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Winter 2005
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diabetic LIVING

Heart-smart desserts

Rich with cranberries

Special Report

Insulin

Is it right for you?

You Can Eat More

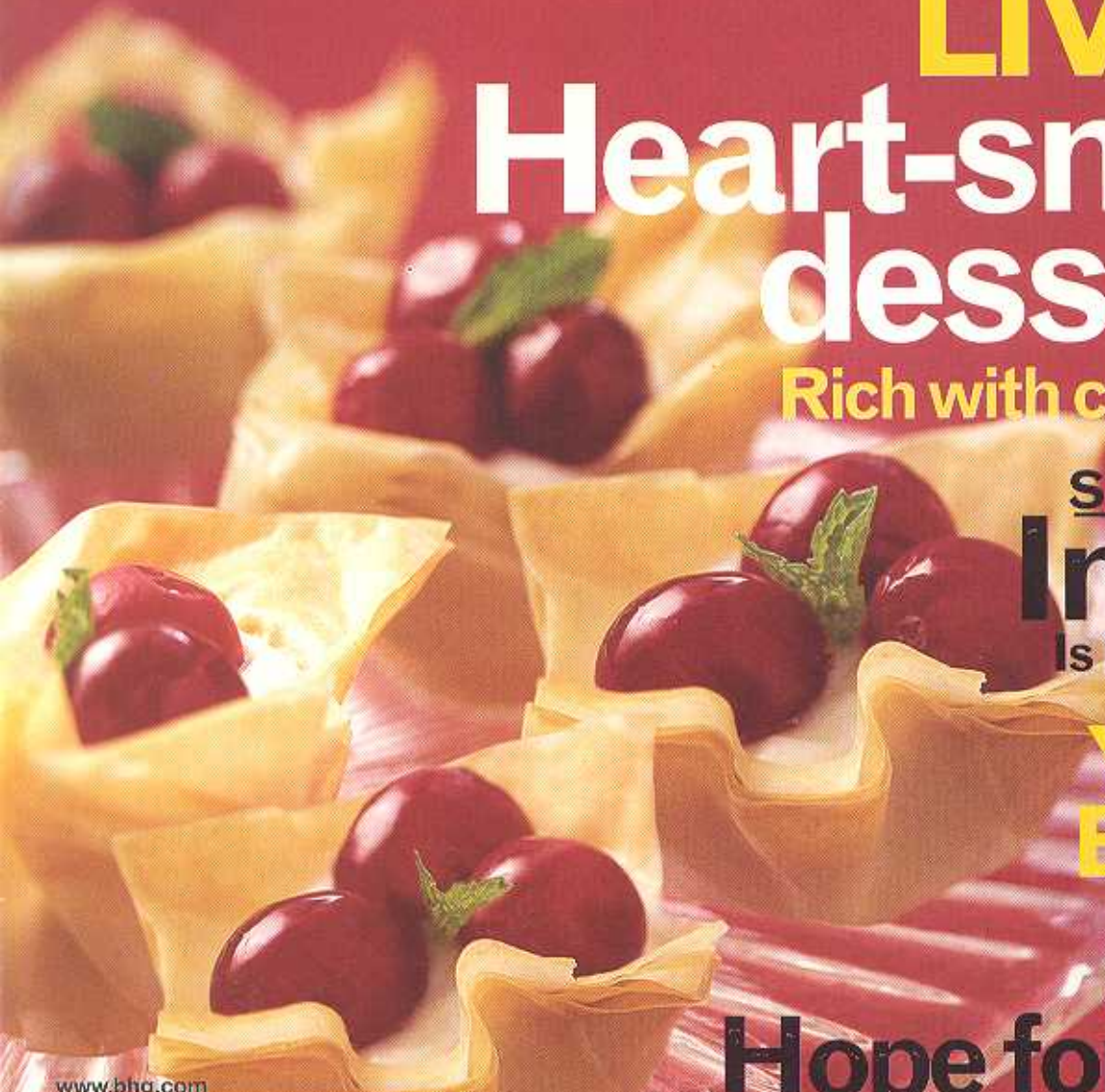
(& lose weight!)

Clinical Trials

Hope for a cure

Winter Comfort from your slow cooker

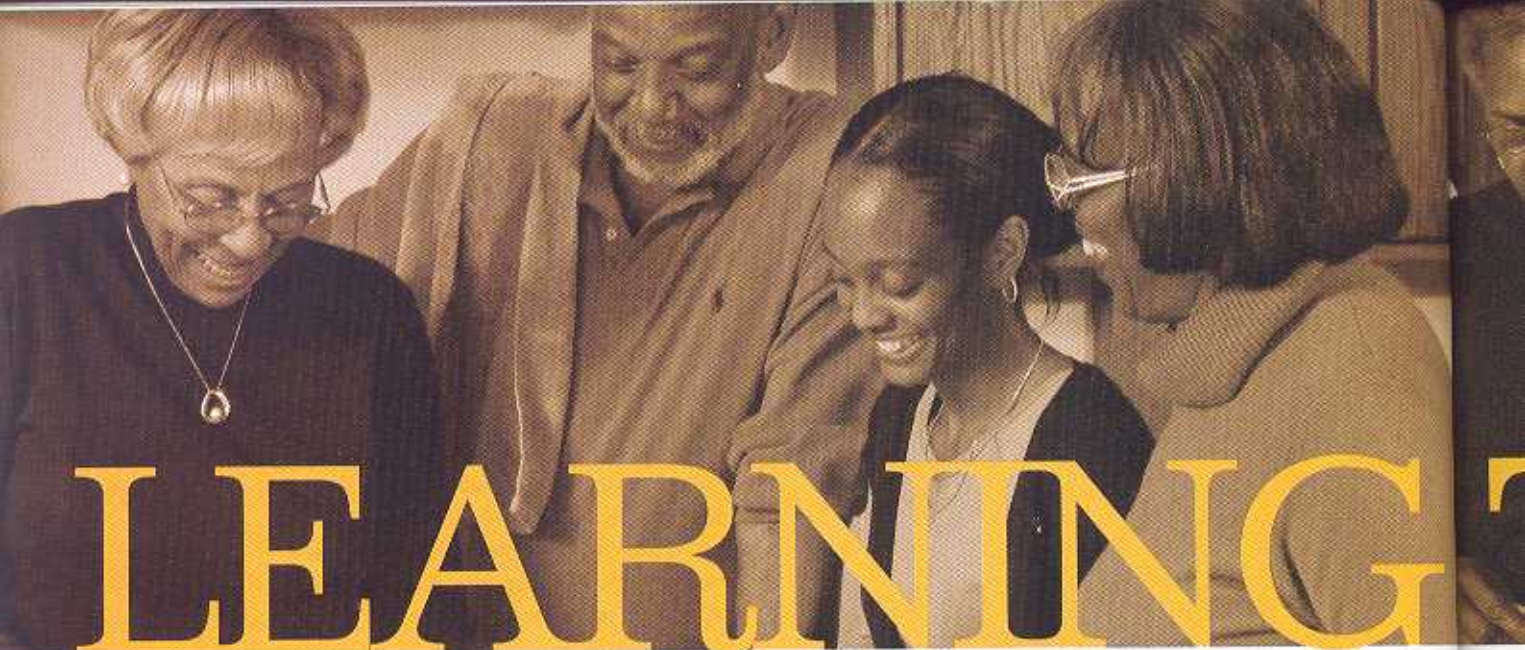
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LEARNING

by JULIA MARTINUSEN photographer: ANDY LYONS
food stylist: PAIGE BOYLE prop stylist: LORI HELLANDER

The Focus On Diabetes project at the Center for African American Health in Denver, CO is supported by a grant from the Robert Wood Johnson Foundation® in Princeton, New Jersey.

WAY

Where there's faith, there's a foundation for learning—so the Metro Denver Black Church Initiative has discovered. For more than 10 years, this association of more than 40 African-American churches has reached out to members with messages on living healthfully. Jo Ann Pegues, R.D., M.P.A., and project manager of the initiative's Focus on Diabetes, conducts diabetes cooking classes as part of the program. "People come from all walks of life," Pegues says. "Some have had diabetes for years, some have just been diagnosed, some are at risk, and others are caregivers. Husbands and wives attend together to learn new ways to cook. We love it when ministers join us, because the congregation is likely to follow. There's nothing like preaching from the pulpit to encourage people to make changes!"

Pegues teaches cooking as part of a series of diabetes self-management classes several times a year, plus she schedules two holiday diabetic cooking classes in late fall before Thanksgiving. "African Americans love big family gatherings at holiday time, with lots of food, especially sweets and carbs," she says. "They eat the wrong things because they're not sure what they can eat, how much, and what they shouldn't eat. We teach them to choose the right foods and to adapt their favorites and portions so they can eat them."

The classes are held where members can easily find them—in local Denver-area churches. Attendees learn about other aspects of diabetes care, especially the importance of exercise. "In the winter, we've noticed people really slack off," Pegues says. "To show them how easy it is, every class includes 15 to 20 minutes of exercise." Then it's time for students to roll up their sleeves and start cooking. Classes are very hands-on. "It's a social thing as well as a learning experience," Pegues says. "That's a key to our success."

When Jo Ann Pegues (above, far right) teaches nutrition and cooking classes to Denver area church members, everyone steps up to the plate. It's a low-key time to gather around the counter for some chopping, mixing, learning, and laughing.

Holiday Cooking Class

Creole Turkey Meatballs

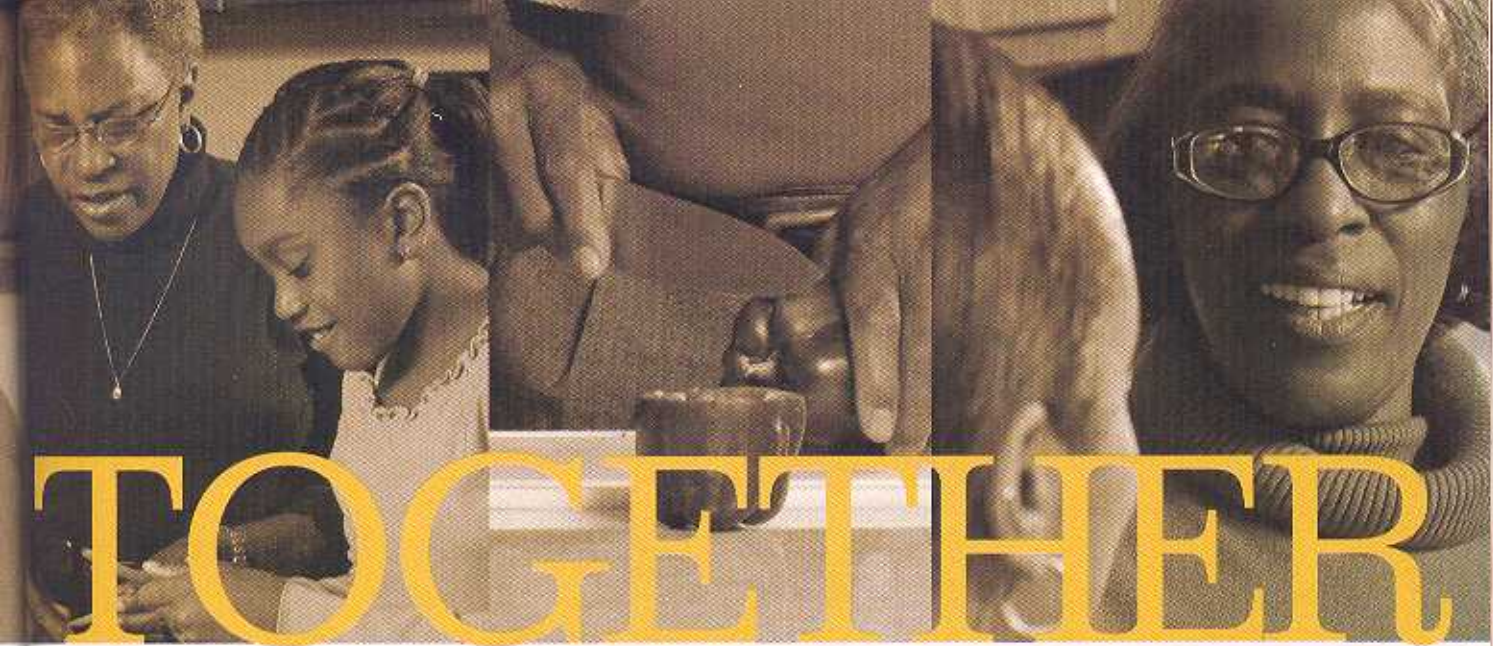
Herbed Corn Bread Dressing

Fresh Green Bean and
Mushroom Casserole

Pecan-Cranberry Salad

Citrus-Sweet Potato Pie

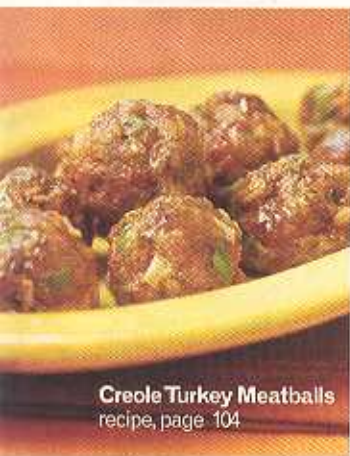
Iced tea or coffee



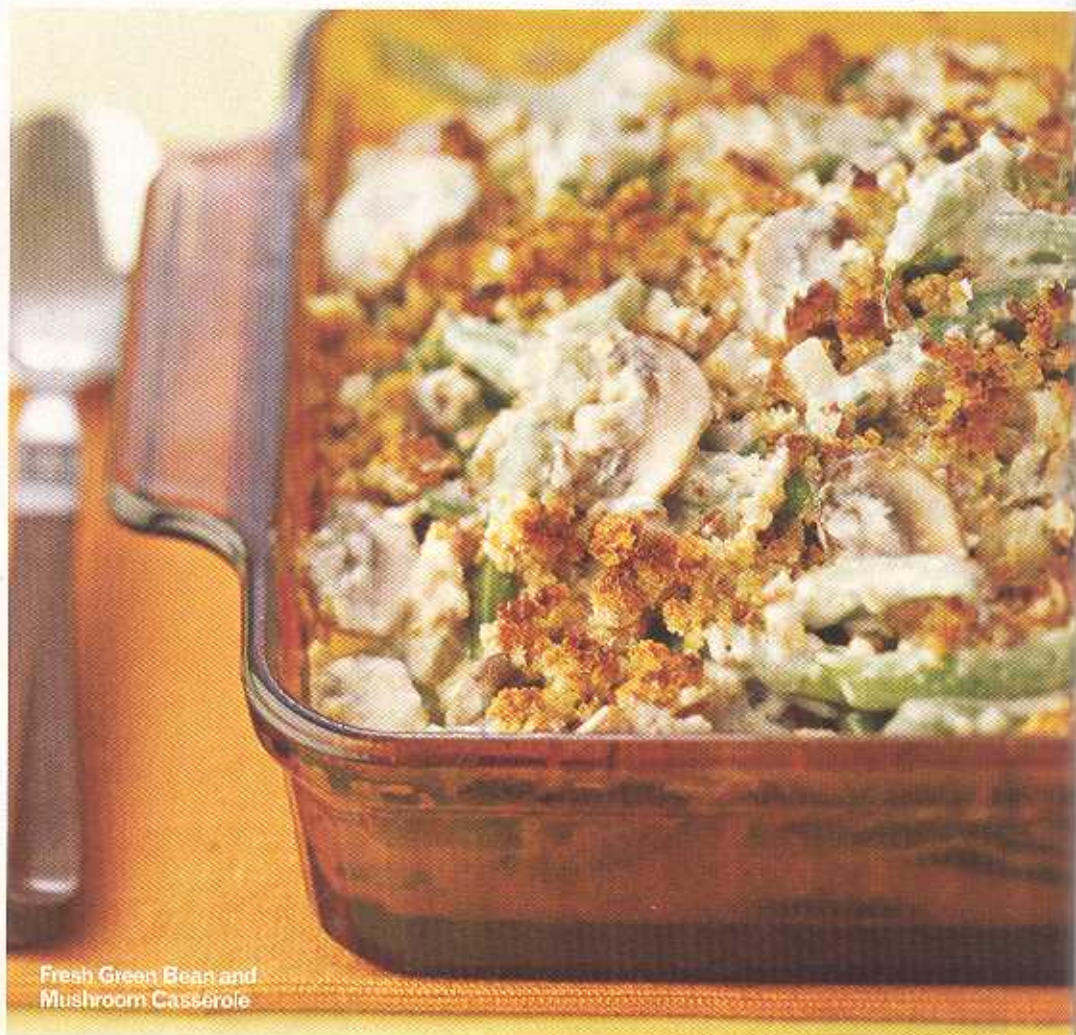
TOGETHER



Herbed Corn Bread Dressing
recipe, page 104



Creole Turkey Meatballs
recipe, page 104



Fresh Green Bean and Mushroom Casserole

Fresh Green Bean and Mushroom Casserole

A toasty whole grain topper replaces the traditional fried onion rings to keep fat and sodium in check.

PER SERVING: 107 cal., 3 g total fat (1 g sat. fat), 7 mg chol., 148 mg sodium, 14 g carbo., 3 g fiber, 4 g pro. Exchanges: 1.5 vegetable, 0.5 other carbo., 0.5 fat. Carb choices: 1.

- 1½ pounds fresh green beans, trimmed
- 2 tablespoons butter or margarine
- 3 tablespoons all-purpose flour
- 1 tablespoon ranch dry salad dressing mix
- ¼ teaspoon ground white pepper
- 1½ cups fat-free milk
- Nonstick cooking spray
- 1 cup chopped onion
- 2 cloves garlic, minced
- 1½ cups sliced fresh mushrooms
- 1 cup soft whole wheat or white bread crumbs

1. Preheat oven to 375°F. In a covered large saucepan, cook green beans in a small amount of boiling water for 10 to 15 minutes or until crisp-tender.

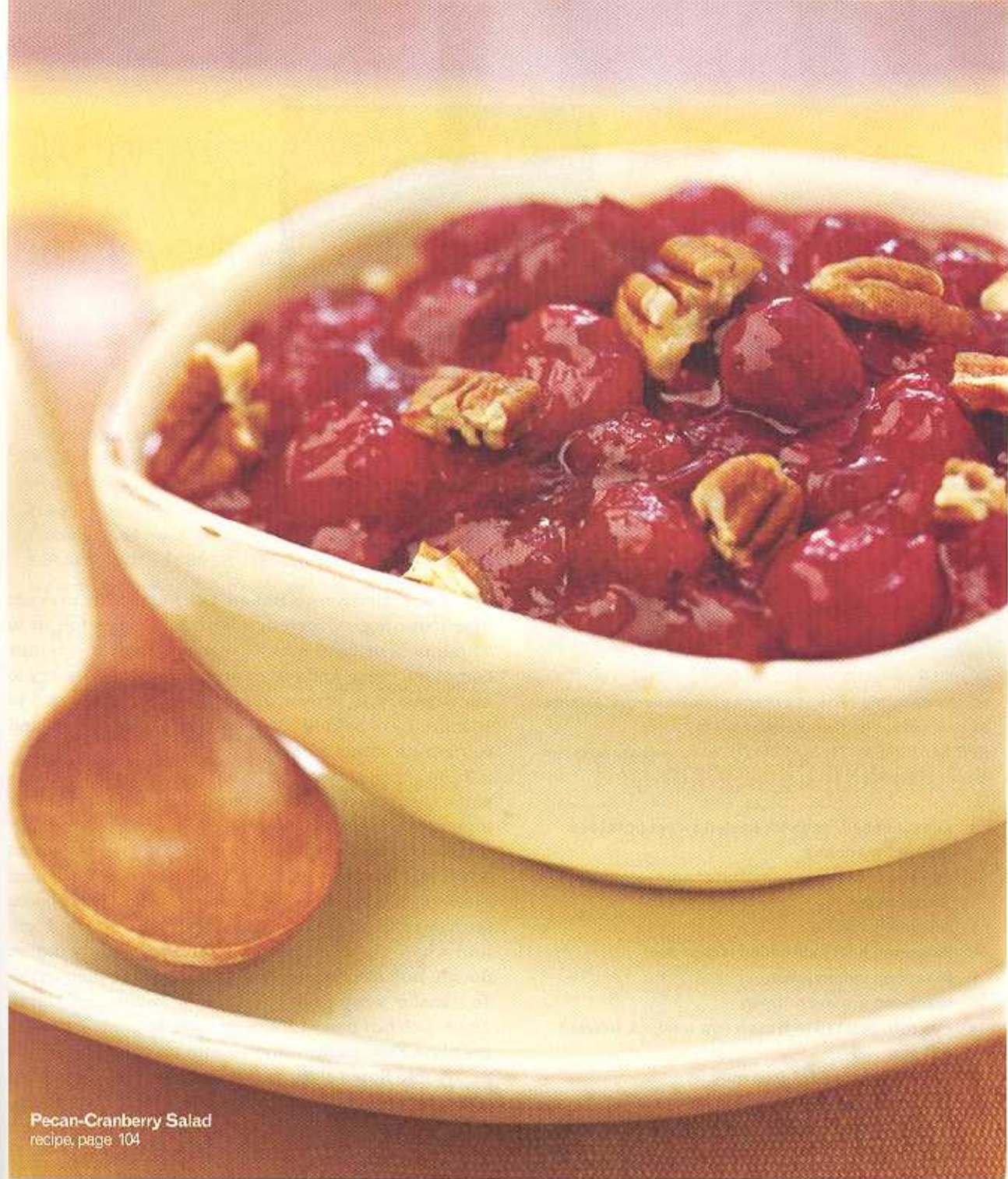
2. Meanwhile, for white sauce, in a medium saucepan, melt butter. Stir in flour, dressing mix, and white pepper until combined. Stir in milk. Cook and stir over medium heat until thickened and bubbly; remove from heat.

3. Coat an unheated medium nonstick skillet with nonstick cooking spray. Preheat over medium heat. Add onion and garlic; cook for 2 to 3 minutes or until tender.

4. Remove half of the onion mixture from skillet; set aside. Add mushrooms to remaining onion mixture in skillet; cook about 5 minutes or until tender.

5. Drain beans. In a 1½-quart casserole, combine beans, mushroom mixture, and white sauce.

6. For topping, in a small bowl, stir together reserved onion mixture and bread crumbs; sprinkle onto bean mixture. Bake, uncovered, for 25 to 30 minutes or until heated through. Makes 10 (½-cup) side-dish servings.



Pecan-Cranberry Salad
recipe, page 104

“It’s a social thing as well as a learning experience, and that’s a key to our success.”

—Jo Ann Pegues, Focus on Diabetes project manager





Citrus-Sweet Potato Pie



Citrus-Sweet Potato Pie

Using oil instead of lard in the crust lowers the saturated fat in this pumpkin-like pie.

PER SERVING: 172 cal., 6 g total fat (1 g sat. fat), 1 mg chol., 96 mg sodium, 25 g carbo., 1 g fiber, 4 g pro. Exchanges: 1 starch, 0.5 other carbo., 1 fat. Carb choices: 1.5.

PER SERVING WITH SUBSTITUTE: same as above, except 157 cal., 21 g carbo.

- 1½ cups mashed, cooked, peeled sweet potatoes (about 2 medium)
- ¼ cup sugar or sugar substitute* equivalent to ¼ cup sugar
- 1 teaspoon vanilla
- ½ teaspoon finely shredded lemon peel
- 1 teaspoon lemon juice
- ¼ teaspoon ground nutmeg
- ¼ cup refrigerated or frozen egg product, thawed, or 1 egg
- 1 cup evaporated fat-free milk
- 1 recipe Baked Oil Pastry (right)
- Frozen fat-free whipped dessert topping, thawed (optional)
- Ground nutmeg (optional)

1. Preheat oven to 350°F. For filling, in a large bowl, stir together sweet potatoes, sugar, vanilla, lemon peel, lemon juice, and the ¼ teaspoon nutmeg. Add egg. Beat gently with a fork just until combined. Gradually add evaporated milk; stir until combined.

2. Pour filling into Baked Oil Pastry. To prevent overbrowning, cover edge with foil. Bake for 30 to 35 minutes or until a knife inserted near the center comes out clean and edges are puffed. If necessary to allow pastry to brown, remove foil for the last 5 to 10 minutes of baking. Cool on a wire rack. Cover and refrigerate within 2 hours.

3. To serve, remove tart from pan or leave pie in pie plate. Cut into wedges. If desired, top each serving with topping and additional nutmeg. Makes 12 servings.

Baked Oil Pastry: Preheat oven to 450°F. In a medium bowl, stir together 1½ cups all-purpose flour and ¼ teaspoon salt. Add ½ cup cooking oil and 3 tablespoons fat-free milk all at once. Stir gently with a fork. Form into a ball. On a well-floured surface, slightly flatten dough. Roll from center to edge into an 11-inch circle. To transfer, wrap pastry around the rolling pin. Unroll into 9-inch tart pan with a removable bottom or a 9-inch pie plate. Ease pastry into pan without stretching. Press pastry into fluted sides of tart pan or crimp edge in pie plate, trimming pastry as needed. Line pastry with a double thickness of foil. Bake for 8 minutes. Remove foil. Bake for 5 minutes more. Cool on a wire rack.

***Sugar Substitutes:** Choose from Splenda Granular or Sweet 'N Low bulk or packets. Follow package directions to use product amount equivalent to ¼ cup sugar.

Make-Ahead Directions: Prepare pie as directed through Step 2; cover and refrigerate for up to 24 hours. Serve as directed in Step 3.

“We try to teach them
how to adapt
their favorites.”

—Jo Ann Pegues

Chocolate-Cherry Banana Bread

Miniature chocolate pieces scatter throughout this quick bread, making a little chocolate seem like a lot.

PER SLICE: 119 cal., 2 g total fat (0 g sat. fat), 0 mg chol., 61 mg sodium, 23 g carbo., 1 g fiber, 2 g pro. Exchanges: 0.5 starch, 1 other carbo, 0.5 fat. Carb choices: 1.5.

PER SLICE WITH SUBSTITUTE: same as above, except 108 cal., 19 g carbo. Exchanges: 0.5 other carbo. Carb choices: 1.

Nonstick cooking spray

- 1½ cups all-purpose flour
- ⅔ cup sugar or sugar substitute blend* equivalent to ⅔ cup sugar
- 2 teaspoons baking powder
- ¼ teaspoon baking soda
- ¼ cup refrigerated or frozen egg product, thawed, or 1 egg
- ¼ cup fat-free dairy sour cream
- ¼ cup fat-free milk
- 2 teaspoons cooking oil
- 1 teaspoon vanilla
- ⅔ cup mashed banana (about 2 medium bananas)
- 8 maraschino cherries, drained and chopped
- ¼ cup chopped walnuts
- 2 tablespoons miniature semisweet chocolate pieces

1. Preheat oven to 350°F. Lightly spray bottom and ½ inch up sides of a 9×5×3-inch loaf pan; set aside.

2. In a bowl, stir together flour, sugar, baking powder, and baking soda. Make a well in center; set aside.

3. In a medium bowl, beat egg; stir in sour cream, milk, oil, and vanilla. Stir in banana; add to flour mixture. Stir just until moistened (batter should be lumpy). Fold in cherries, walnuts, and chocolate pieces.

4. Spoon batter into prepared pan. Bake for 35 to 40 minutes or until a toothpick inserted near the center comes out clean. Cool in pan on a rack for 10 minutes. Remove from pan. Cool on rack. Makes 16 slices.

*Sugar Substitutes: Choose from Splenda Sugar Blend for Baking or Equal Sugar Lite. Follow the package directions to use the amount equivalent to ⅔ cup sugar.



Chocolate-Cherry Banana Bread

(10 homework food hints)

Jo Ann Pegues encourages her cooking students to practice what she preaches.

1. **Eat the foods you want.** The key is the amount—½ cup per side dish as a rule.
2. **When you eat out, share a portion** or take half or more home for one or two more meals.
3. **Try different sweeteners** to find one you like. Keep it on hand at home.
4. **Learn to count carbohydrates.** Figure that 15 to 18 grams is one carbohydrate serving.
5. **Skip high-sodium, high-fat meats,** such as bacon, for seasoning. Use herbs instead.
6. **Check the number of servings.** For example, what looks like a single serving of juice might be two or three.
7. **If you really love fried food,** chill it overnight, then reheat it. Do you still like it when you see all the grease?
8. **Cook in reduced-sodium chicken broth** or olive oil instead of cooking in fat.
9. **Is instant worth it?** Often instant means less fiber and more fat, salt, and sugar.
10. **Opt for broiling or grilling** instead of cooking foods in added fat.

Continued on page 194