



Diabetes-friendly Recipes

from the
EvergreenHealth
Community

Dear friends,

This cookbook is the work of your Evergreen Diabetes Patient Family Advisory Council, made possible by a grant from the Evergreen Healthcare Foundation. We are committed to enhancing the lives of people living with diabetes and the people who support them. You are our concern, our focus, and our mission. To assist you in managing your diabetes, or that of a loved one, we offer this collection of recipes, contributed by members of the committee, the staff of Evergreen Hospital, and other caring people in the Evergreen community.



We understand that managing diabetes, whether it is your own or that of someone in your family requires extra attention and diligence. With the right attitude, support, and tool kit, it can be controlled for a long, healthy, and satisfying life. Diabetes requires management not deprivation. This cookbook is another tool to help you keep your diabetes in check. At the same time, however, we hope that it inspires you to find pleasure in cooking for yourself and others and to find other sources of creative and delicious recipes that are also consistent with a healthy diet. Cooking is not only entertaining, but it allows you to get up close and personal with the ingredients that will ultimately nourish your body and your life.

Healthy diets are not just for those with diabetes, but for the whole family. We are not merely offering recipes that are carb-conscious and good for you. These are also some of our favorite dishes and we hope that you enjoy them as much as we do. Meals are an opportunity for shared experience. We strongly encourage you to cook with and for your family and friends.

Another good tool is to plan your menu on a weekly basis. Knowing ahead of time what you will cook and eat allows you to stock your home with good ingredients. Shopping meal-by-meal requires much more effort and encourages impulse-buying that can result in poor decisions. Use these recipes and others that you find to plan your meals and take control of your diet. Adopting a conscious and conscientious approach to meal planning and food purchases will pay big dividends in health and diabetes control.

We hope that you enjoy these recipes as much as we do. Try them, trade them, and create your own inventory of scrumptious and healthy meals.

Bon Appetit!

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Thank you to CoroWare for the use of their offices in creating this cookbook.
 Illustrations by Julie Dennison, RN, CDE

Seven Behaviors of Diabetes Management

1. **Healthy Eating:** Count your carbohydrates. Remember calories count.
2. **Being Active:** 30-60 minutes of daily activity.
3. **Monitoring:** Know your numbers (blood sugar, A1C, cholesterol, blood pressure, etc.) and discuss them with your doctor.
4. **Taking Medication:** Plan ahead, know what to do, don't miss a dose, and keep an updated list with dosages with you at all times.
5. **Problem Solving:** Recognize problems and take action; avoid denial
6. **Healthy Coping:** Develop a support system; attend the Diabetes Support group. Call 425.899.3000 to register.
7. **Reducing Risks.** Most long-term complications are avoidable. See your doctor every 3-6 months for diabetes check ups.

Evergreen Outpatient Diabetes Education

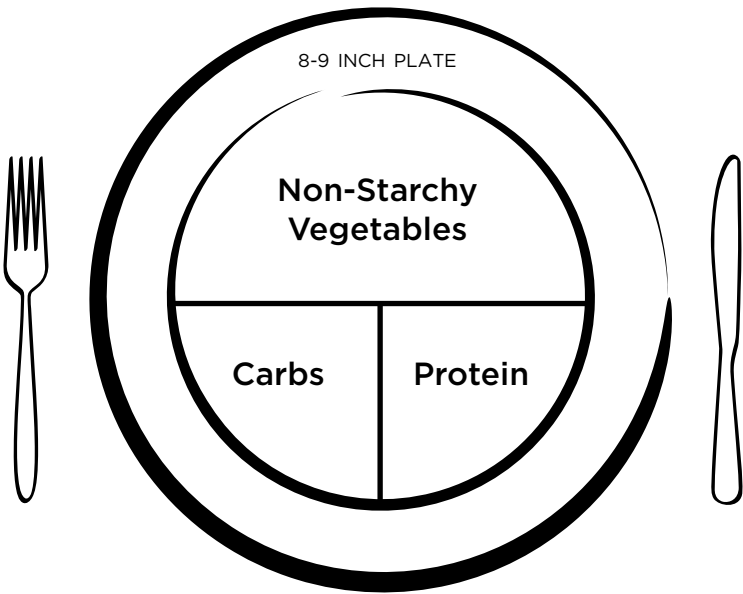
- Class series followed by 1-2 hours annually
- Individual visits are available if unable to attend class series
- Call **425.899.3008** for more information or to register

Most insurance companies cover some diabetes education. Call your insurance provider to see if your plan offers coverage.

Low blood sugar is less than 70. If you feel bad (shaky, sweaty):

- Take 4 oz. (1/2 cup) of sugary beverage, 1 TBS sugar or honey or 4 glucose tablets
- Wait 15 minutes and retest
- Repeat if you don't feel better
- Always follow up with a snack or meal within 30 minutes
- If this treatment doesn't work, call 911

Build-A-Meal



Examples of Carbohydrates

- cereal
- milk/yogurt
- rice
- potatoes, corn and peas
- bread, bagels, pastry
- pasta
- fruit & fruit juice
- dessert

Peach Smoothie

SERVES 2

Ingredients

- 1 medium fresh peach, peeled, pitted, and chopped
- ½ c skim milk
- 14 oz non-fat vanilla yogurt
- 1 c ice cubes
- ground cinnamon, to taste

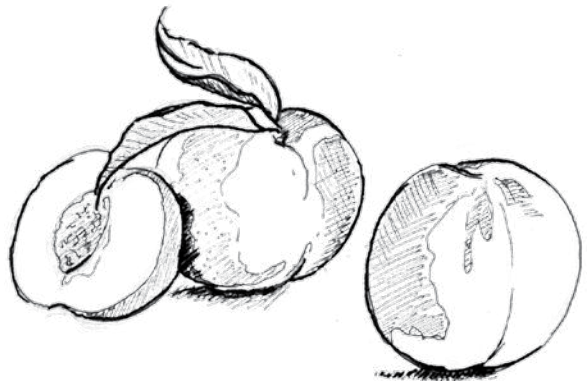
Directions

1. Place peach, milk, yogurt, and ice in a blender. Blend until smooth. Turn off machine and scrape down the sides of the blender with a rubber spatula. Blend again.
2. Pour the mixture into 2 glasses and sprinkle each with a little cinnamon. Serve at once. (You can garnish with strawberries if you want to be fancy.)

Tips / Comments:

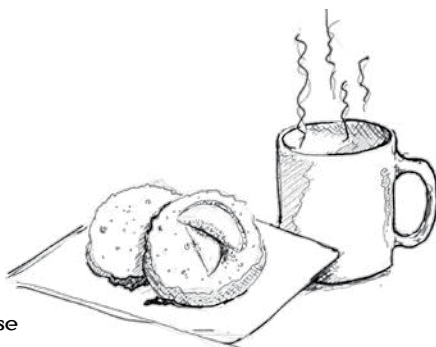
A quick refreshing drink for breakfast or an afternoon snack. If fresh fruit is not in season you may substitute your favorite frozen fruit. Just select a product that does not have added sugar.

NUTRITION FACTS (per serving): *Calories (101); Total Fat (0 g); Saturated Fat (0 g); Cholesterol (3 mg); Carbohydrate (3 g); Fiber (1 g); Protein (5 g); Sodium (65 mg)*



English Muffin Breakfast Pizza

SERVES 1



Ingredients

- 2 Tbs reduced fat cream cheese
- 1 tsp reduced fat sour cream
- ½ English muffin
- 1 small ripe peach, peeled and sliced
- ½ tsp light brown sugar
- ground cinnamon, to taste

Directions

1. Preheat broiler.
2. In a small bowl, combine cream cheese and sour cream.
3. Spread evenly over English muffin half.
4. Arrange peach slices on top. Sprinkle with cinnamon and brown sugar.
5. Broil until cheese browns around edges, about 2 minutes.
6. Cut in half or quarters and eat warm.

Tips / Comments:

Select a whole grain, high-fiber English muffin for the biggest “bang for the buck”.

NUTRITION FACTS (per serving): *Calories (185); Total Fat (7 g); Saturated Fat (4.3 g); Cholesterol (25 mg); Carbohydrate (25 g); Fiber (3 g); Protein (6 g); Sodium (258 mg)*

Multi-bran Muffins

MAKES 16

Ingredients

1½ c	oat bran	1 Tbs	baking powder
1 c	wheat bran	1 tsp	baking soda
¼ c	orange juice	1 c	Splenda brown sugar blend
1 c	low-fat milk	1 Tbs	cinnamon
½ c	canola oil	1 tsp	orange peel
1 c	egg substitute	1 c	raisins or craisins
1 c	flour	1 c	walnuts, chopped
½ c	whole wheat flour	½ c	cinnamon chips, optional

Directions

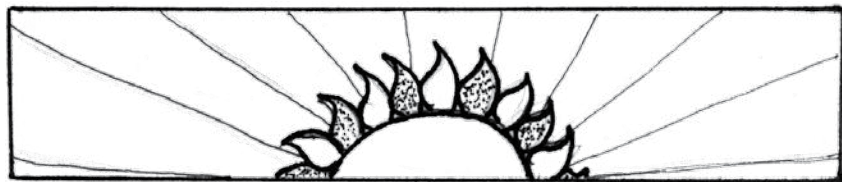
1. Spray muffin cups with cooking spray or line with muffin papers. Preheat oven to 375°F.
2. Combine first 6 ingredients (oat bran through egg substitute) in large bowl; let sit 5 minutes.
3. Combine next 7 dry ingredients (through orange peel) in another bowl. Add to bran mixture and stir just until combined.
4. Stir in raisins/craisins, nuts and chips if using. Scoop into muffin cups and bake for 18 minutes.
5. Let cool in pan for 5 minutes, then remove muffins to rack and cool completely.



Tips / Comments:

Can freeze in plastic sandwich bags. When you want to serve them, remove muffins from bag and place on a plate. Microwave for 20 seconds to defrost, turn the plate, and microwave for another 15 seconds.

NUTRITION FACTS (per muffin): *Calories (244); Total Fat (12 g); Saturated Fat (1 g); Cholesterol (0.5 mg); Carbohydrate (30 g); Fiber (4 g); Protein (6 g); Sodium (208 mg)*



Breakfast Sandwich

SERVES 1

Ingredients

- 1 whole grain English muffin, split and toasted
(I use Food for Life sprouted muffins, in the frozen food section)
- 1 frozen, pre-cooked sausage patty, heated in a microwave according to package instructions
- mustard

Directions

1. Spread toasted muffin with a little mustard, sandwich with the sausage and enjoy.

Tips / Comments:

This is a very fast breakfast that doesn't spike my blood sugar. Having quick meal ideas handy makes life easier!

NUTRITION FACTS (per serving): *Calories (290); Total Fat (12 g); Saturated Fat (2.5 g); Cholesterol (35 mg); Carbohydrate (30 g); Fiber (6 g); Protein (18 g); Sodium (520 mg)*

Northwest Berry Puff

SERVES 6



Ingredients

2	large eggs
1	large egg white
½ c	fat-free milk
½ c	all-purpose flour
1 Tbs	sugar
	pinch salt
2 c	fresh berries of your choice
1 Tbs	powdered sugar
	cooking spray

Directions

1. Heat the oven to 400°F. Spray a 10 inch glass pie pan or oven-safe skillet with cooking spray.
2. Beat the eggs and egg white in a medium bowl. Whisk in the milk. Slowly whisk in the flour, sugar, and salt. Pour into the prepared pan and bake 15 minutes. Reduce the heat to 350°F and bake for 10 minutes longer, or until the batter is puffed and browned.
3. Remove from the oven and slide onto serving plate. Cover with the fruit (if strawberries are used, slice into bite-sized pieces) and dust with powdered sugar. Cut into 6 wedges and serve.

NUTRITION FACTS (per serving): *Calories (110); Total Fat (2 g); Saturated Fat (1 g); Cholesterol (71 mg); Carbohydrate (18 g); Fiber (2 g); Protein (5 g); Sodium (89 mg)*

Mushroom Omelet

SERVES 2

Ingredients

6 oz	fresh mushrooms, such as shitake, portobello, or button	1 Tbs	chopped fresh flat-leaf parsley
2	scallions, white parts only, thinly sliced	8 oz	liquid egg substitute
¼ tsp	minced thyme	2 sprigs	fresh parsley, for garnish
¼ tsp	minced basil		cooking spray

Directions

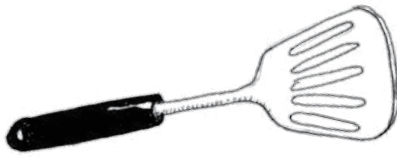
1. Spray a small non-stick skillet with cooking spray and heat over high heat for 1 minute.
2. Add mushrooms and scallions and cook over high heat until mushrooms are just cooked through.
3. Remove to small bowl and add herbs and seasonings.
4. Spray same skillet with cooking spray and add half of egg substitute. Cook over medium heat, lifting the sides of the eggs to allow the uncooked eggs to flow under.
5. Once the omelet is lightly browned, carefully flip the omelet to brown the other side.
6. Spoon half the mushroom mixture onto the omelet and fold in half. Transfer to a plate and keep warm in a warm oven, covered with foil.
7. Repeat, making a second omelet. Place a sprig of parsley on each omelet.

Tips / Comments:

Substitute any vegetable for or in addition to the mushrooms. One of our favorites is to sauté red and orange baby peppers. They add beautiful color and taste wonderful.

NUTRITION FACTS (per serving): *Calories (83); Total Fat (tr g); Saturated Fat (tr g); Cholesterol (0 mg); Carbohydrate (6 g); Fiber (1 g); Protein (14 g); Sodium (205 mg)*





Sausage Strata

SERVES 8

Ingredients

$\frac{3}{4}$ c	shredded low-fat cheddar cheese	2 c	1% milk
8	slices, good quality white bread, crusts removed and cut into cubes	1 lb	chicken or turkey sausage
		$1\frac{1}{2}$ c	egg substitute
$1\frac{1}{2}$ c	roasted tomatillo salsa (recipe follows)		cooking spray

Directions

1. Remove and discard sausage casing. Crumble and brown in non-stick skillet, stirring and breaking up with a wooden spoon. Transfer with a slotted spoon to a paper-towel lined plate.
2. Whisk together milk and egg substitute in a large bowl.
3. Coat a 9"x9" baking dish with cooking spray. Set aside $\frac{1}{4}$ cup shredded cheese, wrapped, in the refrigerator.
4. Layer $\frac{1}{3}$ of the bread cubes in the dish. Top with half the sausage and $\frac{1}{4}$ cup of the cheese.
5. Pour 1 cup of the milk mixture over the top.
6. Repeat the layers. Add the last of the bread on top, and pour over the last of the egg and milk mixture.
7. Cover with the tomatillo salsa. Cover with plastic wrap and refrigerate overnight.
8. In the morning, heat the oven to 350°F. Uncover the casserole, and sprinkle the top with reserved $\frac{1}{4}$ cup shredded cheese.
9. Bake until strata is golden brown and bubbling, and a knife inserted in the center comes out clean, about 50-60 minutes.
10. Let rest for 10 minutes before serving.

Tips / Comments:

A wonderful do-ahead brunch casserole without all the fat and carbs. The salsa adds a real wow factor.

NUTRITION FACTS (per serving): *Calories (199); Total Fat (4 g); Saturated Fat (1.6 g); Cholesterol (24 mg); Carbohydrate (21 g); Fiber (1 g); Protein (20 g); Sodium (689 mg)*

Roasted Tomatillo Salsa

Ingredients

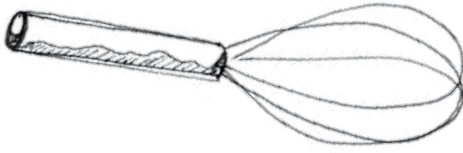
- 8 fresh tomatillos, husks removed
- 1 jalapeno pepper, stem and seeds removed
- 1 lemon, grate zest and juice
- cooking spray

Directions

1. Preheat oven to 350°F.
2. Place tomatillos and jalapeno on small baking sheet. Spritz with cooking spray. Roast 20-25 minutes, or until tomatillos are soft and golden.
3. Transfer tomatillos and jalapeno to food processor and process until smooth.
4. Add lemon zest and juice. Pulse to mix.
5. Refrigerate until ready to use.

NUTRITION FACTS: *Eaten on its own the salsa has 13 calories and 3 g carbohydrate per ¼ c serving.*





Eggs Tudor

SERVES 4

Ingredients

2 Tbs	unsalted butter, divided	8	jumbo black olives chopped
2 Tbs	flour	8	eggs
1 c	half and half	¼ c	1% milk
	dash of salt	1 c	turkey ham, slivered
¼ tsp	white pepper, divided	¾ c	grated Swiss cheese, divided
⅛ tsp	nutmeg	2	cherry tomatoes, halved

Directions

1. Preheat broiler.
2. Melt 1 tablespoon butter, stir in flour and gradually stir in half and half. Add dash of salt, ½ the pepper and nutmeg, cook stirring until the sauce boils and thickens. Stir in ½ cup Swiss cheese and chopped olives. Stir over low heat until the cheese melts.
3. Beat eggs and milk together, add the remaining pepper to the eggs. Melt remaining tablespoon of butter and add the egg mixture. Cook over low heat until the eggs are set, stirring occasionally from the bottom of the pan.
4. Arrange turkey ham on bottom of 9" x 13" baking dish. Top with 8 tablespoons of the sauce. Layer eggs on top and then spoon the remaining sauce over top and sprinkle with remaining cheese.
5. Place under broiler and broil until the top is slightly browned. Garnish each with the ½ cherry tomato.

Tips / Comments:

A family holiday favorite. This one is a splurge so make sure to balance carbs and calories for the rest of the day!

NUTRITION FACTS (per serving): *Calories (368); Total Fat (26.6 g); Saturated Fat (12 g); Cholesterol (485 mg); Carbohydrate (10.5 g); Fiber (0.6 g); Protein (22.1 g); Sodium (585 mg)*

Spinach Salad

SERVES 6

Ingredients

Dressing

2 Tbs	olive oil
2 Tbs	white wine vinegar
2 Tbs	apple cider vinegar
1 tsp	dry mustard
1 tsp	dry garlic powder
¼ tsp	salt
⅛ tsp	black pepper

Salad

8 c	fresh spinach
¼ c	diced red onion
⅓ c	dried cranberries
½ c	candied pecans
½	medium apple, cubed

Directions

1. Combine dressing ingredients in small jar. Cover and shake well.
2. Combine salad ingredients in a large bowl. Pour dressing over and toss all to combine.

Tips / Comments:

Everyone who has tried this salad has loved it. The olive oil in the dressing gives you some heart-healthy fat, which you should include in your diet every day. Most people only eat about 10 different dinners, so you really don't need to find many new recipes to change the way you eat. One new recipe is 10% of your dinners! You can do this!

NUTRITION FACTS (per serving):
Calories (158); Total Fat (9.85 g);
Saturated Fat (1.7 g); Cholesterol
(0 mg); Carbohydrate (17.5 g);
Fiber (0.4 g); Protein (2.3 g);
Sodium (220 mg)



Kale, Lentil, & Chicken Salad with maple Vinaigrette

SERVES 4

Ingredients

Vinaigrette

4 Tbs	olive oil
1 Tbs	pure maple syrup
1 Tbs	grainy mustard
2 tsp	red wine vinegar

Salad

12 c	kale, sliced in thin ribbons
½ c	raw lentils
2	boneless, skinless chicken breasts
2 oz	reduced-fat feta cheese, crumbled
	ground black pepper



Directions

1. Broil or boil chicken breasts until cooked through; cool and dice or shred
2. In a pot of boiling water, cook lentils until tender but not mushy, about 10-15 minutes. Drain.
3. Toast almonds in oven or sauté pan until lightly golden—don't overdo them!!
4. Put vinaigrette ingredients in small jar, cover, and shake to blend (or whisk together in small bowl).
5. Toss the kale with the vinaigrette and divide evenly among 4 plates. Top with chicken, lentils, feta, and almonds. Season with black pepper.

Tips / Comments:

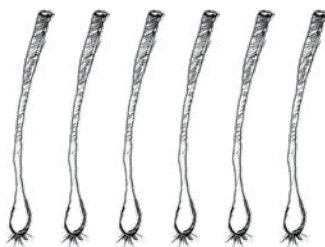
Talk about leafy greens!! This is a delicious salad for summer.

NUTRITION FACTS (per serving): *Calories (570); Total Fat (23 g); Saturated Fat (4 g); Cholesterol (19 mg); Carbohydrate (50 g); Fiber (13 g); Protein (42 g); Sodium (440 mg)*

Quinoa Salad

with Rice & Black Beans

SERVES 6



Ingredients

½ c	quinoa, rinsed well in a sieve	2	plum tomatoes, diced
14 ½ oz	can vegetable broth	½ c	frozen corn kernels
1 ½ tsp	ground cumin, divided	¼ c	cilantro
½ c	long grain brown rice	¼ c	fresh lime juice
15 oz	can black beans, drained and rinsed well	2 Tbs	olive oil
2	thin green onions, sliced	¼ tsp	salt
1	medium red bell pepper, diced		freshly ground black pepper, to taste
		⅛ tsp	cayenne pepper

Directions (note: keeps well for several days.):

1. In a small saucepan, combine the quinoa, 1 cup of the broth, and ½ teaspoon of the cumin. Bring to a boil, cover, reduce the heat to medium low and cook 15-20 minutes, until the broth has been absorbed.
2. Combine the remaining broth and enough water to make 1 cup. Put into a second small saucepan with the rice and ½ teaspoon cumin; bring to a boil. Cover and simmer until the liquid is absorbed, about 15-20 minutes.
3. Combine the quinoa and rice in a large bowl. Add the black beans, green onions, bell pepper, tomatoes, corn and cilantro.
4. Put the lime juice, olive oil, remaining ½ teaspoon cumin, salt, black pepper, and cayenne in a small jar. Cover and shake to blend. Pour over the salad, mixing well.

Tips / Comments:

This recipe uses the high protein grain quinoa (keen-wa) with beans that provide fiber and magnesium. Because of the fiber, it has a potential for digesting more slowly and blunting how fast the blood sugar rises. It is a nice alternative lunch to a sandwich. Adding a piece of string cheese and a small piece of fruit makes a balanced meal.

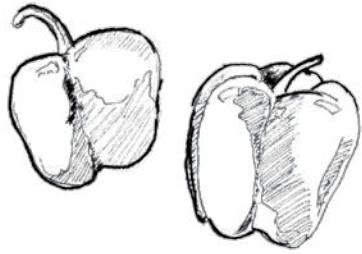
NUTRITION FACTS (per serving): *Calories (237); Total Fat (6 g); Saturated Fat (1 g); Cholesterol (0 mg); Carbohydrate (40 g); Fiber (4.5 g); Protein (7 g); Sodium (544 mg)*

Italian Salad

SERVES 4

Ingredients

- ½ c salad vinegar
 - ½ c salad oil
 - ½ tsp salt
 - ¼ tsp oregano
 - ½ tsp garlic powder
 - 1 serving size packet of Truvia or other sweetener
 - 2 Tbs water
 - 3 cucumbers, cut into large chunks
 - 3 tomatoes, cut into large chunks
 - 3 stalks celery, cut into large chunks
 - 1 green pepper, cut into large chunks
 - 1 onion, cut into large chunks
- * other vegetables such as zucchini, cauliflower, etc. work well.*



Directions

1. Marinate vegetables up to 2 hours with dressing. Do not drain. Serve.

NUTRITION FACTS (per serving): *Calories (44); Total Fat (1.9 g); Saturated Fat (0.25 g); Cholesterol (0 mg); Carbohydrate (5.7 g); Fiber (1.6 g); Protein (0.75 g); Sodium (18 mg)*



Lentils, Mint & Feta for 2

SERVES 2

Ingredients

1 c	lentils
3 ½ c	water
½ Tbs	olive oil
½ c	crumbled feta cheese
½ c	handful of fresh mint

Directions

1. Boil water.
2. Reduce heat and add lentils. Simmer about ½ hour or until lentils are tender.
3. Drain lentils and toss with olive oil.
4. Coarsely chop mint.
5. Mix in feta and chopped mint.
6. Enjoy.



Tips / Comments:

I like this recipe because it is simple, quick, tasty and affordable. I like lentils, and it just so happens they are low fat, low cholesterol, and low sodium, too. Both mint and lentils are relatively high in iron which can be good for patients with iron deficiency anemia.

I'd suggest gradually cutting soda and other highly refined but nutritionally empty foods out of your diet; start looking for simple foods you can prepare quickly yourself even if you aren't the world's most skilled cook. Almost anything that you assemble yourself out of simple and healthy ingredients will prove a better choice in the long run than traditionally highly refined and processed foods that are so common in most of our daily lives.

The really great part about trying to eat better is that most foods that are good for diabetics are good for other people too. It's a rare person who doesn't struggle with their diet and making healthier choices. I think that even most doctors (including myself) struggle. Find a friend, partner, or spouse who can support you in healthy living and do it together. Accountability to others is a key ingredient in being successful with diabetes, whether it's trying to lose weight or in bringing your sugars under better control.

Take heart! You are doing the right thing by reading this cookbook and trying to make better choices!

NUTRITION FACTS (per serving): *Calories (247); Total Fat (15 g); Saturated Fat (7 g); Cholesterol (34 mg); Carbohydrate (22 g); Fiber (9 g); Protein (15 g); Sodium (420 mg)*

Roasted Cauliflower, Chickpeas & Olives

SERVES 6

Ingredients

5 c	cauliflower florets (about 1 lb)
24	green olives, pitted and sliced
4	cloves garlic, minced
1 can	garbanzo beans, drained (15 oz)
3 Tbs	olive oil
½ tsp	crushed red pepper
¼ tsp	chopped fresh parsley



Directions

1. Preheat oven to 450° F.
2. Combine first 4 ingredients in small roasting pan, drizzle with olive oil, sprinkle with salt and red pepper. Toss well and bake for 20 minutes or until cauliflower is browned a bit, stirring after 10 minutes.
3. Top with parsley.

Tips / Comments:

When baking cakes and muffins, try using half almond flour and half regular flour. It lowers the carbs and tastes very good!

NUTRITION FACTS (per serving): *Calories (176); Total Fat (10 g); Saturated Fat (1 g); Cholesterol (0 mg); Carbohydrate (17.6 g); Fiber (4.2 g); Protein (4.2 g); Sodium (558 mg)*

Grilled Chiles Rellenos

SERVES 6

Ingredients

6	poblano chiles
15 oz	kidney beans rinsed and drained
8 oz	Monterey Jack cheese grated
¼ c	raisins
¼ c	salsa
2 tsp	chili powder



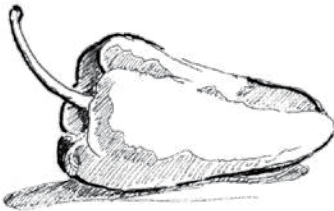
Directions

1. Cut a slit in each chile lengthwise and carefully scoop out the seeds and ribs. In a medium bowl combine beans, cheese, raisins, salsa and chili powder.
2. Stuff peppers with the filling
3. Place on a cookie sheet and either grill on a barbecue or cook in the oven at 350°F for about 20 minutes. They are done when the pepper is soft and the cheese is melted. Pepper may look slightly charred from grilling.

Tips / Comments:

My family loves this recipe because it is so tasty, but I love it because it is so simple and flexible. Experiment with different fillings. We find different peppers at Farmer's markets some sweet and some spicy and have worked well. We even buy extra peppers to freeze so we have them all year.

NUTRITION FACTS (per serving): *Calories (247); Total Fat (12.4 g); Saturated Fat (9 g); Cholesterol (33 mg); Carbohydrate (21.5 g); Fiber (7 g); Protein (14.5 g); Sodium (589 mg)*

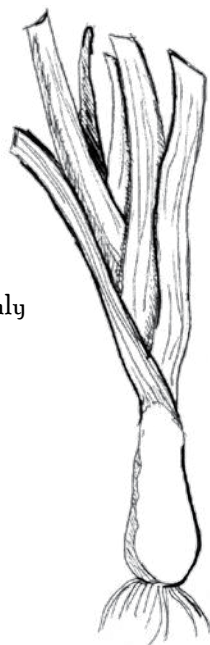


Baked Leek & Sweet Potato Gratin

SERVES 8

Ingredients

- 3 medium leeks, white and light green parts only chopped (about 6 cups)
- 1½ Tbs olive oil, divided
- 3 cloves garlic, minced
- 3 Tbs chopped fresh rosemary, divided
- 2 lbs medium sweet potatoes, peeled and cut into ¼ inch slices
- ⅓ c low-sodium vegetable broth
- 3 Tbs Italian seasoned dry bread crumbs
- 2 Tbs Romano cheese (optional)
- cooking spray



Directions

1. Preheat oven to 450°F. Coat 10" round baking dish with cooking spray
2. Heat 1 tablespoon oil in skillet over medium high heat. Add leeks, garlic and 1½ tablespoons rosemary; sauté for 8 minutes. Season with pinch of salt and pepper if desired.
3. Arrange one third of the sweet potato slices over bottom of prepared baking dish, overlapping slightly. Spread half of leek mixture on top. Arrange another ⅓ of the sweet potato slices over leeks. Top with remaining leeks and then cover with remaining sweet potato slices. Drizzle broth over dish, cover with foil and bake for 35 minutes.
4. Stir together bread crumbs, remaining olive oil, remaining rosemary and Romano cheese, if desired, in a small bowl. Remove foil from gratin and sprinkle breadcrumb mixture over the top. Bake uncovered for 15 more minutes. Let cool a little before serving, cut into wedges and enjoy!

NUTRITION FACTS (per serving): *Calories (143); Total Fat (3 g); Saturated Fat (1 g); Cholesterol (0 mg); Carbohydrate (28 g); Fiber (4 g); Protein (31 g); Sodium (402 mg)*

Apple-Glazed Baby Carrots

SERVES 6

Ingredients

3 c	baby carrots
1 Tbs	lemon juice
1 Tbs	low calorie margarine
3 Tbs	apple juice concentrate
$\frac{2}{5}$ c	low-sodium chicken broth
1 tsp	cinnamon
2 tsp	cornstarch or arrowroot powder
1 tsp	water



Directions

1. Steam the carrots over 2" of boiling water, covered, for about 3 minutes.
2. Sprinkle with the lemon juice.
3. Melt the margarine in a medium skillet over medium heat.
4. Add the apple juice concentrate and cook until it melts.
5. Add the broth and cinnamon and bring to a boil.
6. Mix the cornstarch or arrowroot powder with the water. Add to the skillet, lower the heat, and cook until thickened. Add the carrots and toss well to coat.

NUTRITION FACTS (per serving): *Calories (61); Total Fat (1 g); Saturated Fat (0 g); Cholesterol (0 mg); Carbohydrate (12 g); Fiber (2 g); Protein (1 g); Sodium (77 mg)*

Roasted Carrots

with Shallots & Sage

SERVES 2

Ingredients

- $\frac{3}{4}$ c baby carrots
- 2 large shallots, halved lengthwise
- 1 Tbs balsamic vinegar
- 1 tsp olive oil
- 1 Tbs chopped fresh sage
- pinch garlic powder
- pinch salt
- pinch ground black pepper

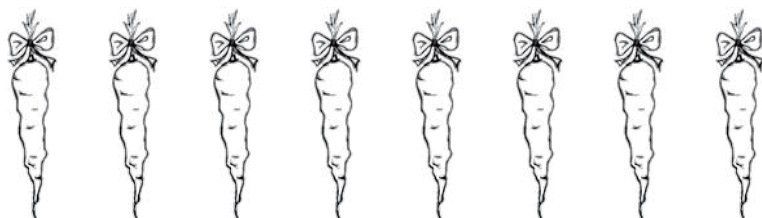
Directions

1. Preheat oven to 400°F.
2. Toss the carrots and shallots with the vinegar and oil in an 8" or 9" oven-safe skillet.
3. Roast for 25 to 30 minutes, or until the vegetables are tender and deeply browned, turning once during cooking.
4. Transfer to a small bowl and toss with last four ingredients.

Tips / Comments:

Just right for 2 people!

NUTRITION FACTS (per serving): *Calories (65); Total Fat (2 g); Saturated Fat (0 g); Cholesterol (0 mg); Carbohydrate (11 g); Fiber (2 g); Protein (1 g); Sodium (190 mg)*



Mashed Cauliflower Potatoes

SERVES 4

Ingredients

- 1 medium red potato (about 8 ounces) cut into 1 inch chunks
- 8 oz cauliflower florets
- ¼ c onion chopped
- 1 tsp dried parsley
- ¼ tsp garlic powder
- 2 Tbs margarine
- pepper to taste



Directions

1. Combine potato, cauliflower, onion, parsley and garlic powder in a medium saucepan with enough water to just cover. Bring to a boil on high then reduce heat and simmer.
2. Cook about 12 minutes until vegetables are tender. Drain well.
3. Mash with a potato masher. Add margarine and mash until smooth. Season with pepper to taste.

Tips / Comments:

Try adding a little Parmesan or chopped garlic for some extra flavor.

NUTRITION FACTS (per serving): *Calories (83); Total Fat (6 g); Saturated Fat (0 g); Cholesterol (0 mg); Carbohydrate (7 g); Fiber (4 g); Protein (2 g); Sodium (7 mg)*

Garlic Mushrooms

SERVES 12

Ingredients

- 2 lb button mushrooms, wiped clean and halved if large
- ¼ c olive oil
- ½ c chopped kalamata olives
- 2 Tbs balsamic vinegar
- 1 tsp dried thyme
- 1 clove garlic, minced

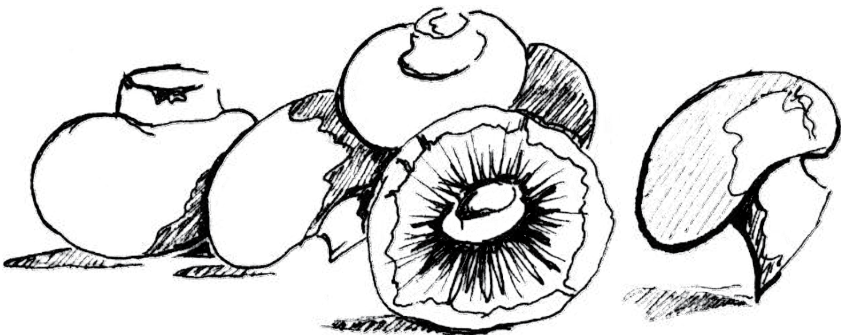
Directions

1. Preheat oven to 450°F. Put mushrooms on non-stick baking sheet with rim and toss with olive oil. Sprinkle lightly with salt and pepper.
2. Roast on baking sheet for 15 minutes. Stir and roast for 10 minutes more, or until brown and crispy.
3. Toss with remaining ingredients and serve hot or at room temperature.

Tips / Comments:

This is a great side dish, for brunch or dinner. I usually omit the olives.

NUTRITION FACTS (per serving): *Calories (76); Total Fat (6 g); Saturated Fat (0.5 g); Cholesterol (0 mg); Carbohydrate (5 g); Fiber (1 g); Protein (2 g); Sodium (185 mg)*



Decadent Brussels Sprouts

SERVES 4

Ingredients

- 20 brussels sprouts,
trimmed and cut in half
- 1 c half and half
- ½ lemon, juiced
- pepper to taste



Directions

1. Pour half and half into a 10" sauté pan. Place brussels sprouts cut side down and heat on medium until bubbly.
2. Decrease heat to low and simmer for about 20 minutes, until sprouts are fork tender.
3. Remove from heat, squeeze lemon juice over the top and serve with freshly ground pepper.

Tips / Comments:

Amazingly easy and yummy, even my finicky eater loves these.

NUTRITION FACTS (per serving): *Calories (120); Total Fat (7 g); Saturated Fat (4.4 g); Cholesterol (22.7 mg); Carbohydrate (11.1 g); Fiber (3.5 g); Protein (4.8 g); Sodium (50 mg)*

Sweet Potato Spears

SERVES 4

Ingredients

- 1½ lbs sweet potatoes, peeled and cut lengthwise into spears
- 1 Tbs olive oil
- ½ tsp salt
- ¼ tsp dried thyme
- ¼ tsp pepper
- ⅛ tsp ground nutmeg



Directions

1. Combine all ingredients in a bowl, toss to mix and coat potato wedges.
2. Arrange in a single layer on a baking sheet coated with cooking spray or lined with parchment. Place on bottom rack of oven and bake at 450°F for 25 minutes or until tender, turning once.

NUTRITION FACTS (per serving):
Calories (132); Total Fat (3.5 g); Saturated Fat (0.5 g); Cholesterol (72 mg); Carbohydrate (23.6 g); Fiber (3.8 g); Protein (2.3 g); Sodium (196 mg)

Curried Lentils & Cauliflower

SERVES 4

Ingredients

- 1 c dried lentils
- 1 bay leaf
- 2 c water
- 2 tsp olive oil
- 1 onion chopped
- 1 clove garlic minced
- 1 tsp salt
- 1 tsp ground coriander
- 1 tsp ground cumin
- 1 tsp turmeric
- ¼ tsp cinnamon
- 1 small head cauliflower, cut in flowerettes
- ½ to 1 c tomato sauce
- 1 tsp freshly grated ginger root
- optional garnishes: ½ cup roasted cashews, ½ cup plain yogurt



Directions

1. Wash and drain lentils. Place in pot with bay leaf and water, bring to boil. Lower heat, cover and let simmer for 25-30 minutes until lentils are soft.
2. Heat oil in a large pot. Add onion, garlic, and salt; sauté until onion is soft. Add coriander, cumin, turmeric, and cinnamon. Then add cauliflower, tomato sauce, ginger and ¾ cup water, stir well.
3. Cover and let simmer until cauliflower is tender, about 15 more minutes. Stir cooked lentils into cauliflower mixture and discard the bay leaf. Top with garnishes if desired.

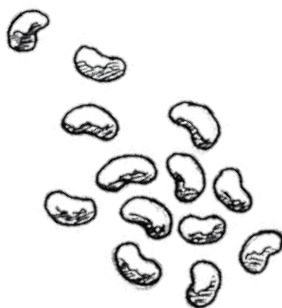
NUTRITION FACTS (per serving): *Calories (119); Total Fat (2.8 g); Saturated Fat (0.5 g); Cholesterol (0 mg); Carbohydrate (19 g); Fiber (4.5 g); Protein (6.1 g); Sodium (192 mg)*

Chicken & White Bean Soup

SERVES 4

Ingredients

- 12 oz boneless, skinless chicken breasts
- 2 tsp Smart Balance Omega Oil
- 2 leeks, washed and cut into $\frac{1}{4}$ " rounds (white and light green part)
- 1 Tbs chopped fresh sage (or $\frac{1}{4}$ tsp dried sage)
- 2 Tbs sodium-free chicken bouillon
- 2 c water
- 1 can (15 $\frac{1}{2}$ oz) no-salt-added cannellini (white kidney) beans, rinsed



Directions

1. Boil the chicken breasts until cooked; set aside until cool. When chicken is cool, shred it.
2. Heat oil in a soup pot or large Dutch oven over medium-high heat. Add leeks and cook, stirring often, until soft, about 3 minutes.
3. Stir in sage and continue cooking until aromatic, about 30 seconds.
4. Stir in bouillon and water. Increase heat to high, cover, and bring to a boil.
5. Add beans and chicken; cook, stirring occasionally, until heated through, about 5 minutes. Serve hot.

Tips / Comments:

Quick and easy—if you want a different flavor, change the herbs you add. Basil, garlic, cilantro, tarragon, or oregano can all make this soup delicious! Just right after a brisk fall walk.

NUTRITION FACTS (per serving): *Calories (250); Total Fat (0 g); Saturated Fat (0 g); Cholesterol (50 mg); Carbohydrate (26 g); Fiber (5 g); Protein (25 g); Sodium (60 mg)*

Taco Soup

SERVES 4

Ingredients

- 16 oz ground turkey
- 1 large onion chopped
- 2-3 ribs celery chopped
- 2 tsp low sodium Old El Paso taco seasoning
- (2) 16 oz cans tomatoes no salt added
- 1-2 Tbs cider vinegar
- 32 oz low sodium chicken broth
- 1 can low sodium chili beans rinsed
- 1 c frozen corn
- garnish: sour cream, limes and cilantro sprigs



Directions

1. Brown the turkey in a large soup pot. Add onion, and celery and cook for about 8 more minutes.
2. Add taco seasoning, canned tomatoes, vinegar and broth, simmer for about 20 minutes. Add beans and corn, simmer another 15 minutes.
3. Ladle into bowls, top with a dollop of sour cream and cilantro sprigs. Serve with limes for squeezing over the top



Tips / Comments:

As with most soup recipes this is even better the second day! Serve with warmed whole wheat tortillas.

NUTRITION FACTS (per serving): *Calories (261); Total Fat (8 g); Saturated Fat (1 g); Cholesterol (72 mg); Carbohydrate (12 g); Fiber (2 g); Protein (31 g); Sodium (355 mg)*



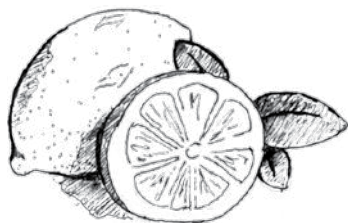
Egg, Lemon & Rice Soup

(Avgolemono Soupa)

SERVES 8

Ingredients

- 2 qts low sodium chicken broth
- ½ c long grain brown rice
- 4 large eggs
- ⅔ c fresh squeezed lemon juice
- salt and pepper



Directions

1. In a medium pan over high heat bring broth and rice to a boil. Reduce heat, cover and simmer until rice is tender (per package instructions on rice). Add a pinch of salt and pepper, remove from heat.
2. In a bowl whisk eggs, lemon juice and ¼ cup water to blend. Gradually whisk in about a cup of the hot broth. Then gradually whisk egg mixture into broth and rice. Stir over low heat just until hot 1-3 minutes. Don't boil or soup may curdle.
3. Ladle into bowls and serve.

Tips / Comments:

This is a great meal starter - low carbs with a satisfying taste. Here's a tip, plan your meals and make them balanced to avoid glucose spikes. If you need to have a no-no, make it a small one!

"I am one of the major factors to improving my diabetes"

NUTRITION FACTS (per serving): *Calories (117); Total Fat (2.6 g); Saturated Fat (0.8 g); Cholesterol (106 mg); Carbohydrate (10 g); Fiber (0.2 g); Protein (12 g); Sodium (107 mg)*



Beef Barley Soup

SERVES 8

Ingredients

2 lb	beef stew meat, cut into 1" cubes	4 cloves	garlic minced
		6 c	water
1 Tbs	olive oil	1 ½ tsp	salt
1	large or 2 small leeks, root and dark green ends cut off and leek sliced lengthwise, rinsed thoroughly, and sliced thinly	1 tsp	dried thyme
		½ tsp	ground black pepper
		4	bay leaves
2 c	chopped carrot	28 oz	low-sodium beef broth
		1 c	pearl barley

Directions

1. Heat a large Dutch oven with the oil over medium high heat. Add half the beef and cook about 5 minutes, turning to brown on all sides. Remove to bowl and repeat with the other half of the beef.
2. Add leek, carrot, and garlic to empty pan, stirring and reducing heat as needed to prevent too much browning. When vegetables are lightly browned, add water, the next 5 ingredients (to broth), and the beef to the pan.
3. Bring to a boil, reduce heat to simmer, cover, and cook 1 hour. Add barley and cook another 30-40 minutes, or until beef and barley are tender. Discard bay leaves before serving.

NUTRITION FACTS (per serving): *Calories (308); Total Fat (10 g); Saturated Fat (3 g); Cholesterol (71 mg); Carbohydrate (27 g); Fiber (5 g); Protein (27 g); Sodium (548 mg)*

Chicken & Vegetable Soup

SERVES 4

Ingredients

- 2 Tbs olive oil
- 1 lb chicken tenders, cut into bite-size pieces
- 2 small zucchinis, diced small
- 2 shallots or half a red onion, diced small
- 3 plum tomatoes, chopped
- 1 tsp Italian herb blend
- 28 oz low-sodium chicken broth
- ½ c white wine (or use a little more chicken broth)
- 4 Tbs small pasta shape (orzo, for example)
- 3 c baby spinach (or larger leaves, chopped roughly), rinsed.



Directions

1. Heat oil in large saucepan over medium high heat.
2. Add chicken and cook, stirring now and then, until browned, about 3-4 minutes. Transfer to a bowl.
3. Add zucchini, shallot or red onion, tomatoes, and herb blend to saucepan and cook, stirring often, until the vegetables are softened slightly.
4. Add wine, broth, and pasta; bring soup to a boil, stirring now and then. Reduce heat to a simmer and cook until the pasta is tender (check package for cooking time).
5. Add chicken with any accumulated juices and the spinach; cook until all is heated through and chicken is fully cooked, another 4-5 minutes.

Tips / Comments:

Good way to eat your vegetables

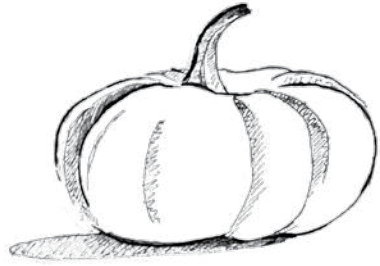
NUTRITION FACTS (per serving): *Calories (261); Total Fat (8 g); Saturated Fat (1 g); Cholesterol (72 mg); Carbohydrate (12 g); Fiber (2 g); Protein (31 g); Sodium (355 mg)*

Curry Pumpkin Soup

SERVES 6 (2 cup servings)

Ingredients

- 1 large onion
- 1 Tbs butter
- 1 c chopped carrots
- 6 c low sodium chicken broth
- 3 ½ c canned pumpkin
- ½ c half and half
- ½ c white wine
- 2 tsp brown sugar
- 1 Tbs curry powder (add more if you prefer a stronger flavor)



Directions

1. Saute onion in butter until nice and caramelized (about 15 minutes on medium high)
2. Add carrots and cook about 10 minutes more
3. Pour in one cup of broth to deglaze the pan (be sure to scrape the bottom of the pan to get the rich browned bits into the soup).
4. Then add the rest of the broth and all other ingredients except the half and half. Bring to a boil.
5. Reduce to low and simmer for about 30 minutes. Stir in half and half. Adjust pepper and curry to your liking. Ladle into big bowls and enjoy!

Tips / Comments:

Great as is but you could add a little chicken or white beans to make it more substantial. A whole grain roll is great on the side for dipping. Cooking healthy is easy and creative. It's important to spend more time in our own kitchens!

NUTRITION FACTS (per serving): *Calories (130); Total Fat (5 g); Saturated Fat (2.5 g); Cholesterol (12 mg); Carbohydrate (18 g); Fiber (7 g); Protein (6 g); Sodium (120 mg)*

Turkey Chili

SERVES 4

Ingredients

2 c	chopped cooked turkey
1 clove	garlic, minced
1	medium onion, chopped
1	green pepper, diced
1 can	(17 oz) can red kidney beans
1 can	(6 oz) can tomato paste
1 can	(28 oz) can tomatoes
1	bay leaf
1 Tbs	chili powder, more if you like a little more heat
½ tsp	cumin seeds



Directions

1. Combine turkey, garlic, onion and green pepper in a large soup pot. Saute until vegetables are soft. Add remaining ingredients and cover.
2. Simmer over low heat for 30-60 minutes or until flavors are blended.

Tips / Comments:

Fall is always a good time for chili. When there is a brisk feeling of fall in the air I get out my crockpot and start some chili. Yum!

“There are no secrets to success. It is the result of preparation, hard work and learning from failure” Colin Powell.

NUTRITION FACTS (per serving): *Calories (340); Total Fat (10 g); Saturated Fat (2.3 g); Cholesterol (60 mg); Carbohydrate (33 g); Fiber (9 g); Protein (30 g); Sodium (355 mg)*

Italian Chicken with Chickpeas

SERVES 4



Ingredients

1 ½ tsp	minced garlic
1 lb	chicken tenders
¼ tsp	salt
¼ tsp	black pepper
1 Tbs	olive oil
1 c	green pepper strips
15 ½ oz	can chickpeas
14 ½ oz	can diced tomatoes with basil and oregano

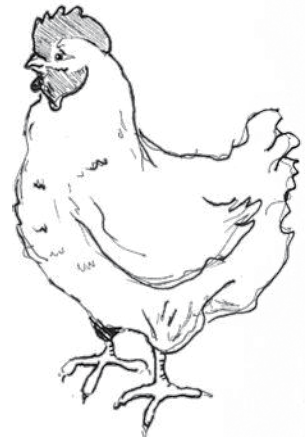
Directions

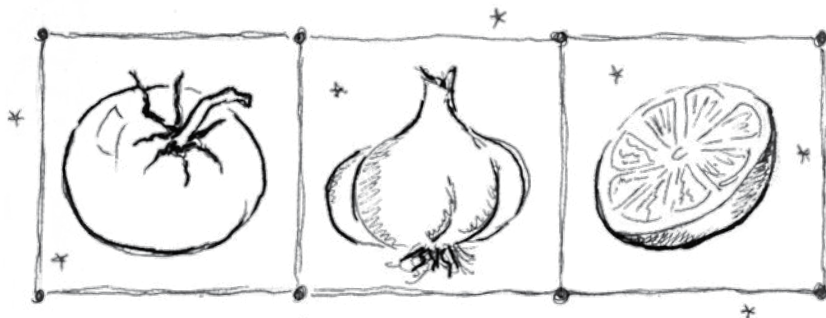
1. Sprinkle chicken with salt and pepper. Heat oil in large non-stick skillet over medium high heat. Add chicken to pan and cook about 2 minutes on each side, until browned. Add onion and bell pepper and sauté 4 minutes. Reduce heat to medium.
2. Add garlic, chickpeas, and tomatoes; cover and cook 8 minutes or until thoroughly heated.

Tips / Comments:

Great with a whole grain accompaniment!

NUTRITION FACTS (per serving): *Calories* (296); *Total Fat* (6.1 g); *Saturated Fat* (1 g); *Cholesterol* (66 mg); *Carbohydrate* (28.2 g); *Fiber* (5.6 g); *Protein* (32 g); *Sodium* (637 mg)





Chicken Tortillas

MAKES 12

Ingredients

- ¼ c lime juice
- 1-2 cloves garlic minced
- 1 tsp chili powder
- ½ tsp ground cumin
- 3 lbs boneless skinless chicken breasts cut into ¼ inch strips
- 1 large onion, sliced
- 1 green bell pepper, sliced
- 1 red bell pepper, sliced
- 12 whole wheat 8" tortillas
- 1 c salsa
- ½ c fat free sour cream
- ½ c low fat shredded cheese

Directions

1. Combine the first four ingredients in a large bowl. Add chicken slices and stir until chicken is well coated. Marinate for 15 minutes.
2. Cook chicken in a pan on grill or stovetop until no longer pink. Stir in onions and peppers cook for 5 more minutes
3. Divide mixture evenly into tortillas. Top each with salsa, sour cream and shredded cheese.
4. Roll up and serve.

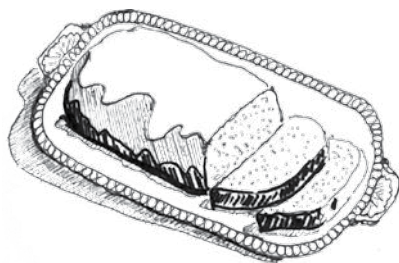
NUTRITION FACTS (per 1 filled tortilla): *Calories (334); Total Fat (9 g); Saturated Fat (2 g); Cholesterol (68 mg); Carbohydrate (30 g); Fiber (6 g); Protein (31 g); Sodium (689 mg)*

Salsa Turkey Meat Loaf

SERVES 6

Ingredients

1 lb	ground turkey
1	egg
½ c	fine dry bread crumbs
1	finely diced onion
1	garlic clove, minced
¾ c	salsa, divided



Directions

1. Preheat the oven to 400 °F.
2. Coat a 9"x5" loaf pan with cooking spray.
3. In a large mixing bowl, combine the turkey, egg, bread crumbs, garlic, and ½ cup of the salsa. Mix thoroughly.
4. Place turkey mixture in the loaf pan and spread evenly.
5. Top with remaining salsa and bake for 50-60 minutes.

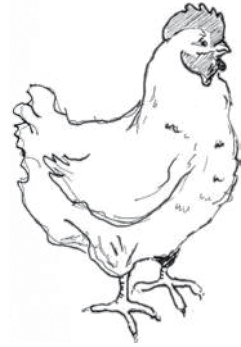
NUTRITION FACTS (per serving): *Calories (197); Total Fat (8.7 g); Saturated Fat (2.2 g); Cholesterol (89 mg); Carbohydrate (10.5 g); Fiber (11 g); Protein (18.2 g); Sodium (278 mg)*

Barbeque Pulled Chicken

SERVES 8

Ingredients

- 8 oz can low-sodium tomato sauce
- 3 Tbs cider vinegar
- 2 Tbs honey
- 1 Tbs sweet OR smoked paprika
- 1 Tbs tomato paste
- 1 Tbs Worcestershire sauce
- 2 tsp dry mustard
- 1 tsp ground dried chipotle chile
- ½ tsp salt
- 2 ½ lbs boneless, skinless chicken thighs, trimmed of fat
- 1 small onion, minced
- 1 clove garlic, minced



Directions

1. Stir tomato sauce, chiles, vinegar, honey, paprika, tomato paste, Worcestershire sauce, mustard, chipotle, and salt in a 6 qt. slow cooker until smooth. Add chicken, onion, and garlic; stir to combine.
2. Put the lid on the cooker and cook on LOW for 5 hours.
3. Transfer chicken to cutting board and pull apart with forks. Return the chicken to the sauce, stir well and serve!

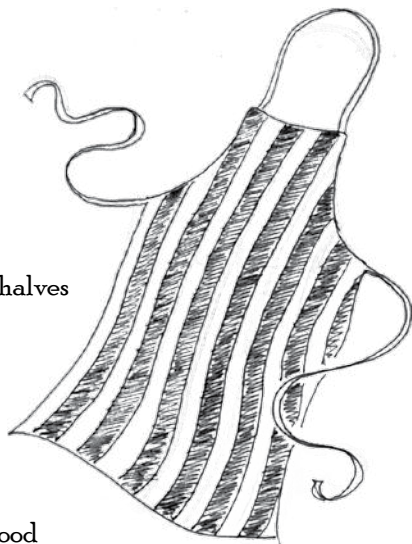
NUTRITION FACTS (per serving): *Calories (184); Total Fat (8 g); Saturated Fat (2 g); Cholesterol (68 mg); Carbohydrate (8 g); Fiber (1 g); Protein (20 g); Sodium (236 mg)*

Cilantro Citrus Chicken

SERVES 4

Ingredients

¼ c	onion, chopped
1 Tbs	fresh cilantro leaves
1 Tbs	fresh parsley leaves
1 Tbs	fresh orange juice
1 Tbs	fresh lime juice
2	cloves garlic
4	(4 oz each) chicken breast halves
⅔ tsp	salt substitute
⅓ tsp	ground cumin
½ tsp	ground pepper
	cooking spray



Directions

1. Combine first 7 ingredients in a food processor or blender until smooth. Place the chicken and half the herb mixture in a Ziplock bag. Seal and marinate in refrigerator for 1 hour, turning bag occasionally. Remove chicken from bag and discard marinade.
2. Let chicken stand for 15 minutes. Sprinkle with salt substitute and remaining cumin and pepper.
3. Spray grill or sauté pan with cooking spray. Grill or cook in sauté pan until fully cooked, about 12 minutes a side

NUTRITION FACTS (per serving): *Calories (91); Total Fat (1 g); Saturated Fat (0 g); Cholesterol (41 mg); Carbohydrate (3.2 g); Fiber (3 g); Protein (16 g); Sodium (338 mg)*

Oven-Fried Chicken

SERVES 4



Ingredients

- ½ c buttermilk
- 1 Tbs Dijon mustard
- 2 cloves garlic, minced
- 2 ½ -3 lb chicken legs, skin removed (use paper towels for a good grip and pull from thigh down over the drumstick)
- ½ c whole wheat flour
- 2 Tbs sesame seeds
- 1 ½ tsp paprika
- 1 tsp dried thyme
- 1 tsp baking powder
- ¼ tsp salt
- freshly ground pepper to taste

Directions

1. Whisk together buttermilk, mustard, and garlic in a small bowl. Put the chicken legs in a Ziploc bag, add the buttermilk mixture, and seal the bag tightly, gently pressing out the air in the bag. Gently turn the bag from side to side to coat the chicken in the buttermilk mixture; put in the refrigerator for ½ hr or up to 8 hours.
2. Preheat oven to 425°F. Line a baking sheet with foil. Put a baking rack on the foil and coat with cooking spray.
3. Combine flour, sesame seeds, paprika, thyme, baking powder, salt and pepper in another Ziploc or plastic bag. Put one chicken leg in at a time, shaking to coat the leg with the flour mixture. Shake off excess flour and put on the prepared baking rack. Spray chicken pieces with additional cooking spray. Discard leftover buttermilk and flour mixtures.
4. Bake until golden brown and cooked through, 40-50 minutes.

Tips / Comments:

Kids love this alternative to fried chicken!

NUTRITION FACTS (per serving): *Calories (227); Total Fat (7 g); Saturated Fat (2 g); Cholesterol (130 mg); Carbohydrate (5 g); Fiber (1 g); Protein (34 g); Sodium (262 mg)*

Chicken Cassoulet

SERVES 6

Ingredients

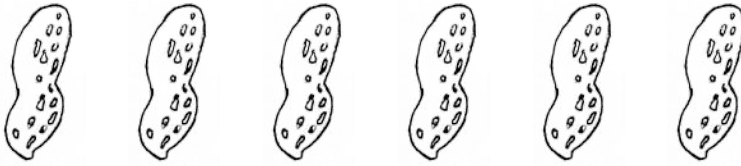
- 2 (15 oz) cans of white beans, drained
- $\frac{3}{4}$ c panko
- 2 Tbs olive oil, divided
- 1 lb boneless, skinless chicken thighs cut into thirds
- 1 large onion, chopped
- 4 cloves garlic, chopped
- $\frac{1}{2}$ tsp dried rosemary
- $\frac{1}{2}$ tsp dried thyme
- $\frac{1}{2}$ tsp ground black pepper
- $\frac{1}{2}$ c dry white wine (or substitute extra chicken broth)
- $\frac{1}{2}$ c low-sodium chicken broth
- $\frac{1}{2}$ lb low-fat turkey kielbasa, in $\frac{1}{2}$ " slices



Directions

1. Preheat oven to 375°F.
2. Toss panko with 1 tablespoons olive oil in small bowl. Set aside.
3. Heat remaining 1 tablespoons olive oil in non-stick skillet and add chicken pieces. Cook until browned, turning once, about 5 minutes total. Transfer to baking dish, sprayed with cooking spray.
4. Add onion and garlic to skillet and cook until softened, about 5 minutes. Add herbs and pepper, and cook for 30 seconds. Add wine and cook down until reduced by half. Add broth, beans, and kielbasa and bring to a boil. Pour over chicken in baking dish and sprinkle panko on top. Bake for 20-25 minutes, or until bubbling and browned.

NUTRITION FACTS (per serving): *Calories (370); Total Fat (13 g); Saturated Fat (3 g); Cholesterol (68 mg); Carbohydrate (40 g); Fiber (10 g); Protein (29 g); Sodium (749 mg)*



Chicken Lo Mein

with Peanut Sauce

SERVES 6 (about 2 cups per serving)

Ingredients

	cooking spray
8 oz	wide lo mein noodles
14 oz	can low sodium chicken broth
2 Tbs	reduced fat peanut butter
2 Tbs	rice wine vinegar
2 Tbs	sweet chili sauce
2 Tbs	low sodium soy sauce
2 tsp	dark sesame oil, divided
1 lb	chicken breasts, cut into small pieces
2 tsp	minced garlic
1 tsp	grated ginger
1 (18 oz)	package fresh stir-fry vegetable medley
3 Tbs	chopped fresh basil
2 Tbs	chopped unsalted, dry roasted peanuts

Directions

1. Cook lo mein noodles according to package directions, omitting any added fat or salt.
2. Combine chicken broth and next 4 ingredients in small bowl, mixing well with a whisk. Set aside.
3. While noodles cook, heat 1 teaspoon oil in large, non-stick skillet coated with cooking spray over medium high heat. Add chicken to pan, sauté for 6 minutes or until done. Remove from pan and set aside.

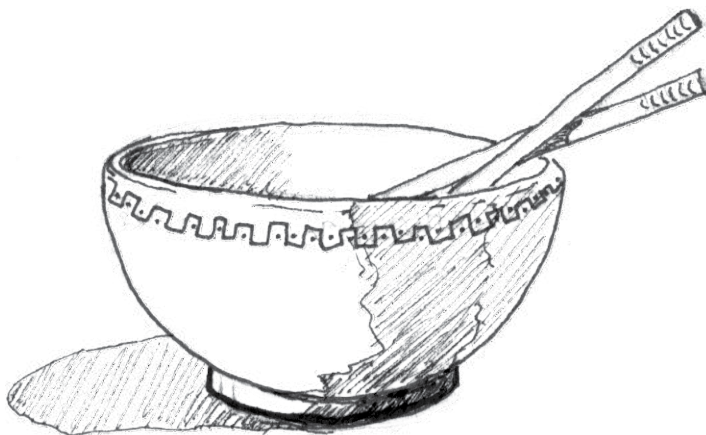
4. Add remaining 1 teaspoon oil to pan. Add garlic and ginger and sauté 30 seconds. Add vegetable mix to pan; sauté 4 minutes or just until crisp-tender. Stir in peanut butter mixture and bring to a boil; cook 5 minutes or until thickened. Return chicken to pan and cook 2 minutes or until thoroughly heated. Add noodles and toss well.
5. Top each serving with chopped basil and peanuts as desired.

Tips / Comments:

This is a recipe that is low-fat, low-sodium, and healthy for all. The whole family likes to eat it, it's affordable, and it's quick and easy. We prefer to use fresh vegetables instead of frozen ones.

It's great to make healthy cooking fun for the whole family. Including your spouse, kids and grandkids can really make it more fun!! My son loves to make this.

NUTRITION FACTS (per serving): *Calories (375); Total Fat (9.5 g); Saturated Fat (1.8 g); Cholesterol (44 mg); Carbohydrate (46 g); Fiber (3.6 g); Protein (26.3 g); Sodium (510 mg)*



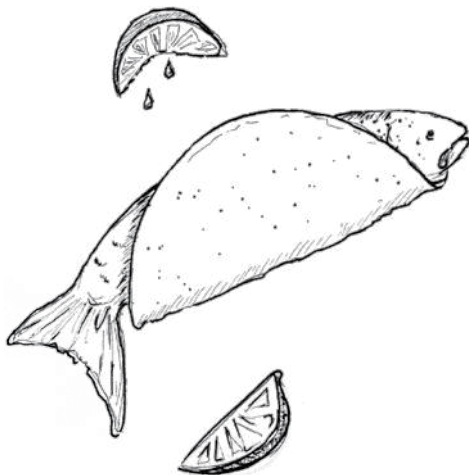
Grilled Fish Tacos

with Chipotle-Lime Dressing

SERVES 4

Ingredients

- ¼ c olive oil
- 2 Tbs white vinegar
- 2 Tbs lime juice
- 2 tsp lime zest
- 1½ tsp honey
- 2 cloves garlic, minced
- ½ tsp cumin
- ½ tsp chili powder
- 1 tsp seafood seasonings,
such as Old Bay
- ½ tsp ground black pepper
- 1 tsp hot pepper sauce
- 1 lb tilapia filets, cut into chunks



Dressing

- 8 oz light sour cream
- ½ c adobo sauce from chipotle peppers
- 2 Tbs fresh lime juice
- 2 tsp lime zest
- ¼ tsp cumin
- ¼ tsp chili powder
- ½ tsp seafood seasoning, such as Old Bay

Toppings:

- 1 package tortillas
- 3 ripe tomatoes, seeded and diced
- 1 bunch cilantro, chopped
- 1 small head cabbage, cored and shredded
- 2 limes cut in wedges

Directions

1. To make the marinade, whisk together the olive oil, vinegar, lime juice, lime zest, honey, garlic, cumin, chili powder, seafood seasoning, black pepper, and hot sauce in a bowl until blended. Place the tilapia in a shallow dish, and pour the marinade over the fish. Cover, and refrigerate 6 to 8 hours.
2. To make the dressing, combine the sour cream and adobo sauce in a bowl. Stir in the lime juice, lime zest, cumin, chili, and seafood seasoning. Season to taste. Cover and refrigerate.
3. Preheat an outdoor grill for high heat and lightly oil grate. Set grate 4" from the heat.
4. Remove fish from marinade, drain off any excess and discard marinade. Grill fish pieces until easily flaked with a fork, turning once, about 9 minutes.
5. Assemble tacos by placing fish pieces in the center of tortillas with desired amounts of tomatoes, cilantro, and cabbage; drizzle with dressing. To serve, roll up tortillas around fillings, and garnish with lime wedges.

Tips / Comments:

The marinated fish in this recipe can also be cooked in the oven. Preheat oven to 350°F. Bake fish in preheated oven until it easily flakes with a fork, 9 to 11 minutes. Assemble tacos according to directions. Mahi-mahi can be substituted for the tilapia.

Count your blessings and be truly thankful for life.

NUTRITION FACTS (per serving): *Calories (416); Total Fat (19.2 g); Saturated Fat (5.8 g); Cholesterol (43 mg); Carbohydrate (50.7 g); Fiber (7.5 g); Protein (33.6 g); Sodium (737 mg)*

Apple-Glazed Salmon

SERVES 2

Ingredients

- 12 oz salmon fillet, about 1" thick
(fresh or frozen, thawed)
- 1 tsp juniper berries, dried, crushed
- 2 Tbs vermouth
- $\frac{3}{4}$ tsp fresh thyme, finely snipped
- $\frac{1}{2}$ tsp fresh rosemary, finely snipped
- 2 Tbs apple jelly



Directions

1. In a small, dry saucepan cook juniper berries over medium-high heat about 1 minute or until toasted. Shake pan frequently.
2. Carefully add vermouth, thyme, and rosemary. Bring to a boil.
3. Stir in apple jelly. Simmer about 1 minute or just until jelly is melted. Remove from heat.
4. Rinse fish and pat dry with a paper towel. Cut fish into 2 pieces.
5. Heat a large skillet over high heat. Add fish, skin-side up. Cook about 2 minutes or until light brown.
6. Transfer fish, skin side down, to a baking dish. Sprinkle fish lightly with salt and pepper. Spoon the glaze over fish.
7. Bake in a 400°F oven for 8 to 10 minutes or until fish flakes easily and glaze is light brown..

NUTRITION FACTS (per serving): *Calories (298); Total Fat (7 g); Saturated Fat (11 g); Cholesterol (72 mg); Carbohydrate (16 g); Fiber (0.1 g); Protein (39 g); Sodium (129 mg)*

Poached White Fish

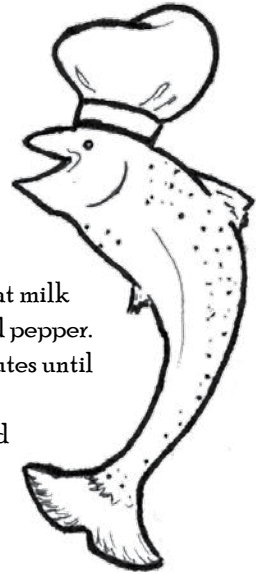
SERVES 4

Ingredients

- 1 lb white fish (halibut, sole, cod) fillet or steaks
- 1 small sweet onion thinly sliced
- 1 fresh lemon washed and thinly sliced
- ½ to 1 c nonfat milk
- dill weed
- fresh ground pepper

Directions

1. Preheat oven to 325°F.
2. Spray bottom of a baking dish with non-stick cooking spray. Lay the fish in the dish. Place the onion and lemon slices on the fish. Add the nonfat milk to just cover the fish. Sprinkle with dill weed and pepper.
3. Cover the dish with foil and bake about 20 minutes until fish flakes easily.
4. Remove the fish from the milk and enjoy (discard the milk).
5. Serve with brown rice and a non-starchy vegetable.



Tips / Comments:

This is a good source of low fat protein. Including fish 1-2 times a week is part of a healthy eating plan. This recipe keeps the fish moist without frying

NUTRITION FACTS (per serving): *Calories (100); Total Fat (1 g); Saturated Fat (0 g); Cholesterol (45 mg); Carbohydrate (2 g); Fiber (0 g); Protein (20 g); Sodium (75 mg)*

Farfalle

with Salmon, Mint & Peas

SERVES 6

Ingredients

1 lb	farfalle
1½ lb	skinned salmon, cut in chunks
¼ c	water
2	lemons, juice and zest
10 oz	package of frozen peas
¼ c	fresh chopped mint
2 Tbs	butter

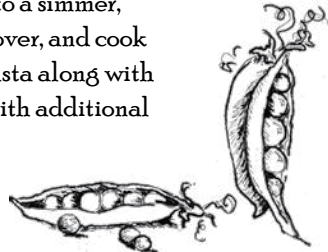


Directions

1. Cook the pasta according to package directions.
2. Season salmon with salt and pepper and put in large skillet. Add water, lemon juice, and zest. Bring to a simmer, cover, and cook 10 minutes. Add peas, cover, and cook another 6–8 minutes. Add to drained pasta along with butter and mint. Toss gently and serve with additional chopped mint.

Tips / Comments:

Very good!



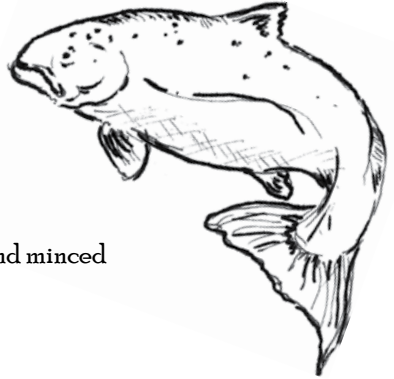
NUTRITION FACTS (per serving): *Calories (548); Total Fat (16.1 g); Saturated Fat (4.9 g); Cholesterol (70 mg); Carbohydrate (63 g); Fiber (5.2 g); Protein (34 g); Sodium (100 mg)*

Grilled Salmon Steaks with Tarragon Sauce

SERVES 4

Ingredients

- 4 salmon steaks, about 1" thick
- 3 Tbs lemon juice
- 2 shallots, minced
- 2 Tbs chopped fresh tarragon
or (2 tsp dried)
- 1 c plain non-fat yogurt
- 1 medium plum tomato, seeded and minced
- 1 Tbs minced flat leaf parsley



Directions

1. Preheat broiler or start grill.
2. Brush both sides of salmon with lemon juice. Grill or broil.
3. While salmon cooks, combine shallots, tarragon, yogurt, tomato and parsley.
4. Arrange salmon on plates and top with sauce.

Tips / Comments:

A great Northwest favorite, topped with a guilt-free tasty garnish.

NUTRITION FACTS (per serving): *Calories (240); Total Fat (9 g); Saturated Fat (1.4 g); Cholesterol (7 mg); Carbohydrate (7 g); Fiber (tr g); Protein (31 g); Sodium (110 mg)*



Pot Roast in Red Wine

SERVES 12

Ingredients

- 3 slices non-fat turkey bacon, cut into 1-inch pieces
- 13 lb beef roast, any kind
- 1 large onion, peeled, stuck with 4 whole cloves
- 2 oz grated carrot
- 3 large cloves garlic, sliced thin
- 1 c dry red wine
- 1 bay leaf
- 4 sprigs thyme
- ¼ c chopped flat-leaf parsley
- 2 large Russet potatoes, peeled and cut into 6 pieces
- 2 medium carrots, peeled and sliced
- 1 lb green beans, ends snipped
- 8 oz mushrooms
- freshly ground pepper (to taste)



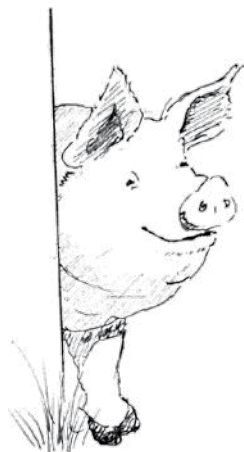
Directions

1. Lightly coat a large non-stick skillet with cooking spray. Add the turkey bacon and sauté until it begins to crisp.
2. Add the beef, and brown on all sides.
3. Transfer turkey bacon and beef to a 3 ½-quart or larger crockery slow cooker. Add onion, grated carrot, garlic, wine, bay leaf, thyme, and parsley.
4. Cover and cook on low for 5 to 6 hours, or on high for 2-3 hours.
5. When beef is almost done, cook potatoes in boiling water until almost tender (about 10 to 15 minutes).
6. Add carrots and green beans. Continue to cook for another 4 to 5 minutes.
7. Drain vegetables and keep warm.
8. Meanwhile, lightly coat a large non-stick skillet with cooking spray. Add the mushrooms and sauté over high heat until they are tender and all liquid is absorbed.
9. Transfer beef to a carving board and let stand for 10 minutes before slicing against the grain to make thin slices.
10. Arrange beef slices on a heated serving platter. Discard clove-stuck onion, bay leaves, and thyme sprigs.
11. Stir cooked vegetables and mushrooms into pan juice of the slow cooker to warm. Spoon the vegetables and pan juices over the beef.
12. Season to taste with pepper and serve immediately.

Tips / Comments:

Yeah! We don't have to give up the comfort foods we love and it is so easy to prepare.

NUTRITION FACTS (per serving): *Calories (352); Total Fat (10 g); Saturated Fat (3.3 g); Cholesterol (111 mg); Carbohydrate (25 g); Fiber (5 g); Protein (40 g); Sodium (112 mg)*



Broiled Honey Mustard Pork Chops

SERVES 4

Ingredients

- 4 4-oz boneless pork loin chops
- 4 tsp honey mustard

Directions

1. Preheat broiler. Spray broiler pan with cooking spray and arrange pork chops on pan.
2. Broil about 6" below broiler for about 6 minutes, or cooked almost half through. Flip and broil another 4 minutes or so, or until almost done. Brush each pork chop with 1 tsp honey mustard, and return to broiler for about 2 min, or until mustard coating is bubbly and blackening in parts.

Tips / Comments:

Fast and easy—just keep an eye on the meat so you don't burn the mustard. Cook 1 cup of rice to make 4 servings of about 40 gm of carbohydrate to serve along with the pork chops; add your favorite vegetable and dinner is on the table in 30 minutes or less.

NUTRITION FACTS (per serving): *Calories (272); Total Fat (12 g); Saturated Fat (4 g); Cholesterol (111 mg); Carbohydrate (2 g); Fiber (0 g); Protein (36 g); Sodium (133 mg)*

Submitted by: Amy, PFAC Advisor

Roasted Garlic Hummus

SERVES 6

Ingredients

- 1 Tbs olive oil
- 1 head garlic
- 15 oz garbanzo beans rinsed and drained
- ¼ c parsley
- 2 Tbs fresh lemon juice
- 2 Tbs cold water
- ½ tsp curry powder
- 3 drops sesame oil
- 1-2 drops hot sauce (optional)



Directions

1. Cut off top ⅓ of garlic bulb and discard. Place the bottom ⅔ of garlic bulb on a 10" foil square and rub with olive oil. Gather the ends of the foil to make a nice little packet. Roast at 350 for 45 minutes. When cool squeeze out the soft cloves and discard the skins.
2. Add 2 tablespoons mashed roasted garlic (more if you really like it garlicky) to all other ingredients and process in a food processor or blender until smooth.

Tips / Comments:

This a great snack with pita chips or veggies. I wash, peel and chop veggies for dipping on Sunday night so the family can snack all week. We usually make a double recipe since it goes fast.

NUTRITION FACTS (per serving): *Calories (73); Total Fat (15 g); Saturated Fat (0 g); Cholesterol (0 mg); Carbohydrate (9.4 g); Fiber (2.3 g); Protein (3.4 g); Sodium (188 mg)*

Veggie Dip

SERVES 8 (¼ cup)

Ingredients

- 1 c low-fat (1%) cottage cheese
- 2 c plain non-fat yogurt
- 6 radishes, finely chopped
- 2 small carrots, shredded
- 2 Tbs chopped parsley
- 2 Tbs chopped scallions
- 2 Tbs chopped pimento
- 1 tsp horseradish
- salt substitute, to taste



Directions

1. Using a potato masher or fork, mash cottage cheese to break up curds.
2. Blend in yogurt and remaining ingredients. Mix well.
3. Chill for 1 hour before serving with raw vegetables or fat-free chips (or baked pita chip).

Tips / Comments:

Wonderful replacement for the high fat and calorie dips you may want to buy from the deli counter.

NUTRITION FACTS (per serving): *Calories (37); Total Fat (1 g); Saturated Fat (0.2 g); Cholesterol (2 mg); Carbohydrate (4 g); Fiber (1 g); Protein (5 g); Sodium (134 mg)*

Brown Bag Popcorn

SERVES 1

Ingredients

- ¼ c popcorn
- 1 tsp canola oil
- 1 brown paper lunch bag
- stapler

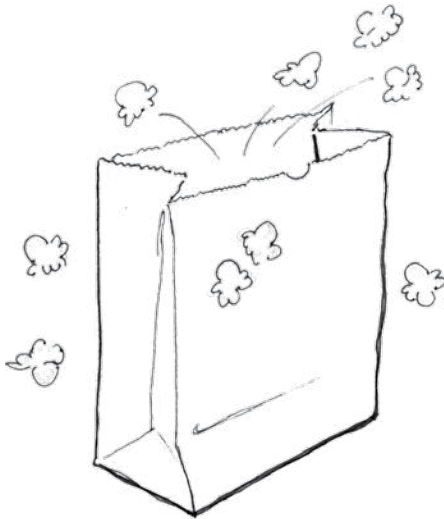
Directions

1. In a small bowl, combine the popcorn and oil.
2. Pour popcorn into lunch bag, fold twice to close, and staple the top twice.
3. Microwave on high for 3 minutes, or until there are 5 seconds between pops.

Tips / Comments:

Use this for the Popcorn Party Mix recipe

NUTRITION FACTS (per serving): *Calories (155); Total Fat (4 g); Saturated Fat (0 g); Cholesterol (0 mg); Carbohydrate (27 g); Fiber (4 g); Protein (4 g); Sodium (0 mg)*





Popcorn Party Mix

1 CUP SERVING SIZE

Ingredients

- 3 Tbs reduced fat margarine
- ½ tsp chili powder
- ½ tsp ground cumin
- ½ tsp dried garlic powder
- 1 tsp hot pepper sauce
- 2 qts popcorn (however you want to pop it)
- 1 c fat-free tiny pretzel sticks
- 1 c golden raisins
- ½ c dry roasted peanuts
- ½ c dry roasted sunflower seeds

Directions

1. In a small skillet, combine the margarine, chili powder, cumin, garlic powder, and hot sauce. Heat for 1 minute over high heat, stirring constantly.
2. Place remaining ingredients in a paper bag. Pour the margarine mixture over. Close the bag tightly and shake vigorously to coat evenly.
3. Pour popcorn into large bowl and enjoy.

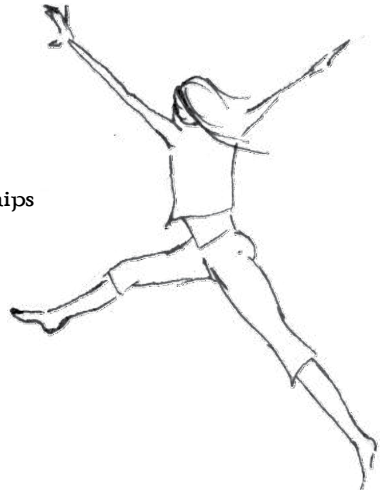
NUTRITION FACTS (per serving): *Calories (195); Total Fat (8 g); Saturated Fat (1 g); Cholesterol (0 mg); Carbohydrate (22 g); Fiber (3 g); Protein (5 g); Sodium (69 mg)*

Anytime Energy Bars

SERVES 8

Ingredients

1 c	rolled oats
½ tsp	ground cinnamon
3 Tbs	chopped unsalted peanuts
¼ c	mini semi-sweet chocolate chips
⅓ c	shredded coconut
3	large eggs
⅓ c	applesauce
3 Tbs	honey
	cooking spray



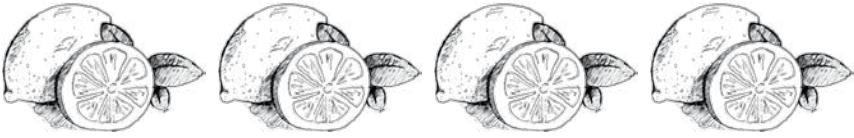
Directions

1. Preheat oven to 325°F. Spray 9"x9" baking dish with cooking spray.
2. In a large mixing bowl, combine oats through coconut.
3. In small bowl, beat eggs. Add applesauce and honey, mixing well.
4. Add egg mixture to oat mixture, stirring well to blend thoroughly.
5. Press evenly in baking dish. Bake for 40 minutes. Cool and cut into 8 bars.

Tips / Comments:

Sometimes achieving healthy eating habits happens one snack at a time!!

NUTRITION FACTS (per serving): *Calories (206); Total Fat (8 g); Saturated Fat (2.8 g); Cholesterol (81 mg); Carbohydrate (27 g); Fiber (2 g); Protein (7 g); Sodium (35 mg)*



Secret Lemon Cookies

MAKES 36 COOKIES

Ingredients

- 1 lemon cake mix (not one with pudding)
- 2 c Cool Whip
- 1 large egg
- 1 tsp vanilla
- ½ c powdered sugar

Directions

1. In a large bowl combine cake mix, Cool Whip, egg and vanilla
2. Chill at least one hour or up to overnight
3. Roll one inch ball of dough into powdered sugar until coated. Drop onto a greased cookie sheet or covered with parchment paper.
4. Bake 350°F for 12 minutes
5. Cookies will be soft so let them cool before handling them. This recipe works for any flavor of cake mix.

Tips / Comments:

OK, these cookies are a bit of an indulgence. Treat yourself once in a while. Remember portions matter.

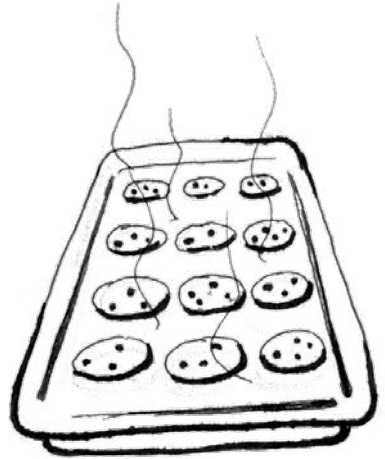
NUTRITION FACTS (per cookie): *Calories (63); Total Fat (4 g); Saturated Fat (1.8 g); Cholesterol (1 mg); Carbohydrate (12 g); Fiber (0 g); Protein (1 g); Sodium (84 mg)*

Chocolate Chip Zucchini Cookies

MAKES 24 COOKIES

Ingredients

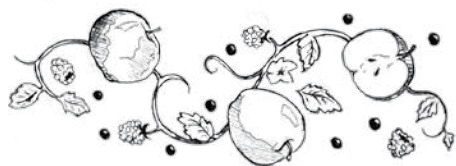
- ½ c margarine (Smart Balance)
- 1 c Splenda Blend
- 1 egg or ¼ c egg substitute
- 1 tsp vanilla
- 2 c white all-purpose flour
- ¼ c whole wheat flour
- 1 tsp baking soda
- 1 tsp ground cinnamon
- ¼ tsp salt (optional)
- 1 medium zucchini, grated (about 1 c)
- 1 c semi-sweet chocolate chips (I used Hershey's Chocolate and Mint Chips)
- cooking spray



Directions

1. Preheat oven to 350°F. Spray cookie sheets with cooking spray and set aside.
2. In a large bowl with electric mixer, cream margarine and sugar until light and fluffy. Add egg and vanilla.
3. Add flours, baking soda, cinnamon and salt; mix well. Add zucchini and chocolate chips, mix well.
4. Drop cookie mixture by heaping tablespoonfuls onto cookie sheets. Bake 15-20 minutes or until browned.

NUTRITION FACTS (per cookie): *Calories (56.5); Total Fat (2.1 g); Saturated Fat (1.7 g); Cholesterol (0 mg); Carbohydrate (8.7 g); Fiber (0.2 g); Protein (0.7 g); Sodium (70 mg)*



Apple Berry Cobbler

SERVES 6

Ingredients

1 c	fresh raspberries	For the Topping	
1 c	fresh blueberries	1	egg white
2 c	chopped apples	¼ c	soy milk
2 Tbs	turbinado or brown sugar	¼ tsp	salt
½ tsp	cinnamon	½ tsp	vanilla
1 tsp	lemon zest	1 ½ Tbs	turbinado or brown sugar
2 tsp	lemon juice	¾ c	whole wheat pastry flour
1 ½ Tbs	cornstarch		

Directions

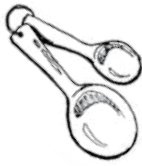
1. Preheat the oven to 350°F. Lightly coat 6 oven-proof ramekins with cooking spray.
2. Combine berries, apples, sugar, cinnamon, lemon zest and juice in a medium bowl. Stir to mix evenly. Add the cornstarch and stir until cornstarch dissolves. Set aside.
3. In a separate bowl, whisk egg white until lightly beaten. Add soy milk, salt, vanilla, sugar, and pastry flour. Stir well.
4. Divide the berry mixture evenly among the prepared dishes. Pour topping over each. Arrange ramekins on a baking dish and place in oven. Bake until the berries are tender and the topping is golden brown, about 30 minutes. Serve warm.

Tips / Comments:

Great dish for the fall table-enjoy!

NUTRITION FACTS (per serving): *Calories (128); Total Fat (tr g); Saturated Fat (tr g); Cholesterol (0 mg); Carbohydrate (29 g); Fiber (4 g); Protein (3 g); Sodium (115 mg)*

Submitted by: Ismat, Medical Staff Coordinator
Source of recipe: Mayo Clinic staff



Caramel Cream Crepes

SERVES 6

Ingredients

6 Tbs	fat free milk	2- $\frac{1}{4}$ c	reduced fat
6 Tbs	egg substitute		whipped topping
1 $\frac{1}{2}$ tsp	butter melted	1- $\frac{1}{2}$ c	fresh (or frozen) raspberries
$\frac{1}{2}$ tsp	vanilla extract	$\frac{1}{3}$ c	white wine or unsweetened
6 Tbs	all-purpose flour		apple juice
6 oz	fat free cream cheese	3 Tbs	sliced almonds toasted
3 Tbs + 6 tsp	fat free caramel		Cooking spray
	topping divided		

Directions

1. In a blender combine the milk, egg substitute, butter and vanilla; process until smooth. Add flour and process again. Refrigerate for 1 hour.
2. Coat a 6" skillet with cooking spray. Heat over medium heat. Pour 2 tablespoons batter into center of skillet. Tilt the pan to evenly coat the bottom. Cook until bottom is golden. Turn and cook 15 more seconds. Move to wire rack. Stack crepes between wax paper.
3. In a bowl beat cream cheese and 3 tablespoons caramel topping until smooth. Fold in whipped topping. Spoon down center of each crepe, drizzle with remaining caramel topping and roll up.
4. In a microwave bowl combine raspberries and wine. Microwave on high for 45 seconds. Place berries over crepes, sprinkle with almonds and serve.

Tips / Comments:

Enjoy dessert once in a while! "And in the end, it's not the years in your life that count. It's the life in your years" -Abraham Lincoln.

NUTRITION FACTS (per serving): *Calories (206); Total Fat (6 g); Saturated Fat (4 g); Cholesterol (5 mg); Carbohydrate (25 g); Fiber (3 g); Protein (8 g); Sodium (227 mg)*