Chapter 53

Finding Diabetes-Friendly Recipes And Cookbooks

Diabetes-Friendly Recipes Online

American Diabetes Association

Children with Diabetes
http://www.childrenwithdiabetes.com/recipes

ChooseMyPlate.gov

Diabetes Action
http://www.diabetesaction.org/site/PageNavigator/recipe

Diabetes Daily
http://www.diabetesdaily.com/recipes

Diabetic Gourmet
http://diabeticgourmet.com/recipes

About This Chapter: This chapter includes recipes excerpted from “Tasty Recipes for People with Diabetes and Their Families,” National Diabetes Education Program, 2008. Resources were compiled from other sources deemed accurate. Inclusion does not constitute endorsement and there is no implication associated with omission. All website information was verified in August 2011.
Diabetes Information For Teens, Second Edition

DiabeticLifestyle/Vertical Health
http://www.diabeticlifestyle.com/recipes

Diabetic Living Online/Meredith Corporation
http://www.diabeticlivingonline.com/diabetic-recipes

dLife/LifeMed Media
http://www.dlife.com/diabetes/diabetic-recipes

Eating Well
http://www.eatingwell.com/recipes_menus/collections/diabetic_diet

Helpguide.org
http://helpguide.org/life/healthy_recipes.htm

Joslin Diabetes Center
http://www.joslin.org/phs/recipes.html

Juvenile Diabetes Research Foundation International
http://kids.jdrf.org/index.cfm?page_id=109765

Mayo Clinic
http://www.mayoclinic.com/health/diabetes-recipes/RE00091

National Kidney Foundation
http://www.kidney.org/patients/kidneykitchen/diabetes_ckd.cfm

Nemours Foundation
http://kidshealth.org/kid/recipes/diabetes/about_diabetes_recipes.html

U.S. Food and Drug Administration
http://www.fda.gov/ForConsumers/ByAudience/ForWomen/FreePublications/ucm136131.htm

Diabetes-Friendly Cookbooks And Meal Planning Guides

All-Natural Diabetes Cookbook
By Jackie Newgent
Published by the American Diabetes Association, 2007
Finding Diabetes-Friendly Recipes And Cookbooks

The American Diabetes Association Month of Meals Diabetes Meal Planner
By the American Diabetes Association
Published by the American Diabetes Association, 2010

Betty Crocker 30-Minute Meals for Diabetes
By the Betty Crocker Editors
Published by Wiley Publishing, 2008

Betty Crocker’s Diabetes Cookbook
By Richard M. Bergenstal, Diane Reader, and Maureen Doran
Published by Wiley Publishing, 2003

Biggest Book of Diabetic Recipes
By Better Homes and Gardens
Published by Meredith Books, 2005

Choose Your Foods: Exchange Lists for Diabetes
By Anne Daly and the American Diabetes Association
and the American Dietetic Association
Published by the American Dietetic Association, 2007

Diabetes and Heart Healthy Cookbook
By the American Diabetes Association and the American Heart Association
Published by the American Diabetes Association, 2004

Diabetes Cookbook for Dummies, Third Edition
By Alan L. Rubin and Cait James
Published by Wiley Publishing, 2009

Diabetes Diet Cookbook: Discover the New Fiber-FULL Eating Plan for Weight Loss
By Ann Fittante and the editors of Prevention Magazine
Published by Rodale Books, 2008

Diabetes Meal Planning Made Easy, Fourth Edition
By Hope Warshaw
Published by the American Diabetes Association, 2010
Diabetic Cooking: Snacks, Main Dishes and Desserts
By Favorite Name Brand™
Publisher: Publications International, 2007

Diabetic Living Quick and Easy Meals
By Diabetic Living Editors
Published by John Wiley and Sons, 2010

Diabetic Living: Slow Cooker Recipes
By Carrie E. Holcomb
Published by Meredith Books, 2005

Diabetic Meals in 30 Minutes—Or Less, Second Edition
By Robyn Webb
Published by American Diabetes Association, 2006

Joslin Cooks!
By the Joslin Diabetes Center Staff
Available from Joslin Diabetes Center: www.joslin.org

Joslin Diabetes Quick and Easy Cookbook
By Frances T. Giedt and Bonnie S. Polin
Published by Fireside, 1998

The Everything Diabetes Cookbook, Second Edition
By Gretchen Scalpi
Published by Adams Media, 2010

The New Family Cookbook for People with Diabetes, Revised and Updated
By the American Diabetes Association and the American Dietetic Association
Published by Simon and Schuster, 2007

No-Fuss Diabetes Recipes for 1 or 2
By Jackie Boucher, Marcia Hayes, and Jane Stephenson
Published by John Wiley and Sons, 1999

The Official Pocket Guide to Diabetic Exchanges, Second Edition
By the American Diabetes Association
Published by the American Diabetes Association, 2003
Some Recipes For You To Try

Diabetic exchanges are calculated based on the American Diabetes Association Exchange System. Percent Daily Values are based on a 2,000 calorie diet.

Spanish Omelet

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

Nutrition Facts

Serving Size: ⅛ of omelet

Amount Per Serving
Calories 260
Calories from Fat 90

% Daily Value (DV)
Total Fat 10g, 15%
Saturated Fat 3.5g, 18%
Trans Fat 0g
Cholesterol 135mg, 45%
Sodium 240mg, 10%
Total Carbohydrate 30g, 10%
Dietary Fiber 3g, 12%
Sugars 3g
Protein 16g
Vitamin A 8%
Vitamin C 60%
Calcium 15%
Iron 8%
Ingredients

- 5 small potatoes, peeled and sliced
- vegetable cooking spray
- ½ medium onion, minced
- 1 small zucchini, sliced
- 1½ cups green/red peppers, sliced thin
- 5 medium mushrooms, sliced
- 3 whole eggs, beaten
- 5 egg whites, beaten
- pepper and garlic salt with herbs, to taste
- 3 ounces shredded part-skim mozzarella cheese
- 1 tablespoon low-fat parmesan cheese

Directions

- Preheat oven to 375° F.
- Cook potatoes in boiling water until tender.
- In a nonstick pan, add vegetable spray and warm at medium heat.
- Add onion and sauté until brown. Add vegetables and sauté until tender but not brown.
- In a medium mixing bowl, slightly beat eggs and egg whites, pepper, garlic salt, and low-fat mozzarella cheese. Stir egg-cheese mixture into the cooked vegetables.
- In a 10-inch pie pan or ovenproof skillet, add vegetable spray and transfer potatoes and egg mixture to pan. Sprinkle with low-fat parmesan cheese and bake until firm and brown on top, about 20–30 minutes.
- Remove omelet from oven, cool for 10 minutes, and cut into five pieces.

Exchanges

- Meat 2
- Bread 2
- Vegetable ⅔
- Fat 2
Beef Or Turkey Stew

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

Nutrition Facts
Serving Size: 1½ cup
Amount Per Serving
  Calories: 320
  Calories from Fat: 60
% Daily Value (DV)
  Total Fat 7g, 11%
  Saturated Fat 1.5g, 8%
  Trans Fat 0g
  Cholesterol 40mg, 13%
  Sodium 520mg, 22%
  Total Carbohydrate 41g, 14%
  Dietary Fiber 8g, 32%
  Sugars 9g
  Protein 24g
  Vitamin A 340%
  Vitamin C 80%
  Calcium 6%
  Iron 15%

Ingredients
  1 pound lean beef or turkey breast, cut into cubes
  2 Tbsp. whole wheat flour
  ¼ tsp. salt (optional)
  ¼ tsp. pepper
  ¼ tsp. cumin
  1½ Tbsp. olive oil
  2 cloves garlic, minced
2 medium onions, sliced
2 stalks celery, sliced
1 medium red/green bell pepper, sliced
1 medium tomato, finely minced
5 cups beef or turkey broth, fat removed
5 small potatoes, peeled and cubed
12 small carrots, cut into large chunks
1¼ cups green peas

Directions

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

Exchanges

Lean Meat 3
Vegetable 2½
Bread 2⅔
Fat 1

Two Cheese Pizza

Serve your pizza with fresh fruit and a mixed green salad garnished with red beans to balance your meal.
Nutrition Facts
Serving Size: 2 slices (¼ of pie)
Amount Per Serving
  Calories: 420
  Calories from Fat: 170
% Daily Value (DV)
  Total Fat 19g, 29%
  Saturated Fat 7g, 35%
  Trans Fat 0g
  Cholesterol 25mg, 8%
  Sodium 580mg, 24%
  Total Carbohydrate 44g, 15%
  Dietary Fiber 3g, 12%
  Sugars 5g
  Protein 20g
  Vitamin A 30%
  Vitamin C 90%
  Calcium 40%
  Iron 15%

Ingredients
  2 Tbsp. whole wheat flour
  1 can (10 ounces) refrigerated pizza crust
  Vegetable cooking spray
  2 Tbsp. olive oil
  ½ cup low-fat ricotta cheese
  ½ tsp. dried basil
  1 small onion, minced
  2 cloves garlic, minced
  ¼ tsp. salt (optional)
  4 ounces shredded part-skim mozzarella cheese
  2 cups mushrooms, chopped
  1 large red pepper, cut into strips
Directions

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

Exchanges

- Meat 2½
- Bread 3
- Vegetable 1
- Fat 3¾

Rice With Chicken, Spanish Style

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

Nutrition Facts

Serving Size: 1½ cup

Amount Per Serving
- Calories 400
- Calories from Fat 60

% Daily Value (DV)
- Total Fat 7g, 11%
- Saturated Fat 1.5g, 8%
Trans Fat 0g
Cholesterol 85mg, 28%
Sodium 530mg, 22%
Total Carbohydrate 46g, 15%
Dietary Fiber 3g, 12%
Sugars 5g
Protein 37g
Vitamin A 30%
Vitamin C 70%
Calcium 4%
Iron 20%

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

Directions
- Heat olive oil over medium heat in a non-stick pot. Add onion, garlic, celery, red/green pepper, and mushrooms. Cook over medium heat, stirring often, for three minutes or until tender.
• Add whole grain rice and sauté for two to three minutes, stirring constantly to mix all ingredients.

• Add chicken, salt, chicken broth, water, Saffron/Sazón™, and tomatoes. Bring water to a boil.

• Reduce heat to medium-low, cover, and let the casserole simmer until water is absorbed and rice is tender, about 20 minutes.

• Stir in peas, corn, and beans and cook for 8–10 minutes. When everything is hot, the casserole is ready to serve. Garnish with olives or capers, if desired.

Exchanges

Meat 5½
Bread 3
Vegetable 1
Fat 1½

Pozole

Nutrition Facts

Serving Size: 1 cup

Amount Per Serving
Calories: 220
Calories from Fat: 70

% Daily Value (DV)
Total Fat 7g, 11%
Saturated Fat 2g, 10%
Trans Fat 0g
Cholesterol 70mg, 23%
Sodium 390mg, 16%
Total Carbohydrate 17, 6%
Dietary Fiber 3g, 12%
Sugars 5g
Protein 21g
Vitamin A 4%
Vitamin C 10%
Calcium 4%
Iron 15%

Ingredients
2 pounds lean beef, cubed
1 Tbsp. olive oil
1 large onion, chopped
1 clove garlic, finely chopped
¼ tsp. salt
⅛ tsp. pepper
¼ cup fresh cilantro, chopped
1 can (15 ounces) stewed tomatoes
2 ounces tomato paste
1 can (1 pound 13 ounces) hominy

Directions
• In a large pot, heat olive oil. Add beef and sauté. Only a small amount of oil is needed to sauté meat.
• Add onion, garlic, salt, pepper, cilantro, and enough water to cover meat. Stir to mix ingredients evenly. Cover pot and cook over low heat until meat is tender.
• Add tomatoes and tomato paste. Continue cooking for about 20 minutes.
• Add hominy and continue cooking another 15 minutes, stirring occasionally. If too thick, add water for desired consistency.

Option: Skinless, boneless chicken breasts can be used instead of beef cubes.

Exchanges
Meat 3
Bread 1
Vegetable ½
Fat 1½
Avocado Tacos

These fresh tasting tacos are great for a light meal.

Nutrition Facts

Serving Size: 1 taco

Amount Per Serving

- Calories: 270
- Calories from Fat: 80

% Daily Value (DV)

- Total Fat 8g, 12%
- Saturated Fat 2g, 10%
- Trans Fat 0g
- Cholesterol 0mg, 0%
- Sodium 460mg, 19%
- Total Carbohydrate 43g, 14%
- Dietary Fiber 5g, 20%
- Sugars 4g
- Protein 7g
- Vitamin A 25%
- Vitamin C 100%
- Calcium 10%
- Iron 1 5%

Ingredients

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

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

Directions

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

Exchanges

- Bread 3
- Vegetable 1
- Fat 1½

Tropical Fruits Fantasia

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

Nutrition Facts

Serving Size: ½ cup
Amount Per Serving
  - Calories: 170
  - Calories from Fat: 5
% Daily Value (DV)
  - Total Fat 0.5g, 1%
Saturated Fat 0g, 0%
Trans Fat 0g
Cholesterol 0mg, 0%
Sodium 40mg, 2%
Total Carbohydrate 41g, 14%
Dietary Fiber 5g, 20%
Sugars 30g
Protein 4g
Vitamin A 50%
Vitamin C 230%
Calcium 15%
Iron 2%

Ingredients

8 ounces fat-free, sugar-free orange yogurt
5 medium strawberries, cut into halves
3 ounces honeydew melon, cut into slices (or ½ cup cut into cubes)
3 ounces cantaloupe melon, cut into slices (or ½ cup cut into cubes)
1 mango, peeled and seeded, cut into cubes
1 papaya, peeled and seeded, cut into cubes
3 ounces watermelon, seeded and cut into slices (or ½ cup cut into cubes)
2 oranges, seeded and cut into slices
½ cup unsweetened orange juice

Directions

• Add yogurt and all fruits to a bowl and carefully mix together
• Pour orange juice over fruit mixture.
• Mix well and serve ½ cup as your dessert.

Exchanges

Fruit 2¼
Milk ½