



## Parmesan Coated Filets

### Serving Information

Makes approximately 2 servings  
(1 serving = 4 oz. fish)

### Ingredients

½ lb. of flounder or other light/mild white fish filets  
¼ c. low-fat plain yogurt  
1 Tbsp. grated Parmesan cheese  
½ Tbsp. Dijon mustard  
½ Tbsp. fresh lemon juice  
½ tsp. prepared horseradish, drained  
Cooking spray

### Equipment

Broiler pan  
Foil  
Small bowl  
Measuring cups and spoons

### Directions

1. Preheat the broiler, cover broiler pan with foil and spray with cooking spray.
2. Arrange fish on the broiler pan.
3. In a small bowl, combine the yogurt, cheese, mustard, lemon juice, and horseradish.
4. Spread the mixture on both sides of fish.
5. Broil about 8 inches from the heat, turning once, for about 6 minutes, or until the fish flakes easily with a fork.

### **Nutrition Facts**

Serving Size (109g)  
Servings Per Container

Amount Per Serving

**Calories** 110      **Calories from Fat** 20

**% Daily Value\***

**Total Fat** 2g      **3%**

**Saturated Fat** 1g      **5%**

**Trans Fat** 0g

**Cholesterol** 50mg      **17%**

**Sodium** 200mg      **8%**

**Total Carbohydrate** 3g      **1%**

**Dietary Fiber** 0g      **0%**

**Sugars** 2g

**Protein** 19g

**Vitamin A** 4%      • **Vitamin C** 4%

**Calcium** 10%      • **Iron** 2%

\*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

		Calories	2,000	2,500
Total Fat	Less Than	65g	80g	
Saturated Fat	Less Than	20g	25g	
Cholesterol	Less Than	300mg	300 mg	
Sodium	Less Than	2,400mg	2,400mg	
Total Carbohydrate		300g	375g	
Dietary Fiber		25g	30g	

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

Source: Dining with Diabetes WVUES, 2000-present

# Talking Points

## Parmesan Coated Filets



1. This dish is easy to prepare and low in fat.
2. Parmesan is high in fat, but because it is so flavorful, you only need to use a small amount.
3. The low-fat yogurt helps to keep the fish moist and adds calcium.
4. The lemon juice, mustard, and horseradish are a nice compliment to the fish. Experiment with other seasonings you enjoy (lime, lemon, dill, pepper, etc.).
5. Fish is a good source of omega-3 fatty acids which are thought to offer protection against heart disease.
6. Many people say they do not like fish, but it's because the fish was poor quality or not cooked properly. Knowing tips for purchasing can make a difference.
7. Look for supermarkets that offer a fresh variety of fish. Look for specials and always check for quality. When purchasing fresh fish, you may ask what days they are delivered.
8. Note the smell of fish when purchasing. If it smells "fishy", then it is probably not fresh. Some fish are milder than others.
9. Fresh whole fish appears firm and the eyes should be shiny. Fillets should be firm and moist. Fresh fish smells like seaweed but never smells "fishy". Refrigerate fresh fish immediately. Place fillets or whole fish in ice (crushed or cubed) in a large container and cover loosely with plastic wrap. Store in the coolest place in refrigerator.
10. It is never safe to thaw frozen fish or meat at room-temperature. Thaw in the refrigerator or in a plastic bag which is then placed in cold water. During the thawing process, change the water frequently enough to keep the temperature of the water cold. Do not thaw fish or meat in or under hot or warm water.
11. Wrappings from fresh or frozen fish will develop an unpleasant odor quickly if left at room temperature. Try storing tightly sealed away from other foods in the freezer until time for garbage pickup.
12. Broiling is a good way to cook fish. Be careful not to overcook. As soon as the fish is white and flakes with a fork, it is ready. Serve fish immediately as it cools quickly.



## Talking Points

# Orange-Almond Salad



1. This light, refreshing salad provides a good source of fiber and is low in calories.
2. Sealed bags of salad greens may be used. Baby spring salad mixes make a very nice choice. Pre-washed salad greens should not be washed again for your own protection. Research has shown you are at a higher risk of contaminating greens by rewashing them.
3. Spinach and other deep greens are a better choice than iceberg lettuce because they are a good source of folate and Vitamin A.
4. The oranges are a good source of Vitamin C.
5. Remember that the recipe calls for **fresh fruit**. In the analysis, fresh navel orange sections were used.
6. Using canned fruit is acceptable BUT keep in mind that this changes the overall nutritional content. Choose fruits packed in their own juice or ones that are packed in light syrup. With canned fruits, most of the sugar that is reported on the label is from the juice itself. In this case, the juice should be drained and not consumed, therefore using canned is an acceptable alternative.
7. Olive and canola oils are better fat choices, because they are monounsaturated, instead of lard, butter, or shortening.
8. The nuts provide protein and monounsaturated fats or 'good fats'. Pecans may replace the almonds in this recipe.
9. Vegetables are low in calories and high in fiber. They help make the dish seem satisfying without raising blood sugar.



# Strawberry-Lemon Cheesecake

This recipe featured in:



Prep time    Servings  
**5 min**      **4**  
 Serving size  
**1/3 cup  
 ricotta  
 cheese, 1/2  
 cup  
 strawberries**

## Nutrition Facts

4 Servings

**Serving Size**    **1/3 cup ricotta cheese,  
1/2 cup strawberries**

**Amount per serving**      **115**  
**Calories**

**Total Fat** 0.5g

Saturated Fat 0g

Trans Fat 0g

**Cholesterol** 25mg

**Sodium** 90mg

**Total Carbohydrate** 17g

Dietary Fiber 2g

Total Sugars 11g

**Protein** 11g

**Potassium** 240mg

**Phosphorus** 180mg

**Choices/Exchanges: 1 Carbohydrate, 1  
Lean protein**

## Ingredients

honey	3/4 tsp	lemon	1
ground cinnamon	1/2 tsp	strawberries (sliced)	2 cup
graham cracker (crumbled)	1	ricotta cheese (nonfat)	1 1/2 cup

## Directions

- 1 In a small bowl, mix together the ricotta cheese, honey, lemon zest, and cinnamon.
- 2 Divide the mixture among four individual dessert dishes. Top each dish with a portion of strawberries and sprinkle with some of the graham cracker crumbs.



## Talking Points

# Classic Caesar Salad

1. With only 50 calories, 3 grams of fat and 4 grams of carbohydrate per serving, this salad makes a light and healthy addition to any meal, especially pasta or pizza.
2. This dressing will keep for 4-7 days in a tightly sealed container in the refrigerator.
3. Using fresh garlic will make a noticeable difference in the flavor of this dressing and substituting garlic powder or bottled, minced garlic is not recommended.
4. Making this dressing a day ahead allows the flavors to develop, resulting in a more flavorful and tangy salad.
5. This salad tastes even fresher if real 100% Parmesan cheese from the dairy section is used, however it still is good with the dry Parmesan cheese that is found in the shaker container on the grocery store shelves.



# Lemon Cake



NATIONAL EXTENSION WORKING GROUP

## Serving Information

Serves 16 (small angel food)

Serves 24 (large angel food)

## Ingredients

- 1 purchased angel food cake, small or large 1 box (4 servings) sugar-free instant lemon pudding
- ½ c. skim milk
- 1 c. lemon flavored fat-free, no-sugar-added yogurt
- ½ of an 8 oz. tub light frozen whipped topping, thawed

## Equipment

- Mixing bowl
- Measuring cups
- Serrated knife
- Electric mixer
- Whisk
- Serving plate

## Directions

1. Cut angel food cake in half, horizontally, using serrated knife in a sawing motion. Place bottom layer on serving plate.
2. Beat pudding with milk until thickened, about 1 minute. Stir in yogurt.
3. Fold whipped topping into pudding mixture.
4. Frost bottom layer of cake with lemon mixture. You may then place top layer on cake and frost with remaining mixture, or make a second cake with remaining topping mixture. Chill until served. Garnish with thin strawberry, lemon, or kiwi slices.
5. Slice into 16 servings (small cake) or 24 servings (large cake).

## **Nutrition Facts**

Serving Size (52g)  
Servings Per Container 16

Amount Per Serving

**Calories 90**      Calories from Fat 10

% Daily Value\*

**Total Fat 1g**      **2%**

Saturated Fat 1g      **5%**

Trans Fat 0g

**Cholesterol 0mg**      **0%**

**Sodium 250mg**      **10%**

**Total Carbohydrate 18g**      **6%**

Dietary Fiber 0g      **0%**

Sugars 2g

**Protein 2g**

Vitamin A 0%      • Vitamin C 0%

Calcium 6%      • Iron 0%

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Sodium	Less Than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

Source: Diabetes Education Program WVUES 1999-2000



## Talking Points Lemon Cake

1. Angel food cake is always fat-free, but it is high in carbohydrates. Desserts made with angel food cake should be cut into small servings.
2. A homemade angel food cake would be delicious in this recipe, but a purchased cake is quick and easy. Keep a purchased angel food cake and a carton of “light” whipped topping in the freezer for a last-minute dessert.
3. Angel food cake should be cut with a serrated knife using a light sawing motion. Cutting with a regular knife or pressing down on the cake will make very unattractive servings.
4. Sugar-free instant pudding is not a “free-food” because it is made with cornstarch and milk. It must be counted as part of the carbohydrate in recipes. Sugar-free gelatin is a “free food”.
5. Flavored yogurt can be very high in carbohydrates because of added sugar. Look for no-sugar-added or artificially sweetened yogurt to cut down on carbohydrates.
6. Frozen non-dairy whipped topping is made with tropical oil which contains highly saturated fat. It is fine for occasional use, but should not be used daily.
7. This is a very quick, easy, and delicious dessert.