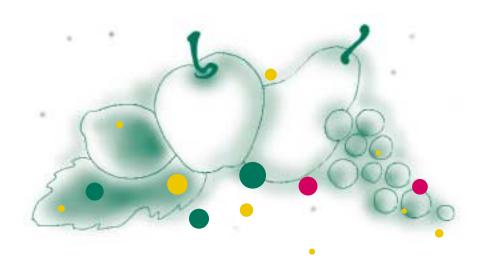
HOLIDAY DELIGHTS

A Recipe Book for Diobetes Monogement







Department of Food and Nutrition Services City of Hope National Medical Center



City of Hope's diabetes patient education program has been awarded Recognition by the American Diabetes Association in accordance with the National Standards for Diabetes Patient Education Programs.

Table of Contents

| Healthful Recipe Adaptations | 4 |
|---|----|
| The Holiday Fat Trap: Controlling the Spread | 5 |
| A Handy Guide to Sweetening without Sugar | 6 |
| High Magnesium Food Sources | 7 |
| Mustard Dill Dip | 8 |
| Filo Cheese Triongles | 9 |
| Strawberry Salad | 10 |
| California Carrots | 11 |
| Shrimp Quesadillas | 12 |
| Tofu Basil Pesto | 13 |
| Almond Pork Tenderloin | 14 |
| Apple Cranberry Dressing | 15 |
| Pumpkin Bread | 16 |
| Cranberry Mausse | 17 |
| Frozen Pumpkin Supreme | 18 |
| Hot Spice Tea | 19 |
| Egg Neg | 20 |
| Recipes for Turkey Leftovers | 21 |
| Turkey Chowder | 22 |
| Mexican Meal in Minutes | 23 |
| Bowtie with Broccoli, Sweet Red Pepper & Garlic | 24 |
| Turkey Frittata | 25 |

Healthful Recipe Adaptations

RECIPE CALLS FOR: USE INSTEAD:

Whole milk Fat-free milk or 1% low-fat milk

Heavy cream or light cream

Evaporated skim milk or whole milk

Whole eggs 2 egg whites or 1/4 cup egg substitute or

1 tsp oil and 2 egg whites, whipped lightly

Sour cream Nonfat cottage cheese with leman juice or

fat-free sour cream or nonfat plain yogurt

Cream cheese Fat-free cream cheese

Mayonnaise Nonfat plain yogurt or fat-free mayonnaise

Whipped topping Sugar-free whipped topping mix, nonfat

vanilla yagurt, or lite or fat-free non-dairy

whipped topping

White flour 1/2 white flour + 1/2 whole wheat flour or

catbran

Salt Fresh herbs and spices, leman juice, hat

pepper souce

Sugar Reduce amounts using non-nutritive

sweeteners, (see page 6)

Shortening Conclosil. 3/4 cup oil = 1 cup shortening

Meat, Fish, Poultry

Use limited quantities; remove skin and all

visible for

The Holiday Fat Trap: Controlling the Spread

| TRADITIONAL HOLIDAY INTAKE CALORIES | | HEALTHFUL HOLIDAY INTAKE CALORIES | | |
|---|--|--|---|--|
| 2 oz potato chips 4 Tbsp sour cream 2 oz mixed nuts 2 oz M & Ms | = 300 = 100 = 350 = 300 | Raw vegetables Mustard dill dip | = free = free | |
| SUBTOTAL | = 1,050 | SUBT@TAL | = free | |
| 3 oz croissant 3 oz turkey with 4 Tbsp gravy 1 cup stuffing with 4 Tbsp gravy 1 cup green peas with 1 Tbsp butter 1/8 pumpkin pie (3 oz) 1/2 oz whipped cream | = 375 = 150 = 200 = 400 = 200 = 115 = 100 = 300 = 25 | 1 oz wheat roll 3 oz turkey with 2 Tbsp gravy 1 cup apple cranberry dressing 1 cup broccoli Frozen pumpkin supreme | = 80 = 150 = 100 = 135 = free = 80 | |
| SUBTOTAL TOTAL | = 1,865 = 2,915 | SUBTOTAL TOTAL | = 545 = 545 | |

A Handy Guide to Sweetening without Sugar

TYPE OF SWEETENER SWEETENING COMPARED MANUFACTURER'S SUGGESTED USES

BRAND NAME INGREDIENTS TO SUGAR SUGGESTED USES

<u> High Intensity Sweeteners</u>

1 pkt = 2 tsp Table use, added to Equal, packets or tablets Asportone 1 tablet = 1 tsp cold/hot foods (if added after cooking) Table use, added to 1 tsp = 1 tspNutrasweet Spaanful Aspartame cold or non-baked recipes Saccharin 1 pkt = 2 tsp Baking, cooking and Sprinkle Sweet, packets toble use Baking, cooking and $1 \operatorname{tsp} = 1 \operatorname{tsp}$ Saccharin Sugar Twin, regular and 1 Thisp = 1 Thisp toble use brown sugar replacement, 1 cup = 1 cup powder and packets 1 pkt = 2 tsp $1/8 \operatorname{tsp} = 1 \operatorname{tsp}$ Table use and in Saccharin Sweet 10, liquid 3/8 tsp = 1 Tbsp cooking 2 Tbsp = 1 cup 1 pkt = 2 tsp Table use and added to Sweet Mate Aspartame cold/hot foods (if added ofter cooking) Baking, cooking, canning and table use $1 \operatorname{tsp} = 1/4 \operatorname{cup}$ Sweet 'N' Low, regular and Saccharin 1-1/3 tsp = 1/3 cup brown sugar replacement, 2 tsp = 1/2 cuppowder and packets 4 tsp = 1 cup1 pkt = 2 tsp Sweet One Acesulfome-K 1 pkt = 2 tsp Table use, baking and 3 pkt = 1/4 cup cooking 4 pkt = 1/3 cup6 pkt = 1/2 cup 12 pkt = 1 cup Table use, baking and 1 pkt = 2 tsp Swiss Sweet Acesulfame-K cooking Nutritive Sweeteners Fructose, powder and Fructose 1 tsp = 12 colories Table use and in cooking, & 3 grams tostes sweeter in cold packets

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corbohydrote 1 pkt = 1 tsp

fructose powder

foods

High Magnesium Food Sources

Listed below are those food items within the ADA exchange lists that contain 20 mg or more of magnesium per serving:

| Storch List | Fruit List | Milk List | Vegetable List | Meat List | Fot List |
|----------------------|---------------------|--------------|-------------------|--------------------|-------------|
| Bran cereals | Blackberries | Milk* | Artichoke | Fish | Almonds* |
| Shredded wheat | Grøpefruit Kiwi | Yøgurt* | Beets Broccoli* | Crab/ Labster | Coshews |
| Wheat * germ Lentils | Mandarin Granges | | Collord greens | Shrimp Oysters | |
| Lima beans* | Persimmons | | 0kra | Tuno | |
| Kidney beans* | Rospberries | | Spinach* | Tofu* | |
| Black beans* | Strowberries | | Summer squash | Peonut * butter | |
| Navy beans* | Watermelon | | | | |
| White beans* | | | | | |
| Green peas | | | | | |
| Plantain | | | | | |
| Baked potato | | | | | |
| Rye Crisp | | | | | |

^{*}Indicates richest food sources of magnesium.

Studies have shown as many as one in every four persons with diabetes have a low serum Magnesium level.



Yield: 6 - 8 servings (Serving size = 2 Tablespoons)

1/4 cup Dijon mustord

1/3 package artificial sweetener

2 Tablespoons white wine vinegar or natural rice wine vinegar

1/4 cup plain fat-free or low-fat yogurt

1/4 cup chopped fresh dill

Salt and pepper to taste

Mix all ingredients and serve chilled with raw vegetables.

Exchanges: Free



Filo Cheese Triangles

Yield: 20 appetizers (Serving size: 1 appetizer)

1 package (1 lb size) file dough, thawed

8 ounces part skim ricotta cheese

8 ounces feto cheese

4 ounces lite reduced fot cream cheese

1/4 cup egg substitute

2 Tablespoons flour

1/8 teaspoon white pepper

1/4 cup chopped fresh parsley

Butter spray



In large bowl, cream ricotta, feta and cream cheeses. Add the egg substitute and beat until blended. Mix in flour, white pepper and parsley.

Layer 4 file sheets and cut into four equal strips lengthwise. Place 1 tablespoon of cheese filling in upper corner of strip and fold corner down over filling to make a triangle. Fold triangle over onto itself. Continue folding triangle from side to side all down length of strip (as if you were folding a flag).

Place triangle on an ungreased baking sheet. Mist with butter spray. Bake pastries in a 375° oven for 10 minutes, or until puffed and golden brown.

Exchanges: 1 carbohydrate exchange (1 starch)
1/2 meat

Total Carbohydrates: 15 grams

Calaries: 118



Strawberry Salad

Yield: 4 servings (2 cups per serving)

- 3 Tablespoons white wine vinegar (may substitute balsamic vinegar)
- 3 Tablespoons water
- 1 Tablespoon honey
- 2 teaspoons extra virgin clive cil
- 1/8 teaspoon salt
- 1/8 teaspoon pepper
- 3 cups quartered strawberries
- 1 (10-ounce) bag Italian-blend salad greens (about 6 cups)
- 4 teaspoons toasted pine nuts

Combine first 6 ingredients and stir well with a whisk. Set aside.

Combine strawberries and greens. Add vinegar mixture; toss to coat. Sprinkle with nuts.

Exchanges: 1 carbohydrate exchange (1 fruit) $\sqrt{\text{vegetable}}$

Total Carbohydrates: 15 grams Calcries: 105

California Carrots

Yield: 8 servings (1 cup serving)

1 pound carrots, cut into 1/4 inch thick slices (about 3 cups)

Boiling water

Grated peel of 1/2 grange

1 orange, peeled and cut into bite-size pieces

1 Tablespoon margarine

1 Tablespoon chapped green onion

Dash of salt



In a covered saucepan, cook the carrots in 1 inch of boiling water until just tender, (approximately 10-15 minutes). Drain, remove from heat. Add the grated orange peel, orange pieces and margarine. Stir well. Garnish with chapped green onion.

Exchanges: 1/2 fat $\sqrt{\text{vegetable}}$

Total Carbahydrates: negligible

Colories: 45



Shrimp Quesadillas

Yield: 4 (Serving size: 1 quesadilla)

2 teaspoons margarine

1 cup chapped onion

1 cup corn kernels (fresh or conned drained)

2 cloves of garlic, minced

2/3 cup chapped tamata

1-1/2 teaspoons minced seeded jalapens pepper

1/2 pound shrimp, peeled, deveined and chapped

2 Tablespoons fresh lemon juice

2 Tablespoons minced fresh cilantro

1/4 teaspoon salt

8 (8 inch) fat-free flour tortillas

1 cup (4 sunces) shredded fat-free mazzarella cheese



Heat margarine in a medium skillet over medium heat. Add onion, corn and garlic, sauté 1 minute. Add tomato and jalapeno, sauté 4 minutes. Stir in shrimp, lemon juice, cilantro and salt, sauté 3 minutes. Remove corn mixture from skillet.

Place 1 tortilla in medium skillet over medium heat; top with 1/4 cup cheese. Spoon 1/2 cup corn mixture over cheese; top with a tortilla. Cook 3 minutes, pressing down top tortilla until cheese melts. Turn carefully; continue heating for 1 more minute. Repeat to make a total of 4 quesadillas. Cut in quarters to serve.

Exchanges: 2-1/2 carbahydrate exchanges (2-1/2 starch)

3 lean meat

1/2 fat

√ vegetable

Total Carbohydrates: 38 grams

Colories: 165



Tofu Basil Pesto

Yield: 4

1 cup fresh basil leaves

1 cup tofu

1/4 cup grated fresh parmesan cheese

1 Tablespaan alive ail

2 Tablespoons fresh lemon juice

1/4-1/2 teaspoon black pepper

1/4 teaspoon salt

3 cloves garlic, minced

1 teaspoon olive oil

2-1/2 cups sliced cremini mushrooms

1/4 cup minced shallats

4 cups hot cooked penne (about 8 ounces uncooked)



Combine first 8 ingredients in a food processor or blender and blend until smooth. Warm pesto in a small skillet. Remove from heat; keep warm.

Heat 1 teaspoon clive cil in a large skillet over medium heat. Add mushrooms and shallots; sauté 4 minutes.



Almond Pork Tenderloin

Yield: 6 (Serving size: 3 slices)

1/2 cup almonds, coarsely ground

1 clove garlic, minced

1/2 teaspoon salt (optional)

1/4 teaspoon black pepper

1 egg white

1-1/2 pounds pork tenderloin

1/2 cup evaparated skim milk

1/4 cup apple juice

1 teaspoon brandy

1/4 cup toosted almonds, sliced for garnish



Mix almonds, garlic, salt and pepper. Set aside. Beat egg whites lightly. Dip tenderloin in egg white, then roll in ground almond mixture. Place tenderloin on a rack in reasting pan, uncovered, and reast at 375° for approximately 40 minutes or until a thermometer inserted in thickest part of reast reads at least 160° .

Combine evaporated skim milk, apple juice and brandy in small sauce pan. Heat mixture over medium heat stirring constantly until liquid is reduced (approximately 8-10 minutes).

Slice the tenderloin in 1/2 inch thick slices. Garnish with source and sliced toasted almonds.

Exchanges: 4 meat 2 fat.

Total Carbohydrates: negligible

Calaries: 310



Apple Cranberry Dressing

Yield: 16 servings (1/2 cup per serving)

1 cup chopped celery

1 cup chapped onion

2 Tablespoons margarine

1 cup apple juice

1/2 cup water

1/4 cup firmly packed light brown sugar

1 cup chopped apple

1/4 teaspoon coarse ground black pepper

10-sunce box poultry-flavored stuffing mix

1 egg

1 cup cranberries, chapped

1/4 cup chapped walnuts

2 Tablespoons freshly chopped parsley



In a large skillet, sauté celery and onion in margarine until tender. Stir in apple juice, water, brown sugar, apple and black pepper. Heat to a boil; reduce heat. Simmer 2 minutes; remove from heat.

In a large bowl, combine stuffing mix and apple juice mixture. Stir in egg; lightly fold in cranberries and parsley. Spoon mixture into greased, 2-quart or 13×9 inch baking dish. Cover; bake at 350° for 25 minutes. Uncover; bake 10 more minutes. Serve hat.

Exchanges: 1-1/2 carbohydrate exchanges (1 starch +1/2 fruit)

1/2 fot

√ veget@bles

Total Carbohydrates: 23 grams

Calaries: 135

Pumpkin Bread

Yield: 1 loof (12 servings)

1-1/2 cups sifted all-purpose flour

1 teaspoon baking seda

1 teaspoon ground cinnamon

1/4 teaspean baking pewder

1/4 teaspoon cloves

1/4 teaspoon salt

1/3 cup reduced-colorie margarine, softened

1/2 cup sugar

6 packets Sweet One™ sugar substitute

2 lorge eggs

1/2 teaspeen vanilla extract

1 cup cooked or conned pumpkin

1/3 cup fot-free milk

1/4 cup walnuts, finely chapped



Preheat oven to 350° . Spray $8-1/2 \times 4-1/2 \times 2-1/2$ inch loof pan with nonstick cooking spray; set aside.

Into a small bowl, sift together flour, baking soda, cinnamon, baking powder, cloves and salt. In large bowl, cream margarine, sugar and Sweet 0ne^{TM} . Beat in eggs and vanilla; beat in pumpkin. Stir dry ingredients into pumpkin mixture alternately with milk, stirring until blended after each addition. Stir in walnuts. Pour into prepared loaf pan. Bake 50 to 60 minutes or until wooden pick inserted in middle comes out clean. Turn onto wire rack and cool.

Exchanges: 1-1/2 carbohydrate exchanges (1 starch +1/2 fruit)

1/2 fat

Total Carbohydrates: 23 grams

Colories: 135



Cranberry Mousse

Yield: 12 servings (Serving size: 1/2 cup)

- 1-8 ounce can crushed pineapple packed in own juice
- 1-3 ounce package sugar-free strawberry gelatin
- 1 cup water
- 1-16 ounce can whole cranberry sauce
- 3 Tablespoons lemon juice
- 1 teaspoon lemon zest
- 1/4 teaspean ground nutmeg
- 2 cups for free nondairy whipped dessert topping
- 1/2 cup pecons, chopped



Drain pineapple. In 2-quart saucepan, boil water and remove from heat. Stir in gelatin until dissolved. Blend in cranberry sauce, lemon juice, lemon zest and nutmeg. Chill gelatin mixture until slightly thickened. Fold in whipped dessert topping and then pineapple and pecans. Pour into mold and refrigerate, serve well chilled.



Frozen Pumpkin Supreme

Yield: 16 servings (1/3 cup and 1 gingersnap cookie)

1 quart vanilla No Sugar Added Ice Cream

- 1-1/2 cups conned pumpkin
- 1 Tablespoon pumpkin pie spice (or 1 teaspoon cinnamon,
 - 1/2 teaspoon allspice and 1/2 teaspoon ginger)
- 16 gingersnop cookies



Soften ice cream at room temperature for 10 minutes. Mix in pumpkin and spices until well blended. Spoon into 16 custard cups. Serve with 1 gingersnap cookie. Wrap well in plastic wrap. Freeze. Let sit at room temperature for 10 minutes before serving.



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Hot Spice Tea

1 tub sugar-free, grange-flavored instant breakfast drink

1 cup sugar-free, lemon-flavored instant tea mix

1/4 teaspoon ground cloves

1/2 teaspeen ground cinnamen

Mix all ingredients and store in jar. Add 2 teaspoons to 1 cup hot water for a nice warm beverage.

Exchanges: free



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Egg Nog

Yield: 8 servings (serving size: 6 ounces)

4 cups fort-free milk
1 cup egg substitute
Sugar substitute to equal 4 Tablespoons of sugar
3 teaspoons rum extract or 1 teaspoon vanilla
Ground nutmeg



Combine milk, egg substitute, sugar substitute and extract. Beat with retary beater or electric mixer until well blended. Chill thoroughly. Stir before serving and sprinkle with nutmeg.



Recipes for Turkey Leftovers



Turkey Chowder

Yield: 6 servings

1/2 cup onion, chopped

2 cups sliced celery

1 Tablespoon margarine

2 Tablespoons flour

1/2 teaspoon salt

1/4 teaspoon black pepper

1 teaspoon thyme

5 cups turkey or chicken broth; fat free

2 potatoes, peeled and cubed

1 cup correts, chopped

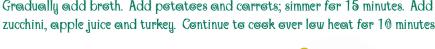
1 cup sliced zucchini

1/2 cup unsweetened apple juice

2 cups cooked chopped turkey



Sauté the onion and celery in margarine. Add flour, salt, pepper and thyme. Gradually add broth. Add potatoes and carrots; simmer for 15 minutes. Add zucchini, apple juice and turkey. Continue to cook over low heat for 10 minutes.



1-1/2 meat 1/2 fat

√veget@bles

Total Carbohydrates: 15 grams

Calaries: 185



Mexican Meal in Minutes

Yield: 4 servings

1 cup cooked chopped turkey

1 15-cunce can black beans, drained

1 15-sunce can stewed "Mexican style" tamataes

1 teaspoon cumin

1 garlic clove, minced





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Bowtie With Broccoli, Sweet Red Pepper & Garli

Yield: 6 servings

1 Tablespoon alive ail

3 large claves garlic, minced

2 large stalks braccali, florets separated from stems, stems peeled and thinly sliced

1/4 tsp salt

1 large sweet red pepper, diced

1 cup cubed cooked turkey (optional)

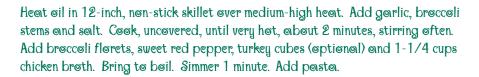
1-1/4 to 1-3/4 cups canned, fat-free, no-added-salt, chicken broth

1/2 pound bowtie posto, cooked

1/3 cup freshly grated parmesan cheese

Red pepper flakes

Fresh grated parmesan cheese



Simmer, uncovered, until pasta is hat and braccali is just beginning to be tenderabout 2-3 minutes, adding more broth as needed. Add cheese and red pepper flakes. Toss well. Heat thoroughly, about 1 minute. Adjust seasonings to taste. Serve hat. Pass extra cheese separately.

Exchanges: 2 carbohydrate exchanges (2 starch)

2 lean meat

1 fot

√ veget@bles

Total carbohydrate: 30 grams

Colories: 355



Turkey Frittata

Yield: 6 servings

1 cup cooked chapped/cubed turkey

1 cup chapped fresh braccali, steamed

1/2 cup chapped anian

1 cup shredded, reduced-fat cheddar cheese (about 4 ounces)

1-1/2 cups fot-free milk

3/4 cup reduced fat, all-purpose baking mix

3/4 cup egg substitute or 3 eggs

1/2 teaspoon salt

1/4 teaspoon pepper

Heat even to 400° . Spray $10 \times 1-1/2$ inch pie plate with non-stick cooking spray. Sprinkle turkey, braccoli, onion and cheese in pie plate.

Beat remaining ingredients in blender or with hand beater. Pour into pie plate.

Bake until golden brown and knife inserted halfway between center and edge comes out clean; 35 to 40 minutes. Let stand 5 minutes before cutting.

Exchanges: 1 carbohydrate exchange (1 starch)
2 lean meat

√ veget@bles

Total Carbohydrates: 15 grams

Colories: 190



Notes

Notes



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