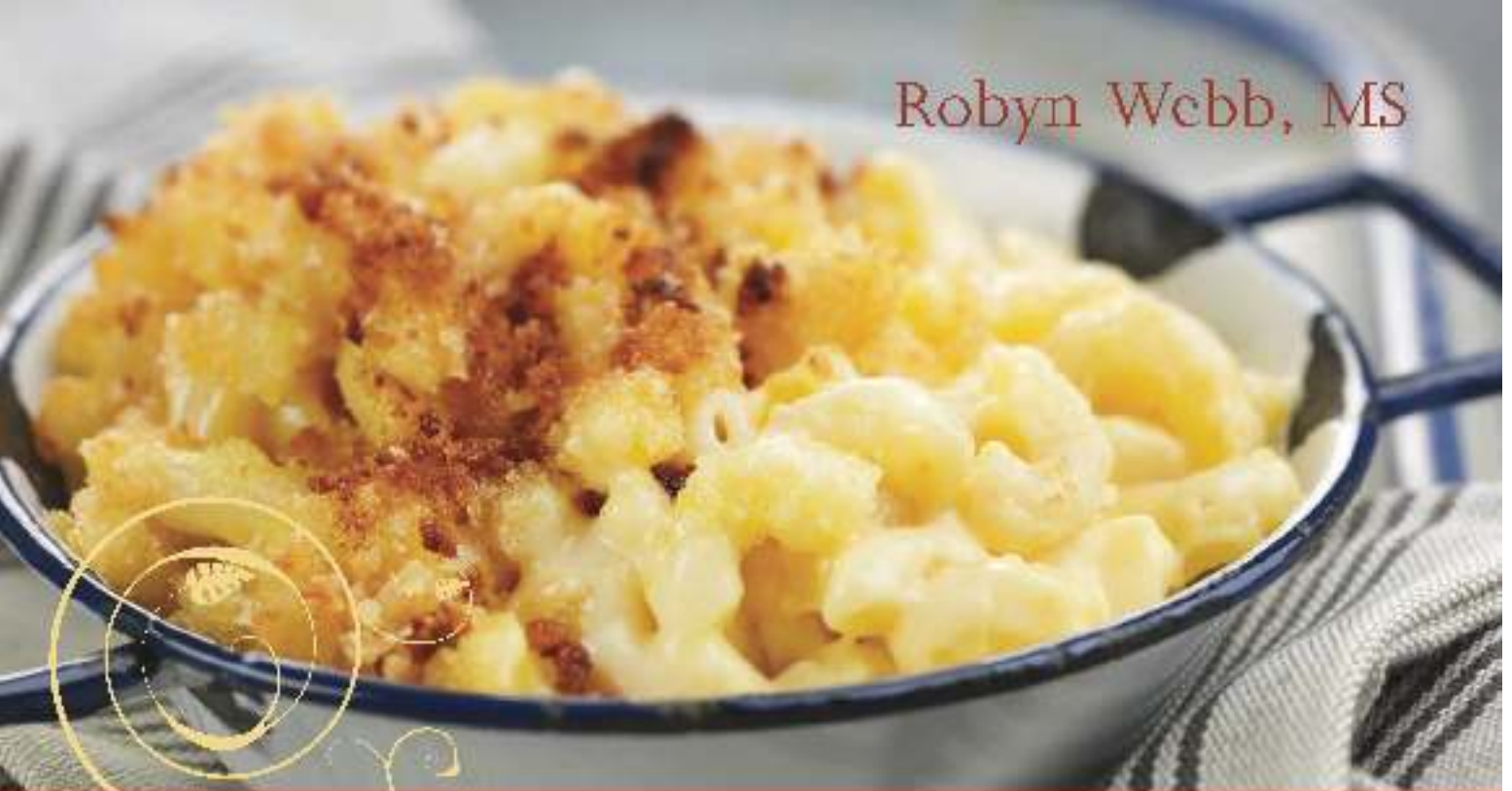


Robyn Webb, MS



# The Diabetes Comfort Food Cookbook

American Diabetes  
Association

FOODS TO FILL YOU UP, NOT OUT!





---

# The Diabetes Comfort Food Cookbook

FOODS TO FILL YOU UP, NOT OUT!

Robyn Webb, MS



Director, Book Publishing, Arie Higdon, Marjorie Elmer, Craig Carberry, Jacqueline Elmer, Maria van Buren, Elmer, Elizabeth Koshaw, Production Manager, Melissa Spurr, Computer and Cover Design, Josh DeGroot, Illustrations, Scott Carter, Steve R.K. Crowley

©2011 by Solgar Webb. All Rights Reserved. No part of this publication may be reproduced or transmitted in any form or by any means, electronic or mechanical, including duplication, recording, or any information storage and retrieval system, without the prior written permission of the American Diabetes Association.

Printed in the United States of America  
5 5 7 9 0 8 8 4 7

The suggestions and information contained in this publication are generally consistent with the United States Recommendations and other policies of the American Diabetes Association, but they do not represent the policy or practice of the Association or any of its books or committees. Reasonable steps have been taken to ensure the accuracy of the information presented. However, the American Diabetes Association cannot ensure the safety or efficacy of any product or service described in this publication. Individuals are advised to consult a physician or other appropriate health care professional before modifying any diet or exercise program, or taking any medication referred to in this publication. Professionals must use and apply their own professional judgment, experience, and training and should not rely solely on the information contained in this publication before prescribing any diet, exercise, or medication. The American Diabetes Association, its officers, directors, employees, volunteers, and members assume no responsibility or liability for personal or other injury, loss, or damage that may result from the suggestions or information in this publication.

© The paper in this publication meets the requirements of the ANSI Standard Z39.48-1992 (permanence of paper).

A 50 titles may be purchased for business or promotional use or for special sales. To purchase more than 50 copies of this book or a discount on for custom editions of this book with your logo, contact the American Diabetes Association at the address below, or [booksales@diabetes.org](mailto:booksales@diabetes.org), or by calling 703-759-3076.

American Diabetes Association  
170 North Beauregard Street  
Alexandria, Virginia 22311

DE-01 1-7-07/998-1-89081445

Library of Congress Cataloging-in-Publication Data

Webb, Solgar

*The diabetes carrier food cookbook / Solgar Webb.*

p. cm.

Includes bibliographical references and index.

ISBN 978-1-58116-115-5 (alk. paper)

I. Diabetes--Diet therapy--Recipes. 2. Carrier food. I. Title.

EO 682/W 551.20.1

611.3'621--dc23

2011073379

**DEDICATION**

To my mother, Ruth, who always makes everything comforting.







# Table of Contents

Acknowledgments	vi
Introduction	vii
<b>CHAPTER 1</b> Comfort Food Starters	1
<b>CHAPTER 2</b> Sides and Salads	17
<b>CHAPTER 3</b> Soups and Stews	43
<b>CHAPTER 4</b> American Classics	63
<b>CHAPTER 5</b> International	93
<b>CHAPTER 6</b> One Pot and Skillet	111
<b>CHAPTER 7</b> Pasta	127
<b>CHAPTER 8</b> Desserts	143
<b>APPENDIX</b> Selecting and Storing Vegetables	171
Index	175



---

# Acknowledgments

Comfort food usually evokes images of many gathered around the table. Here are my “many” who gathered around my table and who made this book come to be.

First, I’d like to extend many thanks to Abe Ogden, Director of Book Publishing, for making sure this book happened. I thank him for his wisdom, support, and encouragement throughout my many long years as an author and food editor for the American Diabetes Association, and to Rebekah Renshaw, developmental editor, for her guidance overseeing and coordinating every piece of this project.

Thanks go to the fabulous team of Renee Comet, Lisa Cherkasky, Carolyn Schimley, Matt Batista, and Marguerite Bottorff, who beautifully created my food in pictures. Their meticulous commitment to detail and perfection is a rare quality and I am so grateful to have their tremendous talent on my team.

Thanks to pixiedesign, llc, for the beautiful design and typesetting of the book. It really captures the essence of Comfort Food.

Always, thanks are extended to my agent, Beth Shepard, who has stood by me through many many years of creating interesting projects. Her insight and foresight into what showcases my talents best is what every cookbook author dreams about; I’m grateful for her guidance every day.

Gathering around my table is the best team of recipe testers and developers I have ever had for a cookbook project. These fine people tested and retested until a recipe was perfect. All of them made the right judgments when it came to tweaking a recipe, so they are all more than just testers, they should be credited as recipe developers as well. Many thanks go to Anna Berman, Olga Berman, Pam Braun, Arianna Delorenzi, Donna Douglass, Ramzi Faris, Derek Lee, Amanda Markulec, Scott Naples, Kathy Pandol, Kristina Razon, and Cecilia Stoute. They worked tirelessly to make sure every recipe tastes delicious.

I love having colleagues who share my enthusiasm for great tasting food. They generously contributed fabulous comfort foods to my book and I am ever indebted. Andy Bellatti, RD, Corinne Dobbas, RD, Aviva Goldfarb, Molly Morgan, RD, Janel Ovrut, RD, Alexandra Oppenheimer, Robin White, and Elisa Zied, RD, your recipes have made my comfort food book that much more scrumptious.

And finally to all my readers who have stuck by me for so many years knowing that food for people with diabetes means fabulous food at every meal.



---

# Introduction

Many years ago, I made a commitment to travel around the world as much as I possibly could. Of course I was interested in the history and culture of the countries that I visited, but mostly I wanted to learn about the social aspects of each culture; particularly how food plays an integral part of daily life from everyday meals to holiday feasting and celebrations. I've also had the opportunity to dine at some of the world's foremost restaurants and sample intriguing and exotic dishes. But when I think of my fondest food memories, I realize my favorite dishes are the simple ones prepared in quaint establishments where I was able to chat with the cook behind the stove. It was the comfort foods of each country: a rustic stew, pasta simply dressed with freshly pressed olive oil and garlic, and perfectly roasted potatoes that I swear I can still taste when I conjure up memories of my travels.

Comfort foods are truly the foods that bind us together. They have stories to tell and the ability to make everything seem just a little bit better on a cold and rainy day. But most of all, comfort foods are the foundation of great cooking. It was actually my mom's perfect meatloaf, her crisp roast chicken, and even her paprikash straight from her Hungarian heritage that taught me the fundamentals of cooking. My mom, by the way, has had diabetes for the past 48 years and if she has learned to manage it by preparing comfort foods, it was time for me to write this book.

When you think of comfort foods, typically rich, fattening, and forbidden foods come to mind. When people are first diagnosed with diabetes, they fear that all of the foods they cherish will be eliminated in favor of sparse, bland food. Recognizing this, I saw the need for a cookbook filled with familiar foods that would meet the dietary needs of those with diabetes. The fact is I have had more success with my own nutrition clients when I tell them they can have their favorite comfort foods and all they need to do is tweak the kind of fat, and the quantity and type of sugar and sodium. And that's what *The Diabetes Comfort Food Cookbook* is all about. Here you'll find *Mac 'N' Cheese*, *Meatloaf*, *Chicken Pot Pie*, *Mashed Potatoes*, *Turkey Stroganoff*, *Brownies*, and even a *Fudge Pudding Cake*. The book is divided into Starters, Sides and Salads, Soups and Stews, American Classics, International, One Pot and Skillet, Pasta, and of course, Desserts. The recipes in each chapter will







hopefully be familiar to you and that's a good thing. All I've done is a little tweak here and there to bring you a dish that is diabetes friendly while remaining true to its comfort food roots.

When you choose a recipe to prepare, first and foremost, choose the very best-quality foods you can find and afford. This does not necessarily mean expensive, it means that you'll need to be more informed about your food choices. Read labels, find out the source of the produce you are buying, and ask for locally grown meats and produce at your grocer. Visit your local farmers market for fresh and seasonal produce and other products. Buy the very best-quality cocoa available (not one laden with sugar or chemicals) and your chocolate desserts will taste better every time.

The cooking methods used in this book are intended to give you maximum flavor. Instead of bland steamed vegetables, you'll find oven-roasted vegetables with heightened sweetness and increased flavor. Lean meats are paired with simple savory sauces so you get great taste in every bite.

And when it comes to fat (a main flavor quotient determining whether food will taste delicious or flat), I don't eliminate fat or use a diet substitute. Real olive oil and real butter are used in small amounts: just enough so all the flavors meld together in a dish. I recommend shopping wisely for good quality oils and try European-style butter. European butter is so rich you need only the tiniest amount to make your recipes sing.

When it comes to using cheese (the cornerstone of comfort food cooking), reducing the quantity of cheese or using reduced-fat cheese is key. Small amounts of reduced-fat cheeses are used and I suggest taste-testing a few brands before you choose one. I also use real Parmesan cheese. Buy a wedge of Parmesan cheese to have on hand, not the canned variety.

While you'll see salt listed as an ingredient in many of the recipes, I recommend using salt "to taste" and that you use kosher or sea salt instead of a plain iodized salt. Kosher or sea salt makes food shine. The way the salt crystals are cut helps to bring out the flavor in foods unlike iodized salt, which often overpowers

---

and masks flavors. Don't forget to use fresh and dried herbs and ground spices; while not substitutes for salt, they give any dish an aromatic and fresh taste.

Sugar is always the subject of debate when it comes to the management of diabetes and I tried to stick as closely as possible to the original versions of favorite desserts. I do use sugar but in combination with another one of my new favorite sweeteners, stevia. Well it's not exactly new, it's been around for over 400 years, but I'm new to using it. Stevia comes from a plant that grows in South America, Malaysia, and other parts of the world. The leaf is sweet and its sweetness is extracted by brewing it (similar to tea). The result is a sweetener that can be used alone or in combination with sugar for baking. It is completely natural, and has no calories or carbohydrates. All recipes in this book that contain stevia were tested using Stevia Extract in the Raw. I also use Splenda. It's a familiar product that still delivers good baking results. Occasionally, I only sweeten a dish with small amounts of honey or sugar. The key to controlling excessive carbohydrates is not exclusive to using sugar substitutes; the key is reducing portion size. I'd rather create satisfying smaller desserts made with real ingredients, than artificially sweetening a huge portion. Besides, it's a great exercise in portion control, which is an added benefit.

Many health professionals believe that one should "eat to live." In many ways this belief is a logical step toward good health. I have a bolder vision of wellness. My belief is that it's actually okay to "live to eat." Eating well is one of life's greatest pleasures. Health to me is more than a great checkup with your doctor or a number on a scale. Good health encompasses an attitude of happiness and pleasure derived from daily activities. If eating can give a joyful experience beyond its nutritional makeup, I believe that you can find balance between what we need to eat for good health and what makes our taste buds dance in delight. It is my hope that this book will fulfill that goal.

To life with great taste, enjoy!

**Robyn Webb**





Hamburger Sliders with Dijon Mustard Sauce, p. 9

## CHAPTER 1

# Comfort Food Starters

Asian Chicken Dumplings	2
Cheddar Baked Potato Skins	3
Classic Hummus	4
Crab Louis	5
Creamy Crab Spread	6
Creamy Deviled Eggs	7
Double Cheese Pizza Bites	8
Hamburger Sliders with Dijon Mustard Sauce	9
Roasted Chickpeas	10
Sausage Stuffed Mushrooms	11
Spanish Style Dates with Bacon	13
Savory Ginger Beef BBQ Appetizer	14
Sweet Onion, White Bean, and Artichoke Dip	15



# Asian Chicken Dumplings



- 3/4 pound lean ground chicken
- 1/2 cup thinly sliced scallions
- 1/4 cup peeled, shredded carrot
- 1/4 cup minced water chestnuts
- 1/4 cup chopped cilantro
- 4 teaspoons reduced-sodium soy sauce
- 1/2 teaspoon ground ginger
- pepper, to taste
- 24 wonton wrappers

**SAUCE**

- 6 tablespoons reduced-sodium soy sauce
- 3 teaspoons rice vinegar
- 2 teaspoons toasted sesame oil
- 1 teaspoon toasted sesame seeds
- 1 teaspoon sugar
- 1/4 cup sliced scallions

I always include this recipe when I teach children. It's great fun and really gets kids involved. But make no mistake, the flavors in these dumplings are complex and adults love them too.

- 1** In a medium bowl, combine the chicken, scallions, carrot, water chestnuts, cilantro, soy sauce, ginger, and pepper.
- 2** Working with several wrappers at a time, fill the wontons. Place a teaspoon of filling on the bottom half of the wonton. With a wet finger or pastry brush, moisten the sides of the wonton. Fold the sides over the filling to form a triangle. Repeat with all wontons. Place all the dumplings on a plate or baking sheet and cover with a towel.
- 3** Combine all sauce ingredients in a bowl.
- 4** Fill a large stockpot two-thirds full with water. Heat the water to simmering. Removing the dumplings from under the towel, add the dumplings, about 4–5 at a time, and cook for about 4 minutes as they float to the top. Remove the dumplings with a slotted spoon or skimmer. Place cooked dumplings on a plate and keep warm. Repeat with remaining dumplings, keeping them covered with the towel until they are ready to be placed in the water. Continue to cook each batch of dumplings for about 4 minutes. Drain and serve with sauce.

**EXCHANGES/  
CHOICES**

- 1/2 Starch
- 1 Lean Meat

Calories **95**  
 Calories from Fat **30**  
 Total Fat **3.5 g**  
 Saturated Fat **0.8 g**  
 Trans Fat **0.0 g**  
 Cholesterol **25 mg**

Sodium **435 mg**  
 Total Carbohydrate **9 g**  
 Dietary Fiber **1 g**  
 Sugars **2 g**  
 Protein **7 g**



# Cheddar Baked Potato Skins



- 4 small (about 4 ounces each) baking potatoes
- 1/2 cup reduced-fat shredded cheddar cheese
- 1/2 cup nonfat sour cream
- 2 scallions, minced

I remember when potato skins were all the rage back in the 1980s. Goey cheese nestled inside a baked potato shell is so simple, who doesn't clamor to gobble them all up? Add a bit of diced bacon if you wish, but cheese and potatoes are all you need to have a great comfort food appetizer.

- 1** Preheat the oven to 400°F. Scrub the potatoes well. Pierce each potato with a fork. Bake the potatoes for 45 minutes until tender. Remove from the oven and let cool.
- 2** When the potatoes have cooled, cut them in half lengthwise. Scoop out and discard the pulp, leaving a 1/2-inch-thick shell. Sprinkle the shells with the cheese.
- 3** Place the potatoes on a baking sheet and bake at 400°F for about 15 minutes until the cheese is bubbly. Transfer to a serving platter and top each skin with sour cream and scallions.

**EXCHANGES/  
CHOICES**

1/2 Starch  
1/2 Fat

Calories **65**  
Calories from Fat **15**  
Total Fat **1.5 g**  
Saturated Fat **1.0 g**  
Trans Fat **0.0 g**  
Cholesterol **5 mg**

Sodium **80 mg**  
Total Carbohydrate **10 g**  
Dietary Fiber **1 g**  
Sugars **1 g**  
Protein **3 g**

## Classic Hummus



- 1 15-ounce can chickpeas, drained
- 3 tablespoons sesame tahini
- 2 tablespoons olive oil
- 3–4 garlic cloves, chopped
- juice of 1 large lemon
- kosher salt, to taste
- freshly ground black pepper, to taste

Never purchase store-bought hummus again! I'm always surprised that my cooking students don't know how to make hummus. It's so easy; plus, you can regulate the amount of fat in it. Really, the only issue with store-bought hummus is that it is too high in fat. Making your own solves that problem in a pinch. This is the classic version and, as far as I am concerned, this is the only hummus recipe you will need.

1. In a food processor or blender, combine all ingredients until smooth, but thick. Add water if necessary to produce a smooth hummus.
2. Store covered for up to 5 days.

### EXCHANGES/ CHOICES

1 Carbohydrate  
1 High-Fat Meat

Calories 155  
Calories from Fat 90  
Total Fat 10 g  
Saturated Fat 1.9 g  
Trans Fat 0 g  
Cholesterol 0 mg

Sodium 85 mg  
Total Carbohydrate 14 g  
Dietary Fiber 4 g  
Sugars 2 g  
Protein 5 g

## Off the Shelf Appetizer Ideas

### CHEESE AND FRUIT BRUSCHETTA

Cut some French bread into 1/3-inch slices. Brush lightly with olive oil. Toast in the oven until very lightly browned. Top with a small piece of low-fat cheese. Return to oven to melt the cheese under the broiler. Top with a sprinkle of dried cranberries or cherries.

### SHRIMP MARTINIS

Thaw frozen large, cooked shrimp. Add shrimp to a martini glass with chopped red onion, some capers, and a dollop of nonfat Greek yogurt. Sprinkle with fresh chopped dill.

### VEGGIE PITA TRIANGLES

Brush whole-wheat pita bread with olive oil. Place pita bread on a baking sheet and toast for 2 minutes in a 400°F oven. Remove the pita bread from the oven and top with jarred roasted red pepper strips, sliced olives, and drained water-packed halved artichoke hearts. Cut into triangles and serve.

# Crab Louis



## DRESSING

- 1 cup nonfat mayonnaise
- 3 tablespoons ketchup
- 2 tablespoons minced scallions
- 1 tablespoon Worcestershire sauce
- 1 tablespoon red wine vinegar
- 1 tablespoon lemon juice
- 1 teaspoon hot sauce
- kosher salt, to taste
- freshly ground black pepper, to taste
  
- lettuce leaves
- 1 pound cooked fresh lump crabmeat
- 1 medium cucumber sliced
- 1 large tomato, halved and sliced

There was a time in culinary history when food had regal names. Some of them actually tasted quite good despite the very silly monikers. Crab Louis is one of them. It makes a great comfort food with its creamy dressing and serves as a great beginning to any meal.

- 1** In a bowl, combine the mayonnaise, ketchup, scallions, Worcestershire sauce, red wine vinegar, lemon juice, hot sauce, salt, and pepper and mix well. Cover and refrigerate for 30 minutes.
- 2** For each serving, line an appetizer plate with lettuce leaves. Add the crab, drizzle with dressing, and garnish each plate with cucumbers and tomatoes.

## EXCHANGES/ CHOICES

1/2 Carbohydrate  
1 Lean Meat

Calories **90**  
Calories from Fat **15**  
Total Fat **1.5 g**  
Saturated Fat **0.3 g**  
Trans Fat **0.0 g**  
Cholesterol **50 mg**

Sodium **440 mg**  
Total Carbohydrate **8 g**  
Dietary Fiber **1 g**  
Sugars **5 g**  
Protein **11 g**

## Creamy Crab Spread



1/2 cup minced celery  
 1/2 cup minced red pepper  
 1/2 cup reduced-fat cream cheese  
 1/3 cup nonfat mayonnaise  
 1 tablespoon minced parsley  
 1 teaspoon hot sauce  
 1/2 teaspoon lemon zest  
 sea salt, to taste  
 freshly ground black pepper, to taste  
 1 pound lump crabmeat, picked over to remove any shells

Healthy appetizers shouldn't be just about munching on some dried out carrot sticks and limp celery. Join the party with this creamy crab dip brightened with fresh lemon zest and chunks of ocean-fresh crabmeat.

- 1 Combine all the ingredients (in the order given) in a bowl. Mix well. Serve with crudité's.

**EXCHANGES/  
CHOICES**

1 Lean Meat

Calories **50**  
 Calories from Fat **20**  
 Total Fat **2.0 g**  
 Saturated Fat **1.0 g**  
 Trans Fat **0.0 g**  
 Cholesterol **45 mg**

Sodium **155 mg**  
 Total Carbohydrate **1 g**  
 Dietary Fiber **0 g**  
 Sugars **1 g**  
 Protein **6 g**

## Quickie Nonfat Greek Yogurt Dips

Start with 2 cups plain, nonfat Greek yogurt and make one of the following for a delicious dip for cut carrots, zucchini, celery, broccoli, or cauliflower:

**DILL DIP**

To the Greek yogurt, add 3 tablespoons chopped fresh dill, 1/2 teaspoon fresh lemon juice, 1 minced garlic clove, and 2 tablespoons finely minced onion. Blend well and serve.

**VEGGIE DIP**

To the Greek yogurt, add 1 small red pepper, minced; 1/2 small minced red onion; 2 garlic cloves, minced; 2 tablespoons minced fresh parsley; and 1 tablespoon minced fresh basil. Blend well and serve.

**CURRY DIP**

To the Greek yogurt, add 1 tablespoon curry powder, 1 tablespoon lemon juice, and 1/2 teaspoon Worcestershire sauce. Blend well and serve.

# Creamy Deviled Eggs



12 large eggs  
3/4 cup nonfat sour cream  
2 scallions, finely chopped  
1/3 cup finely chopped green bell pepper  
1/3 cup finely chopped red bell pepper  
2 teaspoons Dijon mustard  
sea salt, to taste  
freshly ground black pepper, to taste  
3 tablespoons finely chopped parsley  
paprika, for dusting

Deviled eggs have got to be one of the ultimate comfort foods. True, they are a bit old fashioned, but to me they never go out of style.

- 1 Bring eggs and cold water to a full boil uncovered in a large saucepan. Remove from heat, cover, and let stand 15 minutes. Rinse eggs under cold water to cool them. Peel eggs, cut lengthwise in half, and remove yolks. Discard 8 yolks.
- 2 Arrange 20 egg white halves on platter. Chop remaining 4 egg white halves very finely. Mash 4 yolks with fork. Transfer whites and yolks to medium bowl. Stir in sour cream, scallions, green and red peppers, mustard, salt, and pepper.
- 3 Pipe or spoon egg mixture into egg white halves. Sprinkle with parsley and dust with paprika.

**EXCHANGES/  
CHOICES**

1 Lean Meat  
1/2 Fat

Calories **60**  
Calories from Fat **20**  
Total Fat **2.0 g**  
Saturated Fat **0.7 g**  
Trans Fat **0.0 g**  
Cholesterol **85 mg**

Sodium **115 mg**  
Total Carbohydrate **4 g**  
Dietary Fiber **0 g**  
Sugars **2 g**  
Protein **6 g**



## Double Cheese Pizza Bites\*



3 cups all-purpose flour, divided  
 1 teaspoon sugar  
 1 packet rapid-rise yeast  
 1 cup very warm water (120 to 130°F)  
 1 tablespoon olive oil  
 salt, to taste  
 1 pint cherry tomatoes, thinly sliced  
 2 ounces Fontina cheese, shredded  
 3 tablespoons freshly grated Parmesan cheese  
 12 Kalamata olives, pitted and cut into slivers  
 fresh oregano leaves

Instead of a full slice of carb- and calorie-laden pizza, try these little flavor packed pizza bites. The Fontina cheese adds an intense flavor and cherry tomatoes are delicious all year round.

- 1** Mix 1 cup flour, sugar, and yeast in bowl. Stir in the water and oil until blended. Pulse 1 3/4 cups flour and salt in food processor to mix. Add yeast mixture and pulse until blended. With motor running, add remaining flour, 1 tablespoon at a time, until soft dough forms, about 30 seconds.
- 2** Dust work surface lightly with flour. Turn out dough and knead until smooth, 1 to 2 minutes. Shape into ball. Cover with clean kitchen towel and let rest 10 minutes.
- 3** Preheat oven to 450°F. Line two baking sheets with parchment paper. Divide dough into 4 pieces. Wrap the 4 dough pieces in plastic and place in the refrigerator for 1/2 hour.
- 4** Remove the 4 dough pieces from the refrigerator and cut each of them into 3 equal pieces (for a total of 12 small rounds of dough); shape each into 1 1/2-inch balls. With a rolling pin, roll out each ball into 3-inch rounds. Arrange on baking sheets. Lightly coat each pizza round with nonstick cooking spray.
- 5** Top each pizza with 2 or 3 tomato slices. Sprinkle with Fontina and Parmesan cheeses, plus a few olive slivers and oregano leaves. Bake until bubbly and crust is golden, about 10 minutes.

<b>EXCHANGES/ CHOICES</b>	Calories <b>130</b> Calories from Fat <b>35</b>	Sodium <b>85 mg</b>
1 1/2 Starch 1 Fat	Total Fat <b>4.0 g</b> Saturated Fat <b>1.4 g</b> Trans Fat <b>0.0 g</b> Cholesterol <b>5 mg</b>	Total Carbohydrate <b>26 g</b> Dietary Fiber <b>1 g</b> Sugars <b>2 g</b> Protein <b>5 g</b>

\*Adapted from *Eat To Beat Diabetes* (Readers Digest, 2007)

# Hamburger Sliders with Dijon Mustard Sauce



1 1/2 pounds 93% lean ground beef  
2 tablespoons minced parsley  
2 tablespoons very finely chopped onion  
kosher salt, to taste  
freshly ground black pepper, to taste

## SAUCE

1/2 cup fat-free mayonnaise  
1 tablespoon coarse Dijon mustard  
2 teaspoons drained capers  
1 teaspoon fresh lemon juice  
dash hot sauce  
  
15 whole-wheat cocktail-sized buns or pita breads, split  
15 baby arugula leaves

Sliders are all the rage now. Since they are usually on bar food menus, you'd think they were off limits to anyone watching their health. By making them yourself, it's like having your own cocktail hour at home. These are a perfect example of portion control. Turn them into dinner by adding a salad and a side of cooked vegetables.

- 1 Preheat the oven to 400°F. Line a baking sheet with parchment paper and set aside.
- 2 In a bowl, mix together the beef, parsley, onion, salt, and pepper. Mix until just combined. Do not over handle the beef. Form into 15 mini burgers and set aside.
- 3 Combine all the ingredients for the sauce and set aside. Add the split breads to the prepared baking sheet. Toast the breads lightly, about 2–3 minutes.
- 4 Meanwhile, coat a grill pan with nonstick cooking spray. Heat the grill to medium. Grill the mini burgers about 4–5 minutes per side, turning once.
- 5 To assemble: place a mini burger on one piece of the bun or pita bread. Top with an arugula leaf. Add a dollop of sauce. Place remaining bun or pita bread half on top.

## EXCHANGES/ CHOICES

1 Starch  
1 Med-Fat Meat

Calories **105**  
Calories from Fat **40**  
Total Fat **4.5 g**  
Saturated Fat **1.5 g**  
Trans Fat **0.2 g**  
Cholesterol **30 mg**

Sodium **255 mg**  
Total Carbohydrate **16 g**  
Dietary Fiber **2 g**  
Sugars **3 g**  
Protein **11 g**

# Roasted Chickpeas



- 2 cups chickpeas, drained and rinsed
- 3 teaspoons olive oil
- 1/2 teaspoon kosher salt
- 1/2 teaspoon ground cumin
- 1/2 teaspoon ground coriander
- 1/4 teaspoon ground red pepper
- 1/4 teaspoon ground black pepper

Nuts are a highly nutritious food, but the fat content can get out of hand when you're eating them by the handfuls, as many people do. Here's another way to serve a crunchy snack that's far lower in fat. By roasting fiber-rich chickpeas in heavenly spices you can create a snack that satisfies food cravings and provides the necessary crunch we all love.

- 1** Preheat the oven to 400°F. Line a baking sheet with parchment paper. Set aside.
- 2** Combine all of the ingredients and mix well.
- 3** Spread the chickpeas in a single layer on the prepared baking sheet. Roast for about 30–45 minutes until chickpeas are crispy.

**EXCHANGES/  
CHOICES**

1 Starch

Calories **80**  
 Calories from Fat **20**  
 Total Fat **2.5 g**  
 Saturated Fat **0.3 g**  
 Trans Fat **0.0 g**  
 Cholesterol **0 mg**

Sodium **185 mg**  
 Total Carbohydrate **11 g**  
 Dietary Fiber **3 g**  
 Sugars **2 g**  
 Protein **3 g**

## Quickie Cream Cheese Dips

Start with 8 ounces low-fat cream cheese or Neufchatel cheese and make one of the following dips:

**CLAM DIP**

To the 8 ounces of cheese, add 1/2 cup minced onion; 1 garlic clove, minced; 1 teaspoon fresh lemon juice; 1 teaspoon grated horseradish; and 6 ounces minced canned clams. Blend well and serve.

**CHUTNEY DIP**

To the 8 ounces of cheese, add 1/2 bottle spicy chutney. Blend well, place in a bowl, sprinkle with chopped scallions, and serve.

**TUNA DIP**

To the 8 ounces of cheese, add 7 ounces water-packed, flaked, canned tuna; juice of half a lemon; 1/2 minced onion, and 2 tablespoons minced fresh basil. Blend well and serve.

# Sausage Stuffed Mushrooms



18 large cremini mushrooms  
 3/4 cup plain dry bread crumbs, divided  
 2 tablespoons grated Parmesan cheese  
 2 ounces chicken sausage links, casings removed  
 1 large onion, finely chopped  
 1 small red bell pepper, finely chopped  
 2 tablespoons fresh minced parsley  
 1/4 teaspoon pepper

Stuffed mushrooms are always a hit at cocktail parties, but they can also be laden with grease and calorie dense. Not these! Go ahead and nibble away.

- 1** Preheat oven to 400°F. Remove stems from mushrooms and finely chop stems. Mix 2 tablespoons bread crumbs and Parmesan in small bowl.
- 2** Lightly coat large nonstick skillet with nonstick cooking spray and set over medium heat. Cook sausages until they begin to brown, about 5 minutes, breaking up with side of spoon. Stir in onion, red pepper, mushroom stems, and parsley and cook until vegetables are soft, about 5 minutes. Stir in remaining bread crumbs and black pepper. Remove from heat. Add 1 teaspoon of water at a time until you have a stuffing that is moist enough to mound.
- 3** Mound stuffing in mushrooms and arrange, stuffing-side up, in 13 × 9-inch baking dish. Sprinkle with Parmesan mixture. Bake until heated through, about 9 minutes.

## EXCHANGES/ CHOICES

1 Starch  
 1 Vegetable  
 1/2 Fat

Calories **115**  
 Calories from Fat **25**  
 Total Fat **3.0 g**  
 Saturated Fat **1.0 g**  
 Trans Fat **0.0 g**  
 Cholesterol **10 mg**

Sodium **195 mg**  
 Total Carbohydrate **17 g**  
 Dietary Fiber **2 g**  
 Sugars **4 g**  
 Protein **6 g**



Spanish Style Dates With Bacon, p. 13



## Spanish Style Dates with Bacon



20 pitted large dates  
20 roasted, unsalted almonds  
10 slices bacon, cut crosswise in half

This may be short on ingredients, but three powerfully flavorful ingredients are all you need for a spectacular appetizer. The sweetness of the dates, crunch of the almonds, and the smoky bacon all come together into one fantastic mouthful.

- 1 Preheat oven to 400°F. Cut a small slit in each date. Insert an almond into the date and press the date together to seal. Wrap each date with a bacon slice.
- 2 Line a baking sheet with foil or parchment paper. Place a roasting rack on top of the baking sheet. Add the dates and roast for 20 minutes until the dates are hot and the bacon is crisp. Serve immediately with toothpicks.

**EXCHANGES/  
CHOICES**

1/2 Fruit  
1/2 Fat

Calories **45**  
Calories from Fat **20**  
Total Fat **2.0 g**  
Saturated Fat **0.5 g**  
Trans Fat **0.0 g**  
Cholesterol **5 mg**

Sodium **70 mg**  
Total Carbohydrate **6 g**  
Dietary Fiber **1 g**  
Sugars **5 g**  
Protein **2 g**

- [Psychedelic Shamanism: The Cultivation, Preparation and Shamanic Use of Psychotropic Plants pdf](#)
- [read online Emotional Intelligence for Dummies](#)
- [Palm-of-the-Hand Stories pdf, azw \(kindle\), epub](#)
- [read online À'dipe roi pdf, azw \(kindle\)](#)
- [The Kraken Wakes pdf, azw \(kindle\), epub](#)
- [click Outnumbered: Chronicles of a Manhattan Conservative pdf, azw \(kindle\), epub, doc, mobi](#)
  
- <http://interactmg.com/ebooks/Psychedelic-Shamanism--The-Cultivation--Preparation-and-Shamanic-Use-of-Psychotropic-Plants.pdf>
- <http://thewun.org/?library/A-Treasury-of-Great-Poems.pdf>
- <http://fitnessfatale.com/freebooks/Emily-Windsnap-and-the-Castle-in-the-Mist.pdf>
- <http://serazard.com/lib/The-Black-Death.pdf>
- <http://thewun.org/?library/Us-Weekly--Issue-935--14-January-2013-.pdf>
- <http://toko-gumilar.com/books/The-New-Whole-Grains-Cookbook--Terrific-Recipes-Using-Farro--Quinoa--Brown-Rice--Barley--and-Many-Other-Delicious>