

## Roasted Turkey Breast

- 1 boneless, skinless turkey breast half (about 2 ½ lbs.)
- 1 6 oz. carton non-fat plain yogurt
- 1 clove garlic, minced
- 1 tablespoon apple cider vinegar
- 1 teaspoon black peppercorns, crushed
- 1 teaspoon cumin seed, crushed
- 1 teaspoon dried rosemary, crushed
- 1 teaspoon minced fresh ginger
- ½ teaspoon ground cinnamon

Nutritional Information	
Calories per serving:	130
Carbohydrates:	1 gm
Sodium:	76 mg
Fat:	1.2 gm
Dietary Fiber:	1.9 gm
Protein:	32.6 gm
Cholesterol:	85 mg

1. Rinse the turkey with cold water and pat dry with paper towels. Set aside. In a large nonreactive (glass or plastic) bowl, combine the yogurt, garlic, vinegar, pepper, cumin, rosemary, ginger and cinnamon. Add the turkey and turn to coat evenly. Cover and refrigerate overnight, turning the meat occasionally.
2. To roast the turkey, remove it from the marinade and place it in an oven cooking bag. DISCARD the marinade. (Marinade containing raw meat drippings poses a food safety hazard.) Roast the turkey according to the packaging directions, or until the internal temperature of the turkey reaches 180 degrees. Start checking the internal temperature after one hour with a meat thermometer.
3. To serve, remove the turkey from the cooking bag and let stand for 10 minutes before slicing. Yields 8 servings. - **Source:** <http://www.cooking.com/>

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Salads can add variety in taste, color, and texture as well as great fiber that can be important to diabetes management. Dietary fiber can slow the absorption of glucose. This can help control blood sugar levels. Use an assortment of greens and veggies to create your favorite salad and serve with Honey - Lime Vinaigrette dressings on the side.

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## Honey – Lime Vinaigrette

- ½ cup lime juice
- ¼ cup low-sodium chicken broth
- ¼ cup olive oil, acceptable vegetable oil
- ¼ cup honey
- ½ teaspoon bottled minced garlic

Nutritional Information	
Calories per serving:	96
Carbohydrates:	10 gm
Sodium:	5 mg
Fat:	7 gm
Dietary Fiber:	0 gm
Protein:	0 gm
Cholesterol:	0 mg

Combine all ingredients in a jar with a tight-fitting lid. Cover and shake until ingredients are well combined. Serve on green salad. Dressing can be stored, refrigerated, for up to one week. Yields 8 servings - **Source:** Quick and Easy Cookbook-The American Heart Association 1995.

## Rice Pilaf with Spinach and Pine Nuts

1 tablespoon reduced-calorie margarine or butter  
½ cup chopped scallions  
2 tablespoons pine nuts  
1 cup long-grain white rice  
2 ½ cups defatted reduced-sodium chicken broth  
1 cup chopped fresh spinach  
2 tablespoons grated Parmesan cheese  
1 tablespoon grated lemon rind  
Pinch of ground nutmeg  
Pinch of ground black pepper

### Nutritional Information

Calories per serving: 121  
Fat: 2.9 grams  
Protein: 3.9 grams  
Carbohydrates: 20.1 grams  
Dietary Fiber: .5 grams  
Cholesterol: 1 mg  
Sodium: 72 mg

1. Melt the margarine or butter in a small saucepan over medium heat. Add scallions and pine nuts. Cook and stir over medium heat for 4 minutes, or until the scallions are tender. Stir in the rice and cook for 2 minutes.
  2. Stir in the broth, spinach, cheese, lemon rind, nutmeg and pepper and bring to a boil. Reduce heat, cover and simmer for 20 to 25 minutes, or until the rice is tender and the liquid is absorbed.
  3. Remove the heat and let stand, covered, for 5 minutes. Fluff with a fork before serving.
- Yields 8 servings - **Source:** [www.allrecipes.com/](http://www.allrecipes.com/)

## Green Bean Sauté

1 ½ pounds fresh or frozen green beans, cut in 1-inch pieces  
1 tablespoon vegetable oil  
1 large yellow onion, halved lengthwise, thinly sliced  
1/2 teaspoon salt  
1/8 teaspoon black pepper  
1 tablespoon fresh parsley, minced

### Nutritional Information

Calories per serving: 64  
Fat: 4 grams  
Protein: 2 grams  
Carbohydrates: 8 grams  
Dietary Fiber: 3 grams  
Cholesterol: 0 mg  
Sodium: 282 mg

1. If using fresh green beans, cook in boiling water for 10 to 12 minutes or steam for 2 to 3 minutes until barely fork tender. Drain well. If using frozen green beans, thaw first.
  2. Heat oil in a large skillet. Sauté onion until golden. Stir in green beans, salt, and pepper. Heat through. Before serving, toss with parsley.
- Yields 8 servings ½ cup each - **Source:** Keep the Beat: Heart Healthy Recipes

## Mother Maxwell's Holiday Cranberries

1 cup chopped fresh cranberries  
1 cup sugar substitute such as Splenda  
1 package sugar-free red flavored gelatin  
Juice of two oranges  
1 apple, chopped  
½ cups finely chopped nuts

### Nutritional Information

Calories per serving: 81  
Fat: 5 grams  
Protein: 4 grams  
Carbohydrates: 7 grams  
Dietary Fiber: 2 grams  
Cholesterol: 0 mg  
Sodium: 8 mg

1. Chop cranberries in food processor. Pour Splenda over chopped cranberries and refrigerate for several hours.
  2. Add water to orange juice to make 1 1/3 cups liquid. Heat liquid until very hot.
  3. Place gelatin in medium bowl and stir in hot liquid. Chill mixture until thickened, but not set.
  4. Chop apples and nuts in food processor.
  5. Add cranberries, apple and nuts to chilled gelatin mixture, mix well and chill until set.
- Yields 8 servings - **Source:** Cheryl Maxwell, RD, Hot Spring County Extension Agent - FCS

## Light Pumpkin or Sweet Potato Pie

2 cups canned pumpkin or mashed cooked sweet potatoes  
2 eggs *or* ½ cup egg substitute *or* 4 egg whites, slightly beaten  
3 tablespoons brown sugar  
½ cup sugar substitute such as Splenda  
¼ teaspoon nutmeg  
1 teaspoon ground cinnamon  
½ teaspoon ginger  
12 ounces fat-free evaporated milk  
10-inch unbaked pie crust

### Nutritional Information

Calories per serving: 163  
Fat: 7 grams  
Protein: 6 grams  
Carbohydrates: 7 grams  
Dietary Fiber: 2 grams  
Cholesterol: 0 mg  
Sodium: 8 mg

1. Preheat oven to 425 degrees. Combine first 8 ingredients, beginning with pumpkin or sweet potato and ending with evaporated milk.
  2. Pour into pie shell and bake at 425 degrees for 10 minutes.
  3. Reduce oven temperature to 325 degrees and continue baking for another 45 minutes or until knife inserted into center comes out clean. Cool and serve.
- Yields 10 small pieces - **Source:** Right Bite Diabetes Cooking School

## Whipped "Cream"

1 can evaporated skim milk  
½ to 1 teaspoon unflavored gelatin

1. Chill evaporated skim milk, mixing bowl and beaters until they are very cold.
2. Add unflavored gelatin five minutes before beating to stabilize the whipped milk.
3. Beat until stiff peaks form.
4. Add sugar substitute and vanilla to taste. Use immediately.

**Source:** Right Bite Diabetes Cooking School