

FREE

# Tasty Recipes

for People with Diabetes and Their Families



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The U.S. Department of Health and Human Services' National Diabetes Education Program is jointly sponsored by the National Institutes of Health and the Centers for Disease Control and Prevention with the support of more than 200 partner organizations.

# Recipe Booklet

## What is diabetes?

Diabetes means that your blood glucose (blood sugar) is too high. Glucose comes from the food we eat. An organ called the pancreas (PAN-kree-as) makes insulin (IN-suh-lin). Insulin helps glucose get from your blood into your cells. Cells take the glucose and turn it into energy.

When you have diabetes, your body has a problem making or properly using insulin. As a result, glucose builds up in your blood and cannot get into your cells. If the blood glucose stays too high, it can damage your body.

## What are the symptoms of diabetes?

Common symptoms of diabetes include:

- Having to urinate often.
- Being very thirsty.
- Feeling very hungry or tired.
- Losing weight without trying.

But many people with diabetes have no symptoms at all.

## Why should I be concerned about diabetes?

Diabetes is a very serious disease. Do not be misled by phrases that suggest diabetes is **not** a serious disease, such as “a touch of sugar,”

“borderline diabetes,” or “my blood glucose is a little bit high.”

Diabetes can lead to other serious health problems. When high levels of glucose in the blood are not controlled, they can slowly damage your eyes, heart, kidneys, nerves, and feet.

## What are the types of diabetes?

There are three main types of diabetes.

- **Type 1 diabetes**—In this type of diabetes, the body does not make insulin. People with type 1 diabetes need to take insulin every day.
- **Type 2 diabetes**—In this type of diabetes, the body does not make enough insulin or use insulin well. Some people with type 2 diabetes have to take diabetes pills, insulin, or both. Type 2 diabetes is the most common form of diabetes.
- **Gestational diabetes**—This type of diabetes can occur when a woman is pregnant. It raises the risk that both she and her child might develop diabetes later in life.

## Good news!

### You can control diabetes.

Diabetes can be **managed**. You can successfully manage diabetes and avoid the serious health problems it can cause if you follow these steps:

- Ask your doctor how you can learn more about your diabetes to help you feel better today and in the future.
- Know your diabetes “ABCs” (see page 5).
- Make healthy food choices and be physically active most days. Following this advice will help you keep off extra pounds and will also help keep your blood glucose under control.
- Check your blood glucose as your doctor tells you to.
- If you are taking diabetes medications, take them even if you feel well.
- To avoid problems with your diabetes, see your health care team at least twice a year. Finding and treating any problems early will prevent them from getting worse. Ask how diabetes can affect your eyes, heart, kidneys, nerves, legs, and feet.
- Be actively involved in your diabetes care. Work with your health care team to come up with a plan for making healthy food choices and being active—a plan that you can stick to.

### Creating a healthy meal plan.

This recipe booklet is a place to start creating healthy meals. Ask your doctor to refer you to a registered dietitian or a diabetes educator who can help you create a meal plan for you and your family. The dietitian will work with you to come up with a meal plan tailored to your needs. Your meal plan will take into account things like:

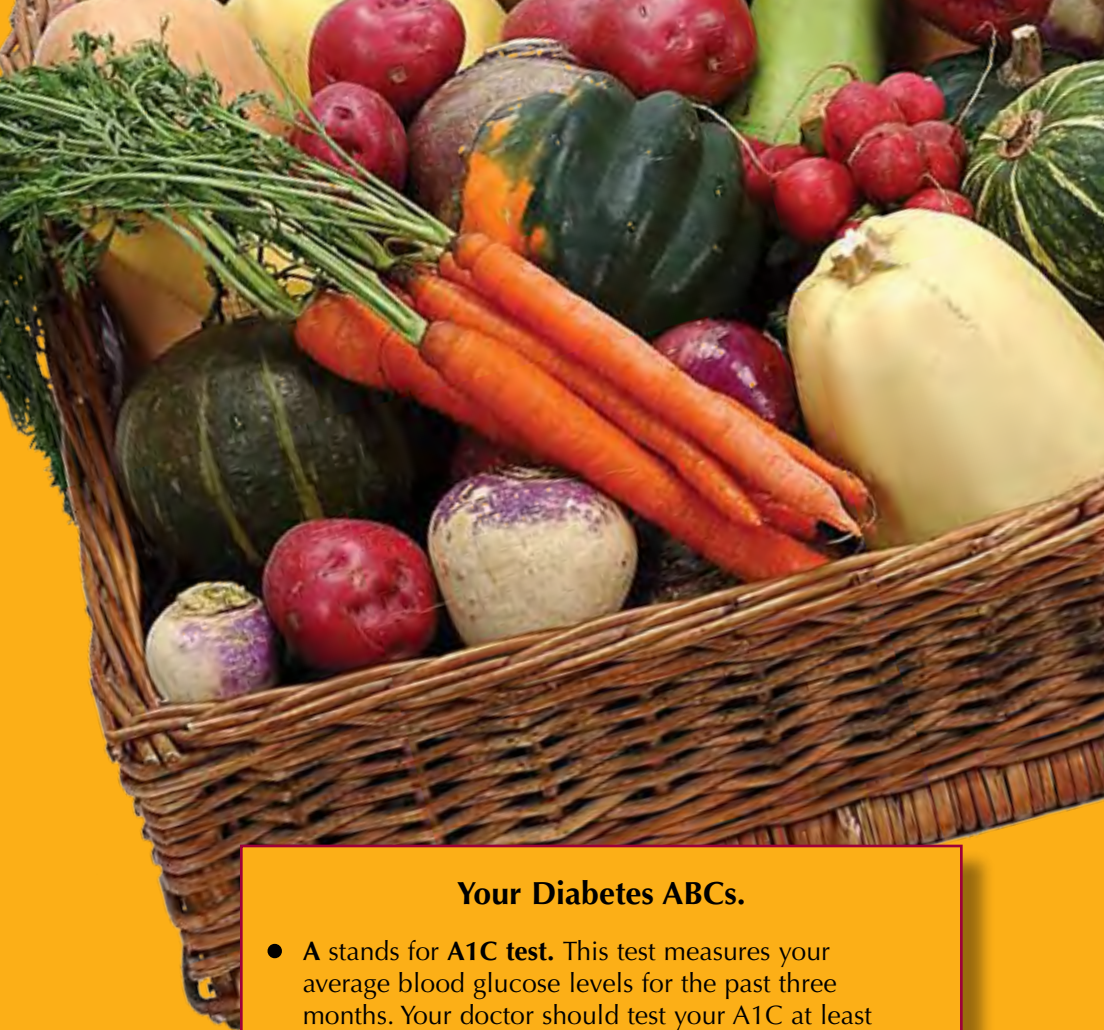
- Your blood glucose levels.
- Your weight.
- Medicines you take.
- Other health problems you have.
- How physically active you are.

### Making healthy food choices.

- Eat smaller portions. Learn what a serving size is for different foods and how many servings you need in a meal.
- Eat less fat. Choose fewer high-fat foods and use less fat for cooking. You especially want to limit foods that are high in saturated fats or *trans* fat, such as:
  - Fatty cuts of meat.
  - Whole milk and dairy products made from whole milk.
  - Cakes, candy, cookies, crackers, and pies.
  - Fried foods.
  - Salad dressings.
  - Lard, shortening, stick margarine, and non-dairy creamers.







### Your Diabetes ABCs.

- **A** stands for **A1C test**. This test measures your average blood glucose levels for the past three months. Your doctor should test your A1C at least twice a year. For most people with diabetes, the goal is to have an A1C “score” of less than 7.
- **B** stands for **blood pressure**, a measurement of how hard your heart needs to work to keep your blood circulating. For most people with diabetes, the goal is to keep blood pressure below 130/80.
- **C** stands for **cholesterol**, a fat found in your blood. There are two kinds of cholesterol: LDL, or “bad” cholesterol, and HDL, or “good” cholesterol. For most people with diabetes, the goal is to keep:
  - LDL cholesterol below 100.
  - HDL cholesterol above 40 (HDL for men > 40 and for women > 50).

Ask your doctor what you can do to reach your targets for A1C, blood pressure, and cholesterol.

- Eat more fiber by eating more whole-grain foods. Whole grains can be found in:
  - Breakfast cereals made with 100% whole grains.
  - Oatmeal.
  - Whole grain rice.
  - Whole-wheat bread, bagels, pita bread, and tortillas.
- Eat a variety of fruits and vegetables every day. Choose fresh, frozen, canned, or dried fruit and 100% fruit juices most of the time. Eat plenty of veggies like these:
  - Dark green veggies (e.g., broccoli, spinach, brussel sprouts).
  - Orange veggies (e.g., carrots, sweet potatoes\*, pumpkin, winter squash).
  - Beans and peas (e.g., black beans\*, garbanzo beans\*, kidney beans\*, pinto beans\*, split peas\*, lentils\*).
- Eat fewer foods that are high in sugar, such as:
  - Fruit-flavored drinks.
  - Sodas.
  - Tea or coffee sweetened with sugar.
- Use less salt in cooking and at the table. Eat fewer foods that are high in salt, such as:
  - Canned and package soups.
  - Canned vegetables.
  - Pickles.
  - Processed meats.
- Never skip meals. Stick to your meal plan as best you can.
- Limit the amount of alcohol you drink.
- Make changes slowly. It takes time to achieve lasting goals.

\*Portions of these vegetables count as a bread exchange. (See discussion of Exchange Method below if you are not already familiar with it.)

**Note:** There are several ways to make a diabetes meal plan. One popular and flexible approach is the Exchange Program method, which provides a quick way to estimate energy, carbohydrates, protein, and fat content in any food or meal. Food from each exchange (starch, meat and meat substitute, fruit, vegetable, milk, and fat) is defined so that one serving of each food contains the same amount of carbohydrate, protein, fat, and energy (calories). Another method is carbohydrate counting. Using this method, you focus on eating a specific number of carbohydrates at specific times of the day.





Following a meal plan that is made for you will help you feel better, keep your blood glucose levels in your target range, take in the right amount of calories, and get enough nutrients.

#### **Where can you learn more about making a diabetes meal plan?**

- Contact a registered dietitian to make a meal plan just for you.
- Visit the American Dietetic Association Web site to find a nutrition professional that can help you develop a healthy meal plan ([www.eatright.org](http://www.eatright.org)).
- Visit the American Association of Diabetes Educators to find a diabetes educator ([www.diabeteseducator.org](http://www.diabeteseducator.org)).
- Visit the American Diabetes Association Web site for more information on carbohydrate counting and the exchange method ([www.diabetes.org](http://www.diabetes.org)).

- Visit <http://www.diabetes.org/food-and-fitness/food/planning-meals/carb-counting/> to get more information on carbohydrate counting.

#### **Where can you learn how to read food labels?**

You can learn a lot about foods by reading food labels. Visit these Web sites to learn more about reading food labels:

- U.S. Food and Drug Administration ([www.cfsan.fda.gov/~dms/foodlab.html](http://www.cfsan.fda.gov/~dms/foodlab.html)).
- U.S. Department of Agriculture ([www.fns.usda.gov/tn/Resources/Nibbles/healthful\\_labels.pdf](http://www.fns.usda.gov/tn/Resources/Nibbles/healthful_labels.pdf)).
- American Diabetes Association (<http://www.diabetes.org/food-and-fitness/food/what-can-i-eat/taking-a-closer-look-at-labels.html>).



## Get moving!

Being physically active can reduce your risk for type 2 diabetes.

- Engage in moderate-intensity physical activity at least 30 minutes per day on five days of the week.
- To meet the goal of 30 minutes a day of moderate-intensity physical activity, you don't have to do all 30 minutes at once. You can get the health benefit from breaking 30 minutes up into three 10-minute or two 15-minute sections throughout the day.
- Examples of moderate-intensity physical activity are:
  - Biking at a casual pace.
  - Actively playing with your children.
  - Yard work (raking/bagging leaves or using a lawn mower).
- If you want to lose weight or prevent regaining weight, you might need to do 60 to 90 minutes of moderate-intensity physical activity a day on most days.

## Are your family members at risk for diabetes?

Your family members might be at risk for diabetes. Things that increase their risk of getting diabetes include:

- Being 45 years of age or older.

- Having a parent, brother, or sister with diabetes.
- Having a family background of African American, Hispanic/Latino, American Indian, Asian American, or Pacific Islander descent.
- Having diabetes during pregnancy (gestational diabetes) or giving birth to a baby weighing 9 pounds or more.
- Being told that their glucose levels are higher than normal.
- Being told that their blood pressure is 140/90 or higher.
- Having cholesterol (lipid) levels that are not normal.
- Being fairly inactive—doing physical activity less than three times a week.

Most people who develop type 2 diabetes have **pre-diabetes** first, which means your blood glucose levels are higher than normal but not yet high enough for diabetes. People with pre-diabetes are at a higher risk for a heart attack and stroke, not just diabetes. If you or someone else in your family has diabetes, then other family members might have pre-diabetes and not know it.

## Good news! Type 2 diabetes can be prevented or delayed.

According to the Diabetes Prevention Program study (DPP), diabetes is a preventable and controllable chronic disease. The study



suggests individuals can prevent or delay the onset of type 2 diabetes if they:

- Lose 5 to 7 percent of their weight, if they are overweight—that is 10 to 14 pounds for a 200-pound person.
- Maintain the weight loss with a healthy diet by eating a variety of foods that are low in fat and reducing the number of calories eaten per day.
- Get at least 30 minutes of moderate-intensity physical activity (brisk walking, yard work, or actively playing with children) five days a week.

Remember, the tips and tasty recipes in this booklet are not just for people with diabetes—they are for the whole family! Making healthy food choices and being physically active are good for everyone.

### Where can I learn more?

- Find out what else you can do to prevent and control diabetes by visiting:
  - [www.YourDiabetesInfo.org/am-i-at-risk/DiabetesIsPreventable.aspx](http://www.YourDiabetesInfo.org/am-i-at-risk/DiabetesIsPreventable.aspx)
  - [www.YourDiabetesInfo.org/i-have-diabetes/](http://www.YourDiabetesInfo.org/i-have-diabetes/).
  - [www.cdc.gov/diabetes](http://www.cdc.gov/diabetes).

- For more information on weight control, visit the Weight-control Information Network at <http://win.niddk.nih.gov>.
- For materials in Spanish, go to:
  - <http://win.niddk.nih.gov/publications/index.htm#spanish>.
  - [www.cdc.gov/diabetes/spanish/index.htm](http://www.cdc.gov/diabetes/spanish/index.htm).

The National Diabetes Education Program's *Control Your Diabetes. For Life.* campaign and the brochure *4 Steps to Control your Diabetes. For Life.* can help you learn how to manage your diabetes.

To order materials on diabetes control, call; 1-888-693-NDEP (1-888-693-6337 or visit [www.YourDiabetesInfo.org](http://www.YourDiabetesInfo.org). To order this recipe booklet, ask for Code NDEP-51.

To speak with a bilingual operator, or to order printer-ready files to reproduce materials, call; 1-800-860-8747.

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## Ingredients:

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

## Spanish Omelet / Tortilla española

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

## Directions:

- Preheat oven to 375 °F.
- Cook potatoes in boiling water until tender.
- In a nonstick pan, add vegetable spray and warm at medium heat.
- Add onion and sauté until brown. Add vegetables and sauté until tender but not brown.



# SPANISH OMELET

- In a medium mixing bowl, slightly beat eggs and egg whites, pepper, garlic salt, and low-fat mozzarella cheese. Stir egg-cheese mixture into the cooked vegetables.
- In a 10-inch pie pan or ovenproof skillet, add vegetable spray and transfer potatoes and egg mixture to pan. Sprinkle with low-fat parmesan cheese and bake until firm and brown on top, about 20–30 minutes.
- Remove omelet from oven, cool for 10 minutes, and cut into five pieces.

**Exchanges:**

|           |     |
|-----------|-----|
| Meat      | 2   |
| Bread     | 2   |
| Vegetable | 2/3 |
| Fat       | 2   |

Note: Diabetic exchanges are calculated based on the American Diabetes Association Exchange System.

**Total Servings 5**

|   |                   |
|---|-------------------|
| <b>Nutrition Facts</b>                                    |                   |
| Spanish Omelet  |                   |
| Serving Size 1/5 of omelet                                |                   |
| Amount Per Serving  |                   |
| <b>Calories</b>   | Calories from Fat |
| 260   | 90                |
| % Daily Value (DV)*                                       |                   |
| <b>Total Fat</b> 10g                                      | <b>15%</b>        |
| Saturated Fat 3.5g  | <b>18%</b>        |
| Trans Fat 0g  |                   |
| <b>Cholesterol</b> 135mg                                  | <b>45%</b>        |
| <b>Sodium</b> 240mg                                       | <b>10%</b>        |
| <b>Total Carbohydrate</b> 30g                             | <b>10%</b>        |
| Dietary Fiber 3g  | <b>12%</b>        |
| Sugars 3g   |                   |
| <b>Protein</b> 16g  |                   |
| Vitamin A   | 8%                |
| Vitamin C   | 60%               |
| Calcium   | 15%               |
| Iron  | 8%                |
| * Percent Daily Values are based on a 2,000 calorie diet. |                   |

LEET

## Ingredients:

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

## Beef or Turkey Stew / Carne de res o de pavo guisada

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

## Directions:

- Preheat oven to 375 °F.
- Mix the whole wheat flour with salt, pepper, and cumin. Roll the beef or turkey cubes in the mixture. Shake off excess flour.
- In a large skillet, heat olive oil over medium-high heat. Add beef or turkey cubes and sauté until nicely brown, about 7–10 minutes.



# BEEF STEW



- Place beef or turkey in an ovenproof casserole dish.
- Add minced garlic, onions, celery, and peppers to skillet and cook until vegetables are tender, about 5 minutes.
- Stir in tomato and broth. Bring to a boil and pour over turkey or beef in casserole dish. Cover dish tightly and bake for 1 hour at 375 °F.
- Remove from oven and stir in potatoes, carrots, and peas. Bake for another 20–25 minutes or until tender.

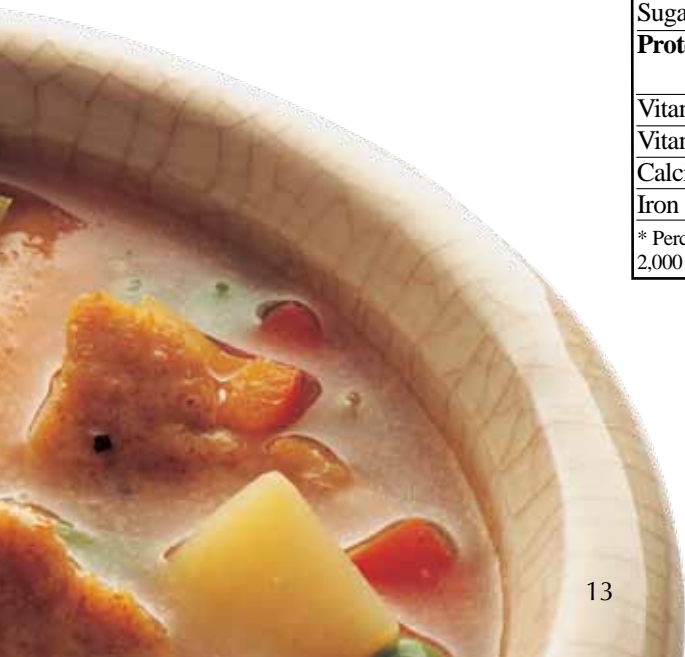
## Exchanges:

|           |       |
|-----------|-------|
| Lean Meat | 3     |
| Vegetable | 2 1/3 |
| Bread     | 2 2/3 |
| Fat       | 1     |

Note: Diabetic exchanges are calculated based on the American Diabetes Association Exchange System.

Total Servings 4

| <b>Nutrition Facts</b>                                    |                   |
|---|-------------------|
| Beef or Turkey Stew                                       |                   |
| Serving Size 1 1/2 cup                                    |                   |
| Amount Per Serving  |                   |
| <b>Calories</b>   | Calories from Fat |
| 320   | 60                |
| % Daily Value (DV)*                                       |                   |
| <b>Total Fat</b> 7g                                       | <b>11%</b>        |
| Saturated Fat 1.5g  | <b>8%</b>         |
| Trans Fat 0g  |                   |
| <b>Cholesterol</b> 40mg                                   | <b>13%</b>        |
| <b>Sodium</b> 520mg                                       | <b>22%</b>        |
| <b>Total Carbohydrate</b> 41g                             | <b>14%</b>        |
| Dietary Fiber 8g  | <b>32%</b>        |
| Sugars 9g   |                   |
| <b>Protein</b> 24g  |                   |
| Vitamin A   | 340%              |
| Vitamin C   | 80%               |
| Calcium   | 6%                |
| Iron  | 15%               |
| * Percent Daily Values are based on a 2,000 calorie diet. |                   |





**CARIBBEAN**

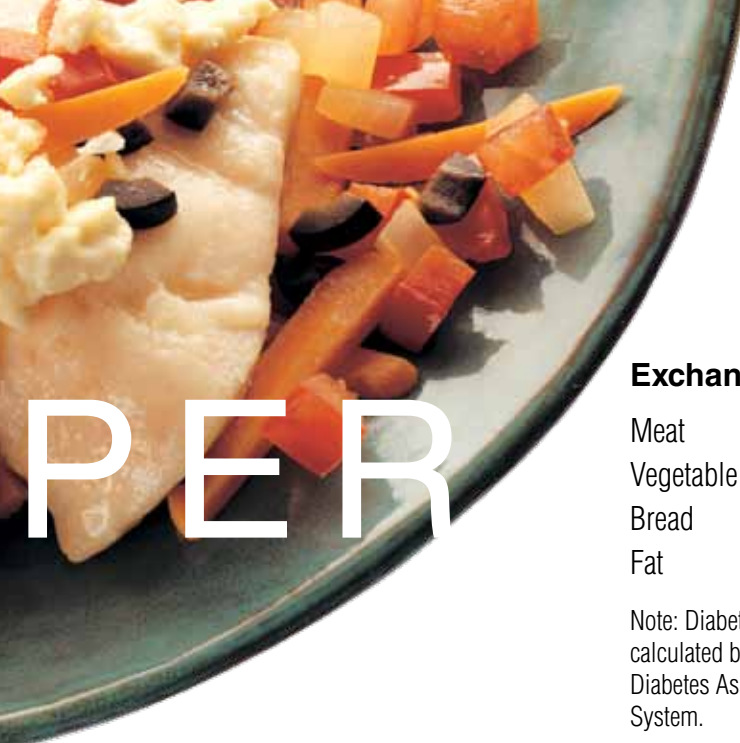
**RED**  
**SNAPPER**

**Ingredients:**

- 2 Tbsp. olive oil
- 1 medium onion, chopped
- ½ cup red pepper, chopped
- ½ cup carrots, cut into strips
- 1 clove garlic, minced
- ½ cup dry white wine
- ¾ pound red snapper fillet
- 1 large tomato, chopped
- 2 Tbsp. pitted ripe olives, chopped
- 2 Tbsp. crumbled low-fat feta or low-fat ricotta cheese

**Caribbean Red Snapper / Pargo rojo caribeño**

This fish can be served on top of vegetables along with whole grain rice and garnished with parsley. Salmon or chicken breast can be used in place of red snapper.



# PER

## Exchanges:

|           |       |
|-----------|-------|
| Meat      | 2 1/3 |
| Vegetable | 1 1/4 |
| Bread     | 1/2   |
| Fat       | 2     |

Note: Diabetic exchanges are calculated based on the American Diabetes Association Exchange System.

## Directions:

- In a large skillet, heat olive oil over medium heat. Add onion, red pepper, carrots, and garlic. Sauté mixture for 10 minutes. Add wine and bring to boil. Push vegetables to one side of the pan.
- Arrange fillets in a single layer in center of skillet. Cover and cook for 5 minutes.
- Add tomato and olives. Top with cheese. Cover and cook for 3 minutes or until fish is firm but moist.
- Transfer fish to serving platter. Garnish with vegetables and pan juices.

Serving Suggestion: Serve with whole grain rice. 1/2 cup cooked rice = 1 serving of rice.

## Total Servings 4

| <b>Nutrition Facts</b>                                      |                   |
|---|-------------------|
| Caribbean Red Snapper                                       |                   |
| Serving Size 1/4 red snapper with 1/2 cup vegetables (233g) |                   |
| Amount Per Serving  |                   |
| <b>Calories</b>   | Calories from Fat |
| 220   | 80                |
| % Daily Value (DV)*   |                   |
| <b>Total Fat</b> 10g  | <b>15%</b>        |
| Saturated Fat 2g  | <b>10%</b>        |
| Trans Fat 0g  |                   |
| <b>Cholesterol</b> 35mg                                     | <b>12%</b>        |
| <b>Sodium</b> 160mg   | <b>7%</b>         |
| <b>Total Carbohydrate</b> 8g                                | <b>3%</b>         |
| Dietary Fiber 2g  | <b>8%</b>         |
| Sugars 4g   |                   |
| <b>Protein</b> 19g  |                   |
| Vitamin A   | 80%               |
| Vitamin C   | 70%               |
| Calcium   | 8%                |
| Iron  | 4%                |

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

## Ingredients:

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

## Two Cheese Pizza / Pizza de dos quesos

Serve your pizza with fresh fruit and a mixed green salad garnished with red beans to balance your meal.

## Directions:

- Preheat oven to 425 °F.
- Spread whole wheat flour over working surface. Roll out dough with rolling pin to desired crust thickness.
- Coat cookie sheet with vegetable cooking spray. Transfer pizza crust to cookie sheet. Brush olive oil over crust.

# TWO CHEESE PIZZA

## Exchanges:

|           |     |
|-----------|-----|
| Meat      | 2 ½ |
| Bread     | 3   |
| Vegetable | 1   |
| Fat       | 3 ¾ |

Note: Diabetic exchanges are calculated based on the American Diabetes Association Exchange System.





- Mix low-fat ricotta cheese with dried basil, onion, garlic, and salt. Spread this mixture over crust.
- Sprinkle crust with part-skim mozzarella cheese. Top cheese with mushrooms and red pepper.
- Bake at 425 °F for 13–15 minutes or until cheese melts and crust is deep golden brown.
- Cut into 8 slices.

Total Servings 4

| <b>Nutrition Facts</b>                                    |                   |
|---|-------------------|
| Two Cheese Pizza  |                   |
| Serving Size 2 slices (¼ of pie)                          |                   |
| Amount Per Serving  |                   |
| <b>Calories</b>   | Calories from Fat |
| 420   | 170               |
| % Daily Value (DV)*                                       |                   |
| <b>Total Fat</b> 19g                                      | <b>29%</b>        |
| Saturated Fat 7g  | <b>35%</b>        |
| Trans Fat 0g  |                   |
| <b>Cholesterol</b> 25mg                                   | <b>8%</b>         |
| <b>Sodium</b> 580mg                                       | <b>24%</b>        |
| <b>Total Carbohydrate</b> 44g                             | <b>15%</b>        |
| Dietary Fiber 3g  | <b>12%</b>        |
| Sugars 5g   |                   |
| <b>Protein</b> 20g  |                   |
| Vitamin A   | 30%               |
| Vitamin C   | 90%               |
| Calcium   | 40%               |
| Iron  | 15%               |
| * Percent Daily Values are based on a 2,000 calorie diet. |                   |



## Ingredients:

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

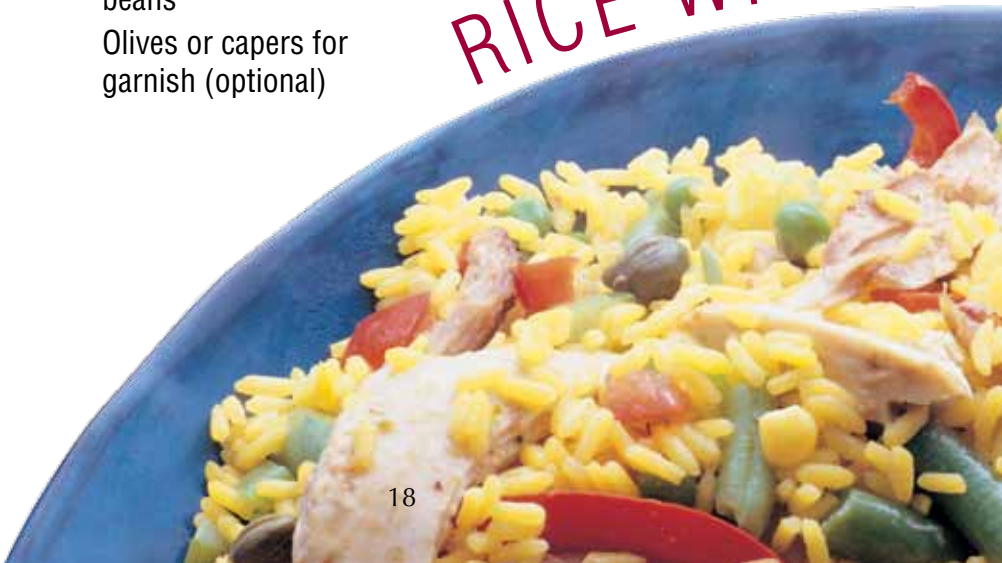
## Rice with Chicken, Spanish Style / Arroz con pollo

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

## Directions:

- Heat olive oil over medium heat in a non-stick pot. Add onion, garlic, celery, red/green pepper, and mushrooms. Cook over medium heat, stirring often, for 3 minutes or until tender.
- Add whole grain rice and sauté for 2–3 minutes, stirring constantly to mix all ingredients.

RICE WITH



- Add chicken, salt, chicken broth, water, Saffron/Sazón™, and tomatoes. Bring water to a boil.
- Reduce heat to medium-low, cover, and let the casserole simmer until water is absorbed and rice is tender, about 20 minutes.
- Stir in peas, corn, and beans and cook for 8–10 minutes. When everything is hot, the casserole is ready to serve. Garnish with olives or capers, if desired.

### Exchanges:

|           |       |
|-----------|-------|
| Meat      | 5 1/3 |
| Bread     | 3     |
| Vegetable | 1     |
| Fat       | 1 1/3 |

Note: Diabetic exchanges are calculated based on the American Diabetes Association Exchange System.

Total Servings 8

| Nutrition Facts   |                   |
|---|-------------------|
| Rice with Chicken, Spanish Style                          |                   |
| Serving Size 1 1/2 cup                                    |                   |
| Amount Per Serving  |                   |
| <b>Calories</b>   | Calories from Fat |
| 400   | 60                |
| % Daily Value (DV)*                                       |                   |
| <b>Total Fat</b> 7g                                       | <b>11%</b>        |
| Saturated Fat 1.5g  | <b>8%</b>         |
| Trans Fat 0g  |                   |
| <b>Cholesterol</b> 85mg                                   | <b>28%</b>        |
| <b>Sodium</b> 530mg                                       | <b>22%</b>        |
| <b>Total Carbohydrate</b> 46g                             | <b>15%</b>        |
| Dietary Fiber 3g  | <b>12%</b>        |
| Sugars 5g   |                   |
| <b>Protein</b> 37g  |                   |
| Vitamin A   | 30%               |
| Vitamin C   | 70%               |
| Calcium   | 4%                |
| Iron  | 20%               |
| * Percent Daily Values are based on a 2,000 calorie diet. |                   |



# CHICKEN

## Ingredients:

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

Total Servings 8

| <b>Nutrition Facts</b>                                    |                   |
|---|-------------------|
| Pozole  |                   |
| Serving Size 1 cup  |                   |
| Amount Per Serving  |                   |
| <b>Calories</b>   | Calories from Fat |
| 220   | 70                |
| % Daily Value (DV)*                                       |                   |
| <b>Total Fat</b> 7g                                       | <b>11%</b>        |
| Saturated Fat 2g  | <b>10%</b>        |
| Trans Fat 0g  |                   |
| <b>Cholesterol</b> 70mg                                   | <b>23%</b>        |
| <b>Sodium</b> 390mg                                       | <b>16%</b>        |
| <b>Total Carbohydrate</b> 17g                             | <b>6%</b>         |
| Dietary Fiber 3g  | <b>12%</b>        |
| Sugars 5g   |                   |
| <b>Protein</b> 21g  |                   |
| Vitamin A   | 4%                |
| Vitamin C   | 10%               |
| Calcium   | 4%                |
| Iron  | 15%               |
| * Percent Daily Values are based on a 2,000 calorie diet. |                   |

## Pozole

Only a small amount of oil is needed to sauté meat.

## Directions:

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

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



P O



## Exchanges:

|           |     |
|-----------|-----|
| Meat      | 3   |
| Bread     | 1   |
| Vegetable | ½   |
| Fat       | 1 ⅓ |

Note: Diabetic exchanges are calculated based on the American Diabetes Association Exchange System.



# ZOLE

## Ingredients:

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

## Fresh Tomato Salsa Ingredients:

- 1 cup tomatoes, diced
- ⅓ cup onions, diced
- ½ clove garlic, minced
- 2 tsp. cilantro
- ⅓ tsp. jalapeño peppers, chopped
- ½ tsp. lime juice
- Pinch of cumin

## Exchanges:

|           |     |
|-----------|-----|
| Bread     | 3   |
| Vegetable | 1   |
| Fat       | 1 ½ |

Note: Diabetic exchanges are calculated based on the American Diabetes Association Exchange System.



## Avocado Tacos/Tacos de aguacate

These fresh tasting tacos are great for a light meal!

## Directions:

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



# AVOCADO TACOS

Total Servings 12

| <b>Nutrition Facts</b>        |                   |
|-------------------------------|-------------------|
| Avocado Tacos                 |                   |
| Serving Size 1 taco           |                   |
| Amount Per Serving            |                   |
| <b>Calories</b>               | Calories from Fat |
| 270                           | 80                |
| % Daily Value (DV)*           |                   |
| <b>Total Fat</b> 8g           | <b>12%</b>        |
| Saturated Fat 2g              | <b>10%</b>        |
| Trans Fat 0g                  |                   |
| <b>Cholesterol</b> 0mg        | <b>0%</b>         |
| <b>Sodium</b> 460mg           | <b>19%</b>        |
| <b>Total Carbohydrate</b> 43g | <b>14%</b>        |
| Dietary Fiber 5g              | <b>20%</b>        |
| Sugars 4g                     |                   |
| <b>Protein</b> 7g             |                   |
| Vitamin A                     | 25%               |
| Vitamin C                     | 100%              |
| Calcium                       | 10%               |
| Iron                          | 15%               |

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

## Ingredients:

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

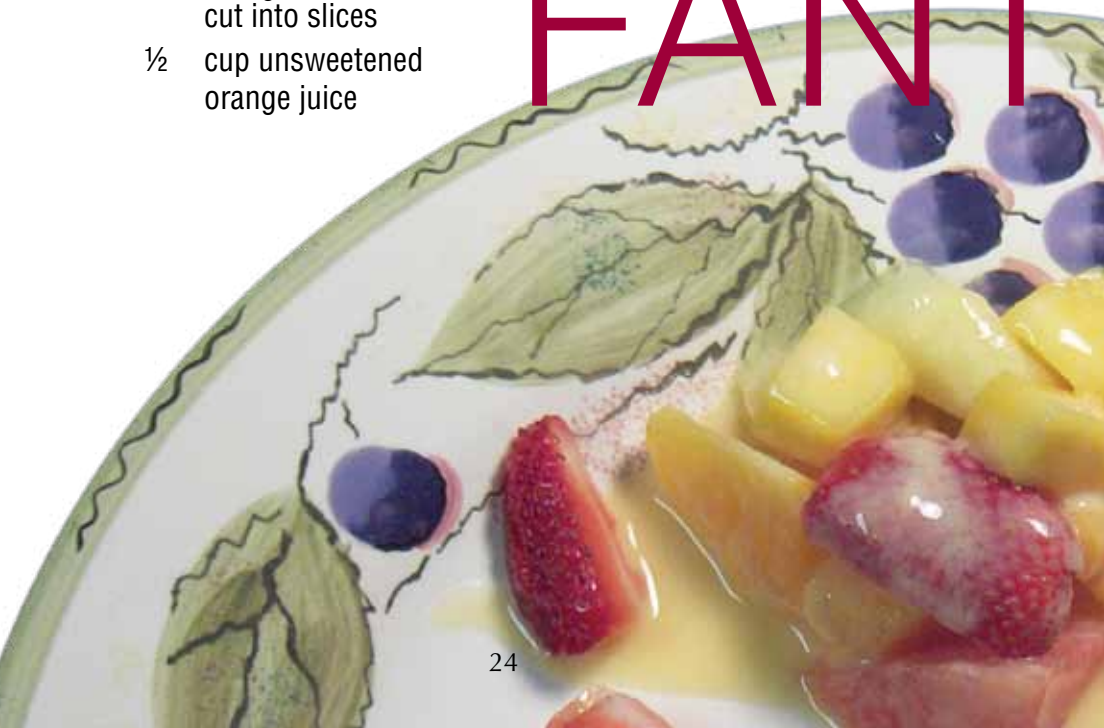
## Tropical Fruits Fantasia/ Fantasia de frutas tropicales

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

## Directions:

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

# TROPICAL FANT



# FRUITS ASIA



## Exchanges:

|       |                 |
|-------|-----------------|
| Fruit | 2 $\frac{3}{4}$ |
| Milk  | $\frac{1}{3}$   |

Note: Diabetic exchanges are calculated based on the American Diabetes Association Exchange System.

Total Servings 3

| <b>Nutrition Facts</b>                                    |                   |
|---|-------------------|
| Tropical Fruits Fantasia                                  |                   |
| Serving Size $\frac{1}{2}$ cup                            |                   |
| Amount Per Serving  |                   |
| <b>Calories</b>   | Calories from Fat |
| 170   | 5                 |
| % Daily Value (DV)*                                       |                   |
| <b>Total Fat</b> 0.5g                                     | <b>1%</b>         |
| Saturated Fat 0g  | <b>0%</b>         |
| Trans Fat 0g  |                   |
| <b>Cholesterol</b> 0mg                                    | <b>0%</b>         |
| <b>Sodium</b> 40mg  | <b>2%</b>         |
| <b>Total Carbohydrate</b> 41g                             | <b>14%</b>        |
| Dietary Fiber 5g  | <b>20%</b>        |
| Sugars 30g  |                   |
| <b>Protein</b> 4g   |                   |
| Vitamin A   | 50%               |
| Vitamin C   | 230%              |
| Calcium   | 15%               |
| Iron  | 2%                |
| * Percent Daily Values are based on a 2,000 calorie diet. |                   |



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