

## Control Your Diabetes for Life Spring, 2008

### Pulled Pork Roast

*Trim & Terrific Diabetic Cooking (p232)*

Season this roast the night before, then just pop it into the oven and forget about it until dinnertime!

- 1 tsp garlic powder
- 3 Tbsp dark brown sugar (divided use)
- 3 tsp dried thyme leaves (divided use)
- 2 tsp chili powder
- 1 tsp paprika
- 1/4 tsp cayenne pepper
- 2 lbs pork tenderloin, trimmed of fat  
salt & pepper to taste (optional)
- 2 (15 oz) cans tomato sauces
- 4 Tbsp balsamic vinegar
- 1 1/2 tsp dry mustard powder

Preheat oven to 350° F.

In a small bowl, combine the garlic powder, 1 tablespoon brown sugar, 1 1/2 teaspoons thyme, chili powder, paprika, and cayenne. Rub the mixture into the pork and season with salt and pepper (if using).

In a small bowl, combine the tomato sauce, vinegar, 2 tablespoons brown sugar, 1 1/2 teaspoons thyme, and mustard powder. Place the pork in a roasting pan and pour the tomato sauce mixture over pork. Cover and bake for 3 hours or until the pork is very tender and the internal temperature is 160° F. Using 2 forks, pull the pork apart into shreds. Stir the shredded pork into the sauce and serve.

Yields: 8 servings

Exchanges; 1/2 Carbohydrate, 3 Lean Meat

Nutrition analysis per serving: Calories - 180 (calories from fat - 37), Total Fat - 4 g (saturated fat - 1 g), Cholesterol - 64 mg, Sodium - 525 mg, Total Carbohydrate - 11 g (dietary fiber - 1 g, sugars - 9 g), Protein - 24 g

### Alfredo Orange Roughy & Rice

*Healthy Calendar Diabetic Cooking (p80)*

- Cooking spray
- 4 (4 oz) orange roughy filets
- 2 garlic cloves, minced
- 1/2 cup dry white wine
- 1 pint fat-free half-and-half
- 1/2 cup grated fresh Parmesan cheese
- 1/2 tsp salt (optional)
- 1/8 tsp ground black pepper
- 2 cups cooked brown rice

Coat a large saute pan with cooking spray. Over medium-high heat, sear fish on both sides about 2 minutes.

Remove from pan and set aside. Spray pan again with cooking spray; add garlic. Cook for about 30 seconds; do not let it brown.

Add wine; cook until liquid evaporates by half. Add half-and-half and Parmesan cheese; simmer for about 4 minutes.

Add fish back to pan and add salt and pepper. Simmer for 2 more minutes.

Serve over brown rice.

Yields: 4 servings

Exchanges: 2 1/2 Starch, 1/2 Fat,  
3 Very Lean Meat

Nutrition analysis per serving: Calories - 329 (calories from fat - 62), Total Fat - 7 g (saturated fat - 3 g), Cholesterol - 42 mg, Sodium - 340 mg, Total Carbohydrate - 35 g (dietary fiber - 2 g, sugars - 8 g), Protein - 27 g

## Salmon Patties with Lemon Sauce

*Healthy Calendar Diabetic Cooking (p66)*

- 1 (14.75 oz) can salmon
- 1 egg
- 1/2 tsp ground black pepper
- 1/4 cup crushed saltine crackers
- 1 Tbsp Dijon mustard
- 1 Tbsp dried parsley

In a medium bowl, combine all patty ingredients together. Divide into 4 equal servings. Shape into 1/4-inch thick patties.

Coat a large nonstick skillet with cooking spray. Cook patties over medium heat approximately 5 minutes on each side or until golden brown.

Sauce:

- Juice of one lemon
- 2 Tbsp margarine
- 1 tsp chopped fresh parsley

To prepare sauce, combine lemon juice, margarine, and parsley in a saucepan and simmer 5 minutes. Serve 2 teaspoons sauce over each salmon patty.

Yields: 4 patties

Exchanges: 3 Lean Meat, 1/2 Carbohydrate

Nutrition analysis per serving: Calories - 214 (calories from fat - 125), Total Fat - 14 g (saturated fat - 2 g), Cholesterol - 112 mg, Sodium - 814 mg, Total Carbohydrate - 5 g (dietary fiber - 0 g, sugars - 1 g), Protein - 23 g

## Fruit Orchard Pot Pies

*The Big Book of Diabetic Desserts (p104)*

You can use all apples or all pears if you wish, and dried cranberries or raisins can stand in for the dried cherries.

Filling:

- 2 Tbsp light brown sugar
- 1 Tbsp all-purpose flour
- 1/4 tsp ground nutmeg
- 2 medium ripe but firm pears, peeled & chopped
- 2 medium Granny Smith apples, peeled & chopped
- 1/4 cup dried cherries
- 8 Tbsp unsweetened apple juice (divided use)

Preheat oven to 350° F. Coat 8 (1-cup) custard cups or oven proof bowls with cooking spray and set aside.

Combine brown sugar, flour, and nutmeg in a large bowl and stir to mix well. Add pears, apples, and cherries and toss to coat. Spoon about 1/2 cup of fruit mixture into each of the prepared custard cups. Drizzle each one with 1 tablespoon of the apple juice.

Topping:

- 3/4 cup all-purpose flour
- 2 Tbsp granulated sugar
- 2 Tbsp granular no-calories sweetener
- 1 tsp baking powder
- 1/2 tsp baking soda
- 1/4 tsp salt
- 2 Tbsp 67% vegetable oil butter-flavored spread, chilled
- 1/4 cup low-fat buttermilk

Combine the flour, sugar, no-calorie sweetener, baking powder, baking soda, and salt in a large bowl. Add the butter-flavored spread and blend into dry ingredients using a pastry blender or your fingertips until the spread is uniformly incorporated. Add the buttermilk and stir just until moistened. Drop the batter evenly onto the fruit mixture.

Place the custard cups on a baking sheet and bake for 25-30 minutes or until the topping is well-browned and the fruit is tender. Serve warm.

Yields: 8 servings

Exchanges: 2 carbohydrates, 1/2 fat

Nutrition analysis per serving: Calories - 159 (calories from fat - 24), Total Fat - 3 g (saturated fat - 1 g), Cholesterol - 0 mg, Sodium - 231 mg, Total Carbohydrate - 33 g (dietary fiber - 2 g, sugars - 19 g), Protein - 2 g

## Chocolate Chip Cookies

*Forbidden Foods Diabetic Cooking (p217)*

- 1 1/2 cups all-purpose flour
- 1/2 tsp baking soda
- 1/4 tsp salt
- 1/2 cup stick margarine
- 1/2 cup granulated sugar
- 1/4 cup packed light brown sugar
- 1 egg
- 1/4 cup no-sugar-added applesauce
- 2 Tbsp low-fat (1%) milk
- 2 tsp vanilla extract
- 1/2 cup mini chocolate chips

Preheat oven to 350° F. Spray 2 baking sheets with nonstick cooking spray.

In a small bowl, whisk together the flour, baking soda, and salt.

In a large bowl, with an electric mixer at medium speed, beat the margarine until fluffy. Add the sugars, egg, applesauce, milk, and vanilla and beat 1 minute. Slowly add the flour mixture and beat until combined, about 1 minute. Stir in the chocolate chips.

Drop the dough by teaspoonful onto the prepared baking sheets. Bake until lightly browned, 14-16 minutes. Remove and cool on a baking rack.

Yields: 36 cookies (1 cookie/serving)  
Exchanges: 1/2 Carbohydrate, 1/2 Fat

Nutrition analysis per serving: Calories - 72 (calories from fat - 31), Total Fat - 3 g (saturated fat - 1 g), Cholesterol - 6 mg, Sodium - 66 mg, Total Carbohydrate - 10 g (dietary fiber - 0 g, sugars - 6 g), Protein - 1 g

## Banana Chocolate Chip Bread

*Healthy Calendar Diabetic Cooking (p35)*

- 1 1/2 cups very ripe bananas, mashed (about 4 bananas)
- 2 Tbsp canola oil
- 1/4 cup low-fat buttermilk
- 4 egg whites
- 1 1/2 cups all-purpose flour
- 1/2 cup old-fashioned oats
- 1/2 cup sugar
- 2 tsp baking powder
- 1 tsp baking soda
- 1/2 tsp salt
- 1/3 cup mini-sweet chocolate chips (reserve 1 tablespoon)

Preheat oven to 350° F. Lightly spray an 8x4-in loaf pan with cooking spray.

In a medium bowl, combine bananas, oil, buttermilk, and egg whites; mix well. Set aside.

In a large bowl, combine flour, oats, sugar, baking powder, baking soda, and salt.

Make a well in the center of the dry ingredients. Add banana mixture to dry ingredients all at once and mix well.

Stir in 1/3 cup chocolate chips to batter. Pour batter into loaf pan. Sprinkle 1 tablespoon chocolate chips on top of batter.

Bake 50-60 minutes or until toothpick inserted in center comes out clean.

Yields: 16 servings (1 slice)  
Exchanges: 1/2 fat, 1 1/2 carbohydrate

Nutrition analysis per serving: Calories - 133 (calories from fat - 29), Total Fat - 3 g (saturated fat - 1 g), Cholesterol - 0 mg, Sodium - 215 mg, Total Carbohydrate - 24 g (dietary fiber - 1 g, sugars - 12 g), Protein - 3 g

## Raspberry-Brown Sugar Crumb Cake

*The Big Book of Diabetic Desserts (p64)*

- 3 cups all-purpose flour
- 1/2 cup granulated sugar
- 1/2 cup granular no-calories sweetener
- 2 tsp baking powder
- 1/2 tsp baking soda
- 1/4 tsp salt
- 6 Tbsp 67% vegetable oil butter-flavored spread, chilled (divided use)
- 2 Tbsp light brown sugar
- 2 large eggs
- 1 3/4 cups plain fat-free yogurt
- 2 tsp vanilla extract
- 3 cups fresh raspberries or blueberries or 1 (12 oz) package frozen unthawed raspberries or blueberries

Preheat oven to 375° F. Coat a 13x9-in baking pan with cooking spray and set aside.

Combine the flour, granulated sugar, no-calorie sweetener, baking powder, baking soda, and salt in a large bowl. Add 4 tablespoons of the butter-flavored spread and blend into dry ingredients using a pastry blender or your fingertips until the spread is uniformly incorporated.

To make the crumb topping, transfer the 1/2 cup of flour mixture to a small bowl. Add the remaining 2 tablespoons of the butter-flavored spread and the brown sugar. Blend in using a pastry blender or your fingertips until the spread and sugar are uniformly incorporated. Set the crumb topping aside.

Combine the eggs, yogurt, and vanilla in a medium bowl and whisk until smooth. Add the egg mixture to the first flour mixture and stir just until combined. Gently stir in the berries.

Spread the batter into the prepared pan and sprinkle evenly with the crumb topping. Bake 25 minutes or until the edges of the cake are browned and a wooden toothpick inserted in the center of the cake comes out clean.

Cool the cake completely in the pan on a wire rack before cutting. The cake is best on the day it is made.

Yields: 15 servings (3 x 2 1/2-in piece)  
Exchanges; 2 Carbohydrate, 1 Fat

Nutrition analysis per serving: Calories - 198 (calories from fat - 44), Total Fat - 5 g (saturated fat - 1 g), Cholesterol - 30 mg, Sodium - 195 mg, Total Carbohydrate - 33 g (dietary fiber - 2 g, sugars - 13 g), Protein - 5 g

## Flourless Chocolate Cake

*D-Life promotional flier*

- Butter-flavored cooking spray
- 5 egg whites
- 4 oz semisweet chocolate, chopped
- 3 Tbsp unsweetened cocoa
- 1/2 cup ground walnuts, almonds or hazelnuts
- 1/2 cup Splenda granular
- 1/2 cup reduced-fat sour cream
- 1/2 cup egg substitute
- 1/2 tsp vanilla extract

Preheat oven to 350° F.

Coat a 9-inch springform pan with butter-flavored cooking spray.

In a bowl of electric mixer, beat egg whites on high until stiff glossy peaks form.

Microwave chocolate in microwave-safe bowl on high for 1-2 minutes. Stir until smooth.

Scrape into a mixing bowl. Stir in cocoa, nuts, Splenda granular, sour cream, egg substitute, and vanilla extract. With spatula, fold in egg whites.

Spoon batter into prepared pan and gently smooth top. Bake for 30 minutes and cool.

Loosen edges of pan and remove cake. Cake will deflate. Serve with scoop of ice cream or dairy topping (free/light), if desired.

Nutritional information (*does not include ice cream*)

Exchanges: 1 carbohydrate serving, 2 fat

Nutrition analysis per serving: Calories - 153, Total carbohydrate - 13.7 g, total fat - 10.5 g, saturated fat - 2.7 g, cholesterol - 5.9 mg, protein - 6.7 g, sodium - 70 mg

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