

Diabetes Outlook 2000

HOLIDAY COOKBOOK

“The power is in your hands.”



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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

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DIABETES & GENETIC RESEARCH CENTER

Healthful Recipe Adaptations

RECIPE CALLS FOR:	USE INSTEAD:
Whole milk	Fat-free milk or 1 percent low-fat milk
Heavy cream or light cream	Evaporated skim milk or whole milk
Whole egg	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 lemon 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 yogurt, or light or fat-free non-dairy whipped topping
White flour	1/2 white flour + 1/2 whole wheat flour or oat bran
Salt	Fresh herbs and spices, lemon juice or hot pepper sauce
Sugar	Reduce amounts using non-nutritive sweeteners (<i>see Page 3</i>)
Shortening	Canola oil (3/4 cup oil = 1 cup shortening)
Meat, fish, poultry	Use limited quantities; remove skin and all visible fat

A Handy Guide to Sweetening without Sugar

TYPE OF SWEETENER & BRAND NAME	MAJOR SWEETENING INGREDIENTS	SWEETNESS COMPARED TO SUGAR	MANUFACTURER'S SUGGESTED USES
HIGH INTENSITY SWEETENERS			
Equal, [®] packets or tablets	Aspartame	1 pkt. = 2 tsp. 1 tablet = 1 tsp.	Table use and added to cold/hot foods (if added after cooking)
Equal Spoonful [™]	Aspartame	1 tsp. = 1 tsp.	Table use and added to cold or non-baked recipes
Splenda [®]	Sucralose	1 pkt. = 2 tsp. 1 tsp. = 1 tsp.	Baking, cooking and table use
Sprinkle Sweet, [®] packets	Saccharin	1 pkt. = 2 tsp.	Baking, cooking and table use
Sugar Twin, [®] regular and brown sugar replacement, powder and packets	Saccharin	1 tsp. = 1 tsp. 1 Tbsp. = 1 Tbsp. 1 cup = 1 cup 1 pkt. = 2 tsp.	Baking, cooking and table use
Sweet 10, [®] liquid	Saccharin	1/8 tsp. = 1 tsp. 3/8 tsp. = 1 Tbsp. 2 Tbsp. = 1 cup	Table use and cooking
SweetMate [®]	Aspartame	1 pkt. = 2 tsp.	Table use and added to cold/hot foods (if added after cooking)
Sweet 'N Low, [®] regular and brown sugar replacement, powder and packets	Saccharin	1 tsp. = 1/4 cup 1-1/3 tsp. = 1/3 cup 2 tsp. = 1/2 cup 4 tsp. = 1 cup 1 pkt. = 2 tsp.	Baking, cooking, canning and table use
Sweet One [®]	Acesulfame-K	1 pkt. = 2 tsp. 3 pkt. = 1/4 cup 4 pkt. = 1/3 cup 6 pkt. = 1/2 cup 12 pkt. = 1 cup	Table use, baking and cooking
Swiss Sweet [®]	Acesulfame-K	1 pkt. = 2 tsp.	Table use, baking and cooking
NUTRITIVE SWEETENERS			
Fructose, powder and packets	Fructose	1 tsp. = 12 calories and 3 grams carbohydrate	Table use and in cooking; tastes sweeter in cold foods

High Magnesium Food Sources

Listed below are those food items within the American Diabetes Association exchange list that contain 20 mg or more of magnesium per serving:



STARCH LIST	FRUIT LIST	MILK LIST	VEGETABLE LIST	MEAT LIST	FAT LIST
Bran cereals	Blackberries	Milk*	Artichokes	Fish	Almonds*
Shredded wheat	Grapefruit	Yogurt*	Beets	Crab/lobster	Cashews
Wheat germ*	Kiwi		Broccoli*	Shrimp	
Lentils	Mandarin oranges		Collard greens	Oysters	
Lima beans*	Persimmons		Okra	Tuna	
Kidney beans	Raspberries		Spinach*	Tofu*	
Black beans*	Strawberries		Summer squash	Peanut butter*	
Navy beans*	Watermelon				
White beans*					
Green peas					
Plantains					
Baked potato					
Rye crisp					

*Indicates richest food sources of magnesium

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

Holiday Recipes

Cheese Twists

Yield: 32 twists

Serving size: 2 twists

1/4 cup grated Parmesan cheese
1 tsp. paprika
1/8 tsp. crushed red pepper
1 10-oz. can refrigerated pizza crust dough
Butter-flavored vegetable cooking spray

Preheat oven to 425°. Combine Parmesan cheese, paprika and red pepper in a small bowl; stir well and set aside.

Unroll pizza dough and roll into an 8" * x 12" rectangle. Lightly coat surface of dough with cooking spray and sprinkle with 2 tablespoons cheese mixture. Fold the dough in half to form a 6" x 8" rectangle. Roll dough into a 12" x 8" rectangle. Lightly coat surface of dough with cooking spray and sprinkle with remaining cheese mixture. Using fingertips, press cheese mixture into dough.

Cut the dough into 16 (8" long) strips; then cut those strips in half to make a total of 32 (4" long) strips. Gently pick up both ends of each strip and twist dough. Place the twisted strips of dough 1/2" apart on a large baking sheet coated with cooking spray.

Bake at 425° for 8 minutes or until lightly browned. Remove from baking sheet and let cool on a wire rack.

Exchanges: 1 carbohydrate choice

Total carbohydrates: 12 grams

Calories per serving: 60



Chilly Veggie Pizza

Yield: 16 slices

Serving size: 1 slice

1 pkg. refrigerated pizza crust or French bread loaf
1 pkg. (8 oz.) light cream cheese, softened
1-1/2 tsp. fat-free mayonnaise
1 garlic clove, pressed
1 tsp. dried dill weed
2 cups assorted chopped raw vegetables, such as green or red bell pepper, broccoli, carrot, cucumber, purple onion, tomato or zucchini
Salt and pepper to taste

Preheat oven to 350°. Unroll dough and place on a baking stone or cookie sheet; stretch and flatten dough out to edges. Bake for 12 to 15 minutes until light brown. Remove from oven and cool completely.

In a small bowl, combine cream cheese, mayonnaise, garlic, dill weed, salt and pepper. Spread cream cheese mixture evenly over top of crust.

Chop vegetables and sprinkle over cream cheese mixture. Refrigerate 30 minutes. Slice and serve.

Exchanges: 1 carbohydrate choice

1/2 fat

✓vegetable

Total carbohydrates: 15 grams

Calories per serving: 105



* " = inch

Cheese & Spinach Quesadilla

Yield: 3 servings

Serving size: 4 slices

6 flour tortillas (6-7")
3 oz. grated low-fat cheese
1 pkg. (8 oz.) frozen spinach
2 tomatoes, chopped
Salt and pepper to taste
Nonstick cooking spray



Cook frozen spinach and squeeze out excess water.

Add salt and pepper to taste. Spray cooking spray onto a large skillet and heat 2 tortillas on one side. When lightly browned, turn tortillas over. On one tortilla, spread 1/3 of the spinach, 1/3 of the grated cheese and 1/3 of the tomatoes. Cover with other tortilla. Cook until cheese is melted and both sides are lightly browned. Repeat for remaining tortillas. Cut each quesadilla into 4 slices. Serve with salsa.

Exchanges: 2 carbohydrate choices

1 meat

✓vegetable

Total carbohydrates: 30 grams

Calories per serving: 200

Black Bean & Rice Salad

Yield: 18 servings

Serving size: 1/2 cup

1 cup rice, uncooked
2 cups chicken broth
1 can (14 oz.) black beans, drained
1 cup chopped celery
1 cup chopped red bell pepper
1 cup chopped green onion
1/4 cup extra virgin olive oil
2 Tbsp. red wine vinegar
1 Tbsp. balsamic vinegar
1 pkg. sugar substitute
1 tsp. Dijon mustard
1 tsp. dried tarragon
2 Tbsp. fresh chopped cilantro
1/2 tsp. salt
1/2 tsp. black pepper



Cook rice in chicken broth. Allow it to cool. Add remaining ingredients to rice. Mix well. Chill and serve.

Exchanges: 1 carbohydrate choice

1/2 fat

✓vegetable

Total carbohydrates: 12 grams

Calories per serving: 90

Broccoli & Almond Salad

Yield: 8 servings

4 cups raw broccoli florets

1 cup almonds

1/2 cup raisins

2 cups red seedless grapes

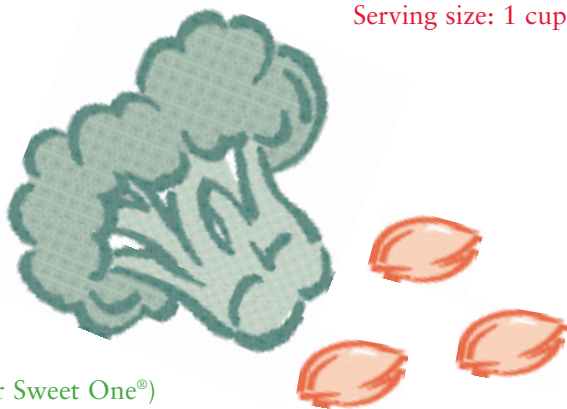
1/4 cup diced red onion

1/2 cup fat-free mayonnaise

1 Tbsp. white vinegar

3 packets sugar substitute

(Equal®, Sweet 'N Low® or Sweet One®)



Serving size: 1 cup

Combine broccoli, almonds, raisins, grapes and onion in a large salad bowl.

Combine mayonnaise, vinegar and sugar substitute in a small bowl and add to broccoli mixture. Chill in refrigerator 3-4 hours or overnight.

Exchanges: 1 carbohydrate choice

1 fat

✓vegetable

Total carbohydrates: 15 grams

Calories per serving: 145



Frittata

Yield: 6 servings

3 cups frozen O'Brien potatoes

2 cups egg substitute

10 soy breakfast links

1 cup low-fat grated cheddar cheese

Cook potatoes in a covered, 12" nonstick skillet over medium heat until tender.

While potatoes are cooking, microwave soy breakfast links for 3-1/2 minutes. Cut links into pieces if desired. When potatoes are done, add egg substitute and links to skillet.

When egg substitute is at consistency of scrambled eggs, sprinkle with cheese. Turn off heat; cover skillet until cheese is melted. Serve immediately.

Exchanges: 1 carbohydrate choice

3 meats

Total carbohydrates: 13 grams

Calories per serving: 180



Serving size: 1/6 frittata

Chicken Tikka Kebobs

Yield: 12 servings

Serving size: 1 3-oz. kebob

2 pounds skinless, boneless chicken breast halves,
cut into 1" pieces
1/4 cup fresh lemon juice
1/2 tsp. salt
1 medium onion
1/4 cup plain yogurt
4 garlic cloves, minced
1/2 Tbsp. ground coriander
2 tsp. ground cumin
1/8 tsp. ground ginger
1 tsp. dried, crushed red pepper
12 (6"-8") bamboo skewers,
soaked in water for 30 minutes



Combine chicken, lemon juice and salt in a medium bowl; let stand 30 minutes.
Mix yogurt, garlic, coriander, cumin, ginger and crushed red pepper in a small bowl. Add to chicken and stir until chicken is well coated with spice mixture. Refrigerate chicken at least 3 hours or overnight.

Prepare barbecue (medium-high heat). Thread chicken on skewers, dividing equally. Brush chicken with melted butter. Season with salt. Grill kebobs until cooked through, turning frequently, about 7 minutes.

Exchanges: 3 meats

Total carbohydrates: negligible

Calories per serving: 110

Baked Sweet Potato & Yam Fries

Yield: 4 servings

Serving size: 8 wedges

Nonstick spray coating
2 small sweet potatoes (about 1/2 lb.)
2 small yams (about 1/2 lb.)
1 Tbsp. margarine, melted
1/2 tsp. seasoned salt
1/4 tsp. ground nutmeg



Spray a baking sheet with nonstick coating.
Scrub yams and sweet potatoes; cut lengthwise into quarters, then cut each quarter into 2 wedges. Arrange wedges in a single layer on baking sheet. Combine margarine, salt and nutmeg; brush onto potatoes.
Bake at 450° for 20 minutes or until lightly browned and tender.

Exchanges: 1-1/2 carbohydrate choices

1/2 fat

Total carbohydrates: 22 grams

Calories per serving: 120

Date Nut Bread

Yield: 2 loaves, 24 servings

Serving size: 1 slice

1-1/2 cups sugar
2 pkg. Sweet One® sweetener
2 tsp. baking soda
1/2 tsp. salt
1 tsp. vanilla
1 cup pitted dates
2-3/4 cups flour
1 Tbsp. oil
1-1/2 cups boiling water
3/4 cup chopped walnuts
1 egg



Cut dates into small pieces and place in a bowl. Sprinkle baking soda over dates and pour boiling water over. Let stand and cool while assembling rest of ingredients. Drain water off dates, saving both dates and water.

In a large bowl cream oil, sugar and egg. Add flour and drained date water. Beat well. Add dates, nuts, vanilla, salt and sweetener. Pour mixture into 2 greased 9-1/2" bread pans and bake at 350° for 60-70 minutes or until done. (Check with toothpick.) Cool on rack for 20 minutes.

Turn upside-down and let cool after removing from pan. Slice each loaf into 12 slices.

Exchanges: 2 carbohydrate choices
1/2 fat

Total carbohydrates: 28 grams

Calories per serving: 135

Tiramisu

Yield: 12 servings

Serving size: 1 (4" x 2") piece

1/3 cup sifted powdered sugar
1 (8 oz.) tub reduced-fat cream cheese
1-1/2 cups frozen, reduced-calorie whipped
topping, thawed and divided
1/2 cup sugar
1/4 cup water
3 egg whites
1/2 cup hot water
1 Tbsp. sugar
1 Tbsp. instant espresso granules
20 ladyfingers
1/2 tsp. unsweetened cocoa



Combine powdered sugar and cream cheese in a bowl; beat with a mixer at high speed until well blended. Gently fold 1 cup of whipped topping into cheese mixture. Set aside.

Combine 1/2 cup sugar, 1/4 cup water and egg whites in the top of a double boiler; place over simmering water. Beat with mixer at high speed until stiff peaks form. Gently stir 1/4 of egg white mixture into cheese mixture. Gently fold in remaining egg white mixture; set aside.

Combine hot water, sugar and espresso in a small bowl; stir well. Split ladyfingers in half lengthwise. Arrange 20 ladyfinger halves, cut-side up, in the bottom of an 8" square baking dish. Drizzle half of espresso mixture over ladyfinger halves. Spread half of cheese mixture over ladyfinger halves; repeat procedure with the remaining ladyfinger halves, espresso mixture, and cheese mixture. Spread remaining whipped topping evenly over cheese mixture; sprinkle with cocoa. Place 1 toothpick in each corner and in center of tiramisu to prevent plastic wrap from sticking to whipped topping; cover with plastic wrap. Chill 2 hours.

Exchanges: 1-1/2 carbohydrate choices
1 fat

Total carbohydrates: 20 grams

Calories per serving: 130

Orange Soufflé

Yield: 8 servings

Serving size: 1/8 soufflé

1 large pkg. sugar-free orange Jell-O®
1-1/2 cups mandarin oranges
(canned, packed in water)
1-1/2 cups no-sugar-added,
low-fat vanilla ice cream; melted
2 cups boiling water

Dissolve Jell-O® in boiling water.
Pour into a large bowl and let cool.

Set aside 5-6 mandarin orange pieces for garnish.
Cut remaining oranges into pieces.

When Jell-O® has completely cooled, add melted ice cream and whisk until well blended. Fold mandarin orange pieces into mixture. Refrigerate and allow to set completely. Garnish with remaining mandarin orange slices.

Exchanges: 1 carbohydrate choice
Total carbohydrates: 11 grams
Calories per serving: 80



Lemon & Peach Delight

Yield: 8 servings

Serving size: 1/8 dish

1 large pkg. sugar-free lemon Jell-O®
1 large can diced peaches, packed in water
6 oz. container light Cool Whip®
2 cups boiling water
Juice of 1 lemon
1 pkg. sugar substitute
Lemon zest (grated lemon peel)



Dissolve Jell-O® in boiling water.
Cool and pour into large bowl. Refrigerate.

When partially set, remove from refrigerator and stir, breaking up Jell-O®. Add Cool Whip®, lemon juice, sugar substitute and diced peaches. Mix well. Pour into desired mold or serving dish and return to refrigerator to reset. When completely set, garnish with lemon zest and serve.

Exchanges: 1 carbohydrate choice
1/2 fat
Total carbohydrates: 11 grams
Calories per serving: 80

Lemon & Cranberry Iced Tea

Yield: 4 servings

Serving size: 1 cup

4 Tbsp. sugar-free, lemon-flavored iced tea mix
32 oz. cold water
4 mint leaves
8-10 cranberries

Add iced tea mix to water. Mix well.

In an empty ice cube tray, put 1 mint leaf and 2-3 cranberries in 4 of the cubes. Pour water into each cube and freeze.

Chill remaining tea. When ready to serve, put 1 mint/cranberry ice cube in each glass of iced tea.

Exchanges: free food

Total carbohydrates: negligible

Calories per serving: 5



Cranberry Lime Sparkler

Yield: 16 servings

Serving size: 1 cup

5 cups sparkling apple cider, chilled
4 cups low-calorie cranberry juice, chilled
7 cups sugar-free, lime-flavored sparkling water, chilled
16 fresh cranberries
16 lime slice

Combine apple cider, cranberry juice and sparkling water in a pitcher or punch bowl. Pour into glasses. Garnish each glass with a cranberry and a lime slice.

Exchanges: 1 carbohydrate choice

Total carbohydrates: 14 grams

Calories: 60



Egg Nog

Yield: 8 servings

Serving size: 6 oz.

4 cups fat-free milk

1 cup egg substitute

Sugar substitute to equal 4 Tbsp. sugar

3 tsp. rum extract or 1 tsp. vanilla extract

Ground nutmeg



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

Exchanges: 1/2 carbohydrate choice

Total carbohydrates: 6 grams

Calories: 50

Recipes for Turkey Leftovers

Turkey Pot Pie

Yield: 8 servings

Serving size: 1/8 pie

1 can 98-percent-fat-free cream of chicken soup
1/2 cup nonfat milk
4 cups cooked vegetables (broccoli,
cauliflower, carrots and potatoes)
8 oz. cooked turkey, cubed
1 can refrigerated, extra-light
buttermilk biscuits
1/4 tsp. thyme
1/4 tsp. black pepper
Salt to taste



Combine all ingredients except biscuits in a 3-qt. glass casserole dish. Bake at 400° for 15 minutes.

Meanwhile, cut biscuits into quarters. Remove casserole dish from oven and arrange biscuit pieces over mixture. Bake for 15 minutes or until biscuits are golden brown.

Exchanges: 1 carbohydrate choice

1 meat

1/2 fat

Total carbohydrates: 19 grams

Calories per serving: 135

Mexican Meal in Minutes

Yield: 4 servings

Serving size: 1/4 dish

1 cup cooked, chopped turkey
1 15-oz. can black beans, drained
1 15-oz. can stewed “Mexican style” tomatoes
1 tsp. cumin
1 garlic clove, minced

Mix all ingredients together and heat thoroughly. Delicious served with corn tortillas.

Exchanges: 1 carbohydrate choice

1 lean meat

✓vegetable

Total carbohydrates: 15 grams

Calories: 135



Bow Tie Pasta with Broccoli, Sweet Red Pepper & Garlic

Notes

Yield: 6 servings

Serving size: 1/6 dish

1 Tbsp. olive oil
3 large garlic cloves, minced
2 large stalks broccoli, 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-salt-added chicken broth
1/2 lb. bow tie pasta, cooked
1/3 cup freshly grated Parmesan cheese
Red pepper flakes



Heat oil in 12" nonstick skillet over medium-high heat. Add garlic, broccoli stems and salt. Cook, uncovered, until very hot, about 2 minutes, stirring often. Add broccoli, sweet red pepper, turkey cubes (optional) and most of chicken broth. Bring to boil. Simmer 1 minute.

Add pasta. Simmer, uncovered, until pasta is soft and broccoli is just beginning to be tender—about 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 hot with fresh Parmesan cheese.

Exchanges: 2 carbohydrate choices

2 lean meats

1 fat

✓vegetable

Total carbohydrates: 30 grams

Calories: 355