

This cookbook is dedicated  
in memory of  
*Miss Ella Fitzgerald*  
*First Lady of Song*  
and her valiant fight against diabetes.



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*Mint*



*Cilantro*



*Farrago*



*Bay Leaves*



*Basil*



*Parsley*



*Lemon Verbena*



*Thyme*



*Sage*

# *Season's Eatings*

A RECIPE BOOK  
FOR DIABETES MANAGEMENT



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DIABETES & GENETIC RESEARCH CENTER AT  
CITY OF HOPE

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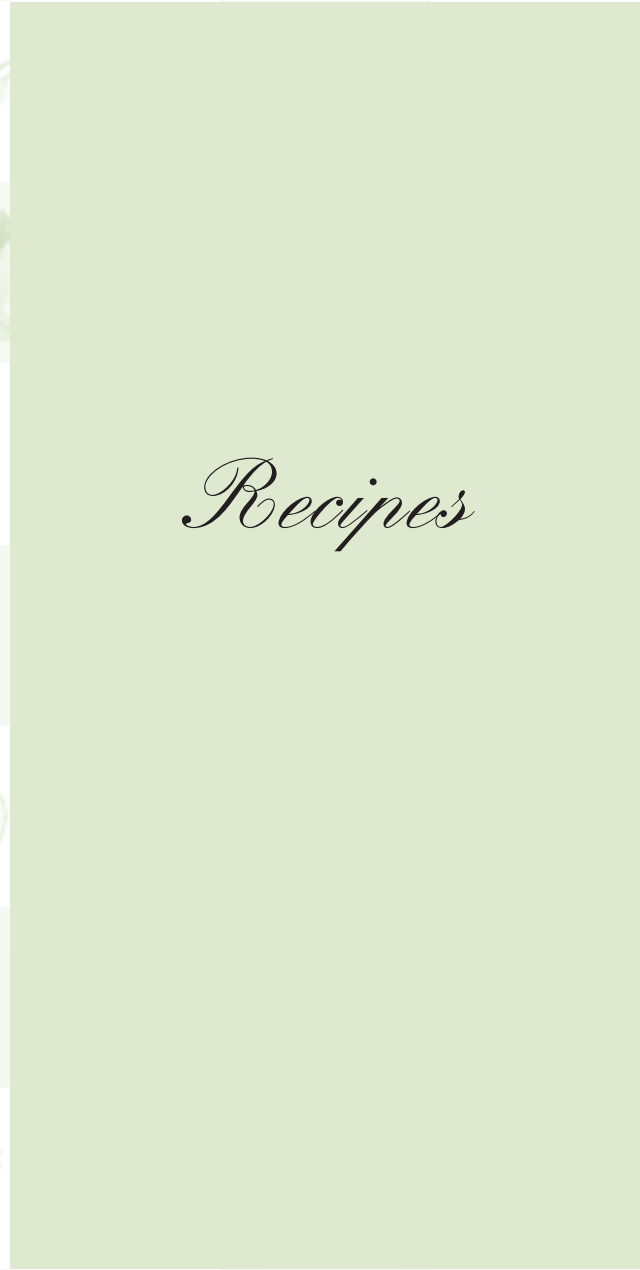
City of Hope's diabetes patient education program has been awarded Recognition by the American Diabetes Association in accordance with the National Standards for Diabetes Patient Education Programs

## *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 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 4</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
<b>HIGH INTENSITY SWEETENERS</b>			
Equal® (packets or tablets)	Aspartame	1 pkt. = 2 tsp. 1 tablet = 1 tsp.	Table use and added to cold foods (add to hot foods 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 foods (add to hot foods 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	Baking, cooking and table use
Swiss Sweet®	Acesulfame-K	1 pkt. = 2 tsp.	Baking, cooking and table use
<b>NUTRITIVE SWEETENERS</b>			
Fructose, powder and packets	Fructose	1 tsp. = 12 calories and 3 grams carbohydrate	Baking, cooking and table use (tastes sweet in cold foods)



*Passion Spritzer*

Yield: 10 servings  
Serving size: 1 cup

- 1-1/2 tsp. Tropical Passion Crystal Light®  
dry beverage powder mix
- 2 cups ice cubes
- 1 qt. diet lemon-lime soda
- Juice of 1/2 lemon
- 1 qt. club soda
- Lemon slices for garnish



Mix all ingredients and serve. Garnish with lemon slice in each glass.

Exchanges: free

Total carbohydrates: 0  
Calories per serving: negligible

*Spinach Cheese Rolls*

Yield: 16 rolls  
Serving size: 1 roll

- 1 loaf (1 lb.) frozen bread dough
- 1 pkg. (10 oz.) frozen chopped  
spinach, thawed and squeezed dry
- 3/4 cup (3 oz.) crumbled  
Feta cheese
- 1/2 cup (2 oz.) shredded,  
reduced-fat Monterey Jack cheese
- 1/2 tsp. chopped green chilies  
(optional)
- 4 green onions, thinly sliced
- 1 tsp. dried dill weed
- 1/2 tsp. garlic powder
- 1/2 tsp. black pepper
- 1/2 tsp. crushed red pepper
- Nonstick cooking spray



Thaw bread dough according to package directions. Spray 16 muffin cups with nonstick cooking spray; set aside. Roll out dough on lightly floured surface to 16"x9" rectangle. (If dough is springy and difficult to roll, cover with plastic wrap and let rest 5 minutes to relax.) Position dough so long edge runs parallel to edge of work surface.

Combine spinach, cheeses, green chilies, green onions, dill weed, garlic powder and peppers in large bowl; mix well.

Sprinkle spinach mixture evenly over dough to within 1 inch of long edges. Starting at long edge, roll up snugly, pinching seam closed. Place seam side down; cut roll into 1-inch-wide slices. Place slices, cut sides up, in prepared muffin cups. Cover with plastic wrap; let stand 30 minutes in warm place until rolls are slightly puffy.

Preheat oven to 375°F. Bake 20 to 25 minutes or until golden. Serve warm or at room temperature.

Exchanges: 1 carbohydrate,  
1/2 meat

Total carbohydrates: 16  
Calories per serving: 94

## Stuffed Mushrooms

Yield: 8 servings  
Serving size: 2 mushrooms

- 1 slice whole wheat bread
- 16 large mushrooms
- 1/2 cup sliced celery
- 1/2 cup sliced onion
- 1 clove garlic
- 1-1/2 tsp. Worcestershire sauce
- 1/8 tsp. ground red pepper
- Salt to taste
- Dash paprika
- Nonstick cooking spray



Tear bread into pieces; place in food processor. Process 30 seconds or until crumbs form. Transfer to small bowl; set aside.

Remove stems from mushrooms; reserve caps. Place mushroom stems, celery, onion and garlic in food processor. Process with on/off pulses until vegetables are finely chopped.

Preheat oven to 350°F. Coat nonstick skillet with cooking spray. Add mushroom mixture; cook and stir over medium heat 5 minutes or until onion is tender. Transfer into bowl. Stir in breadcrumbs, Worcestershire sauce, ground red pepper and salt to taste.

Fill mushroom caps with mixture, pressing down firmly. Place filled caps in shallow baking pan about 1/2 inch apart. Spray mushroom caps lightly with cooking spray. Sprinkle with paprika. Bake 15 minutes or until hot.

Exchanges: 1 vegetable

Total carbohydrates: 4 grams  
Calories per serving: 20

## Asian Noodle Salad

Yield: 6 servings  
Serving size: 1/6 of prepared dish

- 8 oz. angel hair pasta
- 1 cucumber (seeded and julienned)
- 1 carrot (julienned)
- 2 green onions, chopped
- 1/2 lb. shrimp
- 1/3 cup rice vinegar
- 3 Tbsp. Mimmi® sauce (available in grocery stores, near pasta sauces)
- 1 Tbsp. sugar
- 1 Tbsp. roasted sesame seeds
- 1 Tbsp. sesame oil
- Salt and pepper to taste



Break the pasta into small pieces and cook according to package directions. Cool under cold running water. Drain well.

Mix cucumber, carrot, shrimp and green onions with pasta. Chill.

Blend vinegar, Mimmi® sauce, sugar, oil and sesame seeds. Mix until sugar is dissolved. Pour over noodles; toss to combine. Add salt and pepper to taste.

Serve immediately.

Exchanges: 2 carbohydrates

Total carbohydrates: 32 grams  
Calories per serving: 200

## Potato Cheese Soup

Yield: 8 servings  
 Serving size: 3/4 cup

- 4 cups baking potatoes, peeled and cubed (about 1-1/2 lbs.)
- 1/2 cup sliced carrot
- 1/3 cup sliced celery
- 1/3 cup chopped onion
- 3 cups water
- 1-1/2 cups skim milk
- 2 tsp. chives
- 2 tsp. dried parsley flakes
- 1/2 tsp. salt
- 1/4 tsp. pepper
- 1/2 cup (2 oz.) shredded low-fat cheddar cheese (less than 3gm fat per oz.)
- Dash of hot sauce



Combine first five ingredients in a saucepan. Bring to a boil; reduce heat and simmer, uncovered, 20 minutes or until tender. Drain, reserving 1-1/2 cups cooking liquid.

In food processor bowl add half of potato mixture and half of reserved cooking liquid. Process until smooth, and pour into saucepan. Repeat procedure with remaining potato mixture and cooking liquid. Add skim milk and next four ingredients to saucepan. Cook over medium heat 4 minutes or until thoroughly heated, stirring occasionally. Add shredded cheese and hot sauce; cook just until cheese melts.

Exchanges: 1 carbohydrate,  
 1/2 lean meat

Total carbohydrates: 16 grams  
 Calories per serving: 95

## Southwestern Turkey & Rice Salad

Yield: 10 servings  
 Serving size: approximately 1 cup

- 1/2 cup water
- 1/3 cup olive oil
- 4 green onions, sliced
- 5 Tbsp. fresh lime juice
- 1 Tbsp. minced canned chipotle chilies\* (optional)
- 1 Tbsp. ground cumin
- 3/4 cup chopped fresh cilantro
- 1 lb. roasted turkey
- 4 ears fresh corn, shucked
- 1 green chile, quartered lengthwise, seeded
- 2 red bell peppers, quartered lengthwise, seeded
- 1-1/2 cups long-grain white rice
- Salt and pepper to taste



Whisk first 6 ingredients and 1/2 cup cilantro in small bowl. Season dressing to taste with salt and pepper.

Cook rice according to package directions. Transfer rice to large bowl, fluff with fork.

Grill corn, green chile and red bell peppers until tender and slightly charred. Cut turkey, peppers and chile into small pieces. Cut corn off cobs.

Toss turkey, vegetables and dressing in medium bowl. Add to rice and toss again. Season to taste with salt and pepper.

Divide salad into 10 servings. Sprinkle with remaining cilantro and serve.

(\*Chipotle chilies canned in a spicy tomato sauce, sometimes called Adobo, are available at Latin-American markets, specialty foods stores and some supermarkets.)

Exchanges: 2 carbohydrates,  
 2 lean meats

Total carbohydrates: 30 grams  
 Calories per serving: 314

*Cranberry Rice*

Yield: 6 servings

Serving size: 1/6 of prepared dish

1/4 cup chopped walnuts  
 1 (8 oz. pkg.) wild and white rice  
 1/4 cup minced green onions  
 1/2 cup dried cranberries  
 1-1/2 tsp. orange zest  
 1 tsp. extra virgin olive oil  
 Salt and pepper to taste



Toast the walnuts for 2 to 3 minutes by shaking in a nonstick skillet over medium heat until walnuts are golden.

Prepare the rice according to package directions, omitting the margarine. Avoid overcooking the rice.

Add all ingredients to the prepared rice. Mix and serve.

Exchanges: 2 carbohydrates,  
 1/2 fat

Total carbohydrates: 30 grams  
 Calories per serving: 168

*Red Pepper Bread*

Yield: 20 servings

Serving size: 1 slice

2-1/4 cups all-purpose flour, divided  
 1 cup whole wheat flour  
 2 Tbsp. grated Parmesan cheese  
 1-1/2 tsp. Italian seasoning (mixture  
 of thyme, rosemary and basil)  
 1 pkg. fast-rising active dry yeast  
 1-1/2 tsp. salt  
 1/4 tsp. crushed red pepper  
 1-1/4 cups hot water (130°F)  
 1 Tbsp. olive oil  
 1/2 cup chopped roasted red pepper  
 1 egg white, beaten  
 2 tsp. water  
 Nonstick cooking spray



Combine 1 cup all-purpose flour, whole wheat flour, cheese, Italian seasoning, crushed red pepper, yeast and salt in large bowl. Stir in hot water and oil until mixture is smooth. Stir in enough remaining all-purpose flour to form soft dough.

Turn out dough on floured surface. Knead gently 2 to 3 minutes or until smooth and elastic, adding additional all-purpose flour to prevent sticking, if necessary. Place dough in large bowl sprayed with nonstick cooking spray. Turn dough over to grease top. Let rise, covered, in warm place 30 minutes or until doubled in bulk; punch down.

Shape dough into 1 large loaf on greased cookie sheet. Let stand, covered, 30 minutes or until doubled in bulk.

*Recipe continued on page 14*

*Red Pepper Bread (continued)*

Preheat oven to 375°F. Slash top of dough with sharp knife. Mix egg white and 2 teaspoons water in small cup; brush over dough and sprinkle with additional Italian seasoning, if desired. Bake 35 to 40 minutes or until golden and sounds hollow when gently tapped. Cool on wire rack.

Exchanges: 1 carbohydrate

Total carbohydrates: 15 grams  
Calories per serving: 78



*Almond Pork Tenderloin*

Yield: 6 servings

Serving size: 3 slices

1/2 cup almonds, coarsely ground

1 clove garlic, minced

1/2 tsp. salt (optional)

1/4 tsp. black pepper

1 egg white

1-1/2 pounds pork tenderloin

1/2 cup evaporated skim milk

1/4 cup apple juice

1 tsp. brandy

1/4 cup toasted almonds, sliced for garnish



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

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

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

Exchanges: 4 meats, 2 fats

Total carbohydrates: negligible  
Calories per serving: 310

*Chris' White Chili*

Yield: 12 servings  
Serving size: 1 cup

4 cans (15 oz. each) Northern beans  
1 onion, chopped  
1 tsp. ground oregano  
1-1/2 tsp. ground cumin  
Salt to taste  
Cayenne pepper to taste  
2 cups chicken broth  
4 cloves garlic  
7 boneless, skinless chicken breasts  
2 cans (4 oz.) chopped green chilies  
Nonstick cooking spray



Sprinkle chicken with salt and cumin. Place in baking dish and bake at 350°F for 15 to 20 minutes, until juices run clear.

Spray large pot with nonstick cooking spray and sauté onion and garlic a few minutes (do not brown). Add beans (including liquid), broth, chicken, spices and chilies and simmer 30 minutes or so.

Great when served immediately, even better if left to sit overnight.

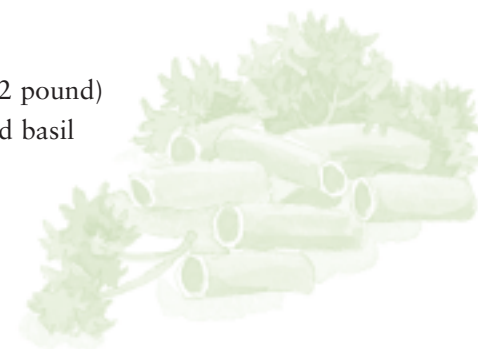
Exchanges: 1-1/2 carbohydrates,  
2 extra-lean meats

Total carbohydrates: 22 grams  
Calories per serving: 170

*Roasted Eggplant & Onion Pasta*

Yield: 6 servings  
Serving size: 1-1/2 cups

1 eggplant, cut into 3/4-inch-thick slices (about 1 lb.)  
1 medium onion, sliced and separated into rings  
(about 1 cup)  
Nonstick cooking spray  
8 oz. uncooked penne (tube-shaped pasta)  
1 Tbsp. olive oil  
3 garlic cloves, minced  
2 cups diced plum tomato (about 1/2 pound)  
4 Tbsp. chopped fresh or 2 tsp. dried basil  
1/4 tsp. salt  
1/4 tsp. black pepper  
1/4 cup (1 oz.) grated fresh  
Parmesan cheese  
Nonstick cooking spray



Preheat broiler. Place eggplant slices and onion on a baking sheet coated with nonstick cooking spray, and broil for 20 minutes, turning once. Remove from oven; cool. Cut into bite-size pieces.

While eggplant and onion broil, cook pasta according to package directions, omitting salt and fat. Drain well.

Heat olive oil in a large nonstick skillet over medium heat. Add garlic, and sauté for one minute. Add the tomato, basil, salt and pepper; cook over low heat for 10 minutes. Stir in eggplant and onion, and cook for 5 minutes. Add pasta, stirring well. Divide the pasta mixture evenly among 6 plates and serve.

Exchanges: 2 carbohydrates,  
1 vegetable, 1/2 fat

Total carbohydrates: 34 grams  
Calories per serving: 215

## Apple & Cranberry Crumble

Yield: 12 servings  
Serving size: 1 piece

### Fruit Filling:

3-1/2 cups fresh cranberries (12 oz.) rinsed,  
drained and picked over  
3/4 cup Splenda®  
3 Tbsp. fresh orange juice  
1 Tbsp. grated orange zest (1 orange)  
2-1/2 lbs. Golden Delicious or other sweet apples,  
(about 6) peeled, quartered, cored and cut into thick slices



### Oat Crumble Topping:

3/4 cup old-fashioned or quick-cooking rolled oats  
(not instant)  
3/4 cup all-purpose white flour  
3/4 cup Splenda®  
2 Tbsp. vegetable oil, preferably canola oil  
1 Tbsp. butter, softened  
2 Tbsp. orange juice  
Nonstick cooking spray



To prepare filling: Preheat oven to 375°F. Lightly oil a shallow 3 qt. baking dish, such as a 10"x14" oval gratin dish, or spray it with a nonstick cooking spray.

In a large heavy saucepan, combine 1-3/4 cups of the cranberries and Splenda®; bring to a boil over medium heat, stirring occasionally. Remove from the heat and stir in orange juice, orange zest and the remaining 1-3/4 cups cranberries. Add apples. Spoon the fruit mixture into the prepared baking dish; set aside.

*Recipe continued on page 19*

## Apple & Cranberry Crumble (continued)

To make topping and bake crumble: In a large mixing bowl, combine oats, flour and Splenda®. With a pastry cutter or your fingertips, blend in oil and butter until crumbly. Pour in orange juice and stir with a fork until the mixture is evenly moistened. Scatter the topping evenly over the fruit. Bake for 50 to 60 minutes, or until the fruit is bubbly and the topping has browned. If you prefer to brown the top further, place it under the broiler very briefly. Cool the crumble on a wire rack for 20 to 30 minutes. Divide into 12 equal servings. Serve in bowls.

May serve with 1 Tbsp. light whipped topping if desired.

Exchanges: 2 carbohydrates,  
1/2 fat

Total carbohydrates: 26 grams  
Calories per serving: 132



## Frozen Berry Delight

Yield: 8 servings  
 Serving size: 1/2 cup

- 8 oz. frozen unsweetened strawberries, partially thawed
- 8 oz. frozen unsweetened peaches, partially thawed
- 4 oz. frozen unsweetened blueberries, partially thawed
- 6 packets Equal®
- 1-1/2 cups no-sugar-added light vanilla ice cream



Combine frozen strawberries, peaches, blueberries and sugar substitute in food processor. Process until coarsely chopped. Add ice cream; process until well blended.

Serve immediately for semi-soft texture or freeze until needed and allow to stand 10 minutes to soften slightly.

Exchanges: 1 carbohydrate

Total carbohydrates: 12 grams  
 Calories per serving: 68

## Fruit Tartlets

Yield: 16 servings  
 Serving size: 1 tartlet

- Crust:**
- 10 Sheets of Phyllo
- Filling:**
- 1-1/4 lbs. firm cooking apples, such as Rome Beauty, Granny Smith or Gravenstein (about 6 apples), peeled, cored and cut into thick slices
- 2/3 cup dried apricots (4 oz.), cut into thin slices
- 1/2 cup dried cranberries (2 oz.)
- 2 Tbsp. sugar
- 2 Tbsp. Splenda®
- 1-1/2 Tbsp. fresh lemon juice
- 1/4 tsp. ground cinnamon



- Topping:**
- 1 cup Cool Whip Light®



**To prepare crust:**

Divide the phyllo sheets in 2 layers, with 5 sheets each. Cut each layer into 8 equal sections, as shown.



Form nests with each section by fanning out the layers into a star-like shape.

Coat a cupcake pan with nonstick cooking spray and place phyllo dough into wells of cupcake pan to form nests.

*Recipe continued on page 22*

*Fruit Tartlets (continued)*

**To prepare filling:**

In a large skillet, combine apples, dried fruit, sugar, Splenda®, lemon juice and cinnamon. Mix well and set over medium heat. Cover and cook for 15 minutes, stirring occasionally, until the apples are tender. Cool. (Filling can be prepared ahead and stored, covered in the refrigerator for up to 2 days.)

Scoop filling into the phyllo nests, dividing it equally into 16 servings.

Bake in preheated oven at 350°F for 10 minutes or until the phyllo sheets turn golden brown.

Serve warm with 1 Tbsp. of Cool Whip Light® on each tartlet.

Exchanges: 1-1/2 carbohydrates

Total carbohydrates: 22

Calories per serving: 96



*Pumpkin Cake Roll*

Yield: 16 slices

Serving size: 1 slice

1 cup solid pack pumpkin

1/4 cup sugar

1 egg

1 tsp. cinnamon, divided

1/4 tsp. ground ginger

1/4 tsp. salt

1/8 tsp. ground nutmeg

1 pkg. (16 oz.) angel food cake mix

6 pkgs. Splenda® sugar substitute

1 cup thawed light frozen whipped topping

1 Tbsp. pecans, grated (optional)

Nonstick cooking spray



Preheat oven to 350°F. Cut an 18-inch long piece of parchment paper. Press into bottom and up sides of jellyroll pan; spray bottom lightly with nonstick cooking spray. Using 10" whisk, whisk together pumpkin, sugar, egg, 1/2 teaspoon cinnamon, ginger, salt and nutmeg until well blended.

Add 1/2 teaspoon cinnamon to cake mix and prepare according to package directions. Gently fold 2 cups of the cake batter into pumpkin mixture until combined.

Spread pumpkin mixture evenly over parchment paper. Spoon remaining cake batter over pumpkin mixture; gently spread evenly. Bake 30 to 35 minutes or until top springs back when lightly touched with fingertip. Remove from oven to nonstick cooling rack. Sprinkle 5 packages of Splenda® over cake using flour/sugar shaker. Place a sheet of parchment paper over cake. Place nonstick cooling rack upside down over parchment paper and carefully turn cake out at once. Remove pan; carefully peel off parchment paper from cooked side of

*Recipe continued on page 24*

*Pumpkin Cake Roll (continued)*

cake. Starting from a narrow end, roll up cake with pumpkin side inside roll, removing parchment paper as you roll. Cool 30 minutes. Sprinkle with remaining Splenda®. Slice using serrated bread knife. For each serving, garnish with whipped topping and grated pecans.

Exchanges: 2 carbohydrates

Total carbohydrates: 27 grams

Calories per serving: 130

