



the

Diabetes Management

cook

book

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# Mexican Corn Soup

prep time

5 min

cook time

30

serves

6

## things you need

1 16-ounce

Package of frozen whole kernel corn, thawed

1 4-ounce

Can of diced green chile peppers

1 tbsp

Snipped fresh oregano or 1 tsp of dried oregano

1/2 tsp

Salt

2 cups

Fat-free milk

1 cup

Chopped tomatoes

1 cup

Reduced-sodium chicken broth

1 clove

Garlic

1 clove

garlic minced

1/4 tsp

Ground black pepper

1 cup

Chopped cooked chicken

1 cup

Shredded Monterey Jack cheese (4ounces)

# here's how

- 1 In a blender, combine half of the corn and the chicken broth. Cover; blend until nearly smooth.
- 2 In a large saucepan, combine corn puree, remaining corn, chile peppers, garlic, dried oregano (if using), salt, and black pepper. Bring to boiling; reduce heat. Simmer, uncovered, for 10 minutes, stirring occasionally.
- 3 Stir in milk, chicken and tomatoes; heat until just boiling. Remove from heat. Stir in cheese until melted. If desired, sprinkle individual servings with snipped parsley and garnish with oregano sprigs.



## Nutrition Information

Per serving: 226 calories; 23g carbohydrates; 8g fat (4g sat, g mono); 17g protein; 39mg cholesterol; 1g dietary fiber; 471mg sodium.

# Grilled Salmon with Blueberry Sauce

prep time

10 min

cook time

25 min

serves

4

## things you need

4 4-ounce

Fresh or frozen skinless salmon fillets

1 tsp

Olive oil

1 clove

Garlic, minced

1 tbsp

Packed brown sugar

1/2 tsp

Finely grated lemon zest

1/8 tsp

Ground black pepper

1 1/2 cups

Fresh or frozen blueberries

1/4 cup

Finely chopped onion

2 tbsp

Balsamic vinegar or cider vinegar

1 tsp

Grated fresh ginger

1/8 tsp

Salt

Snipped fresh chives (optional)

# here's how

- 1 Thaw fish and blueberries, if frozen. For blueberry sauce: Heat oil in a small saucepan over medium heat. Add onion and garlic, cook, stirring, about 3 minutes or until softened. Add blueberries, vinegar, brown sugar, ginger and lemon zest. Bring to boiling; reduce heat. Simmer uncovered, about 15 minutes or until sauce has thickened and reduced to 1 cup.
- 2 Meanwhile, rinse salmon; pat dry with paper towels. Lightly coat salmon with cooking spray; sprinkle with salt and pepper. Measure thickness of salmon.
- 3 Place salmon on the rack of an uncovered grill directly over medium coals. Grill for 4 to 6 minutes per 1/2 -inch thickness or until fish flakes easily when tested with a fork, turning once halfway through grilling.
- 4 Serve blueberry sauce over salmon. If desired, sprinkle with chives.



## Nutrition Information

Per serving: 276 calories; 15g carbohydrates; 14g fat (3g sat, g mono); 23g protein; 66mg cholesterol; 2g dietary fiber; 144mg sodium

# Roasted Balsamic Chicken

prep time

10 min

cook time

40

serves

1

## things you need

1 4-ounce

Boneless/skinless chicken breast

1/8 tsp

Black pepper

1/2 oz.

Balsamic vinegar

0.75 oz.

Fresh mozzarella

1/3 tsp

Balsamic vinegar reduction

1/4 tsp

Mrs. Dash

1/2 oz.

Olive oil

3 oz. (2 slices)

Sliced tomatoe

1 large

Fresh basil leaf, chopped

# here's how

- 1 Rub chicken with spice, oil and vinegar. Let sit for 30 minutes.
- 2 Char broil chicken 3 minutes each side and cook to a minimum temperature of 165 degrees internal temperature.
- 3 Pan spray a hot griddle and grill tomato 3 minutes each side.
- 4 Place cheese to top of tomato.
- 5 When chicken is up to temp, add tomato and cheese to top of breast. Sprinkle on basil and finish with striped of vinegar.



## Nutrition Information

Per serving: 276 calories; 15g carbohydrates; 14g fat (3g sat, g mono); 23g protein; 66mg cholesterol; 2g dietary fiber; 144mg sodium



# Oreo Parfait

Total time

10-15 min

serves

1

## things you need

6

Individual 100 Calories Oreos

1 4oz.

Container sugar-free chocolate pudding

1

Fresh strawberry, diced

4

Fresh blueberries

1/2 oz.

Sugar-free whipped topping

# here's how

- 1 Crumble 2 Oreos on the bottom of a small plastic parfait cup.
- 2 Put 1/2 of pudding on top of crumbled Oreos and crumble 1 additional cookie top with remaining pudding.
- 3 Crumble 2 Oreos on top
- 4 Garnish with whipped topping, fruit and 1 whole Oreo standing tall. Finish with a mint leaf.



## Nutrition Information

Per serving: 190 calories; 25g carbohydrates; 7g fat (5g sat); 1g protein. 0mg cholesterol; 3g dietary fiber; 138mg sodium.

# Boursin Cauliflower Mash

(Adapted from the Petite Piglet)

Serves

6

## things you need

1

Head cauliflower

1C

Water

1C

Vegetable broth

1/2

Boursin wheel

Salt and pepper to taste

Parsley, chopped for garnish

# here's how

- 1 Remove leaves and stalk of cauliflower and cut into florets
- 2 Place the cauliflower water and broth in a large saucepan (don't worry that the broth does not completely cover the cauliflower, you are just using it to steam the cauliflower)
- 3 Bring water, broth and cauliflower to a boil, cover and steam for about 20 minutes, until cauliflower is very tender, but not falling apart. Use tongs to move around cauliflower a few times during cooking.
- 4 Drain the cauliflower and transfer to a food processor
- 5 Add the Boursin cheese and pulse until smooth
- 6 Season with salt and pepper to taste, garnish with parsley



## Nutrition Information

Per serving: 76 Calories, 6g of carbohydrates, 5g of fat (3g saturated), 3g protein, 16mg cholesterol, 2g of fiber, 257mg of sodium

# Pumpkin Tartlets

(Adapted from Diabetes Self Management Magazine)

Serves

12

## things you need

1

Refrigerated pie crust (1/2 of 15oz pkg)

1

15oz can of solid-pack pumpkin

1/2 C

Fat-free milk

2 Tbs

Sugar substitute

3 Tbs

Granulated sugar

3/4 Tsp

Ground cinnamon

1/2 Tsp

Vanilla

1/8 Tsp

Salt

1/8 Tsp

Ground nutmeg

Dash of all spice

1 1/2 C

Fat-free whipped topping

# here's how

- 1 Preheat oven to 425. Spray standard 12 (2 1/2 in) muffin tin with cooking spray.
- 2 Unroll pie crust on a clean surface. Cut out 12 circles with 2 1/2 in biscuit cutter. Discard scraps. Press 1 circle into each prepared muffin cup.
- 3 Wisk pumpkin, milk, egg, sugar substitute, granulated sugar, cinnamon, vanilla, salt, nutmeg and all spice in a medium bowl until well blended. Spoon about 2 tablespoons of pumpkin mixture into each tartlet shell.
- 4 Bake 10 minutes. Reduce oven temperature to 325 degrees. Bake 12 to 15 minutes more until knife can be inserted into centers and come out clean. Remove to wire rack and cool completely. Spoon 2 tablespoons of whipped topping on each tartlet just before serving.



## Nutrition Information

Per serving: Calories 122, Total fat 5g (2g saturated), Protein 2g, Carbohydrates 18g, Cholesterol 20mg, Fiber 2g, Sodium 131mg

# Cranberry Citrus Chutney

Serves

(5) 1oz portions

## things you need

1/2 Tsp

Lemon juice

1 3/4oz

Dried cranberries, sweetened

4 1/3oz

Orange juice

2/3 Tsp

Orange zest

1/4oz

Lemon zest

1 1/2 Tsp

Brown sugar

1 Tsp

Cornstarch

4 Tsp

Water

1/2oz

Chopped walnuts

# here's how

- 1 In a pot, add cranberries, orange juice and rind, lemon juice and rind and sugar. Stir to combine. Bring to a boil. Reduce heat and simmer for 40 minutes.
- 2 In a bowl, add cornstarch and water. Whisk until well-blended for slurry. Add to cranberry mixture. Cook until thickened, clear and glossy. Minimum internal temperature should be 140F or above. Remove from heat.
- 3 Stir in walnuts.



## Nutrition Information

Per serving: Calories 52, Total fat 2g (0g saturated), Protein 0g, Carbohydrates 9g, Fiber 1g, Sodium 0mg



# Balsamic Herb Roast Turkey

Serves

8

things you need

1/4 oz

Minced garlic

1/4 oz

Rosemary, stemmed and chopped

1 sprig

Parsley

1 2/3 oz

Low fat balsamic vinaigrette

2 lbs

Turkey breast, foil wrapped

# here's how

- 1 Stem and chop rosemary. In a bowl, add garlic, rosemary, parsley, and vinaigrette. Mix well for marinade
- 2 Add turkey to marinade. Toss to coat evenly. Hold refrigerated for 4 to 24 hours to marinate. Drain and discard excess marinade.
- 3 Tent turkey breasts with foil. Cook in a 350 degree F. convection oven for 2 hours or until minimum internal temperature is at least 165 degrees F.  
Note: Remove foil 20 minutes before end of cooking period to allow breast to brown.



## Nutrition Information

Per serving: Calories 98, Total fat 3.4g (1g saturated), Protein 15g, Carbohydrates <1g, Fiber 0g, Sodium 525mg

# Poultry Gravy

Serves

12

things you need

1 1/2 pint

Chicken started sauce

1/8tsp

Ground white pepper

1/8tsp

Ground thyme

28oz

Chicken stock

2oz

margarine

2oz

All purpose flour

# here's how

- 1 In a braising or roasting pan, melt margarine on a cooktop over medium heat.
- 2 Once melted, stir in flour until fully combined.
- 3 Cover and place in a 300°F oven. Cook for 30 minutes, stir thoroughly, and cook covered for an additional 30 minutes. Remove from oven.  
Notes: Fully cooked roux should have a distinctly nutty, toasted aroma. After 1 hour cooking, if the roux still has a flour odor, stir thoroughly and cook until done.
- 4 Whisk in roux with chicken stock gradually until fully combined. Increase heat until sauce begins to boil. Reduce heat and simmer for 20 minutes.
- 5 Add white pepper and thyme. Simmer for 5 minutes.



## Nutrition Information

Per serving: Calories 50, Total fat 3.8g (1.5g saturated), Protein <1g, Carbohydrates 3g, Fiber 0g, Sodium 65mg

# Honey Sriracha Roasted Carrots

Serves

8

## things you need

5 c (about 2lbs)

Carrots, cleaned and sliced 1/2 inch thick

1Tbsp

Honey

1Tbsp

Sriracha

1/4 tsp

Salt

1/4 tsp

Pepper

1Tbsp

Olive oil

# here's how

- 1 Mix honey, sriracha, salt, pepper and oil.
- 2 Toss carrots in the mixture and arrange in a single layer on a baking sheet.
- 3 Bake in a preheated 400 degree F. oven until tender, about 15-20 minutes, turning one in the middle.



## Nutrition Information

Per serving: Calories 59, Total fat 2g, Protein 2g, Carbohydrates 10g, Fiber 3g, Sodium 149mg

# Holiday Spiced Sweet Potatoes

Serves

6

things you need

4 medium

Sweet potatoes

1/4 C (or 6 packets of SLENDA)

Splenda

1Tbsp

Molasses

4 Tbsp

Butter

1 Tbsp

Lemon juice

2 tsp

Orange zest

3/4 tsp

Ground cinnamon

3/4 tsp

Ground allspice

3/4 tsp

Ground nutmeg

1/2 tsp

Kosher salt

Freshly ground pepper

# here's how

- 1 Bake the sweet potatoes:
  - Preheat oven to 400 degrees F. Pierce the sweet potatoes all over with the tines of a fork.
  - Put the potatoes on a foil-lined roasting pan or thick, rimmed baking sheet. Bake until sweet potatoes are completely tender, about 50 minutes to an hour or more. Remove from oven and let sit until cool enough to touch.
- 2 Remove the cooked sweet potato flesh from the skins:
  - Cut the sweet potatoes lengthwise and scoop out the insides into a large bowl.
- 3 Mix with brown sugar, butter, lemon juice, orange zest, spices;
  - Mash together SLENDA with 1 Tbsp molasses
  - Stir in the Splenda/molasses mix, butter, lemon juice, orange peel, cinnamon, allspice, nutmeg and salt.
  - Use an electric mixer to beat the sweet potatoes until they are completely smooth.
  - Sprinkle with a little ground black pepper to taste.



## Nutrition Information

Per serving: Calories 153, Total fat 13g, Protein 2g, Carbohydrates 20g, Fiber 3g, Sodium 284mg



# No Bake Cookies with SLENDA

Serves  
12

## things you need

1/2 c  
Butter

2 c  
Splenda

1/8 tsp  
Salt

4 Tbsp  
Cocoa powder

1/2 c  
Whole milk

3 c  
oats

1/2 c  
Peanut butter

1 tsp  
Vanilla

# here's how

- 1 Bring butter, SLENDA, salt, cocoa, and milk to a boil for 1 1/2 minutes.
- 2 In a large bowl, mix oatmeal, peanut butter, and vanilla
- 3 Add boiled mixture a little at a time until you have the consistency of a drop cookie. Put wax paper on a cookie sheet and use a tablespoon to form 12 balls, and then drop onto wax paper. Place cookie sheet with cookies into freezer.
- 4 After 3-4 hours, put cookies into zip lock baggies and store in freezer. Cookies can be eaten frozen or can defrost for a bit.



## Nutrition Information

Per serving: Calories 232, Total fat 15g, Protein 6g, Carbohydrates 20g, Fiber 3g, Sodium 130mg

# Dijon Pork Tenderloin

Serves

5

things you need

2 oz

Dijon mustard

1 lb

Pork tenderloin , raw

1 oz

Olive oil

1/2 oz

Balsamic vinegar

# here's how

- 1 Prepare Dijon Vinaigrette, combine Dijon mustard, olive oil and balsamic vinegar.
- 2 Pour vinaigrette over pork turning to evenly coat. Hold overnight in refrigerator. Drain and discard excess marinade.
- 3 Place tenderloin on a preheated 350 degree F. grill. Cook for 5-7 minutes on each side or until minimum internal temperature is 155 degrees F.



## Nutrition Information

Per serving: Calories 105, Total fat 6g, Protein 17g, Carbohydrates 0g, Fiber 0g, Sodium 64mg

# Hollandaise Sauce

Serves  
8-1 oz

things you need

4

Egg yolks

1 Tbsp

Lemon juice, freshly squeezed

1/2 c

Unsalted butter

Pinch

Cayenne pepper

## here's how

- 1 Vigorously whisk the egg yolks and lemon juice together in a stainless steel bowl until the mixture is thickened and doubled in volume
- 2 Place the bowl over a saucepan containing barely simmering water (or use a double boiler)
- 3 Continue to whisk rapidly. Be careful not to let the eggs get too hot or they will scramble
- 4 Slowly drizzle in the melted butter and continue to whisk until the sauce is thickened and doubled in volume.
- 5 Remove from heat, whisk in cayenne.
- 6 Cover and place in a warm spot until ready to serve.



### Nutrition Information

Per serving: Calories 130, Total fat 14g, Protein 1g, Carbohydrates 1g, Fiber 0g, Sodium 6mg

# Braised Kale

Serves

4

things you need

3/4 tsp

Olive oil

1/4 tsp

Kosher salt

4 1/4 oz

Kale, cleaned and julienned

2 oz

Water

1 1/4 oz

Diced yellow onion, diced 1/4 inch thick

1/4 oz

Garlic clove, sliced

1/4 tsp

Diced yellow onion, diced 1/4 inch thick

# here's how

- 1 Heat oil in a large saute pan over high heat. Add kale and cook for approximately 5 minutes.
- 2 Add remainder of ingredients and mix well.
- 3 Cover and reduce heat to simmer
- 4 Continue cooking until kale is tender



## Nutrition Information

Per serving: Calories 20, Total fat 1g, Protein <1g, Carbohydrates 2g, Fiber 0g, Sodium 140mg



# Mixed Berries

Serves

1

things you need

1/2 C

Fresh blackberries

1/2 C

Fresh blueberries

1/2 C

Raspberries

1 Tbsp

Sugar-free whipped cream

# here's how

- 1 Toss berries together.
- 2 Serve in small dish or glass. Garnish with dollop (1Tbsp) of sugar-free whipped cream.



## Nutrition Information

Per serving: Calories 127, Total fat 3g, Protein 2g, Carbohydrates 25g, Fiber 10g, Sodium 5mg

# Holiday Wassail with SLENDA

Serves

36 (4 fl oz/serving)

things you need

1/4 C

Splenda

4 C

Water

2

Cinnamon sticks

8 whole

Allspice berries

1 Tbsp

Whole cloves

1 slice

Fresh ginger root

8 C

Bai Sumatra Dragonfruit

4 C

Bai Costa Rica Clementine

2 C

Lemon juice

# here's how

- 1 In a large saucepan , combine SLENDA and water.
- 2 Boil for 5 minutes.
- 3 Remove from heat and add cinnamon sticks, allspice berries, cloves and ginger.
- 4 Cove and let stand for 1 hour.



## Nutrition Information

Per serving: Calories 3, Total fat 0g, Protein 0g, Carbohydrates 3g, Sugar alcohol 2g, Fiber 0g, Sodium 3mg