

## Savory Roasted Salmon and Green Beans

Marsha Hudnall, MS, RD, CD

4 Servings

- 1 ½ pounds salmon fillet
- 1 pound fresh green beans, trimmed
- 1 tablespoon grated fresh ginger
- 3 cloves garlic, minced
- ¼ cup reduced-sodium soy sauce

This delightfully gentle but distinctive Asian-inspired salmon recipe was created in Vermont. The leftovers are great cold, or heated and served with rice.

1. Place the salmon fillet skin side down in an oven-safe 9x13-inch glass baking dish.
2. Arrange the green beans around the salmon.
3. Combine the ginger, garlic and soy sauce in a small bowl; mix well. Pour over the salmon and beans. Cover tightly and marinate at least 2 hours and up to 8 hours in the refrigerator.

Preheat the oven to 400 degrees F. Baste the salmon and beans with the sauce. Roast uncovered 15 to 20 minutes or until the salmon flakes easily with a fork.

### COOK'S TIP

The quantities of grated fresh ginger, minced garlic and soy sauce may be varied to your taste.

**Serving size:** 4 ounces roasted salmon plus ¾ cup cooked beans

### Nutrition Facts per Serving:

Calories: 290 kcal  
 Fat: 11 g  
 Saturated fat: 1.5 g  
 Cholesterol: 95 mg

Sodium: 610 mg  
 Carbohydrates: 9 g  
 Dietary fiber: 4 g  
 Protein: 36 g

Recipe provided courtesy of John Wiley & Sons, From *American Dietetic Association Cooking Healthy Across America* by American Dietetic Association and Food and Culinary Professionals, a Dietetic Practice Group of ADA ©2005, John Wiley & Sons.

## Philly Soft Pretzel Bread Pudding with Chocolate

Deanna Rose, RD, LDN

12 servings

- 6 Philadelphia-style soft pretzels (frozen is okay; thaw first)
- 1 ½ cups liquid egg substitute
- 2 ½ cups nonfat milk
- ½ cup chocolate syrup
- 1 tablespoon vanilla extract
- 1 ½ teaspoons cinnamon
- ½ cup semisweet chocolate chips
- Vegetable oil cooking spray

I wanted to use one of my favorite hometown staples, the Philadelphia soft pretzel, in a unique way. I also use Hershey's chocolate products since the world-famous company is located in Hershey, Pennsylvania. Each serving provides a healthy dose of calcium.

1. Spray a 13x9x2-inch baking dish with the cooking spray.
2. Poke holes in the soft pretzels with a fork, then cut or break the pretzels into 1-inch pieces and place in the baking dish.
3. Whisk together the egg substitute, nonfat milk, chocolate syrup, vanilla extract and cinnamon; mix well.
4. Pour over the pretzels, stir to coat. Let stand for 1 hour to allow the pretzels to absorb some of the liquid mixture.

Preheat oven to 325 degrees F. Cover the baking dish with foil and bake 30 minutes. Uncover. Sprinkle with chocolate chips. Bake an additional 25 minutes or until browned and puffed, and the knife comes out clean.

### COOK'S TIP

The holes in the pretzels are necessary so the nonfat milk and egg substitute mixture can be fully absorbed, creating the traditional bread pudding texture.

**Serving size:** one twelfth of pan

### Nutrition Facts per Serving:

Calories: 190 kcal  
 Fat: 4 g  
 Saturated fat: 2 g  
 Cholesterol: 0 mg  
 Sodium: 410 mg

Carbohydrates: 31 g  
 Dietary fiber: 1 g  
 Protein: 8 g

Recipe provided courtesy of John Wiley & Sons, From *American Dietetic Association Cooking Healthy Across America* by American Dietetic Association and Food and Culinary Professionals, a Dietetic Practice Group of ADA ©2005, John Wiley & Sons.

## Lime Chicken with Black Bean Sauce

Diane Werner, RD

4 Servings

- ½ cup lime juice
- ¼ cup olive or canola oil
- 3 cloves garlic, minced
- ¼ teaspoon cayenne red pepper
- ½ cup chopped fresh cilantro, divided
- ¼ teaspoon salt
- ¼ teaspoon ground black pepper
- 1 pound boneless, skinless chicken breast halves

America's neighbors to the southwest continue to inspire our cooking because we love the popular flavors of lime, fresh cilantro, beans and a bit of cayenne. Those flavors are showcased here in a simple grilled chicken breast and salsa (or sauce). Marinate the chicken breast overnight for a quick-to-the-table, zesty entrée that is low in fat. Partner with Spanish rice and a garden salad for a healthy, enjoyable meal.

1. Mix together the lime juice, oil, garlic, red pepper, salt, pepper, and all but 1 tablespoon cilantro in a small bowl.
2. Add the chicken and marinate for at least 1 hour in the refrigerator, turning occasionally.
3. Grill the chicken breasts about 5 to 7 minutes on each side over a medium-hot grill. The chicken should be firm to the touch and the juices should run clear. Discard the leftover marinade. (Chicken

may also be broiled, 5 to 7 minutes per side, or until cooked thoroughly.)

4. Serve the chicken topped with Black Bean Sauce (recipe follows) garnished with the remaining cilantro and additional chopped red peppers and onions, if desired.

### COOK'S TIP

The chicken and marinade may be stored in the refrigerator in a tightly sealed plastic bag up to 3 days.

## Black Bean Sauce (to accompany Lime Chicken)

4 Servings

- 1 15-ounce can black beans, rinsed and drained
- 1 medium-size red bell pepper, trimmed, seeded and minced
- 1 small yellow onion, minced
- ½ cup orange juice
- 2 tablespoons balsamic vinegar
- 2 cloves garlic, minced
- ¼ teaspoon salt
- ¼ teaspoon ground black pepper

1. Mash the black beans with a fork in medium-size bowl.
2. Add the bell pepper, onion, orange juice, balsamic vinegar, garlic, salt and pepper. Mix until fully blended.
3. Chill the sauce until ready to serve or, if desired, heat it before serving.

**Serving size:** 3 ½ ounces cooked chicken with ¼ cup sauce

### Nutrition Facts per Serving:

Calories: 250 kcal  
 Fat: 2.5 g  
 Saturated fat: 0 g

Cholesterol: 65 mg  
 Sodium: 550 mg  
 Carbohydrates: 22 g  
 Dietary fiber: 7 g  
 Protein: 33 g

## Cornbread

12 Servings (12 squares)

- 1 cup yellow cornmeal
- 1 cup sifted all-purpose flour
- 1 tablespoon baking powder
- ½ teaspoon salt
- ¾ cup fat-free milk
- 2 large eggs, slightly beaten, or ½ cup egg substitute
- 3 tablespoons canola or corn oil

Cornbread is the perfect accompaniment to hearty stews, chili and casseroles. The yellow cornmeal called for in this recipe makes a tender, soft bread, but you can experiment with other grades of cornmeal if you like.

1. Preheat oven to 425 degrees F. Spray a 9-inch square pan with nonstick pan spray.
2. Combine the cornmeal, flour, baking powder and salt in a large bowl. Combine the milk, eggs and oil in a small bowl, add to the dry ingredients, and blend well.
3. Pour into the prepared baking pan. Bake for 20 to 25 minutes, until an inserted toothpick comes out clean. Remove from the oven and turn out of the pan onto a rack. Cool slightly before cutting. Cut into 12 equal squares. Serve warm.

**Serving size:** 2 ¼ inch square

**Nutrition Facts per Serving:**

Calories: 130  
 Calories from fat: 42  
 Fat: 5 g  
 Saturated fat: 1 g  
 Cholesterol: 36 mg

Sodium: 207 mg  
 Fiber: 1 g  
 Protein: 4 g  
 Carbohydrate: 18 g  
 Sugars: 1 g  
 Exchange Approximations: Starch 1 Fat 1

Recipe and text from *The New Family Cookbook for People with Diabetes*, published by Simon & Schuster, copyright 2007. Used by permission.

## Pasta Primavera

9 cups (6 servings)

- 8 ounces uncooked spaghetti
- 2 tablespoons margarine
- 1 onion, cut into thin wedges
- 2 cups broccoli florets
- 2 carrots, thinly sliced
- 1 zucchini, thinly sliced
- 1 yellow summer squash, diced
- ¾ cup canned reduced-sodium chicken broth
- ½ cup chopped fresh parsley
- ½ cup chopped fresh basil
- 3 tablespoons fresh lemon juice
- ½ teaspoon salt
- ¼ teaspoon freshly ground pepper
- 3 tablespoons grated Parmesan cheese

Primavera means "spring-like," and the bright, festive colors of the fresh vegetables used in this dish certainly reflect the season. If you're in a time crunch, consider buying pre-cut vegetables from the salad bar. They're more expensive but can be worth it from a time perspective.

1. Cook the spaghetti according to the package directions, omitting salt; drain well.
2. While the pasta is cooking, heat the margarine in a large skillet. Add the onion and sauté about 1 minute.
3. Add the vegetables and chicken broth; stir. Cover and simmer about 6 minutes. Add the parsley, basil, lemon juice, salt and pepper. Stir and cook 1 minute more.
4. Add the spaghetti to the vegetables; toss well.
5. Sprinkle with Parmesan cheese at serving time.

**Serving size:** 1 ½ cups

**Nutrition Facts per Serving:**

Calories: 225  
 Calories from fat: 52  
 Total fat: 6 g  
 Saturated fat: 1 g  
 Cholesterol: 2 mg  
 Sodium: 242 mg

Fiber: 5 g  
 Protein: 8 g  
 Carbohydrate: 37 g  
 Sugars: 5 gm  
 Exchange Approximations: Starch 2 Vegetable 1 Fat 1

Recipe and text from *The New Family Cookbook for People with Diabetes*, published by Simon & Schuster, copyright 2007. Used by permission.

## Fresh Fruit Clafouti

1 cake (6 servings)

- 1 ½ cups sliced ripe nectarines, plums, peaches or pitted cherries (about 10 ounces cut fruit)
- ¾ cup fat-free evaporated milk
- 1 large egg, beaten, or ¼ cup egg substitute
- 2 tablespoons all-purpose flour
- 2 tablespoons sugar
- ½ teaspoon pure vanilla extract
- ⅛ teaspoon nutmeg, preferably freshly grated
- ⅛ teaspoon salt
- 1 tablespoon sifted powdered sugar

A clafouti is a country-French dessert that's made by topping a layer of fresh, ripe fruit with a cake-like batter and baking it. It makes a great addition to a brunch menu.

1. Preheat the oven to 375 degrees F. Prepare an 8-inch glass pie plate with nonstick pan spray. Layer the fruit in the pie plate.
2. Combine the milk, egg, flour, sugar, vanilla, nutmeg and salt in a food processor. Process until smooth; pour over the fruit.
3. Bake 35 to 40 minutes, or until puffed and golden brown. Serve warm or at room temperature. At serving time, sprinkle with the powdered sugar and cut into 6 slices.

**Serving size:** 1 slice

**Nutrition Facts per Serving:**

Calories: 92  
 Calories from fat: 11  
 Total fat: 1 g  
 Saturated fat: 0 g  
 Cholesterol: 36 mg

Sodium: 92 mg  
 Fiber: 1 g  
 Protein: 4 g  
 Carbohydrate: 17 g  
 Sugars: 13 gm  
 Exchange Approximation: Carbohydrate 1

Recipe and text from *The New Family Cookbook for People with Diabetes*, published by Simon & Schuster, copyright 2007. Used by permission.

## Farmer's Market Vegetable, Beef, and Brown Rice Salad

4 Servings

**Marinade:**

- ¼ cup olive oil
- 2 tablespoons fresh lemon juice
- 1 tablespoon minced garlic
- 1 tablespoon honey
- 2 teaspoons fresh chopped thyme
- 2 teaspoons chopped fresh oregano
- ¼ teaspoon salt
- ½ teaspoon pepper
- 1 beef top round steak, cut ¾ inch thick (about 1 pound)
- 1 teaspoon olive oil
- 2 cups asparagus (2-inch pieces)
- 1 medium yellow squash, cut lengthwise in half, then crosswise into ¼-inch thick slices
- 3 cups hot cooked brown rice
- 1 cup diced, seeded tomatoes
- 1 cup canned garbanzo beans, rinsed and drained
- ¼ cup fresh basil, thinly sliced
- ½ teaspoon salt

Brown rice has a nutty flavor and is full of fiber and vitamins, making it a healthy foundation for this garden-fresh salad.

1. Combine marinade ingredients in small bowl. Place beef steak and ¼ cup marinade in food-safe plastic bag; turn steak to coat. Close bag securely and marinate in refrigerator 6 hours or as long as overnight. Reserve remaining marinade in refrigerator for dressing.
2. Remove steak from marinade; discard marinade. Place steak on rack in broiler pan so surface of beef is 2 to 3 inches from heat. Broil 12 to 13 minutes for medium-rare doneness, turning once. Remove; keep warm.
3. Heat oil in large nonstick skillet over medium-high heat until hot. Add asparagus and squash; cook and stir 7 to 8 minutes or until tender. Toss with rice, tomatoes, beans, basil, salt, and reserved marinade in large bowl.
4. Carve steak into thin slices. Serve over rice salad.

**COOK'S TIP**

To grill, place steak on grid over medium, ash-covered coals. Grill uncovered 8 to 9 minutes for medium-rare doneness, turning occasionally.

**Serving size:** one fourth of recipe

**Nutrition Facts per Serving:**

Calories: 514  
 Fat: 15 g  
 Saturated fat: 3 g  
 Monounsaturated fat: 8 g  
 Cholesterol: 61 mg

Sodium: 593 mg  
 Carbohydrate: 60 g  
 Fiber: 7.3 g  
 Protein: 36 g  
 Niacin: 8.6 mg  
 Vitamin B6: 1.1 mg  
 Vitamin B12: 1.5 mcg  
 Iron: 5.9 mg

Selenium: 50.8 mcg  
 Zinc: 7.0 mg

This recipe is an excellent source of fiber, protein, niacin, vitamin B6, vitamin B12, iron, selenium and zinc.

Recipe provided courtesy of John Wiley & Sons, From *The Healthy Beef Cookbook* by National Cattlemen's Beef Association & American Dietetic Association ©2006, John Wiley & Sons.