

Diabetic Recipes

Rigatoni with Vegetables

Make: 6 Servings

Prep: 30 min

Bake: 50 min

Ingredients

Vegetable Cooking Spray

2 teaspoons garlic-flavored olive oil

1 eggplant (about 1 lb), peeled and cubed

2 medium zucchini, cubed

1 package (10 oz) mushrooms, diced

1 medium onion, diced

1/2 teaspoon salt

1/4 teaspoon freshly ground black pepper

2 cups prepared marinara sauce

1/2 lb dried rigatoni, cooked according to package directions

1/4 cup freshly grated Parmesan cheese

Fresh rosemary sprigs (optional)

Directions

1. Heat oven to 450 degrees F. Lightly coat 2 jelly roll pans with vegetable cooking spray. Drizzle oil over eggplant, zucchini, mushrooms, and onion; toss. Arrange vegetables on both pans. Sprinkle with salt and pepper. Roast 30 minutes or until vegetables are tender.
2. Reduce oven temperature to 400 degree F. Spread 1/2 cup marinara sauce over bottom of 13x9 inch baking dish. Combine pasta, vegetables, 1 cup marinara sauce and Parmesan in bowl. Spoon into prepared dish. Spread remaining 1/2 cup marinara sauce over top and sprinkle with mozzarella cheese. Bake 20 to 25 minutes or until bubbly. Garnish with rosemary.

Nutrition Facts:

Servings per recipe: 6 servings

Calories 380 Protein (g) 17

Total Fat (g) 11.5 Vitamin A (DV%) 0

Saturated Fat (g) 3 Vitamin C (DV%) 0

Cholesterol (mg) 10 Calcium (DV %) 0

Sodium (mg) 1361 Iron (DV%) 0

Carbohydrates (g) 55

Percent Daily Values are based on a 2,000 calorie diet

Hearty Vegetable Soup

Makes: 6 serving
Start to Finish: 45 minutes

Ingredients

2 tablespoons olive oil
1 bunch leeks (1 lb) white part only, sliced
2 Portobello mushrooms (8oz), diced
7-1/2 cups fat-free chicken broth
5 medium carrots, cut into strips
3/4 teaspoon salt
1/4 teaspoon dried thyme
1/8 teaspoon freshly ground black pepper
2 cups peeled, diced butternut squash
1 medium zucchini (8oz), diced
1 large bunch spinach (1 lb)
Freshly grated Parmesan cheese, (optional)
Thin breadsticks (optional)
1 cup quick-cook barley

Directions

1. Cook quick-cook barley according to package directions
2. Meanwhile, heat oil in Dutch oven over medium-low heat. Cook leeks 10 minutes, stirring occasionally, until softened. Add mushrooms and cook 5 minutes more. Add broth, carrots, salt, thyme, and pepper. Bring to simmer over medium-high heat. Reduce heat to medium and stir in squash and zucchini; simmer 8-10 minutes or until vegetables are tender. Stir in spinach and barley; continue simmering until spinach wilts. Serve with Parmesan and breadsticks, if desired. Makes 6 servings.

Nutrition Facts

Servings Per Recipe: 6 servings

Calories 285

Total Fat (g) 6

Saturated Fat (g) 1

Cholesterol (mg) 0

Sodium (mg) 1033

Carbohydrates (g) 50

Protein (g) 12

Percent Daily Values are based on a 2,000 calorie diet

Turkey Parmigianino

Makes: 4 servings

Prep: 15 min

Bake: 20 min

Ingredients

Vegetable Cooking Spray

2 large egg whites

1 tablespoon water

1/2 cup Italian-style dry bread crumbs

2 tablespoons grated Parmesan cheese

1 lb turkey cutlets, cut in half

1/4 teaspoon salt

1/4 teaspoon freshly ground black pepper

1 jar (14 or 15-1/2 oz) prepared marinara sauce, divided

8 oz dried spaghetti, cooked according to package directions

8 sprigs fresh thyme for garnish

1/2 cup shredded part-skim mozzarella cheese

Directions

1. Heat oven to 375 degrees F

2. Lightly beat egg whites and water in shallow dish. Combine bread crumbs and Parmesan in another dish. Sprinkle turkey with salt and pepper.

3. Dip turkey into egg white mixture, then coat with crumbs. Place on prepared pan. Bake 10 minutes. Divide and spread 1 cup marinara sauce over turkey; sprinkle tops evenly with cheese. Bake 10-15 minutes more.

4. Heat remaining sauce and toss with hot spaghetti; serve with turkey and garnish with thyme. Make 4 servings.

Nutrition Facts:

Servings per recipe: 4 servings

Calories 535 Protein (g) 46

Total Fat (g) 9.5 Vitamin A (DV%) 0

Saturated Fat (g) 3 Vitamin C (DV%) 0

Cholesterol (mg) 81 Calcium (DV %) 0

Sodium (mg) 1529 Iron (DV%) 0

Carbohydrates (g) 66

Percent Daily Values are based on 2,000 calorie diet

Lemon Chicken with Broccoli

Makes: 4 servings

Start to Finish: 35 minutes

Ingredients

1 pound boneless chicken cutlets
1/4 teaspoon salt
1/8 teaspoon freshly ground black pepper
2 teaspoons vegetable oil, divided
1 bunch broccoli (1-1/2 lbs) cut into florets, stems peeled and sliced
1 cup fat-free chicken broth
2 teaspoons cornstarch
2 tablespoons soy sauce
1/2 teaspoon grated lemon peel
3 tablespoons fresh lemon juice
4 green onions, cut into 2 inch pieces
2 cups cooked rice
1 tablespoon chopped garlic, divided

Directions

1. Slice chicken into 1/2 inch wide strips and sprinkle with salt and pepper
2. Heat 1 or the teaspoons oil in large nonstick skillet over medium-high heat. Add half of the chicken and half of the ginger and garlic. Cook turning once, 5 minutes, or until chicken is golden. Transfer the chicken with a slotted spoon to a plate. Add remaining chicken to pan and cook 5 minutes as directed.
3. Heat remaining 1 teaspoon oil in same skillet over medium heat. Add remaining ginger and garlic as well as broccoli and broth. Bring to boil. Cover and simmer 3 to 4 minutes.
4. Combine cornstarch, soy sauce, and peel and lemon juice in cup. Add to skillet, boil 1 minute. Return chicken to skillet; add onions and cook until chicken is heated through. Serve with rice. Makes 4 servings.

Nutrition Facts:

Servings per recipe: 4 servings
Calories 305 Protein (g) 33
Total Fat (g) 4.5 Vitamin A (DV%) 0
Saturated Fat (g) 1 Vitamin C (DV%) 0
Cholesterol (mg) 66 Calcium (DV %) 0
Sodium (mg) 904 Iron (DV%) 0
Carbohydrates (g) 33
Percent Daily Values are based on 2,000 calorie diet

Chicken Vegetable Curry

Makes: 4 Servings
Start to Finish: 1 hour

Ingredients

1 pound cubed chicken breasts
1-1/2 teaspoon salt, divided

1/8 teaspoon freshly ground black pepper
2 teaspoon vegetable oil
1 cup diced onion
1 tablespoon chopped garlic
2 teaspoon chopped fresh ginger
2 tablespoons curry powder
1 teaspoon ground cumin
1/8 teaspoon ground red pepper, optional
1-1/2 cups fat free chicken broth
1 all-purpose potato (8oz), diced
1 sweet potato (8oz), diced
1 package (16 oz) cauliflower florets
3 carrots, sliced
1/2 pound green beans, trimmed and halved
1 cup low-fat unsweetened coconut milk
1/4 cup sliced green onion
2 cups cooks couscous

Directions

1. Sprinkle chicken with 1/4 teaspoon of the salt and the pepper. Heat oil in Dutch oven over medium heat. Add chicken and cook, stirring, 5 to 7 minutes or until golden and cooked through. Transfer to bowl.
2. Add onions, garlic, ginger and 1/4 cup of the broth to Dutch oven; cover and cook over medium heat 7 to 8 minutes or until golden. Stir in curry, cumin, ground red pepper, if desired, and remaining 1-1/4 teaspoon salt. Cook until fragrant, 30 seconds. Stir in remaining broth and potatoes. Bring to a boil. Reduce Heat; cover and simmer 10 minutes. Stir in chicken, beans, and coconut milk. Simmer, covered, about 15 minutes or until vegetables are tender. Stir in green onions. Serve with couscous. Makes 4 servings.

Nutrition Facts:

Servings per recipe:4 servings
Calories 475 Sodium (mg) 1229
Total Fat (g) 8 Carbohydrates (g) 65
Saturated Fat (g) 3 Protein (g) 38
Cholesterol (mg) 66
Percent Daily Values are based on 2,000 calorie diet

Light Shrimp Risotto

Makes: 4 Servings
Prep : 45min
Cook: 35 min

Ingredients

1 lb medium shrimp, peeled and deveined, shells reserves

1 teaspoon salt, divided
1/2 teaspoon freshly ground black pepper, divided
2 cups water
3-1/2 cups fat-free chicken broth
2 teaspoons olive oil, divided
1 cup finely chopped onions
1 tablespoon minced garlic
1/4 teaspoon saffron threads
1 cup Arborio or medium-grain rice
1 cup finely chopped fennel or 1/2 cup finely chopped celery
1 cup dry white wine
1 cup frozen peas
Fennel fronds, for garnish

Directions

1. Combine shrimp, 1/2 teaspoon of the salt, and 1/4 teaspoon of the pepper in a small bowl.
2. Bring shrimp shells and water to a boil in a medium saucepan. Reduce heat and simmer for 10 minutes. Strain broth into bowl; discard shells. Return broth to saucepan; pour in chicken broth and bring to a simmer.
3. Heat 1 teaspoon of the oil in Dutch oven over medium heat. Cook shrimp 2 minutes or until opaque, turning once. Transfer to plate; set aside. Heat remaining 1 teaspoon oil in Dutch oven; add onions and garlic. Cook, stirring, 2 minutes. Stir in saffron and rice to coat farinas, 1 minute. Stir in finely chopped fennel, wine, remaining 1/2 teaspoon salt and remaining 1/4 teaspoon pepper. Cook 3 to 5 minutes or until liquid is absorbed.
4. Set aside 1/2 cup warm shrimp-chicken broth. Stir another 1 cup broth into rice. Cook, stirring, 2 minutes or until liquid is just absorbed. Gradually stir in remaining broth, 1/2 cup at a time; cook until liquid is absorbed and rice is tender, 30 to 35 minutes. Stir in reserved 1/2 cup broth mixture, peas, and shrimp. Cook 5 minutes more or until heated through. Garnish with fennel fronds. Makes 4 servings.

Nutrition Facts:

Servings per recipe: 4 servings

Calories 400 Protein (g) 27

Total Fat (g) 4.5 Vitamin A (DV%) 0

Saturated Fat (g) 1 Vitamin C (DV%) 0

Cholesterol (mg) 140 Calcium (DV %) 0

Sodium (mg) 1282 Iron (DV%) 0

Carbohydrates (g) 50

Percent Daily Values are based on 2,000 calorie diet

Grilled Steak with Potatoes

Makes: 4 servings

Prep: 20 min

Marinate: 1 hour

Bake: 30 min

Ingredients

2 tablespoons balsamic vinegar
1 tablespoon olive oil
1 teaspoon minced garlic
1 lb beef flank steak, trimmed of fat
1/4 teaspoon salt
1/8 teaspoon freshly ground black pepper
Vegetable cooking spray
4 large baking potatoes (2 lbs) sliced lengthwise into 1/2-inch wedges
1 teaspoon olive oil
1 teaspoon dried rosemary, crumbled
1/2 teaspoon salt
1/4 teaspoon freshly ground black pepper

Directions:

1. Combine vinegar, oil, and garlic in shallow glass dish. Sprinkle both sides of steak with the 1/4 teaspoon salt and 1/8 teaspoon pepper; place steak in dish and turn to coat. Cover and refrigerate 1 hour.
2. Make Oven-fried potatoes: Heat oven to 450 degrees F. Line cookie sheet with foil; lightly coat with vegetable cooking spray. Toss potatoes, oil, rosemary, the 1/2 teaspoon salt, and the 1/4 teaspoon pepper in bowl. Spread in single layer on prepared cookie sheet. Bake 30 to 35 minutes or until golden and crispy.
3. Meanwhile, heat grill. Grill steaks over medium heat 6 to 8 minutes per side for medium rare (145 degree F). Serve with potatoes. Makes 4 servings

* Note: To test for medium heat, you should be able to hold your hand over the coals at the height of the food for 4 seconds before you have to pull away.

Nutrition Facts:

Servings per recipe: 4 servings
Calories 325 Protein (g) 22
Total Fat (g) 9.5 Vitamin A (DV%) 0
Saturated Fat (g) 3 Vitamin C (DV%) 0
Cholesterol (mg) 41 Calcium (DV %) 0
Sodium (mg) 430 Iron (DV%) 0
Carbohydrates (g) 38
Percent Daily Values are based on 2,000 calorie diet

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References: www.ada.com, www.lhj.com, www.diabetes.org Feb-10