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  {
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        "name": "fat-free refried beans",
        "amount": "1 (16-oz) can"
      },
      {
        "name": "chili powder",
        "amount": "2 tsp"
      },
      {
        "name": "cumin",
        "amount": "1/2 tsp"
      },
      {
        "name": "garlic powder",
        "amount": "1/4 tsp"
      },
      {
        "name": "avocado (mashed)",
        "amount": "1 1/2"
      },
      {
        "name": "jarred salsa",
        "amount": "1/3 cup"
      },
      {
        "name": "large tomato (seeded and diced)",
        "amount": "1"
      },
      {
        "name": "shredded romaine lettuce",
        "amount": "1 cup"
      },
      {
        "name": "shredded Mexican cheese blend",
        "amount": "1 cup"
      }
    ],
  },
]
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"directions": [  
"In a medium bowl mix together refried beans, chili powder, cumin and garlic powder.",  
"Spread the refried beans evenly on a medium serving platter. Spread mashed avocados evenly over beans.",  
"Spread the salsa evenly over the top of avocados. Top with tomatoes, shredded lettuce and shredded cheese on top.",  
"Serve the dip with your choice of baked tortilla chips, black bean chips or jicama slices. If you follow a gluten-free diet, make sure tortilla chips are unseasoned and gluten-free."

],  
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"prep\_time": "15 min",  
"cook\_time": "30 min",  
"servings": 8,  
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{  
"name": "cooked deli chicken breast",  
"amount": "1"  
},  
{  
"name": "small gala apples (unpeeled and diced)",  
"amount": "2"  
},  
{  
"name": "halved red seedless grapes",  
"amount": "1/2 cup"  
},  
{  
"name": "dried apricots (sliced)",  
"amount": "1/4 cup"  
},  
{  
"name": "frozen dark sweet cherries (dried)",  
"amount": "1/4 cup"  
},  
{  
"name": "celery stalks (diced)",  
"amount": "2"  
},  
{

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    "name": "red onion (minced)",
    "amount": "1/4 cup"
  },
  {
    "name": "low-fat mayonnaise",
    "amount": "2 tbsp"
  },
  {
    "name": "yogurt (plain, non-fat)",
    "amount": "2 tbsp"
  },
  {
    "name": "sea salt",
    "amount": "1/2 tsp"
  },
  {
    "name": "freshly ground black pepper",
    "amount": "1/4 tsp"
  }
],
"directions": [
  "Cut the chicken into cubes or slices.",
  "In a large bowl, combine the chicken with the apples, grapes, apricots, cherries, celery, and onion.",
  "Gently fold in the mayonnaise, yogurt, salt, and pepper. Cover and refrigerate for 30 minutes to meld flavors."
],
"image_link":
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{
  "name": "Panko Ranch Chicken Strips with Dipping Sauce",
  "prep_time": "10 min",
  "cook_time": "12 min",
  "servings": 4,
  "ingredients": [
    {
      "name": "chicken tenderloins (about 1 pound total)",
      "amount": "8"
    },
    {
      "name": "yogurt ranch dressing (divided use)",
      "amount": "3/4 cup"
    }
  ]
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    },
    {
      "name": "panko bread crumbs",
      "amount": "3/4 cup"
    },
    {
      "name": "canola oil",
      "amount": "3 tbsp"
    }
  ],
  "directions": [
    "Place chicken in a medium bowl with 1/4 cup of the ranch dressing; toss until well coated. Place the breadcrumbs in a shallow pan, such as a pie pan. Coat chicken pieces, one at a time with the breadcrumbs and set aside.",
    "Heat oil in a large skillet over medium-high heat. Add the chicken and immediately reduce to medium-low heat, cook 12 minutes or until golden and no longer pink in center, gently turning occasionally.",
    "Remove from skillet, sprinkle with 1/8 teaspoon salt. Serve with remaining 1/2 cup ranch for dipping."
  ],
  "image_link":
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  {
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    "prep_time": "15 min",
    "cook_time": "4 Servings",
    "servings": 1,
    "ingredients": [
      {
        "name": "avocado (cored and cut in half)",
        "amount": "1"
      },
      {
        "name": "sunflower seeds",
        "amount": "4 tbsp"
      },
      {
        "name": "large cucumber (sliced )",
        "amount": "1/2"
      }
    ]
  },
  {

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      "name": "radishes (sliced)",
      "amount": "4"
    },
    {
      "name": "roma (plum) tomatoes (sliced)",
      "amount": "2"
    },
    {
      "name": "whole wheat sandwich thins (about 1 1/2 ounces each)",
      "amount": "4"
    }
  ],
  "directions": [
    "Gently remove the insides of the avocado from shell. Cut avocado into thin slices",
    "Spread 1/4 of the avocado slices on bottom piece of sandwich thin. Sprinkle with 1 Tbsp. sunflower seeds. Top with 4-5 cucumber slices, 4-5 radish slices and 3 tomato slices. Place top piece of sandwich thin on sandwich.",
    "Repeat process for remaining 3 sandwiches."
  ],
  "image_link":
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    "prep_time": "15 min",
    "cook_time": "5 min",
    "servings": 4,
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      {
        "name": "nonstick cooking spray",
        "amount": "1"
      },
      {
        "name": "olive oil",
        "amount": "1 tsp"
      },
      {
        "name": "baby spinach",
        "amount": "4 cup"
      },
      {
        "name": "garlic (minced)",
        "amount": "1 clove"
      }
    ]
  }

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    },
    {
      "name": "eggs (poached)",
      "amount": "4"
    },
    {
      "name": "egg yolk",
      "amount": "1"
    },
    {
      "name": "lemon juice",
      "amount": "1/2 tsp"
    },
    {
      "name": "low sodium vegetable broth",
      "amount": "2 tbsp"
    },
    {
      "name": "fat-free plain yogurt",
      "amount": "1/4 cup"
    },
    {
      "name": "salt",
      "amount": "1/4 tsp"
    },
    {
      "name": "Dash of ground black pepper",
      "amount": "1"
    },
    {
      "name": "whole-wheat English muffins (split and lightly toasted)",
      "amount": "2"
    }
  ],
  "directions": [
    "Add the cooking spray and oil to a sautéd pan over medium heat. sautéd the spinach until wilted. Stir in the garlic and sautéd 1 additional minute.",
    "Prepare a double boiler with a heat-proof bowl. Add the egg yolk, lemon juice, and vegetable broth, whisking constantly until hot but not curdled. Remove from heat and whisk in yogurt, salt (optional), and pepper.",
    "Top each English muffin in half with 1/4 of spinach mixture, one poached egg, and 2 Tbsps. sauce."
  ],

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    "prep_time": "10 min",  
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    "servings": 12,  
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      {  
        "name": "Fresh Strawberries (sliced, for the strawberries)",  
        "amount": "16 oz"  
      },  
      {  
        "name": "Splenda\u00ae Granulated Sweetener (for the strawberries)",  
        "amount": "1/4 cup"  
      },  
      {  
        "name": "Juice of Lemon (for the strawberries)",  
        "amount": "1/2 med"  
      },  
      {  
        "name": "light cream cheese (softened, for the filling)",  
        "amount": "5 oz"  
      },  
      {  
        "name": "Splenda\u00ae Granulated Sweetener (for the filling)",  
        "amount": "1/2 cup"  
      },  
      {  
        "name": "eggs",  
        "amount": "3 large"  
      },  
      {  
        "name": "skim milk",  
        "amount": "1 cup"  
      },  
      {  
        "name": "pure vanilla extract",  
        "amount": "2 tsp"  
      },  
      {  
        "name": "Splenda\u00ae Granulated Sweetener (for the French toast)",
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      "amount": "1/4 cup"
    },
    {
      "name": "ground cinnamon",
      "amount": "1 tsp"
    },
    {
      "name": "Kosher Salt",
      "amount": "1/4 tsp"
    },
    {
      "name": "low carb bread",
      "amount": "12 slice"
    }
  ],
  "directions": [
    "For the strawberries: In a small bowl, add strawberries, sweetener, and lemon juice. Stir together and set aside for 10 minutes.",
    "For the filling: Add cream cheese and sweetener to a bowl. Beat together until fluffy.",
    "In another bowl, whisk eggs, milk, vanilla extract, sweetener, cinnamon, and salt.",
    "For the French toast:\u00a0 To assemble, spread a thin layer of the cream cheese mixture on a slice of bread, keeping about 1/2 inch away from the edge. Add a layer of strawberry slices on top of the cream cheese. Take another piece of bread and spread cream cheese on it. Place it on the strawberries, cream cheese side down. Repeat for the rest, making 6 total strawberry-cream cheese sandwiches.",
    "Spray a nonstick skillet with butter-flavored cooking spray, and heat to medium. Dip one sandwich into egg mixture and turn evenly to coat. Remove and shake off the excess custard mixture, then transfer to the hot skillet.",
    "Cook 3-4 minutes per side, or until golden brown and crispy. Spray skillet again and repeat for the rest of the French toast sandwiches.",
    "Slice each diagonally and serve immediately! If desired, top with a sugar-free maple syrup and more fresh strawberries. Enjoy!"
  ],
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    "servings": 15,
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  },
  {
    "name": "olive oil",
    "amount": "2 tsp"
  },
  {
    "name": "beef tenderloin (sliced into 2-inch strips)",
    "amount": "1 lbs"
  },
  {
    "name": "white (button) mushrooms (sliced)",
    "amount": "1 1/2 cup"
  },
  {
    "name": "onion(s) (minced)",
    "amount": "1/2 cup"
  },
  {
    "name": "all-purpose flour",
    "amount": "1 tbsp"
  },
  {
    "name": "dry white wine",
    "amount": "1/2 cup"
  },
  {
    "name": "Dijon Mustard",
    "amount": "1 tsp"
  },
  {
    "name": "fat free, low sodium beef broth",
    "amount": "1 (14.5-oz) can"
  },
  {
    "name": "fat-free sour cream",
    "amount": "1/2 cup"
  },
  {
    "name": "salt (optional)",
    "amount": "1/4 tsp"
  },
  {
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      "name": "black pepper",
      "amount": "1/4 tsp"
    },
    ],
    "directions": [
      "Cook noodles according to package directions, omitting salt.",
      "Add oil to a large sautéd pan over high heat. Add meat and sautéd for about 3 minutes. Remove meat from pan. Add mushrooms and onion and sautéd for 5 minutes or until beginning to brown.",
      "Add flour and cook for 1 minute. Add wine to deglaze pan; cook for 2 minutes. Add Dijon mustard and beef broth; bring to a boil. Reduce heat and simmer for 5 minutes.",
      "Add beef and any juices back to broth and simmer for 3 more minutes. Add sour cream, salt (optional), and pepper; simmer for 30 seconds.",
      "Serve over whole-grain egg noodles."
    ],
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    "servings": 12,
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      {
        "name": "canned black beans (rinsed and drained)",
        "amount": "3/4 cup"
      },
      {
        "name": "olive oil",
        "amount": "1/4 cup"
      },
      {
        "name": "water",
        "amount": "2 tbsp"
      },
      {
        "name": "egg",
        "amount": "1"
      }
    ]
  }

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    },
    {
      "name": "egg whites",
      "amount": "2"
    },
    {
      "name": "cocoa powder",
      "amount": "1/4 cup"
    },
    {
      "name": "low calorie sugar substitute",
      "amount": "1/4 cup plus 1 tbsp"
    },
    {
      "name": "instant coffee",
      "amount": "1 tsp"
    },
    {
      "name": "vanilla extract",
      "amount": "1 tsp"
    },
    {
      "name": "gluten-free all-purpose baking mix, such as King Aarthur's",
      "amount": "1/3 cup"
    },
    {
      "name": "mini chocolate-chips (gluten-free)",
      "amount": "1/4 cup"
    }
  ],
  "directions": [
    "Preheat the oven to 350 degrees F. Spray a 9 by 9-inch square baking pan with cooking spray.",
    "In a blender, puree the beans with the oil and water. Add the eggs, cocoa, Splenda Sugar Blend, coffee, and vanilla and blend well.",
    "Add the baking mix to the blender and pulse until just incorporated. Stir in mini chocolate chips. Pour into the prepared pan.",
    "Bake for 18-20 minutes",
    "Let cool for at least 15 minutes before cutting and removing from the pan. Cut into 12 equal-sized brownies."
  ],
  "image_link":
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    {
      "name": "Extra Virgin Olive Oil",
      "amount": "1 tsp"
    },
    {
      "name": "lean ground beef (I used 93% lean)",
      "amount": "1 lbs"
    },
    {
      "name": "onion(s) (chopped)",
      "amount": "1 cup"
    },
    {
      "name": "garlic (minced)",
      "amount": "2 clove"
    },
    {
      "name": "frozen mixed vegetables",
      "amount": "4 cup"
    },
    {
      "name": "togarashi (Japanese pepper blend)",
      "amount": "2 tsp"
    },
    {
      "name": "uncooked no yolk medium noodles",
      "amount": "3 cup"
    },
    {
      "name": "beef broth (low-sodium)",
      "amount": "4 cup"
    },
    {
      "name": "water",
      "amount": "1 cup"
    }
  ],
}
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    "directions": [
      "Place olive oil in large sautéed pan or skillet. Add beef, onions, and garlic and cook until beef is browned. Add vegetables and the seasoning, and mix well. Add the noodles and mix well. Add the broth and enough water to cover everything.",
      "Bring to a boil. Reduce heat to medium and cook until noodles are tender, approximately 15 minutes."
    ],
    "image_link":
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        "name": "cumin",
        "amount": "1/2 tsp"
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      {
        "name": "chili powder",
        "amount": "1 tsp"
      },
      {
        "name": "garlic powder",
        "amount": "1 tsp"
      },
      {
        "name": "black pepper",
        "amount": "1/2 tsp"
      },
      {
        "name": "boneless, skinless chicken breast",
        "amount": "8 oz"
      },
      {
        "name": "2% Mexican-style cheese blend (shredded)",
        "amount": "1/2 cup"
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    ]
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    },
    {
      "name": "fat-free refried beans",
      "amount": "1/2 cup"
    },
    {
      "name": "corn tortillas (6-inch)",
      "amount": "8"
    },
    {
      "name": "lettuce (shredded)",
      "amount": "1 cup"
    },
    {
      "name": "prepared guacamole",
      "amount": "1/2 cup"
    },
    {
      "name": "tomatoes (diced)",
      "amount": "1 cup"
    }
  ],
  "directions": [
    "Preheat the oven to 400 degrees F. Coat a baking sheet with cooking spray. Set aside.",
    "In a small bowl, mix together the cumin, chili powder, garlic powder, and ground black pepper.",
    "Lay the chicken breasts on the prepared sheet pan. Sprinkle the chicken with the spice mixture. Roast the chicken in the oven for 25 minutes or until the internal temperature is 165 degrees F. Set it aside to cool slightly. Keep the oven on and coat a clean baking sheet with cooking spray.",
    "Once the chicken has rested and cooled slightly, shred the chicken meat and add it to a medium bowl. Add the cheese and refried beans and mix well.",
    "Place the corn tortillas in between two damp paper towels. Microwave on high for 30 seconds.",
    "Fill each corn tortilla with 1/4 cup chicken filling and roll tightly. Lay seam side down on the prepared baking sheet. Once all the taquitos are on the baking sheet, lightly spray each one with cooking spray.",
    "Bake for 15 minutes or until the tortillas are crispy.",
    "Serve two taquitos with 1/4 cup shredded lettuce, 2 Tbsp. guacamole and 1/4 cup diced tomatoes."
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          "amount": "1 cup"
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        {
          "name": "mini-chocolate chips",
          "amount": "3 tbsp"
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        {
          "name": "almonds",
          "amount": "3/4 cup"
        },
        {
          "name": "dried cherries",
          "amount": "1/3 cup"
        }
      ],
      "directions": [
        "In a medium bowl, mix together all ingredients. Portion into 1/3 cup servings."
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      "image_link":
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      "prep_time": "1 hr 10 min",
      "cook_time": "10 min",
      "servings": 6,
      "ingredients": [
        {
          "name": "fresh lemon juice (strained of seeds, about 2 large lemons)",
          "amount": "1/3 cup"
        },
        {
          "name": "low-calorie sugar substitute",
          "amount": "1/2 cup"
        }
      ]
    }
  ]
}

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    },
    {
      "name": "large eggs",
      "amount": "4"
    },
    {
      "name": "fresh berries (such as strawberries, blueberries, and blackberries)",
      "amount": "3 cup"
    }
  ],
  "directions": [
    "Place lemon juice and Splenda in a saucepan. Heat and stir until sugar dissolves. Remove from heat.",
    "Crack eggs into the bowl and whisk well. Slowly pour the lemon sugar mix into the eggs while whisking. Whisk for 1 minute, then return the egg mixture to the saucepan. Whisk and cook on low to medium for several minutes until the egg mixture thickens. (The more you whisk, the lighter the mixture will be.) This will take 2-5 minutes depending on your equipment. The mixture is ready to be removed from heat when it coats the back of a spoon. Refrigerate for one hour or more. It will thicken more as it cools.",
    "Place some of the lemon chiffon in a dessert glass or bowl and spoon berries over or layer lemon cream and berries. Top with berries."
  ],
  "image_link":
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    "cook_time": "10 min",
    "servings": 4,
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      {
        "name": "lower sodium soy sauce",
        "amount": "2 tbsp"
      },
      {
        "name": "Cornstarch",
        "amount": "2 tsp"
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    ]
  },

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{
  "name": "garlic (minced or grated)",
  "amount": "1 clove"
},
{
  "name": "ground black pepper",
  "amount": "1/2 tsp"
},
{
  "name": "olive oil",
  "amount": "1 tbsp"
},
{
  "name": "frozen stir-fry vegetables",
  "amount": "1 (14-oz) bag"
},
{
  "name": "cooked chicken",
  "amount": "1 1/2 cup"
}
],
"directions": [
  "Add olive oil to a non-stick skillet over high heat. Add the frozen vegetables and sautéed for 5-7 minutes.",
  "While the vegetables are sautéing, whisk the broth, soy sauce, corn starch, garlic and black pepper in a bowl until combined.",
  "Add the chicken and sauce to the pan and sautéed another 5-7 minutes, until chicken is heated through and sauce is thickened.",
  "Serve or let cool then store in an airtight container in the refrigerator for up to 1 week."
],
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{
  "name": "canned green chiles",
  "amount": "1/4 cup"
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{
  "name": "eggs (beaten)",
  "amount": "4"
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{
  "name": "black pepper",
  "amount": "1/4 tsp"
},
{
  "name": "10-inch whole wheat flour tortillas",
  "amount": "2"
},
{
  "name": "reduced fat cheddar cheese, or use Mexican blend, Monterey Jack, or
pepper jack (reduced fat)",
  "amount": "1 1/2 cup"
},
{
  "name": "turkey bacon (cooked crisp and crumbled)",
  "amount": "4 slice"
}
],
"directions": [
  "Coat a small skillet lightly with cooking spray.",
  "Saute green chiles over medium-low heat for 1-2 minutes. Add beaten eggs and cook,
stirring, until scrambled and set. Season with pepper.",
  "Coat a second, large skillet lightly with cooking spray. Place one tortilla in the skillet and
cook over medium heat until air bubbles begin to form, about 1 minute. Flip tortilla over and
cook for 1 minutes more (do not let tortilla get crispy).",
  "Spread half the cheese evenly over the tortilla, covering to the edges.",
  "Reduce heat to low. Quickly arrange half the cooked bacon and half the egg mixture
over the cheese. Cook until the cheese starts to melt, about 1 minute.",
  "Fold tortilla in half to create a half-moon shape. Flip folded tortilla over and cook until it
is lightly toasted and the cheese filling is completely melted, 1-2 minutes.",
  "Transfer quesadilla to a cutting board. Recoat the skillet with cooking spray, and repeat
with the second tortilla and remaining cheese, bacon, and egg mixture.",
  "Cut each quesadilla into 3 wedges and serve immediately with fresh salsa."
],

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  "directions": [
    "Preheat the oven to 400 F. Coat a six-cup muffin tin with nonstick cooking spray. Evenly divide the hash browns among the muffin cups and press firmly into the bottom and up the sides of each cup.",
    "In a large skillet, heat the oil over medium heat. sautéed the onion until tender. Add the garlic and sausage; cook for 1 minute more. Remove the skillet from the heat; stir in the sour cream.",
    "In a medium bowl, beat the egg substitute with the salt and black pepper, then pour it evenly into the potato-lined muffin cups. Top each cup with some of the sausage mixture, bacon, and cheese.",
    "Bake 15 to 18 minutes, or until the eggs are set. Serve immediately, or freeze for later."
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"directions": [
  "Preheat oven to 375\u00b0 F. Coat a 13 x 9-inch pan with cooking spray.",
  "In a small bowl, combine brown sugar, flour, oats, margarine, cinnamon, nutmeg, and vanilla. Blend with a fork until moistened (mixture should be crumbly).",
  "Layer apples in a pan and sprinkle brown sugar mixture evenly over top. Bake 30 minutes."
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  {
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    "Add the chicken breasts and chicken broth to a large sauce pan over high heat. Bring to boiling, then reduce heat and simmer for 15 to 20 minutes, until the chicken is cooked through. Remove the pan from the heat and let the chicken cool to the touch in the broth (about 20 minutes).",
    "Shred the chicken into small pieces and mix in 2 Tbsp. of the chicken broth from the pan; set aside.",
    "Add the oil to a sautéed pan over medium heat. Add the onion, paprika, cumin, chili powder, and 1/2 cup of the chicken broth. Reduce the heat to low and cook for 10 to 15 minutes, until onions are soft and clear, and the liquid is evaporated. Stir in the chicken to yield 2 cups of filling.",
    "Preheat the oven to 400 degrees F. Coat a large baking sheet with cooking spray.",
    "Separate the whole wheat pizza dough into 16 golf-ball size pieces, and roll each one into a smooth ball.",
    "Using a rolling pin, roll each ball of dough into a 6-inch-diameter circle.",
    "Spoon 2 Tbsp. of the filling into the middle of the circle and press 1 olive into the middle of the filling. Lightly brush with water the bottom edge of the dough along one half of the circle. Fold the top half of the dough over the filling to form a semi-circle, and press edges firmly together. Crimp the edges with a fork to seal in the filling. Place the empanadas on a baking sheet.",
    "Lightly beat the egg with the 1 Tbsp. water and brush a thin layer of the mixture over the top surface of each empanada.",
    "Bake the empanadas for 20 minutes, until lightly browned."
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    {
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    {
      "name": "corn tortillas (6 inches)",
      "amount": "12"
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    {
      "name": "canned red enchilada sauce",
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    {
      "name": "Monterey jack cheese (shredded)",
      "amount": "3 oz"
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    {
      "name": "green onion (scallion) (sliced)",
      "amount": "1 bunch"
    }
  ],
  "directions": [
    "Preheat the oven to 400 degrees F. ",
    "Heat a large skillet over medium heat. Add oil, onion, and pepper. Cook, stirring occasionally, until onion softened, 4\u20135 minutes.",
    "Transfer cooked onions to a large bowl. Add spinach and ricotta and stir to combine.",
    "Wrap the tortillas in a wet paper towel and microwave for 30 seconds.",
    "Spray a baking dish with cooking spray. Divide spinach filling equally between tortillas. Roll and place seam side down in the baking dish.",
    "Pour enchilada sauce over the tortillas. Top with shredded cheese. Bake for 10\u201315 minutes, until the cheese is melted and bubbly.",
    "Divide enchiladas between plates and top with green onions, and a dollop of Greek yogurt if desired."
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        "name": "cooked chicken (chopped)",
        "amount": "1 lb (about 3 cups)"
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      {
        "name": "salt",
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      {
        "name": "nonstarchy vegetables such as broccoli, asparagus, zucchini, etc (fresh, frozen, or precooked)",
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      {
        "name": "creamy mushroom or broccoli soup (*not condensed\u2014see note)",
        "amount": "2 1/2 cup"
      },
      {
        "name": "shredded cheese such as cheddar, jack, or Gruy\u00e9re",
        "amount": "3/4 cup"
      }
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    "directions": [
      "Preheat oven to 375\u00b0F.",
      "In a 2-quart baking dish, evenly layer the rice and then chicken. Sprinkle with the salt. Layer with the vegetables. Slowly and evenly pour the soup on top. Sprinkle with the cheese. *Be sure to use a ready-to-eat creamy soup, not condensed. If all you have is condensed, thin it out with milk, broth, or water before adding to the casserole.",
      "Bake uncovered until steaming hot, about 30 minutes, and serve."
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      {  
        "name": "cauliflower (separated into small florets, discard core and stem)",  
        "amount": "1 head"  
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      {  
        "name": "garlic (peeled and left whole)",  
        "amount": "5 clove"  
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      "amount": "1/2 tsp"
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    "directions": [
      "In a large saucepan, place the potato, garlic, and cauliflower and enough water to cover. Bring to boiling, reduce the heat to medium, and cook until the potato and cauliflower are tender, about 15 minutes.",
      "Drain and add the vegetables and garlic back to the pot. Cover the pot with a kitchen towel and put the lid over the towel. Let stand for 5 minutes. Remove the lid and towel. This process helps to dry the vegetables so they mash better.",
      "Add the buttermilk, cheese, olive oil, butter, salt, and pepper. Mash* just until the ingredients are lightly combined. If desired, garnish with fresh snipped chives."
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      {
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      },
      {
        "name": "olive oil",
        "amount": "1 1/2 tbsp"
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      {
        "name": "salt",
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"directions": [  
  "Preheat oven to 450\u00b0 F.",  
  "Roast for 15 minutes; remove from oven and stir. Continue roasting for 10 minutes or  
until cauliflower is tender and lightly browned.",  
  "In a large bowl, toss cauliflower with rosemary, olive oil, salt, and pepper. Spread  
seasoned cauliflower on a large baking sheet (use two sheets if they are crowded on one)."  
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    {  
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      "amount": "1 tsp"  
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    {  
      "name": "olive oil",  
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    {  
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      "name": "packaged coleslaw mix",  
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      "amount": "1 tsp"
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    {
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  ],
  "directions": [
    "Season pork with 1/4 teaspoon pepper and the garlic powder. sautéed pork in a large skillet over medium-high heat until completely cooked. Drain fat if needed. Remove pork from pan and set aside.",
    "Heat olive oil in pan and add garlic; sautéed 30 seconds. Add coleslaw, soy sauce, ginger, and 1/4 teaspoon pepper. Cook 6 minutes, stirring frequently. Add pork back to pan and top with green onions; heat 1\u20132 minutes.",
    "Serve over brown rice or cauliflower rice if desired."
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      "name": "medium red bell pepper (seeded and diced)",
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  "directions": [
    "Add cooking spray to a nonstick sautéed pan over medium-high heat.",
    "Add onion, red bell pepper and garlic. sautéed for 5 minutes, stirring frequently.",
    "Add turkey and sautéed 5-7 minutes, stirring frequently until turkey is just cooked through.",
    "Add tomato paste, Dijon mustard, hot sauce, tomatoes, honey and ground black pepper. Bring to a simmer for 5 minutes, stirring frequently.",
    "Toast the hamburger buns. Fill each bun with 1/2 cup turkey mixture to make 8 sandwiches. Optional: top each sandwich with lettuce, red onion, or pickles for crunch."
  ],

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    "Preheat the oven to 375 degrees F. Spray a 2 1/2 quart baking dish with cooking spray.",
    "Season the chicken with black pepper. Spray a large sautéed pan with cooking spray and heat over medium-high. Add the chicken and cook for 8 minutes.",
    "Add the diced tomatoes, black beans, chili powder, cumin and garlic powder to the pan. Reduce the heat to low and simmer for 5 minutes.",
    "Pour the chicken mixture into the baking dish. Sprinkle cheese on top and then top with the crushed tortilla chips. Bake 12 minutes or until the cheese is melted."
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        {
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        {
            "name": "Asian peanut sauce",
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        "Mix green onion, carrots, peanut sauce, and chicken together in a bowl. Divide the
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        {
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    "Place the chicken breast in a plastic bag and pound thin with a mallet.",
    "Heat olive oil over medium-high heat in a skillet.",
    "Dredge the chicken in flour and coat it on both sides. Add the chicken to the pan and sautéd 5 minutes per side. Remove the chicken from the pan and set aside.",
    "Melt the margarine in the pan. Add the mushrooms and pepper and cook for 5 minutes. Add the balsamic vinegar to the pan and bring it to a boil to reduce the liquid.",
    "Add the chicken broth to the pan and simmer 2 more minutes. Add the chicken breast back to the pan and simmer for 5 minutes."
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            "name": "peanut butter (heated in microwave for 30 seconds)",
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    "Preheat oven to 350 degrees. Line a baking sheet with parchment paper.",
    "In a medium bowl whisk together peanut butter, banana, egg, vanilla and Splenda Brown Sugar blend.",
    "In a small bowl mix together oats, baking soda and salt. Add milled flaxseed.",
    "Add oat mixture to peanut butter mixture and mix well.",
    "Scoop batter into 1 Tbsp. balls and place on baking sheet. Bake for 10-12 minutes. Cool on wire rack."
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https://static.diabetesfoodhub.org/system/thumbs/system/images/recipes/383\_diabetic-peanut-butter-banana-oat-bites\_diabetes-cookbook\_081618\_1021x779\_3885281428.jpg
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{
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    ],
    {

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  {
    "name": "Splenda\u00ae Stevia Sweetener (for the sauce)",
    "amount": "1/2 cup"
  },
  {
    "name": "low-sugar ketchup (for the sauce)",
    "amount": "2 tbsp"
  },
  {
    "name": "fresh ginger (grated, for the sauce)",
    "amount": "1 tsp"
  },
  {
    "name": "garlic (grated, for the sauce)",
    "amount": "1 tsp"
  },
  {
    "name": "Red Chili Flakes (or 1 teaspoon chopped fresh red chili pepper, for the
sauce)",
    "amount": "1/4 tsp"
  },
  {
    "name": "Cornstarch (for the sauce)",
    "amount": "1 1/2 tsp"
  },
  {
    "name": "Chinese (napa) cabbage (thinly sliced)",
    "amount": "3 1/2 cups packed"
  },
  {
    "name": "carrots (shredded)",
    "amount": "1 cup packed"
  },
  {
    "name": "green onion (scallion) (sliced)",
    "amount": "1/2 cup"
  },
  {
    "name": "Splenda\u00ae Stevia Sweetener",
    "amount": "2 tsp"
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{
  "name": "lower sodium soy sauce",
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{
  "name": "fresh ginger (grated)",
  "amount": "1/2 tsp"
},
{
  "name": "egg roll wrapper",
  "amount": "6 whole"
}
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"directions": [
  "For the sweet chili sauce:\u00a0Pour water and vinegar into a saucepan; bring to a boil over high heat. Reduce heat to medium and stir in sweetener, ketchup, fresh ginger, garlic, and chili pepper; reduce heat to low and simmer for 5 minutes.",
  "Add cornstarch to a small bowl and mix with 2 tablespoons cold water until smooth. Whisk cornstarch mixture into Sweet Chili Sauce. Bring mixture back to a low boil while stirring, then remove from heat. Pour into a bowl or jar. Sauce will thicken even more as it cools. Refrigerate until serving with the Thai Spring Rolls.",
  "For the Thai Spring Rolls:\u00a0In a skillet sprayed with nonstick cooking spray and heated to medium, add shredded cabbage, carrots, and green onion. Add sweetener, soy sauce, and ginger. saut\u00e9d just until wilted, about 3 minutes. Set aside to cool.",
  "Spray your air-fryer with nonstick cooking spray and heat to 390\u00ba. While your air fryer is preheating, prepare your Thai Spring Rolls. Lay out a single egg roll wrapper, so it looks like a diamond shape facing you. Scoop about 4 tablespoons of filling into the center of the wrapper. Fold the lower half over the filling, and then pull in the two corners at the same time. Roll it away from you, so it makes a baton-like shape. Take a little water to seal it if needed. Repeat for the rest of the rolls.",
  "Place Thai Spring Rolls into air fryer, 3 at a time, and give them a light coating of cooking spray. Cook for 5 - 7 minutes, turning over halfway through cooking.",
  "Remove and let cool slightly. Repeat for the second batch. Serve alongside Sweet Chili Sauce and enjoy."
],
"image_link":
"https://static.diabetesfoodhub.org/system/thumbs/system/images/recipes/31924_Splenda_Thai Rolls_3378547104.png"
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{
  "name": "No-Bake Peanut Butter & Chocolate Bites",
  "prep_time": "10 min",
  "cook_time": "24Servings",
  "servings": 2,

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"ingredients": [
  {
    "name": "low calorie granulated sugar blend, such as Splenda sugar blend",
    "amount": "1/3 cup"
  },
  {
    "name": "skim milk",
    "amount": "1/3 cup"
  },
  {
    "name": "peanut butter",
    "amount": "1/2 cup"
  },
  {
    "name": "vanilla extract",
    "amount": "1 tsp"
  },
  {
    "name": "old-fashioned rolled oats (not quick cooking)",
    "amount": "2 cup"
  },
  {
    "name": "mini-chocolate chips",
    "amount": "3 tbsp"
  }
],
"directions": [
  "In a small saucepan, combine sugar blend and milk over medium heat. Stir well and bring to a boil for 1 1/2 minutes. Stir in peanut butter and vanilla.",
  "Remove from heat and add oats. Stir until oats are evenly coated in the peanut mixture and everything has cooled. Fold in the chocolate chips.",
  "Scoop oat mixture into 1 Tbsp. balls and place on waxed paper. Let cool and refrigerate."
],
"image_link":
https://static.diabetesfoodhub.org/system/thumbs/system/images/recipes/378-diabetic-peanut-butter-chocolate-aot-energy-bites\_AdobeStock\_314579916\_022621\_3885281428.jpg
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  "cook_time": "30 min",
  "servings": 12,
  "ingredients": [

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{
  "name": "nonstick cooking spray",
  "amount": "1"
},
{
  "name": "mini sweet peppers",
  "amount": "12"
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{
  "name": "turkey bacon (diced)",
  "amount": "2 slice"
},
{
  "name": "diced onion",
  "amount": "1/2 cup"
},
{
  "name": "fat-free cream cheese (room temperature)",
  "amount": "4 oz"
},
{
  "name": "soft goat cheese (room temperature)",
  "amount": "2 oz"
},
{
  "name": "crushed red pepper flakes",
  "amount": "1/4 tsp"
},
{
  "name": "whole wheat bread (toasted)",
  "amount": "1 slice"
},
{
  "name": "garlic (minced)",
  "amount": "1 clove"
},
{
  "name": "Parmesan cheese (grated)",
  "amount": "1 tbsp"
}
],
"directions": [
  "Preheat the oven to 375\u00b0 F. Coat a baking sheet with cooking spray. Set aside.",
  "Slice each pepper in half lengthwise then scoop out any seeds and membrane.",
```

"Add bacon to a non-stick sautéed pan with cooking spray over medium heat and cook until crisp. Drain on a paper towel and set aside.",

"Add onions to the pan used to cook the bacon and add more cooking spray if needed. Cook the onions, stirring occasionally until clear. Set aside to cool.",

"In a small bowl, mix the cream cheese and goat cheese. Add the bacon, onions and red pepper flakes. Stir to combine.",

"Grind toasted bread in a food processor with the garlic and parmesan cheese. Set aside in a small bowl.",

"Spoon the cheese mixture into each pepper half (1 Tsp. of mixture per popper), and then press the cheese side of the popper into the whole wheat breadcrumb mixture. Lay on the prepared baking sheet breadcrumb side up and spray each on lightly with cooking spray.",

"Bake the poppers for about 20 minutes or until the peppers have softened and the breadcrumbs are golden brown."

],

"image\_link":

"https://static.diabetesfoodhub.org/system/thumbs/system/images/recipes/082-diabetic-bell-pepper-poppers\_diabetes-cookbook\_081618\_1021x779\_3885281428.jpg"

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{

"name": "Chicken Pot Pie with Phyllo",

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"cook\_time": "30 min",

"servings": 12,

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"name": "boneless skinless chicken breasts (diced into 1/2-inch pieces)",

"amount": "1 lbs"

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{

"name": "garlic powder",

"amount": "1 1/2 tsp"

},

{

"name": "black pepper, to taste (freshly ground)",

"amount": "1"

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{

"name": "reduced-sodium chicken broth (fat-free)",

"amount": "2 cup"

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{

"name": "water",

"amount": "1/2 cup"

},



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{
  "name": "olive oil",
  "amount": "1 tsp"
},
{
  "name": "cremini (baby bella) mushrooms (cut into 1/2-inch pieces (about 3
cups))",
  "amount": "10 oz"
},
{
  "name": "garlic (finely chopped)",
  "amount": "1 clove"
},
{
  "name": "kosher or sea salt (to taste)",
  "amount": "1"
},
{
  "name": "small red potatoes (unpeeled and cut into quarters)",
  "amount": "1 lbs"
},
{
  "name": "sprigs fresh thyme",
  "amount": "5"
},
{
  "name": "medium carrots (diced into 1/2-inch pieces)",
  "amount": "3"
},
{
  "name": "large onion (diced)",
  "amount": "1"
},
{
  "name": "1% milk",
  "amount": "1 1/2 cup"
},
{
  "name": "half-and-half",
  "amount": "1/2 cup"
},
{
  "name": "all-purpose flour (8)",
  "amount": "6 tbsp"
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    },
    {
      "name": "frozen peas",
      "amount": "8 oz"
    },
    {
      "name": "parsley (minced flat leaf)",
      "amount": "1/2 cup"
    },
    {
      "name": "sheets frozen phyllo dough",
      "amount": "8"
    },
    {
      "name": "butter-flavored spray",
      "amount": "1"
    }
  ],
  "directions": [

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"Preheat the oven to 400°F. Season the diced chicken with garlic powder and freshly ground pepper and set aside. In a 2-quart saucepan, bring the chicken stock and water to a boil.",

"Meanwhile, heat the olive oil in a medium skillet and add the mushrooms and garlic. Season lightly with salt and pepper. Cook for 5 minutes or until mushrooms are soft. Once the mushrooms soften, set them aside in a bowl. Strain any liquid from the mushrooms.",

"Add in the potatoes and thyme leaves and lower the heat to medium. Simmer the potatoes for about 8 minutes until tender. With a slotted spoon, remove the potatoes and thyme to a bowl. Discard the thyme leaves. Add the carrots and onions to the stock and simmer for 4 minutes. With a slotted spoon remove the carrots and onions to the same bowl with the potatoes.",

"Add the chicken to the stock and simmer the chicken for 3 minutes. With a slotted spoon, remove the chicken to the same bowl with the vegetables. Reduce the stock until reduced to 1/2 cup, about 10 minutes.",

"Meanwhile, whisk the milk, half-and-half, and flour together in a bowl until very smooth. When the stock is reduced, slowly add the milk mixture to the stock, constantly stirring until thickened, but smooth. Add the sauce to the vegetables and season with salt and pepper. Add in the reserved mushrooms, peas, and parsley, and mix well.",

"Pour the mixture into a 9 x 13-inch pan. Set aside.",

"Spread one sheet of phyllo out onto a very lightly floured surface. Be sure to cover the remaining sheets of phyllo with a towel to avoid exposing to air. The phyllo will crack if exposed. Coat with the butter spray. Add another sheet of phyllo on top of the first sheet and coat with spray. Repeat this process until all 8 sheets are used.",

"Carefully lift the phyllo dough stack and place over the chicken vegetable filling. Tuck the edges under. With a sharp knife, make 3 diagonal slashes across the top of the dough. This will allow steam to escape.",

"Bake the chicken pot pie, uncovered, for about 30 minutes until the top is puffed and golden brown. Remove from the oven and let stand for about 5 minutes. Cut into squares."

],

"image\_link":

"https://static.diabetesfoodhub.org/system/thumbs/system/images/recipes/RecId\_646\_Chicken%20Pot%20Pie%20with%20Phyllo\_DiabetesComfortFood\_022518\_1644968879.jpg"

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{

"name": "Good Morning Power Parfait ",

"prep\_time": "5 min",

"cook\_time": "4Servings",

"servings": 1,

"ingredients": [

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"name": "fat-free plain yogurt (divided use)",

"amount": "2 cup"

},

{

"name": "ground cinnamon (optional)",

"amount": "1 tsp"

},

{

"name": "ripe medium banana",

"amount": "1"

},

{

"name": "whole strawberries (quartered)",

"amount": "2 1/2 cup"

},

{

"name": "grape-nut-style cereal",

"amount": "1/2 cup"

}

],

"directions": [

"Add the banana, 1 cup yogurt, and cinnamon (if using) to a blender and blend until smooth. Pour into 4 wine or parfait glasses.",

"Top each parfait with a rounded cup of strawberries, 1/4 cup of yogurt, and 2 Tbsps. of cereal"

],

"image\_link":  
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  {  
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      {  
        "name": "zucchini (thinly sliced)",  
        "amount": "4 med"  
      },  
      {  
        "name": "onion(s) (thinly sliced)",  
        "amount": "1 small"  
      },  
      {  
        "name": "grated mozzarella cheese",  
        "amount": "1 1/2 cup"  
      },  
      {  
        "name": "boneless, skinless chicken breasts (cooked and shredded)",  
        "amount": "2"  
      },  
      {  
        "name": "fat-free half-and-half",  
        "amount": "1 cup"  
      },  
      {  
        "name": "butter",  
        "amount": "2 tsp"  
      },  
      {  
        "name": "ground coriander",  
        "amount": "1 tsp"  
      },  
      {  
        "name": "salt",
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      "amount": "1/2 tsp"
    },
    {
      "name": "black pepper",
      "amount": "1/4 tsp"
    }
  ],
  "directions": [
    "Preheat your oven to 375 degrees F (190 degrees C).",
    "Grease a 9x13 baking dish with cooking spray or butter. Arrange a layer of sliced zucchini at the bottom of the dish, slightly overlapping. Sprinkle a portion of the sliced onions over the zucchini. Sprinkle a bit of the grated cheese over the onions. Repeat the layers until all zucchini, onions, and half of the cheese are used.",
    "Sprinkle the cooked chicken evenly over the layered zucchini and cheese.",
    "In a small saucepan, melt the butter over medium heat. Stir in the heavy cream, dried coriander, salt, and pepper. Heat the mixture until it's warmed through.",
    "Pour the cream mixture evenly over the layered zucchini, onions, cheese, and chicken. Sprinkle the remaining cheese on top.",
    "Cover the baking dish with aluminum foil and bake in the preheated oven for 30 minutes.",
    "Remove the foil and continue baking for an additional 15\u201320 minutes, or until the zucchini are tender, the chicken is heated through, and the cheese is melted and golden. Let the casserole rest for a few minutes before serving."
  ],
  "image_link":
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{
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  "cook_time": "15 min",
  "servings": 6,
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      "amount": "1"
    },
    {
      "name": "small onion (chopped)",
      "amount": "1/2"
    },
    {
      "name": "garlic (chopped)",

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    "amount": "1 clove"
  },
  {
    "name": "red bell pepper (seeded and chopped)",
    "amount": "1"
  },
  {
    "name": "Thai red curry paste",
    "amount": "1 tbsp"
  },
  {
    "name": "salmon (skinless, cut into chunks)",
    "amount": "1 lbs"
  },
  {
    "name": "eggs",
    "amount": "1"
  },
  {
    "name": "fresh cilantro",
    "amount": "1/4 cup"
  },
  {
    "name": "iceberg or bibb lettuce leaves",
    "amount": "6"
  },
  {
    "name": "green onion (scallion) (thinly sliced)",
    "amount": "2"
  }
],
"directions": [
  "Preheat the oven to 475 degrees F. Coat a baking sheet with cooking spray and set aside.",
  "Place the onion, garlic, bell pepper, and Thai curry paste in a large food processor and blend until smooth.",
  "Add the salmon and puree until smooth. Add the egg and cilantro and puree until incorporated.",
  "Scoop the mixture in 1/2 cup portions onto the baking sheet and press lightly to form a patty. Repeat to make 6 patties.",
  "Spray the top of each patty with cooking spray and bake for 15 minutes.",
  "Serve each salmon burger in a lettuce leaf and top each with 1 Tbsp. sliced scallions."
],

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"image\_link":  
"https://static.diabetesfoodhub.org/system/thumbs/system/images/recipes/130-diabetic-salmon-burgers\_diabetes-cookbook\_081618\_1021x779\_3885281428.jpg"

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    {
      "name": "unsweetened applesauce",
      "amount": "1 cup"
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    {
      "name": "Splenda\u00ae Magic Baker\u2122 Sweetener",
      "amount": "1/2 cup"
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    {
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    },
    {
      "name": "ground cinnamon",
      "amount": "1 1/2 tsp"
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    {
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    {
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    },
    {
      "name": "dried reduced-sugar cranberries",
      "amount": "1/2 cup"
    },
    {
      "name": "pumpkin seeds",
      "amount": "1/2 cup"
    }
  ],
  "directions": [
    "Preheat oven to 350 degrees F. Prepare a large baking sheet by covering with parchment paper.",
    "In a medium bowl, stir together peanut butter, applesauce, Splenda Magic Baker Sweetener, flaxseed, vanilla, salt, and cinnamon until well combined.",
    "Add in oats and protein powder, stirring until incorporated. Fold in cranberries and pumpkin seeds.",
    "Scoop dough onto parchment paper 3 inches apart into large cookie-sized balls. Press each dough ball down into a cookie to shape (they won't spread very much). Bake for 12-14 minutes, or just until golden brown around the edge.",
    "Remove and let cool. They may be enjoyed immediately, placed in an air-tight container and enjoyed within 3 days, or frozen for future easy breakfasts."
  ],
  "image_link":
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    "cook_time": "20 min",
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        "name": "bananas",
        "amount": "1"
      },
      {
        "name": "quinoa (cooked)",
        "amount": "1 cup"
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      {
        "name": "Greek vanilla yogurt (nonfat)",
        "amount": "1/4 cup"
      }
    ]
  }

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    },
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      "name": "almond butter",
      "amount": "1/4 cup"
    },
    {
      "name": "blueberries (fresh)",
      "amount": "1 cup"
    }
  ],
  "directions": [
    "Preheat oven to 375\u002daF. Spray 6 muffin cups with cooking spray. In large bowl, stir together banana, quinoa, nonfat yogurt and almond butter until blended. Fold in blueberries.",
    "Spoon batter into prepared muffin cups. Bake for 20 to 25 minutes or until golden brown and set in center. Let cool completely."
  ],
  "image_link":
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  },
  {
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    "cook_time": "2Servings",
    "servings": 12,
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      {
        "name": "lavash flat bread or flour tortilla (10-inch)",
        "amount": "1"
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      {
        "name": "ready-made hummus",
        "amount": "1/4 cup"
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      {
        "name": "ready-made tabouli",
        "amount": "1/4 cup"
      },
      {
        "name": "romaine lettuce leaves (whole or chopped)",
        "amount": "10"
      },
      {
        "name": "alfalfa or bean sprouts",

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      "amount": "1 cup"
    },
    {
      "name": "large tomatoes (chopped)",
      "amount": "2"
    },
    {
      "name": "red-tipped lettuce leaves or purple kale (optional)",
      "amount": "10"
    }
  ],
  "directions": [
    "Lay out lavash flat bread or flour tortilla on a flat surface.",
    "Pile hummus and tabouli in a long row, side by side on lavash or tortilla.",
    "Add romaine lettuce generously.",
    "Add sprouts and tomatoes as desired.",
    "Get ready to roll! Starting from the edge of a long side, roll it up. Cut in half.",
    "If eating later, wrap in plastic wrap. To eat as a sandwich, peel back a few inches of plastic wrap, eat, peel some more, eat you get the idea!",
    "To eat as an appetizer, let \u201cset\u201d in the refridgerator for 2 or 3 hours. Then remove the plastic wrap. Cut the rolls into 1\u2019 slices, using a sawing motion. Serve cut side up on a platter with red-tipped lettuce or"
  ],
  "image_link":
    "https://static.diabetesfoodhub.org/system/thumbs/system/images/recipes/RecId_352_MedRollUps_588601440_060518_3864451747.jpg"
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    "prep_time": "10 min",
    "cook_time": "20 min",
    "servings": 39,
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        "name": "all-purpose flour",
        "amount": "2 cup"
      },
      {
        "name": "baking soda",
        "amount": "1/2 tsp"
      },
      {
        "name": "baking powder",
        "amount": "1/2 tsp"
      }
    ]
  }

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      "name": "vegetable oil spread",
      "amount": "1 cup"
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    {
      "name": "Splenda\u00ae Stevia Sweetener Jar",
      "amount": "1/2 cup"
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      "name": "eggs (room temperature)",
      "amount": "1"
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    {
      "name": "Plain Nonfat Greek yogurt (room temperature)",
      "amount": "1/2 cup"
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    {
      "name": "sugar-free instant vanilla pudding mix (1-ounce box (28g))",
      "amount": "1 oz"
    },
    {
      "name": "peppermint extract",
      "amount": "1 tsp"
    },
    {
      "name": "green food coloring",
      "amount": "1 tsp"
    },
    {
      "name": "stevia-sweetened or sugar-free chocolate chips",
      "amount": "1 cup"
    }
  ],
  "directions": [
    "Preheat oven to 375\u00b0F and prepare two large baking sheets with parchment paper.",
    "In a small bowl, mix together flour, baking soda, and baking powder and set aside.",
    "In a large bowl with an electric mixture, beat vegetable oil spread until light and fluffy. Slowly add Splenda Stevia Sweetener and beat until fluffy. Add egg and beat until incorporated and then add Greek yogurt, pudding mix, mint extract and green food coloring and mix well.",
    "Scrape down the sides of the bowl as needed with a spatula. On slow speed, add the flour mixture into the pudding mixture and mix until well combined, but do not over-mix. Fold in the chocolate chips."
  ]

```

"Using a 2-tablespoon cookie scoop, drop spoonfuls onto prepared baking sheet, 2 inches apart. Press down slightly as the cookies do not spread very much while baking (should be about \u00bd thick).",

"Bake for 10 minutes or until just slightly browned on the edges. Cool on rack for 1 minute and then move to a wire cooling rack. Enjoy!"

],

"image\_link":

"https://static.diabetesfoodhub.org/system/thumbs/system/images/recipes/Splenda\_Recipes\_MAR\_779x590\_3378547104.jpg"

},

{

"name": "Sheet Pan Chicken, Green Beans & Potatoes",

"prep\_time": "10 min",

"cook\_time": "30 min",

"servings": 4,

"ingredients": [

{

"name": "red potatoes (chopped into bite-sized pieces)",

"amount": "2 medium (2 cups chopped)"

},

{

"name": "olive oil",

"amount": "1 tsp"

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{

"name": "chicken tenderloins",

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{

"name": "frozen cut green beans",

"amount": "10 oz"

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{

"name": "unsalted butter",

"amount": "4 tbsp"

},

{

"name": "Italian dressing mix",

"amount": "1 tbsp"

}

],

"directions": [

"Preheat oven to 400\u00b0 F. ",

"To leach the potatoes: Place chopped potatoes in a large pan and cover completely with water. Bring to a boil, then drain. Refill water over the potatoes, to cover by 1-inch. Bring to a boil again and boil for 10 minutes. Drain and toss with 1 teaspoon olive oil before adding to the sheet pan. \*\*This step is optional and helps reduce the potassium content of the potatoes for people on a potassium-restricted diet.",

"Spray a 9 x13-inch sheet pan with cooking spray. Place the raw chicken strips down 1/3 of the pan. Place the potatoes down another 1/3 of the pan. Finally, lay the frozen green beans down the last 1/3 of the pan.",

"Melt the butter and drizzle over the entire pan of chicken, potatoes and green beans. Sprinkle Italian dressing dry mix over the entire pan.",

"Bake for 20 to 30 minutes. Check chicken for doneness after 20 minutes."

],

"image\_link":

"https://static.diabetesfoodhub.org/system/thumbs/system/images/recipes/2046-diabetic-sheet-p  
an-Chicken-Green-Beans-Potatoes\_DaVita\_040821\_1665867840.jpg"

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{

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"servings": 6,

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{

"name": "light mayonnaise",

"amount": "1/4 cup"

},

{

"name": "Dijon Mustard",

"amount": "1 tsp"

},

{

"name": "ground black pepper",

"amount": "1/4 tsp"

},

{

"name": "celery (diced)",

"amount": "1 stalks"

},

{

"name": "hard-boiled eggs",

"amount": "6 large"

}

],

"directions": [

"Cut hard boiled eggs in half and remove three of the yolks from the 6 eggs (you should end up with 6 egg whites and 3 egg yolks total). Add to a medium bowl and lightly mash with a fork.",

"Add the remaining ingredients and stir to combine.",

"Store in an airtight container in the refrigerator for up to one week."

],

"image\_link":

"https://static.diabetesfoodhub.org/system/thumbs/system/images/recipes/1929-easy-diabetic-egg-salad\_AS\_291791604\_031920\_3864451747.jpg"

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"name": "Chicken and Pepper Paella",

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"cook\_time": "20 min",

"servings": 2,

"ingredients": [

{

"name": "chicken breasts (boneless, skinless)",

"amount": "3/4 lbs"

},

{

"name": "Olive oil cooking spray",

"amount": "1"

},

{

"name": "turkey sausage (sliced (about 1/2 cup))",

"amount": "2 oz"

},

{

"name": "low sodium chicken broth (fat-free, low-sodium)",

"amount": "3/4 cup"

},

{

"name": "water",

"amount": "1 1/2 cup"

},

{

"name": "saffron",

"amount": "1/4 tsp"

},

{

"name": "onion(s) (frozen chopped)",

"amount": "1 cup"

},

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{
  "name": "zucchini (sliced)",
  "amount": "1 cup"
},
{
  "name": "red bell pepper (sliced)",
  "amount": "1 cup"
},
{
  "name": "poblano chile pepper (seeded and chopped)",
  "amount": "1"
},
{
  "name": "whole-wheat orzo (1/4 pound)",
  "amount": "2/3 cup"
},
{
  "name": "salt",
  "amount": "1/8 tsp"
},
{
  "name": "freshly ground black pepper",
  "amount": "1/4 tsp"
}
],
"directions": [
  "Cut chicken into 2-inch pieces. Heat a nonstick skillet over medium-high heat and spray with olive oil cooking spray. Add chicken and sausage. Brown on all sides, about 5 minutes. Remove from skillet.",
  "Add chicken broth, water, and saffron to the skillet and bring to a boil, scraping the brown bits from the bottom of the skillet.",
  "Add onion, zucchini, red bell pepper, poblano chile pepper and orzo. Stir, bring back to a boil and cook 7 minutes. If not using a nonstick pan, stir often to keep orzo from sticking. If pan becomes dry, add more water.",
  "Return meat to skillet for 5 minutes. Liquid should be absorbed. Add salt and pepper. Serve on 2 dinner plates."
],
"image_link":
"https://static.diabetesfoodhub.org/system/thumbs/system/images/recipes/RecId_156_ChickenpepperPaella_533982378_050118_3864451747.jpg"
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{
  "name": "4-Ingredient Peanut Butter Cookies",
  "prep_time": "20 min",

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"cook_time": "10 min",
"servings": 20,
"ingredients": [
  {
    "name": "peanut butter",
    "amount": "1 cup"
  },
  {
    "name": "Splenda\u00ae Granulated Sweetener",
    "amount": "1 cup"
  },
  {
    "name": "large egg (beaten)",
    "amount": "1"
  },
  {
    "name": "vanilla extract",
    "amount": "1 tsp"
  }
],
"directions": [
  "Preheat oven to 350\u00b0F. In a large bowl, mix together peanut butter, Splenda sweetener, egg, and vanilla extract. Chill mixture in the fridge for at least 10 minutes.",
  "Portion mixture into 1 tablespoon balls and place on an ungreased sheet pan. Press lightly with the tines of a fork to create a crosshatch pattern and flatten each cookie slightly.",
  "Bake for 8 minutes. Let cool on sheet pan at least 5 minutes before transferring to a wire rack to finish cooling."
],
"image_link":
https://static.diabetesfoodhub.org/system/thumbs/system/images/recipes/2063-diabetic-4-ingredient-Peanut-Butter-Cookies\_Splenda\_042721\_3885281428.jpg
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{
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  "prep_time": "15 min",
  "cook_time": "18 min",
  "servings": 4,
  "ingredients": [
    {
      "name": "egg",
      "amount": "1"
    },
    {
      "name": "water",

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      "amount": "1 tbsp"
    },
    {
      "name": "olive oil",
      "amount": "2 tsp"
    },
    {
      "name": "whole-wheat panko bread crumbs",
      "amount": "1/3 cup"
    },
    {
      "name": "grated Parmesan cheese",
      "amount": "1/3 cup"
    },
    {
      "name": "minced fresh parsley",
      "amount": "2 tbsp"
    },
    {
      "name": "dried oregano",
      "amount": "1/2 tsp"
    },
    {
      "name": "black pepper",
      "amount": "1/4 tsp"
    },
    {
      "name": "boneless, skinless chicken breasts (cut into 4 (4-oz) portions and
flattened to 1/4-inch thickness)",
      "amount": "1 lbs"
    }
  ],
  "directions": [
    "Preheat the oven to 400\u00b0F. Lightly spray a 13 \u00d7 9 \u00d7 2-inch baking dish
with cooking spray.",
    "In a shallow dish, whisk together the egg, water, and oil. In a separate shallow dish or
pie pan, stir together the remaining ingredients except the chicken. Set the dishes and baking
dish in a row, assembly-line fashion. Dip the chicken in the egg mixture, then in the crumb
mixture, turning to coat at each step and gently shaking off any excess. Using your fingertips,
gently press the coating mixture so it adheres to the chicken. Arrange the chicken in a single
layer in the baking dish. Lightly spray the chicken with cooking spray.",
    "Bake for 15\u201318 minutes, or until the chicken is no longer pink in the center and the
top coating is golden brown."
  ]

```

"Air Fryer Variation: Prepare the chicken as directed, through step 2. Spray the air fryer basket with cooking spray for 2 seconds. Place the chicken in the air fryer basket. Set the temperature to 375\u00b0F. and air fry for 7 minutes. Turn the chicken pieces. Spray for 1 second with cooking spray. Air fry for an additional 7 to 10 minutes or until the chicken is done and a meat thermometer inserted in the center registers 165\u00b0F. Do not crowd the chicken. If your air fryer basket is smaller it is better to cook half of the chicken, then repeat with the remaining chicken."

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    ],  
    "image_link":  
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  },  
  {  
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    "cook_time": "40 min",  
    "servings": 6,  
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      {  
        "name": "lean ground beef",  
        "amount": "1 lbs"  
      },  
      {  
        "name": "olive oil",  
        "amount": "1 tbsp"  
      },  
      {  
        "name": "red bell pepper (diced)",  
        "amount": "1 small"  
      },  
      {  
        "name": "orange bell pepper (diced)",  
        "amount": "1 small"  
      },  
      {  
        "name": "green bell pepper (diced)",  
        "amount": "1 small"  
      },  
      {  
        "name": "jarred marinara sauce",  
        "amount": "24 oz"  
      },  
      {  
        "name": "cooked brown rice",
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```

        "amount": "3 cup"
    },
    {
        "name": "reduced-fat shredded cheddar or Mexican-style cheese",
        "amount": "4 oz"
    }
],
"directions": [
    "Preheat the oven to 400 degrees F.",
    "Heat a large non-stick skillet over medium heat. Add beef and cook, stirring often, until crumbed and browned, 8\u201310 minutes. Transfer beef to a bowl with a slotted spoon.",
    "Return skillet to medium heat and add olive oil and peppers. Cook, stirring often, until peppers have softened, 7\u20138 minutes.",
    "Return beef to the skillet along with the marinara and rice. Stir to combine and transfer to a 9x13 baking dish. Sprinkle with cheese.",
    "Bake for about 20 minutes, until the cheese is bubbly."
],
"image_link":
https://static.diabetesfoodhub.org/system/thumbs/system/images/recipes/Recipe%20Size\_3378547104.png
},
{
    "name": "Slow-Cooker Beef Stew",
    "prep_time": "20 min",
    "cook_time": "8 hr",
    "servings": 5,
    "ingredients": [
        {
            "name": "flour",
            "amount": "3 tbsp"
        },
        {
            "name": "lean beef stew meat ( visible fat trimmed and cut into 1-inch cubes)",
            "amount": "1 lbs"
        },
        {
            "name": "olive oil",
            "amount": "1 tbsp"
        },
        {
            "name": "low sodium beef broth",
            "amount": "3 cup"
        }
    ]
}

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        "name": "water",
        "amount": "1 cup"
    },
    {
        "name": "large carrots (chopped)",
        "amount": "6"
    },
    {
        "name": "mushrooms (chopped)",
        "amount": "8 oz"
    },
    {
        "name": "large sweet potato (peeled and cubed)",
        "amount": "1"
    },
    {
        "name": "onion (diced)",
        "amount": "1"
    },
    {
        "name": "dried thyme",
        "amount": "1/2 tsp"
    },
    {
        "name": "black pepper",
        "amount": "1/2 tsp"
    }
],
"directions": [
    "Place the flour in a large resealable plastic bag. Add beef and toss to coat.",
    "Add oil to a pan over high heat. Add beef and sautéd for 6-8 minutes, turning frequently until evenly browned.",
    "Transfer beef and all remaining ingredients to a large slow cooker.",
    "Cover and cook in slow cooker on low for 8 hours."
],
"image_link":
"https://static.diabetesfoodhub.org/system/thumbs/system/images/recipes/029-diabetic-slow-cooker-beef-stew_AdobeStock_328039739_022521_3885281428.jpg"
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{
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    "prep_time": "10 min",
    "cook_time": "40 min",
    "servings": 6,

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"ingredients": [
  {
    "name": "nonstick cooking spray",
    "amount": "1"
  },
  {
    "name": "eggs",
    "amount": "3"
  },
  {
    "name": "whole wheat flour",
    "amount": "1/4 cup"
  },
  {
    "name": "baking powder",
    "amount": "1/2 tsp"
  },
  {
    "name": "egg whites or egg substitute",
    "amount": "1/2 cup"
  },
  {
    "name": "skim milk",
    "amount": "1/4 cup"
  },
  {
    "name": "canned green chiles",
    "amount": "1 (7-oz) can"
  },
  {
    "name": "fat free cottage cheese (whipped in a food processor until smooth)",
    "amount": "1 cup"
  },
  {
    "name": "reduced fat shredded cheddar cheese",
    "amount": "1 cup"
  }
],
"directions": [
  "Preheat oven to 400\u00ba F. Coat a 9-inch round or square baking dish with canola cooking spray; set aside.",
  "In mixer bowl, combine eggs, flour, and baking powder, and beat until blended. Add egg whites and milk and beat until smooth. On low speed, beat in green chilis, cottage cheese and shredded cheese.",

```

"Pour mixture into prepared dish and bake for 15 minutes. Reduce heat to 350-degrees and bake for about 25 minutes more (until quiche is firm in the center and top is golden brown). Cut into 6 equal slices and serve as is or top with salsa, avocado or plain Greek yogurt."

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],  
  "image_link":  
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},  
{  
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  "cook_time": "5 min",  
  "servings": 2,  
  "ingredients": [  
    {  
      "name": "canola or other vegetable oil",  
      "amount": "1 tbsp"  
    },  
    {  
      "name": "diced cooked lean protein of your choice (such as chicken, pork,  
      shrimp, tofu, etc)",  
      "amount": "1 cup"  
    },  
    {  
      "name": "chopped scallions or other onion",  
      "amount": "3 tbsp"  
    },  
    {  
      "name": "grated fresh ginger (or 1/8 tsp ground ginger)",  
      "amount": "3/4 tsp"  
    },  
    {  
      "name": "minced garlic",  
      "amount": "1/2 tsp (about 1 clove)"  
    },  
    {  
      "name": "assorted vegetables, chopped into bite-sized pieces (cooked or raw)",  
      "amount": "1 1/2 cup"  
    },  
    {  
      "name": "cauliflower rice ",  
      "amount": "1 1/2 cup"  
    },  
  ],  
}
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      "name": "egg (beaten)",
      "amount": "1"
    },
    {
      "name": "teriyaki sauce",
      "amount": "1 tbsp"
    },
    {
      "name": "chopped fresh cilantro",
      "amount": "2 tbsp"
    }
  ],
  "directions": [
    "Heat a nonstick wok or large skillet over medium-high heat. Add the oil and after about 20 seconds, add diced protein, onions, ginger, garlic, assorted veggies and riced cauliflower, stirring often with spoon or spatula, for about 2 minutes.",
    "Reduce heat to medium and pull the mixture away from the center of the pan with a spatula and pour the beaten egg in the center. When it starts to cook, use a spatula to stir all of the fried rice ingredients together for about a minute to finish cooking the egg.",
    "Sprinkle teriyaki sauce and cilantro over the top and gently stir just to blend flavors (about 1 minute more). Taste and add more teriyaki sauce if desired. Divide into two bowls and serve!"
  ],
  "image_link":
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  {
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    "cook_time": "40 min",
    "servings": 8,
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      {
        "name": "nonstick cooking spray",
        "amount": "1"
      },
      {
        "name": "whole grain penne, shells, or farfalle pasta",
        "amount": "12 oz"
      },
      {
        "name": "olive oil",
        "amount": "1 tbsp"
      }
    ]
  }

```

```
},
{
  "name": "white (button) mushrooms (sliced)",
  "amount": "8 oz"
},
{
  "name": "small onion (diced)",
  "amount": "1"
},
{
  "name": "baby spinach",
  "amount": "5 oz"
},
{
  "name": "salt-free all-purpose seasoning",
  "amount": "1/2 tsp"
},
{
  "name": "flour",
  "amount": "3 tbsp"
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{
  "name": "skim milk",
  "amount": "2 cup"
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{
  "name": "salt",
  "amount": "1/2 tsp"
},
{
  "name": "black pepper",
  "amount": "1/4 tsp"
},
{
  "name": "tuna packed in water (drained)",
  "amount": "5 oz"
},
{
  "name": "Parmesan cheese (shredded)",
  "amount": "1/2 cup"
}
],
"directions": [
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"Preheat the oven to 375 degrees F. Coat a 9x13-inch baking dish with cooking spray. Set aside.",

"Cook the pasta according to the package directions minus two minutes (the pasta should be slightly undercooked).",

"While the pasta is cooking, add the olive oil to a large sautéed pan over medium-high heat. Add the onion and mushrooms and sautéed until the onions turn clear, about 5 minutes.",

"Add the spinach and no-salt seasoning and sautéed until the spinach is wilted and soft, about 3 more minutes.",

"In a small bowl, whisk together the flour, milk, salt and ground black pepper until all the flour lumps are mixed in. Pour over the vegetables and bring to a boil. Stir in the tuna and pasta and pour into the prepared baking pan.",

"Sprinkle the parmesan cheese on top of the casserole and bake for 15 minutes."

],

"image\_link":

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"prep\_time": "15 min",

"cook\_time": "6Servings",

"servings": 1,

"ingredients": [

{

"name": "Granny Smith or other tart apple (peeled and cubed)",

"amount": "2"

},

{

"name": "spinach",

"amount": "2 cup"

},

{

"name": "endive (sliced)",

"amount": "1 cup"

},

{

"name": "walnuts (chopped)",

"amount": "1/4 cup"

},

{

"name": "bleu cheese (crumbled)",

"amount": "3 tbsp"

},

{

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        "name": "red wine vinegar",
        "amount": "2 tbsp"
    },
    {
        "name": "lemon juice",
        "amount": "1 tbsp"
    },
    {
        "name": "Dijon Mustard",
        "amount": "1 tsp"
    },
    {
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        "amount": "1/2 tsp"
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    {
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        "amount": "1/4 cup"
    },
    {
        "name": "salt",
        "amount": "1/4 tsp"
    },
    {
        "name": "black pepper",
        "amount": "1/4 tsp"
    },
    {
        "name": "fresh chives (minced)",
        "amount": "2 tbsp"
    }
],
"directions": [
    "In a large bowl, toss the apples, spinach, endive, walnuts, and blue cheese to combine.",
    "In a small bowl, whisk together the vinegar, lemon juice, mustard, and honey. Add the oil in a thin stream, whisking to emulsify. Whisk in the salt and pepper.",
    "Pour the dressing on the salad and toss gently. Place the salad in a serving bowl and sprinkle with the chives."
],
"image_link":
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{
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  "cook_time": "15 min",
  "servings": 6,
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      "name": "quick cooking oats",
      "amount": "1 cup"
    },
    {
      "name": "baking powder",
      "amount": "1 1/2 tsp"
    },
    {
      "name": "eggs",
      "amount": "2"
    },
    {
      "name": "skim milk",
      "amount": "1/3 cup"
    },
    {
      "name": "mashed banana (about 1/2 medium banana)",
      "amount": "1/3 cup"
    },
    {
      "name": "vanilla extract",
      "amount": "1/2 tsp"
    },
    {
      "name": "chopped pecans",
      "amount": "2 tbsp"
    },
    {
      "name": "canola oil",
      "amount": "1 tbsp"
    }
  ],
  "directions": [
    "Using a food processor, process the oats to a flour-like consistency. Mix oats and baking powder in a small bowl and set aside.",
    "In a separate bowl, mix eggs, milk, mashed banana, and vanilla. Add to dry ingredients, and mix until just combined. Then fold in pecans."
  ]
}
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"Heat oil in nonstick skillet over medium heat. Drop 1/4 cup of batter onto the hot skillet to make each pancake. Cook until lightly brown on both sides."

],

"image\_link":

"https://static.diabetesfoodhub.org/system/thumbs/system/images/recipes/1697-diabetic-breakfast-Oatmeal-Pecan-Pancakes\_Diabetes-Superfoods-Cookbook\_010319\_3885281428.jpg"

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{

"name": "Slow-Cooker Chuck and Veggies",

"prep\_time": "15 min",

"cook\_time": "2Servings",

"servings": 112,

"ingredients": [

{

"name": "boneless lean chuck roast (trim any visible fat)",

"amount": "8 oz"

},

{

"name": "frozen pepper stir-fry",

"amount": "8 oz"

},

{

"name": "whole mushrooms",

"amount": "8 oz"

},

{

"name": "fresh green beans (trimmed, about 1 1/4 cups total)",

"amount": "5 oz"

},

{

"name": "dry red wine",

"amount": "1/4 cup"

},

{

"name": "dried bay leaf",

"amount": "1"

},

{

"name": "instant coffee granules",

"amount": "1 tsp"

},

{

"name": "Worcestershire sauce",

"amount": "1 tsp"

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    },
    {
      "name": "black pepper",
      "amount": "1/4 tsp"
    },
    {
      "name": "salt",
      "amount": "1/4 tsp"
    }
  ],
  "directions": [
    "Combine all the ingredients, except the salt, in a 3 1/2-4 quart slow cooker. Cover and cook on high setting for 4 1/2 hours or on low setting for 9 hours or until beef is very tender. Gently stir in the salt.",
    "Remove the beef and vegetables with a slotted spoon and place in 2 shallow bowls.",
    "Pour the liquid in the slow cooker into a medium skillet. Bring to a boil over medium-high heat and cook 1 1/2 minutes or until the liquid reduces to 1/4 cup. Spoon evenly over the beef and vegetables. Remove bay leaf before serving."
  ],
  "image_link":
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  },
  {
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    "prep_time": "15 min",
    "cook_time": "8Servings",
    "servings": 112,
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      {
        "name": "lime juice",
        "amount": "1/2 cup"
      },
      {
        "name": "olive oil",
        "amount": "1/4 cup"
      },
      {
        "name": "crushed red pepper flakes",
        "amount": "1 tsp"
      },
      {
        "name": "garlic (minced)",
        "amount": "3 clove"
      }
    ]
  }

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    },
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      "name": "honey",
      "amount": "1 1/2 tbsp"
    },
    {
      "name": "romaine lettuce (chopped)",
      "amount": "6 cup"
    },
    {
      "name": "black beans (rinsed and drained)",
      "amount": "15 oz"
    },
    {
      "name": "jicama (peeled and chopped)",
      "amount": "1 cup"
    },
    {
      "name": "corn (drained and rinsed)",
      "amount": "1 (15-oz) can"
    },
    {
      "name": "red bell pepper (cored, seeded, and diced)",
      "amount": "1"
    },
    {
      "name": "ripe avocados (peeled and diced)",
      "amount": "2"
    },
    {
      "name": "reduced fat monterey jack cheese",
      "amount": "1/2 cup"
    }
  ],
  "directions": [
    "To make the dressing, in a small bowl whisk together lime juice, olive oil, crushed red pepper flakes, garlic, and honey. Dressing is best served at room temperature.",
    "Spread lettuce evenly across a large serving platter. Arrange beans, jicama, corn, bell pepper, and avocados side by side on top of lettuce. Garnish with cheese. Cover and refrigerate until chilled, for at least 1 hour. Drizzle with dressing before serving."
  ],
  "image_link":
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      "amount": "2 tsp"
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    {
      "name": "boneless turkey breast (cut into 1-inch pieces)",
      "amount": "3/4 lbs"
    },
    {
      "name": "frozen chopped onion",
      "amount": "3/4 cup"
    },
    {
      "name": "garlic (minced)",
      "amount": "2 tsp"
    },
    {
      "name": "salt",
      "amount": "1/8 tsp"
    },
    {
      "name": "freshly ground black pepper",
      "amount": "1/4 tsp"
    },
    {
      "name": "pasta sauce (reduced-sodium, no-sugar-added)",
      "amount": "3/4 cup"
    },
    {
      "name": "water",
      "amount": "1/2 cup"
    },
    {
      "name": "sliced baby bella mushrooms",
      "amount": "2 cup"
    },
    {
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      "name": "fresh whole-wheat linguine (broken into 4-5 inch pieces)",
      "amount": "3 oz"
    },
    {
      "name": "ready-to-eat spinach (washed)",
      "amount": "2 cup"
    },
    {
      "name": "fresh basil (torn into bite-size pieces)",
      "amount": "1/2 cup"
    },
    {
      "name": "sharp cheddar cheese (shredded, reduced-fat)",
      "amount": "1/4 cup"
    },
    {
      "name": "sour cream (reduced-fat)",
      "amount": "3 tbsp"
    }
  ],
  "directions": [
    "Heat oil in a medium-size nonstick skillet over medium-high heat. Add turkey, onion and garlic. sautéed 3 minutes, turning turkey pieces to brown all sides. Sprinkle with salt and pepper.",
    "Add the pasta sauce, water, mushrooms and linguine. Stir to mix well. Bring to a simmer. Reduce heat to medium, cover with a lid, and cook 3 minutes. The linguine should be cooked through. Add a little water if sauce is dry before pasta is cooked.",
    "Add spinach and basil, stirring until spinach wilts. Remove from the heat and sprinkle the cheese on top. Spoon sour cream over cheese. Serve on 2 dinner plates.",
    "Cook\u2019s Tip: It\u2019s important to use fresh pasta from the supermarket for this recipe. Fettuccine can be used instead of linguine."
  ],
  "image_link":
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  {
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    "prep_time": "10 min",
    "cook_time": "4Servings",
    "servings": 1,
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      {
        "name": "fresh blueberries",

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        "amount": "1 cup"
    },
    {
        "name": "chopped fresh strawberries",
        "amount": "1 cup"
    },
    {
        "name": "peaches (peeled, seeded and chopped)",
        "amount": "2"
    },
    {
        "name": "peach flavored Greek style yogurt (non-fat)",
        "amount": "6 oz"
    },
    {
        "name": "almond milk (unsweetened)",
        "amount": "1 cup"
    },
    {
        "name": "ground flax seed",
        "amount": "2 tbsp"
    },
    {
        "name": "ice",
        "amount": "1/2 cup"
    }
],
"directions": [
    "Combine all ingredients in a blender and puree until smooth."
],
"image_link":
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{
    "name": "Spinach Yogurt Dip",
    "prep_time": "10 min",
    "cook_time": "24Servings",
    "servings": 2,
    "ingredients": [
        {
            "name": "cottage cheese (low-fat (1% milk fat))",
            "amount": "1 cup"
        },
    ],

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{
  "name": "Plain Nonfat Greek yogurt (non-fat)",
  "amount": "1 cup"
},
{
  "name": "frozen spinach (thawed and squeezed dry, chopped)",
  "amount": "1 cup"
},
{
  "name": "ranch-flavored salad dressing powder mix",
  "amount": "1 tbsp"
}
],
"directions": [
  "In a food processor or blender, puree the cottage cheese. Add to a medium bowl.",
  "Add the yogurt, spinach and ranch dressing powder and whisk together. Refrigerate for at least 30 minutes, up to overnight.",
  "Serve with assorted vegetables for dipping."
],
"image_link":
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{
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  "cook_time": "19 min",
  "servings": 4,
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    {
      "name": "dried green or brown lentils (rinsed and drained)",
      "amount": "3/4 cup"
    },
    {
      "name": "bay leaves",
      "amount": "2"
    },
    {
      "name": "water (divided)",
      "amount": "3 cup"
    },
    {
      "name": "olive oil",
      "amount": "3 tbsp"
    }
  ]
}
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    },
    {
      "name": "grated zest and juice of 1 lemon",
      "amount": "1"
    },
    {
      "name": "finely chopped fresh parsley",
      "amount": "1 tbsp"
    },
    {
      "name": "salt (divided)",
      "amount": "1/2 tsp"
    },
    {
      "name": "nonstick cooking spray",
      "amount": "1"
    },
    {
      "name": "eggs",
      "amount": "4"
    },
    {
      "name": "baby spinach",
      "amount": "4 cup"
    },
    {
      "name": "black pepper",
      "amount": "1/4 tsp"
    }
  ],
  "directions": [
    "Place the lentils, bay leaves, and 2 cups of the water in the Instant Pot. Seal the lid, close the valve, and set the Manual/Pressure Cook button to 7 minutes. ",
    "Meanwhile, in a small bowl, whisk together the oil, parsley, lemon zest and juice, and 1/4 tsp of the salt. Set aside.",
    "Coat 4 (6-oz) ramekins with cooking spray and crack 1 egg into each ramekin. Set aside.",
    "Use a quick pressure release. When the valve drops, carefully remove the lid and drain the lentils, (discarding the lentil water and 2 bay leaves). Return the lentils to the Instant Pot with the spinach and 1/4 tsp of the salt. Toss until the spinach is just wilted and divide it between 4 soup bowls. Cover to keep warm.",
    "Add 1 cup of water to the pot, add a trivet and 3 ramekins. Stack the 4th ramekin on top of the other ramekins. Seal the lid, close the valve, press the Cancel button, and reset the Manual/Pressure Cook button to 1 minute."
  ]

```

"Use a natural pressure release for 1 minute, followed by a quick pressure release. When the valve drops, carefully remove the lid. Remove the ramekins and drain off any excess water that may have accumulated while cooking. Carefully run a knife around outer edges of each egg to release from the ramekin easily.",

"Spoon equal amounts of the oil mixture on top of each serving of lentils and top with the eggs. Sprinkle with black pepper."

],

"image\_link":

"https://static.diabetesfoodhub.org/system/thumbs/system/images/recipes/1818-diabetic-breakfast-instant-pot-lentils-poached-eggs\_diabetes-instant-pot-cookbook\_080119\_3885281428.jpg"

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{

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"cook\_time": "35 min",

"servings": 6,

"ingredients": [

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"amount": "1"

},

{

"name": "whole wheat bread",

"amount": "1 slice"

},

{

"name": "egg substitute",

"amount": "1/4 cup"

},

{

"name": "lean ground turkey",

"amount": "20 oz"

},

{

"name": "garlic (minced)",

"amount": "2 clove"

},

{

"name": "fresh oregano",

"amount": "1 tbsp"

},

{

"name": "fresh basil (chopped)",

"amount": "1 tbsp"

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    },
    {
      "name": "ketchup (divided)",
      "amount": "1/2 cup"
    },
    {
      "name": "salt",
      "amount": "1/4 tsp"
    },
    {
      "name": "black pepper",
      "amount": "1/2 tsp"
    },
    {
      "name": "balsamic vinegar",
      "amount": "2 tbsp"
    }
  ],
  "directions": [
    "Pre heat oven to 375 degrees F. Coat a loaf pan with cooking spray. Set aside.",
    "In a medium bowl, break up the piece of whole wheat bread into pea-sized pieces. Add egg and mix well.",
    "Add turkey, garlic, oregano, basil, 1/4 cup ketchup, salt (optional) and ground black pepper. Mix well.",
    "Press the turkey mixture into the loaf pan tightly. Put in oven to bake for 20 minutes.",
    "While meatloaf is baking, whisk together remaining 1/4 cup of ketchup, balsamic vinegar and hot sauce (optional).",
    "After the meatloaf has baked for 20 minutes, pour the ketchup and balsamic glaze over the meatloaf. Return to the oven to bake for an additional 15 minutes or until the internal temperature of the meatloaf is 165 degrees F.",
    "Let the meatloaf rest for 10 minutes, then slice into 6 equal portions."
  ],
  "image_link":
https://static.diabetesfoodhub.org/system/thumbs/system/images/recipes/124-diabetic-budget-herb-garlic-meatloaf\_AdobeStock171686203\_121820\_3885281428.jpg
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{
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  "prep_time": "15 min",
  "cook_time": "25 min",
  "servings": 12,
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    {
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    "amount": "1 tbsp"
  },
  {
    "name": "cold water",
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  },
  {
    "name": "Splenda\u00ae Granulated Sweetener",
    "amount": "1/2 cup"
  },
  {
    "name": "lower sodium soy sauce",
    "amount": "1/2 cup"
  },
  {
    "name": "Apple Cider Vinegar",
    "amount": "1/4 cup"
  },
  {
    "name": "garlic (minced)",
    "amount": "1 clove"
  },
  {
    "name": "ground ginger",
    "amount": "1/2 tsp"
  },
  {
    "name": "black pepper",
    "amount": "1/4 tsp"
  },
  {
    "name": "boneless, skinless chicken breasts",
    "amount": "3 lbs"
  }
],
"directions": [
  "Preheat oven to 425\u00b0F. Spray a 13\u201d x 9\u201d baking dish with cooking spray.",
  "In a saucepan, whisk together cornstarch and cold water until smooth. Whisk in Splenda Sweetener, soy sauce, vinegar, garlic, ginger, and pepper. Bring to a simmer over low heat and cook, stirring frequently, until sauce thickens and bubbles.",
  "Place chicken in prepared baking dish and brush with teriyaki sauce. Turn chicken over, and brush again."
]

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"Bake for 15 minutes. Turn chicken and bake until chicken is no longer pink and juices run clear when pierced with the tip of a paring knife (20\u201330 minutes total baking time, depending on size). Brush with sauce every 10 minutes during baking."

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    ],
    "image_link":
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  },
  {
    "name": "Banana Chocolate Ice Cream ",
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    "servings": 12,
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      {
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        "amount": "2"
      },
      {
        "name": "skim milk",
        "amount": "1/3 cup"
      },
      {
        "name": "cocoa powder",
        "amount": "2 tbsp"
      },
      {
        "name": "whipped topping (fat-free)",
        "amount": "1 cup"
      }
    ],
    "directions": [
      "Peel bananas and slice into 1/4-inch coins. Place in a bowl and freeze for at least 2 hours.",
      "Once bananas are frozen, add the bananas, milk and cocoa powder to blender. Blend until smooth.",
      "Fold in the whipped topping.",
      "Place mixture in a freezer-safe container and freeze for at least 30 minutes.",
      "Scoop into 1/2-cup scoops to serve."
    ],
    "image_link":
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  },
}
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{
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  "cook_time": "12Servings",
  "servings": 1,
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      "name": "baking mix (gluten-free, such as Pamela\u2019s)",
      "amount": "1 cup"
    },
    {
      "name": "margarine (trans-fat-free)",
      "amount": "3 tbsp"
    },
    {
      "name": "Parmesan (freshly grated)",
      "amount": "2 tbsp"
    },
    {
      "name": "skim milk",
      "amount": "1/3 cup"
    }
  ],
  "directions": [
    "Preheat oven to 375 degrees F. Spray a baking sheet with cooking spray.",
    "In a medium bowl, mix together baking mix and margarine. Use a fork and hands to mix into course crumbs.",
    "Add milk to mixture and stir with a fork. Add Parmesan cheese and incorporate into mixture.",
    "Drop about 1 Tbsp. at a time of dough mixture on baking sheet for each biscuit. Bake for 12 minutes or until golden brown on top."
  ],
  "image_link":
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  },
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    "name": "Blueberry Yogurt Lemon Bars",
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    "cook_time": "45 min",
    "servings": 16,
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  },
  {
    "name": "unsweetened graham cracker flour",
    "amount": "1 1/2 cup"
  },
  {
    "name": "avocado oil",
    "amount": "3 tbsp"
  },
  {
    "name": "lemon zest (freshly grated, divided)",
    "amount": "2 tsp plus 1 tbsp"
  },
  {
    "name": "fine sea salt",
    "amount": "1/4 tsp"
  },
  {
    "name": "whole egg",
    "amount": "1"
  },
  {
    "name": "egg whites",
    "amount": "3"
  },
  {
    "name": "nonfat vanilla Greek yogurt",
    "amount": "2 cup"
  },
  {
    "name": "maple syrup",
    "amount": "1 tsp"
  },
  {
    "name": "lemon juice (freshly squeezed)",
    "amount": "1/4 cup"
  },
  {
    "name": "fresh blueberries",
    "amount": "3/4 cup"
  }
],
"directions": [
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"Preheat the oven to 350\u00b0F.",

"Line an 8-inch baking dish with parchment paper, then coat it with nonstick cooking spray.",

"To make the crust, add graham cracker flour, avocado oil, 2 teaspoons lemon zest, and salt to the bowl of a food processor; pulse to combine. Press mixture into the bottom of the prepared pan. Bake for 10\u201315 minutes, or until crust is golden brown. Then remove pan from the oven and set aside to cool.",

"To make the filling, process the egg, egg whites, yogurt, maple syrup, lemon juice, and remaining 1 tablespoon lemon zest in a blender until smooth. Stir in the fresh blueberries. Pour the filling onto the prebaked crust.",

"Transfer pan to the oven and bake for 25\u201330 minutes, or until the center is set. Remove pan from the oven and place on a wire rack to cool completely. Cut into 16 equal-sized squares and serve chilled or at room temperature."

],

"image\_link":

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"cook\_time": "40 min",

"servings": 3,

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"amount": "1 cup"

},

{

"name": "eggs (beaten)",

"amount": "1"

},

{

"name": "reduced-fat, shredded mozzarella cheese (divided use)",

"amount": "2 oz"

},

{

"name": "no-salt-added tomato sauce",

"amount": "3/4 cup"

},

{

"name": "minced garlic",

"amount": "1/2 tsp"

},

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{
  "name": "dried oregano (dried)",
  "amount": "1/4 tsp"
},
{
  "name": "sliced mushrooms",
  "amount": "1/2 cup"
},
{
  "name": "diced green bell pepper",
  "amount": "1/2 cup"
},
{
  "name": "diced tomato",
  "amount": "1/2 cup"
},
{
  "name": "grated Parmesan cheese",
  "amount": "2 tbsp"
}
],
"directions": [
  "Preheat oven to 400 degrees. Coat an 8x8 square baking dish with cooking spray. Set aside.",
  "Place zucchini in a clean kitchen towel or doubled up paper towel and squeeze moisture out of the zucchini (as much as possible).",
  "Mix zucchini, egg, and 1/2 ounce of mozzarella cheese. Press tightly into the baking dish. Bake for 10 minutes.",
  "While zucchini is baking, mix tomato sauce, garlic and oregano. Set aside.",
  "Add cooking spray to a sautéed pan over medium heat. Lightly sautéed mushrooms, green peppers, and tomatoes.",
  "After zucchini is baked, spread tomato sauce on top of zucchini. Add sautéed vegetables and top with remaining mozzarella and parmesan cheeses.",
  "Bake for 25-30 minutes or until cheese is brown and bubbly. Let cool, then cut into 6 equal pieces and serve."
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"image_link":
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  "prep_time": "13Servings",
  "cook_time": "1 ball",

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"ingredients": [  
  {  
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  },  
  {  
    "name": "Splenda\u00ae Stevia Sweetener",  
    "amount": "3 tbsp"  
  },  
  {  
    "name": "Kosher Salt",  
    "amount": "1/4 tsp"  
  },  
  {  
    "name": "vanilla protein powder",  
    "amount": "1/2 cup"  
  },  
  {  
    "name": "chia seeds",  
    "amount": "1/2 tbsp"  
  },  
  {  
    "name": "unsweetened coconut flakes",  
    "amount": "2 tbsp"  
  },  
  {  
    "name": "ground flax seed",  
    "amount": "1 tbsp"  
  },  
  {  
    "name": "stevia-sweetened or sugar-free chocolate chips",  
    "amount": "2 tbsp"  
  },  
  {  
    "name": "quick cooking oats",  
    "amount": "2/3 cup"  
  }  
],  
"directions": [  
  "Spread oats onto a small baking sheet and toast them at 350 degrees F for 10  
minutes.",  
  "In a microwave-safe bowl, add peanut butter and warm for 20 seconds.",
```

"Stir in sweetener and salt. Add toasted oats, protein powder, chia seeds, flaxseed, and coconut flakes. Let mixture cool completely. Stir in chocolate chips. Refrigerate the mixture if needed before rolling into balls.",

"Roll mixture into balls about 2 tablespoons in size. Place no-bake protein balls in an air-tight container and store in the refrigerator. Enjoy within a week!"

],

"image\_link":

"https://static.diabetesfoodhub.org/system/thumbs/system/images/recipes/Splenda\_Recipes\_NoBakeProteinBalls\_3864451747.jpg"

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{

"name": "Budget-Friendly Cilantro Lime Roasted Chicken",

"prep\_time": "5 min",

"cook\_time": "50 min",

"servings": 6,

"ingredients": [

{

"name": "nonstick cooking spray",

"amount": "1"

},

{

"name": "whole chicken (cut into 8 pieces)",

"amount": "1 (about 2 1/2 lbs)"

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{

"name": "cilantro (chopped)",

"amount": "2 tbsp"

},

{

"name": "lime (zested and juiced)",

"amount": "1"

},

{

"name": "honey",

"amount": "1 tbsp"

},

{

"name": "garlic (minced)",

"amount": "2 clove"

},

{

"name": "black pepper",

"amount": "1/2 tsp"

},

```

{
  "name": "salt",
  "amount": "1/2 tsp"
},
],
"directions": [
  "Preheat oven to 375 degrees F. Coat a baking dish with cooking spray.",
  "Remove the skin from the chicken and arrange in a single layer in the baking pan.",
  "In a small bowl, whisk together the cilantro, lime zest, lime juice, honey, garlic, ground
black pepper and salt. Pour the mixture evenly over the chicken and bake for 45-50 minutes or
until the internal temperature of the largest piece of chicken is 165 degrees."
],
"image_link":
"https://static.diabetesfoodhub.org/system/thumbs/system/images/recipes/119-diabetic-cilantro-li
me-chicken-budget-friendly_090618_1021x779_3885281428.jpg"
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{
  "name": "Chicken Caesar Salad Lunch Wraps",
  "prep_time": "10 min",
  "cook_time": "4Servings",
  "servings": 1,
  "ingredients": [
    {
      "name": "cooked chicken (diced )",
      "amount": "1 1/2 cup"
    },
    {
      "name": "light Caesar salad dressing",
      "amount": "3 tbsp"
    },
    {
      "name": "Parmesan cheese (freshly shredded)",
      "amount": "3 tbsp"
    },
    {
      "name": "chopped romaine lettuce",
      "amount": "4 cup"
    },
    {
      "name": "tortillas (10-inch, low-carb)",
      "amount": "4"
    }
  ],
  "directions": [

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"In a medium bowl, mix together all the ingredients except for the tortillas. Coat the salad evenly with the dressing",

"Spread 1 heaping cup of the chicken salad mixture onto the tortilla. Fold the left and right sides of the wrap in until they touch and roll from the bottom to make a wrap.",

"Repeat procedure for remaining 3 wraps."

],

"image\_link":

"https://static.diabetesfoodhub.org/system/thumbs/system/images/recipes/160-diabetic-chicken-caesar-salad-lunch-wraps\_Diabetes-Cookbook\_DF\_101818\_1021x779\_3885281428.jpg"

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{

"name": "Low Carb Apple Spice Muffins",

"prep\_time": "8 min",

"cook\_time": "25 min",

"servings": 12,

"ingredients": [

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"name": "avocado oil cooking spray",

"amount": "1"

},

{

"name": "almond flour",

"amount": "2 cup"

},

{

"name": "coconut flour",

"amount": "1/2 cup"

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"name": "erythritol or other sugar substitute",

"amount": "1/2 cup"

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{

"name": "baking powder",

"amount": "1 tsp"

},

{

"name": "ground cinnamon",

"amount": "2 tsp"

},

{

"name": "ground nutmeg",

"amount": "1/2 tsp"

},

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{
  "name": "ground cloves",
  "amount": "1/4 tsp"
},
{
  "name": "avocado oil",
  "amount": "1/4 cup"
},
{
  "name": "large eggs",
  "amount": "4"
},
{
  "name": "unsweetened vanilla almond milk",
  "amount": "1/2 cup"
},
{
  "name": "small apple (peeled, cored, and finely diced)",
  "amount": "1"
}
],
"directions": [
  "Preheat your oven to 350 degrees F. Spray a muffin tin with cooking spray.",
  "In a medium bowl, combine the almond flour, coconut flour, erythritol, baking powder, cinnamon, nutmeg, cloves, salt. In another medium bowl, combine the oil, eggs, and almond milk.",
  "Pour the wet ingredients into the dry ingredients and mix. Add the apple and stir.",
  "Fill the muffin tins. Bake for 20-25 minutes or until a fork or toothpick comes out clean.",
  "To freeze: let the muffins cool completely, then remove them from the muffin pan. Arrange them in a single layer on a sheet pan and freeze for at least 2 hours. Once they are frozen solid, store them together in a freezer-safe zip top bag. Or, wrap each muffin well in aluminum foil to store individually."
],
"image_link":
"https://static.diabetesfoodhub.org/system/thumbs/system/images/recipes/2066-diabetic-low-carb-apple-spice-muffins_low-carb-brissette_050721_3885281428.jpg"
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    "name": "light cream cheese (cold)",
    "amount": "12 oz"
  },
  {
    "name": "Fresh Strawberries",
    "amount": "2 cup"
  },
  {
    "name": "eggs",
    "amount": "9 large"
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  {
    "name": "fat-free half-and-half",
    "amount": "1 1/2 cup"
  },
  {
    "name": "sugar-free maple-type syrup",
    "amount": "1/3 cup"
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  {
    "name": "no calorie granulated sugar substitute (sucralose original)",
    "amount": "3/4 cup"
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  {
    "name": "unsalted butter",
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],

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"directions": [

"In a large bowl, whisk together eggs, creamer, and maple syrup. Pour mixture over the bread cubes. Press bread gently with the back of a spoon to moisten completely. Cover and chill 8 hours or overnight. ",

"Coat a 9 x 13-inch baking dish with cooking spray. Cube the bread and cream cheese. Slice the strawberries.",

"Place half of the bread cubes in the dish. Layer the cream cheese cubes and 1 cup strawberries over the top of the bread. Top with remaining bread cubes.",

"To prepare the sauce, toss the sugar with remaining strawberries. Let stand for 20 minutes, stirring occasionally. Pour the mixture into the blender and blend until smooth. Transfer the sauce to a small saucepan. Add butter and simmer over medium heat for about 5 minutes, stirring occasionally.",

"Preheat the oven to 350 degrees F. Bake the casserole uncovered until golden brown, about 45 to 50 minutes.",

"Remove the casserole from the oven and cool for 5 minutes. Cut into 12 servings and serve with warm strawberry sauce. (1 piece should be 2-1/4 inches by 3 inches.)"

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      {
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        "amount": "1 small"
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      {
        "name": "no-salt-added diced tomatoes",
        "amount": "1 14.5-ounce can"
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      {
        "name": "bell pepper, any color (diced)",
        "amount": "1"
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      {
        "name": "lean ground turkey",
        "amount": "1 lbs"
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      {
        "name": "nonstick cooking spray",
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      {
        "name": "salt",
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        "amount": "1/2 tsp"
      },
      {
        "name": "ground black pepper",
        "amount": "1/2 tsp"
      }
    ],
    "directions": [
      "Add cooking spray to a stock pot over high heat. Add the turkey and sautéd until just cooked through, about 7-8 minutes.",
      "Add the remaining ingredients and bring to a boil. Reduce to a simmer for 15 minutes.",
      "Serve hot or cool to room temperature, then store in an airtight container in the refrigerator for up to one week or package in freezer bags in one cup increments for up to 3 months."
    ],
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      {
        "name": "rice vinegar",
        "amount": "2 tbsp"
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      {
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      {
        "name": "Cornstarch",
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      {
        "name": "ground ginger",
        "amount": "1 tsp"
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  }
]
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    {
      "name": "olive oil (divided use)",
      "amount": "3 tbsp"
    },
    {
      "name": "garlic (minced)",
      "amount": "1 clove"
    },
    {
      "name": "raw medium shrimp (peeled, deveined, and tails cut off)",
      "amount": "1 1/4 lbs"
    },
    {
      "name": "broccoli florets",
      "amount": "3 cups"
    }
  ],
  "directions": [
    "In a small bowl, whisk together the vegetable broth, rice vinegar, soy sauce, cornstarch, ginger, sriracha, and brown sugar blend.",
    "Heat 2 Tbsp of the olive oil in a large skillet or wok. When the oil is shimmering, add the garlic and cook until fragrant (30 seconds). Add the shrimp and cook until opaque, about 4 minutes. Using a slotted spoon, remove the shrimp and place on a plate.",
    "Heat the remaining 1 Tbsp of olive oil in the same skillet. Add the broccoli florets and cook until tender, about 4 minutes.",
    "Add the cooked shrimp back into the skillet and toss to combine with the broccoli. Pour the broth mixture over the shrimp and broccoli and toss to coat. Continue cooking until the broth mixture thickens slightly, about 1 minute."
  ],
  "image_link":
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  {
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    "amount": "1"
  },
  {
    "name": "black pepper",
    "amount": "1/4 tsp"
  },
  {
    "name": "cheddar cheese (reduced-fat, shredded)",
    "amount": "2 tbsp"
  },
  {
    "name": "margarine (trans fat-free)",
    "amount": "2 tsp"
  },
  {
    "name": "deli ham (reduced-sodium, chopped, (about 3 ounces))",
    "amount": "4 slice"
  },
  {
    "name": "onion(s) (diced)",
    "amount": "1/4 cup"
  },
  {
    "name": "green pepper (diced)",
    "amount": "1/4 cup"
  },
  {
    "name": "corn tortillas (heated)",
    "amount": "4"
  },
]
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{
    "name": "salsa",
    "amount": "4 tsp"
}
],
"directions": [
    "In a medium bowl, whisk together the eggs, egg whites, hot pepper sauce, black pepper, and cheese.",
    "Heat the margarine in a medium non-stick pan over medium heat. Add the ham and sautéd for 2-3 minutes. Remove the ham from the pan.",
    "Add the onions and green peppers to the hot pan, and cook for about 5 minutes. Add the ham back to pan.",
    "Reduce the heat to low and add the eggs to pan. Gently stir the eggs with a spoon or spatula and continue lightly cooking over low heat until the eggs are cooked and set.",
    "Evenly divide the egg mixture into 4 servings. Spoon each portion of the egg mixture into a tortilla and top each with 1 tsp. salsa. Fold the tortilla to close."
],
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    "servings": 11,
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        {
            "name": "balsamic vinegar",
            "amount": "3 tbsp"
        },
        {
            "name": "ground turkey (93% lean)",
            "amount": "1 lbs"
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        {
            "name": "zucchini (grated)",
            "amount": "1/2"
        },
        {

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    "name": "carrot(s) (grated)",
    "amount": "1"
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  {
    "name": "onion(s) (grated)",
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  {
    "name": "garlic (minced)",
    "amount": "1 clove"
  },
  {
    "name": "chili powder",
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  {
    "name": "black pepper",
    "amount": "1/4 tsp"
  },
  {
    "name": "salt (optional)",
    "amount": "1/4 tsp"
  },
  {
    "name": "eggs (slightly beaten)",
    "amount": "1"
  },
  {
    "name": "old-fashioned rolled oats (not quick cooking)",
    "amount": "1/2 cup"
  },
  {
    "name": "Parmesan cheese (freshly grated )",
    "amount": "3 tbsp"
  }
],
"directions": [
  "Preheat oven to 350 degrees.",
  "In a small bowl, whisk together the ketchup and vinegar for the sauce.",
  "In a medium bowl, mix together remaining ingredients for the meatballs. Shape into 1-inch balls.",
  "Place meatballs on a baking sheet and top evenly with sauce (1 1/2 Tsp. per meatball).",
  "Bake for 45 minutes or until done."
],
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      "cook_time": "20 min",
      "servings": 4,
      "ingredients": [
        {
          "name": "pecan pieces",
          "amount": "1/2 cup"
        },
        {
          "name": "boneless, skinless chicken breasts",
          "amount": "4 (6-oz) breasts"
        },
        {
          "name": "unsweetened applesauce",
          "amount": "3 tbsp"
        },
        {
          "name": "spicy brown mustard",
          "amount": "1 tbsp"
        },
        {
          "name": "sea salt",
          "amount": "1/4 tsp"
        }
      ],
      "directions": [
        "Preheat the oven to 425\u00b0 F. Prep a large rimmed baking sheet. For easier cleanup and less sticking, line with parchment paper (optional).",
        "Place the pecans in a food processor. Pulse until they look like breadcrumbs. Transfer to a rimmed plate.",
        "Place the chicken on the baking sheet. In a small bowl, stir together the applesauce and mustard. Spoon the applesauce-mustard mixture on top of each breast, spreading it evenly with the back of the spoon. Firmly press the applesauce-mustard side of each chicken breast into the pecans. Place the chicken back on the baking sheet, pecan-crusted side up. Sprinkle any remaining pecans on the chicken; press to adhere. Sprinkle with salt.",
        "Bake for about 20 minutes, or until the chicken reaches an internal temperature of 165\u00b0 F. Divide among four dinner plates and serve."
      ],

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      {  
        "name": "almond flour",  
        "amount": "1/2 cup"  
      },  
      {  
        "name": "erythritol or other sugar substitute (divided use)",  
        "amount": "1/4 cup plus 1 1/2 tbsp"  
      },  
      {  
        "name": "ground cinnamon",  
        "amount": "1 tsp"  
      },  
      {  
        "name": "salt",  
        "amount": "1/4 tsp"  
      },  
      {  
        "name": "espresso or strong coffee",  
        "amount": "1 tbsp"  
      },  
      {  
        "name": "Plain Nonfat Greek yogurt",  
        "amount": "2 cup"  
      },  
      {  
        "name": "mascarpone cheese",  
        "amount": "3 tbsp"  
      },  
      {  
        "name": "dark rum",  
        "amount": "1 tbsp"  
      },  
      {  
        "name": "orange zest",
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        "amount": "2 tsp (from 1 orange)"
    },
    {
        "name": "vanilla extract",
        "amount": "1 tsp"
    },
    {
        "name": "cocoa powder",
        "amount": "1 tsp"
    }
],
"directions": [
    "In a medium skillet over medium heat, toast the almond flour for 3 minutes or until golden, stirring often to avoid burning. ",
    "In a small bowl, mix the toasted almond flour, 1 1/2 tbsp of the erythritol, cinnamon and salt. Add the espresso and stir. Divide between 6 serving glasses (about 1 heaping tablespoon each).",
    "In a medium bowl, mix the yogurt with the mascarpone, remaining 1/4 cup erythritol, rum, orange zest and vanilla. Spoon about 1/3 cup on top of the coffee-almond base in each of the serving glasses. Dust each tiramisu lightly with cocoa powder just before serving."
],
"image_link":
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    "cook_time": "8 hr",
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            "amount": "3 3/4 lbs"
        },
        {
            "name": "black pepper",
            "amount": "1/2 tsp"
        },
        {
            "name": "ground ginger",
            "amount": "1/4 tsp"
        }
    ]
}

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      "name": "cumin",
      "amount": "1 tsp"
    },
    {
      "name": "medium onion (sliced)",
      "amount": "1"
    },
    {
      "name": "garlic (minced)",
      "amount": "2 clove"
    },
    {
      "name": "pineapple juice",
      "amount": "1 cup"
    },
    {
      "name": "white wine",
      "amount": "1 cup"
    },
    {
      "name": "small high-fiber tortillas (warmed)",
      "amount": "11"
    },
    {
      "name": "shredded lettuce",
      "amount": "1 cup"
    }
  ],
  "directions": [
    "Place pork shoulder/Boston butt roast in a slow-cooker. Sprinkle meat with pepper, ginger and cumin. Add onion and garlic on top of roast. Pour pineapple juice and wine over roast.",
    "Cover and cook on high for 4-6 hours (or on low for 7-8 hours). Drain liquid and shred pork with fork.",
    "Scoop about 1/2 cup pork into each tortilla. Top each taco with shredded lettuce and any additional toppings of your choice."
  ],
  "image_link":
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  {
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"cook_time": "8Servings",
"servings": 12,
"ingredients": [
  {
    "name": "cooked chicken breast (chopped)",
    "amount": "2 cup"
  },
  {
    "name": "celery (diced)",
    "amount": "2 stalks"
  },
  {
    "name": "green onions (chopped)",
    "amount": "2"
  },
  {
    "name": "medium Jonagold apple (finely diced)",
    "amount": "1"
  },
  {
    "name": "walnuts (chopped)",
    "amount": "3 tbsp"
  },
  {
    "name": "light mayonnaise",
    "amount": "1/4 cup"
  },
  {
    "name": "yogurt (plain, fat-free)",
    "amount": "1/4 cup"
  },
  {
    "name": "lemon (juiced)",
    "amount": "1/2"
  },
  {
    "name": "black pepper",
    "amount": "1/8 tsp"
  }
],
"directions": [
  "In a medium bowl, combine the chicken, celery, green onions, apple, and walnuts",
  "In a small bowl, whisk together the mayonnaise, yogurt, lemon juice and pepper. Pour over the chicken mixture and gently stir to coat.",
]
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"Serve salad over your choice of lettuce leaves, bread or crackers."
],
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apple-salad_114160462_081118_3864451747.jpg"
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{
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"amount": "1 cup"
},
{
"name": "unsalted raw pumpkin seeds (pepitas)",
"amount": "1 cup"
},
{
"name": "unsalted pecans (chopped )",
"amount": "1 cup"
},
{
"name": "unsalted sunflower seeds",
"amount": "1 cup"
},
{
"name": "old-fashioned rolled oats (not quick cooking)",
"amount": "1 cup"
},
{
"name": "peanut butter",
"amount": "1/4 cup"
},
{
"name": "olive oil",
"amount": "1/4 cup"
},
{
"name": "low-calorie brown sugar substitute",
"amount": "1/4 cup"
}
]
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    ],
    "directions": [
      "Preheat an oven to 300 degrees.",
      "Line a baking sheet with parchment paper or foil. Coat with non-stick cooking spray and set aside.",
      "In a bowl, combine cashews, pumpkin seeds, pecans, sunflower seeds and oats. Set aside.",
      "In the microwave, melt peanut butter, oil, and Splenda Brown Sugar together. Stir to combine.",
      "Pour peanut butter mixture over oat mixture and stir to coat.",
      "Spread granola in a packed, single layer onto prepared baking sheet. Bake for 40-45 minutes, stirring every 10 minutes to ensure even browning.",
      "Remove from oven and let cool completely. Break up granola and store in an air-tight container."
    ],
    "image_link":
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      ranola_AdobeStock_182490289_022621_3885281428.jpg"
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      {
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        "amount": "1/4 tsp"
      },
      {
        "name": "medium russet potatoes",
        "amount": "6"
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      {
        "name": "medium yellow onion (cut into thin strips)",
        "amount": "1"
      },
      {
        "name": "black pepper",
        "amount": "1/4 tsp"
      }
    ]
  },

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{
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  "amount": "1 cup"
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{
  "name": "cheddar cheese (reduced-fat, shredded sharp, divided)",
  "amount": "1/2 cup"
}
],
"directions": [
  "Preheat oven to 400 degrees F. Peel potatoes and slice into thin rounds.",
  "Coat a large nonstick skillet with cooking spray and sautéed onions and potatoes over medium-high heat until the onions turn clear.",
  "Spray a pie pan or 8-inch round cake pan with cooking spray.",
  "Place a thick layer (about half) of the potatoes and onions in the bottom of pan.",
  "Add salt and pepper to half-and-half. Pour 1/2 cup of the half-and-half over the potatoes. Sprinkle 1/4 cup of the cheese on top.",
  "Add remaining potatoes and pour 1/2 cup half-and-half over the potatoes and top with remaining cheese.",
  "Bake for 40 minutes or until potatoes are soft."
],
"image_link":
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  "cook_time": "4Servings",
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      "amount": "2 tbsp"
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    {
      "name": "olive oil",
      "amount": "1 tbsp"
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    {
      "name": "small hot chile pepper (Serrano or other, equivalent of 1 Tbsp. minced chile pepper)",
      "amount": "1"
    }
  ],

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{
  "name": "fresh ginger (grated)",
  "amount": "1 tbsp"
},
{
  "name": "lemongrass (minced, if you can\u2019t find lemongrass, sub with 1
Tbsp. lime juice)",
  "amount": "1 tbsp"
},
{
  "name": "low-calorie brown sugar substitute",
  "amount": "1 tbsp"
},
{
  "name": "salmon filets (4-ounces each, skinless)",
  "amount": "4"
}
],
"directions": [
  "Prepare an indoor or outdoor grill.",
  "Whisk together all ingredients in a medium sized bowl except salmon.",
  "Pour marinade over salmon, coating both sides. Marinate in the refrigerator for 30
minutes.",
  "Remove slamon from marinade. Grill filets 4-6 minutes on each side and discard
leftover marinade."
],
"image_link":
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9422213_3847653377.jpg"
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{
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  "prep_time": "15 min",
  "cook_time": "10 min",
  "servings": 4,
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      "name": "no-salt-added beef broth",
      "amount": "1 cup"
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    {
      "name": "Cornstarch",
      "amount": "1 tbsp"
    }
  ],

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{
  "name": "lower sodium soy sauce",
  "amount": "2 tbsp"
},
{
  "name": "garlic (minced)",
  "amount": "2 clove"
},
{
  "name": "minced fresh ginger",
  "amount": "1 tbsp"
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{
  "name": "nonstick cooking spray",
  "amount": "1"
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{
  "name": "toasted sesame oil",
  "amount": "2 tsp"
},
{
  "name": "medium onion (sliced)",
  "amount": "1"
},
{
  "name": "sirloin beef (sliced)",
  "amount": "1 lbs"
},
{
  "name": "fresh or frozen broccoli florets",
  "amount": "4 heaping cups"
},
{
  "name": "small zucchini (spiralized into noodles, or 4 cups prepared zucchini
noodles)",
  "amount": "2"
},
{
  "name": "sesame seeds",
  "amount": "2 tbsp"
}
],
"directions": [
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"In a small bowl, whisk together the broth, cornstarch, soy sauce, garlic, and ginger. Set aside.",

"Spray large sautéed pan or wok with cooking spray, add sesame oil, and place over high heat.",

"Add the onion and stir-fry 2 minutes. Add the beef and stir-fry 3 more minutes.",

"Add the broccoli and spiralized zucchini and stir-fry 3 more minutes.",

"Add the broth mixture and bring to a boil, scraping the bottom of the pan to loosen any brown bits. Reduce heat and simmer 2 minutes.",

"Stir in sesame seeds and serve."

],

"image\_link":

"https://static.diabetesfoodhub.org/system/thumbs/system/images/recipes/2018-diabetic-beef-broccoli-zucchini-noodles-zoodles\_diabetes-cookbook\_030121\_3885281428.jpg"

},

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"servings": 5,

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},

{

"name": "olive oil",

"amount": "1 tbsp"

},

{

"name": "onion, chopped",

"amount": "1"

},

{

"name": "celery stalk, chopped",

"amount": "1"

},

{

"name": "all-purpose flour",

"amount": "2 tbsp"

},

{

"name": "chicken broth, reduced-sodium",

"amount": "1 can"

},

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    {
      "name": "milk, evaporated fat-free",
      "amount": "12-ounce can"
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    {
      "name": "reduced-fat cheddar cheese (such as Cabot's 50% reduced-fat cheddar)",
      "amount": "1 1/4 cup"
    },
    {
      "name": "black pepper, freshly ground",
      "amount": "1/2 tsp"
    },
    {
      "name": "nutmeg salt, to taste",
      "amount": "1/4 tsp"
    }
  ],
  "directions": [
    "Trim and peel broccoli stems. Cut off 15 small florets. Coarsely chop enough remaining broccoli to equal 2 cups.",
    "Blanch chopped broccoli and florets in boiling water just until bright green, about 2 minutes. Drain and set aside.",
    "Heat olive oil in medium saucepan over medium heat. sauté onion and celery until soft, about 5 minutes. Whisk in flour and cook 1 minute. Add broth and milk. Cook, stirring constantly, until mixture simmers and thickens, about 5 minutes.",
    "Add chopped broccoli, cheese, pepper, nutmeg, and salt. Stir until cheese melts and soup is heated through, about 3 minutes. Garnish each bowl with reserved broccoli florets."
  ],
  "image_link":
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  {
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    "servings": 8,
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    "amount": "10 oz"
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  {
    "name": "roasted red peppers (drained and chopped)",
    "amount": "1/4 cup"
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  {
    "name": "green onions (thinly sliced)",
    "amount": "2"
  },
  {
    "name": "grated Parmesan cheese",
    "amount": "1 tbsp plus 1 tsp"
  },
  {
    "name": "egg substitute",
    "amount": "1 cup"
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  {
    "name": "skim milk",
    "amount": "1/2 cup"
  },
  {
    "name": "mustard powder",
    "amount": "1 tsp"
  },
  {
    "name": "salt",
    "amount": "1/8 tsp"
  },
  {
    "name": "black pepper",
    "amount": "1/8 tsp"
  }
],
"directions": [

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"Preheat the oven to 350°F. Lightly spray 16 cups of two 12-cup mini muffin pans or 16 cups of a 24-cup mini muffin pan with cooking spray."

"In a medium bowl, using a fork, separate the spinach into small pieces. Stir in the roasted peppers and green onions. Spoon the spinach mixture into the sprayed muffin cups. Sprinkle the Parmesan over the spinach mixture."

"In a separate medium bowl, whisk together the remaining ingredients. Pour into the filled muffin cups. Fill the empty muffin cups with water to keep the pan from warping."

"Bake for 18\u201320 minutes, or until a wooden toothpick inserted in the center comes out clean. Transfer the pans to a cooling rack. Let cool for 10 minutes. Using a thin spatula or flat knife, loosen the sides of the quiche bites. Serve warm.",

"Refrigerate leftovers in an airtight container for up to 5 days. To reheat, put 4\u20136 quiche bites on a microwaveable plate. Microwave on 100% power (high) for 45 seconds to 1 minute, or until heated through."

],

"image\_link":

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"servings": 4,

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{

"name": "boneless skinless chicken thighs (cut into bite-sized pieces)",

"amount": "1 lbs"

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{

"name": "medium onion (diced)",

"amount": "1/2"

},

{

"name": "bell peppers (any mix of colors) (cut into 1-inch chunks)",

"amount": "3"

},

{

"name": "minced garlic",

"amount": "2 tbsp"

},

{

"name": "minced fresh ginger",

"amount": "2 tbsp"

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{

"name": "rice vinegar",

"amount": "1/4 cup"

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    {
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      "amount": "1 tbsp"
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    {
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      "amount": "1/4 cup"
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    {
      "name": "sesame oil",
      "amount": "1 tbsp"
    },
    {
      "name": "sesame seeds",
      "amount": "1 tbsp"
    }
  ],
  "directions": [
    "In a large skillet or wok over medium-high heat, heat half of the oil. Add the chicken and sautéd for 6 minutes or until cooked through. Remove from the pan and set aside.",
    "Add the other half of the oil to the pan. Add the onion to the pan and sautéd for 2 minutes. Add the bell peppers, garlic and ginger, rice vinegar, tamari and chili paste. sautéd for 3 minutes or until the peppers are tender.",
    "Add the cooked chicken and cashews to the pan and stir to warm, about 2 minutes.",
    "Remove from heat and stir in the sesame oil. Garnish with sesame seeds."
  ],
  "image_link":
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    "cook_time": "5Servings",
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        "amount": "8 oz"
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        "amount": "1/2 cup"
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    {
        "name": "garlic salt",
        "amount": "1/2 tsp"
    },
    {
        "name": "black pepper",
        "amount": "1/8 tsp"
    },
    {
        "name": "Parmesan cheese (freshly grated)",
        "amount": "2 tbsp"
    }
],
"directions": [
    "Preheat the oven to 425 degrees F.",
    "In a shallow dish, whisk together the egg, egg white, and hot sauce.",
    "In another shallow dish, mix together the remaining ingredients.",
    "Dip each green bean in the egg mixture and then lightly coat in the cornmeal mixture.",
    "Place the green beans on a baking sheet and bake for 25 minutes, until they are lightly golden. Serve with your favorite dipping sauce."
],
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{
    "name": "chicken breasts (4-ounces each, skinless, boneless)",
    "amount": "4"
},
{
    "name": "salt (optional)",
    "amount": "1 tsp"
},
{
    "name": "black pepper",
    "amount": "1/2 tsp"
},
{
    "name": "olive oil",
    "amount": "1 tbsp"
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{
    "name": "lemon juice",
    "amount": "1/4 cup"
},
{
    "name": "garlic (minced)",
    "amount": "2 tbsp"
},
{
    "name": "paprika",
    "amount": "1 1/2 tsp"
}
],
"directions": [
    "Preheat oven to 350 degrees. Coat a baking sheet with cooking spray.",
    "Place the chicken breasts on the baking sheet.",
    "In a small bowl, combine salt, pepper, olive oil, lemon juice and garlic and whisk until combined.",
    "Brush on or pour lemon juice mixture over each chicken breast, coating evenly.",
```



"Sprinkle each chicken breast evenly with paprika and bake in oven for 35 minutes or until the chicken is cooked to an internal temperature of 165 degrees F.",

"Let the chicken breasts rest, covered with foil for 10-15 minutes before slicing or serving."

],

"image\_link":

"https://static.diabetesfoodhub.org/system/thumbs/system/images/recipes/450-diabetic-roasted-chicken-breast\_shutterstock332807894\_012919\_3885281428.jpg"

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"amount": "1 1/2 cup"

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{

"name": "whole wheat flour",

"amount": "1 1/2 cup"

},

{

"name": "active dry yeast",

"amount": "1 tbsp"

},

{

"name": "salt",

"amount": "1 tsp"

},

{

"name": "water",

"amount": "1 cup"

},

{

"name": "olive oil",

"amount": "1 tsp"

}

],

"directions": [

"Place all dry ingredients in the bowl of your food processor. Pulse a few times to blend well.",

"With the machine running, add 1 cup of water in a slow and steady stream. The dough should form a ball and clean the sides of the food processor. If it seems too dry, add more water,

1 tablespoon at a time. The dough is perfect when it is no longer sticky and feels smooth. If it is too sticky or wet, you can add more flour 1 tablespoon at a time.",

"Place dough in a large bowl with extra virgin olive oil. Turn dough to completely cover with oil and then cover tightly with plastic wrap and a cloth towel.",

"Let dough rise in a warm place for at least one hour. A good place to rise is in the oven with the oven off and the oven light on.",

"After the dough doubles in size, punch it down and let it rise again for as long as possible, at least one hour. I am a huge fan of the longer rise for lighter dough, especially when using whole-wheat flour."

],

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"https://static.diabetesfoodhub.org/system/thumbs/system/images/recipes/Secrets-Healthy-Cooking-Pizza-Dough\_2685185025.jpg"

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"cook\_time": "4Servings",

"servings": 1312,

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"amount": "1"

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{

"name": "strawberries (sliced)",

"amount": "2 cup"

},

{

"name": "ground cinnamon",

"amount": "1/2 tsp"

},

{

"name": "lemon",

"amount": "1"

},

{

"name": "honey",

"amount": "3/4 tsp"

},

{

"name": "ricotta cheese (nonfat)",

"amount": "1 1/2 cup"

}

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],
"directions": [
  "In a small bowl, mix together the ricotta cheese, honey, lemon zest, and cinnamon.",
  "Divide the mixture among four individual dessert dishes. Top each dish with a portion of strawberries and sprinkle with some of the graham cracker crumbs."
],
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},
{
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  "cook_time": "6Servings",
  "servings": 0,
  "ingredients": [
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      "amount": "15 oz"
    },
    {
      "name": "pitted dates (about 15 dates\u2014varies based on size)",
      "amount": "4 oz"
    },
    {
      "name": "unsweetened cocoa powder (packed)",
      "amount": "1/3 cup"
    },
    {
      "name": "fresh peppermint leaves (divided)",
      "amount": "12 leaves"
    },
    {
      "name": "pure vanilla extract",
      "amount": "1 1/4 tsp"
    },
    {
      "name": "peppermint extract",
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    {
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  "cook_time": "10 min",
  "servings": 14,
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    {
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    },
    {
      "name": "fennel seeds",
      "amount": "1 tsp"
    },
    {
      "name": "onion powder",
      "amount": "1/2 tsp"
    },
    {
      "name": "fresh parsley (chopped)",
      "amount": "1 tbsp"
    }
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},
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  "amount": "1 serving",
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      "name": "unsweetened plant-based milk of choice",
      "amount": "1/3 cup"
    },
    {
      "name": "chickpeas",
      "amount": "1 can (15 oz)",
      "notes": "drained and rinsed"
    },
    {
      "name": "dates",
      "amount": "4",
      "notes": "pitted"
    },
    {
      "name": "cocoa powder",
      "amount": "2 tbsp"
    },
    {
      "name": "peppermint leaves",
      "amount": "6",
      "notes": "chopped"
    },
    {
      "name": "salt",
      "amount": "1/4 tsp"
    }
  ],
  "directions": [
    "Add the chickpeas with all the chickpea liquid (aquafaba), dates, cocoa powder, 6 of the peppermint leaves, the extracts, salt, and plant-based milk to a blender and Purée on high speed until velvety smooth and warm, about 4 minutes. ",
    "Spoon the pudding into small dessert dishes, juice glasses, or mini jars. Chill in the refrigerator for at least 4 hours or overnight. Garnish with the remaining 6 peppermint leaves to serve."
  ],
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    {
        "name": "black pepper",
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    },
    {
        "name": "maple syrup",
        "amount": "1 tbsp"
    }
],
"directions": [
    "Combine all ingredients in a large bowl and mix well. Shape mixture into 28 (2-inch) patties",
    "In a large skillet over medium-low heat, cook patties 3-5 minutes per side, or until no longer pink in center. Serve immediately."
],
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        {
            "name": "baby carrots",
            "amount": "1 lbs"
        },
        {
            "name": "olive oil",
            "amount": "1 1/2 tbsp"
        }
    ]
},

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{
  "name": "honey or 2 packets artificial sweetener",
  "amount": "1 tbsp"
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{
  "name": "chopped fresh parsley or 1 tsp dried parsley",
  "amount": "1 tbsp"
}
],
"directions": [
  "Preheat the oven to 425 degrees F. Spray a baking sheet with cooking spray.",
  "In a small bowl, mix together the carrots and olive oil. Pour the mixture onto the baking sheet.",
  "Bake for 15-20 minutes, until the carrots are tender.",
  "Place the carrots into a bowl and mix with the honey or artificial sweetener. Sprinkle the carrots with parsley or other herbs."
],
"image_link":
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    {
      "name": "chili powder",
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    },
    {
      "name": "black pepper",
      "amount": "1 tsp"
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    {
      "name": "garlic powder",
      "amount": "1 tsp"
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    {
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      "amount": "1"
    },
    {
      "name": "medium onion (diced)",
      "amount": "1"
    },
    {
      "name": "reduced carb or reduced sugar barbeque sauce",
      "amount": "1 cup"
    },
    {
      "name": "large lettuce leaves",
      "amount": "8"
    },
    {
      "name": "cabbage (shredded)",
      "amount": "2 cup"
    }
  ],
  "directions": [
    "Combine paprika, chili powder, ground black pepper, garlic powder, and salt (optional) in a bowl. Add chicken pieces and toss to completely coat chicken.",
    "Add chicken and onion to a slow cooker and set to low for 5-6 hours.",
    "Remove chicken from slow cooker and set on a cutting board or in a bowl to rest for 15 minutes. Take any remaining liquid and onions from slow cooker and mix with the barbeque sauce, set aside.",
    "Pull chicken and shred with a fork. Discard bones.",
    "Mix pulled chicken with barbeque sauce and onion mixture.",
    "To build the sandwich, add a heaping 1/2 cup of chicken to a lettuce leaf and top with 1/4 cup shredded cabbage."
  ],
  "image_link":
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    "amount": "1 can"
  },
  {
    "name": "water",
    "amount": "1/4 cup"
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  {
    "name": "zucchini (grated, (about 1 1/2 medium zucchini))",
    "amount": "2 cup"
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  {
    "name": "baking mix (gluten-free, (such as Pamela\u2019s))",
    "amount": "2 cup"
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    "name": "salt",
    "amount": "1/2 tsp"
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  {
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    {
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      "name": "Apple Cider Vinegar",
      "amount": "1 tsp"
    }
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  "directions": [
    "Preheat oven to 350 degrees. Line muffin tins with muffin papers and spray with cooking spray.",
    "Place black beans and water in a food processor and blend for 2-3 minutes, until you reach pumpkin consistency. Set aside.",
    "Use a paper towel to wring out excess moisture from grated zucchini, set aside.",
    "In a large bowl combine baking mix, salt, cinnamon and nutmeg.",
    "In another bowl, whisk together eggs, Splenda Sugar Blend, oil, vanilla and vinegar. Add black bean mixture and mix well.",
    "Make a well in dry ingredients and add wet ingredients. Mix well.",
    "Gently fold zucchini into muffin batter.",
    "Spoon batter into 12 muffin cups.",
    "Bake for 22-25 minutes or until a toothpick inserted in center comes out clean.",
    "Remove from oven and let muffins cool in pan for 10 minutes. Remove muffins from pan and cool completely on a wire rack.",
    "Note: If you don\u2019t need to eat gluten-free, you can try making these muffins with a regular baking mix."
  ],
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    "amount": "1 1/2 oz"
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  {
    "name": "deli ham (low-sodium, sliced)",
    "amount": "1 1/2 oz"
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  {
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    "amount": "1/2 cup"
  },
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    "name": "roma (plum) tomatoes (sliced)",
    "amount": "1/2"
  },
  {
    "name": "red onion (sliced)",
    "amount": "1/8 cup"
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    "amount": "1/8 cup"
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  {
    "name": "cilantro (chopped)",
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  {
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      "name": "lime juice",
      "amount": "2 tsp"
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    {
      "name": "black pepper (cracked)",
      "amount": "1/8 tsp"
    }
  ],
  "directions": [
    "Preheat oven to 350\u00b0F.",
    "Place both halves of multigrain roll on a baking sheet lined with parchment paper. Make sure the inside of the bun is facing up. To build the sandwich, layer Swiss cheese evenly on naked bun. Do the same with avocado, turkey, and ham. Place sandwich in the oven for 12 minutes. Remove sandwich from oven and close the roll.",
    "Preheat a nonstick pan over medium heat. Place the sandwich in the middle of the pan and press down using a spatula or the bottom of a clean saucepan for 2-3 minutes. Flip the sandwich and repeat on the other side. This will give you the pressed look of a traditional Cuban sandwich. Cut in half.",
    "Add arugula, tomato, red onion, cucumber, cilantro, lime juice, and black pepper to a bowl, and toss ingredients together. Serve with the sandwich. Now take a big bite of that delicious sandwich."
  ],
  "image_link":
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        "name": "lime juice (from 2 limes)",
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        "name": "egg white",
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{
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{
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  "amount": "2 clove"
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  "name": "whole-wheat panko bread crumbs",
  "amount": "1/2 cup"
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{
  "name": "Adobo seasoning",
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{
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  "amount": "1/4 tsp"
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{
  "name": "thin-sliced chicken cutlets",
  "amount": "4 (5 oz) cutlets"
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"directions": [
  "Preheat the oven to 425\u00baF. Lightly spray a small baking sheet with nonstick spray.",
  "Place baking sheet in oven for 10 minutes to heat prior to putting the chicken cutlets on it.",
  "Whisk together the lime juice, egg white, soy sauce, oregano, and garlic in a medium bowl.",
  "Place the panko, adobo seasoning, and salt on a sheet of wax paper. Dip the chicken, one piece at a time, into the lime mixture then into the panko mixture, pressing lightly so the crumbs adhere.",
  "Place the chicken on the baking sheet. Lightly spray with nonstick spray. Bake, without turning, until the crust is golden and the chicken is cooked through, about 20 minutes."
],

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c-pollo-frito-al-horno_latin-comfort-foods_13020_3885281428.jpg"
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    {  
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    },  
    {  
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    {  
      "name": "garlic (minced)",  
      "amount": "2 clove"  
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    {  
      "name": "turmeric",  
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    {  
      "name": "lean ground chicken",  
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    },  
    {  
      "name": "fresh cilantro (chopped)",  
      "amount": "1 tbsp"  
    },  
    {  
      "name": "salt",  
      "amount": "1/2 tsp"  
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    {  
      "name": "black pepper",
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```

      "amount": "1/2 tsp"
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    {
      "name": "cayenne pepper",
      "amount": "1/4 tsp"
    },
    {
      "name": "small bell peppers ((any color or assorted colors))",
      "amount": "6"
    },
    {
      "name": "low sodium chicken broth",
      "amount": "1/2 cup"
    }
  ],
  "directions": [
    "Preheat oven to 350 degrees F.",
    "Add lentils, water, ginger, garlic and turmeric to a medium sauce pan. Bring to a boil and reduce to a simmer, partially covered for 20 minutes. Set aside to cool.",
    "While lentils are cooking, mix ground chicken, cilantro, salt, ground black pepper and cayenne pepper in a medium bowl and set aside.",
    "Cut the tops off of the peppers and cut out seed pod (save the tops). Clean out the ribs and any seeds from the inside of the peppers and line the peppers cut side up in a baking dish. Set the tops off to the side. (Note: If the peppers won\u2019t sit upright, trim just a little bit off the bottom of the peppers to even it out so it will sit up straight. Try not to cut a hole in the bottom so the mixture inside does not fall out).",
    "Once the lentils have cooled, stir them in to the chicken mixture and mix well to incorporate.",
    "Fill each pepper with the chicken and lentil mixture but do not pack the mixture in tightly. Just gently fill to the top.",
    "Place each pepper top back on to the peppers filled with the chicken and lentil mixture, then pour the chicken broth into the bottom of the pan.",
    "Bake for 1 hour or until the internal temperature of the chicken mixture is 165 degrees."
  ],
  "image_link":
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  },
  {
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{
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  "amount": "1 small"
},
{
  "name": "garlic (minced)",
  "amount": "2 clove"
},
{
  "name": "fresh ginger (minced)",
  "amount": "1 tsp"
},
{
  "name": "black beans (drained and rinsed)",
  "amount": "15 oz can"
},
{
  "name": "sweet potatoes (peeled and medium diced)",
  "amount": "2 large"
},
{
  "name": "low sodium chicken broth",
  "amount": "3 cup"
},
{
  "name": "lite coconut milk",
  "amount": "13.5 oz can"
},
{
  "name": "canned diced tomatoes",
  "amount": "14 oz"
},
{
  "name": "chili powder",
  "amount": "1 tbsp"
},
{
  "name": "fresh baby spinach",
  "amount": "5 oz"
}
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```
],
"directions": [
  "Preheat a large pot over medium heat. ",
  "Add 1 tablespoon of olive oil and onion, garlic, and ginger to the pot. Cook, stirring occasionally, until onion softens, 4\u20135 minutes.",
  "Add black beans, sweet potatoes, broth, coconut milk, tomatoes, and chili powder. Bring to a simmer and cook, covered, for 15\u201320 minutes, until the potatoes are tender.",
  "Stir in the baby spinach until wilted."
],
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{
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  "prep_time": "10 min",
  "cook_time": "28 min",
  "servings": 9,
  "ingredients": [
    {
      "name": "carrot(s) (diced)",
      "amount": "2"
    },
    {
      "name": "garlic (minced)",
      "amount": "4 clove"
    },
    {
      "name": "balsamic vinegar",
      "amount": "2 tbsp"
    },
    {
      "name": "fresh basil (minced)",
      "amount": "2 tbsp"
    },
    {
      "name": "fresh rosemary (minced)",
      "amount": "2 tsp"
    },
    {
      "name": "chicken or vegetable broth",
      "amount": "5 cup"
    }
  ]
}
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      "name": "canned diced tomatoes",
      "amount": "14 oz"
    },
    {
      "name": "chickpeas (garbanzo beans) (rinsed and drained)",
      "amount": "30 oz"
    },
    {
      "name": "celery (diced)",
      "amount": "2 stalks"
    },
    {
      "name": "onion(s) (diced)",
      "amount": "1"
    },
    {
      "name": "olive oil",
      "amount": "1 tbsp"
    }
  ],
  "directions": [
    "In a saucepot over medium heat, heat the olive oil. Add the onions, celery, and carrots and sautéd for 5 minutes. Add the garlic and rosemary and sautéd for 1 minute. Add the remaining ingredients, except the vinegar and basil. Bring to boiling. Reduce the heat and simmer, partially covered, for 20 minutes.",
    "Add the vinegar. Top with the basil before serving."
  ],
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},
{
  "name": "Crockpot Spinach Lasagna ",
  "prep_time": "10 min",
  "cook_time": "12Servings",
  "servings": 1112,
  "ingredients": [
    {
      "name": "lasagna noodles (gluten-free)",
      "amount": "9"
    },
    {
      "name": "jarred pasta tomato sauce (lower sodium)",
      "amount": "24 1/2 oz"
    }
  ]
}

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    },
    {
      "name": "frozen spinach (10-ounce, chopped, thawed and drained)",
      "amount": "1 package"
    },
    {
      "name": "part skim mozzarella cheese (shredded, divided)",
      "amount": "1 1/4 cup"
    },
    {
      "name": "low-fat ricotta cheese",
      "amount": "1 cup"
    },
    {
      "name": "nonstick cooking spray",
      "amount": "1"
    },
    {
      "name": "Parmesan cheese (freshly grated)",
      "amount": "1/4 cup"
    },
    {
      "name": "tomato sauce (8-ounce, no-salt added)",
      "amount": "1 can"
    }
  ],
  "directions": [
    "Spray a crock pot with cooking spray.",
    "In a medium bowl, mix together ricotta cheese, Parmesan cheese, 1/4 cup mozzarella cheese and spinach.",
    "Spread 1 cup pasta sauce on bottom of crock pot. Arrange 3 noodles side by side on top of sauce, break noodles apart to fit, if needed.",
    "Spread about 1/3 cup of ricotta-spinach mixture on top of noodles. Repeat layering with pasta sauce, noodles and ricotta spinach mixture 2 more times. Top with remaining pasta sauce and canned tomato sauce. Sprinkle top with 1 cup mozzarella cheese.",
    "Place cover on crock pot. Cook on low setting for 2-3 hours or until done (cooking times vary based on crock pot).",
    "**This recipe was tested with gluten-free lasagna noodles, but whole-wheat lasagna noodles could be used."
  ],
  "image_link":
    "https://static.diabetesfoodhub.org/system/thumbs/system/images/recipes/nov12_crockpot_lasagna_279x200_2249721274.jpg"
  },

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{
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  "cook_time": "8 oz",
  "ingredients": [
    {
      "name": "Splenda\u00ae Diabetes Care Vanilla Shake",
      "amount": "1"
    },
    {
      "name": "frozen peaches",
      "amount": "1 cup"
    },
    {
      "name": "lemon (juice and zest)",
      "amount": "1/2 small"
    },
    {
      "name": "pure vanilla extract",
      "amount": "1 tsp"
    },
    {
      "name": "Splenda\u00ae Original Sweetener (optional)",
      "amount": "2 packet"
    },
    {
      "name": "sugar-free whipped cream",
      "amount": "2 tbsp"
    }
  ],
  "directions": [
    "Add all ingredients into a blender and blend on high until smooth. Taste and adjust for sweetness, adding another packet of sweetener if needed (sweetness of smoothie will depend on how ripe the peaches are).",
    "Pour evenly into 2 glasses, top with whipped cream, and enjoy immediately!"
  ],
  "image_link":
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},
{
  "name": "Marinated Grilled Chicken with Zucchini",
  "prep_time": "1 hr",
  "cook_time": "4Servings",

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"ingredients": [  
  {  
    "name": "Juice of 2 clementine oranges",  
    "amount": "1/2 cup"  
  },  
  {  
    "name": "olive oil",  
    "amount": "1 tbsp"  
  },  
  {  
    "name": "garlic (minced)",  
    "amount": "1 clove"  
  },  
  {  
    "name": "black pepper",  
    "amount": "1/8 tsp"  
  },  
  {  
    "name": "nonstick cooking spray",  
    "amount": "1"  
  },  
  {  
    "name": "chicken tenderloins (boneless)",  
    "amount": "1 lbs"  
  },  
  {  
    "name": "medium zucchini (sliced into 1/2-inch circles)",  
    "amount": "2"  
  },  
  {  
    "name": "olive oil",  
    "amount": "2 tbsp"  
  }  
],
```

```
"directions": [  
  "In a medium bowl, whisk together all marinade ingredients. Place the chicken
```

```
  tenderloins in a large plastic storage bag. Pour marinade over tenderloins and coat well. Seal  
  bag and refrigerate 1 hour or overnight.",
```

```
  "Spray grill with cooking spray and preheat to medium-high. Place chicken tenderloins  
  on grill and brush with any remaining marinade. Grill about 4-5 minutes per side or until done.",
```

```
  "Brush zucchini with olive oil. Grill 3-5 minutes per side. Serve chicken tenderloins with  
  zucchini rounds.",
```

```
  "Confirm ingredients are gluten-free and this recipe can be made gluten-free."
```

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],
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  {
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    "prep_time": "10 min",
    "cook_time": "6 hr",
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        "name": "boneless, skinless chicken breast (cut into strips)",
        "amount": "1 lbs"
      },
      {
        "name": "green bell pepper (sliced)",
        "amount": "1"
      },
      {
        "name": "red bell pepper (sliced)",
        "amount": "1"
      },
      {
        "name": "medium onion (sliced)",
        "amount": "1"
      },
      {
        "name": "chili powder",
        "amount": "1 tbsp"
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        "amount": "1 tsp"
      },
      {
        "name": "salsa",
        "amount": "1/2 cup"
      },
      {
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    "name": "water",
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  },
  {
    "name": "black beans (rinsed and drained)",
    "amount": "1 (15-oz) can"
  },
  {
    "name": "large whole-wheat low-carb tortillas",
    "amount": "8"
  },
  {
    "name": "reduced fat shredded cheddar cheese",
    "amount": "1 cup"
  }
],
"directions": [
  "Place chicken breast strips in a slow-cooker. Top with remaining ingredients except for tortillas and cheese.",
  "Cover and cook on low for 6 hours or until done. Shred chicken with fork, if needed.",
  "Scoop 1/2 cup chicken and bean mixture on each tortilla and top with 2 Tbsps. cheese. Fold into a burrito."
],
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{
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  "cook_time": "15 min",
  "servings": 4,
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    {
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      "amount": "1 tbsp"
    },
    {
      "name": "large Granny Smith apples (peeled and chopped)",
      "amount": "2"
    },
    {
      "name": "ground cinnamon",
      "amount": "1/2 tsp"
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  ]
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      "name": "vanilla extract",
      "amount": "1 tsp"
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    {
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      "name": "honey or 2 packets artificial sweetener",
      "amount": "1 tbsp"
    }
  ],
  "directions": [
    "Heat margarine in a sautéed pan over medium-high heat. Add apples and sautéed for 3 minutes, stirring frequently.",
    "Add remaining ingredients. Reduce heat to low and simmer for 12 minutes, stirring occasionally."
  ],
  "image_link":
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      },
      {
        "name": "olive oil",
        "amount": "1 tbsp"
      },
      {
        "name": "medium onion (diced)",
        "amount": "1"
      },
      {
        "name": "red bell pepper (seeded and diced)",
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    "amount": "1"
  },
  {
    "name": "zucchini (shredded)",
    "amount": "1"
  },
  {
    "name": "salt",
    "amount": "1/2 tsp"
  },
  {
    "name": "black pepper",
    "amount": "1/2 tsp"
  },
  {
    "name": "eggs",
    "amount": "6"
  },
  {
    "name": "herb and garlic goat cheese",
    "amount": "2 oz"
  },
  {
    "name": "fresh thyme",
    "amount": "1/2 tsp"
  },
  {
    "name": "Dijon Mustard",
    "amount": "1 tsp"
  },
  {
    "name": "pitted Kalamata olives (minced)",
    "amount": "8"
  }
],

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"directions": [  
 "Preheat oven to 400\u00b0F. Coat a 9- or 10-inch pie pan with cooking spray. Place on a baking sheet and set aside.",

"Add olive oil to a small nonstick sautéd pan. Add onion, bell pepper, zucchini, salt, and pepper, and sautéd 10\u201312 minutes or until there is no more liquid in the pan. Set aside to cool.",

"In a mixing bowl, whisk together eggs, cheese, thyme, mustard, and olives.",

"Pour cooled vegetable mixture into the prepared pie pan and spread to cover the bottom of the pan. Pour the egg mixture over the vegetables.",



"Bake 30\u201335 minutes or until center is set. Let cool 10 minutes before slicing. Slice into 8 pie wedges."

],

"image\_link":

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{

"name": "Raspberry Swirl Frozen Yogurt Bark",

"prep\_time": "10 min",

"cook\_time": "4 hr",

"servings": 6,

"ingredients": [

{

"name": "Plain Nonfat Greek yogurt",

"amount": "2 cup"

},

{

"name": "pure vanilla extract",

"amount": "1 tsp"

},

{

"name": "Splenda\u00ae Multi-Use Syrup (divided)",

"amount": "1/3 cup"

},

{

"name": "fresh or frozen raspberries",

"amount": "1/2 cup"

},

{

"name": "Fresh Blueberries",

"amount": "1/2 cup"

},

{

"name": "unsweetened coconut flakes",

"amount": "1 tbsp"

}

],

"directions": [

"Cover a freezer-safe tray with parchment paper.",

"In a bowl, stir together yogurt, vanilla, and \u00bd cup of Splenda Multi-Use Syrup until evenly combined. Scoop yogurt onto the freezer-safe tray, and carefully spread it out to \u00bd-inch thickness with a spatula.",

"In a small bowl, add raspberries with 2 tablespoons of Splenda Multi-Use Syrup and mash with the back of a fork. (If using frozen raspberries, microwave until softened.) Mixture should become jam-like. Dollop the raspberry mixture around the yogurt. Using the back of a spoon, create pretty swirls of raspberry red around the yogurt."

"Sprinkle fresh blueberries and coconut on top. Freeze at least 4hours, or overnight."

"Remove Yogurt Bark from freezer. Gently break bark into smaller hand-held sized pieces. Enjoy immediately or store in the freezer and use within 1 week."

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"image\_link":

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{

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"servings": 18,

"ingredients": [

{

"name": "Overly-Ripe Banana",

"amount": "2 whole"

},

{

"name": "Splenda\u00ae Stevia Sweetener Jar",

"amount": "1/2 cup"

},

{

"name": "Plain Nonfat Greek yogurt",

"amount": "1 cup"

},

{

"name": "eggs",

"amount": "2 whole"

},

{

"name": "Kosher Salt",

"amount": "1/4 tsp"

},

{

"name": "Gluten-Free Rolled Oats",

"amount": "2 1/2 cup"

},

{

"name": "baking powder",

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      "amount": "1 1/2 tsp"
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    {
      "name": "baking soda",
      "amount": "1/2 tsp"
    },
    {
      "name": "Stevia Sweetened Dark Chocolate Chips",
      "amount": "1/3 cup"
    }
  ],
  "directions": [
    "Preheat oven to 400 degrees \u00b0F. Prepare a mini-muffin tin by spraying with non-stick cooking spray.",
    "In a blender or food processor, combine the bananas, Splenda\u00ae Stevia Jar, Greek yo-gurt, eggs, and salt until smooth.",
    "Add in oats, baking powder, and baking soda, and blend again until smooth. Sprinkle in dark chocolate chips and stir in the blender with a spatula, scraping down the sides of the blender as well.",
    "Scoop batter into a mini-muffin tin, filling each 3/4 of the way full. Bake for 12 minutes, until muffins are done. Remove, let cool, and enjoy!",
    "Note: Muffins will keep in an air-tight container for up to 3 days."
  ],
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  },
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    "prep_time": "15 min",
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    "servings": 4,
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        "name": "Extra Virgin Olive Oil",
        "amount": "1 tbsp"
      },
      {
        "name": "yellow onions (thinly sliced)",
        "amount": "3/4 cup"
      },
      {
        "name": "garlic (thinly sliced)",
        "amount": "1 clove"
      }
    ]
  }

```

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},
{
  "name": "crushed red pepper flakes",
  "amount": "1/2 tsp"
},
{
  "name": "U16\u201320 shrimp (peeled and deveined (tails left on))",
  "amount": "1 lbs"
},
{
  "name": "grape or cherry tomatoes (halved)",
  "amount": "1 cup"
},
{
  "name": "Kalamata olives (pitted, rinsed)",
  "amount": "1/4 cup"
},
{
  "name": "low sodium vegetable broth (low-sodium)",
  "amount": "1/2 cup"
},
{
  "name": "fresh oregano (chopped)",
  "amount": "1 tbsp"
},
{
  "name": "fresh dill (chopped)",
  "amount": "1 tbsp"
},
{
  "name": "fresh flat-leaf parsley (chopped)",
  "amount": "1 tbsp"
},
{
  "name": "feta cheese (reduced-fat, crumbled)",
  "amount": "2 oz"
},
{
  "name": "fine sea salt",
  "amount": "1/8 tsp"
},
{
  "name": "freshly ground black pepper",
  "amount": "1/4 tsp"
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    },
    ],
    "directions": [
        "Heat the olive oil in a large skillet over medium-high heat. Add the onion, garlic, and red pepper flakes, and cook for about 5 minutes, or until onion is soft.",
        "Add the shrimp, tomatoes, olives, stock, and oregano, and cook for 3\u20135 minutes, stirring occasionally, until shrimp are pink and almost completely opaque. Add the dill, parsley, and feta, and cook for 1\u20132 minutes to heat through.",
        "Remove skillet from the heat. Season with the salt and pepper and serve hot."
    ],
    "image_link":
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  {
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    "servings": 6,
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        "amount": "2 tsp"
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      {
        "name": "medium onion (diced)",
        "amount": "1"
      },
      {
        "name": "lean ground turkey",
        "amount": "1 lbs"
      },
      {
        "name": "green cabbage (chopped)",
        "amount": "1/2"
      },
      {
        "name": "canned tomatoes (crushed)",
        "amount": "1 1/2 cup"
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      {
        "name": "unsalted chicken broth",
        "amount": "32 oz"
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{
  "name": "water",
  "amount": "2 cup"
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{
  "name": "black pepper",
  "amount": "1/4 tsp"
},
{
  "name": "cayenne pepper (optional)",
  "amount": "1/4 tsp"
},
{
  "name": "instant brown rice",
  "amount": "1 cup"
}
],
"directions": [
  "Heat the olive oil in a large soup pot over medium-high heat. Add the onion and sautéed 2-3 minutes or until the onions turn clear. Add the ground turkey and cook for 5-7 minutes until the turkey browns. Add the cabbage and cook for an additional 4 minutes.",
  "Add all remaining ingredients, except for the brown rice. Simmer the soup for 7 minutes. Bring the soup to a boil; add the brown rice. Reduce the heat to a simmer and cover the pot for 5 minutes."
],
"image_link":
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},
{
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  "cook_time": "6Servings",
  "servings": 13131,
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    {
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    {
      "name": "Plain Nonfat Greek yogurt (non-fat)",
      "amount": "2 cup"
    }
  ]
}

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        "name": "honey or 4 packets artificial sweetener",
        "amount": "2 tbsp"
    },
    {
        "name": "vanilla extract",
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    },
    {
        "name": "skim milk",
        "amount": "1/4 cup"
    },
    {
        "name": "whipped topping (non-fat)",
        "amount": "6 tbsp"
    },
    {
        "name": "fresh raspberries",
        "amount": "2 cup"
    }
],
"directions": [
    "Add the chopped chocolate to a microwave-safe bowl. Microwave the chocolate on high for 1 minute, then stir. If not completely melted, microwave for 30 more seconds, then stir until all chunks are melted. If it is still not melted, microwave another 30 seconds and continue to stir, just until the chunks in the chocolate are melted. Do not overcook.",
    "In a medium mixing bowl, whip the Greek yogurt with an electric mixer until fluffy. Add the honey, vanilla, and milk, and beat some more, then add the chocolate, a small amount at a time, beating in between additions.",
    "Once all of the chocolate is mixed into the yogurt, divide the mousse into 6 portions and top each portion with 1/3 cup raspberries and 1 tablespoon whipped topping"
],
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    {
      "name": "sliced bell peppers",
      "amount": "2 cup"
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    {
      "name": "cooked sliced steak from Coffee-Rubbed Steak recipe",
      "amount": "20 oz"
    },
    {
      "name": "salt",
      "amount": "1/4 tsp"
    },
    {
      "name": "whole wheat flour tortillas",
      "amount": "4 (8-inch)"
    }
  ],
  "directions": [
    "Heat the oil in a large nonstick skillet over medium-high heat. Add the onion and bell pepper. Saute\u0301 for 5 minutes. Add the cooked sliced steak and saute\u0301 for 2 to 3 minutes to warm. Sprinkle with salt.",
    "Wrap the tortillas in damp paper towels and microwave on high for 1 minute.",
    "Place each tortilla on a plate. Divide the steak, onions, and peppers among the 4 tortillas. Wrap and serve. These fajitas go well with a green salad."
  ],
  "image_link":
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    "servings": 6,
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  "amount": "1"
},
{
  "name": "chopped fresh ginger",
  "amount": "2 tsp"
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{
  "name": "garlic",
  "amount": "3 clove"
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{
  "name": "habanero or 1 scotch bonnet chili pepper (seeded and chopped)",
  "amount": "2"
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{
  "name": "white vinegar",
  "amount": "2 tbsp"
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{
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{
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},
{
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{
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{
  "name": "ground allspice",
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},
}
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{
  "name": "black pepper",
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},
{
  "name": "ground nutmeg",
  "amount": "1/4 tsp"
},
{
  "name": "ground cinnamon",
  "amount": "1/8 tsp"
},
{
  "name": "boneless, skinless chicken thighs",
  "amount": "1 1/2 lbs"
}
],
"directions": [
  "Place all ingredients except chicken in a food processor and blend until smooth.",
  "Place chicken and blended mixture in a dish or large zip-top bag. Seal and refrigerate to marinate for 3 to 24 hours.",
  "Remove chicken from the container and discard remaining marinade.",
  "Heat a grill on medium-high heat. Oil the grill rack, then add chicken and cook on each side for about 10 to 12 minutes. Chicken should reach 165\u00b0 F before removing from the grill."
],
"image_link":
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  "servings": 1,
  "ingredients": [
    {
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    },
    {
      "name": "red wine vinegar",
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  ],

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{
  "name": "cherry tomatoes (cut in half)",
  "amount": "10 1/2 oz"
},
{
  "name": "large cucumber (peeled and cut in half)",
  "amount": "1"
},
{
  "name": "olive oil",
  "amount": "1 1/2 tbsp"
},
{
  "name": "pinch salt (optional)",
  "amount": "1"
}
],
"directions": [
  "Cut each cucumber half in half and slice into large chunks. Place the cucumber in a
salad bowl with the cherry tomatoes.",
  "In a small bowl, whisk together the dressing ingredients. Pour the dressing over the
cucumbers and tomatoes and serve."
],
"image_link":
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{
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  "prep_time": "15 min",
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  "servings": 4,
  "ingredients": [
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      "name": "turkey sausage",
      "amount": "8 oz"
    },
    {
      "name": "diced bell pepper",
      "amount": "1/4 cup"
    },
    {
      "name": "diced onion",
      "amount": "1/4 cup"
    }
  ]
}

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    },
    {
      "name": "chopped broccoli",
      "amount": "1/4 cup"
    },
    {
      "name": "diced mushrooms",
      "amount": "1/4 cup"
    },
    {
      "name": "shredded cheddar cheese",
      "amount": "4 tbsp"
    },
    {
      "name": "jalape\u00f1o pepper (sliced, optional)",
      "amount": "1"
    },
    {
      "name": "eggs",
      "amount": "8"
    }
  ],
  "directions": [
    "Cook the turkey sausage in a small skillet until browned. Chop into crumbles while cooking.",
    "Toss the dice bell pepper, onion, broccoli, and mushrooms together in a small bowl.",
    "Prepare the jars by spraying the insides with cooking spray. Add 1/4 cup sausage, 1 tablespoon cheese, 1/4 cup diced vegetables mixture and 2 to 3 jalapeno pepper slices (if using) to each jar.",
    "Cover and store the jars for up to 4 days in the refrigerator, on in the freezer for up to 3 months. If storing in the freezer, transfer the frozen jars to the fridge the night before you plan to eat them to thaw.",
    "When ready to eat, add 2 eggs to the jar and stir well (or seal the jar and shake). Microwave for 30 seconds and stir. Repeat until eggs are set (it may take 1-1/2 to 2 minutes depending on your microwave).",
  ],
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  {
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"servings": 10,
"ingredients": [
  {
    "name": "green onions (chopped)",
    "amount": "1/2 cup"
  },
  {
    "name": "nonfat milk",
    "amount": "2 cup"
  },
  {
    "name": "nonstick cooking spray",
    "amount": "1"
  },
  {
    "name": "mustard powder",
    "amount": "1/2 tsp"
  },
  {
    "name": "salt (optional)",
    "amount": "1/4 tsp"
  },
  {
    "name": "black pepper",
    "amount": "1/4 tsp"
  },
  {
    "name": "egg substitute",
    "amount": "16 oz"
  },
  {
    "name": "whole wheat bread (cut into 1/2\u2013inch cubes)",
    "amount": "4 slice"
  },
  {
    "name": "precooked turkey breakfast sausage patties (diced)",
    "amount": "3"
  },
  {
    "name": "reduced-fat, shredded cheddar cheese",
    "amount": "1/4 cup"
  }
],
"directions": [
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"Preheat oven to 350 degree F. Coat a 9x13 baking dish with cooking spray.",  
"In a medium bowl, whisk together nonfat milk, green onions, dry mustard, salt (optional), pepper, and egg substitute.",  
"Place bread cubes and sausage on the bottom of the baking dish, pour egg mixture evenly over bread and sausage. Top with cheddar cheese.",  
"Cover pan with aluminum foil and bake for 20 minutes. Remove foil and bake for an additional 40 minutes.",  
"Remove from oven and let cool for 20 minutes, then cut into 10 equal slices."

],  
"image\_link":  
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},  
{  
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"servings": 12,  
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},  
{  
"name": "olive oil",  
"amount": "2 tsp"  
},  
{  
"name": "chopped onion",  
"amount": "1 cup"  
},  
{  
"name": "sliced zucchini",  
"amount": "2 cups"  
},  
{  
"name": "chopped red bell pepper",  
"amount": "1 cup"  
},  
{  
"name": "fat-free ricotta cheese",  
"amount": "1 cup"  
},  
{

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      "name": "egg",
      "amount": "1"
    },
    {
      "name": "shredded Parmesan cheese",
      "amount": "1/4 cup"
    },
    {
      "name": "black pepper",
      "amount": "to taste"
    },
    {
      "name": "no-salt-added diced tomatoes",
      "amount": "1 (14.5 oz) can"
    },
    {
      "name": "chopped fresh basil",
      "amount": "1/2 cup"
    },
    {
      "name": "nonstick cooking spray",
      "amount": "1"
    },
    {
      "name": "shredded part-skim mozzarella cheese",
      "amount": "2/3 cup"
    }
  ],
  "directions": [
    "Prepare pasta according to package instructions, omitting any added salt or fat. Preheat oven to 375 degrees F.",
    "Heat olive oil in a large skillet over medium heat. Add onion and saute for 4 minutes. Then add zucchini and red pepper and saute another 5-7 minutes or until veggies are cooked through.",
    "While veggies are cooking, whisk together ricotta, egg, Parmesan, and pepper in a small bowl.",
    "Add diced tomatoes to cooked veggie mixture and heat through. Stir in basil, pasta, and ricotta mixture.",
    "Spray a 9x13-inch baking dish with cooking spray, pour in ziti mixture, and sprinkle mozzarella over the top. Bake for 25 minutes and serve immediately."
  ],
  "image_link":
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      "name": "onion(s) (minced)",
      "amount": "1/4 cup"
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    {
      "name": "lump crabmeat (6-ounce, drained)",
      "amount": "2 can"
    },
    {
      "name": "bread crumbs",
      "amount": "1/2 cup"
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    {
      "name": "eggs",
      "amount": "1"
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    {
      "name": "egg white",
      "amount": "1"
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    {
      "name": "hot sauce",
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    },
    {
      "name": "black pepper",
      "amount": "1/4 tsp"
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    {
      "name": "olive oil",
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    {
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    "name": "light mayonnaise",
    "amount": "1/4 cup"
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  {
    "name": "Plain Nonfat Greek yogurt (non-fat)",
    "amount": "1/4 cup"
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  {
    "name": "adobo sauce from chipotle pepper can",
    "amount": "1 tbsp"
  },
  {
    "name": "frozen corn kernels (thawed)",
    "amount": "1/2 cup"
  },
  {
    "name": "large lettuce leaves",
    "amount": "6"
  },
  {
    "name": "lettuce (shredded)",
    "amount": "1 1/2 cup"
  },
  {
    "name": "ripe tomato (cut into 6 slices)",
    "amount": "1"
  },
  {
    "name": "ripe avocado (seeded, peeled and sliced into 12 slices)",
    "amount": "1"
  }
],
"directions": [
  "Coat a small non-stick skillet with cooking spray over medium-high heat. Add onion and sautéd 2-3 minutes or until onions are clear. Set aside to cool.",
  "In a medium bowl combine crabmeat, breadcrumbs, egg, egg white, hot sauce, salt and pepper. Mix well until all ingredients are incorporated. Stir in cooled onion.",
  "Add oil and a generous amount of cooking spray to a large non-stick skillet over medium-high heat. Form crab mixture into 1/2-inch thick patties using a heaping 1/4 cup. Fry about 4-5 minutes on each side or until golden brown.",
  "In a small bowl, whisk together mayonnaise, yogurt, adobo sauce and corn.",
  "Place each crab cake on a lettuce leaf. Place 1/4 cup lettuce, 1 tomato slice and 2 avocado slices on top of each crab cake and top with 2 Tbsp. of sauce."
],

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  {
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        "name": "quick cooking oats",
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      },
      {
        "name": "chia seeds",
        "amount": "1 tsp"
      },
      {
        "name": "ground cinnamon",
        "amount": "1/2 tsp"
      },
      {
        "name": "Splenda\u00ae Diabetes Care Vanilla Shake",
        "amount": "1 (8-oz) bottle"
      },
      {
        "name": "vanilla extract",
        "amount": "1/2 tsp"
      },
      {
        "name": "apple (sliced)",
        "amount": "1"
      }
    ],
    "directions": [
      "In a small bowl, combine oats, chia seeds, and cinnamon. ",
      "Add Splenda Diabetes Care Vanilla Shake and vanilla extract to oat mixture. Stir until
      combined.",
      "Divide the oat mixture evenly between two containers with lids. Cover and place in the
      refrigerator overnight.",
      "Top each container with half the apple slices before serving."
    ],
  },

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"image\_link":  
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    {
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      "amount": "1/2 tsp"
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    {
      "name": "honey",
      "amount": "2 tbsp"
    },
    {
      "name": "plain yogurt (non-fat)",
      "amount": "1/4 cup"
    },
    {
      "name": "light mayonnaise",
      "amount": "1/4 cup"
    },
    {
      "name": "cheddar cheese (reduced-fat, shredded , 1 1/2 ounces)",
      "amount": "1/3 cup"
    },
    {
      "name": "celery (chopped)",
      "amount": "3/4 cup"
    },
    {
      "name": "onion(s) (finely chopped)",
      "amount": "1/4 cup"
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    {
      "name": "broccoli florets",
      "amount": "3 cup"
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    },
    ],
    "directions": [
        "In a medium bowl, combine broccoli, onion, celery, and cheese; set aside.",
        "In a small bowl, combine remaining ingredients. Add mayonnaise mixture to vegetable mixture and toss.",
        "Cover and refrigerate at least 2 hours to \u201cmarry\u201d the flavors."
    ],
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        "amount": "1 tbsp"
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      {
        "name": "maple syrup",
        "amount": "2 tsp"
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      {
        "name": "smoked paprika",
        "amount": "1 tsp"
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      {
        "name": "salmon (divided into 2 portions)",
        "amount": "8 oz"
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      {
        "name": "olive oil",
        "amount": "1/2 tsp"
      },
      {
        "name": "salt",
        "amount": "1/4 tsp"
      },
      {
        "name": "black pepper",

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      "amount": "1/4 tsp"
    },
    ],
    "directions": [
      "Preheat the oven to broil. Set the rack 6 inches from the heat source. Line a broiler pan with foil.",
      "In a small bowl, combine the mustard, maple syrup, and paprika; set aside.",
      "Brush each salmon portion with the olive oil. Sprinkle with the salt and black pepper. Put the salmon fillets, skin side down, on the broiler pan and broil the salmon for 8 to 9 minutes. Brush on the mustard mixture and broil for 2 minutes more. Watch carefully so the salmon does not burn."
    ],
    "image_link":
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  },
  {
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    "servings": 8,
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      {
        "name": "dry vermouth",
        "amount": "1/2 cup"
      },
      {
        "name": "chopped cooked chicken",
        "amount": "2 cup"
      },
      {
        "name": "low sodium chicken broth",
        "amount": "4 cup"
      },
      {
        "name": "all-purpose flour",
        "amount": "1/2 cup"
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      {
        "name": "bay leaf",

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  {
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    "amount": "1/4 tsp"
  },
  {
    "name": "black pepper",
    "amount": "1/2 tsp"
  },
  {
    "name": "chopped onion",
    "amount": "1/2 cup"
  },
  {
    "name": "garlic (minced)",
    "amount": "3 clove"
  },
  {
    "name": "unsalted butter",
    "amount": "4 tbsp"
  },
  {
    "name": "asparagus (trimmed and chopped into 1-inch pieces)",
    "amount": "1 bunch"
  },
  {
    "name": "wild rice",
    "amount": "3/4 cup"
  },
  {
    "name": "dried thyme",
    "amount": "1/2 tsp"
  },
  {
    "name": "salt",
    "amount": "1/2 tsp"
  }
],
"directions": [

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"Prepare the wild rice according to package instructions, omitting salt and seasoning packet if included. Remove the pan from heat, allow rice to sit, covered, for additional 15 minutes. Set aside and let cool.",

"In a Dutch oven, melt the butter and sautéed the garlic and onion until tender. Add carrots, herbs and spices. Continue to cook over medium heat until tender.",

"Mix in the flour and cook over low heat for a few minutes, stirring frequently.",

"Pour in the 4 cups of chicken broth and vermouth. Using a wire whisk, blend until smooth.",

"Add chicken and asparagus to the soup, then slowly add the almond milk. Simmer for 20 minutes.",

"Fold in prepared rice, and serve."

],

"image\_link":

"https://static.diabetesfoodhub.org/system/thumbs/system/images/recipes/2044-diabetic-Chicken-Wild-Rice-Asparagus-Soup\_DaVita\_040821\_1665867840.jpg"

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{

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"cook\_time": "20 min",

"servings": 4,

"ingredients": [

{

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"amount": "4"

},

{

"name": "shallots (finely minced)",

"amount": "1"

},

{

"name": "garlic (finely minced)",

"amount": "2 clove"

},

{

"name": "olive oil",

"amount": "2 tbsp"

},

{

"name": "coarse Dijon mustard",

"amount": "2 tbsp"

},

{

"name": "apple juice (no sugar added)",

"amount": "1/2 cup"

},

{

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      "name": "fresh thyme (finely minced)",
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    },
    {
      "name": "black pepper",
      "amount": "1/4 tsp"
    },
    {
      "name": "salt",
      "amount": "1/8 tsp"
    }
  ],
  "directions": [
    "Trim the pork chops of excess fat.",
    "Add the rest of the ingredients to a large bowl or zip-top bag. Add the pork chops and turn to coat. Let the pork chops marinate for 6 to 8 hours or overnight in the refrigerator.",
    "Remove the pork chops from the marinade, and add the excess marinade to a small saucepan. Set the marinade aside.",
    "Coat a grill rack from an outdoor gas grill with cooking spray and set it 6 inches from the heat source. Preheat the grill to medium heat.",
    "Add the pork chops to the grill, and sear on each side for about 3 minutes. Then cover the grill and cook for about 15 minutes until the chops register 145 degrees on an instant-read thermometer. Remove the chops from the grill and let them rest for a few minutes (to retain the juices) before serving.",
    "Heat the excess marinade on medium-high heat for 2 minutes. Serve the heated marinade over the pork chops."
  ],
  "image_link":
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  "cook_time": "35 min",
  "servings": 16,
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      "name": "nonstick cooking spray",
      "amount": "1"
    },
    {
      "name": "very ripe bananas (mashed)",
      "amount": "4 med"
    }
  ]
}

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    {
      "name": "olive oil",
      "amount": "2 tbsp"
    },
    {
      "name": "low-fat buttermilk (low-fat)",
      "amount": "1 cup"
    },
    {
      "name": "egg whites",
      "amount": "2"
    },
    {
      "name": "vanilla extract",
      "amount": "1 tsp"
    },
    {
      "name": "sugar substitute",
      "amount": "1/4 cup"
    },
    {
      "name": "all-purpose Gluten-Free Baking Mix",
      "amount": "2 cup"
    },
    {
      "name": "ground flax seed",
      "amount": "3 tbsp"
    }
  ],
  "directions": [
    "Preheat oven to 350 degrees. Spray a 8x4-inch loaf pan with cooking spray.",
    "In a large bowl, combine bananas, oil, buttermilk, egg whites, vanilla and Splenda Sugar Blend; mix well.",
    "Add gluten-free baking mix and flaxseed and mix until blended. Pour batter into loaf pan. Bake for 30-35 minutes or until toothpick inserted in center comes out clean."
  ],
  "image_link":
    "https://static.diabetesfoodhub.org/system/thumbs/system/images/recipes/254-diabetic-gluten-free-banana-bread_AdobeStock_303468548_012121_3885281428.jpg"
  },
  {
    "name": "BBQ Chicken Pizza",
    "prep_time": "25 min",

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"cook_time": "50 min",
"servings": 8,
"ingredients": [
  {
    "name": "nonstick cooking spray",
    "amount": "1"
  },
  {
    "name": "boneless, skinless chicken breast",
    "amount": "1/2 lbs"
  },
  {
    "name": "salt",
    "amount": "1/4 tsp"
  },
  {
    "name": "black pepper",
    "amount": "1/4 tsp"
  },
  {
    "name": "sugar-free apricot preserves",
    "amount": "1/4 cup"
  },
  {
    "name": "barbeque sauce",
    "amount": "1/4 cup"
  },
  {
    "name": "hot sauce",
    "amount": "1/2 tsp"
  },
  {
    "name": "12-inch prepackaged whole-wheat pizza crust",
    "amount": "1"
  },
  {
    "name": "shredded carrots",
    "amount": "1 cup"
  },
  {
    "name": "medium red onion (thinly sliced)",
    "amount": "1/2"
  },
  {
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      "name": "reduced-fat shredded Italian-style cheese",
      "amount": "1/2 cup"
    },
    {
      "name": "dried oregano",
      "amount": "1/2 tsp"
    }
  ],
  "directions": [
    "Preheat the oven to 375 degrees F. Spray a baking sheet with cooking spray.",
    "Season the chicken with salt and pepper on both sides.",
    "Place the chicken on the prepared baking sheet and bake for 25 minutes or until the juices run clear. Remove the chicken from the oven and chop into half-inch pieces.",
    "In a small saucepan, combine the sugar-free apricot preserves, barbeque sauce, and hot sauce. Bring to a boil.",
    "Spoon the sauce over the pizza crust. Top the crust with cooked chicken, sliced onion, carrot, and cheese. Sprinkle the cheese with the dried oregano.",
    "Bake the pizza for 20-25 minutes or until the cheese is melted and bubbly."
  ],
  "image_link":
  "https://static.diabetesfoodhub.org/system/thumbs/system/images/recipes/Recid_76_BBQ_Chicken_Pizza_iStock-484653761_02262018_3885281428.jpg"
},
{
  "name": "Cheesy Chicken, Brussel Sprouts & Mushroom Bake",
  "prep_time": "15 min",
  "cook_time": "15 min",
  "servings": 4,
  "ingredients": [
    {
      "name": "olive oil (extra-virgin)",
      "amount": "2 tbsp"
    },
    {
      "name": "yellow onion (small, diced)",
      "amount": "1"
    },
    {
      "name": "fresh Brussels sprouts (trimmed and halved)",
      "amount": "1 1/2 lbs"
    },
    {
      "name": "chicken breasts (cut into bite-size pieces)",
      "amount": "1 lbs"
    }
  ]
}

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    },
    {
      "name": "cremini (baby bella) mushrooms (thinly sliced)",
      "amount": "8 oz"
    },
    {
      "name": "Italian seasoning",
      "amount": "1 tsp"
    },
    {
      "name": "salt",
      "amount": "1/2 tsp"
    },
    {
      "name": "black pepper",
      "amount": "1/4 tsp"
    },
    {
      "name": "heavy cream",
      "amount": "1 oz"
    },
    {
      "name": "mozzarella cheese (shredded)",
      "amount": "1/2 cup"
    },
    {
      "name": "Parmesan cheese (freshly grated)",
      "amount": "1/4 cup"
    }
  ],
  "directions": [
    "Preheat the oven to 375 degrees F.",
    "Heat a large oven-proof skillet to medium heat and add olive oil. Add onion, Brussels, chicken, mushrooms, Italian seasoning, salt, and pepper. Cook, stirring occasionally, until vegetables are tender and chicken is almost cooked through, about 10 minutes.",
    "Remove from heat and drizzle with heavy cream and top with cheeses.",
    "Place the skillet in the oven and bake until the cheese bubbles, 10-15 minutes"
  ],
  "image_link":
  "https://static.diabetesfoodhub.org/system/thumbs/system/images/recipes/cheesy-chicken-brussel-sprouts-mushroom-bake_3378547104.jpg"
},
{
  "name": "Cheesy Cauliflower Tots",

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"prep_time": "20 min",
"cook_time": "25 min",
"servings": 7,
"ingredients": [
  {
    "name": "nonstick cooking spray",
    "amount": "1"
  },
  {
    "name": "cauliflower (trimmed (about 1 1/2 pounds))",
    "amount": "1"
  },
  {
    "name": "eggs",
    "amount": "1"
  },
  {
    "name": "egg white",
    "amount": "1"
  },
  {
    "name": "cheddar cheese (reduced fat, shredded)",
    "amount": "1/2 cup"
  },
  {
    "name": "bread crumbs",
    "amount": "1/3 cup"
  },
  {
    "name": "green onion (scallion) (white and green parts, minced)",
    "amount": "2"
  },
  {
    "name": "salt (optional)",
    "amount": "1/2 tsp"
  },
  {
    "name": "black pepper",
    "amount": "1/4 tsp"
  }
],
"directions": [
  "Preheat the oven to 400 degrees F. Coat one large or two small baking sheets with cooking spray. Set aside.",
```

"Steam the cauliflower for 10-12 minutes or until soft. Set aside to cool. Once cool, mince the cauliflower.",

"Stir the remaining ingredients into the minced cauliflower, and let the mixture rest for 10 minutes.",

"After resting, stir the mixture again. Scoop cauliflower with a Tbsp. measure onto the sprayed baking sheet. Form the ball into the shape of a tater-tot. Repeat to make 35 tots.",

"Spray the top of each tot with cooking spray. Bake for 15 minutes. Turn the tots and bake an additional 10 minutes or until golden brown."

],

"image\_link":

"https://static.diabetesfoodhub.org/system/thumbs/system/images/recipes/152-diabetic-cheesy-cauliflower-tots\_Diabetes-Ckbk\_DFMayJun19\_040219\_3885281428.jpg"

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{

"name": "Black Bean and Corn Salad",

"prep\_time": "12 min",

"cook\_time": "12Servings",

"servings": 12,

"ingredients": [

{

"name": "black beans (rinsed and drained)",

"amount": "2 (14.5-oz) cans"

},

{

"name": "frozen corn (thawed)",

"amount": "2 cup"

},

{

"name": "red bell pepper (finely diced)",

"amount": "1"

},

{

"name": "finely diced red onion",

"amount": "1/2 cup"

},

{

"name": "chopped fresh cilantro",

"amount": "1/2 cup"

},

{

"name": "small limes (juiced)",

"amount": "2"

},

{

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        "name": "olive oil",
        "amount": "3 tbsp"
    },
    {
        "name": "cumin",
        "amount": "1/2 tsp"
    },
    {
        "name": "garlic powder",
        "amount": "1/4 tsp"
    },
    {
        "name": "black pepper",
        "amount": "1/4 tsp"
    },
    {
        "name": "cayenne pepper (optional)",
        "amount": "1/4 tsp"
    }
],
"directions": [
    "In a medium bowl, combine beans, corn, red pepper, red onion and cilantro.",
    "In a small bowl, whisk together remaining ingredients and pour over bean salad. Toss to
coat."
],
"image_link":
"https://static.diabetesfoodhub.org/system/thumbs/system/images/recipes/0086-diabetic-black-b
ean-corn-salad_diabetes-cookbook_081618_1021x779_3885281428.jpg"
},
{
    "name": " Spaghetti  and Meatballs",
    "prep_time": "25 min",
    "cook_time": "50 min",
    "servings": 4,
    "ingredients": [
        {
            "name": "small spaghetti squash",
            "amount": "1"
        },
        {
            "name": "very lean ground beef (95% lean)",
            "amount": "1 lbs"
        },
        {

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      "name": "plain bread crumbs",
      "amount": "1/4 cup"
    },
    {
      "name": "grated, reduced-fat Parmesan cheese (divided)",
      "amount": "3 tbsp"
    },
    {
      "name": "water (plus extra for cooking squash, divided)",
      "amount": "3/4 cup"
    },
    {
      "name": "chopped fresh parsley",
      "amount": "2 tbsp"
    },
    {
      "name": "eggs",
      "amount": "1"
    },
    {
      "name": "garlic powder",
      "amount": "1 tsp"
    },
    {
      "name": "black pepper",
      "amount": "1/2 tsp"
    },
    {
      "name": "low-sodium spaghetti sauce",
      "amount": "2 cup"
    }
  ],
  "directions": [

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"Fill a soup pot with 1 inch water and place whole squash in water. Bring to a boil over high heat, cover, and cook 25 to 30 minutes, or until tender when pierced with a knife. Remove squash to a cutting board and allow to cool slightly. Cut squash in half lengthwise; remove and discard seeds with a spoon. Scrape inside of squash with a fork, shredding into noodle-like strands. Cover to keep warm.",

"Meanwhile, in a large bowl, combine ground beef, bread crumbs, 2 tablespoons Parmesan cheese, 1/4 cup water, the parsley, egg, garlic powder, and pepper; gently mix until well combined. Form mixture into 8 equal-sized meatballs.",

"Coat a large skillet with cooking spray. Cook meatballs over medium heat 8 to 10 minutes or until browned, turning them occasionally. Add spaghetti sauce and remaining 1/2 cup water. Cover and cook 10 to 15 minutes or until meatballs are no longer pink in center.",



"Serve the spaghetti squash topped with sauce and meatballs. Sprinkle with remaining 1 tablespoon Parmesan cheese just before serving."

],

"image\_link":

"https://static.diabetesfoodhub.org/system/thumbs/system/images/recipes/1665-diabetic-spaghetti-squash-meatballs\_MFTK-comfort-favorites\_100418\_1021x779\_3885281428.jpg"

},

{

"name": "Gluten-Free Chocolate Banana Muffins",

"prep\_time": "20 min",

"cook\_time": "14Servings",

"servings": 1,

"ingredients": [

{

"name": "canola oil",

"amount": "1/4 cup"

},

{

"name": "sugar",

"amount": "1/2 cup"

},

{

"name": "vanilla extract",

"amount": "1 tsp"

},

{

"name": "medium ripe bananas (mashed)",

"amount": "2"

},

{

"name": "eggs",

"amount": "2"

},

{

"name": "all-purpose Gluten-Free Baking Mix ((such as King Arthur Baking Mix))",

"amount": "1 cup"

},

{

"name": "quinoa flakes",

"amount": "1/2 cup"

},

{

"name": "cocoa powder",

"amount": "1/2 cup"

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    },
    {
      "name": "water",
      "amount": "1 tbsp"
    },
    {
      "name": "mini chocolate chips",
      "amount": "2 tbsp"
    }
  ],
  "directions": [
    "Preheat the oven to 350 degrees F. Line muffin tins with muffin papers and spray the papers with cooking spray.",
    "In a large bowl, mix together the oil, sugar, and vanilla. Add the bananas and eggs one at a time. Mix well.",
    "Stir in the baking mix, quinoa flakes, cocoa powder, and water",
    "Spoon the batter into 14 muffin cups. Top each muffin with mini chocolate chips (distribute evenly over all muffins.)",
    "Bake for 20-22 minutes or until a toothpick inserted in the center comes out clean.",
    "Remove from the oven and let the muffins cool in the pan for 10 minutes. Remove the muffins from the pan and cool completely on a wire rack."
  ],
  "image_link":
    "https://static.diabetesfoodhub.org/system/thumbs/system/images/recipes/257-Gluten-Free-Chocolate-Banana-Muffins_180972131_04112018%20_3864451747.jpg"
  },
  {
    "name": "Veggie Spring Rolls with Peanut Sauce",
    "prep_time": "30 min",
    "cook_time": "12Servings",
    "servings": 11,
    "ingredients": [
      {
        "name": "cabbage (shredded)",
        "amount": "1 cup"
      },
      {
        "name": "carrot(s) (shredded)",
        "amount": "1 cup"
      },
      {
        "name": "cucumber(s) (peeled, seeded and diced)",
        "amount": "1 cup"
      }
    ],
  },

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{
  "name": "chopped fresh cilantro",
  "amount": "1/4 cup plus 2 tbsp"
},
{
  "name": "green onion (chopped)",
  "amount": "1"
},
{
  "name": "peanut butter (heated in microwave for 30 seconds)",
  "amount": "1/4 cup"
},
{
  "name": "soy sauce (gluten-free)",
  "amount": "3 tbsp"
},
{
  "name": "rice wine vinegar",
  "amount": "3 tbsp"
},
{
  "name": "hot water",
  "amount": "2 tbsp"
},
{
  "name": "canola oil",
  "amount": "1 tbsp"
},
{
  "name": "crushed red pepper flakes (optional)",
  "amount": "1/4 tsp"
},
{
  "name": "garlic (minced)",
  "amount": "1 clove"
},
{
  "name": "spring roll skins",
  "amount": "12"
}
],
"directions": [
  "In a medium bowl combine cabbage, carrots, cucumbers, 1/4 cup of the cilantro and green onion.",

```

"In a small bowl, whisk together peanut butter, soy sauce, vinegar, water, oil, pepper flakes, garlic, and remaining 2 tbsp cilantro.",

"Before using, soak spring roll skin in water for 10-15 seconds and shake off excess water. Place about 1/4 cup of vegetable mixture in the bottom of spring roll. Take the spring roll edge nearest to you and fold to cover the filling. Take the side edges and fold in tightly. Roll outward to seal. Repeat procedure for remaining 11 spring rolls.",

"Serve spring rolls with peanut sauce."

],

"image\_link":

"https://static.diabetesfoodhub.org/system/thumbs/system/images/recipes/579-diabetic-veggie-spring-rolls-peanut-sauce\_Diabetes-cookbook\_081618\_1021x779\_3885281428.jpg"

},

{

"name": "Avocado Toast with Turkey Bacon and Tomato",

"prep\_time": "5 min",

"cook\_time": "8 min",

"servings": 2,

"ingredients": [

{

"name": "nonstick cooking spray",

"amount": "1"

},

{

"name": "lean turkey bacon",

"amount": "2 slices"

},

{

"name": "ripe avocado (pitted and halved)",

"amount": "1"

},

{

"name": "100% whole-wheat bread (toasted)",

"amount": "2 slices"

},

{

"name": "salt",

"amount": "1/8 tsp"

},

{

"name": "black pepper",

"amount": "1/8 tsp"

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{

"name": "plum tomato (thinly sliced)",

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      "amount": "1"
    },
  ],
  "directions": [
    "Coat a medium skillet with nonstick cooking spray and place it over medium heat until hot. Add the turkey bacon and cook until crispy, 8 minutes, flipping the slices over halfway through. Transfer the bacon to a paper towel\u2013lined plate.",
    "Scoop out the flesh from each avocado half onto a slice of toasted bread. Mash the avocado with a fork until flattened. Sprinkle with sea salt and black pepper.",
    "Top each avocado toast with 1 slice of turkey bacon and half of the tomato slices."
  ],
  "image_link":
    "https://static.diabetesfoodhub.org/system/thumbs/system/images/recipes/1915-diabetic-breakfast-avocado-toast-turkey-bacon-tomato_create-your-plate_022020_3885281428.jpg"
  },
  {
    "name": "Roasted Cabbage Steaks",
    "prep_time": "5 min",
    "cook_time": "1 hr",
    "servings": 6,
    "ingredients": [
      {
        "name": "black pepper",
        "amount": "1/2 tsp"
      },
      {
        "name": "green cabbage",
        "amount": "1 head"
      },
      {
        "name": "olive oil",
        "amount": "2 tbsp"
      },
      {
        "name": "salt-free all-purpose seasoning blend, such as Ms. Dash",
        "amount": "1 tbsp"
      },
      {
        "name": "fresh dill (chopped)",
        "amount": "1 tbsp"
      }
    ],
    "directions": [
      "Preheat oven to 350\u00b0 F. Cut cabbage head into six 1/2 inch thick slices.",

```

"Arrange cabbage slices on a baking sheet and drizzle with olive oil. Sprinkle seasoning blend and dill weed over cabbage. Cover with aluminum foil.",

"Bake for 45 minutes. Remove foil and let cabbage steaks brown in oven for 15 minutes longer."

],

"image\_link":

"https://static.diabetesfoodhub.org/system/thumbs/system/images/recipes/2051-diabetic-Cabbage-Steaks\_DaVita\_040821\_1665867840.jpg"

},

{

"name": "Roasted and Spiced Chickpeas",

"prep\_time": "5 min",

"cook\_time": "6Servings",

"servings": 14,

"ingredients": [

{

"name": "nonstick cooking spray",

"amount": "1"

},

{

"name": "garbanzo beans (15.5-ounce, rinsed and drained (dry well))",

"amount": "1 can"

},

{

"name": "olive oil (divided)",

"amount": "2 tbsp"

},

{

"name": "ground cinnamon",

"amount": "1 tsp"

},

{

"name": "cumin",

"amount": "1 tsp"

},

{

"name": "chili powder",

"amount": "1/4 tsp"

},

{

"name": "salt (optional)",

"amount": "1/4 tsp"

},

{

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        "name": "low-calorie brown sugar substitute",
        "amount": "1 1/2 tbsp"
    },
    ],
    "directions": [
        "Preheat oven to 400 degrees F. Spray a baking sheet with cooking spray.",
        "In a medium bowl mix together garbanzo beans, 1 Tbsp. olive oil, cinnamon, cumin,
chili powder and salt.",
        "Spread garbanzo bean mixture evenly on baking sheet. Bake for 40-45 minutes, stirring
every 10 minutes, until beans are crispy and dry.",
        "Remove from oven and place hot beans in a medium bowl. Add 1 Tbsp. olive oil and
Splenda brown sugar blend. Mix well.",
        "Pour beans on parchment paper and allow to cool for 20 minutes."
    ],
    "image_link":
"https://static.diabetesfoodhub.org/system/thumbs/system/images/recipes/441-diabetic-roasted-spiced-chickpeas\_Diabetes-Cookbook\_DF\_101818\_1021x779\_3885281428.jpg"
},
{
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    "prep_time": "10 min",
    "cook_time": "25 min",
    "servings": 12,
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            "name": "nonstick cooking spray",
            "amount": "1"
        },
        {
            "name": "thawed and squeezed frozen chopped spinach",
            "amount": "1 cup"
        },
        {
            "name": "eggs",
            "amount": "6"
        },
        {
            "name": "egg whites",
            "amount": "4"
        },
        {
            "name": "Plain Nonfat Greek yogurt",
            "amount": "1/4 cup"
        }
    ],
}

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{
  "name": "salt",
  "amount": "1/4 tsp"
},
{
  "name": "black pepper",
  "amount": "1/4 tsp"
},
{
  "name": "grated Parmesan cheese",
  "amount": "1/4 cup"
}
],
"directions": [
  "Preheat the oven to 350 degrees F. Spray each cup of a muffin pan with one spray of non-stick cooking spray.",
  "Add 1 heaping tablespoon of the thawed spinach to the bottom of each muffin cup in the muffin tin.",
  "In a medium bowl, whisk together the eggs, egg whites, yogurt, salt and pepper. Evenly divide the egg mixture among the 12 muffin cups. Top each egg muffin with 1 teaspoon of parmesan cheese.",
  "Place in the oven and bake for 20-25 minutes or until the eggs are slightly firm to touch. Remove from the oven and set aside to cool for 5 minutes.",
  "Remove from the muffins from the pan and serve or store in an airtight container in the refrigerator for up to one week, or freeze and store in a freezer bag for up to 3 months.",
  "To reheat from the refrigerator, place the muffin uncovered on a plate in the microwave for 30 seconds. To reheat from frozen, place the muffin uncovered on a plate in the microwave for 1 minute."
],
"image_link":
https://static.diabetesfoodhub.org/system/thumbs/system/images/recipes/1944-diabetic-breakfast-easy-egg-spinach-muffins\_DCME\_AdobeStock211356942\_040120\_3885281428.jpg
},
{
  "name": "Cookie Dough Hummus",
  "prep_time": "14Servings",
  "cook_time": "2 tbsp",
  "ingredients": [
    {
      "name": "chickpeas (garbanzo beans) (drained and rinsed well)",
      "amount": "1 (15-ounce)"
    },
    {
      "name": "unsweetened cashew butter",

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        "amount": "3 tbsp"
    },
    {
        "name": "unsweetened almond milk",
        "amount": "1/4 cup"
    },
    {
        "name": "low-calorie brown sugar substitute",
        "amount": "2 tbsp"
    },
    {
        "name": "vanilla extract",
        "amount": "1 tsp"
    },
    {
        "name": "almond extract",
        "amount": "1/4 tsp"
    },
    {
        "name": "quick cooking oats",
        "amount": "1 tbsp"
    },
    {
        "name": "no sugar added chocolate chips",
        "amount": "1/4 cup"
    }
],
"directions": [
    "In a food processor, add all ingredients except chocolate chips. Process until mixture is smooth. Scrape down the sides of the food processor bowl and blend again. If mixture is too thick, thin it out with a splash of almond milk.",
    "Scoop mixture into serving bowl, and top with chocolate chips. Serve with fresh fruit or no sugar added cookies!"
],
"image_link":
https://static.diabetesfoodhub.org/system/thumbs/system/images/recipes/Splenda\_Recipes\_CookieDoughHummus\_3864451747.jpg
},
{
    "name": "Shakshuka ",
    "prep_time": "30 min",
    "cook_time": "8Servings",
    "servings": 1,
    "ingredients": [

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{
  "name": "Extra Virgin Olive Oil",
  "amount": "2 tbsp"
},
{
  "name": "large yellow onion (halved and thinly sliced)",
  "amount": "1"
},
{
  "name": "medium zucchini (halved and thinly sliced)",
  "amount": "1"
},
{
  "name": "garlic (thinly sliced)",
  "amount": "3 clove"
},
{
  "name": "ground cumin",
  "amount": "1 tsp"
},
{
  "name": "paprika",
  "amount": "1 tsp"
},
{
  "name": "cayenne, to taste (1/8 to 1/4 tsp, to taste)",
  "amount": "1/8 tsp"
},
{
  "name": "whole plum tomatoes with their juices (coarsely chopped)",
  "amount": "28 oz"
},
{
  "name": "salt",
  "amount": "1/2 tsp"
},
{
  "name": "black pepper",
  "amount": "1/4 tsp"
},
{
  "name": "feta cheese (crumbled (about 1 cup))",
  "amount": "2 oz"
},
}
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{
  "name": "eggs",
  "amount": "8"
},
{
  "name": "fresh cilantro or basil (chopped, for serving)",
  "amount": "1/4 cup"
}
],
"directions": [
  "Preheat oven to 375\u00b0F.",
  "Heat the oil in a large heavy skillet, preferably cast iron, over medium heat. Add the onions and zucchini, and sautéd for 8\u201310 minutes until tender. Add the garlic and cook for 1 minute, then add the cumin, paprika and cayenne, and cook for 1 more minute.",
  "Add the tomatoes, salt and pepper and simmer until the tomatoes have thickened, about 10 minutes. Stir in the cheese.",
  "Gently crack the eggs into the skillet, spreading them evenly over the tomatoes. Season with a pinch of coarse salt, if desired. Transfer the skillet to the oven and bake until eggs are just set, 7\u20138 minutes (they will continue to cook for a couple of minutes after you remove them from the oven). Sprinkle with the fresh herbs and serve immediately.",
  "Do Ahead Or Delegate: Halve and slice the onion and zucchini, slice the garlic, combine the dry spices, chop the tomatoes, or fully prepare the recipe without the eggs and refrigerate or freeze it.",
  "Flavor Booster: Use smoked paprika instead of regular paprika. Serve with hot pepper sauce such as Tabasco, sriracha or harissa, if you have it."
],
"image_link":
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  {
    "name": "agave nectar",
    "amount": "1 tbsp"
  },
  {
    "name": "fresh ginger (1-inch piece thinly sliced)",
    "amount": "1"
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  {
    "name": "large garlic (peeled)",
    "amount": "3 clove"
  },
  {
    "name": "green onion (scallion) (trimmed and knotted together or lightly
crushed)",
    "amount": "2"
  },
  {
    "name": "Freshly crushed black pepper",
    "amount": "1"
  },
  {
    "name": "tapioca starch or cornstarch (diluted with 2 Tbsps. water)",
    "amount": "1 tsp"
  },
  {
    "name": "grapeseed oil",
    "amount": "2 tbsp"
  },
  {
    "name": "flank steak ((often labeled \u201cLondon broil\u201d))",
    "amount": "2 lbs"
  }
],
"directions": [
  "In a saucepan, add the sake, soy sauce, lemon juice, sesame oil, agave nectar, ginger,
garlic, scallions, and pepper, and cook over low heat. Simmer until heated through. Stir in the

```

tapioca starch continuously until the sauce is slightly thickened. Remove sauce from the heat, and cool.",

"Use 2 Tbsps. of the sauce to season the steak.",

"Add the oil to a large nonstick skillet. When it starts to smoke, add the steak, and pan-fry over medium heat, until golden, about 5 minutes per side. Remove from heat, and serve hot, topped with remaining teriyaki sauce."

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"servings": 4,

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"amount": "2 (5-6 oz each)"

},

{

"name": "olive oil",

"amount": "2 tsp"

},

{

"name": "lemon zest",

"amount": "1/2 tsp"

},

{

"name": "dried basil",

"amount": "1/2 tsp"

},

{

"name": "dried oregano",

"amount": "1/2 tsp"

},

{

"name": "crushed red pepper flakes",

"amount": "1/8 tsp"

},

{

"name": "salt",

"amount": "1/8 tsp"

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    },
    {
      "name": "grated Parmesan cheese",
      "amount": "4 tsp"
    }
  ],
  "directions": [
    "Preheat the oven to 400\u00b0F.",
    "Place the zucchini with the cut side up on a baking sheet. Drizzle the oil over each half.",
    "In a small bowl, stir together the lemon zest, basil, oregano, red pepper flakes, and salt. Sprinkle over the zucchini.",
    "Bake for 20 minutes, or until the zucchini is just tender. Remove from the oven. Immediately sprinkle each with 1 tsp Parmesan. Let stand for 5 minutes before serving."
  ],
  "image_link":
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      {
        "name": "low fat plain greek yogurt",
        "amount": "1/2 cup"
      },
      {
        "name": "light mayonnaise",
        "amount": "1/4 cup"
      },
      {
        "name": "fresh parsley (minced)",
        "amount": "1 tbsp"
      },
      {
        "name": "dried dill",
        "amount": "1/2 tsp"
      }
    ]
  }

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    },
    {
      "name": "garlic powder",
      "amount": "1/2 tsp"
    },
    {
      "name": "onion powder",
      "amount": "1/2 tsp"
    },
    {
      "name": "salt",
      "amount": "1/8 tsp"
    },
    {
      "name": "black pepper",
      "amount": "1/4 tsp"
    },
    {
      "name": "assorted vegetable sticks for dipping (carrots, cucumbers, celery, bell
pepper, etc)",
      "amount": "4 cup"
    }
  ],
  "directions": [
    "In a medium bowl, combine buttermilk, yogurt, mayonnaise, parsley, dill, garlic powder,
onion powder, salt, and pepper.",
    "Pour 1/4 of the dip into a plastic or glass cocktail cup.",
    "Arrange 1 cup of assorted vegetable sticks in the cup so all of them are touching the
dip.",
    "Repeat process for 3 more cups. If not serving immediately, store vegetable sticks
separately, and add to cups with dip before serving."
  ],
  "image_link":
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  "cook_time": "4Servings",
  "servings": 1,
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      "name": "olive oil",

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    "amount": "2 tsp"
  },
  {
    "name": "onion(s) (chopped)",
    "amount": "1 cup"
  },
  {
    "name": "white (button) mushrooms (sliced)",
    "amount": "1 1/2 cup"
  },
  {
    "name": "grape or cherry tomatoes (quartered)",
    "amount": "1 cup"
  },
  {
    "name": "spinach (fresh, coarsely chopped)",
    "amount": "2 cup"
  },
  {
    "name": "seasoning (salt-free, extra-spicy)",
    "amount": "1/2 tsp"
  },
  {
    "name": "eggs (whites)",
    "amount": "3 large"
  },
  {
    "name": "eggs",
    "amount": "4 large"
  },
  {
    "name": "water",
    "amount": "1 tbsp"
  },
  {
    "name": "feta cheese (lower-fat)",
    "amount": "2 tbsp"
  }
],
"directions": [

```

"Heat the olive oil in a large nonstick skillet over medium-high heat. Add the onion and cook, stirring frequently, until soft, about 3 minutes. Add the mushrooms and cook, stirring frequently, about 4 minutes. Add the tomatoes and cook until the tomatoes lose most of the moisture. Add the spinach and cook for about a minute more. ",



"Whisk together the spicy seasoning, egg whites, eggs, and water. Reduce the heat to medium and add the eggs. Let the eggs cook, without stirring until they begin to cook around the edges. Then use a spatula and turn the egg mixture and cook until almost set. Remove from the heat; allow to stand for the eggs to complete cooking from the residual heat. Sprinkle with feta. Cut into four wedges for serving."

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        "name": "frozen peaches (unsweetened (or 4-5 fresh peaches), sliced)",  
        "amount": "3 cup"  
      },  
      {  
        "name": "water",  
        "amount": "1/4 cup"  
      },  
      {  
        "name": "low-calorie sugar substitute",  
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      {  
        "name": "Cornstarch",  
        "amount": "1 tsp"  
      },  
      {  
        "name": "buttery spread",  
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      {  
        "name": "low-calorie brown sugar substitute",  
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      {  
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        "amount": "1/3 cup"  
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    ],  
  },  
]
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{
  "name": "walnuts (chopped)",
  "amount": "1/4 cup"
},
{
  "name": "ground flax seed",
  "amount": "2 tbsp"
},
{
  "name": "ground cinnamon",
  "amount": "1/2 tsp"
}
],
"directions": [
  "Preheat the oven to 350 degrees F. Spray six 4-ounce ramekin dishes with cooking spray.",
  "In a medium pot heat peaches, water and Splenda over medium-high heat. Bring to a boil; reduce heat and simmer for 10 minutes.",
  "In a small bowl combine 1 Tsp. cornstarch and 1 Tsp. cold water; stir until smooth. Pour into pot with peaches and stir 1 minute.",
  "In a small bowl, combine Crisp Topping ingredients using hands.",
  "Pour peach mixture evenly into six ramekin dishes. Evenly divide crisp topping and place on top of each peach ramekin dish.",
  "Place ramekins on a baking sheet and bake in oven for 25-30 minutes."
],
"image_link":
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    ],
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      "Place all the ingredients in a blender and blend until smooth.",
      "Place the sorbet in a container or into popsicle molds and freeze immediately."
    ],
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    "cook_time": "25 min",
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      {
        "name": "olive oil (divided)",
        "amount": "1 tbsp"
      },
      {
        "name": "black pepper",
        "amount": "1/4 tsp"
      },
      {
        "name": "salt",
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      },
      {
        "name": "dried thyme",
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      {
        "name": "brown sugar",
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      {
        "name": "water",
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        "amount": "1/4 cup"
    },
    {
        "name": "lean strip steak",
        "amount": "1 lbs"
    }
],
"directions": [
    "Sprinkle the steak with the salt and pepper.",
    "Heat 1/2 Tbsp of the oil in a large cast-iron skillet over high heat. Add the steak and sear for about 3 minutes. Turn the steak over, reduce the heat to medium, and cook for 4 to 6 minutes, or longer as desired for doneness. Remove the steak from the pan and keep it warm.",
    "Add the remaining oil to the pan. Add the onions and sautéd over medium heat for 5 minutes. Add the water, thyme, and brown sugar, cover the pan, and simmer over medium-low heat for 10 minutes, until the onions are very soft.",
    "Slice the steak. Serve the slices covered with the onions."
],
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        {
            "name": "vanilla extract",
            "amount": "1 tsp"
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        {
            "name": "eggs",
            "amount": "1"
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        {
            "name": "low calorie sugar substitute",
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      "amount": "2 cup"
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    {
      "name": "baking mix ((such as Pamela\u2019s), gluten-free)",
      "amount": "1/2 cup"
    },
    {
      "name": "mini-chocolate chips",
      "amount": "1/4 cup"
    }
  ],
  "directions": [
    "Preheat oven to 350 degrees. Line baking sheet with parchment paper.",
    "In a large bowl, whisk together margarine, vanilla, egg and Splenda. Mix until well blended.",
    "Add oats, quinoa and baking mix to mixture and stir well. Fold in chocolate chips.",
    "Drop by Tbsp. onto baking sheet. Bake for 15 minutes.",
    "Cool on wire rack and store in airtight container when cool."
  ],
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        "amount": "1 (8-oz) bottle"
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      {
        "name": "frozen banana",
        "amount": "1/2"
      },
      {
        "name": "chia seeds",

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        "amount": "1 tbsp"
    },
    {
        "name": "peanut butter",
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    {
        "name": "ice",
        "amount": "1 cup"
    }
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    "Place all ingredients in a blender. Blend until all ingredients are combined and smooth.  
Divide smoothie between two glasses and serve."
],
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        {
            "name": "olive oil",
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{
  "name": "baking soda",
  "amount": "1/2 tsp"
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{
  "name": "ground cinnamon",
  "amount": "1 tsp"
},
{
  "name": "ground nutmeg",
  "amount": "1/4 tsp"
},
{
  "name": "shredded carrots",
  "amount": "2 cup"
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{
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{
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    },
    {
      "name": "low-calorie granulated sugar substitute (such as Truvia)",
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      "name": "lemon juice",
      "amount": "1 tsp"
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  "directions": [
    "Preheat the oven to 350 degrees F. Line two baking sheets with parchment paper and coat with cooking spray. Set aside. ",
    "In a medium bowl, combine the brown sugar blend, applesauce, oil, egg substitute, and vanilla. Mix well and set aside.",
    "In a large bowl, combine the flour, oats, baking powder, baking soda, cinnamon, and nutmeg.",
    "Make a well in the center of the dry ingredients. Add the sugar (wet) mixture to the dry ingredients all at once and mix well.",
    "Stir in the carrots. Scoop mounds of batter the size of a heaping tablespoon onto the baking sheets. Space them about 2 inches apart for a total of 24 cookies (2 sheets of 12).",
    "Bake 15 minutes. Set aside to cool.",
    "In a small bowl, beat the filling ingredients until smooth and fluffy. Spread a light layer of frosting between two cookies."
  ],
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      {
        "name": "egg whites",
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      }
    ]
  }

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    "amount": "1/2 tsp"
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  {
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    "amount": "1/4 cup"
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    "amount": "1"
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  {
    "name": "lemon (juiced and zested)",
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  },
  {
    "name": "almond flour",
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  {
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    "amount": "1/2 cup"
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  {
    "name": "baking powder",
    "amount": "1 tsp"
  },
  {
    "name": "nonstick cooking spray",
    "amount": "1"
  },
  {
    "name": "blueberries",
    "amount": "1/2 cup"
  }
],
"directions": [
  "Add the eggs, egg whites, ricotta cheese, vanilla, almond milk, banana, lemon juice,
  and lemon zest to a blender. Blend until smooth.",
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"In a small bowl, combine the almond flour, ground flax seed, and baking powder. Add the dry mixture to the liquid mixture in the blender and blend until smooth.",

"Coat a nonstick saute pan with cooking spray and place over medium heat. Scoop a scant 1/3 cup of the pancake batter into the pan and top with 4-5 blueberries. Let cook until the edges begin to brown (2-3 minutes); then flip the pancake to continue to cook an additional 2-3 minutes. Remove from the pan and repeat the process for the remaining 5 pancakes."

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{

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{

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},

{

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},

{

"name": "mayonnaise",

"amount": "1/2 cup"

},

{

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"amount": "1 tbsp"

},

{

"name": "corn flakes",

"amount": "3 cup"

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    },
    {
      "name": "boneless, skinless chicken breasts",
      "amount": "1 lbs"
    }
  ],
  "directions": [
    "Stir mustard, mayonnaise, honey, and Worcestershire sauce in a small bowl. Refrigerate sauce to chill until nuggets are cooked. ",
    "Preheat to 400 degrees F.",
    "Cut chicken breast into 36 bite-sized pieces.",
    "Combine beaten egg and milk in a small bowl. Dip chicken pieces in egg mixture then shake in zip-lock bag to coat with cornflake crumbs.",
    "Bake nuggets on a baking sheet sprayed with non-stick cooking spray for 15 minutes until done."
  ],
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        "amount": "3 tbsp"
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        "amount": "1/2"
      },
      {
        "name": "paprika",
        "amount": "1/2 tsp"
      },
      {
        "name": "parsley (dried)",

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      "amount": "1 tsp"
    },
    {
      "name": "black pepper",
      "amount": "1/4 tsp"
    },
    {
      "name": "cod filets (about 1 pound total)",
      "amount": "4"
    },
    {
      "name": "Parmesan cheese (grated)",
      "amount": "1 tbsp"
    }
  ],
  "directions": [
    "Preheat broiler. Spray a baking sheet or broiler pan with cooking spray.",
    "In a small bowl mix together mayonnaise, lemon juice, paprika, parsley and ground black pepper.",
    "Place cod filets on broiler pan and spread mayonnaise mixture evenly among the cod filets. Sprinkle Parmesan cheese on top of filets.",
    "Broil filets for 8-10 minutes."
  ],
  "image_link":
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      {
        "name": "tuna flavorseal pouches packed in water",
        "amount": "2 (6.4-oz) pouches"
      },
      {
        "name": "pico de gallo",
        "amount": "1/2 cup"
      },
      {
        "name": "medium avocado (cut in half)",
        "amount": "1"
      }
    ]
  }
]

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    }
  ],
  "directions": [
    "Remove the pit from the avocado. Use a spoon to scoop out the insides of the avocado and place it in a medium bowl. Mash the avocado with a fork or potato masher. Add the pico de gallo and mix well.",
    "Add the tuna to the bowl and mix well. Serve the tuna salad with your choice of whole-wheat crackers, whole-wheat pitas or lettuce wraps."
  ],
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      {
        "name": "hot sauce",
        "amount": "1/4 tsp"
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        "name": "boneless, skinless chicken breasts (cut in half lengthwise to make 4 equal portions)",
        "amount": "1 lbs"
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        "amount": "6 tbsp"
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{
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},
{
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  "amount": "1/4 tsp"
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{
  "name": "nonstick cooking spray",
  "amount": "1"
}
],
"directions": [
  "In a small, deep bowl, stir together the buttermilk and hot sauce. Place the chicken in the buttermilk mixture. Allow to stand 15 minutes.",
  "Place the cornflakes into the work bowl of a food processor. Process until coarse crumbs form. Add the cornmeal, garlic powder, paprika, salt, and pepper and pulse until evenly mixed. Pour the crumbs into a shallow bowl. (if you don't have a food processor, you can crush the cornflakes in a plastic bag with a rolling pin.)",
  "Drain the chicken, allowing the excess buttermilk to drip back into bowl. Coat the chicken pieces evenly in the cornflake mixture. Place the coated chicken pieces on a wire rack.",
  "Place the chicken in the air fryer basket. Spray with nonstick cooking spray for 2 seconds (do not crowd the chicken; cook in batches if all the chicken doesn't fit). Set the temperature to 375\u00b0F and air fry for 7 minutes. Turn the chicken pieces. Air fry for an additional 7\u00b010 minutes or until the chicken is done and a meat thermometer inserted in the center registers 165\u00b0F."
],
"image_link":
https://static.diabetesfoodhub.org/system/thumbs/system/images/recipes/1811-diabetic-air-fryer-buttermilk-fried-chicken\_air-fryer-ckbk\_062819\_3885281428.jpg
},
{
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  "prep_time": "10 min",
  "cook_time": "6Servings",
  "servings": 12,
  "ingredients": [
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        "amount": "1 (12-oz) bag"
    },
    {
        "name": "raisins",
        "amount": "1/4 cup"
    },
    {
        "name": "cooked turkey bacon (chopped)",
        "amount": "6 slice"
    },
    {
        "name": "light mayonnaise",
        "amount": "1/4 cup"
    },
    {
        "name": "fat-free plain yogurt",
        "amount": "3 tbsp"
    },
    {
        "name": "Apple Cider Vinegar",
        "amount": "2 tbsp"
    }
],
"directions": [
    "In a salad bowl, mix together the broccoli slaw, raisins, and turkey bacon.",
    "In a small bowl, whisk together the mayonnaise, yogurt, and vinegar. Pour the dressing over the salad and toss to coat."
],
"image_link":
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{
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        {

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    {
      "name": "margarine",
      "amount": "1 tsp"
    },
    {
      "name": "onion(s) (chopped)",
      "amount": "1/2 cup"
    },
    {
      "name": "black pepper",
      "amount": "1/2 tsp"
    },
    {
      "name": "cream of chicken condensed soup (10-3/4 ounce, low-fat)",
      "amount": "1 can"
    },
    {
      "name": "sour cream (fat-free)",
      "amount": "1 cup"
    },
    {
      "name": "cheddar cheese (reduced fat, shredded)",
      "amount": "1 1/4 cup"
    },
    {
      "name": "skim milk (fat-free)",
      "amount": "1 cup"
    }
  ],
  "directions": [
    "Preheat oven to 375\u00b0 F.",
    "Coat a 13 x 9-inch pan with cooking spray. Spread hash browns on bottom of pan.",
    "In a large nonstick skillet, melt margarine over medium-high heat. Add onion and sautéd until clear. Add remaining ingredients and mix well. Cook about 5 minutes, stirring occasionally.",
    "Pour soup mixture over hash browns. Bake for 50-60 minutes."
  ],
  "image_link":
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    {
      "name": "strawberries (sliced)",
      "amount": "1 lbs"
    },
    {
      "name": "blueberries",
      "amount": "1 pints"
    },
    {
      "name": "lemon zest",
      "amount": "1 tsp"
    },
    {
      "name": "lemon juice",
      "amount": "2 tbsp"
    },
    {
      "name": "low-calorie sugar substitute (divided use)",
      "amount": "3 tbsp"
    },
    {
      "name": "Cornstarch",
      "amount": "1 1/2 tbsp"
    },
    {
      "name": "ground cinnamon",
      "amount": "1 tsp"
    },
    {
      "name": "old-fashioned rolled oats (not quick cooking)",
      "amount": "1 cup"
    },
    {
      "name": "brown sugar substitute",
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        "amount": "3 tbsp"
    },
    {
        "name": "pecans (chopped)",
        "amount": "1/2 cup"
    },
    {
        "name": "trans-fat-free margarine (diced)",
        "amount": "4 tbsp"
    }
],
"directions": [
    "Preheat oven to 350 degrees F. Spray a 9-inch pie pan with cooking spray.",
    "In a medium bowl combine the berries, lemon zest, lemon juice, 2 Tbsps. Splenda Sugar blend, corn starch and cinnamon. Mix well and pour into pie pan.",
    "In another medium bowl, combine the oats, remaining 1 tbsp Splenda sugar blend, brown sugar blend, pecans, and margarine. Work the margarine into the dry ingredients with your hands until it is crumbly.",
    "Sprinkle the crisp topping mixture evenly over the berries. Bake for 55 minutes or until the top is brown and the fruit is bubbly. Serve warm."
],
"image_link":
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    "cook_time": "10 min",
    "servings": 4,
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            "name": "soy sauce (reduced-sodium)",
            "amount": "2 tablespoons plus 1 teaspoon"
        },
        {
            "name": "rice wine vinegar",
            "amount": "3 tbsp"
        },
        {
            "name": "water",
            "amount": "2 tbsp"
        }
    ]
}

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      "name": "olive oil (divided use)",
      "amount": "1 tbsp plus 2 tsp"
    },
    {
      "name": "crushed red pepper flakes",
      "amount": "1/4 tsp"
    },
    {
      "name": "garlic (minced)",
      "amount": "1 clove"
    },
    {
      "name": "broccoli florets",
      "amount": "2 cup"
    },
    {
      "name": "pork loin boneless chops (divided into 4 portions)",
      "amount": "1 lbs"
    },
    {
      "name": "cilantro (chopped)",
      "amount": "2 tbsp"
    }
  ],
  "directions": [
    "In a medium bowl, combine the soy sauce, vinegar, water, 1 tablespoon olive oil, crushed red pepper, and garlic. Add the pork chops and marinate them in refrigerator for 20 minutes or longer.",
    "Steam the broccoli for 5 minutes; until tender.",
    "Add the remaining 2 tsp olive oil to a large sautéed pan over medium-high heat. Add the pork chops and sear for about 5 minutes per side or until done. (Reserve marinade for later).",
    "Place the marinade in a small saucepan. Bring it to a boil; reduce the heat and simmer about 2 minutes. Place the pork chops on serving platter and pour the cooked marinade over them.",
    "Top the pork chops with chopped cilantro and serve with the steamed broccoli."
  ],
  "image_link":
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  {
    "name": "Lemon Chicken with Rosemary and Garlic",
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    "cook_time": "13 min",

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"ingredients": [
  {
    "name": "garlic (minced)",
    "amount": "2 clove"
  },
  {
    "name": "juice and zest of 1 lemon",
    "amount": "1"
  },
  {
    "name": "white wine",
    "amount": "2 tbsp"
  },
  {
    "name": "Cornstarch",
    "amount": "2 tsp"
  },
  {
    "name": "chicken tenderloins",
    "amount": "1 1/4 lbs"
  },
  {
    "name": "salt",
    "amount": "1/4 tsp"
  },
  {
    "name": "black pepper",
    "amount": "1/8 tsp"
  },
  {
    "name": "olive oil",
    "amount": "2 tbsp"
  },
  {
    "name": "fresh rosemary",
    "amount": "2 tbsp"
  }
],
"directions": [
  "In a small bowl, whisk together the lemon juice, wine, and cornstarch. Set aside.",
  "Sprinkle both sides of the chicken with the salt, black pepper, and lemon zest.",
  "Heat the olive oil in a medium skillet over medium heat. Add the rosemary and garlic and cook until fragrant, 30 seconds. Add the chicken and cook until a thermometer inserted into
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a chicken tender reaches 165°F, 5 minutes on each side. Add the lemon juice mixture and toss to coat. Continue cooking for 3 minutes; the liquid will slightly thicken. Serve warm."

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],
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  },
  {
    "name": "Budget-Friendly Kale and Sausage sauté",
    "prep_time": "10 min",
    "cook_time": "15 min",
    "servings": 6,
    "ingredients": [
      {
        "name": "olive oil",
        "amount": "1 tbsp"
      },
      {
        "name": "Italian style chicken sausage (diced)",
        "amount": "3 links (about 3 oz each)"
      },
      {
        "name": "onion (diced)",
        "amount": "1"
      },
      {
        "name": "chopped kale",
        "amount": "1 (10-oz) bag"
      },
      {
        "name": "low sodium chicken broth",
        "amount": "1/2 cup"
      },
      {
        "name": "cannellini beans (drained and rinsed)",
        "amount": "1 (15-oz) can"
      },
      {
        "name": "crushed red pepper flakes",
        "amount": "1/4 tsp"
      },
      {
        "name": "salt",
        "amount": "1/4 tsp"
      }
    ]
  }
]
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    },
    {
      "name": "black pepper",
      "amount": "1/2 tsp"
    }
  ],
  "directions": [
    "Add olive oil to a large sautéed pan over medium heat.",
    "Add diced sausage and onion and sautéed until onions begin to turn golden brown.",
    "Add the kale and chicken broth and sautéed until kale softens.",
    "Add remaining ingredients and sautéed 3-4 more minutes to heat the beans through.",
    "Serving Suggestion: Serve with a side of brown rice to round out the meal."
  ],
  "image_link":
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  },
  {
    "name": "Spinach and Ham English Muffin Pizzas",
    "prep_time": "10 min",
    "cook_time": "8 min",
    "servings": 4,
    "ingredients": [
      {
        "name": "high fiber, whole-wheat English muffins (split in half)",
        "amount": "2"
      },
      {
        "name": "frozen spinach (chopped, thawed and drained)",
        "amount": "4 tbsp"
      },
      {
        "name": "jarred pizza sauce",
        "amount": "6 tbsp"
      },
      {
        "name": "lower-sodium deli ham",
        "amount": "2 oz"
      },
      {
        "name": "reduced-fat shredded mozzarella cheese",
        "amount": "1/2 cup"
      }
    ]
  },

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    "directions": [
      "Preheat oven to 425 degrees F.",
      "Top each English muffin half with 1 Tbsp. spinach, 1 1/2 Tbsps. pizza sauce, 1/2 ounce ham and 2 Tbsps. mozzarella cheese.",
      "Bake pizzas for 8 minutes or until the cheese is golden brown on top."
    ],
    "image_link":
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  },
  {
    "name": "Strawberry Banana Ice Cream ",
    "prep_time": "4 Servings",
    "cook_time": "1/2 cup",
    "ingredients": [
      {
        "name": "bananas",
        "amount": "2"
      },
      {
        "name": "sliced strawberries",
        "amount": "1 cup"
      },
      {
        "name": "coconut milk",
        "amount": "2 tbsp"
      }
    ],
    "directions": [
      "Peel bananas and slice into 1/4-inch rounds. Place in a bowl and freeze for at least 2 hours.",
      "Once bananas are frozen, add them to a blender or food processor along with the strawberries and coconut milk. Blend at high speed for 30 seconds. Scrape down the sides of the blender and blend on high for 30 more seconds. Repeat this process until the mixture is smooth and the texture of soft-serve ice cream. You can serve immediately or freeze for 30 minutes for a firmer texture."
    ],
    "image_link":
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  },
  {
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"cook_time": "8 min",
"servings": 4,
"ingredients": [
  {
    "name": "lean ground lamb (ask butcher to bone lamb, trim off visible fat, and
grind)",
    "amount": "1 lbs"
  },
  {
    "name": "dry whole-wheat breadcrumbs",
    "amount": "1/2 cup"
  },
  {
    "name": "rehydrated sun dried tomatoes (diced)",
    "amount": "1/4 cup"
  },
  {
    "name": "fresh parsley (minced)",
    "amount": "1/4 cup"
  },
  {
    "name": "shallots (finely minced)",
    "amount": "1/4 cup"
  },
  {
    "name": "grated Pecorino Romano cheese",
    "amount": "2 tbsp"
  },
  {
    "name": "Kosher Salt",
    "amount": "1/4 tsp"
  },
  {
    "name": "freshly ground black pepper",
    "amount": "1/4 tsp"
  },
  {
    "name": "tomatoes",
    "amount": "4 slice"
  },
  {
    "name": "lettuce leaves",
    "amount": "4"
  }
]
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],
"directions": [
  "Combine all the ingredients for the burger, handling the meat as little as possible. Form into four patties.",
  "Heat a cast iron skillet over medium-high heat. Add the patties and cook for 3-4 minutes per side. Serve with tomato and lettuce on a whole-grain bun or serve bunless."
],
"image_link":
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{
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  "servings": 34,
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    {
      "name": "cooked chicken",
      "amount": "2 cup"
    },
    {
      "name": "Gala apples",
      "amount": "1 cup"
    },
    {
      "name": "celery",
      "amount": "1/2 cup"
    },
    {
      "name": "scallions",
      "amount": "2 tbsp"
    },
    {
      "name": "raisins",
      "amount": "1/4 cup"
    },
    {
      "name": "light mayonnaise",
      "amount": "1/3 cup"
    },
    {
      "name": "light sour cream",
      "amount": "1 tbsp"
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  ]
}
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    },
    {
      "name": "lemon juice",
      "amount": "1 tbsp"
    },
    {
      "name": "ground cinnamon",
      "amount": "1/4 tsp"
    },
    {
      "name": "black pepper",
      "amount": "1/4 tsp"
    }
  ],
  "directions": [
    "Cube cooked chicken. Dice apple and celery. Chop scallions",
    "Combine chicken, apple, celery, scallions, and raisins in a large salad bowl.",
    "Whisk together mayonnaise, sour cream, lemon juice, cinnamon, and black pepper. Pour over the chicken-apple mixture and toss.",
    "Refrigerate to chill prior to serving."
  ],
  "image_link":
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  },
  {
    "name": "Whole Grain Chicken Pot Pie",
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      {
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    "amount": "4 tbsp"  
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    "amount": "1 tbsp"  
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    "amount": "1 cup"  
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  {  
    "name": "olive oil",  
    "amount": "1 tsp"  
  },  
  {  
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    "amount": "2"  
  },  
  {  
    "name": "celery stalks (diced)",  
    "amount": "2"  
  },  
  {  
    "name": "large onion (diced)",  
    "amount": "1"  
  },  
  {  
    "name": "white (button) mushrooms (sliced)",  
    "amount": "8 oz"  
  },  
  {  
    "name": "cooked chicken (chopped)",  
    "amount": "12 oz"  
  },  
  {  
    "name": "flour",  
    "amount": "2 tbsp"  
  },  
  {  
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  },  
  {
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        "name": "salt",
        "amount": "1/4 tsp"
    },
    {
        "name": "black pepper",
        "amount": "1/2 tsp"
    }
],
"directions": [
    "Preheat the oven to 375 degrees F. Coat a 9x13-inch baking dish with cooking spray and set aside.",
    "In a large bowl, sift together the whole wheat flour and baking powder. Cut in the margarine and then add the parsley and milk, and gently stir to combine. Refrigerate until needed.",
    "Add the olive oil and a generous amount of cooking spray to a large nonstick sautéed pan over medium-high heat. Add the carrots, celery, onion and mushrooms. sautéed for 10 minutes or until the vegetables are soft but not mushy.",
    "Stir in the cooked chicken.",
    "In a small bowl, whisk together the flour, skim milk, salt and ground black pepper. Add to the vegetable mixture and bring to a boil. Reduce to a simmer for 2 minutes. Remove from heat.",
    "Pour the chicken and vegetable mixture into the baking dish. Drop clumps of the whole wheat crust mixture on top of the chicken and vegetable mixture (the topping will be very sticky). Use a spoon to gently spread the topping.",
    "Bake for 20 minutes and serve."
],
"image_link":
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},
{
    "name": "Almond Joy Hot Chocolate",
    "prep_time": "4 Servings",
    "cook_time": "1 cup + 2 Tbsps. whipped topping + 1 Tbsp. sliced almonds",
    "ingredients": [
        {
            "name": "unsweetened almond milk",
            "amount": "4 cup"
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        {
            "name": "almonds (sliced)",
            "amount": "1/4 cup"
        }
    ]
}

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        "name": "cocoa powder",
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    {
        "name": "low-calorie sugar substitute",
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    },
    {
        "name": "coconut extract",
        "amount": "1/2 tsp"
    },
    {
        "name": "whipped topping (fat-free)",
        "amount": "1/2 cup"
    }
],
"directions": [
    "Add almonds to a dry sautéed pan over medium-high heat and sautéed until lightly
toasted. Set aside to cool.",
    "Add almond milk, cocoa powder, Splenda, and coconut extract to a blender and blend
until incorporated and slightly foamy.",
    "Add hot chocolate mixture to a saucepan over medium heat and bring to a simmer.",
    "Add one cup of hot chocolate to a coffee mug, top with 2 Tbsps. whipped topping and
sprinkle with 1 Tbsp. cooled, toasted almonds.",
    "Repeat for three remaining coffee mugs."
],
"image_link":
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},
{
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    "cook_time": "20 min",
    "servings": 6,
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        {
            "name": "olive oil",
            "amount": "2 tbsp"
        },
        {
            "name": "lemon juice",
            "amount": "2 tbsp"
        }
    ],

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{
  "name": "orange juice",
  "amount": "2 tbsp"
},
{
  "name": "avocado (divided use, pitted, peeled, and diced)",
  "amount": "1 whole"
},
{
  "name": "fresh parsley (stems removed)",
  "amount": "1/4 cup"
},
{
  "name": "salt",
  "amount": "1/4 tsp"
},
{
  "name": "garlic",
  "amount": "1 clove"
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{
  "name": "bibb or boston lettuce (cut into 1-inch pieces)",
  "amount": "1 head"
},
{
  "name": "grape or cherry tomatoes (cut in half)",
  "amount": "1 cup"
},
{
  "name": "quinoa (cooked according to package directions and cooled)",
  "amount": "1/2 cup"
},
{
  "name": "frozen shelled edamame (cooked according to package directions)",
  "amount": "1 cup"
},
{
  "name": "unsalted pepitas",
  "amount": "2 tbsp"
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],
"directions": [

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"Make the citrus dressing: In a blender or food processor, blend olive oil, lemon juice, orange juice, 1/4 of the avocado, parsley, salt, and garlic until smooth. Set aside.",

"In a large bowl, combine lettuce, tomato, quinoa, edamame, the rest of the avocado, and pepitas. Pour dressing over salad and toss gently. Serve immediately or chill until ready to serve."

],

"image\_link":

"https://static.diabetesfoodhub.org/system/thumbs/system/images/recipes/942-diabetic-sun-kissed-health-salad\_MFTK-comfort-favorites\_082218\_1021x779\_3885281428.jpg"

},

{

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"prep\_time": "5 min",

"cook\_time": "2Servings",

"servings": 1,

"ingredients": [

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"amount": "3/4 cup"

},

{

"name": "non-fat plain Greek yogurt",

"amount": "1/2 cup"

},

{

"name": "frozen mixed fruit",

"amount": "1 cup"

},

{

"name": "baby spinach",

"amount": "2 cup"

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{

"name": "frozen banana (sliced)",

"amount": "1 med"

},

{

"name": "KIND Maple Glazed Pecan & Sea Salt bar OR 1/2 cup low sugar

granola (crumbled)",

"amount": "1 bar"

}

],

"directions": [

"Combine all ingredients except the KIND bar in a blender. Purée until smooth and thick, stopping to stir mixture in between blending at times. (Add a little more almond milk if needed.)",

"Pour smoothie mixture into 2 bowls. Top each bowl with half of the crumbled KIND bar."

```

],
"image_link":
"https://static.diabetesfoodhub.org/system/thumbs/system/images/recipes/274-diabetic-green-s
moothie-breakfast-bowl_Diabetes-cookbook_DFJanFeb2019_121018_3885281428.jpg"
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{
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"prep_time": "25 min",
"cook_time": "14Servings",
"servings": 1,
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{
"name": "ground chuck ((this is a cut of beef))",
"amount": "1/2 lbs"
},
{
tomatoes",
"name": "peeled, chopped fresh tomatoes or 2, 28-oz. cans no salt added diced
"amount": "7 cups"
},
{
"name": "water",
"amount": "4 cup"
},
{
"name": "cut green beans (14.5-ounce, no salt added, drained and rinsed)",
"amount": "1 can"
},
{
"name": "peas (15-ounce, no salt added, drained and rinsed)",
"amount": "1 can"
},
{
"name": "corn (15.25-ounce, no salt added, drained and rinsed)",
"amount": "1 can"
},
{
"name": "medium carrots (3-ounce each, peeled and chopped)",
"amount": "2"
},
{
"name": "medium potatoes (5-ounce each, peeled and diced)",
"amount": "3"
},

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{
  "name": "medium onion (5-ounce, diced)",
  "amount": "1"
},
{
  "name": "dry rice",
  "amount": "1/4 cup"
},
{
  "name": "black pepper",
  "amount": "1/8 tsp"
},
{
  "name": "crushed red pepper flakes",
  "amount": "1/8 tsp"
},
{
  "name": "salt",
  "amount": "1/2 tsp"
},
{
  "name": "garlic powder",
  "amount": "1/2 tsp"
}
],
"directions": [
  "Place ground chuck in a 2-gallon stockpot and brown over medium heat. Remove meat and drain it well. Wipe drippings from pot.",
  "Return meat to stockpot, then add tomatoes and water. Bring to a simmer and cook, covered, until tomatoes are soft and a juicy broth is created, about 20 minutes.",
  "Add remaining ingredients, cover, and continue cooking 60 additional minutes to allow flavors to blend."
],
"image_link":
"https://static.diabetesfoodhub.org/system/thumbs/system/images/recipes/Recid_235_Favorite_Vegetable_Soup%20_iStock-184856345_3885281428.jpg"
},
{
  "name": "Dijon and Horseradish Deviled Eggs",
  "prep_time": "10 min",
  "cook_time": "7 min",
  "servings": 6,
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    {

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      "name": "eggs",
      "amount": "6"
    },
    {
      "name": "white vinegar",
      "amount": "1 tbsp"
    },
    {
      "name": "plain yogurt (nonfat)",
      "amount": "6 tbsp"
    },
    {
      "name": "light mayonnaise",
      "amount": "1 tbsp"
    },
    {
      "name": "fresh chives (minced)",
      "amount": "1 tbsp"
    },
    {
      "name": "Dijon Mustard",
      "amount": "2 tsp"
    },
    {
      "name": "horseradish",
      "amount": "1/2 tsp"
    },
    {
      "name": "turmeric",
      "amount": "1/4 tsp"
    },
    {
      "name": "paprika",
      "amount": "1 pinch"
    }
  ],
  "directions": [

```

"To prepare the eggs: Add the eggs to a saucepan that is large enough so they are not crowded. Add water to cover about 1 inch over the eggs. Cover the pot and bring to a boil. Once the water comes to a boil, about 6 to 7 minutes, remove the pot from the heat and set it on an unused burner. Add the vinegar to the water (to help in peeling the eggs). Let the eggs stand in the hot water for 20 to 30 minutes."

"Prepare a large bowl of ice water. Using a slotted spoon, transfer the eggs to the ice water bath, letting them cool for 15 to 20 minutes. Gently remove each egg from the ice water,

and gently tap its shell until it is cracked all over (but do not peel). Add the cracked eggs back to the ice water bath (prepare a new ice bath if necessary) for 10 minutes. Remove the eggs from the ice water, and gently roll them between your palms. The shells should slip off easily. Discard the shells."

"Halve each egg and remove the yolks. Discard one yolk and add the remaining five to a bowl. Set the egg whites on a platter, with the cut sides up."

"Mash the yolks with the yogurt, mayonnaise, chives, mustard, horseradish, turmeric, salt, and pepper. Spoon or pipe the egg yolk mixture back into the egg whites. Sprinkle lightly with paprika."

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    ],  
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        "name": "olive oil",  
        "amount": "2 tbsp"  
      },  
      {  
        "name": "onion(s) (chopped)",  
        "amount": "1"  
      },  
      {  
        "name": "green bell pepper (chopped)",  
        "amount": "1"  
      },  
      {  
        "name": "brown rice",  
        "amount": "1 1/2 cup"  
      },  
      {  
        "name": "tomato sauce",  
        "amount": "16 oz"  
      },  
      {  
        "name": "Cajun seasoning",  
        "amount": "1 tsp"  
      },  
    ],  
  },  
]
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{
  "name": "shrimp (peeled and deveined)",
  "amount": "1 1/2 lbs"
},
{
  "name": "shrimp (peeled and deveined)",
  "amount": "1 1/2 lbs"
},
],
"directions": [
  "Heat the oil in a large skillet over medium-high heat and sautéed the shrimp, onion, and bell pepper for about 5 minutes, until the shrimp is pink.",
  "Stir in the remaining ingredients and cook for about 5 minutes, until heated through."
],
"image_link":
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},
{
  "name": "Creamy Basil Chicken Pasta",
  "prep_time": "4Servings",
  "cook_time": "4 oz chicken, \u00bd cup pasta, \u00bd cup sauce",
  "ingredients": [
    {
      "name": "baby spinach",
      "amount": "5 oz"
    },
    {
      "name": "fresh basil leaves",
      "amount": "1 cup"
    },
    {
      "name": "flat leaf parsley (packed)",
      "amount": "1/2 cup"
    },
    {
      "name": "half-and-half",
      "amount": "2 tbsp"
    },
    {
      "name": "olive oil (divided)",
      "amount": "3 tbsp"
    },
    {
      "name": "garlic (minced)",
      "amount": "1 tsp"
    }
  ]
}
```

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    "name": "onion powder",
    "amount": "1/2 tsp"
  },
  {
    "name": "flour",
    "amount": "2 tbsp"
  },
  {
    "name": "fat-free milk",
    "amount": "3 cup"
  },
  {
    "name": "reduced-fat Italian cheese",
    "amount": "1/2 cup"
  },
  {
    "name": "no-salt-added Italian seasoning",
    "amount": "1/2 tsp"
  },
  {
    "name": "boneless, skinless chicken breasts (halved lengthwise into thin filets)",
    "amount": "1 lbs"
  },
  {
    "name": "whole wheat penne pasta (cooked)",
    "amount": "2 cup"
  },
  {
    "name": "Parmesan cheese (grated)",
    "amount": "1/4 cup"
  },
  {
    "name": "fresh basil (julienned)",
    "amount": "1/4 cup"
  }
],
"directions": [

```

"Bring a large pot of water to a boil. Add baby spinach to the pot and blanch for 1 minute. Use a slotted spoon to remove the spinach to a bowl of ice water. Add parsley and packed basil to the pot and blanch for 15 seconds. Remove and add to the bowl of ice water. Drain water and squeeze out as much liquid from the greens as possible. ",

"Add spinach, parsley, and basil to a food processor. Add half and half to the food processor, then Purée. Set aside.",

"Heat a saucepan over medium heat. Add 2 tablespoons of olive oil, garlic, and onion powder. Add flour and whisk for 1 minute. Add milk and whisk until smooth.",

"Add cheese, Italian seasoning, salt (optional), and pepper. Stir until sauce is thickened. Add Puréed greens and stir to combine.",

"Add Puréed greens and stir to combine.",

"Meanwhile, heat a large skillet over medium heat. Add remaining olive oil. Cook chicken for 3\u0020134 minutes per side, until golden brown and cooked through.",

"To serve, divide chicken and pasta between plates. Top with sauce, Parmesan, and fresh julienned basil."

],

"image\_link":

"https://static.diabetesfoodhub.org/system/thumbs/system/images/recipes/creamy%20basil%20chicken%20pasta%20diabetic\_3378547104.png"

},

{

"name": "Tailgate Nachos",

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"cook\_time": "25 min",

"servings": 6,

"ingredients": [

{

"name": "black beans (rinsed and drained)",

"amount": "1 (15-oz) can"

},

{

"name": "garlic (peeled and smashed)",

"amount": "2 clove"

},

{

"name": "medium yellow onion (peeled and chopped)",

"amount": "1"

},

{

"name": "olive oil",

"amount": "1 tbsp"

},

{

"name": "baked tortilla chips",

"amount": "4 oz"

},

{

"name": "nonstick cooking spray",

"amount": "1"

},

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{
  "name": "black pepper",
  "amount": "1/2 tsp"
},
{
  "name": "fat-free, low-sodium chicken broth or water",
  "amount": "1/2 cup"
},
{
  "name": "cooked cooked chicken breast",
  "amount": "2 cup"
},
{
  "name": "salsa (heat level to taste)",
  "amount": "1 cup"
},
{
  "name": "reduced fat shredded Mexican cheese blend",
  "amount": "1/2 cup"
},
{
  "name": "shredded lettuce",
  "amount": "1 cup"
},
{
  "name": "diced tomatoes",
  "amount": "1 cup"
},
{
  "name": "Plain Nonfat Greek yogurt",
  "amount": "1/2 cup"
}
],

```

"directions": [

"Preheat the oven to 375 degrees F. Coat a 9x13-inch baking dish with cooking spray. Layer the chips in the bottom of the pan; set aside.",

"Add the oil to a saute pan over medium heat. Add the onions and garlic and sautéed for about 5 minutes, until the onions start to turn clear.",

"Add the onion mixture, black beans, pepper, and chicken broth to a blender and puree until smooth. Pour the bean mixture evenly over the chips.",

"In a small bowl, mix the salsa and chicken together. then spoon the chicken mixture evenly over the top of the bean mixture.",

"Top with the cheese and bake for 20 minutes. Remove the pan from oven and top the nachos with shredded lettuce and diced tomato.",

"Divide the nachos among 6 serving plates and top each serving with 4 Tsp. Greek yogurt."

],

"image\_link":

"https://static.diabetesfoodhub.org/system/thumbs/system/images/recipes/Recid\_549\_Tailgate\_Nachos\_PNCImages\_03012018\_4054547978.jpg"

},

{

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"cook\_time": "4Servings",

"servings": 34,

"ingredients": [

{

"name": "artichoke hearts (rinsed, drained, and coarsely chopped)",

"amount": "1/2 (14-oz) can"

},

{

"name": "button mushrooms (chopped)",

"amount": "4 oz"

},

{

"name": "small tomato (seeded and chopped)",

"amount": "1"

},

{

"name": "finely chopped green onion",

"amount": "1/4 cup"

},

{

"name": "chopped fresh parsley",

"amount": "1/4 cup"

},

{

"name": "dried basil",

"amount": "1 1/2 tsp"

},

{

"name": "dried oregano",

"amount": "3/4 tsp"

},

{

"name": "reduced-fat feta cheese (crumbled)",

"amount": "1/2 oz"



```
}
],
"directions": [
  "In a medium bowl, toss together all the ingredients except the feta.",
  "Add the feta and toss gently. This salad is best if served within 1 hour."
],
"image_link":
  "https://static.diabetesfoodhub.org/system/thumbs/system/images/recipes/1991-Chopped-Veggi
  e-Salad_KDBH-bookazine_012821_3885281428.jpg"
},
{
  "name": "Power Lunch Salad",
  "prep_time": "10 min",
  "cook_time": "4 Servings",
  "servings": 3,
  "ingredients": [
    {
      "name": "baby spinach or mixed salad greens",
      "amount": "12 cups"
    },
    {
      "name": "sliced almonds",
      "amount": "1/4 cup"
    },
    {
      "name": "dry-roasted, unsalted pepitas",
      "amount": "1/3 cup"
    },
    {
      "name": "dried cranberries",
      "amount": "1/2 cup"
    },
    {
      "name": "small apples (cored and diced)",
      "amount": "2"
    },
    {
      "name": "reduced-fat crumbled feta cheese",
      "amount": "1/3 cup"
    },
    {
      "name": "reduced-sodium deli turkey breast (sliced into 1/2 inch strips)",
      "amount": "7 oz"
    }
  ],
}
```

```
{
  "name": "balsamic vinegar",
  "amount": "1/3 cup"
},
{
  "name": "olive oil",
  "amount": "1 1/2 tbsp"
}
],
"directions": [
  "In a salad bowl, mix together everything but the balsamic vinegar and olive oil.",
  "In a small bowl, whisk together the balsamic vinegar and olive oil. Pour over salad and
toss to coat."
],
"image_link":
"https://static.diabetesfoodhub.org/system/thumbs/system/images/recipes/415-diabetic-power-lu
nch-salad_diabetes-cookbook_081618_1021x779_3885281428.jpg"
},
{
  "name": "Asian Chicken Salad",
  "prep_time": "15 min",
  "cook_time": "4 Servings",
  "servings": 2,
  "ingredients": [
    {
      "name": "romaine lettuce (chopped)",
      "amount": "9 oz"
    },
    {
      "name": "cabbage (shredded)",
      "amount": "1 cup"
    },
    {
      "name": "shredded carrots",
      "amount": "1 cup"
    },
    {
      "name": "slivered almonds (toasted)",
      "amount": "1/4 cup"
    },
    {
      "name": "Toasted sesame seeds (divided use)",
      "amount": "1 tbsp plus 1 tsp"
    }
  ],
}
```

```

{
  "name": "cooked chicken breast (diced)",
  "amount": "2 cup"
},
{
  "name": "rice vinegar",
  "amount": "2 tbsp"
},
{
  "name": "lower sodium soy sauce",
  "amount": "2 tbsp"
},
{
  "name": "olive oil",
  "amount": "2 tbsp"
},
{
  "name": "crushed red pepper flakes",
  "amount": "1/4 tsp"
}
],
"directions": [
  "In a medium bowl mix together cabbage, lettuce, almonds, 1 tablespoon sesame seeds, and chicken.",
  "In a small bowl whisk together vinegar, soy sauce, and oil.",
  "Pour dressing over salad and toss to coat. Top with remaining 1 teaspoon sesame seeds and red pepper flakes."
],
"image_link":
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{
  "name": "Honey Mustard Chicken Thighs with Wild Rice",
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  "cook_time": "40 min",
  "servings": 4,
  "ingredients": [
    {
      "name": "Nonstick cooking spray",
      "amount": "1"
    },
    {
      "name": "honey Dijon mustard",

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```

      "amount": "1/4 cup"
    },
    {
      "name": "garlic (minced)",
      "amount": "2 clove"
    },
    {
      "name": "black pepper",
      "amount": "1/4 tsp"
    },
    {
      "name": "boneless, skinless chicken thighs",
      "amount": "1 lbs"
    },
    {
      "name": "dried thyme",
      "amount": "3/4 tsp"
    },
    {
      "name": "cooked wild rice (prepared according to package directions)",
      "amount": "2 cup"
    },
    {
      "name": "broccoli (steamed)",
      "amount": "4 cup"
    }
  ],
  "directions": [
    "Preheat oven to 375 degrees F. Spray baking dish with cooking spray.",
    "In a small bowl, combine mustard, garlic and pepper.",
    "Spread about 1 1/2 Tbsp. mustard mixture evenly on top of each chicken thigh.",
    "Arrange chicken in a glass baking dish. Bake for 40 minutes or until mustard mixture has formed a crust and is slightly hardened.",
    "Remove from oven and sprinkle thyme on top of chicken. Serve each chicken thigh with 1/2 cup wild rice and 1 cup steamed broccoli."
  ],
  "image_link":
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  },
  {
    "name": "Crock Pot Chicken Cacciatore",
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    "cook_time": "6 Servings",

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"servings": 11,
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    "amount": "1"
  },
  {
    "name": "green bell pepper (seeded and sliced)",
    "amount": "1"
  },
  {
    "name": "tomato paste (6-ounce, no salt added)",
    "amount": "2 can"
  },
  {
    "name": "tomatoes (14.5-ounce, diced)",
    "amount": "1 can"
  },
  {
    "name": "garlic (minced)",
    "amount": "3 clove"
  },
  {
    "name": "Italian seasoning",
    "amount": "1 tbsp"
  },
  {
    "name": "medium chicken thighs (skins removed)",
    "amount": "6"
  }
],
"directions": [
  "Place all the ingredients in a crock pot.",
  "Cook on high for 4 hours.",
  "Serve the chicken over whole wheat rotini pasta if desired."
],
"image_link":
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},
{
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  "prep_time": "15 min",
  "cook_time": "6 Servings",

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"servings": 1,
"ingredients": [
  {
    "name": "nonstick cooking spray",
    "amount": "1"
  },
  {
    "name": "extra-large white mushrooms",
    "amount": "6 (about 8 oz)"
  },
  {
    "name": "olive oil (divided)",
    "amount": "2 tsp"
  },
  {
    "name": "balsamic vinegar",
    "amount": "2 tsp"
  },
  {
    "name": "small onion (diced)",
    "amount": "1/4"
  },
  {
    "name": "small green pepper (diced)",
    "amount": "1/4"
  },
  {
    "name": "lean turkey breakfast sausage",
    "amount": "2 oz"
  },
  {
    "name": "gluten-free bread crumbs",
    "amount": "2 tbsp"
  },
  {
    "name": "reduced-fat, shredded mozzarella cheese (reduced-fat, shredded)",
    "amount": "1 tbsp"
  },
  {
    "name": "grated Parmesan cheese",
    "amount": "1 tbsp"
  }
],
"directions": [
```

"Preheat the oven to 325 degrees F. Coat a square baking dish with cooking spray.",  
"Remove the stems from the mushrooms and chop them finely. Set aside the stems.",  
"Place the mushroom caps in a bowl and toss them with 1 Tsp. olive oil and balsamic vinegar. Set aside the caps.",

"Heat the remaining Tsp. olive oil in a medium skillet over medium heat. Add the onion, green pepper, and mushroom stems and sautéed for 3 minutes. Add the sausage and cook for another 8 to 10 minutes, stirring frequently, until the sausage is completely browned.",

"Add the breadcrumbs, stirring to combine evenly with all the other ingredients. Stir in the mozzarella cheese and melt.",

"Remove the pan from the heat and stir in the Parmesan cheese.",

"Fill each mushroom generously with the sausage mixture (about 1 heaping Tbsp. per mushroom cap). Arrange the mushrooms in the baking dish and bake for 40 minutes or until the stuffing is crispy on the top."

],

"image\_link":

"https://static.diabetesfoodhub.org/system/thumbs/system/images/recipes/527-diabetic-stuffed-mushrooms\_diabetes-cookbook\_081618\_1021x779\_3885281428.jpg"

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{

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"cook\_time": "25 min",

"servings": 2,

"ingredients": [

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"amount": "1"

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{

"name": "egg substitute",

"amount": "1/4 cup"

},

{

"name": "flour",

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},

{

"name": "skim milk",

"amount": "2 tbsp"

},

{

"name": "canola oil",

"amount": "2 tsp"

},

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{
  "name": "vanilla extract",
  "amount": "1/4 tsp"
},
{
  "name": "salt",
  "amount": "1/8 tsp"
},
{
  "name": "raspberries",
  "amount": "2 1/2 oz"
},
{
  "name": "strawberries (sliced)",
  "amount": "6"
},
{
  "name": "mixed berry yogurt",
  "amount": "2 tbsp"
}
],
"directions": [
  "Preheat the oven to 400 degrees Fahrenheit. Lightly coat two 8-oz ramekins (4-inch diameter) with cooking spray. Set aside.",
  "In a medium bowl, whisk together the egg substitute, flour, milk, oil, vanilla, and salt until smooth. Pour half the batter into each ramekin. Set the filled ramekins on a baking sheet.",
  "Bake for 20 to 25 minutes, or until golden brown and puffy. Remove from the oven. Using the tip of a knife, gently pierce each pancake in one place. Allow to stand for 5 minutes so you don't burn your fingers when handling the ramekins.",
  "Meanwhile, in a small bowl, gently stir together the raspberries and strawberries. Spoon half of the berries over each cooled pancake, then dollop each with 1 tablespoon yogurt."
],
"image_link":
https://static.diabetesfoodhub.org/system/thumbs/system/images/recipes/1718-diabetic-fruit-pancake-puff-breakfast-dessert\_Diab-Heart-Healthy-for-Two\_012819\_3885281428.jpg
},
{
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  "prep_time": "15 min",
  "cook_time": "10 min",
  "servings": 8,
  "ingredients": [

```



```
      "name": "mixed berries (such as strawberries, blueberries, blackberries, and raspberries)",
```

```
      "amount": "3 cup"
```

```
    },
```

```
    {
```

```
      "name": "low-calorie sugar substitute",
```

```
      "amount": "1 tsp"
```

```
    },
```

```
    {
```

```
      "name": "maple syrup",
```

```
      "amount": "1 tbsp"
```

```
    },
```

```
    {
```

```
      "name": "cardamom (ground)",
```

```
      "amount": "1/4 tsp"
```

```
    },
```

```
    {
```

```
      "name": "balsamic vinegar",
```

```
      "amount": "4 tsp"
```

```
    },
```

```
    {
```

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      "name": "angel food cake, cut into eight (1-inch-thick slices)",
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```
    },
```

```
    {
```

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```

```
      "amount": "1"
```

```
    }
```

```
  ],
```

```
  "directions": [
```

```
    "Line a medium bowl with a large piece of aluminum foil, pressing the foil into the sides of the bowl well.",
```

```
    "Add the berries, Splenda, maple syrup, cardamom, and balsamic vinegar over all.",
```

```
    "Wrap the foil up, forming a package, and twist the top so the liquid doesn\u2019t escape.",
```

```
    "Preheat the grill over medium-high heat and place the berry package on the grill.",
```

```
    "Grill for 5\u20136 minutes, turning and shaking the package occasionally. Spray the cake slices lightly with vegetable oil to prevent sticking and add the cake slices to the grill to mark. Grill gently for 2\u20133 minutes, place on a serving dish and pour the melted berries over the cake.",
```

```
    "If desired, serve with sugar-free whipped cream or low- or no-fat Greek yogurt."
```

```
  ],
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"image\_link":  
"https://static.diabetesfoodhub.org/system/thumbs/system/images/recipes/RecId\_722\_GrilledAngelCakewithMeltedBerries\_SizzleSmoke\_022618\_1644968879.jpg"

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  },  
  {  
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    "cook_time": "8Servings",  
    "servings": 1,  
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        "name": "warm water (around 100 degrees)",  
        "amount": "1 cup"  
      },  
      {  
        "name": "low-calorie brown sugar substitute",  
        "amount": "1 tbsp"  
      },  
      {  
        "name": "active dry yeast",  
        "amount": "1 packet"  
      },  
      {  
        "name": "whole wheat flour",  
        "amount": "2 cup"  
      },  
      {  
        "name": "salt (optional)",  
        "amount": "1/2 tsp"  
      },  
      {  
        "name": "nonstick cooking spray",  
        "amount": "1"  
      },  
      {  
        "name": "olive oil",  
        "amount": "1 tsp"  
      },  
      {  
        "name": "white (button) mushrooms (diced)",  
        "amount": "8 oz"  
      },  
      {  
        "name": "cooked spinach",
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```

    "amount": "1 cup"
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  {
    "name": "garlic (minced)",
    "amount": "1 clove"
  },
  {
    "name": "salt (optional)",
    "amount": "1 tsp"
  },
  {
    "name": "black pepper",
    "amount": "1/2 tsp"
  },
  {
    "name": "mozzarella cheese (reduced fat)",
    "amount": "3/4 cup"
  },
  {
    "name": "eggs (beaten with 1 Tbsp. water)",
    "amount": "1"
  }
],
"directions": [

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"Set up a mixer fitted with the dough hook attachment. If you do not have a mixer, set up the food processor.",

"Add warm water, Splenda Brown Sugar, and yeast to the mixing bowl or food processor bowl and let the yeast bloom for 5 minutes. The yeast should begin to get frothy.",

"Add the flour and salt (optional) and mix on low until flour is incorporated. If using a mixer with the dough hook attachment, turn the speed up to medium and knead the dough for 5 minutes. If using a food processor, turn the dough onto a clean, floured board or counter top and knead by hand for 5-7 minutes. If the dough is too sticky, add a Tbsp. of flour at a time until it forms a smooth dough.",

"Add kneaded dough to a large bowl coated with cooking spray, cover and put in a warm place for one hour to rise.",

"While the dough is rising, preheat the oven to 400 degrees F. Coat a baking sheet with cooking spray. Set aside.",

"In a medium sautéed pan, heat olive oil over medium-high heat. Add mushrooms and sautéed until softened and all of the liquid from them is evaporated.",

"In a medium bowl, combine mushrooms, spinach, garlic, salt (optional), pepper and mozzarella cheese. Set aside.",

"Divide the dough into eight balls and let rest, covered with plastic wrap, for about 15 minutes.",

"Roll out each dough round to 1/4 inch thickness. Add 1/8 of filling (about 1/2 cup) to each round. Fold over to form a calzone and press the edges to seal. Repeat this process for the remaining 8 hot pockets and place on the baking sheet.",

"Brush each hot pocket with egg wash and bake for 25 minutes or until golden brown."

],

"image\_link":

"https://static.diabetesfoodhub.org/system/thumbs/system/images/recipes/augsep13\_veg\_hot\_pockets\_istock12805542\_279x200\_2249721274.jpg"

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{

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"prep\_time": "30 min",

"cook\_time": "1 hr",

"servings": 12,

"ingredients": [

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"name": "nonstick cooking spray",

"amount": "1"

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{

"name": "medium onion (diced)",

"amount": "1"

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{

"name": "lean ground turkey (93% fat-free)",

"amount": "20 oz"

},

{

"name": "ground cinnamon",

"amount": "2 1/2 tsp"

},

{

"name": "ground oregano",

"amount": "1 tsp"

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{

"name": "salt",

"amount": "1/2 tsp"

},

{

"name": "black pepper",

"amount": "1/2 tsp"

},

{

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    "name": "low sodium tomato sauce",
    "amount": "2 (15-oz) cans"
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  {
    "name": "fresh parsley (chopped)",
    "amount": "1 tbsp"
  },
  {
    "name": "whole-grain penne pasta",
    "amount": "1 lbs"
  },
  {
    "name": "olive oil",
    "amount": "1 tbsp"
  },
  {
    "name": "whole wheat flour",
    "amount": "2 tbsp"
  },
  {
    "name": "skim milk",
    "amount": "2 cup"
  },
  {
    "name": "ground nutmeg",
    "amount": "1/8 tsp"
  },
  {
    "name": "Parmesan cheese (freshly grated )",
    "amount": "1/3 cup"
  },
  {
    "name": "eggs",
    "amount": "1"
  }
],
"directions": [
  "Preheat the oven to 350 degrees F. Coat a 9x13-inch baking sheet with cooking spray. Set aside.",
  "Add cooking spray to a large nonstick sautéed pan. sautéed onions for 4-5 minutes or until translucent. Add in ground turkey and sautéed for 8-10 minutes, or until turkey is cooked through.",
  "Add cinnamon, oregano, salt (optional), ground black pepper, and tomato sauce. Stir to combine and bring to a simmer for 5-7 minutes or until just starting to thicken."
],

```

"Stir in parsley and set aside.",

"Cook pasta according to package directions, omitting salt. Drain and stir immediately into the turkey mixture. Pour the pasta and turkey mixture into the baking sheet and press down so it is evenly spread in the pan.",

"Add the olive oil to a small saucepan over medium heat. Stir in flour and cook the flour for 1-2 minutes, taking care not to brown it. Stir constantly.",

"Slowly whisk in the skim milk and bring to a boil, whisking constantly. Whisk in the nutmeg and parmesan cheese.",

"In a small bowl, whisk the egg and then slowly whisk in the hot milk mixture to temper the egg. Add the rest of the milk mixture to the egg and then pour over the top of the pasta, spreading to coat the entire thing.",

"Bake on the middle rack of the oven for 30 minutes or until bubbly and top is golden brown. Let cool for 15-20 minutes, then cut into 12 equal slices."

],

"image\_link":

"https://static.diabetesfoodhub.org/system/thumbs/system/images/recipes/127-diabetic-pastitsio-greek-lasagna\_AdobeStock\_123781141\_022421\_3885281428.jpg"

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{

"name": "Garlic Mashed Potato Soup",

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"cook\_time": "30 min",

"servings": 4,

"ingredients": [

{

"name": "margarine (trans fat-free)",

"amount": "1 tbsp"

},

{

"name": "yellow onion (diced)",

"amount": "1/2"

},

{

"name": "garlic (minced, (3\u20134 cloves), to taste)",

"amount": "1"

},

{

"name": "large russet (baking) potatoes (peeled and diced)",

"amount": "2"

},

{

"name": "chicken or vegetable broth (low-sodium)",

"amount": "32 oz"

},

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{
  "name": "sour cream (non-fat)",
  "amount": "2 tbsp"
},
{
  "name": "green onion (scallion) (thinly sliced, or use chives)",
  "amount": "4"
},
{
  "name": "cheddar cheese (shredded, 50% reduced-fat)",
  "amount": "1/3 cup"
},
{
  "name": "turkey, pork, or vegetarian bacon (cooked and crumbled (optional))",
  "amount": "2"
}
],
"directions": [
  "DO AHEAD OR DELEGATE: Dice the onion, peel the garlic, peel and dice the potatoes
and store in a bowl with enough water to cover so they don\u2019t brown, slice the scallions,
shred the cheese if necessary, and refrigerate, cook, and crumble the bacon, or fully prepare
and refrigerate the soup.",
  "(Start the breadsticks and kabobs, if you are serving them.) In a stockpot, heat the
margarine over medium heat. Add the onions and garlic and saut\u00e9d for 3\u20135 minutes until
the onions are translucent. Add the potatoes and cook, stirring frequently, for 1\u20132 minutes
to coat them. Add the broth, bring it to a low boil, and simmer for 20\u201325 minutes, stirring
occasionally, until the potatoes are very tender.",
  "Puree the soup using a handheld immersion blender or a standing blender. Return the
soup to the pot, if necessary, and stir in the sour cream until it is smooth. Serve the soup
immediately, topped with the scallions, cheese, bacon, and extra sour cream, if desired, or
refrigerate for up to 2 days.",
  "SLOW COOKER DIRECTIONS: Add the onions, garlic, potatoes, and broth to the slow
cooker and cook on low for 6\u201310 hours or on high for 3\u20134 hours. 30 minutes before
serving, use an immersion blender or standing blender to puree the soup, then add the sour
cream. Serve topped with the scallions, cheese, bacon, and extra sour cream, if desired. (Slow
cooker cooking times may vary\u2014get to know your slow cooker and, if necessary, adjust
cooking times accordingly.)",
  "FLAVOR BOOSTER Serve with hot pepper sauce, such as Tabasco."
],
"image_link":
"https://static.diabetesfoodhub.org/system/thumbs/system/images/recipes/RecId_707_GarlicMa
shedPotatoSoup_SixOClockScramble_022618_1644968879.jpg"
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"name": "Ham and Broccoli Frittata",
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"cook_time": "25 min",
"servings": 4,
"ingredients": [
  {
    "name": "nonstick cooking spray",
    "amount": "1"
  },
  {
    "name": "packaged hash brown potatoes or fresh grated potato",
    "amount": "2 cup"
  },
  {
    "name": "small broccoli florets (rinsed and drained, but not dried, some water
droplets should cling to the broccoli)",
    "amount": "9 oz"
  },
  {
    "name": "eggs",
    "amount": "4"
  },
  {
    "name": "egg whites",
    "amount": "4"
  },
  {
    "name": "lower-sodium, low-fat ham (cut into 1/4-inch cubes)",
    "amount": "2 oz"
  },
  {
    "name": "skim milk",
    "amount": "1/4 cup"
  },
  {
    "name": "black pepper",
    "amount": "1/4 tsp"
  }
],
"directions": [
  "Preheat the oven to 400\u00b0F.",
  "Lightly spray a medium ovenproof skillet with cooking spray. Heat over medium heat.
Remove from the heat. Put the potatoes in the skillet. Lightly spray with cooking spray. Cook for
4\u0035 minutes, or until the potatoes are golden brown, stirring occasionally.",

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"Put the broccoli in a microwaveable bowl. Microwave, covered, on 100% power (high) for 4 to 5 minutes, or until tender-crisp. Drain in a colander. Stir the broccoli into the potatoes.",

"In a medium bowl, whisk together the egg whites and eggs. Whisk in the ham, milk, and pepper. Pour the mixture over the potatoes and broccoli, stirring well.",

"Bake for 15 minutes, or until the eggs are set (it shouldn't jiggle when the frittata is gently shaken). Let cool for at least 10 minutes, then cut into 4 equal slices."

],

"image\_link":

"https://static.diabetesfoodhub.org/system/thumbs/system/images/recipes/1986-diabetic-Ham-Broccoli-Frittata\_KDBH-bookazine\_012821\_3885281428.jpg"

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{

"name": "Japanese Cucumber Salad",

"prep\_time": "15 min",

"cook\_time": "2 Servings",

"servings": 1,

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{

"name": "medium cucumber",

"amount": "1"

},

{

"name": "rice vinegar",

"amount": "2 tbsp"

},

{

"name": "olive oil",

"amount": "1 tbsp"

},

{

"name": "honey or 1/2 packet artificial sweetener",

"amount": "1 tsp"

},

{

"name": "salt",

"amount": "1/4 tsp"

},

{

"name": "sesame seeds (toasted)",

"amount": "1 tbsp"

}

],

"directions": [

"Peel the cucumbers to leave alternating green stripes. Slice the cucumbers in half lengthwise and scrape the seeds out with a spoon.",

"Using a mandolin, food processor, or knife, slice the cucumber into very thin slices.",

"In a medium bowl, whisk together the vinegar, canola oil, Splenda or Stevia, and salt (optional).",

"Toss the cucumbers and sesame seeds in the dressing and serve."

],

"image\_link":

"https://static.diabetesfoodhub.org/system/thumbs/system/images/recipes/328-JapaneseCucumberDiabetic\_461872121\_050318\_3864451747.jpg"

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"name": "Grilled Chicken Caesar Kabobs",

"prep\_time": "30 min",

"cook\_time": "12 min",

"servings": 4,

"ingredients": [

{

"name": "bamboo skewers",

"amount": "8"

},

{

"name": "Plain Nonfat Greek yogurt (non-fat)",

"amount": "1/2 cup"

},

{

"name": "garlic (minced or grated)",

"amount": "1 clove"

},

{

"name": "lemon juice",

"amount": "2 tbsp"

},

{

"name": "Worcestershire sauce",

"amount": "2 tsp"

},

{

"name": "Extra Virgin Olive Oil",

"amount": "1 tbsp"

},

{

"name": "grated Parmesan cheese (divided use)",

"amount": "1/4 cup plus 2 tbsp"

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    },
    {
      "name": "salt",
      "amount": "1/4 tsp"
    },
    {
      "name": "black pepper",
      "amount": "1/4 tsp"
    },
    {
      "name": "boneless, skinless chicken breast (cut into 3/4-inch cubes (aim for 24
pieces of chicken))",
      "amount": "1 1/4 lbs"
    },
    {
      "name": "red bell peppers (seeded and cut into 1-inch pieces (aim for 24 pieces
of pepper))",
      "amount": "2"
    },
    {
      "name": "romaine lettuce (chopped)",
      "amount": "8 cup"
    },
    {
      "name": "Kalamata olives (pitted and sliced into fourths )",
      "amount": "16"
    }
  ],
  "directions": [
    "Soak the bamboo skewers in warm water for at least 30 minutes.",
    "Preheat an indoor or outdoor grill.",
    "While the skewers are soaking, whisk together the yogurt, garlic, lemon juice,
Worcestershire sauce, olive oil, 2 Tbsps. parmesan cheese, salt, and ground black pepper.",
    "Add the chicken pieces to a bowl and pour 3 Tbsps. of the dressing over the chicken
and toss to lightly coat. Let the chicken sit for 15 minutes. Note: Reserve the extra dressing and
be sure it does not come in contact with the raw chicken.",
    "Thread alternating pieces of chicken and red bell pepper onto the soaked skewers
starting and ending with the chicken, using 3 pieces of chicken and 3 pieces of red pepper.",
    "Grill the kabobs about 7 minutes, turning frequently or until the chicken is cooked
through and reaches 165 degrees F. Set aside.",
    "Toss the romaine lettuce with the remaining salad dressing and then serve by putting
two cups of salad on a plate, top with two chicken kabobs, sprinkle with 8 slices of olive, and
one Tbsp. of grated parmesan cheese."
  ],

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      "image_link":
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      hicken-caesar-kebabs_AdobeStock200139841_012221_3885281428.jpg"
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    {
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      "cook_time": "6 min",
      "servings": 4,
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        {
          "name": "ripe medium bananas (thinly sliced)",
          "amount": "2"
        },
        {
          "name": "buckwheat pancake mix",
          "amount": "1 cup"
        },
        {
          "name": "milk (fat-free )",
          "amount": "2 3/4"
        },
        {
          "name": "pancake syrup (light)",
          "amount": "4 tbsp"
        }
      ],
      "directions": [
        "Mash one half of the banana slices and place in a medium bowl with the pancake mix
        and the milk. Stir until just blended.",
        "Place a large nonstick skillet over medium heat until hot. (To test, sprinkle with a few
        drops of water. If the water drops 'dance' or jump in the pan, it's hot enough.) Coat the skillet
        with nonstick cooking spray, add two scant 1/4 cup measures of batter, and cook the pancakes
        until puffed and dry around the edges, about 1 minute.",
        "Flip the pancakes and cook until golden on the bottom. Place on a plate and cover to
        keep warm.",
        "Recoat the skillet with nonstick cooking spray, add three scant 1/4 cup measures of
        batter, and cook as directed. Repeat with the remaining batter.",
        "Place 2 pancakes on each of 4 dinner plates, top with equal amounts of banana slices,
        and drizzle evenly with the syrup. If you like, place the dinner plates in a warm oven and add the
        pancakes as they are cooked."
      ],

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"image\_link":  
"https://static.diabetesfoodhub.org/system/thumbs/system/images/recipes/RecId\_688\_Banana%  
20Pancakes\_4IngredientCookbook\_022518\_1644968879.jpg"

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        "amount": "1 tbsp"  
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      {  
        "name": "white (button) mushrooms (diced)",  
        "amount": "8 oz"  
      },  
      {  
        "name": "medium red bell pepper (seeded and diced)",  
        "amount": "1"  
      },  
      {  
        "name": "small onion (diced)",  
        "amount": "1"  
      },  
      {  
        "name": "spinach",  
        "amount": "3 cup"  
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        "name": "eggs",  
        "amount": "2"  
      },  
      {  
        "name": "egg whites",  
        "amount": "5"  
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      {  
        "name": "skim milk",  
        "amount": "1/4 cup"  
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      {  
        "name": "salt (optional)",
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    {
        "name": "black pepper",
        "amount": "1/2 tsp"
    },
    {
        "name": "cayenne pepper",
        "amount": "1/4 tsp"
    },
    {
        "name": "fresh basil (chopped)",
        "amount": "1 tbsp"
    }
],
"directions": [
    "Preheat the oven to 350 degrees F.",
    "Add olive oil to an oven safe, non-stick, sautéed pan over medium high heat.",
    "Add mushrooms and sautéed until all of the liquid from the mushrooms is evaporated.",
    "Add bell pepper, onion and spinach and sautéed until vegetables are softened and liquid is evaporated.",
    "Whisk eggs, egg whites, milk, salt (optional), pepper, cayenne pepper and basil in a medium bowl. Pour over vegetables and stir until eggs start to set.",
    "Smooth the top of the frittata with a spatula, and put in oven to bake for 20 minutes or until eggs are set.",
    "Slide the frittata out of the pan onto a plate and slice into 8 pie slices."
],
"image_link":
https://static.diabetesfoodhub.org/system/thumbs/system/images/recipes/133-diabetic-summer-vegetable-frittata\_diabetes-cookbook\_081618\_1021x779\_3885281428.jpg
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{
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    "cook_time": "15 min",
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        {
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            "amount": "1/2 cup"
        }
    ]
}

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    {
      "name": "old-fashioned rolled oats (not quick cooking)",
      "amount": "3/4 cup"
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    {
      "name": "quinoa",
      "amount": "1/4 cup"
    },
    {
      "name": "honey",
      "amount": "2 tsp"
    },
    {
      "name": "ground cinnamon",
      "amount": "1 tsp"
    },
    {
      "name": "vanilla extract",
      "amount": "1/2 tsp"
    },
    {
      "name": "salt",
      "amount": "1/8 tsp"
    },
    {
      "name": "raspberries",
      "amount": "1/2 cup"
    },
    {
      "name": "sliced almonds (toasted)",
      "amount": "1/4 cup"
    }
  ],
  "directions": [
    "Combine the milk and water in a large saucepan and bring to a simmer over medium heat.",
    "Add the oats, quinoa, honey, cinnamon, vanilla, and salt. Reduce the heat to low. Cover and cook, stirring occasionally, until the oats and quinoa are tender, about 15 minutes. Serve topped with the raspberries and almonds."
  ],
  "image_link":
    "https://static.diabetesfoodhub.org/system/thumbs/system/images/recipes/1742-espanol-diabeti-c-cereal-avena-quinua_latin-comfort-foods_13020_3885281428.jpg"

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      "cook_time": "12 oz",
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        {
          "name": "sparkling water",
          "amount": "12 oz"
        },
        {
          "name": "Splenda\u00ae Mandarin Orange Liquid Water Enhancer",
          "amount": "1 tsp"
        },
        {
          "name": "ice",
          "amount": "1 cup"
        },
        {
          "name": "fat-free half-and-half",
          "amount": "1 tbsp"
        }
      ],
      "directions": [
        "In a tall glass, combine sparkling water and Splenda Liquid Water Enhancer. Add ice.",
        "Float half-and half on top and enjoy!"
      ],
      "image_link":
"https://static.diabetesfoodhub.org/system/thumbs/system/images/recipes/Splenda\_Recipes\_OrangeCreamItalianSoda\_3864451747.jpg"
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    {
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      "prep_time": "15 min",
      "cook_time": "15 min",
      "servings": 4,
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        {
          "name": "olive oil",
          "amount": "1 tbsp"
        },
        {
          "name": "nonstick cooking spray",
          "amount": "1"
        }
      ]
    }
  ]
}

```



```
},
{
  "name": "onion (diced)",
  "amount": "1"
},
{
  "name": "sliced mushrooms",
  "amount": "1 cup"
},
{
  "name": "medium red bell pepper (seeded and diced)",
  "amount": "1"
},
{
  "name": "dried thyme",
  "amount": "1/2 tsp"
},
{
  "name": "crushed red pepper flakes",
  "amount": "1/4 tsp"
},
{
  "name": "black pepper",
  "amount": "1/4 tsp"
},
{
  "name": "garlic (minced)",
  "amount": "1 clove"
},
{
  "name": "apple chicken sausage (diced)",
  "amount": "3 links"
},
{
  "name": "water",
  "amount": "1/4 cup"
},
{
  "name": "sweet potatoes (roasted whole, peeled and diced)",
  "amount": "1 lbs"
}
],
"directions": [
```

"Add olive oil and a generous amount of cooking spray to a large sautéed pan over medium high heat.",

"sautéed the onions, mushrooms and red bell pepper for 6-7 minutes or until starting to caramelize.",

"Add the thyme, crushed red pepper flakes, ground black pepper and garlic. Mix well and sautéed 1-2 more minutes.",

"Stir in the chicken sausage and water and sautéed for 3-4 more minutes, scraping the bottom of the pan to mix in any brown bits on the bottom.",

"Gently stir in diced, cooked sweet potatoes and serve."

],

"image\_link":

"https://static.diabetesfoodhub.org/system/thumbs/system/images/recipes/Recid\_117\_Budget-Friendly\_Chicken\_Sausage\_Hash\_PNCImages\_02272018\_1416858894.jpg"

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{

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"cook\_time": "20 min",

"servings": 4,

"ingredients": [

{

"name": "lime juice",

"amount": "1/3 cup"

},

{

"name": "garlic (chopped)",

"amount": "2 clove"

},

{

"name": "olive oil",

"amount": "1 tbsp"

},

{

"name": "honey",

"amount": "1 tbsp"

},

{

"name": "chopped green onions",

"amount": "1/4 cup"

},

{

"name": "chopped fresh cilantro",

"amount": "1/2 cup"

},

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{
  "name": "salt",
  "amount": "1/4 tsp"
},
{
  "name": "boneless, skinless chicken breasts",
  "amount": "1 lbs"
}
],
"directions": [
  "In a large bowl, mix together the lime juice, garlic, olive oil, honey, onions, cilantro, and salt.",
  "Put the chicken breasts in a large resealable plastic bag. Add the marinade to the bag and lay it flat in the refrigerator for at least 1 hour. Note: The longer the chicken is left to marinate, the more flavorful it will become.",
  "Remove the chicken from the bag and discard the marinade. Cook on the grill or stovetop for 5-8 minutes on each side, until it reaches an internal temperature of 165 degrees F."
],
"image_link":
https://static.diabetesfoodhub.org/system/thumbs/system/images/recipes/1948-honey-lime-chicken-DFH-MJ20\_3885281428.jpg
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{
  "name": "Creamy Gravy",
  "prep_time": "5 min",
  "cook_time": "4 Servings",
  "servings": 2,
  "ingredients": [
    {
      "name": "reduced-fat stick margarine (such as I Can't Believe It's Not Butter Stick Original)",
      "amount": "1 tbsp"
    },
    {
      "name": "all-purpose flour",
      "amount": "1 1/2 tbsp"
    },
    {
      "name": "coarse-ground black pepper",
      "amount": "1/4 tsp"
    },
    {
      "name": "skim milk",

```

```

      "amount": "2/3 cup"
    },
    ],
    "directions": [
      "Melt reduced-fat stick margarine in a small saucepan over medium-high heat. Stir in all-purpose flour and cook for 1 minute, stirring constantly and blending until the mixture is smooth. Season with coarse ground black pepper. Gradually blend in skim milk. Cook, stirring constantly, until mixture bubbles and thickens."
    ],
    "image_link":
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  },
  {
    "name": "Grilled Chicken Wraps",
    "prep_time": "20 min",
    "cook_time": "2 Servings",
    "servings": 1,
    "ingredients": [
      {
        "name": "chicken thighs (boneless, skinless)",
        "amount": "3/4 lbs"
      },
      {
        "name": "Salt and freshly ground black pepper",
        "amount": "1"
      },
      {
        "name": "onion slices (1/4-inch, about 1/2 cup)",
        "amount": "2 slice"
      },
      {
        "name": "barbeque sauce (low-sugar, low-sodium)",
        "amount": "1/4 cup"
      },
      {
        "name": "whole wheat flour tortillas (8-inch)",
        "amount": "2"
      },
      {
        "name": "lettuce (shredded)",
        "amount": "1/2 cup"
      },
      {

```

```

      "name": "fresh tomatoes (diced)",
      "amount": "1/2 cup"
    },
  ],
  "directions": [
    "Preheat a stove-top grill",
    "Remove visible fat from chicken, and season with salt and pepper to taste.",
    "Place chicken and onion slices on the grill. Cook 5 minutes. Turn chicken and onions over and grill 3 minutes. Spoon barbecue sauce over chicken and onion, and grill 2 minutes. A meat thermometer should reach 165 degrees F. Transfer to a plate. Using two forks, shred the chicken. Separate the onions into rings.",
    "Meanwhile, wrap the tortillas in foil and add to the grill for 3 minutes to warm through. Fill each tortilla with some of the chicken and onions, and roll into a wrap.",
    "Divide lettuce between two plates, and top with diced tomatoes. Serve."
  ],
  "image_link":
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  {
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    "prep_time": "5 min",
    "cook_time": "4 Servings",
    "servings": 634,
    "ingredients": [
      {
        "name": "watermelon",
        "amount": "2 cup"
      },
      {
        "name": "ice",
        "amount": "2 cup"
      },
      {
        "name": "lime juice",
        "amount": "1/4 cup (from about 2 limes)"
      },
      {
        "name": "fresh mint leaves",
        "amount": "2 tbsp (plus more for garnish)"
      }
    ],
    "directions": [

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"Puree the watermelon, ice, lime juice, and mint in a blender until you get a slushie consistency. Pour into glasses and garnish with a sprig of mint (optional). "

],

"image\_link":

"https://static.diabetesfoodhub.org/system/thumbs/system/images/recipes/2084-diabetic-low-carb-watermelon-mint-slushies\_low-carb-brisette\_050721\_3885281428.jpg"

},

{

"name": "Slow Cooker BBQ Chicken Sliders",

"prep\_time": "15 min",

"cook\_time": "6 hr 15 min",

"servings": 8,

"ingredients": [

{

"name": "chicken breasts (boneless, skinless)",

"amount": "1 lbs"

},

{

"name": "garlic powder",

"amount": "1/2 tsp"

},

{

"name": "black pepper",

"amount": "1/4 tsp"

},

{

"name": "small onion (sliced)",

"amount": "1"

},

{

"name": "water",

"amount": "1 cup"

},

{

"name": "barbeque sauce",

"amount": "1/3 cup"

},

{

"name": "mini whole wheat buns ( split)",

"amount": "8"

}

],

"directions": [

"Place the chicken breasts in a slow cooker. Sprinkle it with garlic powder and pepper. Place the sliced onion on top of the chicken. Pour in 1 cup water. Cover and cook on low for 6 hours, or until done.",

"Drain the cooking water from the slow cooker. Shred the chicken with two forks. Mix in the barbeque sauce and stir to coat the chicken. Heat through for an additional 15 minutes.",

"Assemble the sandwiches, using 1/3 cup BBQ chicken for each bun."

],

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"name": "Slow-Cooker Flank Steak Tacos",

"prep\_time": "10 min",

"cook\_time": "6 hr",

"servings": 12,

"ingredients": [

{

"name": "flank steak",

"amount": "1 1/4 lbs"

},

{

"name": "chili powder",

"amount": "2 tsp"

},

{

"name": "cumin",

"amount": "1 tsp"

},

{

"name": "garlic powder",

"amount": "1 tsp"

},

{

"name": "lime (juiced)",

"amount": "1"

},

{

"name": "water",

"amount": "1/2 cup"

},

{

"name": "6-inch corn tortillas",

"amount": "12"

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    },
    {
      "name": "pico de gallo",
      "amount": "3/4 cup"
    }
  ],
  "directions": [
    "Place the flank steak in a slow-cooker. Sprinkle the meat with chili powder, cumin, and garlic powder. Pour the lime juice over the steak. Pour in the water.",
    "Cover and cook on low for 6 hours or until done. Shred the steak with a fork.",
    "Scoop about 1 1/2 ounces steak into each tortilla. Top each taco with 1 Tbsp. pico de gallo."
  ],
  "image_link":
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  },
  {
    "name": "Oat Bran Pancakes",
    "prep_time": "10 min",
    "cook_time": "30 min",
    "servings": 6,
    "ingredients": [
      {
        "name": "oat bran",
        "amount": "1 cup"
      },
      {
        "name": "all-purpose flour",
        "amount": "1/2 cup"
      },
      {
        "name": "Splenda\u00ae Granulated Sweetener",
        "amount": "1/4 cup"
      },
      {
        "name": "baking powder",
        "amount": "1 tsp"
      },
      {
        "name": "baking soda",
        "amount": "1/2 tsp"
      },
      {
```



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      "name": "salt",
      "amount": "1/8 tsp"
    },
    {
      "name": "low-fat buttermilk",
      "amount": "2 cup"
    },
    {
      "name": "egg substitute",
      "amount": "1/4 cup"
    }
  ],
  "directions": [
    "In a large bowl, stir together oat bran, flour, Splenda Sweetener, baking powder, baking soda, and salt.",
    "In another bowl, whisk together buttermilk and egg substitute. Pour egg mixture over dry ingredients.; Sstir just until ingredients are blended with no large lumps of flour.",
    "Heat a nonstick griddle or skillet over medium heat.",
    "Pour batter, about \u00bc cup at a time, onto hot griddle. Cook pancakes until puffed, browned, and slightly dry around the edges. Flip over and cook other side until golden brown."
  ],
  "image_link":
https://static.diabetesfoodhub.org/system/thumbs/system/images/recipes/Oat-Bran-Pancakes-splenda-logo\_3133232073.jpg
},
{
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  "prep_time": "2 min",
  "cook_time": "20 min",
  "servings": 6,
  "ingredients": [
    {
      "name": "eggs",
      "amount": "6 large"
    },
    {
      "name": "water",
      "amount": "4 cup"
    }
  ],
  "directions": [
    "Lay the eggs in a single layer on the bottom of a large saucepan and cover with cold water so that there is about an inch of water over the eggs.",

```

"Place the pan on a stovetop burner but before turning on the heat, set a timer for 20 minutes.",

"Start the timer then turn the heat to high and bring to a boil. Once boiling, reduce to a gentle simmer and simmer until the timer goes off.",

"When the timer goes off, immediately drain the water from the pan then gently shake the eggs in the pan to crack the shells.",

"Cover in ice water and let sit in the ice water for 15 minutes.",

"Drain the ice water, then gently roll each egg on a paper towel to loosen the shell, and peel the shell off of the egg.",

"Store in an airtight container in the refrigerator for up to one week."

],

"image\_link":

"https://static.diabetesfoodhub.org/system/thumbs/system/images/recipes/1930-hard-boiled-egg-diabetic\_AS\_163304407\_031920\_3864451747.jpg"

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"name": "Savory Cauliflower and Cheesy Cakes",

"prep\_time": "15 min",

"cook\_time": "6 Servings",

"servings": 2,

"ingredients": [

{

"name": "cauliflower head ((about 2 pounds) cut into florets)",

"amount": "1"

},

{

"name": "eggs",

"amount": "1"

},

{

"name": "extra light sharp cheddar (shredded)",

"amount": "1/2 cup"

},

{

"name": "Parmesan cheese (freshly grated)",

"amount": "2 tbsp"

},

{

"name": "salt (optional)",

"amount": "1/2 tsp"

},

{

"name": "black pepper",

"amount": "1/8 tsp"

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    },
    ],
    "directions": [
        "Preheat the oven to 375 degrees F. Line a muffin tin with paper liners.",
        "Place the cauliflower florets in a food processor and pulse until you get a fine texture similar to rice.",
        "In a medium bowl, mix together the cauliflower and remaining ingredients.",
        "Scoop about 1/4 cup cauliflower mixture into each muffin cup. Bake for 30-35 minutes until the cakes are lightly golden on top."
    ],
    "image_link":
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  },
  {
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    "prep_time": "1 hr",
    "cook_time": "4 Servings",
    "servings": 1312,
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      {
        "name": "chia seeds",
        "amount": "1/4 cup"
      },
      {
        "name": "unsweetened vanilla almond milk",
        "amount": "1 cup"
      },
      {
        "name": "lemon zest",
        "amount": "1/2 tsp"
      },
      {
        "name": "lemon juice",
        "amount": "1 1/2 tsp"
      },
      {
        "name": "honey",
        "amount": "1 tbsp"
      },
      {
        "name": "raspberries",
        "amount": "2 cup"
      }
    ]
  }

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],
"directions": [
  "In a small mixing bowl, whisk together all ingredients except the raspberries. Put mixture in the refrigerator for at least one hour until chia seeds soak up the liquid and it becomes a pudding consistency.",
  "To serve, put 1/3 cup pudding in a small bowl with 1/2 cup raspberries."
],
"image_link":
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},
{
  "name": "Chicken and Black Bean Burritos",
  "prep_time": "15 min",
  "cook_time": "4 Servings",
  "servings": 1,
  "ingredients": [
    {
      "name": "avocado (mashed)",
      "amount": "1"
    },
    {
      "name": "large low-carb whole wheat tortillas",
      "amount": "4"
    },
    {
      "name": "pico de gallo or salsa",
      "amount": "1/2 cup"
    },
    {
      "name": "shredded cooked chicken breast",
      "amount": "2 cup"
    },
    {
      "name": "black beans (rinsed and drained )",
      "amount": "1 cup"
    },
    {
      "name": "reduced-fat shredded cheddar cheese",
      "amount": "6 tbsp"
    },
    {
      "name": "shredded lettuce",
      "amount": "1 cup"
    }
  ]
}

```

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    },
    {
        "name": "diced tomatoes",
        "amount": "1 cup"
    }
],
"directions": [
    "Spread 3 Tbsp. mashed avocado on 1 tortilla. Top with 2 Tbsp. pico de gallo, 1/2 cup chicken, 1/4 cup black beans, 1 1/2 Tbsp. cheese, 1/4 cup lettuce and 1/4 cup diced tomatoes.",
    "Fold into burrito. Repeat the procedure for the remaining 3 burritos."
],
"image_link":
"https://static.diabetesfoodhub.org/system/thumbs/system/images/recipes/154-diabetic-chicken-black-bean-burrito_AdobeStock123460054_021921_3885281428.jpg"
},
{
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    "prep_time": "10 min",
    "cook_time": "20 min",
    "servings": 4,
    "ingredients": [
        {
            "name": "low sodium chicken broth",
            "amount": "1 (14-oz) can"
        },
        {
            "name": "canned diced tomatoes",
            "amount": "1 (14.5-oz) can"
        },
        {
            "name": "whole grain or multigrain pasta (such as rotini)",
            "amount": "2 oz"
        },
        {
            "name": "diced cooked chicken breast",
            "amount": "2 cups"
        },
        {
            "name": "packed baby spinach",
            "amount": "1 cup"
        },
        {
            "name": "chopped fresh basil",
            "amount": "1/4 cup"
        }
    ]
}

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    },
    {
      "name": "extra virgin olive oil",
      "amount": "1 tbsp"
    },
    {
      "name": "salt",
      "amount": "1/4 tsp"
    },
    {
      "name": "grated parmesan cheese",
      "amount": "2 tbsp"
    }
  ],
  "directions": [
    "In a medium saucepan, combine the broth and tomatoes and their liquid and bring to a  

    boil over high heat. Stir in the pasta, return to a boil, reduce heat, cover, and simmer 6 minutes  

    or until pasta is just tender.",
    "Remove from heat and stir in the remaining ingredients, except the cheese. Let stand,  

    covered, for 5 minutes to absorb flavors and heat through. Serve topped with cheese."
  ],
  "image_link":
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{
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  "prep_time": "5 min",
  "cook_time": "1 min",
  "servings": 1,
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    {
      "name": "unsweetened cocoa powder",
      "amount": "2 tbsp"
    },
    {
      "name": "white whole-wheat flour",
      "amount": "2 tbsp"
    },
    {
      "name": "Nonstick cooking spray",
      "amount": "1"
    }
  ],
  {

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```

        "name": "baking powder",
        "amount": "1/4 tsp"
    },
    {
        "name": "pinch salt",
        "amount": "1 pinch"
    },
    {
        "name": "stevia powder",
        "amount": "1 1/2 tsp"
    },
    {
        "name": "canola oil",
        "amount": "1 1/2 tsp"
    },
    {
        "name": "skim milk",
        "amount": "2 tbsp"
    },
    {
        "name": "vanilla extract",
        "amount": "1/4 tsp"
    },
    {
        "name": "walnuts (chopped)",
        "amount": "3/4 tbsp"
    }
],
"directions": [
    "Spray a coffee mug with cooking spray.",
    "Add the flour, cocoa powder, baking powder, salt, stevia, canola oil, milk and vanilla and stir to combine.",
    "Microwave for 45 seconds.",
    "Top with the walnuts and serve."
],
"image_link":
"https://static.diabetesfoodhub.org/system/thumbs/system/images/recipes/Recid_177_Chocolate_Walnut_Mug_Cake_ThinkstockPhotos496979402_04112018_748886560.jpg"
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{
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    "prep_time": "10 min",
    "cook_time": "35 min",
    "servings": 6,

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"ingredients": [  
  {  
    "name": "nonstick cooking spray",  
    "amount": "1"  
  },  
  {  
    "name": "fresh green beans",  
    "amount": "1 lbs"  
  },  
  {  
    "name": "petite red potatoes (cut into eighths)",  
    "amount": "6"  
  },  
  {  
    "name": "olive oil (divided)",  
    "amount": "2 tbsp"  
  },  
  {  
    "name": "garlic salt (divided)",  
    "amount": "1/2 tsp"  
  },  
  {  
    "name": "black pepper (divided)",  
    "amount": "1/4 tsp"  
  },  
  {  
    "name": "dried parsley",  
    "amount": "1/4 tsp"  
  }  
],  
"directions": [  
  "Preheat oven to 400 degrees F. Spray a baking sheet with cooking spray.",  
  "In a medium bowl mix together potatoes, 1 Tbsp. olive oil, 1/4 Tsp. garlic salt, 1/8 Tsp.  
pepper and 1/4 Tsp. parsley.",  
  "Place potatoes on half of baking sheet and bake for 15 minutes.",  
  "In a medium bowl mix together green beans, 1 Tbsp. olive oil, 1/4 Tsp. garlic salt and  
1/8 Tsp. pepper.",  
  "After potatoes have baked for 15 minutes; add green beans to the other half of the  
baking sheet. Bake potatoes and green beans for an additional 20 minutes."  
],  
"image_link":  
"https://static.diabetesfoodhub.org/system/thumbs/system/images/recipes/feb13_redpot_greebe  
ans_istock12613695_279x200_2249721274.jpg"  
}
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