



## *Cooking With Diabetes*

*Eating a well-balanced meal is important for everyone to provide a variety of vitamins and minerals. For persons with diabetes it is especially important, however, to consider the types of foods, serving sizes, number of serving sizes and timing of meals to control your blood glucose (sugar) levels. By eating a variety of foods, you can keep your blood glucose levels under control. Cooking with diabetes is not that much different from other types of cooking. Just because you have diabetes does not mean you need to learn how to cook different or that your food is going to be boring and tasteless.*

*By altering your way of cooking and eating, you can improve your health and increase your vitality. Making choices based upon nutritional content is the best guide. Choose to eat foods that have bright colors and are high in fiber, vitamins, minerals, and complex carbohydrates. Limit foods that are low in saturated fat, hydrogenated (trans) fat and cholesterol. Adopting this way of eating will promote good health and offer you protection against heart disease, stroke, cancer, and will make it easier to control your diabetes. Use these tips when cooking for optimal health:*

- ✓ Skin chicken before cooking and remove all visible fat below the skin. The skin will be easier to remove if you use paper towels or a clean cloth to hold it.
- ✓ After you roast meat or poultry, chill the drippings in the refrigerator. Once cooled, the fat will rise to the top and harden; you can remove it easily and save the stock to use in stews, sauces and soups.
- ✓ Buy the leanest ground beef, pork and turkey (no more than 15 percent fat). After browning, put ground meat into a strainer or colander lined with paper towels. Allow fat to drain or pour boiling water over meat in colander.
- ✓ Cook vegetables just long enough to make them tender crisp. Overcooked vegetables lose both flavor and important nutrients.
- ✓ Cut back on cholesterol by eating more vegetables in place of meat in stews, soups or casseroles. Vegetables add more color and taste great! Cook vegetables with their skins to increase fiber and nutrient intake.
- ✓ Choose leaner cuts of meat (sirloin, top round or loin), and trim visible fat before slicing or cooking.
- ✓ Use lemon juice, garlic, wine, herbs and spices to perk up the flavors of vegetables and meats instead of rich sauces made with cream, butter or cheese.
- ✓ Avoid fried foods or frying when cooking. Try other low fat methods of cooking like broiling, baking, steaming or grilling.
- ✓ Instead of adding salt to boiling water when making pasta, add lemon juice for flavor.
- ✓ Use non-stick cooking spray or non-stick cookware instead of butter or oil when cooking to cut back on fat.
- ✓ Don't add salt to food when cooking. Most foods already have natural occurring salts. Add a dab of olive oil or lemon juice right at the end of cooking to add flavor.

- ✓ Use olive oil or canola oil in place of vegetable oil, fatback and butter when sautéing or cooking. These oils are high in monounsaturated fats (“good fats”) and low in saturated fats (“bad fats”).
- ✓ Boost your fiber intake by cooking with brown rice in place of white rice and whole-wheat pasta in place of white pasta. Replace refined white flour with whole-wheat flour.
- ✓ Since most recipes include more sugar than necessary, you can usually reduce the amount of sugar by one fourth to one third.
- ✓ When cooking with eggs, use one egg yolk for each portion. Add more egg whites to boost protein, and to decrease fat and cholesterol intake.
- ✓ Spend time on presentation. You are more likely to enjoy a meal if it's visually appealing as well as tasty.
- ✓ You are less likely to overeat if you eat slowly and savor every mouthful.

## *How to Make Your Favorite Recipes Healthier*

| <i>Instead of...</i>           | <i>Try...</i>                                  |
|--------------------------------|--|
| Whole milk                     | Low-fat or non-fat milk                        |
| Sour Cream                     | Low-fat sour cream or non-fat plain yogurt     |
| Heavy Cream                    | Evaporated skim milk                           |
| 1 whole egg                    | ¼ c egg substitute or 2 egg whites             |
| 1 cup shortening or lard       | ¾ c canola oil                                 |
| Oil in baked recipes           | Equal amount of applesauce                     |
| Salt in cooking recipes        | Use spices and herbs                           |
| Buttering breads or vegetables | Olive oil or sesame oil used lightly           |
| Ice cream                      | Sherbet, Italian ices, non-fat frozen yogurt   |
| Fatback or lard                | Arrowroot or cornstarch for thickening gravies |
| Onion salt or garlic salt      | Onion or garlic powder                         |
| Mayonnaise in salad dressings  | Non fat yogurt or low fat buttermilk           |
| White rice                     | Brown rice                                     |
| Regular flour                  | A blend of whole-wheat and all-purpose flours  |
| Buttered crumbs for casseroles | Wheat germ, whole-wheat crumbs or bran         |
| Sugar                          | Reduce amount by up to ½ the original amount   |

### *Muffins*

#### Traditional

2 c flour  
 1 c sugar  
 1 ½ tsp baking powder  
 1 ¼ tsp salt  
 1 tsp vanilla  
 2 eggs  
 ½ c butter  
 ½ c milk

#### Healthier Version

1 c white flour  
 1 c whole flour  
 ½ c brown sugar  
 2 tsp baking powder  
 ¼ tsp salt  
 1 tsp cinnamon  
 1 egg (or 2 egg whites)  
 2 T canola oil  
 1 ¼ c skim milk  
 ½ c raisins or 1 c blueberries

## *Cooking with Sugar Substitutes*

Sugar is used to provide sweetness to foods. Sugar and other forms of sweeteners (i.e. brown sugar, molasses, corn syrup) can be included in your diabetic meal plan. Using sugar substitutes when baking can decrease the amount of table sugar used and can be counted as calorie free, and will not affect your blood glucose levels.

However, not all sugar substitutes can be used during baking or for prolonged cooking periods. Be sure to read labels to ensure cooking usage. Some artificial sweeteners used during baking are:

- Splenda
- Sugar Twin
- Diabetisweet

All of these sugars can be purchased in grocery stores and are good for baking and prolonged cooking times. Although labels may state the sugar substitute can be used as a one-to-one ratio for regular sugar, it is important to read the labels for optimal cooking results. Baking times may vary. When using sugar substitutes, foods can brown faster. Read labels and visit websites for splenda and sugar twin at [www.splenda.com](http://www.splenda.com) and [www.sugartwin.com](http://www.sugartwin.com)

Remember, however, you can include sugar into your daily meal plan. Since it counts as a carbohydrate, it is important to keep close track of the total amount of carbohydrates you eat each day and not exceed that total.

### **Key Lime Yogurt Bars**

8 whole graham crackers  
1 ¾ cup Splenda, No Calorie Sweetener, Granular  
1/8 tsp ground cinnamon  
2 Tablespoons margarine, melted  
1/3 cup Key Lime Juice  
2 cups low-fat plain yogurt  
1 cup reduced fat frozen whipping top, thawed

1. **SPRAY** an 8- x 8- inch square pan with vegetable cooking spray. Set aside.
2. **CRUSH** graham crackers; reserving 2 tablespoons. Combine graham cracker crumbs, 1/4 cup SPLENDA® Granular, cinnamon, and margarine, mixing well. Firmly press mixture evenly in bottom of prepared pan; set aside.
3. **COMBINE** 1 1/2 cups SPLENDA® Granular and lime juice in a heavy saucepan. Bring mixture to a boil, reduce heat and cook about 5 minutes or until mixture is reduced by half. Set aside to cool.
4. **STIR** yogurt into SPLENDA® Granular and lime mixture; fold in whipped topping. Spoon mixture over graham cracker crust; sprinkle with reserved graham cracker crumbs. Cover and freeze at least 4 hours or until firm. Let stand at room temperature 10 minutes before cutting into bars.

Makes 9 serving, one serving=1 bar

One serving=1 ½ Starch, 1 fat

*\*\*Recipe developed by McNeil Nutritionals*

# Healthy Recipes



## Eggplant Parmesan

1 eggplant  
3 egg whites or ½ c egg substitute  
1 c flour  
3 tomatoes  
6 slices low-fat provolone cheese  
1 T olive oil  
Dash of salt and pepper  
26 oz jar of tomato sauce

Pre-heat oven to 350°.

Cut the stems and navels off the eggplants and cut them crosswise into rounds ½ inch thick. In a skillet over medium-high heat, pour in oil. Heat the oil until it is hot enough to make the eggplant sizzle. In a small bowl, slightly beat eggs with a fork and add salt and pepper. Place flour in small bowl. Take each eggplant slice and dip into eggs. Next, dip each eggplant slice into flour, shake off the excess flour, and slip into skillet. Cook on both sides, turning once, until tender and golden, about 8 minutes total cooking time to finish all eggplant slices.

After cooking eggplant, place in a 9 X 13 glass-baking dish. Slice tomatoes crosswise and place one piece on each eggplant slice. Next, pour tomato sauce over top of eggplant and tomatoes. Place each provolone slice on top.

Bake at 350° for 10 minutes covered with aluminum foil. Uncover and bake for 3 minutes.

Makes 6 servings

One serving=1 starch, 1 meat, 1 fat

## Spinach with Chickpeas

1 lb frozen spinach  
16-oz chick peas (garbanzo beans), rinsed thoroughly  
1-2 t cumin  
1 T paprika  
4 cloves garlic, minced  
1 slice whole wheat bread  
2 T olive oil

Boil Spinach. Remove from heat and pour out most of the water but not all of it so the spinach is still in water. Add chickpeas.

Next, in a small skillet add 1 tablespoon of olive oil and heat. Add garlic cloves and sauté until light brown. Remove from heat and place in a small bowl. Now, add bread slice to same skillet used to brown garlic until light brown. Place in bowl with garlic. Add to bowl cumin and a little liquid from the spinach. Mash until a paste is formed (does not have to be completely mashed to bits). Add to spinach and chickpeas.

Now, add remaining tablespoon olive oil to small skillet again and heat oil (but not too hot). Add paprika and whoosh around in skillet for 5 seconds until it becomes a darker red. Remove immediately and add to spinach pot. Mix whole spinach mixture and turn on heat. Simmer 5-10 minutes.

Makes 4 servings, one serving = 1/2 cup  
One serving = 2 starch, 1 fat

## Pork Tenderloin in Orange-Dijon Mustard Sauce

16-oz pork tenderloin  
3 T Dijon mustard  
3/4 c orange juice  
1 red bell pepper  
1 yellow onion

Add 1 T olive oil to large skillet and heat at medium high. Remove pork loin from package and place in skillet. Cook until browned on the outside turning occasionally so that it is cooked evenly. Meanwhile, mix together Dijon mustard and orange juice in small bowl. Set aside. Now, slice pepper and onion. Place in a small skillet with 1/2 inch olive oil. Sauté 4 minutes.

Remove tenderloin and place on a cutting board. Slice crosswise about 1 1/2 inch thick. Put back in skillet. Add Dijon mustard sauce and pepper and onion. Cover. Let cook about 5 minutes or until thermometer registers 160°. Remove from skillet and serve.

Makes 4 servings, one serving = 3 slices  
One serving = 3 meat

*\*\*This dish is great with black beans and brown rice*