

Side Dish Index

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Presented by the National Extension Dining with Diabetes Working Group.
November 2015



Apple Slaw

Serves 4

Equipment Needed:

Medium and small bowl
Tongs or other utensils to toss slaw
Measuring cups and spoons
Cutting board
Knife

Ingredients:

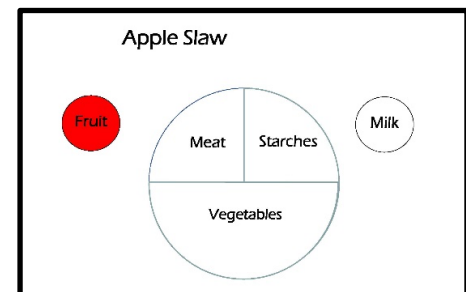
¼ cup fat-free vanilla yogurt
1 Tbsp. orange juice
1 Tbsp. Splenda, granulated
Dash of cinnamon
1 small red apple, diced
2 cups shredded green cabbage
½ cup broccoli florets, chopped
1 small green bell pepper, diced

Directions:

1. Wash hands with soap and water.
2. Scrub apple with clean vegetable brush under running water and dice. Gently rub cabbage under running water and shred, gently rub broccoli under cold running water and chop, and scrub bell pepper with clean vegetable brush under running water and dice.
3. Combine apple and vegetables in medium- sized mixing bowl.
4. Mix yogurt, orange juice, Splenda, and cinnamon together in small bowl.
5. Pour over salad and toss.
6. Serve immediately or refrigerate until ready to serve.



Nutrition Facts	
4 servings per container	
Serving size	1/2 cup (115g)
Amount per serving	
Calories	50
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 15mg	1%
Total Carbohydrate 12g	4%
Dietary Fiber 2g	7%
Total Sugars 7g	
Includes 0g Added Sugars	0%
Protein 1g	
Vitamin D 0mcg	0%
Calcium 40mg	4%
Iron 0mg	0%
Potassium 186mg	4%
*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	





Talking Points

Apple Slaw

1. This is an easy recipe to make and it's crunchy and colorful.
2. Using pre-packaged coleslaw mix in place of shredded cabbage will reduce prep time but may result in a drier product.
3. Research has indicated that cruciferous vegetables may help to protect against certain types of cancers, by protecting against "free-radicals." Cabbage is one cruciferous vegetable. Others include cauliflower, broccoli, Brussel sprouts, and bok choy.
4. The word "cruciferous" refers to the cross-shaped flower in the stem of these plants. We are encouraged to eat several of this type of vegetable every week.
5. Fiber is important to the diet, especially for those with diabetes because fiber helps slow the entry of glucose into the blood stream.
6. By using an unpeeled apple in the recipe, you receive extra fiber, vitamins, and minerals. Apples contain both soluble and insoluble fiber. Soluble fiber reduces cholesterol absorption and insoluble fiber plays an important role in regulating bowel function. Choose the apple color to complement the salad.
7. When Momma said "an apple a day keeps the doctor away" she may not have known why this was true, but as research now indicates, there was a lot of truth in what she said.
8. The combination of yogurt, orange juice, and cinnamon/nutmeg makes a delicious fat-free dressing which could also be used with other salads such as apple Waldorf.
9. This recipe has an image of the Plate Method to show which food groups are represented per serving. Use the Plate Method to select a daily balanced meal pattern.

Flavor Notes: the cinnamon adds a nice touch. You could even try a dash of nutmeg! Or these spices can be omitted – your choice!

Cinnamon and/or Nutmeg, dried/powdered –

Use these spices separately or together in sweet and savory dishes, mixed into meats, sprinkled on vegetables or salads (i.e., apples, sweet potatoes, squash), and/or stirred into warm or cold beverages.

Possible Health Benefits:

Cinnamon and nutmeg both contain antioxidants. Antioxidants can slow or prevent damage to cells; help our bodies fight off chronic diseases; and promote healthy cell aging.

Source: Dining with Diabetes-West Virginia University Extension Service, 2003.

Updated by: Kansas State University Agricultural Experiment Station and Cooperative Extension Service, 2020.

Broccoli Salad with Creamy Dressing

Serves 8 (1½ cup serving)

Equipment Needed:

Microwave- safe bowl
Large and small bowls
Plastic wrap or glass lid
Cutting board
Sharp knife
Mixing spoon
Measuring cups and spoons
Microwave



Ingredients:

Salad

4 c. fresh broccoli florets
2 c. sliced red bell pepper
¾ c. shredded carrot
½ c. chopped red onion
½ c. shredded light cheddar cheese

Dressing

¼ c. light mayonnaise
¼ c. fat-free sour cream
1-2 Tbsp. granulated Splenda or
2-3 Splenda packets
2 tsp. dried dill
2 cloves garlic, minced (or ¼ tsp.
garlic powder or 1 tsp. bottled
pre-minced garlic)
¼ tsp. salt (may omit)
⅛ tsp. black pepper

Directions:

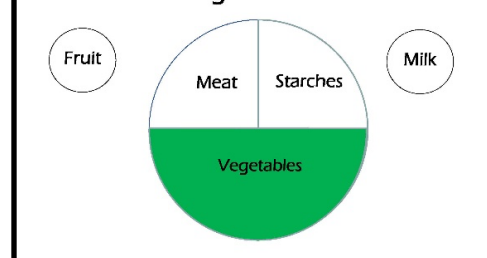
1. Wash hands with soap and water.
2. Wash all produce prior to preparing.
3. Break or cut broccoli into florets.
4. Place broccoli in microwave safe bowl. Add ¼ c. water. Cover with glass lid or plastic wrap pierced several times with a knife.
5. Microwave broccoli for 3-4 minutes until tender crisp.
6. Rinse broccoli under cold water. Drain well.
7. Shred or chop remaining vegetables as indicated.
8. Place broccoli, peppers, carrots, and red onion in a large bowl. Toss and set aside.
9. In a small bowl, mix all ingredients for dressing.
10. Toss dressing with broccoli mixture and stir in shredded cheddar cheese. Serve immediately.

Nutrition Facts

about 8 servings per container	
Serving size	1/2 cup (98g)
Amount per serving	
Calories	70
	% Daily Value*
Total Fat 3g	4%
Saturated Fat 0.5g	3%
Trans Fat 0g	
Cholesterol 5mg	2%
Sodium 200mg	9%
Total Carbohydrate 7g	3%
Dietary Fiber 2g	7%
Total Sugars 3g	
Includes 0g Added Sugars	0%
Protein 4g	
Vitamin D 0mcg	0%
Calcium 73mg	6%
Iron 1mg	6%
Potassium 199mg	4%

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

Broccoli Salad with Creamy Dressing



Talking Points

Broccoli Salad with Creamy Dressing

1. A serving of this colorful salad provides 50% of daily Vitamin A and 110% of Vitamin C, making it an excellent source of powerful antioxidants. Generally speaking, brightly or deeply colored vegetables and fruits indicate high nutritional value and high levels of beneficial antioxidants which may help protect against certain cancers and heart disease.
2. Feta cheese would be a nice substitute for the cheddar. Feta is generally lower in fat than most cheese.
3. Using fat-free sour cream and light mayonnaise lowers the fat and calories of this salad while maintaining its tangy flavor.
4. This recipe has an image of the Plate Method to show which food groups are represented per serving. Use the Plate Method to select a daily balanced meal pattern.

Flavor Notes: Spices and herbs add great taste, aroma, and color to many foods. In addition to reducing sugar and salt, herbs and spices may also offer additional health benefits.

Garlic: You can use fresh, minced, bottled, OR garlic powder. Use garlic POWDER, not garlic salt. Garlic salt may seem to be less expensive, but you are paying mostly for salt.

1 garlic clove = 1/8 tsp. garlic powder = 1/2 tsp. mince garlic

Possible Health Benefits: Garlic may be effective in reducing high blood pressure, blood cholesterol and hardening of the arteries, and blood glucose.

Dill: Use dried dill or try fresh dill weed, minced, when available. You can also use dill weed to season salmon; add to yogurt and chopped cucumber as a dressing; or combine in dishes with basil and cilantro.

Possible Health Benefits of Dill: Dill is a source of calcium, manganese and iron. Dill has antibacterial properties that may slow or inhibit the growth of foodborne bacteria and other substances that make food unsafe.

Source: Dining with Diabetes-West Virginia University Extension Service, 2003.

Updated by: Kansas State University Agricultural Experiment Station and Cooperative Extension Service, 2020.

Classic Caesar Salad

Serves 8

Equipment Needed:

Large bowl
Wire whisk
Tongs or salad servers
Measuring cups and spoons

Ingredients:

1 head Romaine lettuce, torn into bite-size pieces



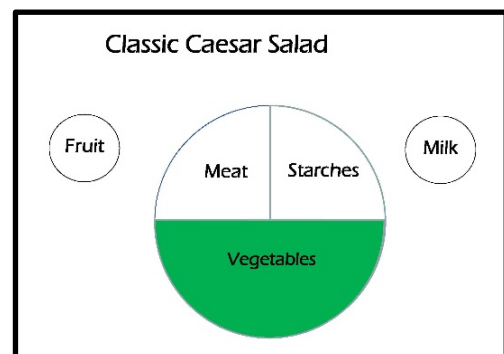
Dressing

½ c. plain fat-free yogurt
¼ c. light mayonnaise
¼ c. fresh chopped parsley (or 1 Tbsp. dried parsley)
1 Tbsp. lemon juice
1 small clove garlic, minced
1 tsp. Dijon mustard
¼ tsp. salt
¼ c. light parmesan cheese
⅛ tsp. black pepper.

Directions:

1. Wash hands with soap and water.
2. Wash all produce prior to preparing.
3. In a large bowl, combine all ingredients for dressing. Whisk to combine thoroughly.
4. Add lettuce and toss gently to mix. Serve immediately.

Nutrition Facts	
about 8 servings per container	
Serving size	1 cup (102g)
Amount per serving	
Calories	50
% Daily Value*	
Total Fat 3g	4%
Saturated Fat 0.5g	3%
Trans Fat 0g	
Cholesterol 5mg	2%
Sodium 180mg	8%
Total Carbohydrate 5g	2%
Dietary Fiber 2g	7%
Total Sugars 2g	
Includes 0g Added Sugars	0%
Protein 2g	
Vitamin D 0mcg	0%
Calcium 73mg	6%
Iron 1mg	6%
Potassium 204mg	4%
*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	





Talking Points

Classic Caesar Salad

1. Cheese can be grated ahead of time, and vegetables can be chopped ahead of time for quick preparation later.
2. This recipe is easy to prepare and requires little clean-up.
3. It is low in carbohydrate and a good source of protein.
4. This recipe calls for pre-cooked chicken breast. Baking or grilling the chicken instead of frying it will keep this dish heart healthy.
5. Refrigerate any leftovers immediately. Serve within two days. When reheating leftovers, make sure the chicken is reheated to 165° F. (the safe internal temperature recommended by USDA).
6. **Flavor Notes:** Spices and herbs add taste, color, and aroma to foods, as well as reducing sugar and salt in recipes. These seasonings may also offer other health benefits.

Thyme's small leaves add flecks of light green color, along with a very light taste.

- Thyme can also be added to sauces, beans, poultry, desserts, preferably at the end of the cooking process.
- *Possible Health Benefits:* Thyme is a source of vitamin A, iron and manganese. This herb may also offer antioxidant and antimicrobial properties.

Oregano is used in a very small amount in this recipe, but its flavor, smell, and taste will enhance the chicken and broccoli.

- *Possible Health Benefits:* Oregano is high in vitamin K and a source of minerals that include manganese and iron. Oregano also has antioxidant and antibacterial properties. Besides using oregano in tomato and pizza sauce, it can be added to sautéed vegetables and salad dressings.

Antioxidants are substances that slow or prevent damage to cells; help our bodies fight off chronic diseases and promote healthy cell aging.

Antimicrobial or Antibacterial compounds slow or inhibit the growth of foodborne bacteria and other substances that make food unsafe.

Does this recipe need more flavor? Try the recipe once with the recommended seasoning amounts. The next time, experiment by adding a bit more of either or both herbs.

Source: Dining with Diabetes-West Virginia University Extension Service, 2003

Updated by: Kansas State University Agricultural Experimental Station and Cooperative Extension Service, 2020

Double Corn Bread

Serves 12

Equipment Needed:

Muffin tin, 9"x9" pan, or 8-inch iron skillet
Large and small mixing bowls
Measuring cups and spoons
Can opener
Mixing spoon
Rubber spatula
Cooking spray

Ingredients:

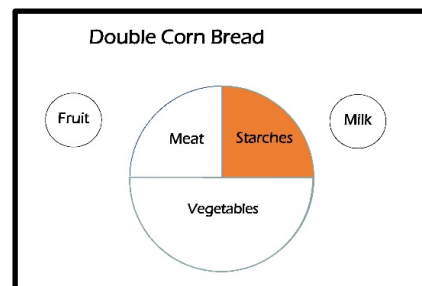
1 cup cornmeal
½ cup all-purpose flour
4 tsp. baking powder
2 egg whites or ¼ cup egg substitute
½ cup fat-free sour cream
2 Tbsp. canola oil
1 can creamed corn (8 ½ oz.)

Directions:

1. Wash hands with soap and water. Preheat oven to 425°F. If using an iron skillet, heat the skillet in the oven.
2. Combine well cornmeal, flour, and baking powder in large mixing bowl.
3. In small bowl, combine egg whites (or egg substitute) sour cream, oil, and creamed corn. Mix well.
4. Wash hands after handling raw eggs. Wash and sanitize any surface touched by raw eggs.
5. Add corn mixture to dry ingredients and stir to moisten dry ingredients.
6. If using muffin tins or 9"x9" pan, spray with cooking spray. If using iron skillet, remove from oven and spray lightly with cooking spray.
7. Spoon batter into muffin tin or pan. Spray top lightly with cooking spray.
8. Bake muffins for 20 minutes; pan or skillet bread for 25 minutes.
9. Remove from oven. Serve warm. Makes 12 portions.



Nutrition Facts	
12 servings per container	
Serving size	1 muffin (60g)
Amount per serving	
Calories	110
% Daily Value*	
Total Fat 3g	4%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 210mg	9%
Total Carbohydrate 19g	7%
Dietary Fiber 1g	4%
Total Sugars 1g	
Includes 0g Added Sugars	0%
Protein 3g	
Vitamin D 0mcg	0%
Calcium 48mg	4%
Iron 1mg	6%
Potassium 68mg	2%
*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	





Talking Points

Double Corn Bread

1. Fat-free sour cream gives desired flavor to this recipe without added fat. Fat-free plain yogurt can be used instead.
2. Whole wheat flour could be used to increase fiber in this recipe.
3. Baking powder is high in sodium; therefore, do not add salt to the recipe.
4. Creamed corn has some added sugar, which helps to make the recipe tender. The total carbohydrate in creamed corn is not much higher than regular canned corn, but the creamed corn makes a more tender product.
5. One whole egg, two egg whites, or $\frac{1}{4}$ cup egg substitute could be used in this recipe.
6. Canola oil and olive oil are good sources of monounsaturated fat and should be used whenever possible in recipes.
7. Using an iron skillet adds color and flavor to this recipe. Be sure to coat with cooking spray to prevent sticking.
8. This recipe has an image of the Plate Method to show which food groups are represented per serving. Use the Plate Method to select a daily balanced meal pattern.

Source: Dining with Diabetes-West Virginia University Extension Service, 2003

Updated by: Kansas State University Agricultural Experimental Station and Cooperative Extension Service, 2020

Four-Bean Salad

Serves 8

Ingredients

- 1 can (8½ oz.) cut green beans, rinse and drained
- 1 can (8½ oz.) cut wax beans, rinsed and drained
- 1 can (8½ oz.) lima beans, rinsed and drained
- 1 can (8½ oz.) kidney beans, rinsed and drained
- ½ c. thinly sliced red onion rings
- ½ c. chopped celery
- ¼ c. diced green pepper

Dressing:

- 2 tsp. Dijon mustard
- 2 Tbsp. cider vinegar
- ½ tsp. sugar
- ½ tsp. dried thyme (or 1 tsp. chopped fresh thyme)
- ½ tsp. black pepper
- 1 clove garlic crushed or minced
- ¼ c. olive oil

Equipment

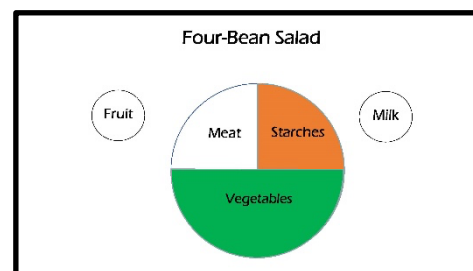
- Can opener
- Colander
- Cutting board and sharp knife
- Large and small mixing bowls
- Whisk or mixing spoon Plastic wrap or bowl cover

Directions

1. In a large mixing bowl, combine all beans, onion, celery and green pepper.
2. In a smaller mixing bowl, whisk together the mustard, vinegar, sugar, thyme, pepper, and garlic. Whisking continually, add the oil in a slow, thin stream until well blended.
3. Pour the dressing over the bean mixture and toss to coat. Cover and refrigerate 12-24 hours before serving.



Nutrition Facts	
servings per container	
Serving size	(144g)
Amount per serving	
Calories	130
% Daily Value*	
Total Fat 7g	9%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 180mg	8%
Total Carbohydrate 13g	5%
Dietary Fiber 4g	14%
Total Sugars 2g	
Includes 0g Added Sugars	0%
Protein 4g	
Vitamin D 0mcg	0%
Calcium 47mg	4%
Iron 1mg	6%
Potassium 220mg	4%
*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	



Talking Points

Four-Bean Salad

1. Canned vegetables are higher in sodium than fresh cooked or frozen vegetables. Draining liquid and rinsing canned vegetables helps reduce sodium.
2. Rinsing lima and kidney beans will reduce gas producing, non-digestible carbohydrates.
3. Kidney beans and lima beans are legumes. These vegetables are rich in soluble fiber which helps slow down digestion of after meals. Legumes also may help reduce absorption of cholesterol from other foods in the same meal. They are also a great source of protein with no saturated fat.
4. Olive oil is a good source of monounsaturated fat which helps protect against heart disease. Although olive oil is high in fat like butter, lard, and shortening, it should be included in the diet in moderate amounts for its heart health benefits.
5. This recipe uses highly flavored vegetables, such as onion and garlic, as well as spices, to give flavor when salt is not added.
6. Four bean salad will keep well for several days if tightly covered and refrigerated. The recipe can easily be doubled.
7. One tablespoon of Four-Bean Salad is only 15 calories. Try putting one tablespoon on salads as a tasty, low-sodium garnish.
8. This recipe has an image of the Plate Method to show which food groups are represented per serving. Use the Plate Method to select a daily balanced meal pattern.
9. **Flavor Notes:** *Thyme's* small leaves add flecks of light green color, along with a very light taste. Thyme can also be added to sauces, beans, poultry, egg dishes. *Possible Health Benefits:* In addition to reducing sugar and salt, herbs and spices may also offer other health benefits. Thyme is a source of vitamin A, iron and manganese. This herb may also offer antioxidant and antimicrobial properties.

Garlic: You can use fresh, minced, bottled, OR garlic powder. Use garlic POWDER, not garlic salt. Garlic salt may seem to be less expensive, but you are paying mostly for salt.

1 garlic clove = 1/8 tsp garlic powder = 1/2 tsp. minced garlic

Possible Health Benefits: Garlic may be effective in reducing high blood pressure, cholesterol and hardening of the arteries, and blood glucose.

Mustard: Mustard is packed with flavor.

Possible Health Benefits: Mustard contains powerful antioxidants as well as a variety of minerals (i.e., iron, magnesium, zinc, calcium).

Antioxidants are substances that slow or prevent damage to cells; help our bodies fight off chronic diseases; and promote healthy cell aging.

Source: Dining with Diabetes-West Virginia University Extension Service, 2003.

Updated by: Kansas State University Agricultural Experiment Station and Cooperative Extension Service, 2020.

Green Beans, Cranberries, and Nuts

Serves 2

Ingredients

- 1 c. canned or frozen green beans or 1 c. fresh green beans, trimmed and cut into 4-inch pieces
- 1 tsp. canola or olive oil
- 2 Tbsp. dried cranberries, or ½ c. fresh or frozen cranberries
- 2 Tbsp. chopped nuts (walnuts, pecans, or almonds)
- ½ Tbsp. honey
- Lemon pepper, dill, or seasoning blend of your choice to taste



Equipment

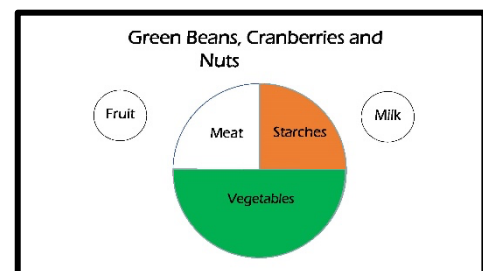
- Medium saucepan
- Colander
- Measuring spoons

Directions

1. Drain and rinse canned green beans.
2. If using frozen or fresh, cook until crisp-tender and drain.
3. Heat oil in saucepan; add cranberries and nuts. Cook, stirring often.
4. Once cranberries are softened, stir in green beans. Cook beans until they are heated through.
5. Add honey and stir well. Serve beans hot, sprinkled with choice of seasoning(s).

Nutrition Facts	
about 2 servings per container	
Serving size	2/3 cup (77g)
Amount per serving	
Calories	150
% Daily Value*	
Total Fat 10g	13%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 17g	6%
Dietary Fiber 3g	11%
Total Sugars 13g	
Includes 4g Added Sugars	8%
Protein 2g	
Vitamin D 0mcg	0%
Calcium 24mg	2%
Iron 1mg	6%
Potassium 141mg	4%

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



Talking Points

Green Beans, Cranberries, and Nuts

1. Recipe is very tasty and looks festive. It would make a great side dish to serve with dinner during the holiday season.
2. Dried cranberries were used in the nutritional analysis. Dried cranberries (and other dried fruits) are a concentrated source of sugar; therefore, it is important to follow the recipe accordingly.
3. In fact, dried cranberries contain six times the amount of calories compared to that of fresh (all from carbohydrates). If fresh or frozen cranberries are available, use the amount called for in the recipe and you can still significantly reduce the amount of carbohydrate listed on the analysis.
4. Chopped pecans were used for the nutritional analysis. You can substitute another type of nut without significantly affecting the nutritional content.
5. Draining and rinsing canned green beans can help reduce sodium, but a better choice would be to use no salt-added green beans, or fresh or frozen.
6. This recipe has an image of the Plate Method to show which food groups are represented per serving. Use the Plate Method to select a daily balanced meal pattern.
7. **Flavor Notes:** *Spicy seasoning mixtures* add a new taste to recipes that have the salt reduced or eliminated. Seasoning mixtures can be used on many foods such as vegetables, chicken, fish, beef, and salads.

There are many *Seasoning Mixes* available for purchase. Check the ingredient list before you buy it. Look for a product with no salt or sugar

Source: Dining with Diabetes-West Virginia University Extension Service, 2003.

Updated by: Kansas State University Agricultural Experiment Station and Cooperative Extension Service, 2020

Healthier Hash Brown Casserole

Serves 6

Ingredients

1 lb. frozen hash browns, thawed
 ¾ c. light sour cream
 ½ c. reduced-fat cheddar cheese
 1 can (10¾-oz.) reduced sodium, low-fat cream of chicken soup
 1 Tbsp. minced onions
 ¼ tsp. black pepper
 Cooking spray

Topping:

½ c. crushed saltines (no-salt added)
 1 Tbsp. melted margarine

Equipment

Mixing bowl
 Measuring cups and spoons
 9" x 13" baking dish
 Mixing spoon or spatula

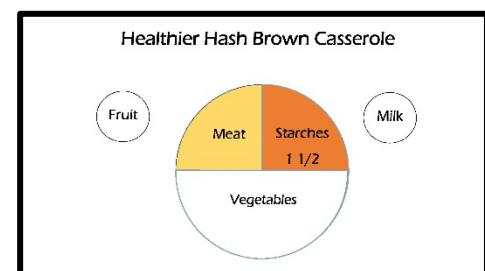
Directions

1. Preheat oven to 350°F.
2. Combine first six ingredients. Place in baking dish that has been sprayed with cooking spray.
3. Combine crushed saltines with melted margarine. Sprinkle over potatoes.
4. Bake for 30-45 minutes or until potatoes are tender.
5. The internal temperature should reach 165° F.



Nutrition Facts	
6 servings per container	
Serving size	1/6 recipe (166g)
Amount per serving	
Calories	150
	% Daily Value*
Total Fat 5g	6%
Saturated Fat 2.5g	13%
Trans Fat 0g	
Cholesterol 15mg	5%
Sodium 310mg	13%
Total Carbohydrate 21g	8%
Dietary Fiber 2g	7%
Total Sugars 1g	
Includes 0g Added Sugars	0%
Protein 6g	
Vitamin D 0mcg	0%
Calcium 85mg	6%
Iron 0mg	0%
Potassium 467mg	10%

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



Talking Points

Healthier Hash Brown Casserole

1. Choosing light and reduced-fat products reduces the calories and fat. Choose a reduced-fat creamed soup to lower the fat. More choices are available now in your supermarket. To reduce fat further, omit the margarine.
2. Using oil in place of melted margarine will reduce the saturated fat content yet still aid the browning of the crumb topping.
3. Canned condensed creamed soups are also high in sodium. Choose reduced-sodium soup to lower the sodium content. More choices are available now in your supermarket.
4. Substitute crushed wheat or bran flakes or no-salt saltines to reduce the sodium as well.
5. Note: This recipe freezes well. It can be divided either before or after baking for a quick and easy dish for another meal.
6. Recipe alternative note: Frozen hash brown potatoes are sold in 2-pound packages. This recipe can look small in a 9 x 13 pan. If using a 2-pound package of hash browns, double the other ingredients, except for the cream of chicken soup: 1 ½ c. light sour cream, 1 c. reduced-fat cheddar cheese, 2 Tbsp. minced onions, 1 c. crushed saltines, and 2 Tbsp. melted margarine.
7. This recipe has an image of the Plate Method to show which food groups are represented per serving. Use the Plate Method to select a daily balanced meal pattern

Source: Dining with Diabetes-West Virginia University Extension Service, 2003.

Updated by: Kansas State University Agricultural Experiment Station and Cooperative Extension Service, 2020.

Lime Salad

Serves 6

Ingredients

- 1 box (4 servings) sugar-free lime gelatin
- 1 c. boiling water
- 1 c. low-fat cottage cheese
- 1 c. crushed pineapple in its own juice
- ¼ c. chopped pecans (optional)

Equipment

- Measuring cups
- Mixing bowl
- Mixing spoon

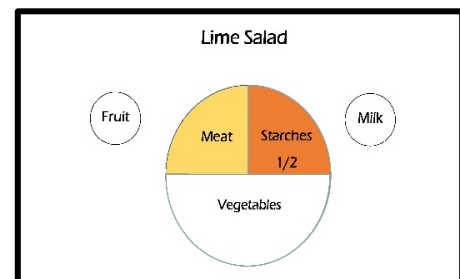


Directions

Thoroughly dissolve gelatin in boiling water.
Add cottage cheese, pineapple, and nuts. Stir to blend well.
Pour into serving dish, cover with plastic wrap. Refrigerate until set.

Nutrition Facts	
6 servings per container	
Serving size	1/2 cup (124g)
Amount per serving	
Calories	90
	% Daily Value*
Total Fat 3.5g	4%
Saturated Fat 0.5g	3%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 200mg	9%
Total Carbohydrate 7g	3%
Dietary Fiber 1g	4%
Total Sugars 6g	
Includes 0g Added Sugars	0%
Protein 6g	
Vitamin D 0mcg	0%
Calcium 27mg	2%
Iron 0mg	0%
Potassium 98mg	2%

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





Talking Points

Parmesan Coated Fillets

1. This recipe is easy to make. Using sugar free gelatin and pineapple canned in water or its own juice reduces the carbohydrate content.
2. This recipe has an image of the Plate Method to show which food groups are represented per serving. Use the Plate Method to select a daily balanced meal pattern.

Source: Dining with Diabetes-West Virginia University Extension Service, 2003.

Updated by: Kansas State University Agricultural Experiment Station and Cooperative Extension Service, 2020.

Orange Almond Salad

Serves 2

Ingredients

Large bowl
Small mixing bowl
Measuring cups and spoons
Cutting board
sharp knife
Whisk
Saucepan
Salad tongs

Ingredients

1½ c. assorted fresh greens (romaine, spinach, kale, etc.)
peeled and separated into sections
¼ c. thinly sliced celery
1 Tbsp. chopped green onion
2 Tbsp. cider vinegar
2 Tbsp. Splenda, granulated or 3 Splenda packets
1 tsp. olive or canola oil
2 Tbsp. toasted slivered almonds

Directions

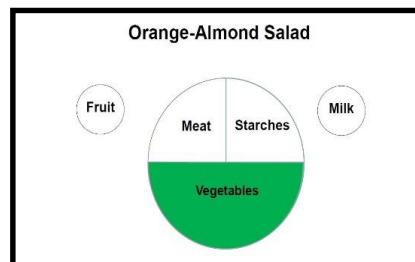
1. Wash hands with soap and water.
2. Combine greens, orange sections, celery, and green onions in a large bowl.
3. Combine vinegar, Splenda, and oil in a small mixing bowl; Stir until well blended.
Drizzle over greens and lightly toss.
4. To serve, garnish with toasted almonds. Serve immediately.



Nutrition Facts

2 servings per container	
Serving size	1 cup (151g)
Amount per serving	
Calories	110
% Daily Value*	
Total Fat 6g	8%
Saturated Fat 0.5g	3%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 20mg	1%
Total Carbohydrate 14g	5%
Dietary Fiber 3g	11%
Total Sugars 7g	
Includes 0g Added Sugars	0%
Protein 3g	
Vitamin D 0mcg	0%
Calcium 66mg	6%
Iron 1mg	6%
Potassium 214mg	4%

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



Talking Points

Orange-Almond Salad

1. This light, refreshing salad provides a good source of fiber and is low in calories.
2. Sealed bags of salad greens may be used. Baby spring salad mixes make a very nice choice. Pre-washed salad greens should not be washed again for your own protection. Research has shown you are at a higher risk of contaminating greens by rewashing them.
3. Spinach and other deep greens are a better choice than iceberg lettuce because they are a good source of folate and Vitamin A.
4. The oranges are a good source of Vitamin C.
5. Remember that the recipe calls for fresh fruit. In the analysis, fresh navel orange sections were used.
6. Using canned fruit is acceptable BUT keep in mind that this changes the overall nutritional content. Choose fruits packed in their own juice or ones that are packed in light syrup. With canned fruits, most of the sugar that is reported on the label is from the juice itself. In this case, the juice should be drained and not consumed, therefore using canned is an acceptable alternative.
7. Olive and canola oils are better fat choices, because they are monounsaturated, instead of lard, butter, or shortening.
8. The nuts provide protein and monounsaturated fats or 'good fats'. Pecans may replace the almonds in this recipe.
9. Vegetables are low in calories and high in fiber. They help make the dish seem satisfying without raising blood sugar.

Source: Dining with Diabetes-West Virginia University Extension Service, 2003.

Updated by: Kansas State University Agricultural Experiment Station and Cooperative Extension Service, 2020.

Seasoned Green Beans and Red Pepper Strips

Serves 4

Equipment

Medium saucepan
Cutting Board
Colander
Knife
Small sauté pan
Mixing spoons
Serving bowl
Spatula
Measuring spoons
Burner

Ingredients

8 oz. fresh green beans
1 small red bell pepper
1 Tbsp. toasted sesame seeds,
OR no-salt- added sunflower seeds
1 Tbsp. low-sodium soy sauce
½ tsp. sesame or olive oil

Directions

1. Wash hands with soap and water.
2. Wash all produce prior to preparing.
3. Trim green beans and cook in boiling water until tender.
4. Drain and rinse beans in cold water.
5. Using clean cutting board and knife, cut pepper into quarter-inch strips. Place in serving bowl.
6. Place sesame/sunflower seeds in small dry sauté pan over medium heat for 1 to 2 minutes. Stir frequently to toast.
7. Place beans in serving bowl with pepper strips and seeds.
8. Toss with remaining ingredients.
9. Serve immediately or refrigerate until ready to serve.



Nutrition Facts

2 servings per container
Serving size 3/4 cup (156g)

Amount per serving

Calories 90

% Daily Value*

Total Fat 3.5g 4%

Saturated Fat 0g 0%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 290mg 13%

Total Carbohydrate 11g 4%

Dietary Fiber 4g 14%

Total Sugars 5g

Includes 0g Added Sugars 0%

Protein 4g

Vitamin D 0mcg 0%

Calcium 52mg 4%

Iron 2mg 10%

Potassium 301mg 6%

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



Talking Points

Seasoned Green Beans and Red Pepper Strips

1. This recipe is very quick and easy to make. It is very low in calories and festive looking. It also packs some impressive nutritional qualities.
2. To reduce nutrient loss, blanch beans (place them in boiling water) for 2 minutes. Package directions state to cook beans until tender. The longer vegetables are cooked in water, the more vitamins are lost. Remember, colorloss and nutrient loss will occur during cooking.
3. Sweet bell pepper (red, green, orange or yellow) is one of the few vegetables that can be frozen without blanching. Slice or dice as you plan to use it in recipes. Peppers are an excellent source of Vitamins A and C.
4. The soy sauce comes from fermented soybeans, roasted wheat, salt, and yeast or malt. Although light soy sauce has half the sodium of regular soy sauce, it still has a considerable amount of sodium and is not considered a low-sodium food.
5. The law governs label terminology. If the label says 'low-sodium', it must have less than 140 mg per serving. If the label says, 'very low sodium', it must have less than 35 mg per serving.
6. Sodium recommendation for people with diabetes is 1500 mg whereas the general public is 2300 mg. Whether you have high blood pressure or not, you should still follow recommended guidelines and limit high sodium foods such as canned soups, pickles, olives, lunchmeats, frozen and boxed meals, and other convenience items.
7. Sesame seeds provide a source of unsaturated fats. The hulled seeds are white with a nutty flavor. They are commonly used to flavor salads.
8. This recipe was analyzed using sesame seeds and sesame oil. Sesame oil is expensive so you can substitute with olive or canola oil.
9. Using no-salt sunflower seeds instead of sesame seeds will add a different flavor.
10. Sesame seeds are normally found in the spice section of your grocery store and sunflower seeds are located near the produce section or near the nuts.
11. This recipe has an image of the Plate Method to show which food groups are represented per serving. Use the Plate Method to select a daily balanced meal pattern.

Source: Dining with Diabetes-West Virginia University Extension Service, 2003.

Updated by: Kansas State University Agricultural Experiment Station and Cooperative Extension Service, 2020

Strawberry Spinach Salad

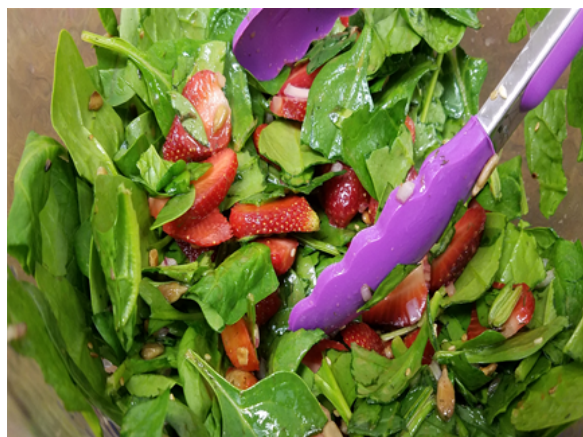
Serves 8

Equipment Needed:

Cutting board and knife
Measuring cups and spoons
Salad bowl and salad tongs
Jar with tight-fitting lid or small mixing bowl
Wire whisk
Baking sheet or pan to toast seeds

Ingredients

8 cups fresh spinach, torn into pieces
2 cups fresh strawberries, sliced
2 Tbsp. finely chopped onion
3 Tbsp. sunflower seeds, toasted (optional)
1 tsp. sesame seeds, toasted (optional)
2 Tbsp. canola oil
2 Tbsp. red wine vinegar
1 Tbsp. sugar
1 tsp. mustard
½ tsp. dried dill
¼ tsp. salt
⅛ tsp. garlic powder



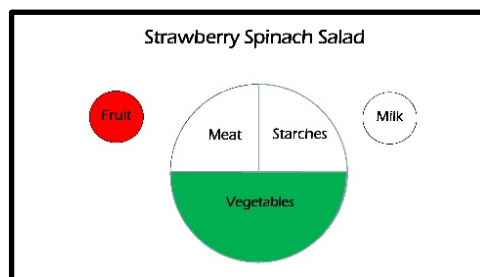
Nutrition Facts

about 8 servings per container	
Serving size	1 cup (86g)
Amount per serving	
Calories	80
% Daily Value*	
Total Fat 5g	6%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 110mg	5%
Total Carbohydrate 7g	3%
Dietary Fiber 2g	7%
Total Sugars 4g	
Includes 2g Added Sugars	4%
Protein 2g	
Vitamin D 0mcg	0%
Calcium 40mg	4%
Iron 1mg	6%
Potassium 228mg	4%

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

Directions

1. Wash hands with soap and water. Wash all produce prior to preparing.
2. In a salad bowl, combine the spinach, strawberries, onion, sunflower kernels and sesame seeds.
3. In a jar with a tight-fitting lid, combine the remaining ingredients to make dressing, shake well.
(Dressing can also be whisked together in a small bowl)
4. Pour dressing over salad and toss gently. Serve immediately.



Talking Points

Sweet and Sour Pork

1. Using baby spinach saves time because it does not have to be torn into pieces.
2. Any fruit may be substituted in this recipe. Fresh peach, nectarines or plums, in season, would be a flavorful addition.
3. The sunflower and sesame seeds may be omitted, or they may be substituted with toasted pecans or walnuts. Research shows that eating 1 ounce of nuts 5 days per week may help reduce the risk of heart disease.
4. Toasting nuts and seeds bring out their natural oils and flavors. Below are three different methods for toasting: 1) *Stovetop method*: Place sesame/sunflower seeds in small dry sauté pan over medium-high heat for 2-3 minutes, stirring frequently, until lightly browned, 2) *Microwave method*: Place on microwave-safe plate, and microwave on high for about 1 minute, stirring every 15 seconds until lightly browned and, 3) *Oven method*: Spread nuts/seeds in a single layer on a baking sheet. Place in 400-degree oven for 5-10 minutes, monitoring frequently as not to burn.
5. Red wine vinegar is recommended in this recipe, however any other vinegar, such as white, balsamic, or cider may be substituted.
6. This recipe has an image of the Plate Method to show which food groups are represented per serving. Use the Plate Method to select a daily balanced meal pattern.
7. **Flavor Notes:**
 1. Spices and herbs add great taste, aroma, and color to many foods. In addition to reducing sugar and salt, herbs and spices may also offer other health benefits.
 2. **Mustard**: Though used in a small amount in this recipe, mustard is packed with flavor.
 3. **Possible Health Benefits**: Mustard contains powerful antioxidants as well as a variety of minerals (i.e., iron, magnesium, zinc, calcium).
 4. **Garlic**: Use garlic POWDER, not garlic salt. Garlic salt may seem to be less expensive, but you are paying mostly for salt.
 5. **Possible Health Benefits**: Garlic may be effective in reducing high blood pressure, blood cholesterol and hardening of the arteries, and blood glucose.
 6. **Dill**: Use dried dill or try fresh dill weed, minced, when available. You can also use dill weed to season salmon; add to yogurt and chopped cucumber as a dressing; or combine in dishes with basil and cilantro.
 7. **Possible Health Benefits**: Dill is a source of calcium, manganese and iron. Dill has antibacterial properties that may slow or inhibit the growth of foodborne bacteria and other substances that make food unsafe.

Source: Dining with Diabetes-West Virginia University Extension Service, 2003.

Updated by: Kansas State University Agricultural Experiment Station and Cooperative Extension Service, 2020.

Zucchini, Carrots, and Basil

Serves 8

Equipment Needed:

Medium saucepan or electric frying pan
Knife
Cutting board
Bowl
Measuring spoons
Spatula

Ingredients

1 Tbsp. olive oil
3 carrots, sliced or julienned 3 zucchini, sliced or julienned
½ c. green onions, sliced.
1 clove garlic, minced or ⅛ tsp. garlic powder
¼ tsp. salt
¼ tsp. pepper
2 tsp. lemon juice
2 Tbsp. fresh basil, chopped (or 1½ tsp. dry basil)

Directions

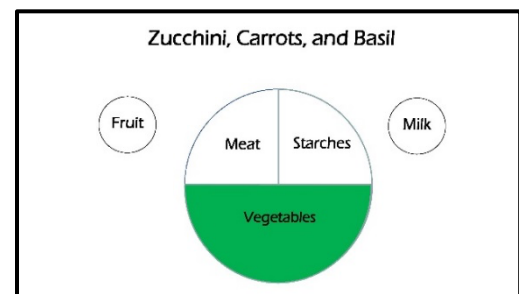
1. Wash hands with soap and water. Wash all produce prior to preparation.
2. Prepare carrots, zucchini, green onions, and garlic as directed.
3. Heat oil in a large skillet over medium-high heat. Add carrots and sauté for 3-5 minutes.
4. Add the zucchini, green onions and garlic; continue cooking for an additional 3-5 minutes, or until vegetables are crisp tender.
Add salt, pepper, lemon juice, and basil. Toss to coat and serve immediately.



Nutrition Facts

8 servings per container	
Serving size	1/2 cup (106g)
Amount per serving	
Calories	40
% Daily Value*	
Total Fat 2g	3%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 95mg	4%
Total Carbohydrate 5g	2%
Dietary Fiber 2g	7%
Total Sugars 3g	
Includes 0g Added Sugars	0%
Protein 1g	
Vitamin D 0mcg	0%
Calcium 27mg	2%
Iron 0mg	0%
Potassium 286mg	6%

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



Talking Points

Zucchini, Carrots, and Basil

1. This is a light side dish with a colorful presentation. It goes great when served with chicken or steak.
2. Vegetables can be pre-sliced and refrigerated to save time during later preparation. Be careful when slicing. Protect your fingers by using proper cutting techniques. Use extra caution when cutting carrots as they can be a little more difficult to slice.
3. The recipe is low in fat, sodium, carbohydrates, and is cholesterol free and a great source of Vitamin A from the carrots.
4. Put the basil, pepper, and garlic in last so that you get the full flavor of the seasonings.
5. Be careful not to overcook vegetables or they will become mushy in texture. When vegetables are overcooked, they also lose nutrients. Loss of color equals loss of nutrition.
6. Summer squash includes varieties such as zucchini, yellow neck that are moist with edible seeds and rinds. Choose summer squash that is small in size to avoid very large seeds and tough rinds. If you have a large squash, try scooping out the seeds before slicing.
7. Summer squash has a high-water content, so keep them stored in a cool, dry place and use as soon as possible.
8. Some of the best ways to enjoy summer squash are stuffed, baked, in casseroles, in stir-fry, roasted, or in omelets.
9. This recipe has an image of the Plate Method to show which food groups are represented per serving. Use the Plate Method to select a daily balanced meal pattern.

10. **Flavor Notes:**

Basil: Add basil to vegetables like zucchini and carrots, to enhance taste, aroma, and color. Fresh OR dried basil will add great flavor to this dish. Fresh will also add color.

Possible Health Benefits: Basil is a good source of vitamin K, a nutrient important for bone health and blood clotting. Basil also contains beta-carotene (which the body can convert to Vitamin A). Eating basil may offer cardiovascular and cognitive health benefits, may reduce inflammation and diabetes risk, and may inhibit the growth of foodborne bacteria.

Garlic: You can use fresh, minced, bottled OR garlic powder. Use garlic POWDER, not garlic salt. Garlic salt may seem to be less expensive, but you are paying mostly for salt.

1 garlic clove = 1/8 tsp garlic powder = 1/2 tsp. minced garlic

Possible Health Benefits: Garlic may be effective in reducing high blood pressure, blood cholesterol and hardening of the arteries, and blood glucose.

Source: Dining with Diabetes-West Virginia University Extension Service, 2003.

Updated by: Kansas State University Agricultural Experiment Station and Cooperative Extension Service, 2020.