

# Take Control of your Diabetes

Health  
Meal Plans

Medicine

Exercise

Regular  
clinic visits

A1c of  
6 to 7

Check  
feet daily

Whisking your way to Health

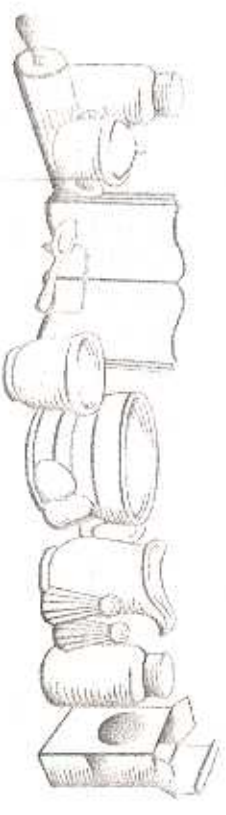


# Eating

# Healthy

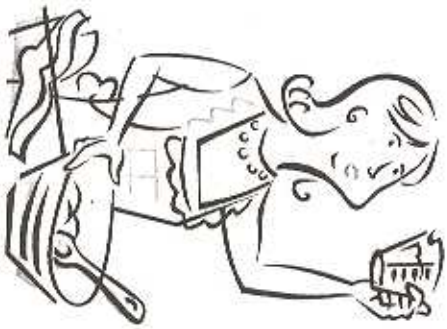
# Recipes

This product was developed by the Galveston: Take Action project at the Galveston County Health District in Texas City, TX. Support for this product was provided by a grant from the Robert Wood Johnson Foundation® in Princeton, New Jersey.



## Healthy Recipes

- Reducing calories in Recipes
  - Reduce sugar by 1/4 to 1/3
  - Reduce fat by 1/4 to 1/3
- Reduce Fats
- Reduce sodium



Whisking Your Way to Health  
Program is funded by

Grant from the Robert Wood  
Johnson Foundation

Galveston County Health District

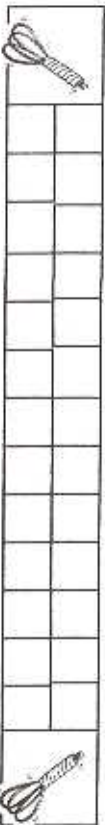
Texas A & M Agricultural  
Extension Service

## Lime-cilantro pork tacos

Serves 4

- 1 pound pork tenderloin, trimmed and cut into thin strips
- $\frac{1}{2}$  teaspoon salt
- $\frac{1}{8}$  teaspoon freshly ground black pepper
- 2 teaspoons olive oil
- 1  $\frac{1}{2}$  cups thinly sliced onion
- 1 small jalapeño pepper, seeded and chopped
- $\frac{1}{2}$  cup less sodium chicken broth
- $\frac{1}{2}$  cup plum tomatoes, chopped
- 3 tablespoons chopped cilantro
- 2  $\frac{1}{2}$  tablespoons lime juice
- 8 (6 inch) tortillas

1. Heat large non-stick skillet over medium high heat. Sprinkle pork with salt and pepper. Add oil to pan. Add pork, and sauté 4 minutes or until browned. Remove pork from pan, place in a bowl.



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## Cider Vinegar Dressing

- 1 medium onion, diced
- 1 tablespoon sugar (Splenda)
- 1 celery rib cut into 3 pieces
- 1 teaspoon dried parsley
- 1 garlic clove
- $\frac{1}{4}$  teaspoon dry mustard
- $\frac{3}{4}$  cup cider vinegar
- $\frac{1}{2}$  teaspoon pepper
- $\frac{1}{4}$  cup water
- $\frac{1}{4}$  teaspoon paprika
- 1 tablespoon salt
- 2 cups canola oil

Process first 11 ingredients in a blender or a food processor 1 or 2 minutes. With blender or processor running, add oil in a slow stream; process until smoothly.

Makes 4 cups



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## Cherry Cream Cheese Dessert

- 2 package (8 ounces each) Low fat crescent rolls
- 1 package Neufchatel (cream cheese) 8 ounces, softened
- $\frac{1}{4}$  cup powdered sugar
- 1 egg
- $\frac{1}{2}$  tsp almond extract
- 1 can (20 ounce) Lite cherry pie filling

### Glaze

- $\frac{1}{2}$  cup powdered sugar
- 2 - 3 teaspoons milk

Preheat oven 350° F. Unroll crescent dough. Separate into 16 triangles, reserve 4 triangles for decoration. On a 15 inch round pan arrange 12 triangles in a circle with the wide ends toward the outside edge of the pan and the points toward the center, points will not meet. Press seams together and seal leaving a 3 inch hole in the



## Cherry Berry Cobbler

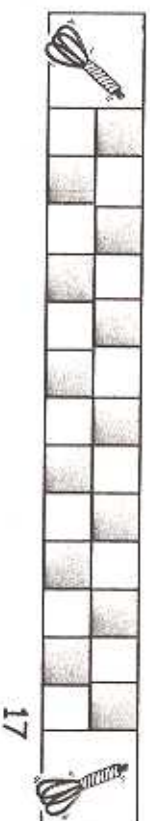
- 1 cup sugar ( $\frac{1}{2}$  cup Splenda and  $\frac{1}{2}$  cup sugar)
- $\frac{1}{2}$  cup all purpose flour
- $\frac{1}{2}$  cup margarine melted
- $\frac{1}{2}$  tsp grated orange rind
- $\frac{1}{2}$  teaspoon almond extract
- 1 (15 ounce) pitted Bing Cherries, undrained
- 1 (14 ounce) bag frozen mixed berries thawed and undrained
- $\frac{1}{2}$  package (15 ounce) refrigerated pie crust

Stir together the first 5 ingredients in a large bowl. Gently stir cherries and berries into the mixture.

Spoon into a lightly greased 11x 7 inch baking dish.

Cut piecrust into  $\frac{1}{2}$  inch wide strips and make a lattice design over the fruit mixture.

Bake at 425 degrees for 45 minutes or until crust is golden brown and center is bubbly.



## Garlic Bread

- $\frac{1}{2}$  cup butter softened
- 4 cloves garlic minced
- $1\frac{1}{2}$  Tablespoon minced parsley
- 1 loaf French Bread halved lengthwise

In a small bowl, combine the butter, parsley and the garlic.

Spread on the cut halves of the bread.

Place on a baking sheet.

Bake at 375 degrees for 8 minutes

Broil for 2 minutes until brown

Slice to serve

center. Make an edge around the center

with the points and around the outer

edge. For filling, combine cream cheese,

powdered sugar, egg and almond extract

mix until smooth. Spoon cream cheese

mixture on the dough to within  $\frac{1}{2}$  inch of

edges; top with pie filling.

Take 2 of the remaining 4 dough triangles

and press seam to make a rectangle. Cut

into 4 strips lengthwise and repeat with

the other 2 triangles. Twist one of the

strips and place over the filling in spoke

fashion continue with remaining strips.

Press edges to seal at center and outer

edge. Bake 25 - 30 minutes or until

golden brown, cool slightly. For glaze,

mix powdered sugar and milk until

smooth. Drizzle over the dessert.

12 servings



16



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## Vegetable Soup

3 lb of lean roast, dice it up

1 onion diced

2 garlic cloves minced

2 Tablespoons vegetable oil

Peppercorn

Combine in a large pan and cover with water. Simmer for one hour

Add:

1 bunch celery chopped

4 potatoes diced

1 pound carrots diced

2 Tablespoons dried parsley

Water to cover

Cook until vegetables are tender

Add:

2 cans of green beans

2 cans diced tomatoes

Cook until green beans and tomatoes are hot



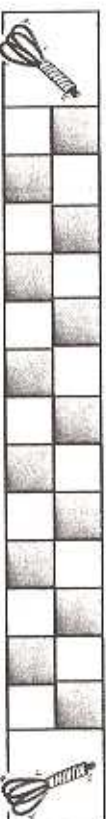
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Spread a thick layer of sauce (about 1  $\frac{1}{2}$  cups) in the bottom of a 9  $\frac{1}{2}$  x 13-inch pan. Arrange a layer of 3 noodles over the sauce. Top with  $\frac{1}{2}$  the ricotta cheese, spreading it out evenly with the back of a spoon. Sprinkle with  $\frac{1}{2}$  the mozzarella cheese. Add 1/3 of the remaining sauce.

Add another layer of 3 noodles, then the remaining ricotta, then the remaining mozzarella. Add 1/3 of the remaining sauce. Finish with a final layer of the noodles (Omit to reduce the carbohydrates) and the remaining sauce. Sprinkle with the Parmesan cheese.

Bake for 35 to 40 minutes until the top begins to brown. Let the lasagna stand for 5 minutes before cutting into 8 portions.

Serves 8



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## Tropical Trifle

- 1 - 6 ounce No Sugar vanilla instant pudding
- Skim milk to make pudding
- 1 - 12 ounce low fat Cool Whip
- 1 - 15 ounce mandarin oranges (drained)
- 1 - 20 ounce crushed pineapple (drained)
- 1 banana sliced
- 2 Tablespoons shredded coconut
- 2 Tablespoons sliced almonds

Make vanilla pudding according to directions and let it set up.

Mix half of the Cool whip into the pudding.

In a dry sauté pan place coconut and almonds over medium heat, stir constantly until lightly browned. Remove from the heat and let it cool.

In a serving dish layer half of the pudding/cool whip mixture  
Layer half of the bananas, the drained mandarin oranges and pineapples on top of the pudding/Cool whip mixture.

Pinch of ground black pepper

9 lasagna noodles

1 15-oz carton low-fat ricotta cheese

1 8-oz package shredded reduced-fat mozzarella cheese, divided

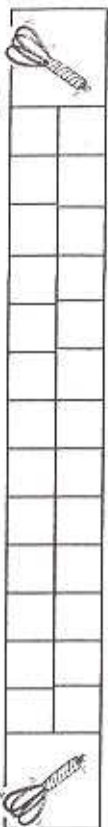
$\frac{1}{4}$  cup grated Parmesan cheese

Preheat the oven to 350 degrees.

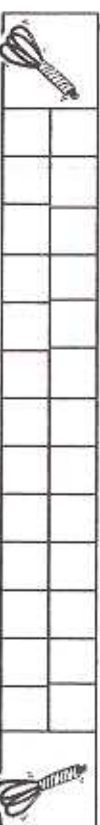
In a medium pot over medium heat, combine the oil, onion, celery, and garlic.

Cook over medium heat, stirring frequently, until the onion is softened, about 5 or 6 minutes.

Add the tomato sauce, zucchini, thyme, oregano, salt, and pepper. Bring to a boil. Reduce the heat, and simmer about 10 minutes or until the flavors begin to blend.



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Layer half of the remaining Cool whip over the fruit.

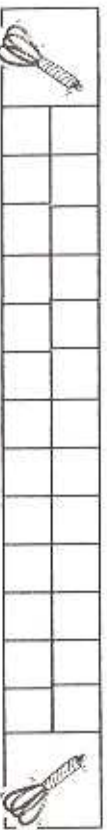
Place the remaining pudding/Cool whip mixture evenly on top of the Cool Whip.

Layer the rest of the bananas, the drained mandarin oranges and pineapple on top of the pudding/Cool whip mixture

Top with the remaining Cool whip.

Sprinkle the cooled coconut and almonds on top.

Serves 12 - 16



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### *Vegetable Lasagna*

2 Tbsp olive oil

1 large onion diced (1  $\frac{1}{4}$  cups)

2 large celery stalks, chopped

2 tsp minced garlic

2 15-oz cans low-sodium or regular tomato sauce

1 cup chopped zucchini

1 cup chopped yellow squash

1 tsp dried thyme leaves

1 tsp dried oregano leaves

$\frac{1}{2}$  tsp salt (omit)



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## Rosemary Yellow Cake

Yellow Cake Mix

Add 1/8 cup fresh rosemary to a yellow cake mix.

Follow the directions for the cake mix\*

\*To make the cake mix "healthier" reduce fat by 1/3.

\*If two eggs are required for cake, use one whole egg and two egg whites.

Serves 8 to 12



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## Rosemary Chicken

Skinless chicken breast (4 ounces per serving)

Olive Oil

Fresh rosemary

Fresh ground pepper

Spring (green) onion, chopped

Preheat oven to 350 degrees Fahrenheit.

Spray baking dish with oil.

Brush chicken breast with olive oil and place in baking dish.

Place a sprig of rosemary on each piece of chicken.

Sprinkle with pepper.

Sprinkle spring onion over chicken.

Bake at 350 degrees for 30 minutes or until done.



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## *Herbed Green Beans*

- 15 ounce can cut green beans, no added salt
- 2 to 3 Tablespoons margarine or broth
- $\frac{1}{2}$  cup chopped onion
- $\frac{1}{4}$  cup chopped celery
- 1 clove garlic minced
- $\frac{1}{4}$  teaspoon dried rosemary, crushed
- $\frac{1}{4}$  teaspoon dried basil, crushed

Sauté onion, celery and garlic in the margarine (broth) until soft,

In a saucepan add the sautéed vegetables, green beans, rosemary and basil.

Cover and cook for 10 minutes over low heat or until hot.



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## *Pear Salad with Peanut Butter Dressing*

- 1 can pear halves in pear juice
- 2 bananas
- $\frac{1}{4}$  cup reduced fat mayonnaise
- 2 Tablespoons peanut butter
- Lettuce leaves
- Paprika

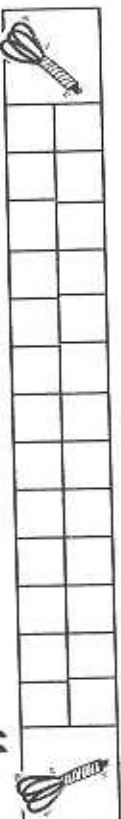
Mix mayonnaise and peanut butter, if too thick add pear juice and stir until proper consistency is reached to make dressing.

Place a lettuce leaf on a salad plate.

Place one pear half in center of lettuce.

Place 4 or 5 banana slices over top of pear.

Top with 1 Tablespoon dressing.  
Sprinkle lightly with paprika.  
Refrigerate until ready to serve.



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# North of the Border Flour Tortillas

- 3 Cups White all-purpose flour
- 1  $\frac{1}{2}$  teaspoons baking powder
- $\frac{1}{2}$  teaspoon salt
- 1 Cup applesauce
- 1 Cup warm water

In a large bowl, mix flour, baking powder and salt.

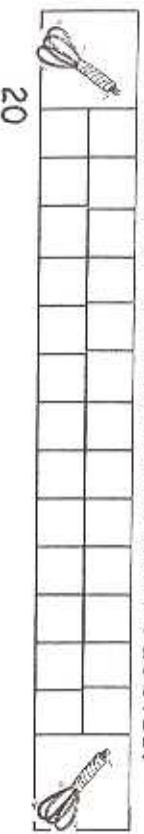
Make a dip in the center of the dry ingredients. Add applesauce and warm water.

Knead with your hands for about 5 minutes to form dough. Let dough stand covered for 15 minutes.

Form 20 balls out of dough. Set aside for 5 more minutes.

Put a small amount of flour on a cutting board and roll each ball out to about 4-5 inch round.

Cook each side on a hot griddle or skillet for 1 - 2 minutes or until covered with bubbles.



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## *Black Bean Salad with Bell Pepper and Onion*

Serves 4

Combine

- 1 (15 ounce) can rinsed and drained black beans
- 1 cup chopped red bell pepper
- 1/2 cup chopped red onion
- 1/4 cup chopped fresh parsley
- 1 ½ tablespoons red wine vinegar
- 1 tablespoon olive oil
- 1/4 teaspoon black pepper
- 1/8 teaspoon salt
- 1 garlic clove, minced

Serve at room temperature

## *Black Bean Salad with Bell Pepper and Onion*

Serves 4

Combine

- 1 (15 ounce) can rinsed and drained black beans
- 1 cup chopped red bell pepper
- 1/2 cup chopped red onion
- 1/4 cup chopped fresh parsley
- 1 ½ tablespoons red wine vinegar
- 1 tablespoon olive oil
- 1/4 teaspoon black pepper
- 1/8 teaspoon salt
- 1 garlic clove, minced

Serve at room temperature

