

Breakfast Recipes

Cottage Cheese and Pineapple

Yield: 2 servings

1 cup cottage cheese, low-fat 1%
1 cup fresh pineapple (may substitute canned)
1 celery stalk, chopped
10 pecan halves, chopped

Combine all ingredients.

Per 1/2 recipe: 163 cal., 15 g pro, 15 g carb, 5 g fat, 2 g fiber, 476 mg sodium
Good source of protein, vitamins C and B12, thiamin, copper, and selenium.

Overnight Oatmeal

Servings: 1

1/3 cup old fashioned oatmeal, dry
2/3 cup Mootopia, fat free milk*
1 tablespoon chia seeds**
1/4 cup Greek vanilla yogurt
1/2 cup strawberries, sliced

In canning jar or other container, mix oatmeal, milk, chia seeds. Let set overnight in refrigerator. When ready to eat, add vanilla yogurt, and sliced strawberries.

Per serving: 341 cal., 21 g pro, 39 g carb, 11 g fat, 10 g fiber, 124 mg sodium
Good source of protein, vitamins C and D, thiamin, calcium, iron, magnesium, copper, selenium and fiber.

*Mootopia is a HEB brand that has a higher protein content and lower carbohydrate content than regular fat free milk.

**Chia seeds are concentrated sources of omega-3 fatty acids and antioxidants. Because they absorb water easily, they may be gentler on sensitive stomachs than seeds with tougher fiber, such as flaxseeds. Chia seeds contain 4 gram fiber per tablespoon and potassium, calcium, and iron.

Mighty Muffins

Yield: 24 muffins

Serving size 1 muffin

1 cup old fashioned oatmeal
2 large shredded wheat biscuits, crumbled
1 cup All Bran or Fiber One Cereal
1 cup very hot water
1 1/8 cup brown sugar
2 eggs
1/2 cup canola oil
2 cups buttermilk
2 1/2 cups all purpose flour
4 teaspoons baking soda
1 teaspoon salt

Pour hot water over oatmeal, shredded wheat and bran cereal. Mix together gently and let set for 10 minutes. Mix in brown sugar, eggs, buttermilk and oil. Add flour, baking soda and salt. Bake at 400 degrees for 20 minutes.

Per muffin: 153cal., 3.5 g pro, 23 g carb, 6 g fat, 2 g fiber, 343 mg sodium
Good source of thiamin, folate, vitamins B6, B12 and fiber.

Yogurt and Peach Breakfast

Servings: 1

1/3 cup Greek vanilla yogurt
1/3 cup cottage cheese, low fat
1 small peach, sliced
5 pecan halves, chopped
Sprinkle of cinnamon

Combine Greek yogurt and cottage cheese. Slice peach and add to above mixture. Sprinkle with chopped pecans and cinnamon.

Per serving: 210 cal., 19 g pro, 24 g carb, 5 g fat, 3 g fiber, 338 mg sodium
Good source of protein, calcium, vitamin C, riboflavin, copper and fiber.

Quick and Easy Lunch Recipes/Suggestions

Food Item	Calories	Carbohydrate gms	Protein gms	Fat gms	Fiber gms	Sodium mg
Tuna Salad Sandwich* with 1 cup cantaloupe	401	51	42	7	10	898
Amy's Stuffed Pasta Shells Frozen Dinner with 5.3 oz Chobani Peach Greek yogurt	450	50	33	13	5	805
1/2 cup 1% low fat cottage cheese with 1 medium tomato , 1 slice Oroweat Nuttygrain bread , nectarine	243	38	22	3	8	624
Curried Chicken Salad Pita* with 8 grape tomatoes, and 3/4 cup fresh pineapple cubes	260	40	21	3	5	411
White Chicken Chili* with 2 small corn tortillas	290	37	24	4	8	598
1 peanut butter sandwich: (2 slices Oroweat Nuttygrain bread) with 1 1/2 TBSP peanut butter and 1 TBSP apple butter with 5.3 oz Greek yogurt	486	67	30	14	10	505

Homemade Chili with Beans (lower sodium version)

Servings: 5

- 1 pound ground beef, 96% lean
- 1 cup chopped onions (about 1 medium)
- 3/4 cup chopped green bell pepper
- 1 clove garlic, minced
- 1 14.5-oz can diced tomatoes, no salt added
- 1 8-oz can tomato sauce, no salt added
- 2 teaspoons chili powder
- 1 teaspoon cumin
- 3/4 teaspoon salt
- 1/4 teaspoon red or cayenne pepper
- 1 bay leaf
- 1 15-oz can red kidney beans, drained

Brown ground beef in skillet along with onion, green pepper and garlic. Add canned tomatoes and tomato sauce. Add spices and kidney beans. Simmer on low for 30 –60 minutes.

Per serving: 251 cal., 26 g pro, 25 g carb, 5 g fat, 3 g fiber, 488 mg sodium
Good source of protein, vitamins A, B12 & C, iron, zinc, copper, selenium and fiber.

Tuna Salad Sandwich

Servings: 1

- 5 ounce can solid white albacore in water, drained
- 1 tablespoon sweet pickle relish
- 1 tablespoon light mayonnaise
- 1 celery stalk, finely chopped
- 2 slices Oroweat Nuttygrain bread

Drain tuna well. Add relish, mayonnaise, and celery. Spread over bread.

Per sandwich: 346 cal., 40 g pro, 38 g carb, 7g fat, 10 g fiber, 872mg sodium
Good source of protein, thiamin, vitamin B12 , selenium, and fiber.

**A good source of a vitamin or mineral contributes at least 10 percent of its Daily Value (DV) in a standard label serving. A source of dietary fiber contributes at least 2 grams of dietary fiber in a standardized serving.*

Moroccan Chicken Thighs

Servings: 4 (1 chicken thigh each)

Recipe source: Diabetes Meals by the Plate

2 tablespoons flour
1 teaspoon chili powder
1/2 teaspoon ground cumin
1/2 teaspoon ground ginger
1/4 teaspoon ground cinnamon
4 5-oz bone-in chicken thighs, skinned
2 teaspoons canola oil

Preheat oven to 375 degrees. In a large resealable plastic bag combine flour, chili powder, cumin, ginger, and cinnamon. Add chicken thighs to bag, one at a time, shaking to coat chicken with seasoning mixture.

In a very large oven-going skillet heat oil over medium-high heat. Add chicken thighs. Cook for 5 to 6 minutes or until browned, turning once halfway through cooking.

Transfer skillet to oven. Bake, uncovered, for 35-40 minutes or until chicken is tender and no longer pink. (180 degrees).

Per serving: 138 cal., 17 g pro, 4 g carb, 6 g fat, 0 g fiber, 72 mg sodium
Good source of protein, iron, riboflavin, zinc and selenium.

Moroccan-Style Couscous

Servings 4 (3/4 cup each)

Recipe source: Diabetes Meals by the Plate

2 teaspoons canola oil
1/3 cup chopped onion
1/4 cup chopped red sweet pepper
2 cloves garlic, minced
1 cup reduced-sodium chicken broth
1/2 teaspoon chili powder
1/4 teaspoon salt
1/4 teaspoon ground cumin
1/4 teaspoon ground ginger
1/8 teaspoon ground cinnamon
1/8 teaspoon black pepper
2/3 cup couscous or whole wheat couscous
1/4 cup no salt added canned garbanzo beans (chickpeas), rinsed and drained
2 tablespoons sliced green olives

In a small saucepan heat oil over medium heat. Add onion, sweet pepper, and garlic. Cook and stir about 5 minutes or until just softened.

Carefully add broth, chili powder, salt, cumin, ginger, cinnamon, and black pepper to the saucepan; bring to boiling. Stir in couscous, garbanzo beans, raisins, and olives; remove from heat. Cover and let stand for 5 minutes. Fluff couscous with a fork. Serve immediately.

Per serving: 206 cal., 6 g pro, 38 g carb, 3 g fat, 3 g fiber, 370 mg sodium

Good source of protein, vitamin C, and fiber.

White Chicken Chili

Servings: 7 (1 cup per serving)

Recipe Source: The American Diabetes Association

Cooking spray
1 pound boneless, skinless chicken breasts, cut into 1 inch cubes
1 medium onion, finely chopped
2 medium carrots, finely chopped
2 garlic cloves, minced
2 15.5-oz can Great Northern beans, undrained
1 cup reduced-sodium chicken broth
1 4-oz can mild green chilies, diced
1/2 teaspoon ground black pepper
Monterey Jack Cheese, grated (optional) not included in nutritional analysis

Coat a large soup pot with cooking spray. Add chicken and cook over medium-high heat until lightly brown. Remove chicken from pan and set aside.

Spray pan again with cooking spray. Sauté onion and carrots about 4 minutes until onion turns clear.

Add all remaining ingredients and chicken and stir. Bring to a boil, reduce heat and simmer 15 minutes.

Per serving: 210 cal., 22 g pro, 21 g carb, 3 g fat, 6 g fiber, 588 mg sodium

Good source of protein, vitamins A, C, thiamin, iron, magnesium, copper and fiber.

Chicken Salad Pita with Yogurt Sauce

Servings: 4 (1/2 cup salad in 1/2 pita)

Recipe Source: Texas AgriLife Extension

1/2 cup red seedless grapes, halved if large
1 1/2 cups diced cooked chicken breast
1 celery rib, trimmed and chopped
2 1/2 tablespoons plain, fat-free Greek yogurt
2 tablespoons fat-free mayonnaise
1/8 teaspoon chili powder
1/8 teaspoon curry powder
1/4 teaspoon salt
1/8 teaspoon black pepper
2 whole wheat pitas, cut in half
4 pieces leaf lettuce
1 tablespoon sliced almonds

Combine grapes, chicken, and celery in medium bowl. Combine yogurt, mayonnaise, chili powder, curry powder, salt and pepper in cup. Stir well. Add in sliced almonds; stir again. Split each pita half open and line with a lettuce leaf. Spoon 1/2 cup chicken mixture into each pita half.

Per serving: 178 cal., 20 g pro, 20 g carb, 3 g fat, 3 g fiber, 410 mg sodium

Good source of protein, vitamin A, iron, niacin, vitamin B6, magnesium, selenium, fiber.

Green Chile-Pork Posole

Servings: 6

Slow Cooker Recipe

Recipe Source: Better Homes and Gardens Fast and Healthy 2013

2 15.5-oz cans hominy, rinsed and drained
1 16-oz jar salsa verde
1 14.5 oz can reduced-sodium chicken broth
2 4-oz cans diced green chilies, undrained
1 cup coarsely chopped onion (1 large)
1 tablespoon ground cumin
1 teaspoon dried oregano, crushed
1/4 teaspoon crushed red pepper
4 cloves garlic, minced
12 oz pork tenderloin, cut into 1/2" cubes
Snipped fresh cilantro
6 6-7" whole wheat tortillas, warmed

In a 3 1/2- or 4-quart slow cooker combine hominy, salsa, broth, chilies, onion, cumin, oregano, crushed red pepper, and garlic. Stir in meat.

Cover and cook on low-heat setting for 6 to 7 hours or on high-heat setting for 3 to 3 1/2 hours.

To serve, sprinkle each serving with cilantro. Serve with tortillas.

Per serving: 271 cal., 22 g pro, 40 g carb, 6 g fat, 13 g fiber, 784 mg sodium

Good source of protein, vitamin A, B6, and C, calcium iron, thiamin, riboflavin, folate, magnesium, zinc, copper, fiber and selenium.

Quick and Easy Snack Ideas

Food Item	Calories	Carbohydrate gms	Protein gms	Fat gms	Fiber gms	Sodium mg
1 Light Baby Bell cheese with 1 medium Gala apple	148	24	6	3	4	162
1 Hard cooked egg with 3 Whole Wheat Carr's Crackers	198	15	8	11	2	112
Greek Yogurt (5.3 oz)	80-140	10-20	10-14	0	0	45-65
1/2 cup low-fat (1%) Cottage Cheese with 1/2 cup light mandarin oranges	150	22	13	1.5	1	450
1 Nature Valley Protein Chewy Bar	190	14	10	12	5	170
1 2% Mozzarella Cheese Stick with 17 grapes	120	15	8	4	0	172
Edamame (soybeans in pods) 5 oz	90	8	8	2.5	3	30
Sabra Classic Hummus (2 TBSP) with 6 celery sticks	100	10	2	5	1	220
1/2 peanut butter sandwich: 1 slice Oroweat Nuttygrain with 1 TBSP peanut butter	175	21	9	9	5	175

Blue Cheese-Apricot Bites

Servings: 16 (1 apricot per serving)

2 teaspoons butter
 2 tablespoons finely chopped walnuts
 2 teaspoons sugar
 1/2 teaspoon snipped fresh rosemary or
 1/4 teaspoon dried rosemary, finely crushed
 1/4 cup crumbled Gorgonzola, Roquefort, or other
 blue cheese (1 ounce)
 1 ounce cream cheese
 16 dried apricots

1. In a small skillet melt butter over medium heat. Add walnuts and sugar: cook and stir for 2-3 minutes or until walnuts are lightly toasted. Stir in rosemary; cook and stir for 30 seconds more. Transfer nuts to a foil-lined baking sheet; cool.
 2. Meanwhile, in a small bowl combine Gorgonzola cheese and cream cheese. Beat with an electric mixer on medium speed until smooth.
 3. Spoon about 3/4 teaspoon of the cheese mixture on top of each dried apricot. Sprinkle with nuts.

Per apricot: 33 cal., 1 g pro, 3 g carb, 2 g fat, 0 g fiber, 24 mg sodium.

Red Peppers with Ham and Cheese

Servings: 4 (2 bell pepper strips per serving)

1 red bell pepper
 4 tablespoons 1/3 less fat cream cheese
 8 slices, thinly sliced deli ham

Clean and seed red bell pepper. Cut into 8 slices, lengthwise. Spread 1/2 tablespoon cream cheese onto each slice of pepper. Wrap each piece with 1 slice of deli ham.

Per 2 pieces: 64 cal., 4 g pro, 4 g carb, 3 g fat, 1 g fiber, 321 mg sodium.

Good source of vitamin A and C.