Holiday Recipes
Cranberry Apple Salsa

Ingredients: Makes 8 (1/4 c) servings
1 bag (12 oz.) fresh cranberries, or frozen, unsweetened
1/2 medium Fuji apple, peeled, cored and chopped
1/4 cup chopped red onion
2 strips (1-inch x 1/2-inch) lime zest, coarsely chopped
1 small jalapeño pepper, without seeds, chopped
3 Tbsp. turbinado/raw sugar
1 Tbsp. fresh lime juice
1/3 cup loosely packed cilantro leaves
Salt

Directions
In food processor, pulse cranberries just until coarsely chopped. Add apple, onion, lime zest, jalapeño, sugar and lime juice. Pulse (quick pulses) until salsa is still slightly chunky, about 15-20 times.

Nutrition Facts

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<th>Amount Per Serving</th>
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*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.
Low Fat Chicken and Dumplings

Serves: 10 Serving Size: 1 cup

Recipe from Mechelle Coble MS, RD, LD, CDE, MLDE

3 chicken breasts (boneless and skinless)
2 - 14.5 ounce cans 98% fat free chicken, reduced sodium chicken broth
3 cups self-rising flour
1 teaspoon pepper
Water

Directions
1. Place chicken breasts and 2 quarts of water in a large pot and bring up to a boil. Simmer until chicken is tender (about 30 minutes), remove the chicken and set aside, save the cooking liquid.
2. Add 2 cans chicken broth to the cooking water left in the pot and bring up to a boil.
3. Stir in 1 1/2 cups of enriched cooking broth from the pot into 3 cups of flour. Stir in enough cold water until the mixture looks like biscuit dough.
4. Drop the dough mixture into the boiling broth by the teaspoon. Gently stir the dumplings and broth.
5. Shred the cooked chicken and return to the cooking pot. Sprinkle 1 teaspoon black pepper and adjust the seasonings as needed.
6. Simmer for an additional 3-5 minutes and serve.

Nutrition Facts per serving

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Roasted Brussels Sprouts

Serving Size: 6 Brussels sprouts
Submitted by: Julie Steber, RD, LD, CDE, MLDE

Recipe Serves 5

Ingredients

Cooking spray
1 pound frozen Brussels sprouts, thawed
2 tablespoons olive oil
1/2 teaspoon ground black pepper
3 slices extra lean turkey bacon, cut into 1-inch pieces

Instructions

1. Preheat oven to 400 degrees F. Spray a baking sheet with cooking spray.
2. Place Brussels sprouts in a bowl and add oil; toss to coat.
3. Add remaining ingredients and mix well.
4. Place Brussels sprouts on a baking sheet and bake for 35-40 minutes or crisp on the outside.

Prep Time: 5 minutes

Nutrition Facts

* Calories 95
* Carbohydrate 7 g
* Protein 5 g
* Fat 6 g
* Saturated Fat 0.9 g
* Sugars 2 g
* Dietary Fiber 4 g
* Cholesterol 5 mg
* Sodium 85 mg
* Potassium 290 mg

- See more at: http://www.diabetes.org/mfa-recipes/recipes/cooked-vegetables-quick.html#sthash.ETlc76bK.dpuf
Almost Fried Potatoes

Serves: 4  Serving Size: 1/2 cup

Recipe from Paula White, LD, RD, CDE

2 whole potatoes (about 1-1/4 pounds), cleaned and sliced
1 whole onion, cleaned and sliced
1 tablespoon canola oil
1/2 teaspoon salt
1/2 teaspoon black pepper

Directions
1. Heat electric skillet to 300 degrees and pour in canola oil. If you do not have an electric skillet use a heavy skillet with a tight fitting lid over medium low heat. When the potatoes are tender, turn the heat up to medium high to crisp and brown the potatoes and onions.

2. Place the potatoes and onions into the hot skillet and season with salt and pepper. Place lid onto skillet, allow the potatoes and onions to steam until tender.

3. Increase heat to 350 degrees, When the vegetable are nearly done, remove the lid and allow the potatoes to brown and crisp. You have to watch the vegetables closely, do not let the vegetables scorch.

4. Remove potatoes to a warmed serving bowl and enjoy.

Nutrition Facts

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| Total Fat  | 4g  |
| Saturated Fat | trace |
| Polyunsaturated Fat | 1g |
| Dietary Fiber | 3g |
| Monounsaturated Fat | 2g |
| Sodium       | 277mg |
| Cholesterol  | 0mg  |
Seasoned Green Beans

Serves: 8       Serving Size: 1/2 cup

Recipe from Paula White, LD, RD, CDE

1 quart green beans
1 whole onion, peeled and halved
2 cloves garlic, peeled
1 teaspoon olive oil

Directions
1. Place all ingredients into a two-quart pot. If you are using frozen green beans add about 1 cup water.
2. Allow the beans to come up to a boil and then turn heat to simmer.
3. Simmer the beans, onion and garlic until all are tender and the onion and garlic have infused their flavors into the beans.
4. Pour into a warmed serving bowl and enjoy.

Nutrition Facts

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Tomato, Cucumber, and Onion Salad

Serves: 8    Serving Size: 1/2 cup    Recipe from Mechelle Coble RD, LD, CDE, MLDE

Salad Ingredients
3 whole ripe tomatoes (about 2 1/2 to 3 pounds)
2-3 medium cucumbers
1 large onion

Dressing Ingredients
2 tablespoons olive oil
2 tablespoons vinegar
1/2 cup water
3 packets artificial sweetener
1/4 teaspoon salt
1/2 teaspoon black pepper

Directions
1. Clean and slice the vegetables, layer them onto a serving platter.
2. Combine all ingredients for the dressing and pour over the vegetables.
3. Allow the salad to marinate for at least 2 hours before serving.

Nutrition Facts

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Kentucky Diabetes Prevention
Kentucky Public Health
Cornbread

Serves: 6  Serving Size: 1 muffin  
Recipe from Paula White, LD, RD, CDE

1 cup self-rising cornmeal mix (I prefer White Lily™ or Martha White™)  
1 large egg  
1 cup low-fat buttermilk

Directions
1. Place your well-seasoned cast iron cookware in the oven to preheat with the oven at 425 degrees. I like to use muffin or corn stick cast iron.  
2. Combine all ingredients in order given. The batter should be thin.  
3. Lightly spray the cookware with cooking spray and filling the irons 2/3 with the batter.  
4. Bake at 425 degrees for about 20 minutes or until golden brown.  
5. Remove the cornbread from the irons and serve.

Nutrition Facts
Total Calories  112  
Total Fat  1g  
Saturated Fat  1g  
Carbohydrate  20  
Polyunsaturated Fat  trace  
Dietary Fiber  2g  
Carbohydrate Choices  1  
Monounsaturated Fat  trace  
Sodium  53mg  
Protein  4g  
Cholesterol  33mg
Holiday Pumpkin Pie With Maple-Ginger Crust

- Makes: 8
- Serving Size: 1/8 of pie
- Preparation Time: 15 minutes
- Cooking Time: 2 hours, 55 minutes (includes cooling time)

**Ingredients**

**Crust**

1 1/2 cups graham-cracker crumbs (about 24 cracker squares)
3 Tbsp. pure maple syrup
1 tsp. canola oil
1 egg white, lightly beaten
1 tsp. finely minced crystallized ginger
1/2 tsp. ground ginger

**Filling**

1/2 cup Splenda Sugar Blend
2 tsp. ground cinnamon
1/2 tsp. ground ginger
1/4 tsp. ground cloves
1/4 tsp. salt
2 eggs
Directions

1. Preheat the oven to 425°F. In a bowl, combine all ingredients for the crust. Press into a 9-inch, nonstick pie pan, to form an even crust. Set aside.

2. In a bowl, mix together the Splenda, cinnamon, ginger, cloves, and salt.

3. In another bowl, beat the eggs and vanilla together. Add in the Splenda mixture and stir to combine.

4. Add in the pumpkin and stir until the mixture is well blended. Dissolve the cornstarch in about 2 to 3 Tbsp. of the evaporated milk. Add the cornstarch mixture and the remaining evaporated milk to the pumpkin mixture, and mix until smooth. The mixture will be thin.

5. Pour the pumpkin pie filling into the prepared crust. Place the pie on a baking sheet. Bake for 15 minutes at 425°F. Lower the heat to 350°F, and bake an additional 40 minutes, or until the filling is set when a

Remove the pie from the oven, and let cool for 2 hours before serving. Cut into 8 wedges. Top with whipped topping and sprinkle with lemon zest.

Lower Fat and Sugar Pudding Pie

Serves: 8  Serving Size: 1/8 pie  Recipe from Mechelle Coble RD, LD, CDE, MLDE

1 reduced fat graham cracker pie crust
1 box sugar free instant pudding mix
1 1/2 cups skim milk
8 tablespoons fat free whipped topping as garnish

Directions
1. Combine pudding with milk and stir until thickened.
2. Pour the pudding mixture into the graham cracker pie crust.
3. Chill thoroughly before slicing to serve.
4. Garnish each slice with fat free whipped topping.

Nutrition Facts

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Roast Turkey with Cranberry Stuffing

MAKES 20 SERVINGS

Nutrients per Serving:
Calories 229, Total Fat 6g, Saturated Fat 2g, Protein 28g, Carbohydrates 1g, Cholesterol 68mg, Dietary Fiber 1g, Sodium 223mg

Dietary Exchange: 1 Bread/Starch, 3 Meat

1 loaf (12 ounces) Italian or French bread, cut into ½-inch cubes
2 tablespoons margarine
1⅛ cups chopped onions
1⅛ cups chopped celery
2 teaspoons poultry seasoning
1 teaspoon dried thyme
½ teaspoon dried rosemary
¼ teaspoon salt
¼ teaspoon black pepper
1 cup coarsely chopped fresh cranberries
1 tablespoon sugar
¾ cup fat-free reduced-sodium chicken broth
1 whole turkey (about 8 to 10 pounds), thawed if frozen

1. Preheat oven to 375°F. Arrange bread on 2 (15x10-inch) jelly roll pans. Bake 12 minutes or until lightly toasted. Reduce oven temperature to 350°F.

2. Melt margarine in large saucepan over medium heat. Add onions and celery; cook and stir 8 minutes or until vegetables are tender.

3. Remove pan from heat; stir in bread cubes, poultry seasoning, thyme, rosemary, salt and pepper. Combine cranberries and sugar in small bowl; mix well. Stir into saucepan. Gently stir broth into saucepan.

4. Spray roasting pan and rack with nonstick cooking spray. Remove giblets from turkey. Rinse turkey and cavity with cold water; pat dry with paper towels. Fill turkey cavity loosely with stuffing; place any remaining stuffing in casserole sprayed with nonstick cooking spray. Cover and refrigerate until baking time.

5. Place turkey, breast side up, on rack in prepared roasting pan. Bake 3 hours or until thermometer inserted in thickest part of thigh reaches 190°F. Transfer turkey to cutting board; loosely tent with foil.

6. Increase oven temperature to 375°F. Place covered casserole of stuffing in oven. Bake casserole, covered, 25 to 30 minutes or until heated through.

7. Remove and discard turkey skin. Slice turkey and serve with cranberry stuffing.

Sweet Potato Casserole with Sweet Oat and Coconut Topping

*Makes 8 servings (2 cups per serving)*

**Nutrients per Serving:**
- Calories: 127
- Total Fat: 1.5g
- Saturated Fat: 1.0g
- Protein: 1.0g
- Carbohydrates: 32g
- Cholesterol: 0mg
- Dietary Fiber: 1.0g
- Sodium: 10mg

**Dietary Exchange:** 1 Bread starch

**Ingredients:**
- 1 cup mashed sweet potatoes
- 1 cup rolled oats
- 1 cup flakes (about 2/3 cup total)
- 3 tablespoons maple syrup
- 1/2 cup unsweetened coconut milk
- 1/2 cup canned coconut milk
- 1/4 cup packed brown sugar
- 1/4 cup honey
- 1/4 cup chopped pecans
- 1/4 cup chopped walnuts
- 1/4 cup chopped almonds
- 1/4 cup chopped pistachios
- 1/4 cup chopped cashews
- 1/4 cup chopped pecans
- 1/4 cup chopped walnuts
- 1/4 cup chopped almonds
- 1/4 cup chopped pistachios
- 1/4 cup chopped cashews

1. Preheat oven to 375°F. Place potatoes and sweet potatoes in a large saucepan and cover with water. Bring to a boil and cook until tender, about 15 minutes.
3. In a small bowl, mix together all ingredients except syrup. Set aside.
4. In a large mixing bowl, mix together syrup and milk until smooth. Stir in potato mixture and mix well. Pour into a greased 8x8 inch baking dish.
5. Bake at 375°F for 30 minutes or until golden brown.

**Take note!** This recipe was tested using unsweetened, sugar-free syrup.

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MULLED CRANBERRY CIDER

*Makes 8 (1-cup) servings*

**Nutrients per Serving:**
- Calories: 32
- Total Fat: 1g
- Saturated Fat: 1g
- Protein: 1g
- Carbohydrates: 32g
- Cholesterol: 0mg
- Dietary Fiber: 1g
- Sodium: 10mg

**Dietary Exchange:** 1 Fruit

**Ingredients:**
- 8 cups (1/2 gallon) low-calorie cran-raspberry or cran-apple juice cocktail
- 3 cinnamon sticks
- 10 whole cloves
- 1 cup rum or brandy (optional)

1. Pour juice cocktail into slow cooker. Tie cinnamon sticks and cloves in cheesecloth. Add spice bundle to slow cooker. Cover and cook on HIGH 2 hours or LOW 4 hours or until hot. (May be kept warm on LOW up to 3 hours.)
2. Serve hot or warm. If desired, stir in rum or brandy just before serving in mugs. Garnish with additional cinnamon sticks, if desired.

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EASY-AS-PIE HOLIDAY SOUP
MAKES 6 (⅔-CUP) SERVINGS

Nutrients per Serving:
Calories 86, Total Fat 2g, Saturated Fat 1g, Protein 5g, Carbohydrates 15g, Cholesterol 2mg, Dietary Fiber 1g, Sodium 130mg

Dietary Exchange: 1 Bread/Starch, ½ Milk

1 teaspoon canola oil or 1 teaspoon black pepper
⅛ teaspoon salt
⅛ cup fat-free, reduced-sodium chicken broth
1 box (12 ounces) frozen, cooked winter squash, thawed (see Tips)
1 cup fat-free evaporated milk
4 tablespoons fat-free sour cream (optional)
Pumpkin pie spice (optional)

1. Heat oil in large saucepan over medium-low heat. Add onion. Cook and stir 3 minutes or until onion is translucent. Do not brown. Add apple, spice, salt, and pepper. Cook and stir 1 minute to coat apples. Add broth. Simmer, uncovered, 8 to 10 minutes or until apples are tender and most stock has evaporated.

2. Add thawed squash and milk to apple mixture. Simmer, uncovered, 5 to 8 minutes or until flavors are blended and soup is hot. Ladle into bowls. Garnish with sour cream and pumpkin pie spice, if desired.

Tips: To easily thaw frozen box of squash, place in microwaveable container. Cover. Microwave on HIGH 3 minutes. Stir. Microwave 1 minute more if needed to thaw completely.

Cook's note: For added flavor, cook 1 clove garlic, minced, and 1 tablespoon minced, peeled, fresh ginger with the onion. Or add ⅛ to ⅛ teaspoon mild curry powder with the pumpkin pie spice.