

Beaumont Diabetes Services



Monthly Recipes for Creative, Diabetes-Friendly Meals

Beaumont

Monthly Recipes for Creative, Diabetes-Friendly Meals

JANUARY: **Healthy Weeknight Dinners**

Rotini with Spinach, Beans and Romano Cheese	3
Herb-Rubbed Pork Tenderloin with Mustard Sauce	4

FEBRUARY: **Easy Recipes**

Herb-Marinated Pork Tenderloins	6
Chocolate Almond Butter Spread.....	6

MARCH: **Top O' the Morning**

Lemon Ricotta Pancakes	8
Individual Veggie Frittatas.....	9
Almond Coconut Granola	9

APRIL: **April Fools Foods**

Baked Salmon with Rosemary "Pesto"	11
--	----

MAY: **Spring Clean Eating**

Kale & Potato Hash with Poached Egg Topper	13
Tuscan Tuna Melt.....	14
Chipotle Chicken Taco Salad	15
Mocha Banana Ice Cream	15

JUNE: **Vegan Fresh Fare**

Succotash Salad	17
Cauliflower Steaks with Ginger, Turmeric, and Cumin.....	17

JULY: **What's In Your Picnic Basket?**

Salmon Cilantro Burgers.....	19
Grilled Cherry Tomato Skewers.....	20
Kale and Brussels Sprout Coleslaw	20

AUGUST: **Taco Tuesday**

Roasted Vegetable and Black Bean Tacos	22
Southwest Shrimp Tacos	23
Avocado Salsa	23

SEPTEMBER: **Pizza Party**

Breakfast Pizza	25
Portobello Mushroom Nicoise Pizza	26
Strawberry-Rhubarb Dessert Pizza	27

OCTOBER: **Family Friendly Favorites**

Turkey Vegetable Chili Mac.....	29
Crunchy Quinoa Fish Sticks.....	30
Turkey & Veggie Roll-Ups.....	31
Peanut Butter Cereal Bars	31

NOVEMBER: **Small Bites to Bring**

Warm Spinach and Artichoke Dip	33
Skinny Coconut Shrimp	34
Italian Style Sausage Skewers	34
Sautéed Brussels Sprouts with Shallots.....	35

DECEMBER: **Easy Recipes with Little Prep**

Balsamic Lentil Sauté	37
Teriyaki Roast Chicken.....	37
Sweet Potato Purée.....	38

JANUARY

Healthy Weeknight Dinners



- Rotini with Spinach, Beans and Romano Cheese
- Herb-Rubbed Pork Tenderloin with Mustard Sauce

Beaumont Diabetes Services

JANUARY – Healthy Weeknight Dinners

Rotini with Spinach, Beans and Romano Cheese (DMF)

4 cups cooked multigrain or whole wheat rotini
8 cups fresh spinach, stems removed and leaves torn
1 can (15 ounces) cannellini or Great Northern beans, rinsed and drained
1/2 cup shredded or grated Romano cheese
2 tablespoons olive oil
2 cloves garlic, minced
¼ teaspoon salt
¼ teaspoon black pepper

Combine hot rotini with spinach, beans, cheese, oil, garlic, salt and pepper in a large bowl. Mix well.

The heat of the cooked rotini will wilt the spinach somewhat. If you prefer spinach that is more cooked, steam it slightly before adding it to the rotini with the rest of the ingredients.

You may substitute rotini with different pasta shapes. In addition, extra-virgin olive oil will give this dish a somewhat different flavor.

Makes 8 servings of 1 ¼ cup.

Each serving counts as 1 meat and 2 carbohydrates.

Nutritional analysis per serving:

Calories:..... 190
Fat:6 grams
Saturated Fat:.....2 grams
Cholesterol:7 milligrams
Sodium:.....313 milligrams
Carbohydrate:.....28 grams
Fiber:.....5 grams
Protein:10 grams

Recipe from Diabetic Cooking, July/August 2012

JANUARY – Healthy Weeknight Dinners

Herb-Rubbed Pork Tenderloin with Mustard Sauce (DMF)

½ teaspoons Italian seasoning
¼ teaspoon black pepper
1 pork tenderloin (about 1 ½ pounds), trimmed of fat
1 ½ tablespoons olive oil, divided
1 shallot, minced
1 teaspoon all-purpose flour
½ cup reduced-sodium chicken broth
1/3 cup skim milk
1 tablespoon Dijon mustard
¼ teaspoon salt (optional)
Fresh oregano (optional)

Preheat oven to 425 degrees F.

Line a baking sheet with foil. Combine Italian seasoning and pepper in small bowl, mix well. Rub over pork. Heat one tablespoon of oil in a large skillet over medium high heat. Brown pork on all sides, about 10 minutes. Place on prepared baking sheet. Bake 25 to 30 minutes or until internal temperature reaches 140 degrees F. Transfer to cutting board. Tent the pork tenderloin with foil and let stand five minutes.

Meanwhile, in same skillet heat the remaining half a tablespoon oil using medium heat. Add shallot and garlic; sprinkle with flour. Cook and stir one minute. Stir in broth, milk, mustard and salt, if desired; simmer two minutes. Slice pork. Serve with mustard sauce. Garnish with oregano.

Makes six servings.

Each serving counts as 1 meat and 2 fats.

Nutritional analysis per serving:

Calories:.....210
Fat:10 grams
Saturated Fat:.....3 grams
Cholesterol:80 milligrams
Sodium:.....230 milligrams
Carbohydrate:.....1 grams
Fiber:.....0 grams

Recipe from Diabetic Cooking, November/December 2012

FEBRUARY

Easy Recipes



Herb-Marinated Pork Tenderloins

Chocolate Almond Butter Spread

Beaumont Diabetes Services

FEBRUARY – Easy Recipes

Herb Marinated Pork Tenderloins (GF, DF, BF, DMF, HF)

- 1 lemon, zest grated
- ¾ cup freshly squeezed lemon juice (4 to 6 lemons)
- ¼ cup olive oil + 3 tablespoons
- 2 tablespoons minced garlic (6 cloves)
- 1 ½ tablespoons fresh rosemary leaves, minced
- 1 tablespoon fresh thyme leaves, chopped
- 2 teaspoons Dijon mustard
- 2 teaspoons Kosher salt
- 3 pork tenderloins (about 1 pound each)

Combine the lemon zest, lemon juice and ¼ cup olive oil, garlic, rosemary, thyme, mustard and salt in a sturdy 1-gallon resealable plastic bag. Add the pork tenderloins and turn to coat with the marinade. Squeeze out the air and seal the bag. Marinate the pork in the refrigerator for at least 3 hours but preferably overnight.

Preheat the oven to 400 F.

Remove the tenderloins from the plastic bag and discard the marinade, but leave the herbs that cling to the meat. Heat 3 tablespoons olive oil in a large oven-proof sauté pan over medium-high heat. Sear the pork tenderloins on all sides until golden brown. Place the sauté pan in the oven and roast the tenderloins for 20 minutes or until the meat registers 145 F at the thickest part. Transfer the tenderloins to a platter and cover with aluminum foil. Allow to rest for 10 minutes. Carve in ½-inch-thick diagonal slices. The thickest part of the tenderloin will be quite pink and the thinnest part will be well done. Serve warm or at room temperature.

Makes 12 servings. Serving size equals 4 ounces.

Each serving counts as 1 protein and 2 fats.

Nutritional analysis per serving:

Calories:	200
Fat:	10 grams
Saturated Fat:	2 grams
Trans Fat:	0 grams
Cholesterol:	75 milligrams
Sodium:	400 milligrams
Carbohydrate:	3 grams
Fiber:	2 grams
Sugar:	1 gram
Protein:	24 grams

Recipe adapted from Cooking Light 5 Ingredient 15 Minute Cookbook.

Chocolate Almond Butter Spread (DF, V, VE, BF, HF, DMF)

- ¾ cup almond butter
- ¾ cup semi-sweet chocolate chips
- ¾ cup almond milk
- 1 tablespoon honey
- ½ teaspoon salt

Heat chocolate chips, almond milk, honey and salt over medium high heat in a small saucepan. Stir frequently and heat until all of the chocolate is melted. Allow to cool slightly, then add melted chocolate to almond butter and combine in a bowl. Mixture will be liquidy. Store in a covered container in the refrigerator. The chocolate mixture will harden and thicken up after being stored in the refrigerator.

Makes approximately 32 servings. Serving size is 1 tablespoon.

Each serving counts as 1 fat.

Nutritional analysis per serving:

Calories:	70
Fat:	5 grams
Saturated Fat:	1 gram
Trans Fat:	0 grams
Cholesterol:	0 milligrams
Sodium:	25 milligrams
Carbohydrate:	5 grams
Fiber:	1 gram
Sugar:	4 grams
Protein:	2 grams

Recipe adapted from hungrygirl.com.

Key: GF = Gluten Free, DF = Dairy Free, V = Vegetarian, VE = Vegan, BF = Bariatric Friendly, CF = Cardiac Friendly, DMF = Diabetic Friendly

MARCH

Top O' the Morning



Lemon Ricotta Pancakes

Individual Veggie Frittatas

Almond Coconut Granola

Beaumont Diabetes Services

MARCH – Top O’ the Morning

Lemon Ricotta Pancakes (V, BF, DMF)

1 ½ cups whole wheat flour
3 tablespoons granulated sugar
2 teaspoons baking powder
¼ teaspoon baking soda
1 cup nonfat (skim) milk
¾ cup low-fat ricotta cheese
1 whole egg
2 egg whites (¼ cup liquid egg whites)
½ teaspoon vanilla extract
1 tablespoon lemon zest (from about 2 lemons)
¼ cup fresh lemon juice (from about 1 large lemon)
1 tablespoon unsalted butter, melted
½ cup fresh blueberries

Spray non-stick griddle with cooking spray and preheat over medium-high heat.

In a large mixing bowl, whisk together flour, sugar, baking powder and baking soda.

In a separate bowl whisk together milk, ricotta, egg, egg whites and vanilla until well blended. Add lemon zest, lemon juice and melted butter and blend into milk mixture (it will curdle a little).

Make well in middle of flour mixture. Pour liquid mixture into the well and gently blend until combined. Gently fold in blueberries. Do not over-mix because this will cause the pancakes to be tough.

For each pancake, pour approximately ¼ cup measure of the batter on the griddle and cook on both sides until light golden brown.

Makes 6 servings. Serving size equals 3 pancakes.

Each serving counts as 1 protein and 2 carbohydrates.

Nutritional analysis per serving:

Calories:.....	210
Fat:	5 grams
Saturated Fat:.....	2.5 grams
Trans Fat:.....	0 grams
Cholesterol:.....	45 milligrams
Sodium:.....	360 milligrams
Carbohydrate:.....	33 grams
Fiber:.....	4 grams
Sugar:.....	9 grams
Protein:.....	11 grams

Recipe adapted from 1/19/12 post by Nicole, RD and from Cooking Classy.

MARCH – Top O’ the Morning

Individual Veggie Frittatas (GF, BF, DMF)

1 tablespoon extra-virgin olive oil
3 small red potatoes, finely diced
6 ounces Canadian bacon, chopped
½ small onion, finely diced
½ red bell pepper, finely diced
3 cups fresh baby spinach, chopped
½ cup mushrooms, chopped
⅛ teaspoon salt
⅛ teaspoon pepper
6 eggs
4 egg whites
½ cup skim milk
½ teaspoon allspice
Non-stick cooking spray

Preheat oven to 350 F.

Heat oil in a large skillet. Add potatoes and Canadian bacon. Cook, stirring occasionally, until potatoes are softened and bacon begins to crisp, about 10 minutes. Add onion and bell pepper. Cook for 3 to 4 minutes or until softened. Add spinach and mushrooms. Cook, stirring occasionally until spinach wilts and mushrooms soften.

In large bowl, whisk together salt, pepper, eggs, egg whites, milk and allspice.

Add vegetable mixture to the eggs and stir to combine. Spray muffin tin with non-stick cooking spray. Fill 12 cups with vegetable and egg mixture. Bake for 20 to 28 minutes or until a toothpick comes out clean. Allow to cool for several minutes before removing from tin.

Makes 6 servings. Serving size equals 2 frittatas.

Each serving counts as 1 protein and 1 carbohydrate.

Nutritional analysis per serving:

Calories:..... 240
Fat: 11 grams
Saturated Fat:..... 2.5 grams
Trans Fat: 0 grams
Cholesterol: 205 milligrams
Sodium:..... 490 milligrams
Carbohydrate:..... 18 grams
Fiber:..... 2 grams
Sugar: 2 grams
Protein: 18 grams

Recipe adapted from Prevention RD.

Almond Coconut Granola (DF, V, VE, HF, DMF)

2 cups old fashioned oats
⅔ cup unsweetened shredded coconut
½ cup maple syrup
1 teaspoon cinnamon
1 teaspoon vanilla extract
3 tablespoons coconut oil, melted
¼ teaspoon salt
nutmeg and ginger, a dash or two
¼ cup almond slices
¼ cup chopped pecans

Mix everything together. Spread mixture in single layer on cookie sheet.

Bake at 300 F for 30 to 45 minutes until lightly browned.

Makes 12 servings. Serving size equals ¼ cup.

Each serving counts as 1 carbohydrate and 1 fat.

Nutritional analysis per serving:

Calories:..... 160
Fat: 8 grams
Saturated Fat:..... 4.5 gram
Trans Fat: 0 grams
Cholesterol: 0 milligrams
Sodium:..... 50 milligrams
Carbohydrate:..... 19 grams
Fiber:..... 2 gram
Sugar: 9 grams
Protein:..... 3 grams

Recipe adapted from The Vegster.

APRIL

April Fools Foods



Baked Salmon with Rosemary "Pesto"

Beaumont Diabetes Services

APRIL – April Fools Food

Baked Salmon with Rosemary Pesto (GF, BF, DMF)

Pesto

- ½ cup unsalted cashews (raw or toasted)
- 1 tablespoon fresh rosemary (leaves only; try to use those closest to the tip of the sprig)
- 1 clove garlic, peeled
- 1 tablespoon olive oil
- ½ cup 2% grated cheddar cheese
- ½ cup plain fat-free Greek yogurt
- ½ teaspoon lemon juice
- ¼ teaspoon pepper
- ½ teaspoon salt
- 6 individually wrapped, 5 ounce frozen salmon fillets (i.e. Meijer or Kroger); defrosted (defrost frozen fish filets in the refrigerator, following package directions).

Preheat oven to 375 F.

Place defrosted fish in a shallow glass baking dish. Bake, uncovered for 15 to 20 minutes or until the fish flakes easily with a fork. While the fish is baking, place all of the pesto ingredients in a food processor or blender and process until a smooth paste forms. Spread 2 tablespoons of pesto evenly over each cooked salmon filet. Serve immediately.

Pesto mixture can be stored covered in the refrigerator for up to five days.

Makes 6 servings. Serving size equals 4 ounces cooked salmon plus 2 tablespoons pesto.

Each serving counts as 1 protein and 2 fats.

Nutritional analysis per serving:

Calories:.....	320
Fat:	21 grams
	(14 grams from the salmon – mostly omega 3 fatty acids)
Saturated Fat:.....	5.0 grams
Trans Fat:.....	0 grams
Cholesterol:	75 milligrams
Sodium:.....	240 milligrams
Carbohydrate:.....	3 grams
Fiber:.....	0 grams
Sugar:.....	1 gram
Protein:.....	29 grams

Recipe Adapted from One World Vegetarian Cookbook by Troth Wells.

MAY

Spring Clean Eating



Kale & Potato Hash with Poached Egg Topper

Tuscan Tuna Melt

Chipotle Chicken Taco Salad

Mocha Banana Ice Cream

Beaumont Diabetes Services

MAY – Spring Clean Eating

Kale & Potato Hash with Poached Egg Topper (GF, V, BF, HF, DMF)

1 tablespoon olive oil
8 cups torn kale leaves (approximately ½ pound of kale)
1 medium shallot, minced
½ teaspoon freshly ground pepper
¼ teaspoon salt
2 cups cooked shredded potatoes (see note below)
1 tablespoon extra-virgin olive oil
4 eggs

Place kale in a large microwave-safe bowl, cover and microwave until wilted, about 3 minutes. Drain, cool slightly and finely chop.

Mix shallot, pepper and salt in a large bowl. Add the chopped kale and potatoes; stir to combine.

Heat oil in a large nonstick skillet over medium heat. Add the kale mixture, spread into an even layer and cook, stirring every 3 to 4 minutes and returning the mixture to an even layer, until the potatoes begin to turn golden brown and crisp, 12 to 15 minutes total.

Poached eggs

Fill shallow saucepan with water and bring to almost boiling. Working with eggs one by one, crack an egg into a small cup, then place the cup near the surface of the hot water and gently drop the egg into the water. With a spoon, nudge the egg-whites closer to the yolks. This will help the egg whites hold together. Turn off the heat. Cover and let sit for 4 minutes, until the egg-whites are cooked. Lift eggs out of pan with a slotted spoon and place on top of plated hash.

Ingredient note: Fresh, partially cooked, shredded potatoes for hash browns can be found refrigerated in most supermarkets. Alternatively, boil potatoes until they can be pierced slightly with a fork, but are not completely tender. Let cool slightly, then shred.

Makes 4 servings. Serving size equals ½ cup hash topped with one poached egg.

Each serving counts as 1 protein, 1 carbohydrate and 1 fat.

Nutritional analysis per serving:

Calories:	230
Fat:	9 grams
Saturated Fat:	2 grams
Trans Fat:	0 grams
Cholesterol:	185 milligrams
Sodium:	280 milligrams
Carbohydrate:	28 grams
Fiber:	5 grams
Sugar:	1 gram
Protein:	12 grams

Recipe adapted from EatingWell: October/November 2005.

Key: GF = Gluten Free, DF = Dairy Free, V = Vegetarian, VE = Vegan, BF = Bariatric Friendly, CF = Cardiac Friendly, DMF = Diabetic Friendly

MAY – Spring Clean Eating

Tuscan Tuna Melt (BF, HF, DMF)

½ cup whole wheat bread crumbs
4-5 large tomatoes, cut in ½ inch thick slices (average of 2-3 slices per tomato)
1 - 12 ounce container of light tuna (packed in water), well drained
¼ cup shredded parmesan cheese
¼ cup shredded pecorino Romano cheese
¼ cup black olives, finely chopped
½ cup mushrooms, finely chopped
1 teaspoon lemon zest
2 tablespoons fresh parsley, finely chopped
1 clove garlic, minced
1 teaspoon dried oregano
1 teaspoon basil
1 tablespoon olive oil to brush tomato slices and coat baking sheet

Preheat oven to 350. Brush baking sheet with olive oil.

Place breadcrumbs on a plate. Brush both sides of tomato slices with olive oil. Coat tomato slices with bread crumbs and place onto the baking sheet.

In a large bowl combine the tuna, cheeses, olives, mushrooms, parsley, garlic, oregano, basil and lemon zest.

Spoon tuna mixture evenly onto the tomato slices. Bake 15 minutes until hot.

Makes 5 servings. Serving size equals 2 melts.

Each serving counts as 1 protein.

Nutritional analysis per serving:

Calories:	220
Fat:	7 grams
Saturated Fat:	2.5 grams
Trans Fat:	0 grams
Cholesterol:	30 milligrams
Sodium:	270 milligrams
Carbohydrate:	14 grams
Fiber:	2 grams
Sugar:	5 grams
Protein:	23 grams

Recipe adapted from The Naked Kitchen

MAY – Spring Clean Eating

Chipotle Chicken Taco Salad (GF, BF, DMF)

Dressing

- 1/3 cup chopped fresh cilantro
- 2/3 cup light sour cream
- 1 tablespoon minced chipotle, canned in adobo sauce
- 1 teaspoon ground cumin
- 1 teaspoon chili powder
- 4 teaspoons fresh lime juice
- 1/4 teaspoon salt

Salad

- 4 cups shredded romaine lettuce
- 2 cups chopped cooked skinless, boneless chicken breasts (about 2 breasts)
- 1 cup cherry tomatoes, halved
- 1/2 cup diced peeled avocado
- 1/3 cup thinly vertically sliced red onion
- 1 (15 ounce) can black beans, rinsed and drained

To prepare dressing, combine first 7 ingredients, stirring well.

To prepare salad, combine lettuce and remaining ingredients in a large bowl. Drizzle dressing over salad; toss gently to coat. Serve immediately.

Makes 4 servings. Serving size equals 2 1/2 cups.

Each serving counts as 1 protein, 2 fats and 1 carbohydrate.

Nutritional analysis per serving:

Calories:	280
Fat:	9 grams
Saturated Fat:	3 grams
Trans Fat:	0 grams
Cholesterol:	75 milligrams
Sodium:	460 milligrams
Carbohydrate:	23 grams
Fiber:	8 grams
Sugar:	6 grams
Protein:	30 grams

Recipe adapted from MyRecipes.com.

Mocha Banana Ice cream (GF, V, HF, DMF)

- 2 frozen peeled bananas
- 1 teaspoon instant coffee or espresso
- 1/4 teaspoon cinnamon
- 1 ounce dark chocolate, finely chopped

Remove bananas from freezer and let sit on counter for 5 minutes. Break or cut bananas into chunks and then place in food processor. Pulse about 20 times until bananas are in small pieces, then blend until smooth. If necessary, stop the machine and scrape the sides.

Add the coffee, cinnamon and chocolate to the banana mixture in the food processor and blend again to fully incorporate. Divide into 2 portions and serve immediately.

Makes 2 servings. Serving size equals 1/2 cup.

Each serving counts as 2 carbohydrates and 1 fat.

Nutritional analysis per serving:

Calories:	170
Fat:	5 grams
Saturated Fat:	3 gram
Trans Fat:	0 grams
Cholesterol:	0 milligrams
Sodium:	0 milligrams
Carbohydrate:	33 grams
Fiber:	4 gram
Sugar:	19 grams
Protein:	2 grams

Recipe adapted from Oxygen Women's Fitness.

JUNE

Vegan Fresh Fare



Succotash Salad

Cauliflower Steaks with Ginger, Turmeric, and Cumin

Beaumont Diabetes Services

JUNE – Vegan Fresh Fare

Succotash Salad (GF, DF, V, VE, BF, CF, DMF)

1 ½ cups cooked baby lima beans or soy beans
3 ears corn, shucked
2 cups grape tomatoes, cut in half
1 medium red onion, peeled and diced
¼ cup chopped parsley
¼ cup light vinaigrette dressing (i.e. Garlic Expressions salad dressing)

Take 1 ½ cups of frozen lima or soy beans and cook as directed on package. Then, set aside to cool.

To prepare corn, bring a large pot of water to a boil. Put the shucked corn in the water and turn the heat off. Cover the pot and let it sit for a minimum of 5 minutes. Then, set aside to cool.

Once corn is cool, cut kernels off of cob and put in bowl with beans, tomatoes, red onion and parsley. Add vinaigrette dressing and mix.

Makes 6 servings. Serving size equals approximately 1 cup.

Each serving counts as 1 carbohydrate and 1 fat.

Nutritional analysis per serving:

Calories:..... 180
Fat:2 grams
Saturated Fat:.....0 gram
Trans Fat:0 grams
Cholesterol:0 milligrams
Sodium:.....420 milligrams
Carbohydrate:.....26 grams
Fiber:.....2 grams
Sugar:10 grams
Protein:8 grams

Recipe adapted from Forks Over Knives: The Cookbook.

Cauliflower Steaks with Ginger, Turmeric, and Cumin (GF, DF, V, VE, BF, CF, DMF)

1 large head cauliflower
Salt and pepper, to taste
2 tablespoons olive oil, divided
1 teaspoon freshly grated ginger
1 teaspoon ground cumin
½ teaspoon ground turmeric
Small handful of cilantro, chopped

Preheat the oven to 400 F.

Remove the leaves and trim the stem end of the cauliflower, leaving the core intact. Using a large knife, cut the cauliflower from top to base into three ¾ -inch-thick “steaks.” Season each steak with salt and pepper on both sides. (Reserve loose florets for another use or roast together with steaks).

Heat 1 tablespoon of olive oil in a large skillet over medium-high heat. Sear the cauliflower steaks until golden brown, about 2 minutes on each side. Gently transfer the steaks to a baking sheet.

Whisk together the remaining 1 tablespoon of olive oil, ginger, cumin and turmeric. Brush or spoon the mixture on the cauliflower steaks.

Roast in the oven until tender, about 15 minutes. Garnish with cilantro and serve.

Makes 3 servings. Serving size equals 1 cauliflower steak.

Each serving counts as 2 fats.

Nutritional analysis per serving:

Calories:..... 140
Fat:10 grams
Saturated Fat:.....1.5 grams
Trans Fat:0 grams
Cholesterol:0 milligrams
Sodium:.....230 milligrams
Carbohydrate:.....11 grams
Fiber:.....6 grams
Sugar:5 grams
Protein:5 grams

Recipe adapted from thekitchen.com.

JULY

What's In Your Picnic Basket?



Salmon Cilantro Burgers

Grilled Cherry Tomato Skewers

Kale and Brussels Sprout Coleslaw

Beaumont Diabetes Services

JULY – What's In Your Picnic Basket?

Salmon-Cilantro Burgers (BF, HF, DMF)

Ingredients for mayo spread

- ¼ cup reduced-fat mayonnaise
- 1 tablespoon chopped fresh cilantro
- 1 tablespoon fresh lime juice
- ⅛ teaspoon freshly ground black pepper

Ingredients for salmon burger

- 1 (14.75) ounce canned pink or red salmon; skinned and deboned
- ¼ cup dry breadcrumbs
- 1 egg
- 2 tablespoons cilantro leaves
- 2 tablespoons chopped green onions
- 1 tablespoon chopped seeded jalapeno pepper
- 2 tablespoons fresh lime juice
- ¼ teaspoon freshly ground black pepper

Combine first 4 ingredients in a small bowl; cover and chill.

Place salmon in a bowl. Add breadcrumbs and next 6 ingredients (through ¼ teaspoon pepper) and combine. Divide salmon mixture into 4 equal portions, shaping into patties.

Lightly spray grill pan with cooking spray. Heat grill pan over medium-high heat. Place patties on grill pan; cook 2 to 3 minutes. Carefully, turn patties over; cook 2 to 3 minutes or until done.

Spread about 1 tablespoon mayo spread over bottom half of each 100 calorie whole wheat sandwich or bagel thin. Top with 1 salmon patty, 3 cucumber slices, 1 lettuce leaf and top half of sandwich or bagel thin.

Makes 4 servings. Serving size equals 1 patty.

Each serving counts as 1 protein and 1 fat.

Nutritional analysis per serving (calculated without sandwich/bagel thin):

Calories:	220
Fat:	8 grams
Saturated Fat:	2 grams
Trans Fat:	0 grams
Cholesterol:	135 milligrams
Sodium:	590 milligrams
Carbohydrate:	8 grams
Fiber:	0 grams
Sugar:	2 grams
Protein:	28 grams

Recipe adapted from myrecipes.com

Key: GF = Gluten Free, DF = Dairy Free, V = Vegetarian, VE = Vegan, BF = Bariatric Friendly, CF = Cardiac Friendly, DMF = Diabetic Friendly

JULY – What’s In Your Picnic Basket?

Grilled Cherry Tomato Skewers (GF, DF, V, VE, BF, HF, DMF)

6 yellow cherry tomatoes
6 red cherry tomatoes
2 teaspoons olive oil, divided
¼ teaspoon salt
¼ teaspoon freshly ground pepper
2 tablespoons white balsamic vinegar
2 tablespoons chopped fresh basil

Cut tomatoes in half; thread 6 halves onto skewers, alternating colors. Brush with 1 teaspoon oil, sprinkle with salt and pepper. Grill over medium heat (300 F to 350 F) 10 minutes, turning skewers often. Remove kebab from grill and place on serving dish. Combine remaining ½ tablespoon oil, vinegar, and basil; drizzle over kabobs.

*Makes 4 servings. Serving size equals 1 skewer.
Free.*

Nutritional analysis per serving:

Calories:	35
Fat:	2.5grams
Saturated Fat:	0 grams
Trans Fat:	0 grams
Cholesterol:	0 milligrams
Sodium:	150 milligrams
Carbohydrate:	3 grams
Fiber:	1 gram
Sugar:	2 grams
Protein:	1 gram

Recipe adapted from myrecipes.com

Kale and Brussels Sprout Coleslaw (V, HF, BF, DMF)

6 cups pre-packaged Trader Joe’s Cruciferous Crunch collection mixture (or similar mixture which contains kale, cabbage, Brussels sprouts and slivered broccoli stems)
⅓ cup dried raisins (black or golden)
⅓ cup salted and roasted, sunflower seeds

Poppy Seed Dressing

2 tablespoons apple cider vinegar
2 tablespoons non-fat plain yogurt
1 ½ tablespoons honey
1 teaspoon Dijon mustard
2 tablespoons olive oil
1 teaspoon poppy seeds
pinch of salt

Whisk all ingredients for Poppy Seed Dressing in a small bowl until blended. Will last 1 to 2 weeks in the refrigerator.

Toss together kale/Brussels sprout coleslaw mixture, dried raisins and sunflower seeds in a large bowl. Add the dressing and mix to combine, right before serving.

Makes 6 servings. Serving size equals 1¼ cup.

Each serving counts as 1 fat and 1 carbohydrate.

Nutritional analysis per serving:

Calories:	140
Fat:	8 grams
Saturated Fat:	1 grams
Trans Fat:	0 grams
Cholesterol:	0 milligrams
Sodium:	90 milligrams
Carbohydrate:	14 grams
Fiber:	1 gram
Sugar:	11 grams
Protein:	3 grams

Recipe adapted from Modern Hippie Housewife.

AUGUST

Taco Tuesday



Roasted Vegetable and Black Bean Tacos

Southwest Shrimp Tacos

Avocado Salsa

Beaumont Diabetes Services

AUGUST – Taco Tuesday

Roasted Vegetable and Black Bean Tacos (GF, DF, V, VE, BF, DMF, HF)

Ingredients

1 yellow squash, ¾-inch diced
1 zucchini, ¾-inch diced
1 small onion, chopped
1 red bell pepper, ¾-inch diced
1 medium sweet potato, peeled and ¾-inch diced
2 tablespoons olive oil
½ teaspoon salt
Black pepper, to taste
15 ounce can of black beans, drained and rinsed
10 ounce can of diced tomatoes with green chiles
1 teaspoon ground cumin
½ teaspoon smoked paprika
½ teaspoon garlic powder
½ teaspoon dried oregano
14-6 inch corn tortillas

Preheat oven to 425 F.

Line a rimmed baking sheet with parchment paper and set aside. In a large bowl, combine the squash, zucchini, onion, bell pepper, potato, and olive oil; toss to coat. Arrange vegetables in an even layer on the baking sheet and sprinkle with salt and pepper. Roast 15 minutes, stir, roast another 15 to 20 minutes, (30 to 35 minutes total). In a large skillet, heat the black beans and tomatoes with chiles over low heat to heat through. Add cumin, paprika, garlic powder and oregano. Mix well. Once through roasting, stir the roasted vegetables into the skillet with the beans and tomatoes; stir to combine.

Serve in corn tortillas.

Makes 7 servings. Serving size equals 2 tacos, each filled with ½ cup of vegetable mixture.

Each serving counts as 1 protein, 2 carbohydrates and 1 fat.

Nutritional analysis per serving (calculated without sandwich/bagel thin):

Calories:	240
Fat:	6 grams
Saturated Fat:	0.5 grams
Trans Fat:	0 grams
Cholesterol:	0 milligrams
Sodium:	360 milligrams
Carbohydrate:	40 grams
Fiber:	7 grams
Sugar:	3 grams
Protein:	7 grams

Recipe adapted from PreventionRD.com.

Key: GF = Gluten Free, DF = Dairy Free, V = Vegetarian, VE = Vegan, BF = Bariatric Friendly, CF = Cardiac Friendly, DMF = Diabetic Friendly

AUGUST – Taco Tuesday

Southwest Shrimp Tacos (DF, BF, DMF, HF)

Ingredients

4 (10 inch) wooden skewers
24 large raw shrimp, peeled and deveined
Vegetable cooking spray
½ tablespoon hot sauce
1 tablespoon olive oil
¾ teaspoons ancho chile powder
¾ teaspoons ground cumin
8 (6 inch) soft-taco size flour tortillas
2 cups shredded cabbage
½ cup grated carrots
Lime wedges, optional

Soak skewers in water 20 minutes. Preheat oven to 400 F. In a large bowl, toss shrimp with hot sauce, olive oil, chile powder and cumin. Bake 8 to 10 minutes. Combine cabbage and carrots. Remove shrimp from skewers just before servings; serve on top of cabbage mixture in warm tortillas. Garnish with lime wedges.

Makes 4 servings. Serving size equals 2 tacos, filled with 3 shrimp and ¼ cup cabbage.

Each serving counts as 1 protein, 1 carbohydrate and 1 fat.

Nutritional analysis per serving:

Calories:..... 170
Fat:..... 4 grams
Saturated Fat:..... 0 grams
Trans Fat:..... 0 grams
Cholesterol:..... 55 milligrams
Sodium:..... 280 milligrams
Carbohydrate:..... 26 grams
Fiber:..... 3 grams
Sugar:..... 1 gram
Protein:..... 8 grams

Recipe adapted from SouthernLiving.com.

Avocado Salsa (GF, DF, V, VE, BF, DMF, HF)

Ingredients

2 avocados, diced chunky
¼ cup red onion, chopped
2 Roma tomatoes, diced
2 tablespoons cup fresh cilantro, finely chopped
1 tablespoon lime juice
½ teaspoon garlic salt
¼ teaspoon pepper

Combine avocado, onion, tomatoes and cilantro in a medium bowl. Add lime juice, garlic salt and pepper; toss lightly to combine

Makes 10 servings. Serving size equals 3 tablespoons.

Each serving counts as 1 fat.

Nutritional analysis per serving:

Calories:..... 70
Fat:..... 6 grams
Saturated Fat:..... 1 grams
Trans Fat:..... 0 grams
Cholesterol:..... 0 milligrams
Sodium:..... 30 milligrams
Carbohydrate:..... 4 grams
Fiber:..... 3 grams
Sugar:..... 1 gram
Protein:..... 1 gram

Recipe adapted from chef-in-training.com.

SEPTEMBER

Pizza Party

.....

Breakfast Pizza

Portobello Mushroom Nicoise Pizza

Strawberry-Rhubarb Dessert Pizza

Beaumont Diabetes Services

SEPTEMBER – Pizza Party

Breakfast Pizza (V, DMF)

5 multigrain English muffins
1 tablespoon olive oil
4 large eggs
1 cup egg substitute
1 (10 ounce) package frozen chopped spinach, defrosted and squeezed dry, reserving 1
tablespoon of the liquid
1 cup chopped onion (about 1 medium onion)
1/8 teaspoon ground black pepper
1/2 cup shredded reduced fat cheddar cheese

Preheat oven to 350 F.

Break eggs into a bowl. Add the egg substitute and the reserved spinach liquid. Whisk well and season with pepper. Add the olive oil to a 10-inch skillet and heat over medium heat. Add the onions and cook until translucent, about 4 minutes. Add the dry spinach, breaking up the pieces and heat through, about 2 minutes. Scrape the vegetable mixture into the eggs and beat it well to distribute the spinach evenly. Turn the heat down to low and pour the egg mixture back into the pan. Gently stir the eggs until they are just set and still moist, about 3 to 4 minutes. While the eggs are cooking, toast the English muffins until lightly golden. Spread the egg mixture evenly onto the toasted English muffins and top with cheese. Place in preheated oven or toaster oven until the cheese is lightly browned, about 1 minute. Serve hot.

Makes 5 servings. Serving size equals 2 English muffin halves.

Each serving counts as 1 protein, 2 carbohydrates and 1 fat.

Nutritional analysis per serving:

Calories:	260
Fat:	10 grams
Saturated Fat:	3 grams
Trans Fat:	0 grams
Cholesterol:	155 milligrams
Sodium:	410 milligrams
Carbohydrate:	32 grams
Fiber:	10 grams
Sugar:	4 grams
Protein:	17 grams

Recipe adapted from George Duran, Food Network.

SEPTEMBER – Pizza Party

Portobello Mushroom Nicoise Pizza (GF, V, BF, DMF)

2 cloves garlic
1 tablespoon red wine vinegar
2 tablespoons extra virgin olive oil
½ cup fresh basil leaves, finely chopped
⅓ cup pitted Kalamata olives (about 12 olives)
1 tablespoon capers, rinsed and drained
1 teaspoon ground black pepper
pinch of crushed red pepper flakes (about ¼ teaspoon)
1 red bell pepper
1 yellow bell pepper
1 cup grape tomatoes
4 large portobello mushrooms, stems removed
canola baking spray
6 ounces soft goat cheese

Preheat oven to broil.

Chop the garlic cloves and using the side of a knife blade, smear to a paste. Transfer the garlic paste to a bowl and stir in the vinegar. Slowly whisk in the olive oil until emulsified. Fold in the basil, olives, capers, black pepper and pepper flakes. Let sit at room temperature while vegetables are grilling.

Spray the red and yellow peppers lightly with cooking spray and place on broiler pan and broil until charred and soft on all sides, 3 to 4 minutes per side. Remove peppers to a bowl and cover with plastic wrap and let steam for 15 minutes. Meanwhile, place tomatoes on broiler pan and broil until charred in spots and softened, about 5 minutes. Set aside.

Spray the portobello mushrooms with cooking spray and broil on both sides until a paring knife inserted in the center meets no resistance, about 3 to 5 minutes per side. While the portobellos are cooking, peel, seed and thinly slice the peppers.

Turn the portobellos stem side up and top each with some of the goat cheese. Return to broiler until cheese softens, about 2 minutes. Transfer to a platter and top each mushroom with some tomatoes and peppers. Spoon a generous amount of dressing over each pizza and serve warm.

Makes 4 servings. Serving size equals one portobello mushroom cap.

Each serving counts as 1 protein and 3 carbohydrates.

Nutritional analysis per serving:

Calories:	260
Fat:	20 grams
Saturated Fat:	8 grams
Trans Fat:	0 grams
Cholesterol:	20 milligrams
Sodium:	460 milligrams
Carbohydrate:	12 grams
Fiber:	3 grams
Sugar:	5 grams
Protein:	11 grams

Recipe adapted from Bobby Flay, Food Network 2014.

Key: GF = Gluten Free, DF = Dairy Free, V = Vegetarian, VE = Vegan, BF = Bariatric Friendly, CF = Cardiac Friendly, DMF = Diabetic Friendly

SEPTEMBER – Pizza Party

Strawberry Rhubarb Dessert Pizza (V, DMF, HF)

2 stalks rhubarb, cut into 1-inch pieces
2 cups sliced strawberries, divided
½ cup sugar
(1) 3-inch strip orange peel plus 1 teaspoon grated zest
2 cups nonfat plain Greek yogurt
2 tablespoons honey
1 teaspoon vanilla extract
½ cup chopped pistachio nuts
1 frozen phyllo pastry sheet, defrosted
canola cooking spray

Preheat oven to 350 F

Combine the rhubarb, 1 cup strawberries, sugar and orange peel in a medium saucepan over medium heat. Bring to a simmer and cook until soft, stirring frequently, about 10 minutes. Transfer to a bowl and let cool completely.

Remove the phyllo dough from the protective wrapper keeping it covered with a damp paper towel to prevent the dough from drying out. Take 6 sheets of dough and spray the surface of each layer lightly with cooking spray. Stack the layers on a baking sheet lined with parchment paper. Repeat with 6 more sheets and place on a second baking sheet lined with parchment paper. Wrap unused dough tightly in plastic wrap and return to refrigerator. Bake phyllo dough until lightly browned, about 10 minutes. Remove from oven and set aside.

Whisk together the yogurt, orange zest, vanilla and honey in a bowl. Remove the orange peel from the cooled fruit mixture. Assemble the “pizza” as follows:

Spread ½ of the fruit mixture on top of one phyllo crust; carefully place the second phyllo crust on top of the first. Spread the remaining fruit mixture over the second phyllo crust to resemble pizza sauce. Drop the yogurt mixture by teaspoon, evenly over the fruit mixture to resemble cheese. Place a strawberry slice on top of each yogurt dollop to resemble pepperoni slices. Sprinkle with chopped pistachio nuts. Cut with kitchen shears into 12 pieces and serve immediately.

Makes 12 servings. Serving size equals one slice.

Each serving counts as 2 carbohydrates and 1 fat.

Nutritional analysis per serving:

Calories:	160
Fat:	3.5 grams
Saturated Fat:	0.5 grams
Trans Fat:	0 grams
Cholesterol:	0 milligrams
Sodium:	110 milligrams
Carbohydrate:	27 grams
Fiber:	2 gram
Sugar:	14 grams
Protein:	6 grams

Adapted from Bobby Flay, Food Network 2014.

Key: GF = Gluten Free, DF = Dairy Free, V = Vegetarian, VE = Vegan, BF = Bariatric Friendly, CF = Cardiac Friendly, DMF = Diabetic Friendly

OCTOBER

Family Friendly Favorites



Turkey Vegetable Chili Mac

Crunchy Quinoa Fish Sticks

Turkey & Veggie Roll-Ups

Peanut Butter Cereal Bars

Beaumont Diabetes Services

OCTOBER – Family Friendly Favorites

Turkey Vegetable Chili Mac (HF, DMF)

- 1 pound ground turkey
- 1 can (about 15 ounces) no salt added black beans, drained
- 1 can (about 14 ounces) Mexican-style diced tomatoes
- 1 can (about 14 ounces) no salt added diced tomatoes
- 1 cup frozen corn
- ½ cup chopped onion (fresh or frozen)
- 2 cloves of garlic, minced
- 2 teaspoons Mexican seasoning, or chili powder
- ½ cup uncooked whole wheat elbow macaroni
- ⅓ cup reduced fat sour cream (recommend Daisy® brand)

Spray large skillet with non-stick cooking spray; heat over medium-high heat. Add turkey; cook and stir 5 minutes or until no longer pink. Transfer to slow cooker. Add beans, tomatoes, corn, onion, garlic and Mexican seasoning. Cover; cook on low 4 to 5 hours.

Stir in macaroni. Cover; cook 10 minutes. Stir. Cover; cook an additional 20 to 30 minutes, or until macaroni is tender. Serve with sour cream.

Tip: Other types of pasta may be substituted for the macaroni. Short pasta types work best, like cavatappi, penne or rigatoni.

Makes 5 servings. Serving size equals approximately 2 cups.

Each serving counts as 1 protein and 2 carbohydrates.

Nutritional analysis per serving:

Calories:.....	290
Fat:	3.5 grams
Saturated Fat:.....	1.5 grams
Trans Fat:	0 grams
Cholesterol:	45 milligrams
Sodium:.....	410 milligrams
Carbohydrate:.....	34 grams
Fiber:.....	6 grams
Sugar:	7 grams
Protein:	31 grams

Recipe adapted from Diabetic Cooking magazine: Vol. 7, No. 1, Spring 2014.

OCTOBER – Family Friendly Favorites

Crunchy Quinoa Fish Sticks (BF, HF, DMF)

2 teaspoons margarine
¾ cup whole wheat panko bread crumbs
¼ cup uncooked quinoa
1 teaspoon paprika
¼ teaspoon salt
¼ cup whole wheat flour
2 egg whites, lightly beaten
¾ pound cod, cut into ½ inch wide strips

Tartar Sauce

⅓ cup light mayonnaise, i.e. Hellman's® Light
3 tablespoons sweet pickle relish
1-2 teaspoons lemon juice

Prepare tartar sauce by combining low-fat mayonnaise with sweet pickle relish and lemon juice in a small bowl; mix well. Refrigerate until ready to serve. Makes about ½ cup.

Preheat oven to 425 F. Line baking sheet with parchment paper.

Melt margarine in a small skillet over medium heat. Add panko, quinoa, paprika and salt; cook and stir 5 minutes or until golden brown. Remove to shallow bowl. Place flour in another shallow bowl. Place egg whites in separate shallow bowl.

Working one at a time, coat fish with flour; shake off excess. Dip in egg whites, letting excess drip back into bowl. Roll in panko mixture, pressing lightly to adhere. Place on prepared baking sheet. Repeat with remaining fish.

Bake 12 minutes or until fish is opaque in the center and flakes easily when tested with a fork. Serve with tartar sauce. Garnish with lemon wedges if desired.

Makes 4 servings. Serving size equals 3 ounces of fish with 2 tablespoons of Tartar sauce.

Each serving counts as 1 protein, 2 carbohydrates and 2 fats.

Nutritional analysis per serving:

Calories:.....	300
Fat:.....	11 grams
Saturated Fat:.....	2 grams
Trans Fat:.....	0 grams
Cholesterol:.....	40 milligrams
Sodium:.....	480 milligrams
Carbohydrate:.....	29 grams
Fiber:.....	5 grams
Sugar:.....	3 grams
Protein:.....	22 grams

Recipe adapted from Diabetes Self-Management: October 2013.

OCTOBER – Family Friendly Favorites

Turkey & Veggie Roll-Ups (HF, DMF)

2 tablespoons hummus, any flavor
1 (8-inch) whole wheat tortilla
¼ cup sliced baby spinach
2 slices oven-roasted turkey breast (about 1 ounce)
¼ cup thinly sliced English cucumber
¼ cup thinly sliced carrot
1 slice (1 ounce) reduced-fat Swiss cheese

Spread hummus on tortilla to within 1 inch of edge. Layer with spinach, turkey, cucumber, carrots and cheese. Roll up jelly-roll style; cut into 4 pieces.

Makes 2 servings. Serving size equals 2 roll-ups.

Each serving counts as 1 protein and 1 carbohydrate.

Nutritional analysis per serving:

Calories:	140
Fat:	6 grams
Saturated Fat:	2 grams
Trans Fat:	0 grams
Cholesterol:	15 milligrams
Sodium:	330 milligrams
Carbohydrate:	16 grams
Fiber:	2 grams
Sugar:	3 grams
Protein:	10 grams

Recipe adapted from Diabetic Cooking magazine: Vol. 7, No. 1, Spring 2014.

Peanut Butter Cereal Bars (DF, V, VE, HF, DMF)

3 cups mini marshmallows
3 tablespoons margarine
2 tablespoons water
½ cup PB2® powder (a peanut butter powder)
3 ½ cups crisp rice cereal
1 cup quick oats
⅛ cup mini semisweet chocolate chips

Spray a 13x9-inch baking pan with nonstick cooking spray.

Combine marshmallows and margarine in a large microwavable bowl. Microwave on high for 15 seconds; add 2 tablespoons of water and stir. Microwave an additional 1 minute; stir PB2 powder into marshmallow mixture until smooth. Add cereal and oats; stir until well coated. Spread into prepared pan. Immediately sprinkle chocolate chips on top; lightly press into cereal mixture.

Cool completely in pan; at least 1 hour. Cut into 20 bars to serve.

Makes 20 servings.

Each serving counts as 1 carbohydrate.

Nutritional analysis per serving:

Calories:	100
Fat:	3 grams
Saturated Fat:	0 grams
Trans Fat:	0 grams
Cholesterol:	0 milligrams
Sodium:	75 milligrams
Carbohydrate:	16 grams
Fiber:	1 gram
Sugar:	6 grams
Protein:	2 grams

Recipe adapted from Diabetes Self Management, Oct. 2013 from the chef-in-training.com.

NOVEMBER

Small Bites to Bring



Warm Spinach and Artichoke Dip

Skinny Coconut Shrimp

Italian Style Sausage Skewers

Sautéed Brussels Sprouts with Shallots

Beaumont Diabetes Services

NOVEMBER – Small Bites to Bring

Warm Spinach and Artichoke Dip (GF, V, BF, HF, DMF)

1 tablespoon canola oil
1 medium onion, finely chopped (about 1 ½ cups)
3 cloves garlic, minced
1 (9-ounce) package frozen artichoke hearts, defrosted, rinsed and dried
1 (10-ounce) package frozen chopped spinach, defrosted, excess liquid squeezed out
½ cup reduced fat sour cream
2 tablespoons mayonnaise
½ cup (4-ounces) reduced fat Neufchatel cheese or cream cheese
2 ounces (about ½ cup) shredded part-skim mozzarella cheese
½ teaspoon salt
¼ teaspoon fresh ground pepper
crudités for serving

Preheat oven to 375 F.

Heat the oil in a sauté pan over medium heat. Add onions and cook stirring occasionally, 4-5 minutes. Add garlic and cook an additional 3-4 minutes or until onions are light golden but not browned. Remove from heat and cool.

In the bowl of a food processor, combine the artichoke hearts, spinach, sour cream, mayonnaise, Neufchatel cheese, mozzarella, salt and pepper. Process until smooth. Fold vegetable puree into sautéed onions, then spread into an 8-inch glass square baking dish or 9-inch glass pie plate which has been lightly sprayed with cooking spray. Bake for 25 to 30 minutes or until heated through. Serve with crudités.

Makes 12 servings. Serving size equals ¼ cup.

Each serving counts as 1 fat.

Nutritional analysis per serving:

Calories:.....	100
Fat:	7 grams
Saturated Fat:.....	3 grams
Trans Fat:.....	0 grams
Cholesterol:	15 milligrams
Sodium:.....	240 milligrams
Carbohydrate:.....	6 grams
Fiber:.....	2 grams
Sugar:	2 grams
Protein:.....	4 grams

Recipe adapted from Ellie Krieger, 2007.

NOVEMBER – Small Bites to Bring

Skinny Coconut Shrimp (DF, BF, HF, DMF)

10 ounce bag frozen large raw shrimp, peeled and deveined
2 tablespoons all-purpose flour
2 egg whites
½ cup plus 2 tablespoons shredded sweetened coconut
½ cup plus 2 tablespoons whole wheat panko bread crumbs
nonstick cooking spray
Sweet and Spicy Dipping Sauce:
½ cup low sugar apricot preserves
1 tablespoon rice wine vinegar
½ teaspoon crushed red pepper flakes

Defrost shrimp and pat dry.

Preheat oven to 425 F. Spray a baking sheet with cooking spray.

Place the flour in a small dish. Whisk the egg whites in a bowl. Combine coconut flakes and whole wheat panko bread crumbs in another bowl.

Dip the shrimp in the flour, shaking off the excess, then into the egg, then in the coconut crumb mixture. Lay shrimp on the cookie sheet then spray the top of the shrimp with more cooking spray. Bake in the middle rack for about 10 minutes. Turn shrimp over and cook for another 5 minutes or until cooked through. Remove from oven and serve with dipping sauce. For dipping sauce, combine all the ingredients and place in a small bowl.

Makes 8 servings. Serving size equals 3 shrimp and 1 tablespoon of dipping sauce.

Each serving counts as 1 protein and 1 carbohydrate.

Nutritional analysis per serving:

Calories:..... 120
Fat:..... 3 grams
Saturated Fat:..... 2.5 grams
Trans Fat:..... 0 grams
Cholesterol:..... 45 milligrams
Sodium:..... 260 milligrams
Carbohydrate:..... 16 grams
Fiber:..... 1 gram
Sugar:..... 8 grams
Protein:..... 7 grams

Recipe adapted from skinnytaste.com.

Italian Style Sausage Skewers (GF, DF, BF, HF, DMF)

8 ounces Italian style poultry sausage
(i.e. Al Fresco chicken sausage- gluten free)
8 large basil leaves
12 pitted kalamata olives, halved
24 grape tomatoes
24 (6-inch) wooden skewers

Cook the sausage according to package directions and cut into 1-inch rounds to equal 24 pieces. Cut the basil leaves lengthwise into thirds.

Put an olive half about ⅓ of the way down onto a skewer. Then, add 1 strip of basil, folding so it fits nicely on the skewer. Follow with 1 grape tomato and a round of sausage. Position everything on the end of the skewer so the skewer can stand up.

Makes 6 servings. Serving size equals 4 skewers.

Each serving counts as 1 protein and 1 fat.

Nutritional analysis per serving:

Calories:..... 90
Fat:..... 5 grams
Saturated Fat:..... 1 gram
Trans Fat:..... 0 grams
Cholesterol:..... 30 milligrams
Sodium:..... 340 milligrams
Carbohydrate:..... 2 grams
Fiber:..... 0 grams
Sugar:..... 1 gram
Protein:..... 7 grams

Recipe adapted from Ellie Krieger, 2007.

NOVEMBER – Small Bites to Bring

Sautéed Brussels Sprouts with Shallots (GF, DF, V, VE, BF, HF, DMF)

10 ounces Brussels sprouts or Trader Joe's shaved Brussels sprouts
1 tablespoon olive oil
2 cloves garlic, minced
1 shallot, minced
¼ teaspoon salt
freshly ground pepper, to taste
2 tablespoons golden balsamic vinegar

Thoroughly wash the Brussels sprouts and finely shred in a food processor. Or, use prewashed, shredded Brussels sprouts like Trader Joe's shaved Brussels sprouts. In a sauté pan, heat olive oil. Add garlic and shallots and sauté for 2 minutes or until golden. Add Brussels sprouts, salt and pepper and sauté on medium-low for about 5 to 10 minutes depending on desired texture. Add balsamic vinegar and cook for a minute or 2 and serve.

Makes 4 servings. Serving size equals approximately ½ cup.

Each serving counts as 1 fat.

Nutritional analysis per serving:

Calories:..... 70
Fat: 4 grams
Saturated Fat:..... 0 grams
Trans Fat: 0 grams
Cholesterol: 0 milligrams
Sodium:..... 170 milligrams
Carbohydrate:..... 7 grams
Fiber:..... 3 grams
Sugar: 3 grams
Protein:..... 2 grams

DECEMBER

Easy Recipes with Little Prep



Balsamic Lentil Sauté

Teriyaki Roast Chicken

Sweet Potato Purée

Beaumont Diabetes Services

DECEMBER – Easy Recipes with Easy Prep

Balsamic Lentil Sauté (GF, DF, V, VE, BF, HF, DMF)

- ½ medium red onion, chopped
- 1 tablespoon olive oil
- 1 medium garlic cloves, peeled and diced
- 2 large handfuls collard cooking greens (i.e. Trader Joe's)
- 1 red pepper, sliced
- 1 ¼ cup cooked brown lentils made with ¼ teaspoon salt (i.e. Trader Joe's Steamed Lentils)
- 2 cups cooked brown rice (i.e. Trader Joe's Frozen Organic Brown Rice)
- 2 tablespoons sundried tomatoes in olive oil (i.e. Trader Joe's)
- 2 tablespoons Italian parsley, chopped
- 1 tablespoon balsamic glaze

Add onions to a large skillet on medium heat, stir in olive oil and garlic. Add collard greens and bell pepper and cook until greens begin to wilt. Add lentils into the mix and then add sundried tomatoes. Heat and stir another 2 minutes and then mix in the parsley and balsamic glaze. Divide ½ cup of brown rice onto individual plates and ladle ¼ of the sauté over each serving.

Makes 4 servings. Serving size equals ½ cup brown rice and approximately ¾ cup for the lentil sauté.

Each serving counts as 1 protein, 3 carbohydrates and 1 fat.

Nutritional analysis per serving:

Calories:	260
Fat:	5 grams
Saturated Fat:	1 gram
Trans Fat:	0 grams
Cholesterol:	0 milligrams
Sodium:	160 milligrams
Carbohydrate:	45 grams
Fiber:	6 grams
Sugar:	8 grams
Protein:	9 grams

Teriyaki Roast Chicken (DF, BF, HF, DMF)

- 1 (3-pound) broiler fryer
- 1 small onion, quartered
- ½ cup low-sodium teriyaki sauce
- 1 teaspoon garlic-pepper seasoning
- cooking spray

Remove giblets from chicken. Rinse and drain chicken; pat dry. Place onion in cavity of chicken. Brush chicken on all sides with some of the teriyaki sauce. Sprinkle with garlic-pepper seasoning. Place chicken, breast side up, on a rack in a roasting pan coated with cooking spray. Pour remaining teriyaki sauce over chicken.

Bake, uncovered, at 375 F for 1½ hours or until meat thermometer inserted in meaty part of thigh registers 185 F. Remove skin before serving.

Makes 6 servings. Serving size equals approximately 4 ounces.

Each serving counts as 1 protein.

Nutritional analysis per serving:

Calories:	170
Fat:	6.1 grams
Saturated Fat:	1.6 grams
Trans Fat:	0 grams
Cholesterol:	73 milligrams
Sodium:	271 milligrams
Carbohydrate:	3 grams
Fiber:	0 grams
Sugar:	0 grams
Protein:	24 grams

Recipe adapted from: Cooking Light 5 Ingredient 15 Minute Cookbook.

DECEMBER – Easy Recipes with Easy Prep

Sweet Potato Purée (GF, V, BF, HF, DMF)

3 pounds sweet potatoes, peeled and cut into 2-inch cubes
1 cup water
2 tablespoons unsalted butter, room temperature
1 ½ teaspoons kosher salt
2 teaspoons packed brown sugar
2 teaspoons lemon juice
pinch ground cinnamon
pinch ground nutmeg

Place sweet potatoes and water into cooking pot of an electric pressure cooker. Lock lid in place. Select high pressure. Set timer for 6 minutes. When audible beep sounds use quick pressure release to release steam. When float valve drops, remove lid carefully, tilting away from you to allow steam to disperse (can be made in a stove top pressure cooker which may require less time).

Strain sweet potatoes and place in large mixing bowl. Mash with potato masher or hand mixer. Once thoroughly mashed add remaining ingredients. Taste and adjust seasoning accordingly. Serve immediately.

Makes 10 servings. Serving size equals ½ cup.

Each serving counts as 1 carbohydrate.

Nutritional analysis per serving:

Calories:	140
Fat:	2.5 grams
Saturated Fat:	1.5 grams
Trans Fat:	0 grams
Cholesterol:	5 milligrams
Sodium:	360 milligrams
Carbohydrate:	28 grams
Fiber:	4 grams
Sugar:	7 grams
Protein:	2 grams

Recipe adapted from Cuisinart® Recipe Booklet.

For more information on diabetes services offered by Beaumont,
visit beaumont.org/diabetes.

Beaumont