

Best of Diabetic Connect

Low-Carb Recipes



10g of Carbs or Less in Every Recipe

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Poultry

Poultry

Lemon Baked Chicken

4 lemons
4 skinless boneless chicken breasts
2 Tbs butter
1/2 c flour
1/2 tsp pepper
1 tsp salt

“ I haven’t ever had any leftovers! ”

—MJ, Diabetic Connect member

Directions

Squeeze 1/2 c juice from lemons, marinate chicken in juice and refrigerate, at least an hour and up to 12 hours. Heat oven to 350 and butter a roasting pan. Melt butter, then combine flour, salt and pepper. Roll chicken in flour mix and set in roasting pan. Drizzle with melted butter and cook in pre-heated oven until well browned, 50-55 min.

Nutritional Facts

Can cut Carb/salt by substituting Smart Balance Light instead of butter, and Mrs. Dash for salt.

Cal. 534

Protein 50g

Sodium 695g

Carb 10g

Servings: 4

Poultry | 4

Savory Italian Grilled Chicken

6 chicken breasts
1/4 cup olive oil
3 cloves garlic, crushed
fresh ground black pepper
1/4 cup fresh basil leaf, chopped
1/4 cup melted butter
3 sprigs fresh rosemary
1 tablespoon parmesan cheese

“ Okay, you’ve done it ...
now I have to get a bbq grill! ”

—Jocelyn, Diabetic Connect member

Directions

To grill, skin chicken breasts and rub in pepper to taste. Blend basil, olive oil, butter, garlic and parmesan cheese at low speed using an electric blender, chopper or processor till smooth. Baste chicken lightly with mixture. Grill over medium coals basting during cooking time with basil sauce. During this time add the rosemary branches to coals for added smoke flavor. Do this 2 or 3 times. Grill 10 minutes each side depending on barbecue temperature. Garnish with fresh basil and serve this grilled chicken recipe with rice or Italian pasta.

Nutritional Facts

| | | | |
|-----------------------------|---------------------------|----------------------------|-----------------------|
| Calories 403 | Saturated Fat 10.1g 50% | Cholesterol 113mg 37% | Dietary Fiber 0.1g 0% |
| Calories from Fat 273 (67%) | Monounsaturated Fat 14.2g | Sodium 159mg 6% | Sugars 0.0g |
| Amount Per Serving %DV | Polyunsaturated Fat 4.1g | Potassium 336mg 9% | Protein 30.8g 61% |
| Total Fat 30.3g 46% | Trans Fat 0.2g | Total Carbohydrate 0.6g 0% | Servings: 6 |

Poultry

Polynesian Chicken

2 pounds boneless chicken breasts
4 ounces fat-free red Russian dressing or French dressing
1/2 cup sugar-free apricot preserves
1 small envelope of onion soup mix

“This is a winner!”

–Sheila, Diabetic Connect member

Directions

Preheat the oven at 350 degrees F.

Wash the chicken and cut into 2” pieces, and place the pieces in a small casserole dish. Mix the remaining ingredients and pour 1/2 of the sauce over the chicken. over and bake for 45 minutes. Stir in the remaining sauce and bake uncovered another 20 minutes,

Nutritional Facts (Per Serving)

| | | |
|----------------------|----------------------|--------------------|
| Calories: 151.0 | Sodium: 605.7 mg | Protein: 23.3 g |
| Total Fat: 1.0 g | Total Carbs: 1.0 g | Servings: 8 |
| Cholesterol: 65.0 mg | Dietary Fiber: 0.4 g | |

Grilled Turkey Breast with Basil & Mozzarella

Olive oil for coating
1 package Honeysuckle White® Turkey Breast
4 slice mozzarella cheese
1 small bunch fresh basil leaves
Salt and freshly ground pepper
1/4 cup salted butter, at room temperature
1 large clove garlic, minced
1/8 teaspoon cayenne pepper

“My mouth is already watering.”

–Cyndi, Diabetic Connect member

Directions

Prepare your gas or charcoal grill for medium-high direct heat grilling. Oil the grill rack. Butterfly the turkey breasts using a long, thin, sharp knife: Cut each turkey tenderloin horizontally into the thickest part, to within 1/2-inch of the other side (so that it can be opened like a book) then cut each in two. Do the following with each breast: Open the tenderloin like a book and place between sheets of plastic wrap. Pound lightly, using a meat mallet, to even out the thickness. Remove the top sheet of wrap. Place 1 slice of cheese and a few basil leaves on one half of the breast. Sprinkle with salt and pepper and close the breast. Coat with a little olive oil, and sprinkle both sides with salt and pepper. In a small bowl, combine the remaining 3 ingredients with a fork and mix well. Form into a log in waxed paper and refrigerate until ready for use. Grill turkey breasts for 3 to 5 minutes on each side, or until no longer pink in the center. Top each breast with a pat of the garlic butter.

Nutritional Facts

| | | |
|---------------------------|---------------------|--------------------|
| Servings: 6.9oz/194.6g | Saturated fat: 12 g | Fiber Carbs: 0 g |
| Calories per serving: 350 | Cholesterol: 146 mg | Sugar Carbs: 1 g |
| Calories from fat 163 | Sodium: 200 mg | Protein: 42 g |
| Total fat: 18 g | Carbohydrate: 1 g | Servings: 4 |

Poultry

Taste-of Summer Chicken

3/4 cup Italian fat-free salad dressing
3/4 cup unsweetened pineapple juice
3/4 cup white wine or white grape juice
6 boneless skinless chicken breast halves(1 1/2 pounds)

“Mr. Chicken ... meet Mr. Grill.”

–Meridian, Diabetic Connect member

Directions

In a large reusable plastic bag, combine the salad dressing, pineapple juice and wine or grape juice. Add the chicken. Seal bag and turn to coat; refrigerate for 8 hours or overnight. Drain and discard marinade. Grill chicken, covered, over medium heat for 6-7 minutes on each side or until juices run clear.

Nutritional Facts (Per Serving)

Calories: 140
Fat: 3 g (1 g sat)
Cholesterol: 63 mg
Sodium: 151 mg
Carbohydrates: 3 g
Fiber: trace
Protein: 23 g
Diabetic Exchange: 3 lean meat
Servings: 6

Poultry | 6

Parmesan Chicken Strips

8 ounces boneless skinless chicken breasts
1/4 cup (1 ounce) grated fat-free Parmesan cheese
1/4 teaspoon chili powder or Hungarian paprika. or to taste
1/2 teaspoon oregano
1/2 teaspoon basil
1/8 teaspoon garlic powder
Salt and freshly ground pepper to taste
1 egg, beaten

“The fact that it is
so low carb is awesome.”

–Avera, Diabetic Connect member

Directions

Preheat the oven to 350 degrees. Cut the chicken into 1-inch strips. Mix the cheese, chili powder, oregano, basil, garlic powder, salt and pepper in a shallow dish. Dip the chicken in the egg and coat with the cheese mixture. Arrange the coated chicken strips on a baking sheet sprayed with nonstick cooking spray. Bake for 18 to 20 minutes or until the chicken is cooked through and light brown, turning once. Serve with fat-free ranch salad dressing, if desired.

Nutritional Facts

| | |
|---------------------|---|
| Calories 38 | Total sugar /1g |
| Cholesterol 34 mg | Diabetic Exchanges: 1 very lean protein carb choices: 0 |
| Fiber <1g carbs ,1g | Servings: 10 |

Poultry

Skinless Roast Chicken with Herbs and Spices

| | |
|--|---------------------------------|
| 1 whole roasting chicken, without skin | 1 tbsp paprika |
| 2 medium garlic cloves , smashed | 1 fresh lemons , pierced |
| 1 medium shallots | 1 tbsp safflower oil |
| 1 pinch fresh rosemary (1 sprig) | 1 pinch black pepper , to taste |
| 1 oz parsley sprigs , 1/2 bunch | 1 pinch salt , to taste |
| 1 tsp ground cayenne (red pepper) | |

Directions

Remove the skin from the chicken. Stuff the chicken with the aromatics and rub the outside of the bird with the safflower oil. Tuck the legs of the chicken underneath and place on a roasting rack. Season liberally with salt (optional) and pepper, cayenne, and paprika. Roast in a 500 degree F oven for 15 minutes. Turn the oven down to 350 degrees F and cook until the juices run away from the bird clear, approx 35 minutes. Let the bird rest and collect its juices. The chicken will have a nice rust color and be packed with flavor.

Nutritional Facts

| | | |
|--------------------|----------------------|---------------------|
| Calories 210.6 | Total Fat 7g | Protein 32.6g |
| Total Carbs 2.5g | Saturated Fat 1.3g | Sodium 120.4mg |
| Dietary Fiber 0.9g | Unsaturated Fat 5.7g | Dietary Exchanges |
| Sugars 0.6g | Potassium 424.2mg | 1/2 Fat, 3 1/4 Meat |
| | | Servings: 6 |

Poultry | 7

Pepper-Lime Chicken

2 1/2 lbs, Chicken breast halves (with bones)
1/2 teaspoon finely shredded lime peel
1/4 cup lime juice
1 Tablespoon extra-virgin olive oil
2 cloves garlic, minced
1 Tablespoon chopped fresh basil or thyme
or 1 teaspoon dried basil or thyme, crushed
1/2 to 1 teaspoon cracked black pepper
1/4 teaspoon salt

“Mmm! Zingy chicken!
Everybody out of my way!”

—Barbara, Diabetic Connect member

Directions

If desired, skin chicken. Preheat broiler. Place chicken pieces, bone side up, on the unheated rack of a broiler pan. Broil 4 to 5 inches from heat about 20 minutes or until lightly browned. Meanwhile for glaze, in a bowl stir together lime peel, lime juice, oil, garlic, basil, pepper and Kosher salt. Brush chicken generously with glaze. Turn chicken; brush generously with glaze. Discard any remaining glaze. Broil for 5 to 15 minutes more or until chicken is no longer pink. (170 degrees)

Nutritional Facts (Per Serving)

| | | |
|---------------------|--------------------|--------------------|
| Calories: 120 | Sodium: 179 mg | Protein: 27 g |
| Fat: 4 g (1 g Sat.) | Carbohydrates: 1 g | Carb 10g |
| Cholesterol: 51 mg | Fiber: 0 g | Servings: 6 |

Poultry

Southwestern Turkey Burger

10 oz ground turkey
1 oz silken tofu (2 tablespoons)
1/2 tsp ground cumin
1/4 tsp garlic powder
1 tsp canola oil (in spray bottle)
1/2 medium avocados , 6 slices
2 tbsp fat free sour cream
4 Lettuce, green leaf, fresh, outer leaf , about the size of a burger

“I like using cumin for
that extra bit of taste.”

–Donna, Diabetic Connect member

Directions

Preheat oven to 350 degrees F. Combine the ground turkey, tofu, cumin, and garlic in a bowl and mix well. Form into two patties. Heat a medium non-stick skillet over medium heat. Mist both sides of each burger with canola oil spray. Cook in the skillet 3-1/2 minutes. Transfer to a pre-heated 350 degree F oven and bake five minutes or until cooked through. Let stand five minutes to cool slightly. Place each burger on a piece of leaf lettuce. Top each burger with three slices of avocado, a tablespoon of sour cream and the remaining slices of leaf lettuce.

Nutritional Facts

| | | | |
|--------------------|-----------------------|------------------------------|-------------|
| Calories 355.9 | Total Fat 23.7g | Protein 28.9g | Servings: 2 |
| Total Carbs 8.4g | Saturated Fat 5.3g | Sodium 204.9mg | |
| Dietary Fiber 2.1g | Unsaturated Fat 18.4g | Dietary Exchanges | |
| Sugars 1.5g | Potassium 551mg | 3 Fat, 4 Meat, 1/4 Vegetable | |

Poultry | 8

Beginner's Indian Curry

1/2 teaspoon mustard seeds, crushed
1/4 teaspoon cumin seeds, crushed
1 cup canned diced tomato, drained
1 tablespoon vegetable oil
1/4 teaspoon ground turmeric
1/4 teaspoon ground red chili
1/4 teaspoon salt
1 pound (about 1 3/4 cups) cubed cooked chicken breast
3/4 cup light coconut milk

“Wow, so simple AND so flavorful.”

–John, Diabetic Connect member

Directions

Heat a large skillet over medium heat. Add the mustard and cumin seeds. Cook 2 minutes or until seeds are fragrant, stirring frequently. Combine the tomato and oil in a small bowl; add to the seeds. Cook 1 minute, stirring constantly. Stir in the turmeric, red chili, and salt. Cook, stirring, for another minute. Add chicken and cook for 1 minute. Stir in coconut milk; cover. Simmer over low heat 10 minutes or until chicken is cooked through. Serve hot, spooned over warm basmati rice.

Nutritional Facts

| | | | |
|-------------------|------------------|---------------|-------------|
| Calories: 219 | Protein: 24g | Iron: 2mg | Servings: 4 |
| Fat: 12g | Carbohydrate: 4g | Sodium: 145mg | |
| Cholesterol: 71mg | Fiber: 1g | Calcium: 18mg | |

Lemon Sage Turkey

| | |
|--------------------------------------|--|
| 3 tbsp grated lemon rind | 1 tsp salt |
| 1/4 cup fresh lemon juice | 1 Turkey, average, skin, raw , 1-12 pound fresh or frozen turkey, thawed |
| 3 tbsp ground thyme | 4 cup chicken broth, low sodium (2-16 oz cans) |
| 2 tbsp sage, ground (or rubbed sage) | 1 cooking spray |
| 1 tbsp black pepper , cracked | |

Directions

Preheat oven to 350 degrees F. Whisk together lemon rind and juice, thyme, sage, pepper, and salt. Reserve. Take out giblets and neck from turkey, save for another use or discard. Wash and dry turkey. Cut off any extra fat from surface of turkey. Beginning at the neck, insert fingers between skin and meat and gently separate. Tuck wing tips under turkey. Massage the lemon mixture under the skin of the turkey and on the surface. Add 1 can of broth to the bottom of a roasting pan. Arrange turkey, breast side up on a cooking spray coated rack. Move rack to roasting pan and place a meat thermometer into the thickest part of the thigh, being sure not to touch bone. Cook for 1 1/2 hours. Add another can of broth into the pan and cook another 1 1/2 hours, the meat thermometer should read 180 degrees F. Take turkey out of oven, cover with foil, and let rest 15 to 20 minutes. Take off skin before serving.

Nutritional Facts

| | | |
|--------------------|---------------------|-----------------------|
| Calories 265.1 | Saturated Fat 6.3g | Dietary Exchanges |
| Total Carbs 2g | Unsaturated Fat 18g | 4 1/4 Fat, 1 1/4 Meat |
| Dietary Fiber 0.7g | Potassium 85.2mg | |
| Sugars 0.5g | Protein 9.2g | Servings: 12 |
| Total Fat 24.3g | Sodium 418mg | |

“This is a good recipe.”

–Lizzie, Diabetic Connect member

Black Pepper Citrus Chicken

Be sure to use fresh, coarsely ground black pepper in this dish; finely ground will overpower the chicken.

| | |
|--|-------------------------------------|
| 1 tablespoon canola oil, divided | 2 teaspoons bottled minced garlic |
| 1 1/4 teaspoons freshly ground black pepper, divided | 1/4 cup white wine |
| 1/4 teaspoon salt | 2 tablespoons fresh orange juice |
| 4 (6-ounce) skinless, boneless chicken breast halves | 1 tablespoon fresh lemon juice |
| 1 cup vertically sliced onion | 2 tablespoons chopped fresh parsley |

Directions

Heat 1 teaspoon oil in a large nonstick skillet over medium-high heat. Sprinkle 1/2 teaspoon pepper and salt over chicken. Add chicken to pan; cook 2 minutes on each side or until browned. Remove chicken from pan; keep warm. Add remaining 2 teaspoons oil to pan. Add onion and garlic to pan; sauté 2 minutes. Add wine; cook 1 minute. Return chicken to pan. Add remaining 3/4 teaspoon pepper and juices. Cover, reduce heat, and simmer 4 minutes or until chicken is done. Sprinkle with parsley. Yield: 4 servings (Servings: 1 chicken breast half and 2 tablespoons onion mixture)

Nutritional Facts

| | | |
|---|-------------------|--------------------|
| Calories 240(22% from fat) | Calcium 29mg | Servings: 4 |
| Fat 5.9g (sat 0.8g,mono 2.6g,poly 1.5g) | Sodium 259mg | |
| Protein 39.6g | Fiber 0.5g | |
| Cholesterol 99mg | Iron 1.5mg | |
| | Carbohydrate 3.8g | |

Poultry

Asian Grilled Chicken Breasts

1/4 cup olive oil
1 tablespoon soy sauce
2 cloves garlic, crushed
1 tablespoon minced ginger
1 tablespoon Dijon mustard
salt to taste
freshly ground black pepper
6 skinless, boneless chicken breasts

“I use this sauce to marinate other meats also.”

–Lucille, Diabetic Connect member

Directions

Mix the oil, soy sauce, garlic, ginger, mustard, salt and pepper, and brush on the chicken breasts. Refrigerate for at least 30 minutes or overnight. Preheat the grill. Grill the breasts for 5 to 6 minutes on each side, depending on the thickness. Let the chicken rest on a plate for 1 or 2 minutes before serving. Servings: 1 breast

Nutritional Facts

Calories 166
Carbohydrate 0 g
Fat 6 g

Fiber 0 g
Protein 26 g
Saturated Fat 1 g
Sodium 243 mg

Servings: 6

Jalapeno and Bacon Chicken Breasts

| | |
|--------------------------------------|---|
| 6 chicken breast halves, skinned | 1/3 cup bottled pickled jalapeno pepper slices, drained |
| 1 tablespoon chili powder | 1 tablespoon cornstarch |
| salt | 1 tablespoon cold water |
| 1/2 cup reduced-sodium chicken broth | 1 8-ounce package reduced-fat cream cheese, softened and cut into cubes |
| 2 tablespoons lemon juice | 2 slices bacon or turkey, crisp-cooked, drained, and crumbled(optional) |

Directions

Sprinkle chicken with chili powder and a little salt. Arrange chicken, bone-side down, in a 4-1/2 to 6-quart slow cooker. Pour chicken broth and lemon juice around chicken in cooker. Top with jalapeno pepper slices. Cover and cook on low-heat setting for 5 to 6 hours or on high-heat setting for 2-1/2 to 3 hours. Transfer chicken and jalapeno peppers to a serving platter, reserving cooking liquid. Cover chicken with foil to keep warm. If using low-heat setting, turn to high heat setting. For sauce, in a small bowl combine cornstarch and water; stir into liquid in cooker. Add cream cheese; whisking until combined. Cover and cook about 15 minutes more or until thickened. If desired, sprinkle chicken with bacon. Serve sauce with chicken

Nutritional Facts

Calories 329
Total Fat (6 g sat. fat, 11g total fat)
Cholesterol 143mg
Sodium 489mg

Carbohydrates 5g
Protein 49g
Exchanges 7 very lean meat, 2 Fat

Servings: 6

“Fast, easy and tastes like I slaved away in the kitchen all evening.”

–Donna, Diabetic Connect member

Chicken with Artichokes and Olives

| | |
|--|--|
| 2 cups sliced fresh mushroom | 1 teaspoon dried thyme, crushed |
| 14 1/2-ounce can diced tomatoes, undrained | 1/4 teaspoon salt |
| 1 cup reduced-sodium chicken broth | 1/4 teaspoon black pepper |
| 1/2 cup chopped onion (1 medium) | 1 8 or 9 ounce package frozen artichoke hearts |
| 1/4 cup dry white wine or reduced-sodium chicken broth | 2-1/2 pounds skinless, boneless chicken breasts halves and/or thighs |
| 1 2-1/4 ounce can sliced, pitted ripe olives | 3 tablespoons cornstarch |
| or 1/4 cup capers, drained | 3 tablespoons cold water |
| 2 to 3 teaspoons curry powder | |

Directions

In a 4 to 5-quart slow cooker combine mushrooms, undrained tomatoes, chicken broth, onion, wine, olives, curry powder, thyme, salt, and pepper. Add artichoke hearts. Place chicken on top; spoon some of the tomato mixture over the chicken. 2. Cover and cook on low-heat setting for 7 to 8 hours or on high-heat setting for 3-1/2 to 4 hours. Using a slotted spoon, transfer chicken and artichokes to a serving bowl. Cover chicken and artichokes with foil to keep warm. If using low-heat setting, turn to high heat setting. In a small bowl combine cornstarch and water. Stir into mixture in cooker. Cover and cook about 15 minutes more or until thickened. Spoon tomato mixture over chicken and artichokes.

Nutritional Facts

Calories 229
Fat 4 g
Cholesterol 82mg

Sodium 396mg
Carbohydrates 10g
Protein 35g

Servings: 8

“A fantastic combinations of flavors.”

—Jack, Diabetic Connect member

Poultry | 11

Caribbean Baked Chicken with Mango

| | |
|--|--|
| 2 jalapeño chile peppers, halved and seeded (wear plastic gloves when handling) | 1 Tbsp white wine vinegar |
| 1/2 med onion, halved | 1 tsp jerk seasoning |
| 2 cloves garlic, minced | 1 tsp ground allspice |
| 1 slice (1/4" thick) peeled fresh ginger | 4 boneless, skinless chicken breast halves |
| 1 Tbsp extra virgin olive oil | 1/2 mango, peeled and finely chopped |
| | 1 Tbsp chopped cilantro leaves |

Directions

Preheat oven to 450 degrees F. Coat 13" x 9" baking pan with cooking spray. In food processor, combine peppers, onion, garlic, ginger, oil, vinegar, jerk seasoning, allspice, and salt. Process until very finely chopped, stopping machine a few times to scrape down inside of container. Spread jalapeño mixture on both sides of chicken breasts. Place into prepared baking pan. Bake 30 minutes or until thermometer inserted into thickest portion registers 170 degrees F and juices run clear. Place chicken onto 4 plates, and scatter mango on top. Sprinkle with cilantro.

Recipe from www.diabetic-diet-secrets.com, used by permission.

Nutritional Facts

Calories 186
Protein 28g
Fat 5g

Sat Fat 1g
Cholesterol 68mg
Carbohydrates 6g
Fiber 1g

Servings: 4

Grilled Chicken Salad

1–2 lbs boneless, skinless chicken breast

Season salt

Worcestershire Sauce

Romaine lettuce

Spinach

Carrots

Cucumbers

Green onion

Tomatoes

Avocado

“Very good and refreshing!”

–Patty, Diabetic Connect member

Directions

Grill chicken over medium flame, brushing with Worcestershire and sprinkling lightly with season salt. When cooked thoroughly, cut into strips and set aside. Cut lettuce, spinach, carrots, cucumbers, tomatoes, onion, and avocados. Toss everything together. Top with strips of grilled chicken and drizzle with your favorite low-fat dressing.

Nutritional Facts

(without dressing):

Calories 206

Fat 2g

Cholesterol 70mg

Sodium 478mg

Carbohydrates 10g

Protein 27g

Servings: 4

Fish

Salmon with Lemon Lime Butter

1/2 tsp grated lemon zest
1/2 tsp grated lime zest
2 tbs room-temp butter
1 1/2 lbs salmon fillet
1/4 tsp salt
1/3 c water

“Who knew you could make something so great in the microwave?”

–Jimmy, Diabetic Connect member

Directions

Stir lemon/lime zests into butter, put mixture onto a piece of plastic wrap and roll to form 1” cylinder. Either refrigerate, or if in a hurry put in freezer to firm while you cook the fish. Put fish in microwave baking dish. Pour in water and sprinkle fish with salt. Cover with plastic wrap and poke several holes in it. Microwave on MEDIUM for 6 min. then flip fish and cook 2 minutes. Top each portion with slices of lemon lime butter and serve.

Nutritional Facts

Cal. 290
Protein 33g
Fat 16g
Sodium 268mg
Carb .06g

Servings: 4

Fish | 14

Grilled Glazed Salmon

| | |
|--------------------------|---|
| 2 tablespoons olive oil | 1/2 teaspoon freshly ground black pepper |
| 1 teaspoon water | 2 teaspoons dried basil |
| 1/2 cup red wine vinegar | 1/2 cup SLENDA® No Calorie Sweetener, Granulated |
| 2 cloves crushed garlic | |
| 1 teaspoon garlic salt | 1 1/3 pounds salmon fillet |

Directions

In a shallow baking pan, combine the olive oil, water, red wine vinegar, garlic, garlic salt, black pepper and basil. Place salmon fillet in the marinade meat side down, if skin is still on. Marinate for 30 minutes. Preheat an outdoor grill for medium heat and lightly oil grate. Coat the salmon fillet lightly with SLENDA® Granulated Sweetener. Place on grill and cook 12 minutes per side. Baste with marinade periodically while cooking. Salmon is done, when it flakes easily with a fork.

Note: The nutrition data for this recipe includes information for the full amount of the marinade ingredients. Depending on marinating time, ingredients, cooking method, etc., the actual amount of the marinade consumed will vary.

Nutritional Facts

Calories 360
Calories from Fat 210
Total Fat 23g
Saturated Fat 4g
Cholesterol 90mg

Sodium 540mg
Total Carbs 6g
Dietary Fiber 0g
Sugars 2g
Protein 30g

Servings: 4

“Thanks for sharing!”

–Sadie, Diabetic Connect member

Hudson's Baked Tilapia

| | |
|---|----------------------------------|
| 4 (4 ounce) fillets tilapia | 1/2 cup sour cream |
| salt and pepper to taste | 1/8 teaspoon garlic powder |
| 1 tablespoon Cajun seasoning, or to taste | 1 teaspoon fresh lemon juice |
| 1 lemon, thinly sliced | 2 tablespoons chopped fresh dill |
| 1/4 cup mayonnaise | |

Directions

Preheat the oven to 350 degrees F. Lightly grease a 9x13 inch baking dish. Season the tilapia fillets with salt, pepper and Cajun seasoning on both sides. Arrange the seasoned fillets in a single layer in the baking dish. Place a layer of lemon slices over the fish fillets. I usually use about 2 slices on each piece so that it covers most of the surface of the fish. Bake uncovered for 15 to 20 minutes in the preheated oven, or until fish flakes easily with a fork. While the fish is baking, mix together the mayonnaise, sour cream, garlic powder, lemon juice and dill in a small bowl. Serve with tilapia.

Nutritional Facts

Calories 284
Total Fat 18.6g
Cholesterol 62mg
Sodium 598mg

Total Carbs 5.7g
Dietary Fiber 1.5g
Protein 24.6g

Servings: 4

“I will try this one soon.”

–Gerrie, Diabetic Connect member

THAI FISH CAKES

1 lb fish fillets -- white ground
1/4 cup Fish Sauce
1 lb Shrimp -- ground
2 tbsp corn flour
1/4 cup green beans -- fresh chopped
1/2 tsp splenda
2 Garlic clove -- fine chopped
1/2 tsp Black Pepper
2 Eggs
1 1/2 tbsp Fresh Cilantro -- chopped
2 tsp curry paste -- red

“I have been wanting
to try new fish dishes.
Thanks!”

–Jocelyn, Diabetic Connect member

Directions

Mix all ingredients until thick. Form patties with mixture and fry in approximately 1" of peanut oil. Make 8 patties.

Nutritional Facts

157 Calories
4g Fat (25.6% calories from fat)
23g Protein
5g Carbohydrate
1g Dietary Fiber
159mg Cholesterol
166mg Sodium

Exchanges: 0 Grain(Starch)
3 Lean Meat
0 Vegetable
1/2 Fat
0 Other Carbohydrates

Servings: 8

Potato-Horseradish-Crusted Mahi-Mahi

1 cup precooked shredded potatoes
1 shallot, finely chopped
1 tablespoon prepared horseradish
1 teaspoon Dijon mustard
1/2 teaspoon garlic salt
1/4 teaspoon freshly ground pepper

1 1/4 pounds mahi-mahi, skin removed,
cut into 4 portions
4 teaspoons reduced-fat mayonnaise
1 tablespoon canola oil
1 lemon, quartered

Directions

1. Combine potatoes, shallot, horseradish, mustard, garlic salt and pepper in a medium bowl. Spread each portion of fish with 1 teaspoon mayonnaise, then top with one-fourth of the potato mixture, pressing the mixture onto the fish.
2. Heat oil in a large nonstick skillet over medium-high heat. Carefully place the fish in the pan potato-side down and cook until crispy and browned, 4 to 5 minutes. Gently turn the fish over, reduce the heat to medium and continue cooking until the fish flakes easily with a fork, 4 to 5 minutes more. Serve with lemon wedges.

Nutritional Facts

205 calories
6 g fat (1 g sat, 3 g mono)
105 mg cholesterol
9 g carbohydrate
27 g protein
1 g fiber

311 mg sodium
623 mg potassium.

Nutrition bonus:
Selenium (74% daily value)
Potassium (18% dv).
1/2 Carbohydrate Serving

Exchanges: 1/2 starch,
4 very lean meat

Servings: 4

Fish | 16

Honey-Soy Broiled Salmon

1 scallion, minced
2 tablespoons reduced-sodium soy sauce
1 tablespoon rice vinegar
1 tablespoon honey
1 teaspoon minced fresh ginger
1 pound center-cut salmon fillet,
skinned (see Tip) and cut into 4 portions
1 teaspoon toasted sesame seeds

“A wonderful flavor
because it uses ginger and honey.”

—Donna, Diabetic Connect member

Directions

Whisk scallion, soy sauce, vinegar, honey and ginger in a medium bowl until the honey is dissolved. Place salmon in a sealable plastic bag, add 3 tablespoons of the sauce and refrigerate; let marinate for 15 minutes. Reserve the remaining sauce. Preheat broiler. Line a small baking pan with foil and coat with cooking spray. Transfer the salmon to the pan, skinned-side down. (Discard the marinade.) Broil the salmon 4 to 6 inches from the heat source until cooked through, 6 to 10 minutes. Drizzle with the reserved sauce and garnish with sesame seeds.

Nutritional Facts

234 calories
13 g fat (3 g sat, 5 g mono)
67 mg cholesterol
6 g carbohydrate
23 g protein
0 g fiber

335 mg sodium
444 mg potassium

Nutrition bonus:
Selenium (60% daily value),
excellent source of omega-3s.
1/2 Carbohydrate Servings

Exchanges: 3 lean meat,
1/2 other carbohydrate

Servings: 4

Extra-crispy fish with lemon-dill dip

This dish works best with a mild, slightly sweet fish such as scrod, pollock, whiting, haddock, or hake.

2 (1-ounce) bags low-carb soy chips, finely ground
4 (8-ounce) fish fillets, about 1/4 inch thick
2 tablespoons canola oil, divided
1/2 cup mayonnaise
3 tablespoons chopped fresh dill
2 teaspoons grated lemon zest
1/4 teaspoon pepper

“Crispy without the carbs! Great!”

—John, Diabetic Connect member

Directions

Spread ground chips on a piece of waxed paper or paper plate. Dredge fillets in chips to coat on both sides. Heat 1 tablespoon of the oil in a large nonstick skillet over med heat. Add half the fish and cook until just opaque inside and golden brown outside. 3 to 4 minutes per side. Carefully transfer to plates and tent with foil to keep warm. Repeat with remaining tablespoon oil and fish. Combine mayonnaise, dill, and zest in a small bowl. Season with pepper and serve alongside fish.

Nutritional Facts

carbs 3 g
fiber 2g
protein 51 g
fat 32.5
calories 520
prep time 5 minutes
cook time 14 minutes

Servings: 4

Beef

Philly Cheesesteak Lettuce Cups

3 ounces lean beef steak
1/3 cup sliced mushrooms
1/4 cup thinly sliced onions
1 slice fat-free American cheese
2 leaves romaine, butter or green leaf lettuce

“A great alternative for me
to skip all that bread.”

—Gabby, Diabetic Connect member

Directions

Slice meat into thin strips. Coat medium pan with nonstick cooking spray. Add mushrooms and onions; cook over medium heat for 5 minutes, stirring occasionally, until onions are slightly browned. Set aside. Remove pan from heat and re-coat with nonstick cooking spray. Cook steak strips over medium heat for 1-2 minutes, flipping halfway through. Break cheese slice into small strips. Place cheese on top of meat--still in the pan-- and continue to cook until cheese melts. Remove from heat; mix beef strips with veggies and serve on lettuce leaves.

Nutritional Facts

Calories 197
Protein 13.5 g
Fat 7.5 g (3 g saturated)
Cholesterol 55 mg

Carbohydrates 7 g
Sodium 185 mg
Fiber 1 g
Sugar: 4 g

Weigh Watchers Points: 4
Servings: 1

LOW-CARB BEEF STROGANOFF

1 1/2 lb beef tenderloin -- thin strips
2 tbsp all-purpose flour
2 tbsp butter
2 tbsp olive oil
1 1/2 cups beef bouillon
1/4 cup sour cream
2 tbsp tomato paste
1/2 tsp paprika
salt to taste

“This is one of my favorite meals.”

—Debe, Diabetic Connect member

Directions

Dredge beef in flour. In a heavy skillet, melt butter with oil. Brown the beef (about 5 minutes). Slowly add bouillon to beef, stirring well. Bring to a boil. Combine sour cream, tomato paste, paprika, and salt. Slowly stir sour cream mixture into beef mixture. Turn heat to low and bring to a bare simmer. Cook 15-20 minutes, stirring frequently and never allowing mixture to boil.

Nutritional Facts

652 Calories
55g Fat (76.5% calories from fat)
32g Protein
6g Carbohydrate

1g Dietary Fiber
143mg Cholesterol
723mg Sodium

Exchanges: 1/2 Grain(Starch)
4 Lean Meat; 1/2 Vegetable;
0 Non-Fat Milk; 8 1/2 Fat.

Servings: 4

INDIAN RED CURRY

1 lb beef stew
1 tbsp butter
1/2 tsp curry paste -- or powder
1 dash cinnamon, cardamom, and pepper
1 cup canned coconut milk
1/2 cup red pepper
1 tsp paprika
1 garlic clove

Directions

Brown meat and garlic in butter, then add spices and stir fry few minutes. Add red pepper and coconut milk. Reduce heat and simmer til done (2-3 hours, add water if necessary.)

Nutritional Facts

248 Calories
20g Fat (70.5% calories from fat)
9g Protein
10g Carbohydrate

2g Dietary Fiber
35mg Cholesterol
522mg Sodium

Exchanges: 1/2 Grain(Starch);
1 Lean Meat; 0 Vegetable;
0 Fruit; 3 1/2 Fat.

Servings: 4

SLOW COOKER CORNED BEEF AND CABBAGE

4 cups Hot Water
2 tbsp Cider Vinegar
2 tbsp Splenda
1/2 tsp Pepper -- Freshly Ground
1 Large Onion -- Cut Into Wedges
3 lb Corned Beef -- 1.5kg With Spices
1 Cabbage
Cored And Cut into 10 Wedges

“I like to make this one with vegetable broth in a pressure cooker.”

—ND, Diabetic Connect member

Directions

In a 6 quart - 6litre crock pot, combine the water, vinegar, splenda, pepper, and onions, mixing well. Place the corned beef into the mixture. Cover and cook on high heat for 4 hours. Remove the lid and scatter the cabbage wedges over the top. Cover and continue cooking on high 3 to 4 hours longer, or until the beef is tender. To serve, carve the beef into slices and serve with the cabbage, with some of the cooking liquid spooned over the beef to keep it moist.

Nutritional Facts

436 Calories
33g Fat (68.6% calories from fat)
31g Protein
2g Carbohydrate

1g Dietary Fiber
114mg Cholesterol
101mg Sodium

Exchanges: 0 Grain (Starch);
4 1/2 Lean Meat; 1/2 Vegetable;
3 1/2 Fat; 0 Other Carbohydrates

Servings: 6

Sirloin Steak strips

2 lb Beef, top sirloin steak, lean, raw
 1 pinch salt and pepper (to taste)
 1 tsp minced garlic
 1/2 cup red wine (dry)
 1/2 cup fat free unsalted beef broth
 2 tbsp dijon mustard
 3 tbsp chopped parsley

“Sirloin is a great steak!”

–Barb, Diabetic Connect member

Directions

1. Cut the steak into strips about 3/4 inch thick, and heat a large skillet coated with nonstick cooking spray over medium high heat. Sauté the steak on both sides until it is done, about 5 to 7 minutes, and season with the salt and pepper.
 2. Remove the meat, and add the garlic and wine to the pan, and boil until reduced by half, stirring well, and add the beef broth and mustard, stirring until blended. Boil until slightly thickened, and add the parsley, and return the meat to the pan, heat with the sauce, and serve.

Nutritional Facts

Amount Per Serving
 Calories 239.1
 Total Carbs 1.8g
 Dietary Fiber 0.1g
 Sugars 0.1g

Total Fat 10.8g
 Saturated Fat 4g
 Unsaturated Fat 6.8g
 Potassium 53.8mg
 Protein 26.9g
 Sodium 215.4mg

Dietary Exchanges

4 Meat

Servings: 6

Beef | 21

Spicy Beef Roast

1 3-1/2 to 4 pound boneless beef chuck roast
 Salt and black pepper
 2 Tbsp cooking oil (optional) (Although there is a healthier oil out there called smart beat)
 1/2 cup water
 1 Tbsp Worcestershire Sauce
 1 Tbsp tomato paste

2 cloves garlic, minced
 Several dashes bottled hot pepper sauce
 1 Tbsp cornstarch
 1 Tbsp cold water
 1 Tbsp prepared horseradish
 1/2 tsp salt

Directions

Trim fat from meat. If necessary, cut meat to fit into a 3-1/2 to 4-1/2 quart slow cooker. Sprinkle meat with salt and pepper. If desired, in a large skillet cook meat in hot oil over medium heat until brown on all sides. Drain off fat. Place meat in cooker, In a small bowl combine the 1/2 cup water, the Worcestershire sauce, tomato paste, garlic, and hot pepper sauce. Pour over meat in slow cooker. Cover and cook on low-heat for 10-12 hours or on high=heat setting for 5 to 6 hours. Transfer meat to a serving platter, reserving cooking liquid, Cover meat with foil to keep warm. For gravy, strain cooking liquid and skim fat. Transfer liquid to a medium saucepan, In a small bowl combine corn starch and the Tblsp water; stir into liquid in saucepan. Cook and stir over medium heat until thickened and bubblu. Cook and stir for 2 minutes more. Stir in the horseradish an 1/2 tspn salt. Serve gravy with meat.

Nutritional Facts

Calories 203
 Fat 6 g
 Cholesterol 94mg

Sodium 227 mg
 Carbohydrates 2 g
 Protein 34 g

Servings: 10

Teriyaki Kabobs

| | |
|------------------------|--|
| 1/3 C. soy sauce | 1 1/2 lb. boneless sirloin steak, |
| 2 T. vegetable oil | cut into 1 1/4-inch cubes |
| 1 T. brown sugar | 12 whole mushrooms |
| 1 garlic clove, minced | 1 large green pepper, cut into 1 1/2-inch pieces |
| 1 tsp. ground ginger | 1 large onion, cut into wedges |
| 1 tsp. seasoned salt | 12 cherry tomatoes |

Directions

In a bowl, combine soy sauce, oil, brown sugar, garlic, ginger and salt; mix well. Pour half of the marinade into a large re-sealable plastic bag or shallow glass container; add beef and turn to coat. Seal or cover; refrigerate for 4 to 8 hours, turning occasionally. Cover and refrigerate remaining marinade. Drain meat; discard marinade. On metal or soaked bamboo skewers, alternate meat, mushrooms, green pepper, onion and cherry tomatoes; leaving 1/4 inch between each. Grill, uncovered, over medium heat for 3 minutes on each side. Baste with reserved marinade. Continue turning and basting for 8 to 10 minutes or until meat is cooked thoroughly.

Nutritional Facts

244 calories
690 mg sodium
77 mg cholesterol

10 gm carbohydrate

29 gm protein

10 gm fat

Servings: 6

“I marinated my tips the day before and skewered up a great meal.”

—Gabby, Diabetic Connect member

Meatloaf

| | |
|---------------------------------------|---------------------------------------|
| 1 pound ground skinless turkey breast | 1/4 teaspoon salt |
| 1 pound lean ground beef | 1/4 teaspoon ground white pepper |
| 1/2 medium onion, minced | 1/8 teaspoon nutmeg |
| 1 clove garlic, minced | 2 slices white bread, lightly toasted |
| 3 tablespoon minced fresh parsley | and made into coarse crumbs |
| 1 egg | 2 tablespoons ketchup |
| 1/4 cup low-fat (1%) milk | 2 tablespoons water |
| 1 teaspoon dry mustard | |

Directions

Preheat the oven to 350 degrees F. In a large bowl, combine the meats with your hands or a large fork. Blend in the onion, garlic, and parsley; set aside. In a medium bowl, whisk the egg until frothy, about 1 minute. Add the milk, mustard, salt, pepper, and nutmeg and whisk to blend. Add the bread crumbs and let stand for 5 minutes. Add the egg mixture to the meat mixture and blend well, about 1 minute. Spread evenly into a 9x5-inch loaf pan. In a small bowl, combine the ketchup and water until blended. Spread on top of the meat. Bake until the meat is no longer pink, about 90 minutes.

Nutritional Facts

Calories: 139
Fat: 2g
Saturated Fat: 1g
Cholesterol: 36mg

Sodium 133mg

Carbohydrates 8g

Fiber 0.5g

Protein 20g

Servings: 6

“I usually make individual servings in a cupcake pan.”

—Ginette, Diabetic Connect member

Pork & Lamb

Pork & Lamb

CARIBBEAN JERK PORK ROAST

| | |
|---------------------------------|-------------------------|
| 3 lbs pork loin, lean, boneless | 1/2 tsp ground nutmeg |
| 1 tbsps onion flakes | 1/2 tsp ground cinnamon |
| 1 tbsps onion powder | 2 tsp splenda |
| 2 tsp thyme | 1 tsp black pepper |
| 2 tsp salt | 1 tsp cayenne pepper |
| 1 tsp ground allspice | |

“It was finger licking good.”

–Jim, Diabetic Connect member

Directions

Pat roast dry with paper toweling. Blend seasonings and rub evenly over pork roast. Place in shallow pan and roast at 350°F-180°C for 45-60 minutes, until internal temperature registers 155°F-75°F. Remove from oven, let rest 10 minutes (temperature will rise about 5 degrees upon resting). Slice and serve. Wrap leftovers well and refrigerate for tomorrow's sandwiches.

Nutritional Facts

396 Calories
28g Fat (65.5% calories from fat)
31g Protein
2g Carbohydrate

1g Dietary Fiber
117mg Cholesterol
626mg Sodium

Exchanges: 0 Grain (Starch);
4 1/2 Lean Meat; 3 Fat.

Servings: 8

Perfectly High Performance Pork Chops

4 pork chops (5 ounces each), ½ inch thick
1 medium sized white onion, chopped
1 large green bell pepper, chopped
1 large red bell pepper, chopped
1 small (6 ounce) can V-8®
½ t. canola oil

Directions

Spread canola oil on bottom of heavy skillet and heat over medium heat. Place pork chops in skillet and brown the chops on both sides, (or about 15 minutes on each side). Remove chops and keep warm. Add the chopped onion and pepper, and sauté until crisp-tender, stirring constantly. Add the V-8 to the vegetable mixture, and bring to a boil. Return the chops to the pan. Reduce heat and simmer for an additional 12 to 15 minutes until the chops are tender. Remove chops to a serving dish. Spoon vegetable sauce over each chop. Serve immediately.

Nutritional Facts

Calories: 243
Carbohydrates: 7g
Fiber: 2g
Protein: 28g
Fat: 10 g
Saturated Fats: 3g
Sodium: 269mg

“The whole family liked them.”

– Helene, Diabetic Connect member

Servings: 4

Pork & Lamb

Pork with Garlic Cream Sauce

1 pound pork tenderloin
2 teaspoons canola oil
2 teaspoons sesame seeds, toasted, divided
1 to 2 garlic cloves, minced
1 tablespoon butter or stick margarine
1/3 cup 1% milk
3 oz reduced-fat cream cheese, cubed
1 tablespoon minced chives

“I can’t believe it is low carb as well.”

–Donna, Diabetic Connect member

Directions

Cut pork into 1" slices; flatten to 1/2" thickness. Place in a 15"x10"x1" baking dish coated with nonstick cooking spray. Brush oil over all sides of pork; sprinkle with half of the sesame seeds. Broil 4-6" from the heat for 3-5 minutes longer or until meat juices run clear. Meanwhile, in a saucepan, sauté garlic in butter for 1 minute. Stir in milk and cream cheese. Reduce heat; cook and stir until blended and smooth. Stir in chives. Serve with pork.

Nutritional Facts

(3 oz cooked pork with 2 tablespoon sauce)

Calories: 255

Fat: 14 g (6 g sat)

Cholesterol: 88mg

Sodium: 151 mg

Carbohydrates: 3 g

Fiber: trace

Protein: 27 g

Diabetic Exchanges: 4 lean meat, 1 fat

Servings: 4

Pork
& Lamb | 25

Mediterranean Pork Chops

4 boneless or bone-in pork loin chops, cut 1/2" thick (1 to 1 1/2 lbs)
1/2 teaspoon kosher salt
1/4 teaspoon freshly ground black pepper
1 tablespoon finely chopped fresh rosemary or 1 teaspoon dried rosemary, crushed
2 cloves garlic, minced

Directions

Sprinkle chops with kosher salt and pepper; set aside. In a small bowl combine rosemary and garlic. Sprinkle rosemary mixture evenly over both sides of each chop, rub in with your fingers. Place chops on a rack in a shallow roasting pan. Roast chops in a 425 degrees oven for 10 minutes. Reduce heat to 350 degrees and continue roasting about 25 minutes or until pork chop registers 160 degree F.

Nutritional Facts

Calories: 147

Fat: 4 g (Sat: 2 g)

Cholesterol: 71 mg

Sodium: 288 mg

Carbohydrates: 1 g

Fiber: 24 g

“This is a great recipe.”

–Daniel, Diabetic Connect member

Servings: 4

Pork & Lamb

Pork Tenderloin w/Balsamic Vinegar reduction

2 Tbl Olive oil

1 Lb Pork Tenderloin (trim all outside fat)

1 Cup chopped yellow sweet onion

1 Shallot

1/2 Cup chopped apple

1 1/2 Tbl finely chopped FRESH rosemary

1 Cup Low Sodium Chicken Broth

2 Tbl Balsamic Vinegar

1/2 tsp fresh ground black pepper

Directions

Preheat oven to 450 degrees. Lightly coat a baking pan with cooking spray. Using large skillet, heat the olive oil. Add the tenderloin and sprinkle all over with black pepper. Brown on all sides (takes about 3-5 Min.) Remove skillet from heat and place the tenderloin in the prepared baking pan. Place baking pan in the preheated oven and roast for about 15 min. (Meat thermometer should indicate 160-165 degrees.) In same skillet the tenderloin was browned in add the onion, shallots, apple and rosemary. Sauté over medium heat until apples are soft (about 4 min.) Gradually stir in chicken broth and balsamic vinegar (I like to add a dash of oregano, basil and parsley as well) bring up the heat and boil until sauce reduces (about 6 min) To serve place the tenderloin on large serving platter and pour the reduced sauce over top of the tenderloin and serve at once.

Nutritional Facts

Calories 215

Cholesterol 75mg

Protein 25g

Sodium 93mg

Carbohydrate 10g

Fiber 1g

Total fat 8g

Potassium 515mg

Servings: 4

“I enjoyed this one.”

—Joseph, Diabetic Connect member

Pork
& Lamb | 26

Japanese Crockpot Lamb

2 lb Lamb

1/4 cup soy sauce

1 tbsp Honey

2 tbsp Vinegar

2 tbsp Sherry

2 Garlic clove -- crushed

1/4 tsp Ginger -- ground

1 1/2 cups chicken stock -- optional

“Great! Even better that it can be made in the crockpot. lemon chicken and this is different than mine. This sounds like it might not be as dry as alot of them.”

—Dorothy, Diabetic Connect member

Directions

Put all ingredients in crockpot and cook all day on LOW.

Sylvia's comments: I converted this from a marinate-and-broil recipe that required better meat. This worked great on cheap stew lamb; it actually took away the strong lamb taste. I defatted the crockpot juices, thickened with cornstarch, and used it on green beans. That with the lamb and some yellow rice made a great dinner.

Nutritional Facts

257 Calories

19g Fat (68.7% calories from fat)

15g Protein

4g Carbohydrate

trace Dietary Fiber

63mg Cholesterol

968mg Sodium.

Exchanges: 0 Grain(Starch);

2 Lean Meat; 0 Vegetable;

2 1/2 Fat; 0 Other Carbohydrates.

Servings: 8

Soups, Salads, & Misc.

Italian Wedding Soup

1 Bag Italian frozen meatballs
12 c. low-sodium chicken broth
1 lb. fresh spinach
2 large eggs
2 Tbs freshly grated parmesan , plus extra for garnish
Salt and pepper to taste

“You can also add
all the veggies you want.”

–Mary, Diabetic Connect member

Directions

Bring broth to a boil in a large pot over medium-high heat. Add meatballs and spinach, simmer until cooked through (about 8 minutes). Whisk eggs and parmesan in a medium bowl until blended. Stir soup in circular motion, slowly add egg mixture stirring gently to form thin strands of egg (about 1 minute). Season to taste with salt and pepper, garnish with remaining cheese.

Nutritional Facts

calories 150
fat 5g
cholesterol 50mg
carbs 3g
sugars 1g

Servings: 8

Soups,
Salads, | 28
& Misc.

Broccoli Salad with Cauliflower

1 lrg head of broccoli
1 lrg head of cauliflower
8 slices of cooked bacon (crumbled)
1/2 Cup finely sliced red onion
8 oz cheddar cheese cubed small(sharp is best)
1 cup low-fat mayo (not whip)
2 Tablespoons vinegar

1/4 cup white sugar (I use splenda but have no nutrition facts for that)
1 Cup cherry tomatoes (halved)
*optional (not included in nutrition facts)
raisins
sunflower seeds
walnuts

Directions

Wash broccoli and cauliflower and chop flowerets and stems. Place in large bowl and toss with bacon crumbs, onion, and cheese. In a small bowl combine mayo, vinegar, and sugar. Pour over broccoli mix and stir. Just before serving add tomatoes. Tastes great and even better after a couple hours or the next day.

Nutritional Facts

Calories 183
Calories from Fat 119 (65%)
Amount Per Serving %DV
Total Fat 13.3g 20%
Saturated Fat 6.3g 31%
Monounsaturated Fat 4.8g
Polyunsaturated Fat 1.0g

Trans Fat 0.0g
Cholesterol 30mg 10%
Sodium 260mg 10%
Potassium 249mg 7%
Total Carbohydrate 9.0g 3%
Dietary Fiber 1.6g 6%
Sugars 5.7g
Protein 8.1g 16%

Servings: 12

“I could live on this stuff
during the summer!”

–Christine, Diabetic Connect member

Adam's Pizza in a Bowl

1 lb roll of Italian sausage
1 package of sliced pepperoni
1 green pepper, chopped
1 medium onion, chopped
1 can of mushrooms, drained
1 jar pizza sauce (Ragu is only 3 carbs/serving)
1 bag of pizza cheese

“A great alternative to REAL PIZZA.”

–Pete, Diabetic Connect member

Directions

Brown Italian sausage in your largest skillet and drain. While sausage is browning, combine pepper, onion, mushrooms, and pizza sauce in a saucepan and warm it up. I will sometimes toss some minced garlic in as well. After draining sausage, place pepperoni slices to taste in pan with sausage and warm them up a bit. Toss in the sauce/vegetable mixture and mix thoroughly. Throw in the cheese and mix thoroughly, or, if you prefer, simply melt it on top. Spoon into bowls and enjoy.

**With this stuff, I don't even miss pizza at all. Mine is better than Dominos anyways.

Nutritional Facts

Calories 220
Carbs 6g
Fat 11g
Protein 11g

Servings: 5

Cool Cucumber Salad

1 English cucumber, scored lengthwise with a fork and thinly sliced
1/2 sweet onion, thinly sliced
1 teaspoon olive oil
2 tablespoons cider vinegar
2 teaspoons sugar substitute
1 teaspoon sea salt
1/2 teaspoon freshly ground black pepper

Directions

Combine the cucumber and onion slices in a medium bowl. Combine the remaining ingredients in a small bowl. Add the dressing to the cucumbers and onions and toss well. Cover and refrigerate up to 2 hours before serving.

Nutritional Facts

Calories: 28.2
Total Fat: 1.3 g
Cholesterol: 0.0 mg
Sodium: 583.5 mg
Total Carbs: 4.0g
Dietary Fiber: 0.9 g
Protein: 0.7 g

“Love this recipe!!!”

–Tina, Diabetic Connect member

Servings: 4

BROCCOLI AND CHEESE PIE

4 eggs
1/2 cup cream
1 cup chopped broccoli -- (or more)
1 cup shredded cheddar cheese -- or other type
1/2 cup chopped ham -- or crumbled bacon
1/3 cup onion -- chopped fine

“Love the carb count on this one.”

–Debe, Diabetic Connect member

Directions

Combine all ingredients and toss. Pour into 10 inch greased pie pan. Bake for about 40 minutes at 350°F or until knife comes out clean. I have made this twice, once with shredded mild cheddar and once with crumbled feta. They were both good, but the texture was really nice with the feta, more custardy and less eggy. One of the things I like about it is that you can use frozen broccoli, which I find easier. It only takes about five minutes of prep time to make whole recipe.

Nutritional Facts

305 Calories
25g Fat (72.4% calories from fat)
17g Protein

4g Carbohydrate
1g Dietary Fiber
251mg Cholesterol
487mg Sodium

Exchanges: 2 Lean Meat;
1/2 Vegetable; 3 1/2 Fat.

Servings: 4

Stuffed Portabella Mushrooms

4 medium-large portabella mushrooms
1/2 cup finely chopped yellow onion
1/8 teaspoon dried thyme
3 cups chopped fresh spinach
1/2 teaspoon crushed garlic
2 tablespoons chopped sun-dried tomatoes packed in olive oil, drained
1/2 cup cooked whole-wheat couscous or brown rice
1/4 cup grated Parmesan cheese
Olive oil nonstick cooking spray

“I just love Portabella Mushrooms!”

–Jim, Diabetic Connect member

Directions

Preheat oven to 450. Trim the stems from the mushrooms and use a spoon to scrape out the gills, creating a shallow depression in each mushroom. Set aside. Coat a large nonstick skillet with non-stick cooking spray and add the onions and thyme. Place the skillet over medium heat, cover, and cook for several minutes, until the onions are tender. (Add a little water during cooking if the skillet becomes too dry.) Add the spinach and garlic and sauté for a minute or two, until the spinach is wilted. Remove the skillet from the heat and stir in the sun-dried tomatoes, couscous, or brown rice, and Parmesan cheese. Place a quarter of the spinach mixture in the depression in each mushroom cap, mounding the top slightly. Spray the tops lightly with the cooking spray. Place the stuffed mushroom on a large baking sheet and bake uncovered at 450 degrees for 15 minutes, until the mushrooms are tender and the topping is lightly browned. Serve hot.

Nutritional Facts

Calories 87
Carbohydrates 10g
Cholesterol 5mg
Fat 1.3g

Fiber 2g
Protein 4.9g
Sodium 146 mg
Calcium 115mg

Diabetic exchange:
2 vegetable, 1/2 fat

Servings: 4

POTATO SALAD (NOT!)

1 head cauliflower -- cut into florets
1/2 cup scallions -- chopped or sliced
3 celery ribs -- chopped fine
1/2 green bell pepper -- chopped fine
1/4 cup chopped fresh parsley
salt and pepper -- to taste

DRESSING:
2 tsp dry mustard
2 tbspcider vinegar
1 cup mayonnaise
3 hard-boiled eggs -- chopped
1/2 tsp celery seeds
paprika -- for garnish

“A good one to make and take on our upcoming camping trip.”

–Dawn, Diabetic Connect member

Directions

Steam the cauliflower florets until tender but not soft. Set aside to cool. Put the scallions, celery, bell pepper, and parsley in a large bowl. Add salt and pepper. Make the dressing: mix the mustard, vinegar, and mayonnaise together in a small bowl until smooth. When the cauliflower is cool, chop and add it to the vegetables and mix with enough dressing to coat the vegetables. Stir in the eggs and celery seeds and mix well. Sprinkle with paprika on top and cover with plastic wrap. Let sit in the refrigerator for at least 2 hours for flavors to develop.

Nutritional Facts

478 Calories
51g Fat (90.3% calories from fat)
7g Protein
6g Carbohydrate

2g Dietary Fiber
178mg Cholesterol
398mg Sodium

Exchanges: 0 Grain (Starch);
1/2 Lean Meat; 1 Vegetable;
4 1/2 Fat; 0 Other Carbohydrates

Servings: 4

French Tuna Salad

Romaine lettuce leaf
10 ounces frozen French-style green beans, thawed and drained
1/2 cup celery, chopped
1/2 cup green onions, chopped
1/4 cup fat-free Italian dressing
1 lb. white tuna in water, drained
4 hard-boiled eggs, sliced

Directions

Line individual salad plates with romaine lettuce leaves. Combine all remaining ingredients, except the eggs, and place on the lettuce leaves. Garnish with egg slices to serve.

Nutritional Facts

calories 167
fat 4.7g
26% calories from fat
cholesterol 182mg
protein 24.9g
carbohydrates 5.1g
fiber 1.7g
sugar 2.6g
sodium 413mg

“My family tried this Saturday, and it was awesome.”

–David, Diabetic Connect member

Servings: 6

Creamy Tarragon Chicken Salad

| | |
|---|---------------------------------------|
| 2 pounds boneless, skinless chicken breasts, trimmed of fat | 1 tablespoon dried tarragon |
| 1 cup reduced sodium chicken broth | 1/2 teaspoon salt |
| 1/3 cup walnuts, chopped | 1/2 teaspoon freshly ground pepper |
| 2/3 cup reduced-fat sour cream | 1 1/2 cups diced celery |
| 1/2 cup reduced-fat mayonnaise | 1 1/2 cups halved red seedless grapes |

Directions

Preheat oven to 450 degrees F. Arrange chicken in a glass baking dish large enough to hold it in a single layer. Pour broth around the chicken. Bake the chicken until no longer pink in the center and an instant-read thermometer inserted in the thickest part of the breast registers 170 degrees F, 30 to 35 minutes. Transfer the chicken to a cutting board until cool enough to handle, then cut into cubes. (Discard broth or save for another use.) Meanwhile, spread walnuts on a baking sheet and toast in the oven until lightly golden and fragrant, about 6 minutes. Let cool. Stir sour cream, mayonnaise, tarragon, salt and pepper together in a large bowl. Add celery, grapes, the chicken and walnuts; stir to coat. Refrigerate until chilled, at least 1 hour.

Nutritional Facts

Calories: 264 kcal
Carbohydrates: 9 g
Dietary Fiber: 1 g
Fat: 14 g

Protein: 25 g

Sugars: 5 g

Servings: 4

“Such a good source of protein ...
and so low in carbs.”

—Don, Diabetic Connect member

Healthy Greek Salad

5 tomatoes
1 clove(s) garlic
1 cucumber(s)
3 scallion(s)(green onions)
16 olives, green, pitted
2 oz. cheese, feta, crumbled
1 T. olive oil
2 T. vinegar
black ground pepper

Directions

Place the tomatoes in a salad bowl that has been rubbed with the cut garlic. Add the cucumber, peppers, onions, olives, and feta. Sprinkle with the olive oil, vinegar and pepper over the salad. Stir thoroughly. Top with oregano.

Nutritional Facts

Calories 103
Total fat 7g.
Carbs 7g.
Cholesterol 6mg.

“I just love Greek food!”

—Pinky, Diabetic Connect member

Servings: 4

Cream of Cauliflower Soup

3 T Butter
3/4 C Diced Onion
3/4 C Diced Celery
1 Quart Homemade Chicken Broth (no salt)
1 10oz Package Frozen Cauliflower
1/2 C Half & Half
Salt and Pepper to taste

“So good I’m gonna have
the leftovers for lunch!”

–Lee, Diabetic Connect member

Directions

Melt butter over low heat and sauté your onions and celery until they are translucent. In a large pot, combine the sautéed veggies with broth and cauliflower. Simmer until the cauliflower is tender. With a slotted spoon, remove the veggies from the pot and place into a blender. Carefully pour as much broth as will fit into the blender and puree until smooth. (let the steam vent thru your lid a little to prevent decorating your cabinets with HOT cauliflower) Pour your pureed mixture back into the pan and add your cream, salt and pepper. This is so smooth! It is better than cream potato soup, the texture is much more fine. If you want to reduce some calories, use skim milk or even low fat sour cream instead of the half & half.

Zest it up Options:

Add 1/4 C American cheese and melt into the soup.
Top with fresh parsley sprigs
Add 1/4 t of nutmeg or mace

Nutritional Facts

9g carbohydrates
3g fiber
7g protein

Servings: 4

Soups,
Salads, | 33
& Misc.

Creamy Ham and Vegetable Chowder

4 oz extra lean,
reduced-sodium ham, thinly sliced and chopped
1 cup water, divided
3/4 cup chopped yellow onions
1 (12 oz) can evaporated fat-free milk
1 (10 oz) pkg frozen mixed vegetables, thawed

1 cup potatoes, diced
4 slice reduced-fat American cheese, about 3 oz
1/4 cup reduced-fat sour cream
1/4 tsp salt
1/2 tsp black pepper to taste

Directions

Heat a 2-quart nonstick saucepan over medium-high heat. Add ham and cook 4 minutes or until edges are beginning to lightly brown, stirring frequently. Remove ham from pan and set aside on separate plate. Add 1/4 cup water and onion and cook 4 minutes or until onions are translucent. Increase to high heat, add remaining 3/4 cup water and milk and bring just to a boil, stirring frequently. Add mixed vegetables and potatoes and return to a boil, stirring frequently. Reduce heat, cover tightly, and simmer 10 minutes or until potatoes are tender. Using a whisk, stir mixture to break up potatoes and thicken the chowder. Remove from heat and stir in ham and cheese. Cover and let stand 5 minutes to develop flavors. Stir in sour cream and salt. Sprinkle with black pepper and serve.

Nutritional Facts

203 Calories
3 g Fat
19 mg Cholesterol

758mg Sodium
28 g Carbohydrates
3 g Fiber
15 g Protein

Diabetic Exchanges:

Carbohydrate 2;Lean Meat 1

Servings: 5

Breakfast

Breakfast

Sausage 'N' Cheese Bake

| | |
|---|---|
| 1 pound pork sausage, cooked (one of the recipes from this book, or commercial type) | 2 tablespoons minced onion, dried |
| 6 eggs | 1/2 teaspoon garlic granules |
| 1/2 teaspoon seasoning salt | 1/3 cup milk and egg protein |
| 1/4 teaspoon paprika | 1 cup cheese, shredded (Cheddar, Colby, Monterey jack, or a blend) |
| 1/4 teaspoon lemon pepper | 1/4 cup almonds, ground |

Directions

Place the cooked, crumbled sausage into a 9" x 13" baking dish, spreading it evenly across the bottom. In a large mixing bowl, whisk the eggs and the seasonings. Add the remaining ingredients to the bowl and stir them well. Pour the egg-and-cheese mixture over the sausage and bake it for about 30 minutes at 375 F until it is golden brown and tests clean with a knife or toothpick inserted slightly off center. Serve warm.

Nutritional Facts

Effective Carbohydrates: 2 g
Carbohydrates: 3 g

Fiber: 1 g
Protein: 19 g
Fat: 33 g

Calories: 384

Servings: 8

“Add a can or two of diced green chili to give it a little zing.”

—Bob, Diabetic Connect member

Low-Carb Cream Cheese Muffins

Breakfast | 35

| | |
|----------------------------------|-----------------------------------|
| 8oz. Cream Cheese | 3T Vanilla Whey Protine (heaping) |
| 2 Large Eggs | 1/2T Cinnamon |
| 1/4 C Xylitol (Natural Sweetner) | 1/4t Pumpkin Spice |
| 1t Pure Vanilla Extract | 1/4t Nutmeg |

Directions

Preheat oven to 350. Combine all ingredients in a medium bowl. With an electric mixer, beat the ingredients until you have the consistency of a pancake batter. Spray muffin tin with cooking spray. Pour about 1/4 C of batter into each cup. Place into preheated oven and bake for 15 min. Don't be tempted to over cook them, they will get too dry. Turn oven off and leave the tins in the oven to cool for at least 20 minutes. They puff up as they bake, but will fall while cooling, that is what you want. Remove from tins and cover with plastic wrap and refrigerate. Serve cold with sprinkled cinnamon on top.

Optional Garnish:

A dab of sour cream with lemon zest. Fresh fruit (strawberries, blueberries, peach, apple...you get the idea) with freshly ground nutmeg. These would be great with a cup of coffee and good conversation with friends. Enjoy!

You can reduce the calories by using reduced calorie cream cheese. That is the main contributor. Just make sure it doesn't add sugar.

Nutritional Facts

4g Carbohydrate
4g Protein
127 Calories (muffin only)

“They are light and fluffy in texture. Wonderful and yummy!”

—Marion, Diabetic Connect member

Servings: 8

Breakfast

Nuthin' Muffins

1 pound sausage meat -- spicy
6 large eggs -- separated
1/2 cup soy protein isolate
1/2 cup Soy Flour
1 teaspoon baking powder -- & 1 tsp. salt

1/2 cup mayonnaise
1/2 cup sour cream
4 ounces shredded cheddar cheese
-- or your choice

“I love the idea of quick bread without the carbs.”

—John, Diabetic Connect member

Directions

Preheat oven to 375. Pam spray muffin tin or use liners. - Crumble and cook sausage, drain. - Separate the eggs. - Beat the yolks, add soy powder or soy protein Isolate, or 1/2 and 1/2 of each, baking powder, salt, mayonnaise, sour cream and cheese. - Blend with a spoon, It will seem kind of stiff. - Add sausage, blend in well. - Beat the egg whites until stiff. - Gently fold whites into the batter after lightening batter first with some of the whites. - Spoon into muffin tins and bake for about 30 mins.

Nutritional Facts

Nutritional count per muffin{16}:3.2 minus 0.8 grams fiber= 2.4 carbs & 19.3 grams protein -

Nutritional count per muffin{12}:4.3 minus 1.1 grams fiber= 3.2 carbs & 25.8 grams protein -

Different seasonings could be used but be sure to check the carb count on what you use; adjust accordingly

Servings: 16

Breakfast | 36

Mushroom Omelets

butter-flavored cooking spray
6 ounces (180 g) fresh wild mushrooms such as shiitake, portabella, chanterelles, etc. or button mushrooms
(or a combination of 2 or more kinds), thinly sliced
2 scallions, white part only, thinly sliced
1/4 teaspoon (1.25 ml) fines herbs
1 tablespoon (15 ml) chopped fresh flat-leaf parsley
freshly ground pepper
8 ounces (240 ml) liquid egg substitute
2 sprigs of fresh flat-leaf parsley for garnish

“Healthy and delicious!”

—Alicia, Diabetic Connect member

Directions

Spray a nonstick small skillet or omelet pan with cooking spray and heat over high heat for a minute. Add the mushrooms and scallions; cook over high heat until the mushrooms are just cooked through, stirring. Add the fines herbs, parsley, and pepper. Remove from heat and keep warm. Using the same small skillet, again lightly sprayed with cooking spray, add half of the egg substitute. Cook over medium heat, lifting the sides of the eggs to allow uncooked eggs to flow under. Once the bottom is lightly browned, carefully flip the omelet to brown the other side. Using a slotted spoon to drain off any liquid, spoon half of the mushroom mixture onto the omelet and fold in half. Transfer the omelet to a warmed plate and keep warm. Repeat the procedure, making the second omelet. Place a sprig of parsley on each omelet.

Nutritional Facts

83 calories (4% calories from fat)
14 g protein
trace total fat (0.1 g saturated fat)

6 g carbohydrate
1 g dietary fiber
0 cholesterol
205 mg sodium

Exchanges:

2 very lean meat, 1 vegetable

Servings: 2

Breakfast

“No Excuses” Breakfast

1 lb sausage fried and drained.
12 eggs beaten
1/4 cup cream
salt/pepper

“Instead of sausage I add
chopped green and red peppers.”

–Marion, Diabetic Connect member

Directions

Preheat oven to 350 degrees. Spray muffin tin with PAM (can also use a mini bundt muffin pan for BEAUTIFUL results!) Spoon cooked sausage into the tin, filling 1/2 way. Mix eggs, cream and other additions together and spoon on top of the sausage until almost at the top. Bake for about 20 minutes (time may vary) until eggs are done and slightly golden. Remove from oven and let sit for a couple of minutes. Then gently use a spoon to remove the “muffin like” creations. These are worthy of serving to guests!

Nutritional Facts

Calories 368
Carbs 6g
Fat 8
Protein 11

Servings: 12

Breakfast | 37

Awesome Cheesy Egg Casserole

9 Eggs
2 lbs. Colby/Jack mixed shredded cheese
Jalapeno Peppers (sliced)

Directions

Preheat oven 350 Spray 9x13 casserole dish Beat eggs well. Add 1/2 of cheese mix well. Add 1/4 to 1/2 C. of Jalapenos(if you want hot you can add more to taste). Put remaining cheese on top of egg mixture. Bake 30-40 minutes until eggs are firm. Cool 5 minutes. Slice into squares. Can serve as is or with picante or favorite salsa. Makes 6-8 servings depending on size of slices. Delicious. SERVE WARM!!

Nutritional Facts

Calories 368
Carbs 6g
Fat 8
Protein 11

Servings: 8

“Jalapenos are the main thing
that keep my BG numbers low.”

–Jim, Diabetic Connect member

Breakfast

CALIENTE CHEESE AND EGG BRUNCH DISH

| | |
|---------------------------|--------------------------------------|
| 8 eggs | 3 cups shredded Monterey Jack cheese |
| 1 tsp Tabasco sauce | 1 1/2 cups shredded Cheddar cheese |
| 1/2 cup all-purpose flour | 1/3 cup minced green bell peppers |
| 1 tsp baking powder | 2 tbsp sliced black olives |
| 1/4 tsp salt | 2 tbsp chopped green chiles |

Directions

Lightly grease a 9-inch square pan. Heat oven to 375°F-190°C. Combine eggs and Tabasco sauce in a mixing bowl. Use high speed on mixer to beat until light and fluffy, about 5 minutes. Add flour, baking powder and salt. Mix well then stir in cheeses, green pepper, olives and green chiles. Pour into prepared pan and bake 20-25 minutes. Let stand 5 minutes before serving. Cut into 8 pieces.

Nutritional Facts

343 Calories
25g Fat (64.8% calories from fat)
22g Protein

8g Carbohydrate
trace Dietary Fiber
247mg Cholesterol
563mg Sodium

Exchanges: 1/2 Grain(Starch)
3 Lean Meat; 0 Vegetable; 0 Fruit;
3 Fat; 0 Other Carbohydrates.

Servings: 8

Fresh Asparagus Scramble

1 lb. asparagus spears, ends trimmed
8 large eggs
Salt and pepper to taste
1 Tablespoon olive oil
4 oz. whipped garlic and herb cream cheese
1 pt. cherry tomatoes, sliced in halves
1 Tablespoon chopped fresh parsley

“Thanks for the extra tips
on how to find the good stuff!”

–Donna, Diabetic Connect member

Directions

Blanch asparagus spears in medium pot of boiling salted water until just tender, about 4 minutes. Drain and set aside. Whisk eggs in large bowl. Season with salt and pepper. In a large skillet over medium heat, heat olive oil. Add eggs. Stir until eggs are almost set, about 1 minute. Add cheese in dollops and then add tomatoes. Stir until cheese melts and eggs are softly set, about 2 minutes. To serve, cut asparagus spears into 2-3-inch pieces and fold into egg mixture and place on heated plate or oval ovenware. Garnish with chopped parsley. Option: serve an additional 2-3 spears of cooked asparagus on the side.

Nutritional Facts

Calories 193
Fat 14g
Saturated fat 5g
Total carbohydrates 6g
Dietary fiber 3g
Net carbs 3g
Protein 12g

Servings: 6

Breakfast

Spinach & Tomato Omelet

1 teaspoon extra-virgin olive oil
5 cherry tomatoes, halved
1 scallion, sliced
1 cup baby spinach, washed, with water still clinging to leaves
1/2 cup liquid egg substitute, such as Egg Beaters
1/4 cup shredded reduced-fat Cheddar cheese
1/8 teaspoon salt
1/8 teaspoon freshly ground pepper
1 tablespoon water

Directions

Spray a small nonstick skillet with cooking spray. Add oil and heat over medium-high heat. Add tomatoes and scallion and cook, stirring once or twice, until softened, 1 to 2 minutes. Place spinach on top, cover and let wilt, about 30 seconds. Stir to combine. Pour in egg substitute, reduce heat to medium-low and continue cooking, stirring constantly with a heatproof rubber spatula, until the egg is starting to set, about 20 seconds. Continue cooking, lifting the edges so the uncooked egg will flow underneath, until mostly set, about 30 seconds more. Sprinkle cheese, salt and pepper over the omelet. Lift up an edge of the omelet and drizzle the remaining 1 tablespoon water under it. Cover, reduce heat to low and cook until the egg is completely set and the cheese is melted, about 2 minutes. Fold over using the spatula and serve.

Nutritional Facts

152 calories
7 g fat (2 g sat, 4 g mono)
6 mg cholesterol
8 g carbohydrate
17 g protein
3 g fiber
619 mg sodium
362 mg potassium.

Servings: 1

“This could be a dinner entree,
not just for breakfast!”

–Dawn, Diabetic Connect member

Breakfast | 39

Florentine Scramble

1 pound spinach, rinsed, chopped, and drained
1 pound lean ground beef
1 onion, chopped
4 eggs, lightly beaten
4 T. Parmesan cheese, grated
3 T. peanut oil
Tabasco Sauce to taste

Directions

Heat oil in large nonstick skillet. Add the beef, breaking into small bits with a fork. Cook beef until redness is gone, about 10 minutes, stirring frequently. Add the spinach and mix well. Stir Tabasco sauce into eggs and pour over beef mixture. Cook, stirring constantly, until the eggs are set. Transfer to a serving platter. Sprinkle with Parmesan cheese and serve immediately.

Nutritional Facts

Calories: 362
Carbohydrates: 6g
Protein: 24g
Fat: 6g
Saturated Fats: 2g
Sodium: 240mg.

“A great way to get more
dark green veggies.”

–Jack, Diabetic Connect member

Servings: 6

Dessert

Dessert

Flourless Brownies

12 oz unsweetened chocolate squares
1 cup unsalted butter
1 1/2 cups Splenda
4 lg eggs
4 lg egg yolks
1 tbsp vanilla
6 tbsp cocoa powder

“There is just no reason for me
to ever be without my chocolate.”

–Barbara, Diabetic Connect member

Directions

Preheat oven to 350°F. Melt chocolate and butter over VERY low heat. Let cool for 10 minutes. Beat eggs until light. Gradually beat in Splenda until fluffy. SLOWLY drizzle chocolate mixture into egg mixture, beating constantly. (Mixture will get VERY thick) Beat in sifted Cocoa until smooth. Spread batter into a GREASED 12x16 jelly roll pan. Bake for 50 minutes, or until top is puffed and cracked and tester comes out with MOIST crumbs attached. Cool for 1 hour. Cut into 2 inch squares.

Nutritional Facts

84 Calories
9g Fat (80.1% calories from fat)
2g Protein

3g Carbohydrate
1g Dietary Fiber
44mg Cholesterol
7mg Sodium

Exchanges: 0 Grain(Starch);
0 Lean Meat; 1 1/2 Fat.

Servings: 48

Dessert | 41

French Silk (In A Bowl)

1 cup butter
3/4 cup Splenda
2 oz unsweetened chocolate squares
1 tsp vanilla
2 tsp decaffeinated coffee -- strong, instant
2 eggs

“So decadent ... right up my alley!”

–Dawn, Diabetic Connect member

Directions

Cream butter, gradually adding Splenda (blend well), add melted chocolate, vanilla, and coffee (blend well), add one egg and beat for several minutes, add second egg and beat again for several minutes... pour mixture into very small little serving bowls (you can't eat much of this at once) - and chill in fridge for 1/2 hour. This is a light as air dessert converted from a French Silk Pie recipe - it is really “smooth as silk,” but the key is the longer you blend it, the smoother it will be.

Nutritional Facts

516 Calories
56g Fat (90.2% calories from fat)
5g Protein

9g Carbohydrate
2g Dietary Fiber
218mg Cholesterol
498mg Sodium

Exchanges: 1/2 Grain(Starch);
1/2 Lean Meat; 11 Fat.

Servings: 4

Dessert

Butterfinger Frosty

1/8 cup cream

7/8 cup water

1 tbsp Designer Whey, chocolate -- 1 scoop (get at Health Food Store)

1 1/2 tsp Splenda

1 1/2 tsp Peanut Butter -- or any nut butter

2 cups crushed ice

Directions

- Whirl all together in a blender

-Pour into a tall glass, grab a straw and enjoy!!

Nutritional Facts

144 Calories

13g Fat (75.9% calories from fat)

5g Protein

4g Carbohydrate

1g Dietary Fiber

26mg Cholesterol

69mg Sodium

Exchanges: 0 Grain(Starch);

1/2 Lean Meat; 2 1/2 Fat.

Servings: 4

“Satisfies that
cold-sweet-treat craving.”

–Josh, Diabetic Connect member

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