



Chicken Breasts with Apricot Ginger Glaze



Serving information

Serves approximately 8
(1 serving = 1/2 cup or 4 oz.)

Ingredients

2 lb. boneless, skinless chicken breasts (eight, 4-oz. pieces)

Glaze:

1 tsp. canola oil
2 tsp. freshly grated ginger (or 1/2 tsp. ground ginger)
2 cloves garlic, minced (or 1/4 tsp. garlic powder or 1 tsp. bottled pre-minced garlic)
2 Tbsp. red wine vinegar
2 Tbsp. Splenda granular (optional)
1/2 c. sugar-free apricot jam or preserves
2 tsp. reduced-sodium soy sauce
1/4 tsp. black pepper
Cooking spray

Equipment

Baking pan (9" x 13")
Small saucepan
Measuring cups and spoons
Grater
Spoon

Directions

1. Preheat oven to 350°F. Spray 9" x 13" baking pan with cooking spray.
2. Coat a small saucepan with cooking spray. Heat the pan to medium, add the ginger and garlic, and cook for one minute. Turn heat to medium-high, add the vinegar and Splenda and bring to a boil. Stir until the Splenda dissolves. Add the apricot jam, soy sauce and pepper. Stir to combine and remove from heat; set aside half of the glaze to be served with cooked chicken (this prevents cross-contamination from the raw chicken).
3. Place chicken on baking pan and bake for 20-25 minutes, basting with glaze 2-3 times during the cooking process. The internal temperature should be 165° F.
4. Spoon remaining glaze over chicken just before serving.

Source: Dining with Diabetes WVUES, 2000-present

Nutrition Facts	
Serving Size (112g)	
Servings Per Container	
Amount Per Serving	
Calories 150	Calories from Fat 30
% Daily Value*	
Total Fat 3g	5%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 65mg	22%
Sodium 100mg	4%
Total Carbohydrate 6g	2%
Dietary Fiber 0g	0%
Sugars 0g	
Protein 25g	
Vitamin A 0%	Vitamin C 0%
Calcium 2%	Iron 4%
*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	

Talking Points

Chicken Breast with Apricot Ginger Glaze



1. You can serve the sauce in a bowl on the side, and each person can top their chicken with a small spoonful of sauce. If the sauce is poured over the chicken, the presentation is not as appealing.
2. This recipe would also be nice with pork loin chops instead of chicken.
3. Using Splenda and sugar-free jam keeps the carbohydrate content of this recipe low, making it more suitable for people with diabetes.
4. Peel and freeze fresh ginger prior to grating—it makes grating easier.
5. Always keep food safety in mind. Using a meat thermometer is the best way to test poultry for doneness. Bake chicken to the safe internal temperature recommended by USDA. Whole chicken and chicken breasts should be cooked to an internal temperature of 165⁰ F.
6. Cooking tip: chicken tenderloins can be cut up into bite size pieces for this recipe.

Add Flavor to Food

If you routinely eat meals out, eat processed foods, or pick up the salt shaker before you taste, you could be missing out on a lot of flavor. By gradually reducing sodium, you can adjust your salt expectation, and a variety of other flavors can stand out. There are many ways to bring out the flavor in food. Here are several to try.

Vinegar. Fat free and low in calories, this is one of the most versatile condiments available. While apple cider vinegar is common, step out of your box and explore the world of balsamic and rice vinegars for a new flavor experience. Add balsamic vinegar to low-sodium soups and chili and to vegetables. It's a natural flavor enhancer.

Salt-free herb mixes. Purchase mixtures from the store or make your own. Recipes for seasoning mixes are easy to find, including this section on the Walk Kansas website <http://www.walkkansas.org/p.aspx?tabid=76>.

Onion and garlic. Use these generously! Fresh, dried, or ground varieties work. Tailor the amount used to your family's tastes.

Fresh ground black pepper. In recipes that call for both salt and pepper, try eliminating the salt and doubling the pepper. Increase pepper little by little; use freshly ground pepper if you have a pepper grinder.

Mustards. You have a number of choices here, so branch out from traditional yellow or brown mustard and explore the world of cranberry, Dijon, champagne, creole, and wasabi mustards. They are low in calories, too, and can be stirred into vegetables, soups, and salads.

Lemon and lime juice. These add a zesty taste to meat and vegetable dishes. While freshly squeezed juice is best, keep bottled juice on hand.



Balsamic Roasted Asparagus

Makes 6 servings

- | | |
|--|---------------------------------------|
| 1 ½ lb. asparagus,
woody ends broken off | 2 tablespoons balsamic
vinegar |
| 1 red or yellow bell pepper,
cut into ½-inch strips | 2 teaspoons olive oil |
| 1 small red onion, sliced | Optional: salt and pepper to
taste |
| 2 cloves garlic, minced | |

Directions:

- 1) Preheat oven to 400° F.
- 2) Place asparagus, bell pepper, onion, garlic, balsamic vinegar and olive oil on a sheet pan. Toss to coat vegetables with oil mixture.
- 3) Roast in oven about 20 minutes or until vegetables reach desired tenderness. Taste and then season with salt and pepper, if needed. Serve immediately.

Nutrition information per serving: Calories — 60; fat — 1 g; carbohydrate — 8 g; Fiber — 3 g; sodium — 0 mg. This recipe also provides 60 percent daily recommended value (DRV) for vitamin C and 25 percent DRV for vitamin A.

*Summer variation: Substitute raw green beans for asparagus.

Correction to nutrition information for Fish en Papillote recipe in newsletter 2: Calories — 210; fat — 5 g; carbohydrate — 5 g; fiber — 2 g; protein — 35 g; sodium — 95 mg.



Talking Points Apple-Berry Crisp



1. Blueberries contain special phytochemicals in the colored portion of the skins. These phytochemicals may be important in helping the body fight off chronic diseases. Eating a wide variety of fruits and vegetables is a good way to get vitamins, minerals, and phytochemicals, which occur in very small amounts in food.
2. Apples contain soluble fiber that helps the body get rid of some of the cholesterol taken in at meals. The insoluble fiber in the skins of apples and other foods is important in regulating bowel function.
3. Whole wheat flour and nuts are other important sources of fiber in the diet. In addition, certain nuts are sources of helpful monounsaturated fat.
4. Combing two types of sweeteners (saccharin and aspartame) produces a much sweeter taste than if the saccharin or aspartame were used alone. In this way, the recipe can be made with less total artificial sweetener.
5. Note: this recipe can be made without the artificial sweetner since the other ingredients provide sweetness.



Broccoli Salad with Creamy Dressing



Serving Information

Makes approximately 8 servings
(1 serving = ½ c.)

Ingredients

- 4 c. fresh broccoli florets
- 2 c. sliced red bell pepper
- ¾ c. shredded carrot
- ½ c. chopped red onion
- ½ c. shredded light cheddar cheese

Dressing:

- ¼ c. light mayonnaise
- ¼ c. fat-free sour cream
- 1 -2 Tbsp. granulated Splenda or 2 - 3 Splenda packets
- 2 tsp. dried dill
- 2 cloves garlic, minced (or ¼ tsp. garlic powder or 1 tsp. bottled pre-minced garlic)
- ¼ tsp. salt (may omit)
- ⅛ tsp. black pepper

Equipment

- Microwave safe bowl, large and small bowls
- Plastic wrap or glass lid
- Cutting board and sharp knife
- Mixing spoon
- Measuring cups and spoons

Directions

1. Place broccoli in a microwave safe bowl. Add ¼ c. water. Cover with glass lid or use plastic wrap pierced several times with a knife. Microwave for 3-4 minutes until tender crisp. Rinse broccoli under cold water. Drain well.
2. In a large bowl, place broccoli, peppers, carrots and red onion. Toss and set aside.
3. Meanwhile, in a small bowl, mix all ingredients for dressing.
4. Toss dressing with broccoli mixture and stir in cheddar cheese. Serve immediately.

Source: Dining with Diabetes—West Virginia University Extension Service, 2003

Nutrition Facts			
Serving Size 1/2 cup (117g)			
Servings Per Container 8			
Amount Per Serving			
Calories 80	Calories from Fat 35		
% Daily Value*			
Total Fat 4g			6%
Saturated Fat 1g			5%
Trans Fat 0g			
Cholesterol 5mg			2%
Sodium 270mg			11%
Total Carbohydrate 9g			3%
Dietary Fiber 2g			8%
Sugars 3g			
Protein 4g			
Vitamin A 80%	•	Vitamin C 180%	
Calcium 8%	•	Iron 4%	
*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

Talking Points

Broccoli Salad with Creamy Dressing



1. A serving of this colorful salad provides 50% of daily Vitamin A and 110% of Vitamin C, making it an excellent source of powerful antioxidants.
2. Generally speaking, brightly or deeply colored vegetables and fruits indicate high nutritional value and high levels of beneficial antioxidants which may help protect against certain cancers and heart disease.
3. Feta cheese would be a nice substitute for the cheddar. Feta is generally lower in fat than most cheese.
4. Using fat-free sour cream and light mayonnaise lowers the fat and calories of this salad while maintaining its tangy flavor.



Spicy Grilled Chicken



NATIONAL EXTENSION WORKING GROUP

Serving Information

Makes approximately 4 servings
(1 serving = 4 ounces)

Ingredients

2 whole skinless chicken breasts (4 halves)
about 1 lb. total
½ c. bottled salsa – mild or medium

Equipment

Large mixing bowl
Measuring cups
Tongs
Grill or broiler and grilling tools (or baking dish and cooking spray)

Directions

1. About 15 minutes before cooking, measure the salsa into a large bowl.
2. Remove any skin and fat from chicken. Place in the salsa and turn with tongs to coat completely. Place bowl in refrigerator until ready to cook chicken.
3. Wash tongs and all surfaces that have touched the chicken with hot, soapy water. Wash hands thoroughly with soap and water for at least 20 seconds.
4. When ready to cook, lift chicken pieces from bowl and place on hot grill or broiler pan. Grill or broil about 5 minutes on each side or until the chicken reaches the safe internal temperature recommended by USDA. Chicken can also be baked. Coat baking dish lightly with cooking spray. Place chicken in baking dish and pour salsa over chicken. Cover tightly and bake at 400°F for 20 minutes. Test for doneness, as in grilling directions.
5. Wash tongs, bowl, and hands with hot soapy water before touching any other foods. Discard remaining salsa or heat to boiling before using as a sauce. Boiling the marinade will kill bacteria; uncooked marinade can be the source of foodborne illness.
6. Serve immediately or refrigerate to use in salads or sandwiches.

Source: Dining with Diabetes WVUES, 2000-present

Nutrition Facts

Serving Size (129g)
Servings Per Container

Amount Per Serving

Calories 170 **Calories from Fat** 30

% Daily Value*

Total Fat 3.5g **5%**

Saturated Fat 1g **5%**

Trans Fat 0g

Cholesterol 85mg **28%**

Sodium 210mg **9%**

Total Carbohydrate 1g **0%**

Dietary Fiber 0g **0%**

Sugars 0g

Protein 31g

Vitamin A 0% • Vitamin C 0%

Calcium 2% • Iron 6%

*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



Talking Points **Spicy Grilled Chicken**

1. Germs that are sometimes found on raw chicken can make people very sick. Keep chicken refrigerated until ready to cook to keep germs from multiplying. Freezing and refrigeration do not kill germs. Heat kills germs.
2. Use care to wash hands, fingernails, work surfaces, and all tools that have touched raw chicken before touching any other foods. Use hot, soapy water to wash.
3. Thoroughly cooked chicken is safe to eat. Chicken breast is low in fat and saturated fat and can be a delicious part of a healthy diet.
4. Salsa is usually fat-free and low in added sugar. It makes a quick and delicious marinade for mild foods like chicken, fish, or trimmed lean pork. Try this recipe with fish.



Raspberry-Filled Cookies



Serving Information

Makes about 24 cookies
(1 serving = 1 cookie)

Ingredients

1/3 c. Splenda granular
 1/2 c. tub margarine (not light), softened
 1 1/2 tsp. vanilla extract
 1 egg white
 1 c. all-purpose flour
 2 Tbsp. cornstarch
 1/4 tsp. baking powder
 1/4 tsp. salt
 1/3 c. reduced-sugar raspberry preserves
 Cooking spray

Glaze

1/2 c. powdered sugar
 2-3 tsp. lemon juice
 1/4 tsp. almond extract (optional)

Equipment

Baking sheet	3 mixing bowls
Electric mixer	Small spoon
Measuring cups and spoons	Serrated knife

Directions

1. Preheat oven to 375°F. Spray a baking sheet with cooking spray.
2. Beat Splenda and margarine with an electric mixer until well blended. Add vanilla extract and egg white; beat well. In a medium bowl, whisk together flour, cornstarch, baking powder, and salt. Add dry mixture to wet mixture, stirring until blended. (Dough will be stiff). Divide dough into two equal portions.
3. Take 1 piece of dough and place on baking sheet. Shape into a log, approximately 12 inches in length. Using index finger or handle of wooden spoon, form a 1/2 inch deep indentation down the length of the log. Repeat with remaining piece of dough. Fill indentations with preserves and bake for 20 minutes. Let cool.
4. In small bowl, combine all ingredients for glaze; stir until smooth.
5. Remove cooled logs; drizzle with glaze. Cut each log diagonally into 12 pieces.

Source: Diabetes Education Program WVUES 1999-2000

Nutrition Facts

Serving Size 1 cookie (18g)
 Servings Per Container 24

Amount Per Serving

Calories 60 **Calories from Fat 20**

% Daily Value*

Total Fat 2.5g	4%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 55mg	2%
Total Carbohydrate 9g	3%
Dietary Fiber 0g	0%
Sugars 4g	

Protein 1g

Vitamin A 2% • Vitamin C 0%
 Calcium 0% • 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

Talking Points

Raspberry-Filled Cookies



1. Dry ingredients can be mixed ahead of time and stored in an airtight container or zip-top bag until preparation.
2. Use different kinds (colors) of jam to fill each log and then alternate cookies on a serving plate for an attractive presentation. Apricot or blueberry contrasts well with raspberry.
3. Vanilla extract can be substituted for almond extract in the glaze, if desired.
4. Light margarine is not recommended for this recipe. It will cause the cookie dough to spread excessively on the baking sheet, making it difficult to fill indentations with jam.