

5 A Day Recipes



West Acton Kids Cookery Book

By: West Acton Primary School



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1. "Chick-Chick" Salad

Recipe Summary:

- Preparation time: 15 minutes
- Number of Servings: 4
- Cups of Fruits and Vegetables per Person: 0.5

Ingredients:

- 3/4 cup water
- 2/3 cup couscous
- 1-1/2 cups cooked (1/2 cup dry) or 1 can (15 oz) garbanzo beans, drained
- 1/4 cup thinly sliced celery
- 1 tsp grated orange rind
- 1/4 tsp pepper
- 1/2 tsp curry powder
- 1 cup cubed cooked chicken breast (about 1/2 lb boneless, skinless)
- 1/2 cup chopped red cabbage
- 1/4 cup plus 2 Tbsp fresh orange juice
- 2 tsp olive oil

Directions:

In a medium saucepan, bring water, salt, and curry powder to a boil; stir in couscous. Remove from heat; let stand, covered, 5 minutes. Fluff with a fork. Add chicken, garbanzos, cabbage, onions, and celery. Combine orange rind, orange juice, olive oil, and pepper in a small bowl; stir with a wire whisk until blended. Add to couscous mixture; toss well. Serve immediately or chill.

Nutrition Facts	
"Chick-Chick" Salad	
Serving size 1/4 salad	
Amount Per Serving	
Calories 290	Calories from Fat 45
% Daily Value (DV)*	
Total Fat 5g	8%
Saturated Fat 1g	5%
Cholesterol 30mg	10%
Sodium 45mg	2%
Total Carbohydrate 41g	14%
Dietary Fiber 6g	24%
Sugars 5g	
Protein 20g	
Vitamin A	4%
Vitamin C	35%
Calcium	6%
Iron	15%

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

Diabetic Exchange**

- Carbohydrates: 2
- Meat: 2
- Fruit: 0
- Vegetable: 0
- Milk: 0
- Fat: 1
- Other: 0

** Diabetic exchanges are calculated based on the American Diabetes Association Exchange System. This site rounds exchanges up or down to equal whole numbers. Therefore, partial exchanges are not included

2. Apple Carrot Salad

Recipe Summary:

- Preparation time: 10 minutes
- Number of Servings: 6
- Cups of Fruits and Vegetables per Person: 1

Ingredients:

- 1 cup shredded carrot
- 1 Tbsp lemon juice
- 1/3 cup low-fat mayonnaise
- 3 (medium) unpared and diced apples
- 1/2 cup raisins

Directions:

Combine all ingredients. Chill thoroughly. Serve on salad greens.

Nutrition Facts	
Apple Carrot Salad	
Serving size 1/6 recipe	
Amount Per Serving	
Calories 110	Calories from Fat 10
% Daily Value (DV)*	
Total Fat 1g	2%
Saturated Fat 0g	0%
Cholesterol 0mg	0%
Sodium 140mg	6%
Total Carbohydrate 25g	8%
Dietary Fiber 3g	12%
Sugars 20g	
Protein 1g	
Vitamin A	45%
Vitamin C	10%
Calcium	2%
Iron	2%
* Percent Daily Values are based on a 2,000 calorie diet.	

Diabetic Exchange**

- Carbohydrates: 0
- Meat: 0
- Fruit: 1
- Vegetable: 0
- Milk: 0
- Fat: 0
- Other: 0

** Diabetic exchanges are calculated based on the American Diabetes Association Exchange System. This site rounds exchanges up or down to equal whole numbers. Therefore, partial exchanges are not included

3. Apple Raspberry Salad

Recipe Summary:

Preparation time: 2 hours, 10 minutes

Number of Servings: 8

Cups of Fruits and Vegetables per Person: 1

Ingredients:

- 1 pkg (3 oz) raspberry flavored gelatin
- 1 cup, boiling water
- 1 pkg (10 oz) frozen raspberries or 1 cup fresh raspberries
- 1-1/2 cup chopped, unpeeled apples (suggested: empire, ida red, jonathan, McIntosh)
- 1 cup, unsweetened applesauce
- 1/4 cup, broken pecan pieces
- 1/2 cup celery, sliced

Directions:

In 2-quart mixing bowl, dissolve gelatin in boiling water. Add frozen raspberries and stir gently until raspberries are thawed. Stir in apples, applesauce, pecans and celery. Pour into serving dish or mold. Refrigerate about 2 hours or until mixture is set. Serve as salad or as an accompaniment to beef, pork or chicken.

Nutrition Facts	
Apple Raspberry Salad	
Serving size 1/8 recipe	
Amount Per Serving	
Calories 50	Calories from Fat 15
% Daily Value (DV)*	
Total Fat 2g	2%
Saturated Fat 0g	0%
Cholesterol 0mg	0%
Sodium 15mg	1%
Total Carbohydrate 10g	3%
Dietary Fiber 2g	8%
Sugars 6g	
Protein 1g	
Vitamin A	2%
Vitamin C	10%
Calcium	0%
Iron	2%

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

Diabetic Exchange**

Carbohydrates: 0
 Meat: 0
 Fruit: 1
 Vegetable: 0
 Milk: 0
 Fat: 0
 Other: 0

** Diabetic exchanges are calculated based on the American Diabetes Association Exchange System. This site rounds exchanges up or down to equal whole numbers. Therefore, partial exchanges are not included

4. Apricot-Studded Pilaf with Mushrooms

Recipe Summary:

Preparation time: 1 hour

Number of Servings: 4

Cups of Fruits and Vegetables per Person: 2

Ingredients:

- 1 Tbsp, olive oil
- 3 cloves, minced garlic
- 1/2 cup, sliced carrots
- 1 cup, long-grain brown rice
- 2 cups, carrot juice (or orange juice)
- 1/2 tsp, dried sage
- 1/2 cup, diced dried apricots
- 1 cup, finely chopped onion
- 8 oz, Portobello mushrooms, thickly sliced
- 1/2 cup, diced green bell pepper
- 1/2 cup, wild rice
- 1/2 tsp, rosemary
- 1/4 tsp, black pepper

Directions:

In a large saucepan, heat oil over medium heat. Add onion and garlic; cook, stirring frequently, for 5 minutes or until onion is golden brown. Stir in mushrooms, carrot, and bell pepper; cover and cook 7 minutes until the vegetables are tender. Stir in brown rice, wild rice, carrot juice, rosemary, sage, black pepper, and 2 cups of water; bring to a boil. Stir in apricots, and cook 45 minutes, or until rice is tender and liquid has been absorbed.

Nutrition Facts	
Apricot-Studded Pilaf with Mushrooms	
Serving size 1/4 recipe	
Amount Per Serving	
Calories 260	Calories from Fat 40
% Daily Value (DV)*	
Total Fat 5g	7%
Saturated Fat 1g	3%
Cholesterol 0mg	0%
Sodium 45mg	2%
Total Carbohydrate 48g	16%
Dietary Fiber 6g	24%
Sugars 21g	
Protein 5g	
Vitamin A	340%
Vitamin C	60%
Calcium	6%
Iron	10%
* Percent Daily Values are based on a 2,000 calorie diet.	

Diabetic Exchange**

Carbohydrates: 1
 Meat: 0
 Fruit: 1
 Vegetable: 4
 Milk: 0
 Fat: 1
 Other: 0

** Diabetic exchanges are calculated based on the American Diabetes Association Exchange System. This site rounds exchanges up or down to equal whole numbers. Therefore, partial exchanges are not included

5. Asian Pear Slaw with Chilies

Recipe Summary:

Preparation time: 20 minutes

Number of Servings: 6

Cups of Fruits and Vegetables per Person: 1

Ingredients:

- 6 celery ribs
- 4 Tbsp seasoned rice vinegar
- 6 Asian pears, sliced 1/4 inch thick
- 1/4 cup Cilantro leaves
- 4 Tbsp fresh lime juice
- 1 tsp ginger root
- 3 scallions, thinly sliced on diagonal
- 1/2 tsp Fresno chili or Jalapeno chili, finely chopped

Directions:

Whisk together lime juice, vinegar, and ginger. In large bowl, combine celery and remaining ingredients and mix until well combined. Salt and pepper to taste. Let stand at room temperature 15 minutes before serving.

Nutrition Facts	
Asian Pear Slaw with Chilies	
Serving size 1/6 serving	
Amount Per Serving	
Calories 70	Calories from Fat 5
% Daily Value (DV)*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Cholesterol 0mg	0%
Sodium 230mg	10%
Total Carbohydrate 18g	6%
Dietary Fiber 5g	20%
Sugars 12g	
Protein 1g	
Vitamin A	6%
Vitamin C	20%
Calcium	2%
Iron	2%
* Percent Daily Values are based on a 2,000 calorie diet.	

Diabetic Exchange**

Carbohydrates: 0

Meat: 0

Fruit: 1

Vegetable: 0

Milk: 0

Fat: 0

Other: 0

** Diabetic exchanges are calculated based on the American Diabetes Association Exchange System. This site rounds exchanges up or down to equal whole numbers. Therefore, partial exchanges are not included

6. Asparagus with Lemon

Recipe Summary:

Preparation time: 15 minutes

Number of Servings: 4

Cups of Fruits and Vegetables per Person: 1

Ingredients:

- 2 lbs asparagus, tough ends trimmed
- 2 tsp olive oil
- 2 Tbsp lemon juice

Directions:

Place asparagus in a steamer basket over boiling water. Cover saucepan and steam 5 minutes or until bright green and tender. Rinse asparagus under cold water and drain thoroughly. Combine oil and lemon juice in a bowl. Pour over asparagus. Season with pepper to taste. Serve at room temperature if desired.

Nutrition Facts	
Asparagus with Lemon	
Serving size 1/4 recipe	
Amount Per Serving	
Calories 70	Calories from Fat 20
% Daily Value (DV)*	
Total Fat 3g	4%
Saturated Fat 0g	0%
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 9g	3%
Dietary Fiber 5g	20%
Sugars 4g	
Protein 5g	
Vitamin A	35%
Vitamin C	25%
Calcium	6%
Iron	25%

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

Diabetic Exchange**

Carbohydrates: 0

Meat: 0

Fruit: 0

Vegetable: 2

Milk: 0

Fat: 0

Other: 0

** Diabetic exchanges are calculated based on the American Diabetes Association Exchange System. This site rounds exchanges up or down to equal whole numbers. Therefore, partial exchanges are not included

7. Avocado Fruit Salad

Recipe Summary:

- Preparation time: 10 minutes
- Number of Servings: 8
- Cups of Fruits and Vegetables per Person: 3

Ingredients:

- 1 10 oz, package mixed baby greens
- 4 grapefruit
- 2 star fruits, sliced
- 1-1/2 Tbsp olive oil
- 1 tsp, grated lime peel
- 1 Tbsp, fresh chopped basil leaves
- 1/4 tsp, salt
- 4 kiwi, peeled and sliced in half rounds
- 2 cups, sliced strawberries
- 1/2 ripe avocado, seeded and peeled (1/2 sliced into 8 portions, 1/2" cubed)
- 2 Tbsp, raspberry vinegar
- 1 Tbsp, fresh lime juice
- 1/2 tsp, dry mustard
- 1/4 tsp, pepper

Directions:

In a large salad bowl, combine first five ingredients except avocado slices. Pour on dressing and toss to coat. Top with avocado slices.

Dressing: In a small bowl, whisk together remaining ingredients, set aside.

Nutrition Facts	
Avocado Fruit Salad	
Serving size 1/8 recipe	
Amount Per Serving	
Calories 140	Calories from Fat 45
% Daily Value (DV)*	
Total Fat 5g	8%
Saturated Fat 0g	3%
Cholesterol 0mg	0%
Sodium 117mg	5%
Total Carbohydrate 24g	8%
Dietary Fiber 6g	24%
Sugars 18g	
Protein 2g	
Vitamin A	30%
Vitamin C	220%
Calcium	4%
Iron	6%
* Percent Daily Values are based on a 2,000 calorie diet.	

Diabetic Exchange**

- Carbohydrates: 0
- Meat: 0
- Fruit: 1
- Vegetable: 0
- Milk: 0
- Fat: 1
- Other: 0

** Diabetic exchanges are calculated based on the American Diabetes Association Exchange System. This site rounds exchanges up or down to equal whole numbers. Therefore, partial exchanges are not included

8. Baba Ghanoush (Eggplant Dip)

Recipe Summary:

- Preparation time: 1 hour
- Number of Servings: 8
- Cups of Fruits and Vegetables per Person: 0.5

Ingredients:

- 2 large eggplants (1 1/4 lbs)
- 4 cloves garlic, peeled and crushed with salt
- 4 Tbsp cold water
- Dash of freshly ground black pepper
- 1 cup chopped tomato
- 2 level Tbsp tahini
- 3 Tbsp fresh lemon juice or more to taste
- 1/4 tsp salt
- 1/2 tsp olive oil
- 1/2 cup diced onion

Directions:

Pierce the eggplants in several places with a toothpick. If you are cooking indoors, wrap the whole eggplant in aluminum foil and set it over a gas grill to cook on all sides until it collapses and begins to release a great deal of steam. If you are cooking over coals, grill the eggplant until blackened, collapsed, and cooked through.

Dump the eggplant into a basin of cold water; peel while it's still hot and allow it to drain in a colander until cool. Squeeze pulp to remove any bitter juices. Mash the eggplant to a puree.

In a food processor, mix the tahini with the garlic, onion, tomato, and lemon juice until the mixture contracts. Thin with the water. With the machine running, add the eggplant and the salt, pepper, and olive oil.

Spread out in a shallow dish and garnish with pepper, parsley, and tomatoes.

Nutrition Facts	
Baba Ghanoush (Eggplant Dip)	
Serving size 1/8 of recipe	
Amount Per Serving	
Calories 70	Calories from Fat 25
% Daily Value (DV)*	
Total Fat 3g	4%
Saturated Fat 0g	0%
Cholesterol 0mg	0%
Sodium 80mg	3%
Total Carbohydrate 12g	4%
Dietary Fiber 5g	20%
Sugars 4g	
Protein 2g	
Vitamin A	4%

Diabetic Exchange**

- Carbohydrates: 0
- Meat: 0
- Fruit: 0
- Vegetable: 2
- Milk: 0
- Fat: 0
- Other: 0

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Vitamin C	15%
Calcium	4%
Iron	4%
* Percent Daily Values are based on a 2,000 calorie diet.	

9. Bean Gazpacho

Recipe Summary:

Preparation time: 25 minutes

Number of Servings: 6

Cups of Fruits and Vegetables per Person: 1

Ingredients:

- 4 cups cooked pinto beans
- 4 Tbsp lime juice
- 16 oz can stewed no salt added tomatoes
- 1 cup thinly sliced celery
- 1 cup chopped green pepper
- 1/2 small avocado, peeled and chopped
- 1 qt low sodium tomato juice
- 2 tsp reduced sodium Worcestershire sauce
- 2 cups peeled, seeded and chooped cucumber
- 1 cup chopped onion
- 2 tsp minced roasted garlic
- 1 cup fat free croutons

Directions:

Process beans, tomato juice, lime juice, and Worcestershire sauce in food processor or blender; pour into large bowl. Mix in remaining beans and ingredients, except avocado and croutons. Refrigerate until chilled about 4 hours.

Mix avocado into soup and pour into bowls; sprinkle with croutons.

Nutrition Facts	
Bean Gazpacho	
Serving size 1/6 of recipe	
Amount Per Serving	
Calories 290	Calories from Fat 30
% Daily Value (DV)*	
Total Fat 4g	5%
Saturated Fat 1g	3%
Cholesterol 0mg	0%
Sodium 180mg	8%
Total Carbohydrate 53g	18%
Dietary Fiber 15g	60%
Sugars 13g	
Protein 14g	
Vitamin A	20%
Vitamin C	130%
Calcium	10%
Iron	25%

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

Diabetic Exchange**

Carbohydrates: 2

Meat: 1

Fruit: 0

Vegetable: 3

Milk: 0

Fat: 0

Other: 0

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10. Caribbean Watermelon Salsa

Recipe Summary:

Preparation time: 25 minutes

Number of Servings: 8

Cups of Fruits and Vegetables per Person: 1

Ingredients:

- 2 cups watermelon, chopped and seeded
- 1 cup onion, chopped
- 1/4 cup orange juice
- 1 cup fresh pineapple, chopped
- 1/4 cup fresh cilantro, chopped
- 1 Tbsp jerk seasoning

Directions:

In large bowl, combine all ingredients; mix well. Refrigerate, covered, at least one hour to blend flavors. Stir before serving.

Nutrition Facts	
Caribbean Watermelon Salsa	
Serving size 1/8 of recipe	
Amount Per Serving	
Calories 35	Calories from Fat 5
% Daily Value (DV)*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 8g	3%
Dietary Fiber 1g	4%
Sugars 7g	
Protein 1g	
Vitamin A	4%
Vitamin C	15%
Calcium	0%
Iron	2%

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

Diabetic Exchange**

Carbohydrates: 0

Meat: 0

Fruit: 0

Vegetable: 0

Milk: 0

Fat: 0

Other: 0

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11. Carrots and Pineapple Gelatin Salad

Recipe Summary:

Preparation time: 1 hour, 40 minutes

Number of Servings: 8

Cups of Fruits and Vegetables per Person: 1

Ingredients:

- 1 cup, boiling water
- 1/2 cup, cold water
- 1/2 cup, non-fat mayonnaise
- 1 carrot, shredded
- 1 small package lime flavored gelatin
- 1 Tbsp, white vinegar or lemon juice
- pinch of salt and pepper
- 1 can, crushed pineapple in own juices, drained

Directions:

Blend all ingredients together, except carrots and pineapple. Freeze for 20 to 30 minutes. Add carrot and pineapple. Stir and freeze for 1 hour.

Nutrition Facts	
Carrots and Pineapple Gelatin Salad	
Serving size 1/8 salad	
Amount Per Serving	
Calories 110	Calories from Fat 5
% Daily Value (DV)*	
Total Fat 0g	4%
Saturated Fat 0g	0%
Cholesterol 0mg	0%
Sodium 230mg	10%
Total Carbohydrate 26g	9%
Dietary Fiber 2g	8%
Sugars 23g	
Protein 2g	
Vitamin A	160%
Vitamin C	15%
Calcium	0%
Iron	2%

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

Diabetic Exchange**

Carbohydrates: 1

Meat: 0

Fruit: 1

Vegetable: 1

Milk: 0

Fat: 0

Other: 0

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12. Celery and Apple Steam-Fry with Honey-Mustard Sauce

Recipe Summary:

Preparation time: 15 minutes

Number of Servings: 4

Cups of Fruits and Vegetables per Person: 1

Ingredients:

- 1 cup water
- 2 cups, sweet red apples (approx. 2 medium) diced
- 1 Tbsp, honey
- 1/8 tsp, ground black pepper
- 4 cups, celery, diagonally sliced 1/2" thick
- 2 Tbsp, Dijon-style mustard
- 1 tsp, cornstarch
- 1/4 cup, chopped and toasted walnuts

Directions:

In a large skillet bring water to a boil. Add celery and apples; cook and stir until crisp-tender, about 8 minutes. In a small bowl combine mustard, honey, cornstarch and black pepper with 2 Tbsp water. Add to celery mixture, stirring constantly; cook and stir until clear and thickened, about 1 minute. Stir in walnuts, if desired.

Nutrition Facts	
Celery and Apple Steam-Fry with Honey-Mustard Sauce	
Serving size 1/4 recipe	
Amount Per Serving	
Calories 100	Calories from Fat 30
% Daily Value (DV)*	
Total Fat 4g	5%
Saturated Fat 0g	0%
Cholesterol 0mg	0%
Sodium 300mg	13%
Total Carbohydrate 19g	6%
Dietary Fiber 4g	16%
Sugars 12g	
Protein 2g	
Vitamin A	4%
Vitamin C	20%
Calcium	6%
Iron	6%
* Percent Daily Values are based on a 2,000 calorie diet.	

Diabetic Exchange**

Carbohydrates: 0

Meat: 0

Fruit: 1

Vegetable: 1

Milk: 0

Fat: 1

Other: 0

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13. Cherry Pepper Salad

Recipe Summary:

Preparation time: 1 hour, 10 minutes

Number of Servings: 4

Cups of Fruits and Vegetables per Person: 3

Ingredients:

- 1 cup pitted fresh sweet cherries
- 1 cup thinly sliced green peppers
- 2 Tbsp finely chopped onion
- 1/2 Tbsp olive oil
- salt and pepper to taste
- 4 cups mixed greens
- 1 cup thinly sliced sweet yellow peppers
- 1/4 cup thinly sliced mild chili pepper
- 2 Tbsp white wine vinegar
- 1 tsp sugar
- 1 Tbsp pickled ginger strips, optional

Directions:

Toss together all ingredients except greens; refrigerate 1 hour or longer. Serve on mixed greens.

Nutrition Facts	
Cherry Pepper Salad	
Serving size 1/4 salad	
Amount Per Serving	
Calories 70	Calories from Fat 20
% Daily Value (DV)*	
Total Fat 2g	3%
Saturated Fat 0g	0%
Cholesterol 0mg	0%
Sodium 90mg	4%
Total Carbohydrate 13g	4%
Dietary Fiber 3g	12%
Sugars 8g	
Protein 2g	
Vitamin A	35%
Vitamin C	180%
Calcium	4%
Iron	6%
* Percent Daily Values are based on a 2,000 calorie diet.	

Diabetic Exchange**

Carbohydrates: 0

Meat: 0

Fruit: 0

Vegetable: 1

Milk: 0

Fat: 0

Other: 0

** Diabetic exchanges are calculated based on the American Diabetes Association Exchange System. This site rounds exchanges up or down to equal whole numbers. Therefore, partial exchanges are not included

14. Citrus Tossed Salad and Vinaigrette Dressings

Recipe Summary:

Preparation time: 15 minutes

Number of Servings: 6

Cups of Fruits and Vegetables per Person: 1

Ingredients:

- 6 torn mixed salad greens
- 1-1/2 cups, peeled jicama cut into thin strips
- citrus vinaigrette or another flavor vinaigrette
- 3 oranges or 2 grapefruit, peeled, sectioned, and seeded
- 1 medium red onion, sliced and separated into ring 1/3 cup

Directions:

Choose from four fabulous flavors of vinaigrette to add a gourmet touch to this salad. Because orange juice concentrate replaces part of the oil included in a vinaigrette, these vinaigrettes have only 2 g of fat and 34 calories per Tbsp instead of 6 g of fat and calories. In a large salad bowl combine torn mixed greens, orange or grapefruit sections, jicama, and onion ring. Drizzle with the vinaigrette (see below); toss. Serve at once.

Citrus Vinaigrette:

In a screw-top jar combine 3/4 cup frozen orange juice concentrate, thawed; 1/4 cup vinegar; 2 Tbsp olive oil; 1/4 cup water; and 1/4 tsp. pepper. Shake well to mix. Cover and chill for up to 1 week. Before using, let stand at room temperature about 15 minutes, then shake well. Makes 1 1/2 cups dressing.

Garlic-Citrus Vinaigrette:

To 1/3 cup Citrus Vinaigrette, add 1 medium clove garlic, crushed.

Ginger-Citrus Vinaigrette:

To 1/3 cup Citrus Vinaigrette, add 1/2 tsp. grated gingerroot.

Herb-Citrus Vinaigrette:

To 1/3 cup Citrus Vinaigrette, add 1 tsp. snipped fresh thyme or basil or 1/4 tsp. dried thyme or basil crushed.

Nutrition Facts	
Citrus Tossed Salad and Vinaigrette Dressings	
Serving size 1/6 recipe	
Amount Per Serving	
Calories 61	Calories from Fat 0
% Daily Value (DV)*	
Total Fat 0g	3%
Saturated Fat 0g	0%

Diabetic Exchange**

Carbohydrates: 0

Meat: 0

Fruit: 1

Vegetable: 1

Milk: 0

Fat: 1

Other: 0

Cholesterol 0mg	0%
Sodium 17mg	0%
Total Carbohydrate 14g	0%
Dietary Fiber 5g	0%
Sugars 0g	
Protein 2g	
Vitamin A	0%
Vitamin C	0%
Calcium	0%
Iron	0%
* Percent Daily Values are based on a 2,000 calorie diet.	

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15. Confetti Appleslaw

Recipe Summary:

Preparation time: 15 minutes

Number of Servings: 8

Cups of Fruits and Vegetables per Person: 2

Ingredients:

- 2 Tbsp, orange concentrate, defrosted
- 4 cups, cabbage, shredded
- 1 red or green sweet pepper, thinly sliced
- 1 Tbsp, calorie-reduced mayonnaise
- 1/2 tsp, dry mustard
- 1/8 tsp, freshly ground black pepper
- 1 red apple, unpeeled, cored and diced
- 2 small red onions, finely shredded
- 3 Tbsp, raisins
- 1/2 cup, plain low-fat yogurt
- 1/8 tsp, paprika

Directions:

In a large bowl, stir together juice concentrate and diced apple. Add cabbage, onion, pepper and raisins. In a small bowl, stir together mayonnaise, yogurt, mustard, paprika, and pepper. Add to vegetable mixture. Cover tightly and refrigerate until ready to serve.

Nutrition Facts	
Confetti Appleslaw	
Serving size 1/8 recipe	
Amount Per Serving	
Calories 60	Calories from Fat 5
% Daily Value (DV)*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Cholesterol 1mg	0%
Sodium 30mg	1%
Total Carbohydrate 14g	5%
Dietary Fiber 2g	8%
Sugars 10g	
Protein 2g	
Vitamin A	15%
Vitamin C	70%
Calcium	4%
Iron	2%
* Percent Daily Values are based on a 2,000 calorie diet.	

Diabetic Exchange**

Carbohydrates: 0

Meat: 0

Fruit: 0

Vegetable: 1

Milk: 0

Fat: 0

Other: 0

** Diabetic exchanges are calculated based on the American Diabetes Association Exchange System. This site rounds exchanges up or down to equal whole numbers. Therefore, partial exchanges are not included

16. Cranberry Bruschetta

Recipe Summary:

Preparation time: 10 minutes

Number of Servings: 6

Cups of Fruits and Vegetables per Person: 1

Ingredients:

- 2 cups, Fresh or Frozen Cranberries
- 3 Tbsp, red wine vinegar
- 2 garlic cloves, minced
- 1 tsp, oregano
- 8 tsp, extra virgin olive oil
- 1/4 cup, sugar substitute
- 1 red onion, thinly sliced into rings
- 3 Tbsp, minced fresh basil
- 1 8 oz loaf whole grain French bread

Directions:

Combine cranberries, sugar and red wine vinegar in a medium saucepan. Bring to a boil. Add onion and garlic, return to a boil and reduce heat. Simmer on low for 10 minutes or until cranberries pop. Pour into a glass bowl. Stir in basil and oregano. Cool at room temperature.

Cut bread diagonally into 16 (3/4-inch) slices; brush both sides with oil. Broil each side for 1 to 2 minutes or until golden brown. Top each slice with cranberry mixture.

Nutrition Facts	
Cranberry Bruschetta	
Serving size 1 slice bruschetta	
Amount Per Serving	
Calories 220	Calories from Fat 70
% Daily Value (DV)*	
Total Fat 7g	11%
Saturated Fat 1g	5%
Cholesterol 0mg	0%
Sodium 230mg	10%
Total Carbohydrate 32g	11%
Dietary Fiber 3g	12%
Sugars 4g	
Protein 4g	
Vitamin A	2%
Vitamin C	8%
Calcium	4%
Iron	6%

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

Diabetic Exchange**

Carbohydrates: 1

Meat: 0

Fruit: 0

Vegetable: 0

Milk: 0

Fat: 1

Other: 0

** Diabetic exchanges are calculated based on the American Diabetes Association Exchange System. This site rounds exchanges up or down to equal whole numbers. Therefore, partial exchanges are not included

17. Curried Butternut Apple Soup

Recipe Summary:

- Preparation time: 1 hour
- Number of Servings: 10
- Cups of Fruits and Vegetables per Person: 2

Ingredients:

- 1/4 cup reduced fat margarine
- 1 rib celery
- 2 medium butternut squash (about 2 1/2 – 3 lbs) peeled, seeded, and cut into
- 3 cups water (chicken stock or vegetable broth)
- 2 cups chopped onion
- 4 tsp curry powder
- 3 medium apples—peeled, cored, and chopped
- 1 cup cider

Directions:

In a heavy kettle, combine onions, celery, margarine and curry powder. Cover and cook over low heat until vegetables are tender (10–15 minutes), stirring often. Add cubed squash, chopped apples, and liquid (water, stock or broth) and bring to a boil. Reduce heat and simmer 20–30 minutes or until squash and apples are cooked thoroughly. Strain liquid and set aside. Puree the apple-squash mixture with one cup of the strained liquid. Add cider and remaining liquid to reach desired consistency. Garnish with grated apple, yogurt or low fat sour cream.

Nutrition Facts	
Curried Butternut Apple Soup	
Serving size 1/10 of recipe	
Amount Per Serving	
Calories 150	Calories from Fat 30
% Daily Value (DV)*	
Total Fat 4g	6%
Saturated Fat 1g	3%
Cholesterol 0mg	0%
Sodium 65mg	3%
Total Carbohydrate 30g	10%
Dietary Fiber 6g	24%
Sugars 15g	
Protein 2g	
Vitamin A	200%
Vitamin C	45%
Calcium	8%
Iron	8%

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

Diabetic Exchange**

- Carbohydrates: 1
- Meat: 0
- Fruit: 1
- Vegetable: 1
- Milk: 0
- Fat: 1
- Other: 0

** Diabetic exchanges are calculated based on the American Diabetes Association Exchange System. This site rounds exchanges up or down to equal whole numbers. Therefore, partial exchanges are not included

18. Curried Rice with Roasted Carrots and Apricots

Recipe Summary:

Preparation time: 50 minutes

Number of Servings: 4

Cups of Fruits and Vegetables per Person: 1

Ingredients:

- 2 cups basmati rice (or any type of rice)
- 1/2 cup low-sodium chicken or vegetable broth
- 1/2 cup dried apricots, diced
- 2 cups carrots, sliced
- 2 Tbsp curry powder
- 2 Tbsp walnut segments or sliced almonds, toasted* (optional)

Directions:

Cook rice according to package directions. Meanwhile, roast carrots at 400°F, covered, for 25-35 minutes, until soft when pierced with a fork. Add broth, curry powder, apricots and nuts to cooked rice and stir gently. Heat on low heat until evenly warm. Transfer to serving dish, top with carrots, and serve.

*To toast nuts, simply spread them in a small pan in a 400 °F oven and heat them for 5 to 8 minutes, checking often, until you can smell their oils when you open the oven. Or, you can heat them on the stove in a small pan, stirring and watching closely.

Nutrition Facts	
Curried Rice with Roasted Carrots and Apricots	
Serving size 1/4 of recipe	
Amount Per Serving	
Calories 279	Calories from Fat 0
% Daily Value (DV)*	
Total Fat 3g	11%
Saturated Fat 0g	0%
Cholesterol 0mg	0%
Sodium 25mg	0%
Total Carbohydrate 58g	0%
Dietary Fiber 6g	0%
Sugars 0g	
Protein 6g	
Vitamin A	0%
Vitamin C	0%
Calcium	0%
Iron	0%
* Percent Daily Values are based on a 2,000 calorie diet.	

Diabetic Exchange**

Carbohydrates: 0

Meat: 0

Fruit: 1

Vegetable: 1

Milk: 0

Fat: 0

Other: 0

** Diabetic exchanges are calculated based on the American Diabetes Association Exchange System. This site rounds exchanges up or down to equal whole numbers. Therefore, partial exchanges are not included

19. Exotic Fruit Salad

Recipe Summary:

Preparation time: 30 minutes

Number of Servings: 6

Cups of Fruits and Vegetables per Person: 1.5

Ingredients:

- 1 head romaine lettuce
- 1 cup fresh mint leaves
- 2 ugli fruit
- 3 Tbsp freshly squeezed lemon juice
- 1/8 tsp salt
- 3 Tbsp walnut oil
- 1/3 cup chopped walnuts or macadamia nuts, toasted
- 1 head Belgian endive
- 2 large oranges
- 1/2 cup pineapple juice
- 3 Tbsp sugar
- 1/2 tsp ground cinnamon
- 1/2 cup golden raisins
- 1/3 cup slivered almonds, toasted

Directions:

Wash and dry lettuce, endive, and mint; set aside in a large bowl. Peel oranges and ugli fruit, removing all the pith. Divide into segments and place in a bowl. In a small bowl, combine the pineapple juice, lemon juice, sugar, salt, cinnamon, and walnut oil. Mix well; set aside. Toss the chilled greens with the dressing to taste. Place greens on a large platter and top with orange and ugli fruit segments, raisins, and nuts.

Nutrition Facts	
Exotic Fruit Salad	
Serving size 1/6 of recipe	
Amount Per Serving	
Calories 280	Calories from Fat 130
% Daily Value (DV)*	
Total Fat 14g	22%
Saturated Fat 2g	8%
Cholesterol 0mg	0%
Sodium 85mg	4%
Total Carbohydrate 37g	12%
Dietary Fiber 7g	28%
Sugars 24g	
Protein 5g	
Vitamin A	80%
Vitamin C	90%
Calcium	15%
Iron	20%

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

Diabetic Exchange**

Carbohydrates: 0

Meat: 0

Fruit: 1

Vegetable: 1

Milk: 0

Fat: 3

Other: 0

** Diabetic exchanges are calculated based on the American Diabetes Association Exchange System. This site rounds exchanges up or down to equal whole numbers. Therefore, partial exchanges are not included

20. Fruit and Bran Smoothie

Recipe Summary:

Preparation time: 10 minutes

Number of Servings: 2

Cups of Fruits and Vegetables per Person: 3.5

Ingredients:

- 2 cups orange juice
- 1/2 cup bran cereal
- 1/2 cup carrots, chopped
- 2 cups strawberries
- 1 cup low fat strawberry yogurt
- 2 cups ice

Directions:

Place all items into blender and blend until smooth. Serve immediately.

Nutrition Facts	
Fruit and Bran Smoothie	
Serving size 1/2 of recipe	
Amount Per Serving	
Calories 310	Calories from Fat 20
% Daily Value (DV)*	
Total Fat 3g	4%
Saturated Fat 1g	5%
Cholesterol 5mg	2%
Sodium 130mg	5%
Total Carbohydrate 71g	24%
Dietary Fiber 9g	36%
Sugars 54g	
Protein 9g	
Vitamin A	160%
Vitamin C	270%
Calcium	25%
Iron	20%
* Percent Daily Values are based on a 2,000 calorie diet.	

Diabetic Exchange**

Carbohydrates: 2

Meat: 0

Fruit: 3

Vegetable: 1

Milk: 0

Fat: 0

Other: 0

** Diabetic exchanges are calculated based on the American Diabetes Association Exchange System. This site rounds exchanges up or down to equal whole numbers. Therefore, partial exchanges are not included

21. Garbanzo Tabbouleh

Recipe Summary:

Preparation time: 40 minutes

Number of Servings: 8

Cups of Fruits and Vegetables per Person: 1

Ingredients:

- 1 cup, bulgur (cracked wheat)
- 2 cups, diced tomatoes
- 1 cup, cucumber, peeled, seeded and diced
- 1/2 cup yellow bell pepper, diced
- 2 Tbsp fresh mint, chopped
- 1/3 cup fresh lemon juice
- 1 cup, boiling water
- 1-1/2 cups, cooked (1/2 cup dry will yield 1-1/2 cups cooked) or 1 can (15 oz) can garbanzo beans, drained
- 3/4 cup, chopped fresh parsley
- 1/2 cup green onions, sliced
- 1/2 tsp salt
- 1-1/2 Tbsp, olive oil

Directions:

Combine bulgur and boiling water in a large bowl; stir well. Let stand 30 minutes or until water is absorbed. Add tomato and remaining ingredients; toss gently. Serve at room temperature.

Nutrition Facts	
Garbanzo Tabbouleh	
Serving size 1 cup	
Amount Per Serving	
Calories 100	Calories from Fat 30
% Daily Value (DV)*	
Total Fat 4g	5%
Saturated Fat 0g	0%
Cholesterol 0mg	0%
Sodium 270mg	11%
Total Carbohydrate 16g	5%
Dietary Fiber 4g	16%
Sugars 4g	
Protein 4g	
Vitamin A	15%
Vitamin C	70%
Calcium	4%
Iron	8%

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

Diabetic Exchange**

Carbohydrates: 1

Meat: 0

Fruit: 0

Vegetable: 1

Milk: 0

Fat: 1

Other: 0

** Diabetic exchanges are calculated based on the American Diabetes Association Exchange System. This site rounds exchanges up or down to equal whole numbers. Therefore, partial exchanges are not included

22. Glazed Sweet Potatoes

Recipe Summary:

Preparation time: 50 minutes

Number of Servings: 4

Cups of Fruits and Vegetables per Person: 4

Ingredients:

- 1 lb sweet potatoes, peeled and cut into 1/2 inch-thick slices
- 1 Tbsp cornstarch
- 3/4 cup unsweetened orange juice
- vegetable cooking spray
- 1 Tbsp brown sugar
- 2 Tbsp lemon juice

Directions:

Spray 1 quart casserole dish with cooking spray and place potato slices in the bottom. Combine cornstarch and brown sugar in a small bowl and add orange and lemon juices, stirring well. Pour over potatoes and cover and bake at 425°F for 40 minutes or until potatoes are tender and glaze is thickened.

Nutrition Facts	
Glazed Sweet Potatoes	
Serving size 1/4 of recipe	
Amount Per Serving	
Calories 130	Calories from Fat 0
% Daily Value (DV)*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Cholesterol 0mg	0%
Sodium 20mg	1%
Total Carbohydrate 31g	10%
Dietary Fiber 3g	12%
Sugars 12g	
Protein 2g	
Vitamin A	330%
Vitamin C	70%
Calcium	4%
Iron	4%
* Percent Daily Values are based on a 2,000 calorie diet.	

Diabetic Exchange**

Carbohydrates: 1

Meat: 0

Fruit: 0

Vegetable: 0

Milk: 0

Fat: 0

Other: 0

** Diabetic exchanges are calculated based on the American Diabetes Association Exchange System. This site rounds exchanges up or down to equal whole numbers. Therefore, partial exchanges are not included

23. Grilled Cherry Sauce for Salmon

Recipe Summary:

Preparation time: 40 minutes

Number of Servings: 6

Cups of Fruits and Vegetables per Person: 1

Ingredients:

- 3 cups pitted fresh sweet cherries
- 1/2 cup dry white wine
- 1 clove garlic, finely chopped
- 2 Tbsp fresh lemon juice
- 1/2 tsp salt
- 1/2 cup water
- 1/4 cup chopped onion
- 2 Tbsp honey
- 1 tsp freshly grated lemon peel
- 1/4 tsp crushed red pepper flakes

Directions:

In large saucepan, combine all ingredients; bring to a boil over medium-high heat. Reduce heat and simmer, uncovered, 30 minutes or until mixture thickens, stirring frequently. Great served over grilled salmon.

Nutrition Facts	
Grilled Cherry Sauce for Salmon	
Serving size 1/6 of recipe	
<hr/>	
Amount Per Serving	
Calories 100	Calories from Fat 10
<hr/>	
% Daily Value (DV)*	
Total Fat 1g	2%
Saturated Fat 0g	0%
Cholesterol 0mg	0%
Sodium 280mg	12%
Total Carbohydrate 23g	8%
Dietary Fiber 3g	12%
Sugars 17g	
<hr/>	
Protein 1g	
<hr/>	
Vitamin A	25%
Vitamin C	20%
Calcium	2%
Iron	4%
<hr/>	
<small>* Percent Daily Values are based on a 2,000 calorie diet.</small>	

Diabetic Exchange**

Carbohydrates: 0

Meat: 0

Fruit: 1

Vegetable: 0

Milk: 0

Fat: 0

Other: 0

** Diabetic exchanges are calculated based on the American Diabetes Association Exchange System. This site rounds exchanges up or down to equal whole numbers. Therefore, partial exchanges are not included

24. Indonesian Chicken and Pear Salad

Recipe Summary:

Preparation time: 30 minutes

Number of Servings: 4

Cups of Fruits and Vegetables per Person: 1

Ingredients:

- 1-1/2 cup, cubed cold cooked chicken breast
- 1/4 cup, coarsley chopped peanuts
- 3 Tbsp, slivered crystalline ginger
- lemon juice
- 1/2 cup, lowfat yogurt
- 1/4 tsp, dry mustard
- 1/4 tsp, garlic powder
- 3 fresh pears, halved and cored
- 1/2 cup, thinly sliced cucumber
- 2 Tbsp, thinly sliced green onions
- iceberg lettuce cups or leaves
- 1/2 tsp, curry powder
- 1/4 tsp, ground allspice

Directions:

Place chicken in bowl. Cube 1 pear. Add to chicken along with nuts, cucumber, ginger and onion. Add curry dressing; gently mix. To make curry dressing, combine yogurt, curry powder, dry mustard, ground allspice and garlic powder; mix well. Make about 30 minutes before using for flavor to develop. Makes about 2/3-cup. Dip pear halves in lemon juice and arrange each half in lettuce cup or lettuce leaves on individual salad plate. Spoon salad onto pear halves.

Nutrition Facts	
Indonesian Chicken and Pear Salad	
Serving size 1/4 recipe	
Amount Per Serving	
Calories 230	Calories from Fat 50
% Daily Value (DV)*	
Total Fat 5g	8%
Saturated Fat 1g	5%
Cholesterol 0mg	0%
Sodium 35mg	1%
Total Carbohydrate 44g	15%
Dietary Fiber 4g	16%
Sugars 24g	
Protein 5g	
Vitamin A	10%
Vitamin C	20%
Calcium	10%
Iron	8%
* Percent Daily Values are based on a 2,000 calorie diet.	

Diabetic Exchange**

Carbohydrates: 1

Meat: 0

Fruit: 1

Vegetable: 0

Milk: 0

Fat: 1

Other: 0

** Diabetic exchanges are calculated based on the American Diabetes Association Exchange System. This site rounds exchanges up or down to equal whole numbers. Therefore, partial exchanges are not included

25. Lemon Bulgur and Chickpea Pilaf

Recipe Summary:

Preparation time: 30 minutes

Number of Servings: 6

Cups of Fruits and Vegetables per Person: 1

Ingredients:

- 1 cup medium grind bulgur
- 1 tsp ground cumin
- 1 small onion, chopped
- 3 cloves garlic, minced
- 1/3 cup fresh lemon juice
- 2 cups vegetable stock
- 1 Tbsp olive oil
- 1 small green bell pepper, chopped
- 2 cups canned chickpeas, rinsed and drained
- 1 cup fresh chopped parsley

Directions:

Place bulgur in a bowl. Bring stock to a boil, add half the cumin, and pour stock over bulgur. Stir once and let sit 10 to 15 minutes, until most of the liquid has been absorbed and bulgur is fluffy. Heat oil in a heavy nonstick skillet over medium heat. Sauté onion, green pepper and half the garlic 3 to 5 minutes, stirring, until onion is translucent. Add remaining garlic and cumin. Sauté about 30 seconds. Stir in bulgur and chickpeas. Stir together a few minutes. Then add remaining ingredients, combine well and season with salt and pepper to taste. Serve hot.

Nutrition Facts	
Lemon Bulgur and Chickpea Pilaf	
Serving size 1/6 of recipe	
Amount Per Serving	
Calories 140	Calories from Fat 35
% Daily Value (DV)*	
Total Fat 4g	6%
Saturated Fat 0g	0%
Cholesterol 0mg	0%
Sodium 440mg	18%
Total Carbohydrate 22g	7%
Dietary Fiber 5g	20%
Sugars 5g	
Protein 6g	
Vitamin A	15%
Vitamin C	50%
Calcium	6%
Iron	10%
* Percent Daily Values are based on a 2,000 calorie diet.	

Diabetic Exchange**

Carbohydrates: 1

Meat: 0

Fruit: 0

Vegetable: 1

Milk: 0

Fat: 1

Other: 0

** Diabetic exchanges are calculated based on the American Diabetes Association Exchange System. This site rounds exchanges up or down to equal whole numbers. Therefore, partial exchanges are not included

26. Mango and Tomatillo Salsa

Recipe Summary:

Preparation time: 25 minutes

Number of Servings: 8

Cups of Fruits and Vegetables per Person: 1

Ingredients:

- 2 mangos, peeled and diced
- 1 jalapeno pepper, seeded and sliced
- 1/4 cup diced onion
- 1/2 cup diced tomatoes
- 10 tomatillos, husked and sliced
- 1/4 cup lime juice
- 1/4 cup chopped cilantro

Directions:

Combine all of the ingredients in a large bowl. Cover and let sit for at least 2 hours before serving.

Nutrition Facts	
Mango and Tomatillo Salsa	
Serving size 1/8 of recipe	
Amount Per Serving	
Calories 60	Calories from Fat 5
% Daily Value (DV)*	
Total Fat 1g	1%
Saturated Fat 0g	0%
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 13g	4%
Dietary Fiber 2g	8%
Sugars 3g	
Protein 1g	
Vitamin A	25%
Vitamin C	25%
Calcium	0%
Iron	2%

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

Diabetic Exchange**

Carbohydrates: 0

Meat: 0

Fruit: 1

Vegetable: 1

Milk: 0

Fat: 0

Other: 0

** Diabetic exchanges are calculated based on the American Diabetes Association Exchange System. This site rounds exchanges up or down to equal whole numbers. Therefore, partial exchanges are not included

27. Mococcan Lentil Salad

Recipe Summary:

Preparation time: 30 minutes

Number of Servings: 4

Cups of Fruits and Vegetables per Person: 1

Ingredients:

- 1-1/4 cups, uncooked lentils
- 3 Tbsp, lemon juice
- 1/2 tsp, thyme
- 1/4 tsp, salt
- 1 garlic clove
- 1 cup, diced cucumber
- 1 cup, thinly sliced celery
- 2-1/2 cups, water
- 1-1/2 Tbsp, olive oil
- 1/2 tsp, mint flakes
- 1/8 tsp, black pepper
- 1-1/2 cup, quartered cherry tomatoes
- 1/2 cup, crumbled feta cheese
- 4 cups, romaine lettuce leaves

Directions:

Place lentils and water in a large saucepan; bring to a boil. Cover, reduce heat, and simmer 20 minutes or until tender. Drain well, and set aside. Combine lemon juice, olive oil, thyme, mint, salt, pepper, and garlic in a medium bowl; stir with a wire whisk until blended. Add lentils, tomatoes, cucumber, cheese, and celery to dressing mixture; toss gently to coat. Serve on plates lined with romaine lettuce.

Nutrition Facts	
Mococcan Lentil Salad	
Serving size 1/4 recipe	
Amount Per Serving	
Calories 340	Calories from Fat 70
% Daily Value (DV)*	
Total Fat 8g	12%
Saturated Fat 3g	13%
Cholesterol 10mg	3%
Sodium 270mg	12%
Total Carbohydrate 48g	16%
Dietary Fiber 11g	44%
Sugars 7g	
Protein 12g	
Vitamin A	40%
Vitamin C	60%
Calcium	10%
Iron	40%

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

Diabetic Exchange**

Carbohydrates: 3

Meat: 0

Fruit: 0

Vegetable: 1

Milk: 0

Fat: 1

Other: 0

** Diabetic exchanges are calculated based on the American Diabetes Association Exchange System. This site rounds exchanges up or down to equal whole numbers. Therefore, partial exchanges are not included

28. Mushroom Garden Baked Potatoes

Recipe Summary:

Preparation time: 15 minutes

Number of Servings: 2

Cups of Fruits and Vegetables per Person: 3

Ingredients:

- 4 tsp, olive oil
- 1 small red bell pepper, seeded and cut into 1" squares
- 2 Tbsp, water
- 1/4 tsp, salt
- 2 baked potatoes (about 6 oz each)
- 8 oz, fresh sliced mushrooms
- 1 large clove garlic, minced
- 1-1/2 Tbsp, lemon juice
- 1/8 tsp, pepper
- 2 Tbsp, chopped parsley

Directions:

Heat oil in 8 to 10 inch skillet. Add mushrooms, bell pepper and garlic. Toss over high heat until mushrooms brown lightly. Add water and lemon juice. Reduce heat to low. Cook and stir 3 minutes. Season with salt and pepper. Split and fluff potatoes. Top with hot mushroom mixture. Sprinkle with chopped parsley.

Nutrition Facts	
Mushroom Garden Baked Potatoes	
Serving size 1/2 recipe	
Amount Per Serving	
Calories 320	Calories from Fat 90
% Daily Value (DV)*	
Total Fat 10g	15%
Saturated Fat 2g	8%
Cholesterol 0mg	0%
Sodium 260mg	11%
Total Carbohydrate 53g	18%
Dietary Fiber 6g	24%
Sugars 4g	
Protein 8g	
Vitamin A	70%
Vitamin C	240%
Calcium	4%
Iron	20%
* Percent Daily Values are based on a 2,000 calorie diet.	

Diabetic Exchange**

Carbohydrates: 2

Meat: 0

Fruit: 0

Vegetable: 2

Milk: 0

Fat: 2

Other: 0

** Diabetic exchanges are calculated based on the American Diabetes Association Exchange System. This site rounds exchanges up or down to equal whole numbers. Therefore, partial exchanges are not included

29. New Caesar-Style Salad

Recipe Summary:

Preparation time: 20 minutes

Number of Servings: 4

Cups of Fruits and Vegetables per Person: 2

Ingredients:

- 3 1/2" thick slices French Bread, cubed
- 1 tsp, olive or vegetable oil
- 1 clove elephant garlic, peeled and finely minced
- 3 cups, bibb lettuce, torn
- 2 Tbsp, grated Parmesan cheese
- 1/4 cup, lemon juice
- 1/4 tsp, anchovy paste
- 1/4 tsp, pepper
- 3 cups, romaine lettuce, torn

Directions:

Spray a baking sheet with aerosol cooking spray. Sprinkle bread cubes on baking sheet; bake in a 350°F oven for 10 to 12 minutes or until toasted. Meanwhile, in a small bowl stir together lemon juice, oil, anchovy paste, elephant garlic, and pepper. Remove toasted bread from oven; place in a shallow bowl. Sprinkle 2 Tbsp of the dressing mixture over croutons; toss to coat.

In a salad bowl toss together Bibb and Romaine lettuce. Add croutons, remaining dressing, and Parmesan cheese, toss well. Serve.

Nutrition Facts	
New Caesar-Style Salad	
Serving size 1/4 recipe	
Amount Per Serving	
Calories 100	Calories from Fat 20
% Daily Value (DV)*	
Total Fat 2g	3%
Saturated Fat 0g	0%
Cholesterol 4mg	0%
Sodium 470mg	20%
Total Carbohydrate 16g	5%
Dietary Fiber 2g	8%
Sugars 2g	
Protein 4g	
Vitamin A	30%
Vitamin C	35%
Calcium	8%
Iron	8%

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

Diabetic Exchange**

Carbohydrates: 1

Meat: 0

Fruit: 0

Vegetable: 0

Milk: 0

Fat: 0

Other: 0

** Diabetic exchanges are calculated based on the American Diabetes Association Exchange System. This site rounds exchanges up or down to equal whole numbers. Therefore, partial exchanges are not included

30. Nopales and Couscous Salad

Recipe Summary:

Preparation time: 20 minutes

Number of Servings: 4

Cups of Fruits and Vegetables per Person: 3

Ingredients:

- 2-1/2 cups, cooked whole wheat couscous
- 1/3 cup, lemon juice
- 1-1/2 Tbsp, olive oil
- 1 fresh chili pepper
- 3/4 lb, small edible cactus (nopales), prickles removed
- 1 tsp, salt
- 1 small red onion, coarsely diced (about 3/4 cup)
- 2 Tbsp, cilantro

Directions:

Cook couscous according to package directions. Steam nopales about 4 minutes. Cool and cut into 1/4 inch wide strips. Combine lemon juice, salt and olive oil; blend. Toss with nopales and onion. Remove stem and seeds from chili, then dice into small pieces. Add to nopales and toss. Combine with couscous and cilantro and mix well. Cover and chill until serving time.

Nutrition Facts	
Nopales and Couscous Salad	
Serving size 1/4 recipe	
Amount Per Serving	
Calories 120	Calories from Fat 35
% Daily Value (DV)*	
Total Fat 4g	5%
Saturated Fat 1g	3%
Cholesterol 0mg	0%
Sodium 410mg	17%
Total Carbohydrate 19g	6%
Dietary Fiber 1g	4%
Sugars 1g	
Protein 3g	
Vitamin A	6%
Vitamin C	15%
Calcium	10%
Iron	4%
* Percent Daily Values are based on a 2,000 calorie diet.	

Diabetic Exchange**

Carbohydrates: 1

Meat: 0

Fruit: 0

Vegetable: 1

Milk: 0

Fat: 1

Other: 0

** Diabetic exchanges are calculated based on the American Diabetes Association Exchange System. This site rounds exchanges up or down to equal whole numbers. Therefore, partial exchanges are not included

31. Pineapple and Honeydew Salad with Honey Mustard and Lime Marinated Shrimp

Recipe Summary:

Preparation time: 1 hour, 20 minutes

Number of Servings: 4

Cups of Fruits and Vegetables per Person: 5

Ingredients:

- 1/3 lb, large shrimp, peeled, deveined, cooked with tails left on
- 1/2 cup, minced sweet onion
- 2 Tbsp, lime juice
- 1/4 tsp, salt
- 8 cups, mixed baby salad greens
- 1/2 English cucumber, thinly sliced diagonally
- 1/2 cup, pineapple juice
- 3 Tbsp, honey mustard
- 2 Tbsp, fresh chopped mint
- 1/2 tsp, pepper
- 1/2 cup, pineapple, peeled, cored and cut into 1/2" thick wedges

Directions:

In small bowl, whisk together pineapple juice, onion, mustard, lime juice, mint, salt and pepper. Place shrimp in another bowl; add ¼ cup of the marinade and toss to coat shrimp. Cover and refrigerate for 1 hour. Reserve remaining marinade. To serve, place bed of greens on each of 4 plates. Arrange pineapple, honeydew melon and cucumber on top of greens. Top with shrimp and drizzle salads with remaining marinade. Serve immediately.

Nutrition Facts

Pineapple and Honeydew Salad with Honey Mustard and Lime Marinated Shrimp
Serving size 1/4 salad

Amount Per Serving

Calories 120 **Calories from Fat** 15

% Daily Value (DV)*

Total Fat 2g	3%
Saturated Fat 0g	0%
Cholesterol 50mg	17%
Sodium 180mg	8%
Total Carbohydrate 18g	6%
Dietary Fiber 3g	12%
Sugars 11g	
Protein 10g	
Vitamin A	60%
Vitamin C	60%
Calcium	10%
Iron	15%

Diabetic Exchange**

Carbohydrates: 0

Meat: 1

Fruit: 0

Vegetable: 2

Milk: 0

Fat: 0

Other: 0

** Diabetic exchanges are calculated based on the American Diabetes Association Exchange System. This site rounds exchanges up or down to equal whole numbers. Therefore, partial exchanges are not included

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

32. Power Gold Smoothie

Recipe Summary:

Preparation time: 15 minutes

Number of Servings: 4

Cups of Fruits and Vegetables per Person: 0.7

Ingredients:

- 2 cups chopped of grated carrots*
- 3 Tbsp honey
- 1/2 cup vanilla non-fat yogurt
- 1-1/2 cups pineapple juice
- 3 - 4 ice cubes

Directions:

* Place only chopped or grated carrots in blender and turn on high. Through lid, slowly drizzle in about 2 to 3 Tbsp of the pineapple juice, allowing carrots to be pureed until smooth. Slowly pour in remaining juice with honey. Allow to blend until smooth and somewhat frothy; then with blender on high, add ice cubes. Blend until ice cubes are blended smooth. Stop blender, add yogurt, return lid and blend until mixed. Pour into chilled glasses and enjoy!

*Chef's Note: Using raw carrots in this smoothie will produce a unique texture. If smoother consistency is desired, microwave the grated carrot with 1 Tbsp water in a covered microwave dish on high for 2 to 3 minutes. Proceed as above.

Nutrition Facts	
Power Gold Smoothie	
Serving size 1/4 of recipe	
Amount Per Serving	
Calories 140	Calories from Fat 0
% Daily Value (DV)*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Cholesterol 0mg	0%
Sodium 55mg	2%
Total Carbohydrate 34g	11%
Dietary Fiber 2g	8%
Sugars 30g	
Protein 2g	
Vitamin A	130%
Vitamin C	45%
Calcium	6%
Iron	2%
* Percent Daily Values are based on a 2,000 calorie diet.	

Diabetic Exchange**

Carbohydrates: 1

Meat: 0

Fruit: 1

Vegetable: 1

Milk: 0

Fat: 0

Other: 0

** Diabetic exchanges are calculated based on the American Diabetes Association Exchange System. This site rounds exchanges up or down to equal whole numbers. Therefore, partial exchanges are not included

33. Red Pepper Rolls

Recipe Summary:

Preparation time: 20 minutes

Number of Servings: 8

Cups of Fruits and Vegetables per Person: 1

Ingredients:

- 6 red bell peppers
- 6 Tbsp fat free cream cheese
- 1 tsp salt
- 1 Tbsp olive oil
- 2 ripe peaches, diced
- 10 fresh basil leaves, julienne
- 1/8 tsp ground black pepper
- 24 toothpicks

Directions:

Fire roast red peppers over an open flame until skin blisters. Remove skin. Cut peppers in half and remove seeds and stem. Cut each half into three long strips. In a bowl, combine peach, goat cheese and basil; mix until combined. To assemble, place peppers flat, skin-side down. Put 1/2 teaspoon of peach mixture on one end of each pepper slice. Roll up pepper, peach mixture will be in the center. Brush the rolled peppers with olive oil and season with salt and pepper. Slide a toothpick through each rolled pepper.

Nutrition Facts	
Red Pepper Rolls	
Serving size 3 pepper rolls	
Amount Per Serving	
Calories 135	Calories from Fat 90
% Daily Value (DV)*	
Total Fat 11g	15%
Saturated Fat 5g	24%
Cholesterol 15mg	6%
Sodium 180mg	9%
Total Carbohydrate 6g	3%
Dietary Fiber 0g	0%
Sugars 0g	
Protein 6g	
Vitamin A	30%
Vitamin C	270%
Calcium	6%
Iron	6%
* Percent Daily Values are based on a 2,000 calorie diet.	

Diabetic Exchange**

Carbohydrates: 0

Meat: 0

Fruit: 0

Vegetable: 0

Milk: 0

Fat: 1

Other: 0

** Diabetic exchanges are calculated based on the American Diabetes Association Exchange System. This site rounds exchanges up or down to equal whole numbers. Therefore, partial exchanges are not included

34. Sun-dried tomato hummus

Recipe Summary:

Preparation time: 2 hours, 15 minutes

Number of Servings: 8

Cups of Fruits and Vegetables per Person: 1

Ingredients:

- 2 cans (15 oz) chickpeas, rinsed and drained
- 1/4 cup tahini (sesame seed paste)
- 1/2 cup chopped sun-dried tomato
- 2 tsp lemon juice
- 1/3 cup fat free yogurt
- 3 garlic cloves
- 1 tsp dried oregano leaves

Directions:

Process chick peas, yogurt, tahini, garlic in food processor until smooth. Stir in sun-dried tomato bits and herbs; season to taste with lemon juice. Refrigerate 2 hours. Spoon hummus into serving bowl and serve with toasted pita wedges.

Nutrition Facts	
Sun-dried tomato hummus	
Serving size 1/8 recipe	
Amount Per Serving	
Calories 190	Calories from Fat 50
% Daily Value (DV)*	
Total Fat 5g	8%
Saturated Fat 1g	3%
Cholesterol 0mg	0%
Sodium 400mg	17%
Total Carbohydrate 29g	10%
Dietary Fiber 6g	24%
Sugars 2g	
Protein 8g	
Vitamin A	2%
Vitamin C	10%
Calcium	8%
Iron	15%
* Percent Daily Values are based on a 2,000 calorie diet.	

Diabetic Exchange**

Carbohydrates: 2

Meat: 0

Fruit: 0

Vegetable: 0

Milk: 0

Fat: 1

Other: 0

** Diabetic exchanges are calculated based on the American Diabetes Association Exchange System. This site rounds exchanges up or down to equal whole numbers. Therefore, partial exchanges are not included

35. Sweet Potato Pancakes

Recipe Summary:

- Preparation time: 30 minutes
- Number of Servings: 8
- Cups of Fruits and Vegetables per Person: 2

Ingredients:

- 6 cups peeled and finely shredded sweet potatoes
- 1 tsp salt-free herb seasoning
- 1/3 cup chopped fresh flat-leaf parsley
- 1/4 cup lemon juice
- 6 tsp canola oil, divided
- 1 cup finely shredded onions
- 1-2/3 cup unbleached flour
- 2 cups finely shredded zucchini
- 1-1/2 cups egg substitute

Directions:

In a large bowl, mix the sweet potatoes, onions, herb seasoning, flour, parsley, zucchini, lemon juice and egg substitute. In a large no-stick frying pan or griddle over medium-high heat, warm 2 tsp of the oil. Drop a large Tbsp of the batter into the pan and spread it with a spatula to form a thin pancake. Add more batter to fill the pan without crowding the pancakes.

Cook for about 2 minutes per side, or until golden and crispy. Remove from the pan and keep warm. Repeat, adding the remaining 4 tsp oil as needed, until all the batter has been used.

Nutrition Facts	
Sweet Potato Pancakes	
Serving size 1/8 of recipe	
Amount Per Serving	
Calories 250	Calories from Fat 45
% Daily Value (DV)*	
Total Fat 5g	8%
Saturated Fat 1g	3%
Cholesterol 0mg	0%
Sodium 100mg	4%
Total Carbohydrate 39g	13%
Dietary Fiber 4g	16%
Sugars 6g	
Protein 10g	
Vitamin A	300%
Vitamin C	60%
Calcium	6%
Iron	15%

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

Diabetic Exchange**

- Carbohydrates: 2
- Meat: 1
- Fruit: 0
- Vegetable: 1
- Milk: 0
- Fat: 1
- Other: 0

** Diabetic exchanges are calculated based on the American Diabetes Association Exchange System. This site rounds exchanges up or down to equal whole numbers. Therefore, partial exchanges are not included

36. Veggie Delight Smoothie

Recipe Summary:

Preparation time: 15 minutes

Number of Servings: 4

Cups of Fruits and Vegetables per Person: 1

Ingredients:

- 2 cups apple juice
- 1 cup applesauce
- 1 cup cucumber, peeled and sliced
- 1 cup apple, sliced
- 1 cup carrots, sliced
- 2-1/2 cups ice

Directions:

Place all items into blender and blend until smooth. Serve immediately.

Nutrition Facts	
Veggie Delight Smoothie	
Serving size 1/4 of recipe	
Amount Per Serving	
Calories 120	Calories from Fat 0
% Daily Value (DV)*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Cholesterol 0mg	0%
Sodium 30mg	1%
Total Carbohydrate 30g	10%
Dietary Fiber 3g	12%
Sugars 24g	
Protein 1g	
Vitamin A	180%
Vitamin C	35%
Calcium	2%
Iron	2%
* Percent Daily Values are based on a 2,000 calorie diet.	

Diabetic Exchange**

Carbohydrates: 0

Meat: 0

Fruit: 2

Vegetable: 1

Milk: 0

Fat: 0

Other: 0

** Diabetic exchanges are calculated based on the American Diabetes Association Exchange System. This site rounds exchanges up or down to equal whole numbers. Therefore, partial exchanges are not included

37. Wild mushroom pate

Recipe Summary:

Preparation time: 2 hours

Number of Servings: 8

Cups of Fruits and Vegetables per Person: 1

Ingredients:

- cooking spray
- 1/2 cup onion, chopped
- 4 garlic cloves
- 2 Tbsp fat free Parmesan cheese
- 12 oz shiitake, Portobello, or white mushrooms, coarsely chopped
- 1/2 cup shallots, chopped
- 1/4 cup vegetable stock
- 2 tsp lemon juice

Directions:

Spray skillet with cooking spray; heat skillet over medium heat. Add mushrooms, onion, garlic, and vegetable stock; cook, covered over medium heat until mushrooms are wilted, about 5 minutes. Cook until all vegetables are very tender and all liquid absorbed 8-10 minutes. Cool.

Process mushroom mixture and cheese in food processor until smooth. Add lemon juice. Refrigerate 2-3 hours. Spoon pate into crock and serve with toasted bread slices or crackers.

Nutrition Facts	
Wild mushroom pate	
Serving size 1/8 of recipe	
Amount Per Serving	
Calories 30	Calories from Fat 0
% Daily Value (DV)*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Cholesterol 0mg	0%
Sodium 50mg	2%
Total Carbohydrate 6g	2%
Dietary Fiber 1g	4%
Sugars 2g	
Protein 1g	
Vitamin A	4%
Vitamin C	4%
Calcium	2%
Iron	2%

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

Diabetic Exchange**

Carbohydrates: 0

Meat: 0

Fruit: 0

Vegetable: 1

Milk: 0

Fat: 0

Other: 0

** Diabetic exchanges are calculated based on the American Diabetes Association Exchange System. This site rounds exchanges up or down to equal whole numbers. Therefore, partial exchanges are not included

38. Zesty Asian Chicken Salad

Recipe Summary:

Preparation time: 1 hour, 20 minutes

Number of Servings: 4

Cups of Fruits and Vegetables per Person: 1

Ingredients:

- 1/3 cup, rice vinegar
- 2 Tbsp, sugar
- 1 Tbsp, fresh ginger, minced
- 1/2 tsp, sesame oil
- 4 (3 oz each) boned and skinned chicken breast halves
- 2 carrots, cut into 1 1/2" long matchsticks
- 3 green onions, sliced
- 8 tsp, reduced sodium soy sauce
- 2 Tbsp, chopped cilantro
- 1 clove garlic, minced
- 1/2 tsp, red pepper flakes
- 2 cup, broccoli florets
- 6 oz, pitted prunes, snipped into halves
- 4 lettuce leaves

Directions:

To make dressing/marinade, in medium bowl whisk vinegar, soy, sugar, cilantro, ginger, garlic, sesame oil and pepper flakes. Remove 1/4 cup of mixture to shallow 8-inch baking dish; place chicken breasts in baking dish. Turn to coat on both sides. Let chicken marinate 30 minutes. Place remaining ingredients except lettuce in bowl with dressing; toss to coat completely.

Let stand 30 minutes. Grill or broil chicken, basting with marinade, about 10 minutes until chicken juices run clear, turning once. Cut each breast into 1/4 inch slices across the grain.

To serve, line each of 4 plates with 1 lettuce leaf; top with vegetable mixture, dividing equally. Place 1 sliced chicken breast on each place.

Nutrition Facts	
Zesty Asian Chicken Salad	
Serving size 1/4 salad	
Amount Per Serving	
Calories 270	Calories from Fat 20
% Daily Value (DV)*	
Total Fat 2g	3%
Saturated Fat 0g	0%
Cholesterol 50mg	17%
Sodium 450mg	19%
Total Carbohydrate 42g	14%
Dietary Fiber 6g	24%
Sugars 25g	
Protein 23g	

Diabetic Exchange**

Carbohydrates: 0
 Meat: 3
 Fruit: 2
 Vegetable: 1
 Milk: 0
 Fat: 0
 Other: 0

** Diabetic exchanges are calculated based on the American Diabetes Association Exchange System. This site rounds exchanges up or down to equal whole numbers. Therefore, partial exchanges are not included

Vitamin A	130%
Vitamin C	70%
Calcium	8%
Iron	10%
* Percent Daily Values are based on a 2,000 calorie diet.	