



FOOD 4 HEALTH

# RECIPE BOOK



Provided by OACP



# FOOD 4 HEALTH



At the Oshkosh Area Community Pantry we strive to meet our guests' needs. Our Food 4 Health program allows us to better serve our guests with specific dietary needs by providing them with nutritious options, like our Diabetic Friendly Staple Boxes.

This guide contains recipes that include common ingredients found in our Diabetic Friendly Staple Boxes. You will also find helpful shopping and cooking tips!



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# BREAKFAST



# PEANUT BUTTER OATMEAL CAKES

Prep Time  
15 mins

Servings  
12

Cook Time  
35 mins

## Ingredients:

- 3 cups old-fashioned oats
- 1 1/2 cups low-fat milk
- 1/2 cup peanut butter, divided
- 1/4 cup unsweetened applesauce
- 2 large eggs, lightly beaten
- 3 tbsp packed light brown sugar
- 1 tsp baking powder
- 1 tsp vanilla extract
- 1/2 tsp salt
- 1/4 cup mini semisweet chocolate chips



## Directions:

1. Preheat oven to 375°F. Line muffin tin with cupcake liners.
2. Combine oats, milk, 1/4 cup peanut butter, applesauce, eggs, brown sugar, baking powder, vanilla, and salt together in a large bowl. Mix to combine.
3. Fill each muffin cup with a heaping 2 tbsps of batter, then divide the remaining 1/4 cup peanut butter and chocolate chips among the muffin cups (about 1tsp each).
4. Cover with the remaining batter (about 2 tbsp each). Bake until a toothpick inserted in the center comes out clean, about 25 minutes.
5. Cool in the pan for 10 minutes, then turn out onto a wire rack
6. Serve warm or at room temperature.

# PEANUT BUTTER OATMEAL CAKES

Calories  
204kcal

Serving Size  
1 oatmeal  
cake

Carbs  
24g

## Nutrition Facts:

- Total Carbs: 24g
- Fiber: 3g
- Total Sugars: 8g
- Added Sugars: 4g
- Protein: 7g
- Total Fat: 9g
- Saturated Fat: 2g
- Cholesterol 33mg



## Tips and Substitutions

- Letting the batter rest may help the oats better absorb the wet ingredients
- If you don't have cupcake liners, generously grease the muffin tin to avoid muffins sticking.
- If you don't have brown sugar, use a different sweetener like honey, or Splenda brown sugar.
- If you don't have applesauce, try using a mashed banana instead.
- Try adding chopped nuts, apples, or raisins to the muffins.
- When eating, pair with yogurt for extra protein!

# BAKED BANANA-NUT OATMEAL CUPS

Prep Time  
15 mins

Servings  
12

Cook Time  
35 mins

## Ingredients:

- 3 cups old-fashioned oats
- 1 1/2 cups low-fat milk
- 2 ripe bananas, mashed (about 3/4 cup)
- 1/3 cup packed brown sugar
- 2 large eggs, lightly beaten
- 1 tsp baking powder
- 1 tsp ground cinnamon
- 1 tsp vanilla extract
- 1/2 tsp salt
- 1/2 cup toasted chopped pecans



## Directions:

1. Preheat oven to 375°F. Spray muffin tin with cooking spray.
2. Combine oats, milk, bananas, eggs, brown sugar, baking powder, vanilla, and salt together in a large bowl. Mix to combine. Fold in the pecans.
3. Divide the mixture among the 12 muffin cups (about 1/3 cup each)
4. Bake until a toothpick inserted in the center comes out clean, about 25 minutes.
5. Cool in the pan for 10 minutes, then turn out onto a wire rack
6. Serve warm or at room temperature.

**Recipe Link:** <https://www.eatingwell.com/recipe/274166/baked-banana-nut-oatmeal-cups/>

# BAKED BANANA-NUT OATMEAL CUPS

Calories  
176kcal

Serving Size  
1 oatmeal  
cake

Carbs  
26g

## Nutrition Facts:

- Total Carbs: 26g
- Fiber: 3g
- Total Sugars: 11g
- Added Sugars: 6g
- Protein: 5g
- Total Fat: 6g
- Saturated Fat: 1g
- Cholesterol 33mg



## Tips and Substitutions

- The muffin tins help create individual portions, but if you do not have one, an 8-inch square baking dish works well too.
- Quick oats can be substituted for the rolled oats, there just might be a slight change in texture.
- Plain/unsweetened plant-based milks can be used in place of the low-fat milk.
- If you don't have ripe bananas, try using applesauce, pumpkin, or mashed sweet potatoes instead.
- Experiment with spices! Nutmeg and ginger pair well with this recipe.
- Any type of chopped nuts works great in this recipe, but if you don't like them or are allergic, they can be left out.
- Spread some peanut butter on top of the muffins before eating for extra protein and flavor!



# BLACK BEAN BREAKFAST TACOS

Prep Time  
10 mins

Servings  
6

Cook Time  
15 mins

## Ingredients:

- 6 large eggs
- 2 tbsp low-fat milk
- salt and pepper, to taste
- 1- 15oz can reduced sodium black beans, drained and rinsed
- 1- 15oz can diced tomatoes, drained
- 1 tsp olive oil
- 1 cup raw spinach
- 1/2 lime, juiced
- 1/4 tsp cumin
- 1/4 tsp chili powder
- 6 soft taco shells, warmed
- Additional toppings: salsa, plain Greek yogurt, cilantro, avocado, feta cheese

## Directions:

1. Combine the eggs, milk, salt, and pepper. Hand beat the eggs using a whisk or fork until the yolks and whites are evenly mixed and the eggs are frothy (about 1 minute).
2. Heat the olive oil in a pan and add the spinach. Sauté spinach until wilted.
3. While the spinach is sauteing, combine the drained and rinsed beans and drained tomatoes with the lime juice, cumin, and chili powder. Once combined, add to the pan with the spinach and warm.
4. Add the eggs to the pan. Once they begin to set, gently move them around in the pan with a spatula. Turn the eggs as needed until they are cooked through.
5. To assemble the burrito, divide the egg, spinach, tomato, and black bean mixture evenly among the tortillas. Garnish each burrito with optional toppings. Serve immediately.



# BLACK BEAN BREAKFAST TACOS

Calories  
580kcal

Serving Size  
1 taco

Carbs  
62g

## Nutrition Facts:

- Total Carbs: 62g
- Fiber: 12g
- Total Sugars: 3g
- Protein: 28g
- Total Fat: 24g
- Saturated Fat: 10g
- Cholesterol 229mg



## Tips and Substitutions

- Get creative with your toppings! This recipe is versatile, so you can use it as a way to use up items in your fridge.
- Any type of cheese can be used. Try using pepper jack, cheddar, fiesta blend, or Monterey jack.
- If you want to fold the tacos up like a burrito, use 8-inch shells (carb/calorie count will slightly change).
- Any type of diced tomatoes will work in this recipe. Try using Rotel or fire roasted tomatoes for extra flavor.
- Experiment with spices! Garlic and onion powder would also be great additions to this recipe.
- If you like extra spice, try adding red pepper flakes, and or a dash of hot sauce.

# SOUTHWEST EGG MUFFINS

Prep Time  
10 mins

Servings  
6

Cook Time  
20 mins

## Ingredients:

- 1 1/2 cups reduced sodium black beans, drained and rinsed
- 1 cup Rotel, drained
- 1 green bell pepper, diced
- 1/2 cup red onion diced
- 8 large eggs
- 2 tbsp low-fat milk
- 1/4 tsp cumin
- 1/4 tsp chili powder
- salt and pepper, to taste



## Directions:

1. Preheat the oven to 350 degrees. Spray a nonstick skillet with cooking spray. Add the peppers and onion to the skillet and cook until tender (about 6-8 minutes).
2. While the peppers and onions are cooking, whisk together the eggs, milk, cumin, and chili powder. Season with salt and pepper.
3. Add the black beans and Rotel to the peppers and onions and mix to combine.
4. Spray a muffin tin with cooking spray. Divide the pepper, onion, bean, and Rotel mixture evenly among the muffin tins.
5. Distribute the eggs evenly over the veggie mixture.
6. Bake for 20-25 minutes until egg cups have puffed up and are cooked through.
7. Let cool for five minutes before removing from the pan.

# SOUTHWEST EGG MUFFINS

Calories  
151kcal

Serving Size  
2 egg  
muffins

Carbs  
15g

## Nutrition Facts:

- Total Carbs: 15g
- Fiber: 5g
- Protein: 12g
- Total Fat: 7g
- Saturated Fat: 2g
- Cholesterol 231mg



## Tips and Substitutions

- Get creative with what you add to the egg cups! You can add any assortment of veggies, like spinach and zucchini or add a sprinkle of cheese.
- If you don't have a muffin tin, just coat a baking dish with cooking spray and cut into 6 pieces after baking.
- You can turn egg muffins into a taco by adding to a tortilla with additional toppings or a sandwich by placing between bread and adding a slice of cheese or avocado.
- If you want a lighter option, try using 6 egg whites and 2 whole eggs.
- If you are having trouble with egg muffins sticking to the muffin tin, try using cupcake liners for a mess free option.



# LUNCH



# TUNA CAKES

Prep Time  
25 mins

Servings  
8

Cook Time  
15 mins

## Ingredients:

- 3 5 oz. cans tuna
- 2 tbsp fresh parsley, minced
- 1 green onion, finely minced
- 1 tsp Old Bay seasoning
- 1/2 tsp garlic powder
- 1/2 tsp salt
- 3/4 cup plain panko or coarse breadcrumbs
- 2 tbsp Dijon mustard
- 2 tbsp mayonnaise
- 2 eggs
- 2 tbsp olive oil, for cooking



## Directions:

1. Drain the tuna and flake it into small pieces with a fork, smashing up any big chunks. In a medium bowl, mix it with the parsley, green onion, Old Bay, garlic powder, kosher salt, panko, Dijon mustard, mayonnaise, and eggs.
2. Form the dough into 8 patties using a 1/3 cup measuring cup to portion it out, then patting it into a patty with your hands. Refrigerate the patties for 15 minutes to firm up the texture (or up to 24 hours).
3. When ready to cook, heat 1 tablespoon olive oil in skillet over medium high heat. Add the patties and cook for about 4 to 5 minutes until lightly browned, then gently flip them with a spatula and cook about 3 to 4 minutes more until lightly browned on the other side. Don't overcrowd the pan (you might have to cook in batches).
4. Serve immediately.

# TUNA CAKES

Calories  
184kcal

Serving Size  
1 tuna cake

Carbs  
8g

## Nutrition Facts:

- Total Carbs: 8g
- Fiber: 0.5g
- Protein: 16g
- Total Fat: 9g
- Saturated Fat: 2g



## Tips and Substitutions

- If you don't have fresh parsley, use 3/4 tsp of dried parsley.
- If you don't have green onions on hand, use 1/4 cup finely diced white, red, or yellow onion.
- There isn't much difference between Dijon mustard and regular yellow mustard, so don't worry if you need to substitute it for a different mustard.
- These tuna cakes taste great served over brown rice or a salad!
- If you don't want to fry these in a skillet on the stove, try air frying them for 12 minutes at 400 degrees. Just make sure to flip them mid-way.

Recipe Link: <https://www.acouplecooks.com/tuna-patties-cakes/>

# CHICKEN QUESADILLAS

Prep Time  
10 mins

Servings  
8

Cook Time  
20 mins

## Ingredients:

- 1 12.5oz can of cooked chicken breast, drained
- 1 15.5oz can black beans, drained and rinsed
- 1 10oz can Rotel, drained
- 1 packet of taco seasoning
- 2 2/3 cup shredded cheese
- 8 Mission Carb Balance Whole wheat tortillas
- 2 tbsp olive oil, divided



## Directions:

1. Add the drained canned chicken into a medium bowl and flake into smaller pieces. Add the drained Rotel, drained and rinsed black beans, and taco seasoning into the bowl with the chicken. Mix to combine.
2. Heat the pan over medium heat and add 1/2 tbsp oil.
3. Place 1 tortilla in the pan, add a portion of the chicken mixture onto one side of the tortilla and sprinkle 1/3 cup cheese on top of the mixture.
4. Fold the tortilla in half and press down with a spatula to flatten the quesadilla.
5. Cook for 2-3 minutes on each side, or until golden brown and crispy.
6. Repeat with remaining tortillas and filling only adding 1/2 tbsp of oil after every two quesadillas.
7. Cut into quarters and serve hot.



# CHICKEN QUESADILLAS

Calories  
327kcal

Serving Size  
1 quesadilla

Carbs  
32g

## Nutrition Facts:

- Total Carbs: 32g
- Fiber: 20g
- Protein: 23g
- Total Fat: 20g
- Saturated Fat: 9g
- Cholesterol: 55mg



## Tips and Substitutions

- You can use any type of tortilla you have on hand, but the nutrition information will change.
- If you have leftover chicken breast on hand or rotisserie chicken, that works great in this recipe too.
- Plain Greek yogurt, salsa, or avocado are great toppings for this recipe.
- If you want to add extra veggies, try sauteing peppers and onions and add them to the chicken mixture in the quesadillas.
- You may need to adjust the heat level when cooking the quesadillas to prevent them from burning.

# PiTA PIZZAS

Prep Time  
5 mins

Servings  
1

Cook Time  
6 mins

## Ingredients:

- 1 whole wheat pita bread
- 2tbsp spaghetti or pizza sauce
- 1/4 cup shredded mozzarella cheese
- Italian seasoning to taste

## Directions:

1. Preheat the oven to 400 degrees.
2. Spread sauce on top of the pita.
3. Sprinkle the shredded cheese and Italian seasoning on the pizza.
4. Add additional toppings of choice.
5. Place on a baking sheet and bake for 5-7 minutes or until cheese is melted.
6. Slice with a pizza cutter and enjoy!



# PiTA PIZZAS

Calories  
249kcal

Serving Size  
1 pizza

Carbs  
34g

## Nutrition Facts:

- Total Carbs: 34g
- Fiber: 4g
- Protein: 12g
- Total Fat: 62g
- Saturated Fat: 7g
- Cholesterol: 22mg



## Tips and Substitutions

- Try using reduced sodium, and sugar free sauce if possible, to lower carbs.
- Get creative with your toppings! Fresh spinach, peppers, and onions with chicken tastes delicious.
- If you don't have mozzarella cheese, any type of shredded cheese will work fine.
- Any pita will work for this recipe, but the whole wheat option will help keep you feeling full longer.

Recipe Link: <https://www.food.com/recipe/easy-pita-bread-pizza-110067>

# SIMPLE CHICKEN SALAD

Prep Time  
15 mins

Servings  
6

Cook Time  
0 mins

## Ingredients:

- 2 cups cooked chicken, chopped
- 1/2 cup mayonnaise
- 1 stalk celery, diced
- 1 green onion diced
- 1 tsp Dijon mustard
- 1/2 tsp salt
- pepper to taste
- 1 tsp fresh dill (optional)



## Directions:

1. Combine all ingredients in a small bowl and mix well.
2. Season with salt and pepper to taste.
3. Serve as a sandwich, with crackers, or over a salad.

# SiMPLE CHiCKEN SALAD

Calories  
206kcal

Serving Size  
1/2 cup

Carbs  
1g

## Nutrition Facts:

- Total Carbs: 1g
- Fiber: 1g
- Protein: 15g
- Total Fat: 16g
- Saturated Fat: 3g
- Cholesterol: 48mg



## Tips and Substitutions

- If you are in a time pinch, use canned chicken breast or shredded rotisserie chicken for this recipe.
- If you don't have green onions on hand, use 1/4 cup finely diced white, red, or yellow onion.
- There isn't much difference between Dijon mustard and regular yellow mustard, so don't worry if you need to substitute it for a different mustard.
- Try adding chopped nuts and fruit, like green grapes to this recipe for added crunch and flavor.

Recipe Link: <https://www.spendwithpennies.com/classic-chicken-salad-recipe/comment-page-13/#comments>



# DINNER



# TUNA CASSEROLE

Prep Time  
10 mins

Servings  
6

Cook Time  
25 mins

## Ingredients:

- 2 cups whole wheat egg noodles, cooked and drained
- 1 12oz can tuna, drained
- 1 15oz can low sodium peas, drained
- 1 10.5oz can cream of mushroom soup
- 2 tbsp butter, melted
- 1/3 cup bread crumbs
- salt and pepper to taste

## Directions:

1. Preheat the oven to 400 degrees and grease a baking dish
2. Cook pasta according to package instructions and set aside.
3. In a large bowl, stir together the cooked egg noodles, cream of mushroom soup, milk, peas, and tuna. Add the mixture to the greased casserole dish.
4. Stir the bread crumbs and melted butter together in a small bowl. Set aside.
5. Bake casserole for 20 minutes. Remove the casserole from the oven and sprinkle the bread crumb mixture over the top. Put back into the oven and bake for 5 minutes or until the top is golden brown and bubbling.
6. Season with salt and pepper to taste when serving.



# TUNA CASSEROLE

Calories  
267kcal

Serving Size  
1 cup

Carbs  
30g

## Nutrition Facts:

- Total Carbs: 30g
- Fiber: 4g
- Protein: 15g
- Total Fat: 9g
- Saturated Fat: 4g
- Cholesterol: 26mg



## Tips and Substitutions

- Frozen peas work great in this recipe too (make sure to thaw them beforehand), but if you don't have any try substituting other vegetables like broccoli.
- For extra flavor add 1 tsp of garlic and onion powder to mixture when mixing.
- If you don't have tuna on hand, shredded or canned chicken breast is a perfect substitute.
- Try using crushed crackers or potato chips as a topping if you don't have bread crumbs available.

Recipe Link: <https://unsophisticook.com/easy-tuna-casserole/>



# MINESTRONE SOUP

Prep Time  
10 mins

Servings  
6

Cook Time  
35 mins

## Ingredients:

- 1 yellow onion
- 2 cloves garlic
- 4 carrots
- 2 tbsp olive oil
- 2 tbsp tomato paste
- 1 28oz can diced tomatoes
- 1 15oz can reduced sodium kidney beans
- 1 15oz can chickpeas
- 1 tbsp Italian seasoning
- 4 cups vegetable broth
- 1 zucchini
- 1 cup frozen green beans
- 1 tbsp lemon juice
- 1 tbsp chopped parsley (optional)



## Directions:

1. Dice the onion, mince the garlic, and slice the carrots. Add the olive oil, onion, garlic, and carrots to a large soup pot. Sauté over medium heat until the onions become soft and translucent (about 5 minutes).
2. Add the tomato paste to the pot and continue to sauté for 2-3 minutes more, or until the tomato paste begins to coat the bottom of the pot (do not let it burn).
3. Rinse and drain the kidney beans and chickpeas, and then add them to the pot along with the diced tomatoes (with juices), Italian seasoning, and vegetable broth. Give everything a good stir, place a lid on top, and allow it to come up to a simmer. Allow the soup to simmer for 20 minutes, stirring occasionally.
4. While the soup is simmering, slice the zucchini into quarter-rounds. After the soup has simmered for 20 minutes, add the sliced zucchini and frozen green beans (no need to thaw first). Stir and simmer the soup for an additional 5-10 minutes, or until the zucchini just begins to soften.
5. Finish the soup by adding lemon juice and chopped parsley. Serve hot.

# MINESTRONE SOUP

Calories  
313kcal

Serving Size  
1 1/2 cups

Carbs  
48g

## Nutrition Facts:

- Total Carbs: 48g
- Fiber: 11g
- Protein: 14g
- Total Fat: 9g
- Sodium: 1008mg



## Tips and Substitutions

- For additional protein, add shredded chicken breast or cooked ground turkey to the recipe.
- If you would like a side to pair with this soup, a side salad works great!
- This soup is versatile so add the veggies and beans you have on hand and get creative!
- If you want the soup to be more filling, add 2 cups of cooked whole wheat pasta (this will change the nutrition information).

Recipe Link: <https://www.budgetbytes.com/easy-vegetarian-minestrone/>

# MEXICAN STUFFED PEPPERS

Prep Time  
15 mins

Servings  
4

Cook Time  
5 hours

## Ingredients:

- 4 medium bell peppers
- 1 lb ground beef or ground turkey
- 1 package ready-to-serve Spanish rice
- 1 15.5 oz can black beans, drained and rinsed
- 1 cup shredded cheese, divided
- 1 1/2 cups salsa
- 1 cup water
- 2 tbsp minced cilantro



## Directions:

1. Cut tops off peppers and remove seeds; set aside. In a large skillet, cook beef or turkey over medium heat until no longer pink; drain.
2. Stir in the rice, beans, 3/4 cups cheese, and salsa. Spoon into peppers. Transfer to a 5-qt. slow cooker. Pour water around peppers.
3. Cover and cook on low for 5-6 hours or until peppers are tender and filling is heated through. Top with remaining cheese; sprinkle with cilantro.

# MEXICAN STUFFED PEPPERS

Calories  
640kcal

Serving Size  
1 pepper

Carbs  
51g

## Nutrition Facts:

- Total Carbs: 51g
- Fiber: 13g
- Protein: 30g
- Total Fat: 30g
- Saturated Fat: 11g
- Cholesterol: 133mg



## Tips and Substitutions

- If you don't have salsa on hand, adding a can of Rotel works great in this recipe too.
- Using cooked brown rice instead of Spanish rice will add fiber, but you may want to add spices while cooking it, such as cumin and chili powder.
- Any type of shredded cheese will work in this recipe. Try using pepper jack or fiesta blend for added flavor!
- If you don't want to make these in the slow cooker, place into an ungreased 8-inch glass baking dish. Cover with foil and bake 15 minutes. Then uncover and bake for an additional 15 minutes.

Recipe Link: <https://www.tasteofhome.com/recipes/mexican-beef-stuffed-peppers/>

# CHICKEN BROCCOLI RICE BAKE

Prep Time  
15 mins

Servings  
4

Cook Time  
30 mins

## Ingredients:

- 1 package frozen, chopped broccoli, thawed
- 1 cup cooked rice
- 2 cups diced cooked chicken breast
- 1 10.75oz can cream of chicken soup
- 1/4 cup mayonnaise
- 1/4 cup low-fat milk
- 1/8 tsp curry powder
- 1 tsp dill
- 1/2 tsp lemon juice
- 1 tbsp fine, dry bread crumbs
- Paprika



## Directions:

1. Preheat oven to 350 degrees. Coat an 8" x 8" pan with cooking spray.
2. Layer thawed broccoli in the bottom of the pan. Top it evenly with the rice and chicken.
3. In a large bowl, whisk together the soup, mayonnaise, milk, curry powder, dill, and lemon juice. Mix well.
4. Pour the mixture over the chicken. Sprinkle bread crumbs and paprika on top of the casserole.
5. Bake uncovered for 25-30 minutes or until bubbly.

# CHICKEN BROCCOLI RICE BAKE

Calories  
244kcal

Serving Size  
1/4 of  
casserole dish

Carbs  
20g

## Nutrition Facts:

- Total Carbs: 20g
- Fiber: 2g
- Protein: 23g
- Total Fat: 8g
- Saturated Fat: 2g



## Tips and Substitutions

- If you are in a time pinch, use canned chicken breast or cubed rotisserie chicken for this recipe.
- If you don't like broccoli, feel free to add other vegetables like peas or green beans.
- If you don't have bread crumbs on hand, crush crackers and then sprinkle on top.
- This is a great recipe to double, just put it in a 9" x 13" pan instead. Cooking time may increase.

Recipe Link:

<https://www.diabetesselfmanagement.com/recipes/main-dishes/chicken-broccoli-and-rice-bake/>



# SIDES



# VEGETABLE FRIED RICE

Prep Time  
15 mins

Servings  
4

Cook Time  
6 mins

## Ingredients:

- 2 cups cooked brown rice
- 1 1/2 tsp oil
- 1 1/2 tsp finely chopped green chilies
- 1/4 cup thinly sliced bell pepper
- 1/4 cup finely chopped spring onions
- 3/4 cup parboiled French beans, cut diagonally
- 3/4 cup thinly sliced parboiled carrots
- 1/2 cup bean sprouts
- 1 tbsp finely chopped celery
- 1/2 tsp soy sauce
- 2 tbsp finely chopped spring green onions



## Directions:

1. Heat the oil in a broad non-stick pan, add the green chilies, bell pepper, spring onion, and sauté at high heat for 1-2 minutes.
2. Add the French beans, carrot, bean sprouts, and celery. Mix well and sauté on high heat for another 1-2 minutes
3. Add the cooked brown rice, soy sauce, and spring onion greens to the mixture. Cook at medium heat for 1-2 minutes.
4. Serve hot.



# VEGETABLE FRIED RICE

Calories  
147kcal

Serving Size  
1/4 of  
prepared  
rice

Carbs  
27g

## Nutrition Facts:

- Total Carbs: 27g
- Fiber: 3g
- Protein: 3g
- Total Fat: 3g
- Cholesterol: 0mg



## Tips and Substitutions

- This is a versatile recipe so add or substitute vegetables that you have on hand.
- Try adding ground turkey for additional protein!
- If you're in a time pinch, thaw a frozen package of stir-fry vegetables instead of the other ones listed. You can also purchase frozen steam-in-the-bag brown rice to cut down on preparation time.

Recipe Link: <https://www.tarladalal.com/calories-for-chinese-fried-rice-diabetic-friendly-recipe-3467>

# PEANUT NOODLES

Prep Time  
5 mins

Servings  
4

Cook Time  
20 mins

## Ingredients:

- 8 ounces whole-wheat spaghetti
- 1/3 cup crunchy natural peanut butter
- 1/3 cup water
- 2 tbsp low-sodium soy sauce
- 2 tbsp lime juice
- 1 tbsp chili-garlic sauce
- 1 tbsp toasted sesame oil
- 2 tsp dark brown sugar
- 3/4 cup thinly sliced scallions



## Directions:

1. Bring a large pot of water to a boil. Add spaghetti and cook according to package directions. Drain and rinse under cold water.
2. Meanwhile, whisk peanut butter, water, soy sauce, lime juice, chile-garlic sauce, sesame oil and brown sugar together in a large bowl until combined. Stir in scallions.
3. Add the spaghetti to the peanut butter mixture; toss to coat. Divide among 4 bowls. Garnish with additional scallions, if desired.

# PEANUT NOODLES

Calories  
378kcal

Serving Size  
1/2 cup

Carbs  
52g

## Nutrition Facts:

- Total Carbs: 52g
- Fiber: 7g
- Protein: 13g
- Total Fat: 16g
- Saturated Fat: 3g



## Tips and Substitutions

- If you don't have crunchy peanut butter on hand, you can use creamy peanut butter.
- For added flavor and volume, add wilted spinach and stir-fried vegetables.
- For additional protein, add grilled chicken or tofu to this recipe.
- This recipe can be served hot or cold.

Recipe Link: <https://www.spendwithpennies.com/classic-chicken-salad-recipe/comment-page-13/#comments>

# SPANISH BROWN RICE

Prep Time  
5 mins

Servings  
4

Cook Time  
40 mins

## Ingredients:

- 1 cup uncooked brown rice, rinsed
- 1 3/4 cups water
- 1/2 cup salsa
- 1 tsp ground cumin
- 1/2 tsp salt (optional)
- fresh chopped cilantro



## Directions:

1. Add the brown rice, water, salsa, cumin, and salt to a pot.
2. Bring to a boil, then reduce to a simmer, and cook covered for 40 minutes or until the rice is done. If your salsa is very chunky you may need a couple of extra tablespoons of water.
3. When the rice is cooked remove it from the heat and keep the lid on to steam for 10 minutes. Then fluff the rice and garnish with fresh cilantro for more flavor.

# SPANISH BROWN RICE

Calories  
174kcal

Serving Size  
1/4 of  
cooked rice

Carbs  
36g

## Nutrition Facts:

- Total Carbs: 36g
- Fiber: 2g
- Protein: 4g
- Total Fat: 2g
- Saturated Fat: 0g
- Cholesterol: 0mg



## Tips and Substitutions

- If you don't have salsa on hand, a can of Rotel or fire roasted tomatoes work well as a substitute. Extra water may need to be added if not using salsa.
- White rice will also work in this recipe, but the cook time may vary.
- This side dish pairs well with a taco salad or added to a burrito bowl.

Recipe Link: <https://www.threelittlechickpeas.com/mexican-brown-rice/#tasty-recipes-3774-jump-target>

# EASY MACARONI SALAD

Prep Time  
20 mins

Servings  
8

Cook Time  
10 mins

## Ingredients:

- 16 oz Elbow Macaroni
- 1/2 Red Onion
- 1 Green Bell Pepper
- 1 Red Bell Pepper
- 1/4 cup fresh Parsley
- 1 Carrot
- 3/4 cup Mayonnaise
- 1 tbsp Spicy Dijon Mustard
- Salt and Pepper to taste



## Directions:

1. Cook macaroni to al dente texture according to package directions, drain and rinse. Transfer to large bowl, let cool.
2. While macaroni cooks and cools, chop red onion, bell peppers, parsley and dice carrot.
3. Add red onion, bell peppers, parsley, carrot, mayonnaise, mustard and salt and pepper to macaroni. Mix well, refrigerate until cool.
4. Serve cold or at room temperature.

# EASY MACARONI SALAD

Calories  
245kcal

Serving Size  
1 cup

Carbs  
31g

## Nutrition Facts:

- Total Carbs: 31g
- Fiber: 2g
- Protein: 4g
- Total Fat: 16g
- Saturated Fat: 3g
- Cholesterol: 9mg



## Tips and Substitutions

- Try using whole wheat noodles in this recipe for extra fiber and nutrients!
- Customize this salad with your favorite vegetables or what you have on hand. Celery, corn, cucumbers, or tomatoes would all be great additions!
- Grilled chicken breast would pair wonderfully with this recipe!

Recipe Link: <https://www.emilyenchanted.com/easy-macaroni-salad/>



# SNACKS





# PEANUT BUTTER ENERGY BALLS

Prep Time  
20 mins

Servings  
17

Cook Time  
0 mins

## Ingredients:

- 2 cups rolled oats
- 1 cup natural peanut butter or other nut butter
- 1/3 cup honey
- 1/4 cup mini chocolate chips
- 1/4 cup unsweetened shredded coconut



## Directions:

1. Combine oats, peanut butter (or other nut butter), honey, chocolate chips and coconut in a medium bowl; stir well.
2. Using a 1-tablespoon measure, roll the mixture into balls.
3. Store in an airtight container in the fridge for up to 5 days or in the freezer for up to 3 months.

# PEANUT BUTTER ENERGY BALLS

Calories  
174kcal

Serving Size  
2 balls

Carbs  
18g

## Nutrition Facts:

- Total Carbs: 18g
- Fiber: 2g
- Protein: 4g
- Total Fat: 9g
- Saturated Fat: 2g



## Tips and Substitutions

- Try adding ground flax seeds and chia seeds to the mixture for extra nutrients!
- For additional protein, add 1/2 scoop vanilla or chocolate protein powder.
- To reduce grams of carbohydrates in this recipe, try using no sugar added chocolate chips and a little less honey (1/4 cup).

Recipe Link: <https://www.eatingwell.com/recipe/275207/peanut-butter-energy-balls/>

# GARLIC BEAN DIP

Prep Time  
10 mins

Servings  
6

Cook Time  
0 mins

## Ingredients:

- 1 15oz can cannellini beans, rinsed and drained
- 1 tbsp cider vinegar
- 2 garlic cloves, minced
- 1/2 tsp salt
- 1/2 tsp ground cumin
- 1/3 cup mayonnaise
- 1/2 tbsp dried parsley
- Baked pita chips or assorted fresh vegetables



## Directions:

1. Place beans, vinegar, garlic, salt, and cumin in a food processor and blend until smooth,
2. Add mayonnaise and parsley. Pulse until blended
3. Serve with pita chips or vegetables.

# GARLIC BEAN DIP

Calories  
102kcal

Serving Size  
1/4 cup dip

Carbs  
11g

## Nutrition Facts:

- Total Carbs: 11g
- Fiber: 3g
- Protein: 3g
- Total Fat: 5g
- Saturated Fat: 1g
- Cholesterol: 5mg



## Tips and Substitutions

- Try roasting the garlic in tinfoil in the oven before adding to the mixture for a more mellow and nutty flavor.
- If you don't have a food processor, use a blender instead.
- Cauliflower, snap peas, and bell peppers are great vegetables to pair with this dip!
- Any type of vinegar will work in this recipe, so don't worry if you don't have cider vinegar on hand.

Recipe Link: <https://www.tasteofhome.com/recipes/garlic-bean-dip/>

# TUNA SALAD CUCUMBER BOATS

Prep Time  
25 mins

Servings  
4

Cook Time  
0 mins

## Ingredients:

- 4 medium cucumbers washed and dried
- 4 5oz cans tuna, drained
- 4 stalks celery finely diced
- 1 cup plain Greek yogurt or mayonnaise
- 1/2 cup white onion finely diced
- 2 tsp yellow mustard
- 1 tsp salt
- 1/2 tsp black pepper
- 1/2 tsp fresh dill finely chopped, optional



## Directions:

1. Slice the cucumbers down the middle lengthwise. Using a spoon, gently scoop out the insides. Discard the scooped seeds and set the remaining cucumber halves aside.
2. In a medium-sized bowl, add the tuna and flake gently with a fork.
3. Add the celery, Greek yogurt, onion, mustard, salt, black pepper, and fresh dill, if using. Mix well.
4. Scoop the tuna salad into each cucumber half just before serving.

# TUNA SALAD CUCUMBER BOATS

Calories  
120kcal

Serving Size  
2 boats

Carbs  
11g

## Nutrition Facts:

- Total Carbs: 11g
- Fiber: 2g
- Protein: 15g
- Total Fat: 2g
- Saturated Fats: 1g
- Cholesterol: 21mg



## Tips and Substitutions

- If you don't enjoy tuna, trying substituting canned chicken in this recipe.
- If you don't have celery on hand, you can add 1 tsp celery seed for the flavor of celery.
- Any type of onion will work well in this recipe, whether you use red, white, or green onions.
- For added spice, use spicy mustard or add a dash of hot sauce to the mixture.

Recipe Link: <https://emilykylenutrition.com/tuna-salad-cucumber-boat/>

# PEANUT BUTTER HUMMUS

Prep Time  
5 mins

Servings  
4

Cook Time  
0 mins

## Ingredients:

- 1 15oz can chickpeas, drained and rinsed
- 3 tbsp peanut butter
- 1 tbsp lemon juice
- 1 tbsp olive oil
- Pinch of salt
- 3 tsp cold water

## Directions:

1. Place the chickpeas into a food processor with 3 tablespoons of peanut butter, 1 tablespoon lemon juice, 1 tablespoon of olive oil and a pinch of salt.
2. Process until smooth, stopping a couple of times to scrape the sides down.
3. Add cold water, a teaspoon full at a time, while processing, until you have the consistency you like.
4. Taste and adjust the salt to your own taste.
5. To serve, transfer to a bowl or plate and drizzle with a little olive oil. Top with toasted pine nuts or seeds if liked.



# PEANUT BUTTER HUMMUS

Calories  
201kcal

Serving Size  
1/4 of dip

Carbs  
19g

## Nutrition Facts:

- Total Carbs: 19g
- Fiber: 5g
- Protein: 8g
- Total Fat: 11g
- Saturated Fat: 2g



## Tips and Substitutions

- Crunchy or creamy peanut butter work great in this recipe, so use what you have on hand.
- If you don't have a food processor, use a blender instead.
- Apples and carrots taste great paired with this dip!
- If you don't want to add olive oil to the hummus, try using a small amount of the liquid (aquafaba) drained from the chickpeas.

Recipe Link: <https://www.sneakyveg.com/peanut-butter-hummus/>





# HELPFUL TIPS & RESOURCES



# COOKING TIPS

- Rinse canned beans/vegetables to remove excess sodium.
- Make sure you wash rice before cooking it.
- If you don't have eggs, use chia seeds or ground flax seeds instead. Just mix 1 tbsp of seeds with 3 tbsp water and let stand until thickened (about 5 minutes).
- If you don't have fresh herbs for a recipe, decrease the amount by 3 to replace with dried herbs.
  - Example: Instead of using 3 tbsp fresh parsley, used 1 tbsp dried parsley.
- Don't be afraid to make substitutions and cook with what you have on hand! If you're nervous about switching something out, do a quick Google search to check if it will alter the taste.



# SHOPPING TIPS

- Make a list before you go shopping and try to stick to it.
- When shopping pay attention to the nutrition label.
  - Look at the carbohydrate count, so you have an idea of how much it will add to a meal/snack.
  - Look for heart-healthy fats, like olive oil, avocados and nuts.
  - Find fiber-rich foods. If a product has 5 grams or more of fiber per serving it is high in fiber.
- Canned fruits and vegetables are a good source of vitamins and nutrients, so don't be afraid to purchase them.
  - Look for fruits that are packed in juice instead of heavy syrup.
  - Try to purchase vegetables that are “low-sodium” or “no salt added”.



# ADDITIONAL TIPS

- Making a meal plan for the week can help take away the stress of figuring out what to make each night.
- Fiber is your friend!
  - Fiber helps to stabilize blood sugar levels and helps to keep you feeling full longer.
  - Foods high in fiber include fruits, vegetables, beans, and whole grain products.
- To keep your blood sugar levels steady throughout the day, try eating the same amount of carbs at each meal.
  - Ask your doctor or diabetes educator how many carbs you should be trying to eat each day.
- If you are unsure how many carbs a food item contains, a quick Google search or reference to a carb counting list may be helpful.



# ADDITIONAL RESOURCES

- For helpful information about ways to stay physically active, **manage diabetes when sick**, and reach and maintain a healthy weight, visit the link from the CDC below.
  - Link: <https://www.cdc.gov/diabetes/managing>
- Check out the link below for free resources including **carb counting cheat sheets**, medication pocketbooks, **diabetes apps**, etc.
  - Link: <https://diabetesed.net/free-resources>
- For **additional recipes** to add to your meal plan, check out the link below with recipes from Mayo Clinic!
  - Link: <https://tinyurl.com/free-diabetic-recipes>

