

## Appetizers

### **Saucy Asian Meatballs**

From Taste of Home's Light & Tasty magazine

Prep time: 20 minutes

Bake time: 20 minutes

Yield: 3 dozen

2 garlic cloves, minced

½ teaspoon ground ginger

1 teaspoon plus ¼ cup reduced-sodium soy sauce, divided

1 pound ground turkey

¼ cup rice wine vinegar

¼ cup tomato paste

2 tablespoons molasses

1 teaspoon hot pepper sauce

In a large bowl, combine the garlic, ginger, and 1 teaspoon soy sauce. Crumble turkey over mixture and mix well. Shape into 1-inch balls.

Place in a 13 x 9 x 2 inch baking dish coated with nonstick cooking spray. Bake, uncovered, at 350° for 20-25 minutes or until meat is no longer pink.

In a large saucepan, combine the vinegar, tomato paste, molasses, pepper sauce, and remaining soy sauce. Cook and stir over medium heat for 3-5 minutes. Add the meatballs; heat through.

Nutrition Facts: 1 meatball equals 32 calories, 2 g fat, 1 g saturated fat, 9 mg cholesterol, 89 mg sodium, 2 g carbohydrate, trace fiber, 2 g protein. Diabetic exchange: ½ fat.

## Apple Chicken Quesadillas

### I n g r e d i e n t s

2 medium tart apples, sliced  
1 cup diced cooked chicken breast  
1/2 cup shredded fat-free cheddar cheese  
1/2 cup shredded part-skim mozzarella cheese  
1/2 cup fresh *or* frozen corn, thawed  
1/2 cup chopped fresh tomatoes  
1/2 cup chopped onion  
1/4 teaspoon salt  
6 flour tortillas (8 inches), warmed  
3/4 cup shredded lettuce  
3/4 cup salsa  
6 tablespoons fat-free sour cream

### D I R E C T I O N S

In a large bowl, combine the first eight ingredients. Place about 3/4 cup on half of each tortilla. Fold tortilla in half over filling and secure with toothpicks.

Place on a baking sheet coated with nonstick cooking spray. Bake at 400° for 8-10 minutes or until golden brown.

Carefully turn quesadillas over; bake 5-8 minutes longer or until golden brown. Discard toothpicks. Cut each quesadilla into three wedges. Serve with lettuce, salsa and sour cream. Yield: 6 servings.

### N U T R I T I O N A L   I N F O

**Nutrition Facts:** 1 wedge equals 96 calories, 2 g fat (0.5 g saturated fat), 9 mg cholesterol, 210 mg sodium, 13 g carbohydrate, 1 g fiber, 6 g protein. **Diabetic Exchanges:** 1/2 lean meat, 1/2 starch.

## Entrees

### **Cranberry-Glazed Turkey Breast**

From Taste of Home's Light & Tasty magazine

Prep time: 20 minutes

Bake time: 1 ½ hours + standing

Yield: 12 servings

1 ¼ cups jellied cranberry sauce

2/3 cup unsweetened apple juice concentrate

2 tablespoons butter

1 bone-in turkey breast (5 to 6 pounds)

In a small saucepan, whisk together the cranberry sauce, apple juice concentrate and butter.

Bring to a boil. Remove from heat; cool.

Carefully loosen skin of turkey breast. Set aside ½ cup sauce for basting and ¾ cup for serving.

Spoon remaining sauce onto the turkey, rubbing mixture under and over the skin.

Place turkey on a rack in a shallow roasting pan. Bake, uncovered, at 325° for 1 ½ to 2 hours or until a meat thermometer reads 170°, basting occasionally with reserved sauce. Cover and let stand for 10 minutes before carving. Warm reserved ¾ cup sauce; serve with turkey.

Nutrition Facts: 5 ounces cooked turkey (without skin) and 1 tablespoon sauce equals 244 calories, 3 g fat, 1 g saturated fat, 103 mg cholesterol, 91 mg sodium, 17 g carbohydrate, trace fiber, 36 g protein. Diabetic Exchanges: 5 very lean meat, 1 starch.

## Holiday Ham Slices

### INGREDIENTS

3/4 cup whole-berry cranberry sauce  
4 to 6 green onions, finely chopped  
3 tablespoons water  
1 tablespoon Dijon mustard  
1 tablespoon butter, melted  
1 teaspoon brown sugar  
1/4 teaspoon ground ginger  
4 slices (6 to 8 ounces *each*) fully cooked ham

### DIRECTIONS

In a large skillet, combine the first seven ingredients. Cook over medium heat, stirring constantly. Add ham; cook for 3-4 minutes or until heated through. Serve sauce with ham. **Yield:** 4-6 servings.

### NUTRITIONAL INFO

**Nutrition Facts:** 2 oz ham plus 2 Tbsp sauce equals 131 calories, 4 g fat (2 g saturated fat), 31 mg cholesterol, 832 mg sodium, 12 g carbohydrate, 11 g protein. Diabetic exchanges: 2 very lean meat, 1 starch.

## Side Dishes

### **Makeover Creamy Cranberry Salad**

From Taste of Home's Light & Tasty magazine

Prep time: 15 minutes + chilling

Yield: 12 servings

3 cups fresh or frozen cranberries, thawed and coarsely chopped

1 can (20 ounces) unsweetened crushed pineapple, drained

2 cups miniature marshmallows

1 medium apple, chopped

Sugar substitute equivalent to  $\frac{1}{2}$  cup sugar

$\frac{1}{8}$  teaspoon salt

1 carton (8 ounces) frozen reduced-fat whipped topping, thawed

$\frac{1}{4}$  cup chopped walnuts

In a large bowl, combine the cranberries, pineapple, marshmallows, apple, sugar substitute, and salt. Cover and refrigerate overnight. Just before serving, fold in whipped topping and walnuts.

Nutrition Facts:  $\frac{2}{3}$  cup equals 133 calories, 4 g fat, 2 g saturated fat, 0 mg cholesterol, 29 mg sodium, 24 g carbohydrate, 2 g fiber, 1 g protein. Diabetic Exchanges: 1 starch,  $\frac{1}{2}$  fruit,  $\frac{1}{2}$  fat.

**Whole-Wheat Stuffing**  
From Jeanne Jones' Healthy Cooking cookbook

Yield: 4 cups

3 cups crumbled whole-wheat toast  
1 teaspoon ground sage  
¼ teaspoon freshly ground black pepper  
¼ teaspoon salt (optional)  
1 tablespoon margarine  
1 medium onion, finely chopped  
1 cup chopped celery  
½ cup chopped fresh parsley  
1 ½ cups chicken broth

Preheat the oven to 350°. Coat a 9 x 5 inch loaf pan with nonstick vegetable cooking spray.

In a large bowl, combine the toast, sage, pepper, and salt (if using); mix well.

Melt the margarine in a large nonstick skillet over medium-low heat. Add the onions, celery, and parsley. Cover and cook for 10 minutes, or until the onions are soft and translucent. Add to the bowl with the toast. Stir in the stock or broth and mix well. Spoon the mixture into the prepared pan. Bake for 45 minutes.

Nutrition Facts: Each ½ cup serving equals 75 calories, 2 g fat, 11 g carbohydrates, 1.5 g fiber, 0 mg cholesterol, 212 mg sodium. Diabetic exchanges: 1 starch, ½ fat.

## Stuffed Potatoes

### INGREDIENTS

4 baking potatoes (8 oz. size)  
7/8 cup lowfat cottage cheese  
2 tablespoons whole milk  
2 tablespoons minced onion  
1/4 teaspoon paprika

### DIRECTIONS

Scrub potatoes and remove any blemishes.

**To bake by conventional method:** Preheat oven to 400 degrees. Place potatoes in oven and bake until tender, about 30-40 minutes.

**To bake by microwave method:** Pierce potatoes by using fork prongs. Cover potatoes with waxed paper. Heat on high until tender, about 5-10 minutes.

**To stuff potatoes:** Slice each potato in half, lengthwise. Using a spoon, scoop out pulp, leaving about 1/4-inch thick shells, saving pulp. Blend cheese, milk and onion. Add potato pulp; mix until light and fluffy. Fill potato halves with mixture. Sprinkle paprika over potatoes. Return to oven or microwave to reheat, for a few minutes, if desired.

Serves 8

### NUTRITIONAL INFORMATION

Half of one potato equals: 106 calories, 6 g protein, 19 g carbohydrates, 12 mg cholesterol, 1 g fat (0.25 g saturated fat), 120 mg sodium. Diabetic exchanges: 1 starch, 1 meat.

## Orange and Honey Glazed Baby Carrots

Serves: 4

Ready in < 30 minute

### INGREDIENTS

2 tsp butter

1 ½ c water

¾ pound baby carrots

1 c OJ

1 T honey

1 pinch white pepper

### DIRECTIONS

1. In a large pan, bring butter and water to boil over high heat.
2. Add carrots and reduce the heat to a simmer. Allow water to reduce by half, then add orange juice and honey.
3. Continue to simmer for 10 to 12 minutes or until carrots are tender.
4. Remove the carrots and set aside.
5. Raise the heat and reduce the liquid to about ½ cup.  
(The liquid should be thick.)
6. Return the carrots to the pan and toss with the liquid.

Season with white pepper and serve.

**Nutrition Facts:** 1 serving (1/2 cup) equals 88 calories, 2 g fat (1 g saturated fat), 10 mg cholesterol, 196 mg sodium, 14 g carbohydrate, 1 g fiber, 1 g protein. Diabetic exchanges: 1 vegetable, ½ fat, ½ starch.

## Desserts

### **Makeover Pumpkin Cake**

From Taste of Home's Light & Tasty magazine

Prep time: 25 minutes

Bake time: 35 minutes + cooling

Yield: 18 servings

1 can (15 ounces) solid-pack pumpkin

1 2/3 cups sugar

2 eggs

1/2 cup egg substitute

1/2 cup buttermilk

1/2 cup canola oil

1/4 cup unsweetened applesauce

1 teaspoon vanilla extract

2 cups all-purpose flour

3 teaspoons ground cinnamon

2 teaspoons baking soda

1 teaspoon salt

1/4 cup chopped pecans

Frosting:

1 package (8 ounces) reduced-fat cream cheese

1/4 cup butter, softened

3 cups confectioners' sugar

2 teaspoons vanilla extract

In a large mixing bowl, combine the first eight ingredients; beat until well blended. Combine the flour, cinnamon, baking soda, and salt; gradually beat into pumpkin mixture until blended. Stir in pecans.

Transfer to a 13 x 9 x 2 inch baking pan coated with nonstick cooking spray. Bake at 350° for 35-45 minutes or until a toothpick inserted near the center comes out clean. Cool on a wire rack.

For frosting, in a small mixing bowl, beat cream cheese and butter until fluffy. Add confectioners' sugar and vanilla; beat until smooth. Frost cake. Store in the refrigerator.

Nutrition Facts: 1 piece equals 345 calories, 13 g fat, 4 g saturated fat, 40 mg cholesterol, 380 mg sodium, 53 g carbohydrate, 2 g fiber, 5 g protein. Diabetic exchanges: 3 starch, 2 1/2 fat.

## Gingerbread

From Jeanne Jones' Home-style Cooking cookbook

Yield: 8 servings

1/3 cup packed dark brown sugar  
1/4 cup butter or margarine, melted and cooled  
1/4 cup buttermilk  
2 eggs, lightly beaten  
1 cup unbleached or all-purpose flour  
1 cup whole-wheat flour  
1 1/2 teaspoons baking soda  
1 teaspoon ground cinnamon  
1 teaspoon ground ginger  
1/2 teaspoon salt  
1 cup hot water  
1/2 cup molasses  
1/4 cup honey

Preheat the oven to 350°. Coat a 9 x9 inch baking pan with nonstick spray. Set aside.

In a large bowl, stir together the brown sugar, butter or margarine, buttermilk, and eggs. Set aside.

In a medium bowl, stir together the unbleached or all-purpose flour, whole-wheat flour, baking soda, cinnamon, ginger, and salt. Set aside.

In a small bowl, combine the water, molasses, and honey. Add the flour mixture and molasses mixture alternately to the egg mixture. Stir just until most lumps are gone. Do not overmix.

Spoon into the prepared pan. Bake for 35-40 minutes, or until a toothpick inserted in the center of the cake comes out clean. Place on a rack to cool.

Nutrition Facts: 1/9 of the gingerbread equals 230 calories, 6 g fat, 47 mg cholesterol, 428 mg sodium, 39 g carbohydrates, 4 g protein. Diabetic exchanges: 3 starch, 1 fat.