0mcg	0%
Calcium 130mg	10%
Iron 4mg	22%
Potassium 1750mg	37%

The % Daily Value (DV) tells you how much nutrition in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.



CARIBBEAN RED SNAPPER

This fish can be served on top of vegetables along with whole grain rice and garnished with parsley. Salmon or chicken breast can be used in place of red snapper.

Ingredients

- 2 Tbsp. olive oil
- 1 medium onion, chopped
- $\frac{1}{2}$ cup red pepper, chopped
- $\frac{1}{2}$ cup carrots, cut into strips
- 1 clove garlic, minced
- $\frac{1}{2}$ cup dry white wine
- $\frac{3}{4}$ pound red snapper fillet
- 1 large tomato, chopped
- 2 Tbsp. pitted ripe olives, chopped
- 2 Tbsp. crumbled low-fat feta or low-fat ricotta cheese

Directions

- In a large skillet, heat olive oil over medium heat. Add onion, red pepper, carrots, and garlic. Sauté mixture for 10 minutes. Add wine and bring to boil. Push vegetables to one side of the pan.
- Arrange fillets in a single layer in center of skillet. Cover and cook for 5 minutes.
- Add tomato and olives. Top with cheese. Cover and cook for 3 minutes or until fish is firm but moist.
- Transfer fish to serving platter. Garnish with vegetables and pan juices.
- Serving Suggestion: Serve with whole grain rice. $\frac{1}{3}$ cup cooked rice = 1 serving of rice



Total Servings: 4

Food Choice List:

Lean Protein 2; Non-starchy Vegetable 2; Fat 1 ½

Note: Diabetic exchanges are calculated based on the American Diabetes Association Exchange System.

Nutrition Facts

4 servings per recipe

Serving Size

1 ½ oz. fish

and ½ cup vegetables

Amount Per Serving

Calories

210

% Daily Value (DV)*
Total Fat 9g 12%
Saturated Fat 2g 10%
Trans Fat 0g 0%
Cholesterol 30mg 11%
Sodium 140mg 6%
Total Carbohydrate 9g 4%
Dietary Fiber 2g 12%
Sugars 5g
Includes 0g Added Sugars
Protein 20g

Vitamin D 0mcg	0%
Calcium 75mg	6%
Iron 1mg	4%
Potassium 610mg	13%

The % Daily Value (DV) tells you how much nutrition in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

TWO CHEESE PIZZA

Serve your pizza with fresh fruit and a mixed green salad garnished with red beans to balance your meal.

Ingredients

2 Tbsp. whole wheat flour
1 can (13.8 ounces)
refrigerated pizza crust
Vegetable cooking spray
2 Tbsp. olive oil
 $\frac{1}{2}$ cup low-fat ricotta
cheese
 $\frac{1}{2}$ tsp. dried basil
1 small onion, minced
2 cloves garlic, minced
 $\frac{1}{4}$ tsp. salt (optional)
4 ounces shredded part-skim mozzarella cheese
2 cups mushrooms,
chopped
1 large red pepper, cut into
strips

Directions

Preheat oven to 425 °F.
Spread whole wheat flour over working surface. Roll out dough with rolling pin to desired crust thickness.
Coat cookie sheet with vegetable cooking spray. Transfer pizza crust to cookie sheet. Brush olive oil over crust.
Mix low-fat ricotta cheese with dried basil, onion, garlic, and salt. Spread this mixture over crust.
Sprinkle crust with part-skim mozzarella cheese. Top cheese with mushrooms and red pepper.
Bake at 425 °F for 13–15 minutes or until cheese melts and crust is deep golden brown.
Cut into 8 slices.

Total Servings: 4

Food Choice List:

Lean Protein 1; Bread 3;
Non-starchy Vegetable 2;
Fat 2 ½

Note: Diabetic exchanges
are calculated based on
the American Diabetes
Association Exchange System.

Nutrition Facts

4 servings per recipe

Serving Size

2 slices

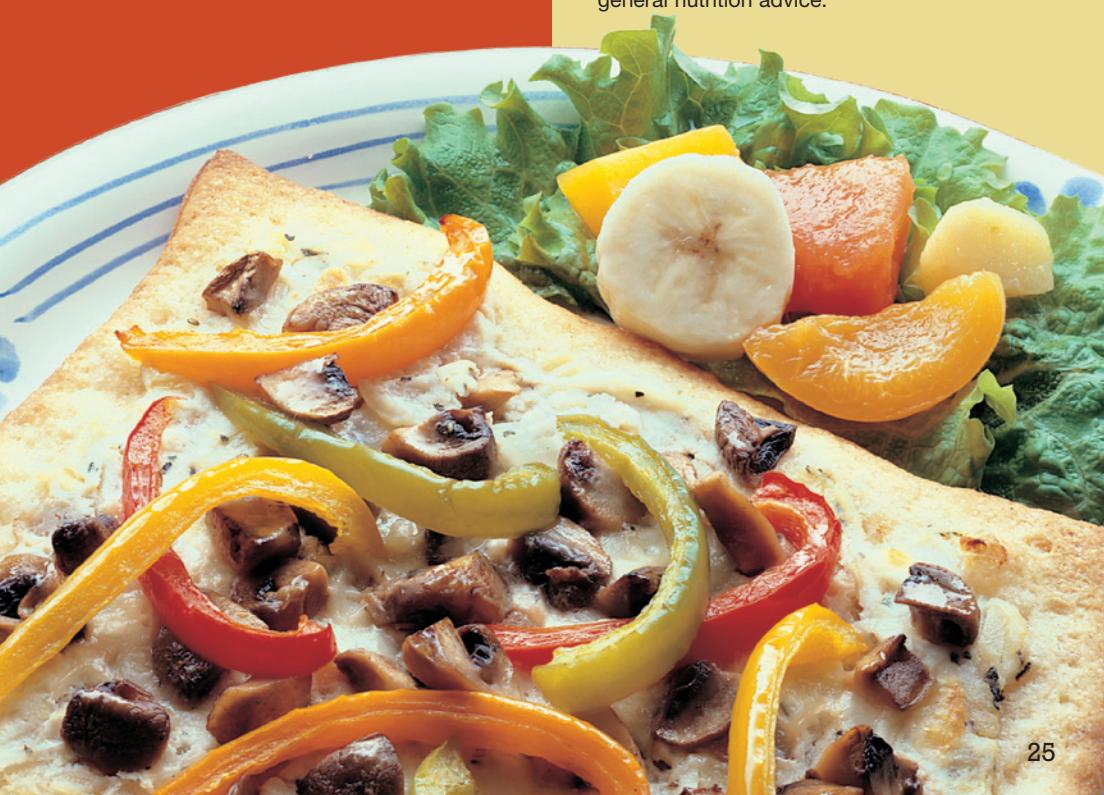
Amount Per Serving

Calories

440

	% Daily Value (DV)*
Total Fat 16g	21%
Saturated Fat 5g	25%
Trans Fat 0g	0%
Cholesterol 25mg	9%
Sodium 800mg	35%
Total Carbohydrate 57g	20%
Dietary Fiber 4g	21%
Sugars 12g	
Includes 0g Added Sugars	
Protein 20g	
Vitamin D 0mcg	0%
Calcium 320mg	25%
Iron 4mg	20%
Potassium 480mg	10%

The % Daily Value (DV) tells you how much nutrition in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.



CUBAN BEANS AND RICE

Vinegar, oregano, garlic, and onions kick up the flavor in this classic rice and bean recipe.

Ingredients

- 1 teaspoon olive oil
- 1 tablespoon garlic, minced
- 1 cup onion, chopped
- 1 cup green bell pepper, diced
- 3 cups cooked black beans
- 2 cups low-sodium chicken broth
- 1 tablespoon vinegar
- $\frac{1}{2}$ teaspoon dried oregano
- black pepper to taste
- 3 cups cooked brown rice

Directions

- Heat the olive oil in a large nonstick skillet. Sauté the garlic, onion, and green bell pepper until golden, about 3 minutes.
- Stir in the beans, broth, vinegar and seasoning, bring to a boil then lower to a simmer; cook covered for 5 minutes.
- Spoon over cooked rice and serve.



Total Servings: 4

Food Choice List:

Lean Protein 1; Starch 4 ½;
Non-starchy Vegetables 1

Note: Diabetic exchanges
are calculated based on
the American Diabetes
Association Exchange System.

Nutrition Facts

4 servings per recipe

Serving Size

1 ½ cups

Amount Per Serving

Calories

400

% Daily Value (DV)*

Total Fat 3.5g	4%
Saturated Fat 1g	5%
Trans Fat 0g	0%
Cholesterol 0mg	0%
Sodium 75mg	3%
Total Carbohydrate 74g	27%
Dietary Fiber 15g	54%
Sugars 6g	

Includes 0g Added Sugars

Protein 19g

Vitamin D 0mcg	0%
Calcium 65mg	5%
Iron 4mg	23%
Potassium 825mg	18%

The % Daily Value (DV) tells you how much nutrition in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

RICE WITH CHICKEN, SPANISH STYLE

This is a good way to get vegetables into the meal plan. Serve with a mixed green salad and some whole wheat bread.

Ingredients

- 2 Tbsp. olive oil
- 2 medium onions, chopped
- 6 cloves garlic, minced
- 2 stalks celery, diced
- 2 medium red/green peppers, cut into strips
- 1 cup mushrooms, chopped
- 2 cups uncooked whole grain rice
- 3 pounds boneless chicken breast, cut into bite-sized pieces, skin removed
- 1½ tsp. salt (optional)
- 2½ cups low-fat chicken broth
- Saffron or Sazón™ for color
- 3 medium tomatoes, chopped
- 1 cup frozen peas
- 1 cup frozen corn
- 1 cup frozen green beans
- Olives or capers for garnish (optional)

Directions

- Heat olive oil over medium heat in a non-stick pot. Add onion, garlic, celery, red/green pepper, and mushrooms. Cook over medium heat, stirring often, for 3 minutes or until tender.
- Add whole grain rice and sauté for 2–3 minutes, stirring constantly to mix all ingredients.
- Add chicken, salt, chicken broth, water (1 ½ cups), Saffron/Sazón™, and tomatoes. Bring water to a boil.
- Reduce heat to medium-low, cover, and let the casserole simmer until water is absorbed and rice is tender, about 20 minutes.
- Stir in peas, corn, and beans and cook for 8–10 minutes. When everything is hot, the casserole is ready to serve. Garnish with olives or capers, if desired.



Total Servings: 8

Food Choice List:

Lean Protein 5; Starch 2 ½;
Non-starchy Vegetable 2;
Fat 1 ½

Note: Diabetic exchanges
are calculated based on
the American Diabetes
Association Exchange System.

Nutrition Facts

8 servings per recipe

Serving Size 1 ½ cups

Amount Per Serving

Calories 470

% Daily Value (DV)*
Total Fat 10g 13%
Saturated Fat 2g 10%
Trans Fat 0g 0%
Cholesterol 95mg 32%
Sodium 430mg 19%
Total Carbohydrate 52g 18%
Dietary Fiber 5g 18%
Sugars 7g
Includes 0g Added Sugars

Protein 43g

Vitamin D 0mcg	0%
Calcium 65mg	5%
Iron 3mg	16%
Potassium 865mg	18%

The % Daily Value (DV) tells you how much nutrition in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

POZOLE

Only a small amount of oil is needed to sauté meat.

Ingredients

- 2 pounds lean beef, cubed
- 1 Tbsp. olive oil
- 1 large onion, chopped
- 1 clove garlic, finely chopped
- $\frac{1}{4}$ tsp. salt
- $\frac{1}{8}$ tsp. pepper
- $\frac{1}{4}$ cup fresh cilantro, chopped
- 1 can (15 ounces) stewed tomatoes
- 2 ounces tomato paste
- 1 can (1 pound 13 ounces) hominy

Directions

- In a large pot, heat olive oil. Add beef and sauté.
 - Add onion, garlic, salt, pepper, cilantro, and enough water to cover meat. Stir to mix ingredients evenly. Cover pot and cook over low heat until meat is tender.
 - Add tomatoes and tomato paste. Continue cooking for about 20 minutes.
 - Add hominy and continue cooking another 15 minutes, stirring occasionally. If too thick, add water for desired consistency.
- Option:** Skinless, boneless chicken breasts can be used instead of beef cubes.

Total Servings: 8

Food Choice List:

Lean Protein 3; Starch 1;
Non-starchy Vegetable 1; Fat $\frac{1}{2}$

Note: Diabetic exchanges
are calculated based on
the American Diabetes
Association Exchange System.

Nutrition Facts

8 servings per recipe

Serving Size

1 cup

Amount Per Serving

Calories

260

	% Daily Value (DV)*
Total Fat 7g	9%
Saturated Fat 2g	10%
Trans Fat 0g	0%
Cholesterol 60mg	21%
Sodium 630mg	27%
Total Carbohydrate 23g	9%
Dietary Fiber 4g	14%
Sugars 6g	

Includes 0g Added Sugars

Protein 24g

Vitamin D 0mcg	0%
Calcium 50mg	4%
Iron 4mg	22%
Potassium 525mg	11%

The % Daily Value (DV) tells you how much nutrition in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.



EASY MANGO SALSA

The sweetness of fresh mango combined with savory pepper and green onion and the zest of lime give this salsa a balance of flavors that are refreshing and crisp. Serve this appetizer with baked tortilla chips or whole grain crackers for a tasty snack.

Ingredients

- 1 medium mango, peeled and chopped
- $\frac{1}{4}$ cup chopped green bell pepper
- 1 green onion, chopped
- 1 lime, juiced (1–2 tablespoons)

Directions

- Peel and chop the mango, be sure to remove the seed.
- Cut the pepper and onion into small pieces.
- Mix all the ingredients together.

Recipe from U.S. Department of Agriculture



Total Servings: 4

Food Choice List:

Fruit $\frac{1}{2}$

Note: Diabetic exchanges are calculated based on the American Diabetes Association Exchange System.

Nutrition Facts

4 servings per recipe

Serving Size

$\frac{1}{4}$ recipe

Amount Per Serving

Calories

40

% Daily Value (DV)*

Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	0%
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 10g	4%
Dietary Fiber 1g	0%
Sugars 8g	

Includes 0g Added Sugars

Protein 1g

Vitamin D 0mcg	0%
Calcium 10mg	1%
Iron 0mg	0%
Potassium 130mg	3%

The % Daily Value (DV) tells you how much nutrition in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

AVOCADO TACOS

These fresh tasting tacos are great for a light meal!

Ingredients

- 1 medium onion, cut into thin strips
- 2 large green peppers, cut into thin strips
- 2 large red peppers, cut into thin strips
- 1 cup fresh cilantro, finely chopped
- 1 ripe avocado, peeled and seeded, cut into 12 slices
- 1½ cups fresh tomato salsa (see ingredients below)
- 12 10-inch flour tortillas (10" diameter)
- Vegetable cooking spray

Fresh Tomato Salsa

Ingredients

- 1 cup tomatoes, diced
- ½ cup onions, diced
- ½ clove garlic, minced
- 2 tsp. cilantro
- ½ tsp. jalapeño peppers, chopped
- ½ tsp. lime juice
- Pinch of cumin

Directions

- Mix together all salsa ingredients and refrigerate in advance.
- Coat skillet with vegetable spray.
- Lightly sauté onion and green and red peppers.
- Warm tortillas in oven and fill with peppers, onions, avocado, and salsa. Fold tortillas and serve. Top with cilantro.



Total Servings: 12

Food Choice List:

Starch 2 ½; Non-starchy Vegetable 1; Fat 1

Note: Diabetic exchanges are calculated based on the American Diabetes Association Exchange System.

Nutrition Facts

12 servings per recipe

Serving Size

1 taco

Amount Per Serving

Calories

260

	% Daily Value (DV)*
Total Fat 7g	9%
Saturated Fat 2g	10%
Trans Fat 0g	0%
Cholesterol 0mg	0%
Sodium 450mg	20%
Total Carbohydrate 43g	16%
Dietary Fiber 5g	18%
Sugars 5g	

Includes 0g Added Sugars

Protein 7g

Vitamin D 0mcg	0%
Calcium 105mg	8%
Iron 3mg	15%
Potassium 370mg	8%

The % Daily Value (DV) tells you how much nutrition in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

TROPICAL FRUITS FANTASIA

The tropics offer a great variety of fruits that will make this delicious and colorful recipe stand out; it will also make your mouth water even before tasting it!

Ingredients

8 ounces fat-free, sugar-free orange yogurt

5 medium strawberries, cut into halves

3 ounces honeydew melon, cut into slices (or $\frac{1}{2}$ cup cut into cubes)

3 ounces cantaloupe melon, cut into slices (or $\frac{1}{2}$ cup cut into cubes)

1 mango, peeled and seeded, cut into cubes

1 papaya, peeled and seeded, cut into cubes

3 ounces watermelon, seeded and cut into slices (or $\frac{1}{2}$ cup cut into cubes)

2 oranges, seeded and cut into slices

$\frac{1}{2}$ cup unsweetened orange juice

Directions

Add yogurt and all fruits to a bowl and carefully mix together.

Pour orange juice over fruit mixture.

Mix well and serve $\frac{1}{2}$ cup as your dessert.

Total Servings: 12

Food Choice List:

Fruit 1

Note: Diabetic exchanges are calculated based on the American Diabetes Association Exchange System.

Nutrition Facts

12 servings per recipe

Serving Size

1/2 cup

Amount Per Serving

Calories

60

% Daily Value (DV)*

Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	0%
Cholesterol 0mg	0%
Sodium 15mg	1%
Total Carbohydrate 13g	5%
Dietary Fiber 2g	6%
Sugars 11g	

Includes 0g Added Sugars

Protein 2g

Vitamin D 0mcg	0%
Calcium 55mg	4%
Iron 0mg	0%
Potassium 235mg	5%

The % Daily Value (DV) tells you how much nutrition in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.



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November 2018