DASH FOR GOOD HEALTH
SOUTHERN STYLE

A Sensible Eating Plan to Promote Good Health

Based on the DASH Diet and American Diabetes Association Recommendations
WHY DASH?

*Most people think healthy food tastes bad and cost more . . .*

The book you hold in your hands will help to refute that myth. This eating plan is pleasing to your taste buds and your wallet as well as good for your health.

*DASH* stands for *Dietary Approaches to Stop Hypertension*. *DASH Southern Style* is a powerful tool to improve your health by lowering your blood pressure to reduce your chance of having a stroke and heart disease. *DASH Southern Style* is an eating plan for overall good health that all members of your household can follow.

- **YOUR HEALTH, YOUR CHOICE**: The lifestyles choices made each day are the foundation of good health. What will I eat and how much? How will I prepare it? Will I exercise? How much will I sleep? Will I continue to smoke? How will I control my stress? Our daily choices account for up to 70% of individual health differences and 10 years of added life. *DASH* will lower your blood pressure and improve your blood glucose levels even if you don’t lose weight.

- **PLEASING TO THE SOUTHERN PALATE**

- **AFFORDABLE CHOICES**

- **BEGIN NOW**

*Do not reduce or stop your blood pressure medication unless instructed to do so by your health care provider.*
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Know Your Blood Pressure Level

<table>
<thead>
<tr>
<th>Blood Pressure (BP) Category</th>
<th>Systolic Blood Pressure</th>
<th>Diastolic Blood Pressure</th>
</tr>
</thead>
<tbody>
<tr>
<td>Normal</td>
<td>Less than 120</td>
<td>AND Less than 80</td>
</tr>
<tr>
<td>Elevated Systolic</td>
<td>120 — 129</td>
<td>AND Less than 80</td>
</tr>
<tr>
<td>Stage 1 Hypertension</td>
<td>130 — 139</td>
<td>OR 80 — 89</td>
</tr>
<tr>
<td>Stage 2 Hypertension</td>
<td>140 or higher</td>
<td>OR 90 or higher</td>
</tr>
</tbody>
</table>

Lifestyle Changes Can Lower Blood Pressure

<table>
<thead>
<tr>
<th>Lifestyle Activity</th>
<th>Approximate Systolic Blood Pressure Reduction</th>
</tr>
</thead>
<tbody>
<tr>
<td>Lose Weight</td>
<td>5 — 20 mmHg for 22 pounds</td>
</tr>
<tr>
<td>Use DASH eating plan</td>
<td>8 — 14 mmHg</td>
</tr>
<tr>
<td>Increase physical activity</td>
<td>4 — 9 mmHg</td>
</tr>
<tr>
<td>Restrict salt in food</td>
<td>2 — 8 mmHg</td>
</tr>
</tbody>
</table>
Wellness Guide:

Life's Simple 7®
American Heart Association

Manage Blood Pressure
High blood pressure is a major risk factor for heart disease and stroke. When your blood pressure stays within healthy ranges, you reduce the strain on your heart, arteries, and kidneys which keeps you healthier longer. Learn how to manage your blood pressure.

Control Cholesterol
High cholesterol contributes to plaque, which can clog arteries and lead to heart disease and stroke. When you control your cholesterol, you are giving your arteries their best chance to remain clear of blockages. Learn how to control your cholesterol.

Reduce Blood Sugar
Most of the food we eat is turned into glucose (or blood sugar) that our bodies use for energy. Over time, high levels of blood sugar can damage your heart, kidneys, eyes and nerves. Learn how to reduce your blood sugar.

Get Active
Living an active life is one of the most rewarding gifts you can give yourself and those you love. Simply put, daily physical activity increases your length and quality of life. Learn how to get active and move more.

Eat Better
A healthy diet is one of your best weapons for fighting cardiovascular disease. When you eat a heart-healthy diet, you improve your chances for feeling good and staying healthy – for life! Learn how to eat better.

Lose Weight
When you shed extra fat and unnecessary pounds, you reduce the burden on your heart, lungs, blood vessels and skeleton. You give yourself the gift of active living, you lower your blood pressure and you help yourself feel better, too. Learn how to lose or manage weight.

Stop Smoking
Cigarette smokers have a higher risk of developing cardiovascular disease. If you smoke, quitting is the best thing you can do for your health. Learn how to stop smoking.

Life's Simple 7 emerges as a powerful tool for cardiovascular and general health promotion. Individuals with higher Life's Simple 7 scores have significantly less hypertension, diabetes, heart disease, stroke, lung and kidney disease, cancer and dementia than individuals with lower scores.
Quick Guide to the Nutrition Facts Panel

- **Daily Value:** The % daily value (DV) is the percentage of total recommended daily intake in a single serving.
- **Adjusting Intake based on Daily Calories:** The daily intake shown is for a 2000 calorie eating plan. If you eat more than 2000 calories daily, then you will take in a larger amount of each nutrient daily.
- **Calories from Fat:** If you would like to consume less of an item, such as fat, then eat with 5% or less of your daily fat intake and limit those with 20% or more.
What Health Claims Are Allowed on the Food Label?

Food manufacturers can make health claims about a food or nutrient and the risk of disease but the claim must be approved by the Food and Drug Administration (FDA) and be based on current science (see table below). Just because a food label has a health claim, it doesn't mean that it's a “healthy” food. Be sure you understand the claim before you consume the food product.

<table>
<thead>
<tr>
<th>Health Claims Approved by FDA for the Food Label</th>
<th>Amount per Serving</th>
</tr>
</thead>
<tbody>
<tr>
<td>Calorie-Free</td>
<td>Less than 5 calories</td>
</tr>
<tr>
<td>Fat-free or sugar-free</td>
<td>Less than 1/2 gram of fat or sugar</td>
</tr>
<tr>
<td>Good source of</td>
<td>At least 10% of the Daily value of the vitamin or nutrient</td>
</tr>
<tr>
<td>High in</td>
<td>Provides 20% or more of the Daily Value of a nutrient</td>
</tr>
<tr>
<td>High Fiber</td>
<td>5 or more grams of fiber</td>
</tr>
<tr>
<td>Lean</td>
<td>10 grams of fat or less, 4.5 grams of saturated fat, and less than 95 mg of cholesterol in a 3-ounce serving of meat, poultry or seafood</td>
</tr>
<tr>
<td>Light</td>
<td>1/3 less calories or 1/2 the fat</td>
</tr>
<tr>
<td>Low-Calorie</td>
<td>Less than 40 calories</td>
</tr>
<tr>
<td>Low-Fat</td>
<td>3 grams or less of fat</td>
</tr>
<tr>
<td>Low cholesterol</td>
<td>Less than 20 milligrams of cholesterol and 2 grams or less of saturated fat</td>
</tr>
<tr>
<td>Low sodium</td>
<td>Less than 140 milligrams of sodium</td>
</tr>
</tbody>
</table>

Organic

Organic food is food produced by methods that comply with the standards of organic farming. Standards vary worldwide, but organic farming in general features practices that strive to cycle resources, promote ecological balance and conserve biodiversity.
GETTING STARTED

It's easy to adopt the DASH eating plan and no special foods are required. The DASH eating plan recommends eating:

- More vegetables, fruits, and whole grains.
- More fat-free and low-fat dairy products, fish, poultry, beans, nuts, and vegetable oils.
- Foods rich in potassium, magnesium, calcium, protein, and fiber.
- Fewer high fat foods, like fatty meats, full-fat dairy products, and tropical oils such as coconut, palm kernel, and palm oils.
- Fewer foods that are high in salt and sugar, sugar-sweetened beverages, and sweets.

**Change gradually:**

Add extra servings of vegetables at lunch and dinner.
Add fruit to your meals or have it as a snack.
Drink water instead of soda, sweet tea, lemonade, or alcohol.
Cut your portion sizes.

Treat meat as one part of the meal instead of the focus:
Limit meat to 6 ounces a day.
Eat fish 2 to 3 times a week, especially fish high in Omega-3 fatty acids like salmon or tuna.

Choose fruit or low-fat foods for desserts and snacks:
Fruits and other low-fat foods offer great taste and variety. Use fresh fruit or fruits canned in 100% fruit juice/water. Try these snacks ideas: unsalted pretzels, nuts mixed with raisins or other dried fruit, graham crackers, fat-free or low-fat yogurt, popcorn without salt or butter, and raw vegetables.
**Other Tips for Getting Started:**

- Choose whole grain foods for extra vitamins, minerals, and fiber. Select 100% whole or 100% cracked grain bread instead of white or wheat.
- If you are lactose-intolerant and have trouble digesting dairy foods, try milk with lactase enzyme added or lactose-free milk. You can also take lactase-enzyme pills with milk products. Lactase-enzyme pills are available at grocery and drug stores.

*Note: Other nut milks are not listed here because nut milks are low in potassium, calcium, and protein. These nutrients are important for lowering blood pressure.*

- Use fresh, frozen, or no-salt added canned vegetables.
- Eating more whole grains, vegetables, fruits, beans, and peas increases the amount of fiber in your diet. This extra fiber may cause digestive issues. To avoid this, gradually increase the amount of vegetables, fruits, whole grains, beans, and peas you eat over several weeks to give your body time to adjust to the extra fiber you are eating.
- If you are allergic to nuts or don’t like them, use seeds (pumpkin, sunflower, sesame), or legumes such as kidney, black, and pinto beans, black-eyed peas, etc.

**Remember:**

*If you take medications to control your blood pressure, keep taking them as directed by your health care provider. Let your health care provider know that you are following a DASH eating plan. If your blood pressure improves, talk to your health care provider before stopping or reducing your medication.*
Substitutions for Healthier Eating

**Increase fruits:**
Eat a medium apple instead of 4 cookies to save 80 calories
Eat ¼ cup of dried apricots instead of a 2 oz. bag of pork rinds to save 230 calories

**Increase vegetables:**
Eat a 3 oz. hamburger patty with ½ cup of carrots and ½ cup of spinach instead of eating a 6 oz. hamburger patty to save over 200 calories
Stir fry 2 oz. of chicken breast with 1½ cups of vegetables in 1 tablespoon of olive oil instead of 5 oz. chicken to save 135 calories

**Increase fat-free or low-fat dairy:**
Eat 1 cup of lite yogurt instead of 1 candy bar to save 100 calories or more.

**Other calorie-saving tips:**
- Use fat-free or low-fat condiments (low-sodium ketchup, mustard, low-sodium hot sauce, etc.).
- Cut vegetable oil, soft tub margarine, and salad dressing in half or use fat-free or low-fat versions.
- Eat smaller portions.
- Use fat-free or low-fat dairy products.
- Check labels and compare fat content. Lower-fat and fat-free versions are not always lower in calories.
- Consume recipes, including desserts, from or compatible with the DASH eating plan.
- Eat fruit packed in 100% fruit juice or water.
- Add fruit to plain yogurt instead of buying flavored yogurt.
- Snack on vegetables, fruits, low-fat cheese sticks, whole wheat crackers, plain popcorn, or unsalted pretzels.
- Drink water or calorie-free flavored waters.
Be Physically Active

Regular physical activity is one of the important things you can do for your health. Your goal is 30 minutes of moderate physical activity a day or one hour of low intensity at least 2½ hours a week.

<table>
<thead>
<tr>
<th>What is low intensity physical activity?</th>
</tr>
</thead>
<tbody>
<tr>
<td>• Light walking</td>
</tr>
<tr>
<td>• Stretching</td>
</tr>
<tr>
<td>• Beginner's Yoga</td>
</tr>
<tr>
<td>• Vacuuming and mopping</td>
</tr>
<tr>
<td>• Light gardening</td>
</tr>
<tr>
<td>• Washing a car</td>
</tr>
</tbody>
</table>

**During low intensity activity:**

• You can carry on a conversation or sing while exercising.
• Slow, easy, and long (over 40 minutes is recommended).

<table>
<thead>
<tr>
<th>What is moderate physical activity?</th>
</tr>
</thead>
<tbody>
<tr>
<td>• Walking briskly (3 miles per hour)</td>
</tr>
<tr>
<td>• Biking slowly</td>
</tr>
<tr>
<td>• Line or slow dancing</td>
</tr>
<tr>
<td>• Doubles tennis</td>
</tr>
<tr>
<td>• Water aerobics</td>
</tr>
</tbody>
</table>

**During moderate activity:**

• You breathe a little faster but you are not out of breath.
• You develop a light sweat after about 10 minutes of activity.
• You can carry on a conversation, but you can't sing while exercising.
Be Physically Active

**Be Safe:**

- **Be Informed**
  - If you have a health problem, ask how to safely add physical activity to your life.
- **Be Prepared.**
  - Take your cell phone.
  - If you have diabetes, take glucose tablets or a few pieces of candy (not sugar-free) with you in case your blood sugar drops too low.
  - Make sure you are exercising in a safe area.
- **Be Active**
  - If you are new to moderate intensity activity, start with 5 minutes and work up to 30 minutes daily in single or divided sessions.
- **Be Active with a Friend**
  - Aim for 6 minutes low intensity activity every hour.
- **Be Hydrated**
  - Water is a great option.
- **Be in Touch**
  - Stop if you feel out of breath, dizzy, faint, or nauseated, or have chest pain, or any other type of pain.
- **Be Happy**
  - Whether it is line dancing or bike riding, if you enjoy the activity, you are more likely to stick with it.
- **Most of all . . . be healthy and have fun!**

**Ways to add physical activity to your day:**

- Take the stairs instead of the elevator.
- Take a few laps around the mall before you start shopping.
- Park farther away from the store instead of in the spaces right up front.
- Take your dog for a walk.
Reduce Salt in Your Diet to Lower Blood Pressure

Reduce Salt Consumption at Home:

- Take the salt shaker off of the table.
- Use salt-free seasoning mixes, herbs, and spices.
- Use low-salt, reduced salt, or no-salt added foods and condiments when available.
- Buy fresh, frozen, or canned vegetables with no added salt.
- Buy fresh poultry, fish, and extra lean meat instead of canned, smoked or processed meat.
- Cook rice, pasta, and hot cereal without salt. Avoid instant rice, cereal, soup, and instant mixes because of the high sodium content.
- Eat foods that are flavored with spices instead of salt.
- Limit cured meats (such as bacon and ham), food packed in brine (pickles, pickled vegetables, sauerkraut), and condiments (MSG, mustard, ketchup, seasoning salt, barbecue sauce, hot sauce).
- Use low-sodium versions of soy, teriyaki, and Worcestershire sauces in limited amounts.
- Rinse canned high sodium food such as vegetables, beans, tuna, and salmon to remove some of the salt.
- Choose low-salt fast food. Cut back on frozen dinners, pizza, high sodium canned soup and salad dressing.

Reduce Salt Consumption When Eating Out:

- Ask that your meal be made without salt or MSG. Most restaurants will accommodate you.
- Know the terms that indicate a high salt content: pickled, cured, soy sauce, bouillon, and broth.
- Limit condiments such as mustard, ketchup, pickles, relishes, and sauces.
- Choose fruits or steamed vegetables instead of salty snacks such as potato chips, pretzels or other salty snacks.

Remember:

- "Lite Salt®” is half sodium and half potassium. “No Salt” ® is all potassium. The extra potassium could be a problem if you have kidney disease or take certain medications. Talk to your health care provider before using products like “No Salt®” or "Lite Salt®”.
- Sea salt, kosher salt, pink salt, and other exotic salts still contain sodium. You will need to limit these kinds of salt, too.
**Season with Herbs, Spices and Vegetables to Add Flavor Instead of Salt**

Skip the salt and try healthier ingredients to season your foods. Here are some suggested ways to use herbs and spices to add flavor to your foods. You can experiment to find your favorite combinations.

<table>
<thead>
<tr>
<th>Spice</th>
<th>Use In:</th>
</tr>
</thead>
<tbody>
<tr>
<td>Allspice</td>
<td>Meat, fish, poultry, soups, stews &amp; desserts</td>
</tr>
<tr>
<td>Bay Leaf</td>
<td>Soups, stews, meats, poultry, seafood &amp; sauces</td>
</tr>
<tr>
<td>Basil</td>
<td>Eggs, soups, salads, vegetables, fish &amp; meats</td>
</tr>
<tr>
<td>Black Pepper</td>
<td>Meats, poultry, stews &amp; sauces</td>
</tr>
<tr>
<td>Cayenne &amp; Red Pepper</td>
<td>Meats, poultry, stews &amp; sauces</td>
</tr>
<tr>
<td>Celery &amp; Celery Seed</td>
<td>Meats, fish, soups, stews, salads, dressings &amp; vegetables</td>
</tr>
<tr>
<td>Chili Powder</td>
<td>Meats, poultry, vegetables, fish &amp; stews</td>
</tr>
<tr>
<td>Cilantro</td>
<td>Meats, sauces, stews &amp; rice</td>
</tr>
<tr>
<td>Cinnamon</td>
<td>Salads, vegetables, breads, desserts, hot cereal &amp; snacks</td>
</tr>
<tr>
<td>Cloves</td>
<td>Soups, salads &amp; vegetables</td>
</tr>
<tr>
<td>Cumin</td>
<td>Meats &amp; poultry</td>
</tr>
<tr>
<td>Curry Powder</td>
<td>Meats, poultry, seafood &amp; vegetables</td>
</tr>
<tr>
<td>Dill</td>
<td>Fish, soups, salads &amp; vegetables</td>
</tr>
<tr>
<td>Garlic &amp; Garlic Powder</td>
<td>Soups, stews, salads, vegetables, meats, poultry, seafood &amp; sauces</td>
</tr>
<tr>
<td>Ginger</td>
<td>Soups, salads, vegetables, meats &amp; poultry</td>
</tr>
<tr>
<td>Nutmeg</td>
<td>Vegetables &amp; meats</td>
</tr>
<tr>
<td>Onion, Green Onion, Minced Onion &amp; Onion Powder</td>
<td>Meats, poultry, seafood, soups &amp; salads</td>
</tr>
<tr>
<td>Oregano</td>
<td>Soups, salads, vegetables, meats &amp; poultry</td>
</tr>
<tr>
<td>Paprika</td>
<td>Meats, fish, poultry &amp; vegetables</td>
</tr>
<tr>
<td>Parsley</td>
<td>Salads, vegetables, fish &amp; meats</td>
</tr>
<tr>
<td>Green, Red, Orange &amp; Yellow Peppers</td>
<td>Eggs, salads, vegetables &amp; more</td>
</tr>
<tr>
<td>Rosemary</td>
<td>Salads, vegetables, fish &amp; meats</td>
</tr>
<tr>
<td>Sage</td>
<td>Soups, salads, vegetables, fish &amp; poultry</td>
</tr>
<tr>
<td>Thyme</td>
<td>Eggs, salads, vegetables, fish &amp; poultry</td>
</tr>
<tr>
<td>Turmeric</td>
<td>Eggs, rice, vegetables &amp; soups</td>
</tr>
</tbody>
</table>

**Other Ingredients to Spice Up Your Foods:** dry mustard, plain and flavored vinegars, Tabasco® sauce, lemon and lime juice, salt-free seasoning mixes, liquid smoke flavor, and low-sodium or salt-free broth and bouillon.
DASH Eating Plan

The DASH Eating Plan lowers blood pressure in people with and without diabetes. The DASH eating plan also lowers blood sugar in people with diabetes. If you have diabetes and count carbs, the information on the next 3 pages will be helpful to you.

Meals: Tips for Diabetics
- Eat 3 meals and 2 snacks everyday.
- Eat about the same time everyday.
- *Do not skip meals and snacks.*
- Eat breakfast everyday
- Eat foods high in fiber.
- Focus on foods lower in sugar, fat, and salt.
- Drink water and other sugar-free beverages.
## What is a Serving?

### Breads

1 carb = 15 grams of carbohydrates

<table>
<thead>
<tr>
<th>Item</th>
<th>Serving Size</th>
</tr>
</thead>
<tbody>
<tr>
<td>Bagel, large (4 oz.)</td>
<td>¼</td>
</tr>
<tr>
<td>Biscuit, 2 1/2 &quot;</td>
<td>1</td>
</tr>
<tr>
<td>Bread, reduced calorie</td>
<td>2 slices</td>
</tr>
<tr>
<td>Bread, whole wheat</td>
<td>1 slice</td>
</tr>
<tr>
<td>Cornbread, 1 3/4 cube</td>
<td>1</td>
</tr>
<tr>
<td>Dinner roll, 1 oz.</td>
<td>1</td>
</tr>
<tr>
<td>English muffin</td>
<td>½</td>
</tr>
<tr>
<td>Light English muffin</td>
<td>1</td>
</tr>
<tr>
<td>Hamburger/hot dog bun</td>
<td>½</td>
</tr>
<tr>
<td>Light hamburger/hot dog bun</td>
<td>1</td>
</tr>
<tr>
<td>Pancake or waffle, 4&quot; across 1/4&quot; thick</td>
<td>1</td>
</tr>
<tr>
<td>Pita bread, 6&quot;</td>
<td>½</td>
</tr>
<tr>
<td>Taco shell, 5&quot;</td>
<td>2</td>
</tr>
<tr>
<td>Tortilla, corn or flower 6&quot;</td>
<td>1</td>
</tr>
</tbody>
</table>

### Cereal & Starches

1 carb = 15 grams of carbohydrates

<table>
<thead>
<tr>
<th>Item</th>
<th>Serving Size</th>
</tr>
</thead>
<tbody>
<tr>
<td>Baked beans</td>
<td>½ cup</td>
</tr>
<tr>
<td>Barley</td>
<td>½ cup</td>
</tr>
<tr>
<td>Beans, cooked (black, kidney, lima, navy, pinto)</td>
<td>½ cup</td>
</tr>
<tr>
<td>Black-eyed peas</td>
<td>½ cup</td>
</tr>
<tr>
<td>Cereal, cooked</td>
<td>½ cup</td>
</tr>
<tr>
<td>Cereal, unsweetened</td>
<td>¾ cup</td>
</tr>
<tr>
<td>Couscous</td>
<td>¾ cup</td>
</tr>
<tr>
<td>Granola</td>
<td>½ cup</td>
</tr>
<tr>
<td>Lentils, cooked</td>
<td>½ cup</td>
</tr>
<tr>
<td>Pasta, whole wheat, cooked</td>
<td>½ cup</td>
</tr>
<tr>
<td>Polenta</td>
<td>½ cup</td>
</tr>
<tr>
<td>Quinoa</td>
<td>½ cup</td>
</tr>
<tr>
<td>Refried beans</td>
<td>½ cup</td>
</tr>
<tr>
<td>Rice, brown, cooked</td>
<td>½ cup</td>
</tr>
</tbody>
</table>

### Starchy Vegetables

1 carb = 15 grams of carbohydrates

<table>
<thead>
<tr>
<th>Item</th>
<th>Serving Size</th>
</tr>
</thead>
<tbody>
<tr>
<td>Corn</td>
<td>½ cup or ½ cob</td>
</tr>
<tr>
<td>French fried (baked)</td>
<td>1 cup</td>
</tr>
<tr>
<td>Mashed potatoes (sweet or white)</td>
<td>½ cup</td>
</tr>
<tr>
<td>Mixed Vegetables (with corn and peas)</td>
<td>1 cup</td>
</tr>
<tr>
<td>Peas, green</td>
<td>½ cup</td>
</tr>
<tr>
<td>Potato, baked with skin</td>
<td>1 small or ¼ large</td>
</tr>
<tr>
<td>Squash, acorn or butternut</td>
<td>1 cup</td>
</tr>
<tr>
<td>Succotash (lima beans and corn)</td>
<td>½ cup</td>
</tr>
</tbody>
</table>

### Vegetables

1 serving = 5 grams of carbohydrates

<table>
<thead>
<tr>
<th>Item</th>
<th>Serving Size</th>
</tr>
</thead>
<tbody>
<tr>
<td>Asparagus</td>
<td>½ cup cooked or 1 cup raw</td>
</tr>
<tr>
<td>Pea Pods</td>
<td></td>
</tr>
<tr>
<td>Beets</td>
<td></td>
</tr>
<tr>
<td>Cabbage</td>
<td></td>
</tr>
<tr>
<td>Salad greens</td>
<td></td>
</tr>
<tr>
<td>Carrots</td>
<td></td>
</tr>
<tr>
<td>Spinach</td>
<td></td>
</tr>
<tr>
<td>Cauliflower</td>
<td></td>
</tr>
<tr>
<td>Swiss chard</td>
<td></td>
</tr>
<tr>
<td>Celery</td>
<td></td>
</tr>
<tr>
<td>Tomatoes</td>
<td></td>
</tr>
<tr>
<td>Green beans</td>
<td></td>
</tr>
<tr>
<td>Turnips</td>
<td></td>
</tr>
<tr>
<td>Greens</td>
<td></td>
</tr>
<tr>
<td>Vegetable juice</td>
<td></td>
</tr>
<tr>
<td>Leeks</td>
<td></td>
</tr>
<tr>
<td>Yellow squash</td>
<td></td>
</tr>
<tr>
<td>Mushrooms</td>
<td></td>
</tr>
<tr>
<td>Zucchini</td>
<td></td>
</tr>
<tr>
<td>Onions</td>
<td></td>
</tr>
</tbody>
</table>

### Crackers & Snacks

1 carb = 15 grams of carbohydrates

<table>
<thead>
<tr>
<th>Item</th>
<th>Serving Size</th>
</tr>
</thead>
<tbody>
<tr>
<td>Graham crackers</td>
<td>3 squares</td>
</tr>
<tr>
<td>Chips, baked, potato or tortilla</td>
<td>9-13</td>
</tr>
<tr>
<td>Popcorn, plain, no butter or salt</td>
<td>3 cups</td>
</tr>
<tr>
<td>Pretzels, unsalted</td>
<td>15-20</td>
</tr>
<tr>
<td>Pudding (made with fat-free or low-fat milk)</td>
<td>½ cup</td>
</tr>
<tr>
<td>Snack crackers, whole grain</td>
<td>4-5</td>
</tr>
</tbody>
</table>
What is a Serving?

<table>
<thead>
<tr>
<th>Fruits</th>
<th></th>
<th>Milk and Dairy</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 carb = 15 grams of carbohydrates</td>
<td></td>
<td>1 carb = 15 grams of carbohydrates</td>
</tr>
<tr>
<td>Apple, small</td>
<td>1</td>
<td>Milk</td>
</tr>
<tr>
<td>Banana, small</td>
<td>1</td>
<td>(Skim, 1%, low-fat buttermilk)</td>
</tr>
<tr>
<td>Blueberries, blackberries</td>
<td>¾ cup</td>
<td>Lactose-free milk, low-fat</td>
</tr>
<tr>
<td>Fruits, canned in juice</td>
<td>½ cup</td>
<td>Soy milk</td>
</tr>
<tr>
<td>Dried fruits</td>
<td>¼ cup</td>
<td>Yogurt, plain</td>
</tr>
<tr>
<td>Fruit juice, unsweetened</td>
<td>½ cup</td>
<td>Yogurt, low-fat</td>
</tr>
<tr>
<td>Grapefruit, large</td>
<td>½</td>
<td>Kefir</td>
</tr>
<tr>
<td>Grapes, small</td>
<td>17</td>
<td></td>
</tr>
<tr>
<td>Kiwi</td>
<td>1</td>
<td></td>
</tr>
<tr>
<td>Mango</td>
<td>½</td>
<td></td>
</tr>
<tr>
<td>Melon</td>
<td>1 cup</td>
<td></td>
</tr>
<tr>
<td>Nectarines, small</td>
<td>1</td>
<td></td>
</tr>
<tr>
<td>Peach, small</td>
<td>1</td>
<td></td>
</tr>
<tr>
<td>Pear, small</td>
<td>1</td>
<td></td>
</tr>
<tr>
<td>Pineapple</td>
<td>½ cup</td>
<td></td>
</tr>
<tr>
<td>Plums, small</td>
<td>2</td>
<td></td>
</tr>
<tr>
<td>Strawberries, fresh, whole</td>
<td>1 ¼ cup</td>
<td></td>
</tr>
<tr>
<td>(No added sugar)</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Meats and Meat Substitutes</th>
<th></th>
<th>Fats</th>
</tr>
</thead>
<tbody>
<tr>
<td>Beef, trimmed of fat</td>
<td>1 oz.</td>
<td>Avocado</td>
</tr>
<tr>
<td>Chicken or turkey, no skin</td>
<td>1 oz.</td>
<td>Cream cheese, low-fat</td>
</tr>
<tr>
<td>Fish</td>
<td>1 oz.</td>
<td>Oil</td>
</tr>
<tr>
<td>Pork, fresh</td>
<td>1 oz.</td>
<td>Nuts</td>
</tr>
<tr>
<td>Salmon, canned</td>
<td>¼ cup</td>
<td>Peanuts</td>
</tr>
<tr>
<td>Seafood</td>
<td>1 oz.</td>
<td>Salad dressing, regular</td>
</tr>
<tr>
<td>Cheese, low-fat</td>
<td>1 oz.</td>
<td>Salad dressing, reduced fat</td>
</tr>
<tr>
<td>Cottage cheese, low-fat</td>
<td>¼ cup</td>
<td>Sour cream, low-fat</td>
</tr>
<tr>
<td>Egg</td>
<td>1</td>
<td></td>
</tr>
<tr>
<td>Egg substitute</td>
<td>¼ cup</td>
<td></td>
</tr>
<tr>
<td>Egg whites</td>
<td>2</td>
<td></td>
</tr>
<tr>
<td>Peanut butter &amp; other nut butters</td>
<td>2 Tbsp</td>
<td></td>
</tr>
<tr>
<td>Tofu</td>
<td>½ cup</td>
<td></td>
</tr>
<tr>
<td>Tuna</td>
<td>1 oz.</td>
<td></td>
</tr>
</tbody>
</table>

| Free Foods | | |
| --- | --- | |
| Coffee & tea, plain | Non-stick cooking spray | |
| Gelatin, sugar-free | Popsicles, sugar-free | |
| Herbs & spices | Soft drinks, sugar-free | |
| Horseradish | Sugar substitutes | |
| Lemon or lime juice | Vinegar | |
| Mustard | | |
Tips for Carb Counting

Remember:

- What you should eat depends on your nutritional goals and how your blood glucose responds to carbohydrates.
- This is your meal plan and should be based on your lifestyle.
- Know what foods have carbohydrates and the right portions to eat.
- Use the Nutrition Facts Panel to help count carbohydrates.
- Know how to count your carbohydrates as a carb choice or in grams.
- Learn how to estimate carbohydrates and portion sizes when you are away from home.

Basic Carbohydrate (carb) Counting Rules:

- One carb choice = 15 grams of carbohydrate.
- The number of carbohydrates needed a day is different for each person.
- Most meals have 3-4 carbohydrate choices.
- Snacks should include a carbohydrate choice and protein.
- A registered dietitian nutritionist (RDN) is trained to teach you how to improve your health and diabetes by making healthier food choices.
- An RDN or certified diabetes educator (CDE) can help create a meal plan to meet your individual needs and a meal plan that is just right for you.
Healthy Shopping Can Save You Money!

<table>
<thead>
<tr>
<th>Unhealthy Foods</th>
<th>Healthier Foods</th>
</tr>
</thead>
<tbody>
<tr>
<td>French fries (1 large)</td>
<td>Potatoes (5 lb. bag)</td>
</tr>
<tr>
<td>$2.39</td>
<td>$2.99</td>
</tr>
<tr>
<td>6 pack of soda (120 oz.)</td>
<td>1 gallon store brand orange juice (128 oz.)</td>
</tr>
<tr>
<td>$3.99</td>
<td>$3.99</td>
</tr>
<tr>
<td>Bag chocolate chip cookies (13 oz.)</td>
<td>Family size whole wheat crackers (13 oz.)</td>
</tr>
<tr>
<td>$4.99</td>
<td>$4.69</td>
</tr>
<tr>
<td>Doritos® (9.75 oz.)</td>
<td>Bag of whole wheat tortillas (16 oz.)</td>
</tr>
<tr>
<td>$4.29</td>
<td>$2.59</td>
</tr>
<tr>
<td>Family size Frosted Flakes® cereal (12.2 oz.)</td>
<td>Old fashioned or quick oatmeal (32 oz. box)</td>
</tr>
<tr>
<td>$4.99</td>
<td>$3.49</td>
</tr>
<tr>
<td>Instant grits - 12 packets (12 oz.)</td>
<td>Box of quick grits (5 pound bag or 80 oz.)</td>
</tr>
<tr>
<td>$2.99</td>
<td>$2.99</td>
</tr>
<tr>
<td>6 pack of candy bars</td>
<td>Bananas 6 lbs. @ $0.49/lb.</td>
</tr>
<tr>
<td>$4.99</td>
<td>$2.94</td>
</tr>
</tbody>
</table>

*The food prices were obtained from a Columbia, South Carolina area supermarket in 2018 and may not reflect current food prices in your local area. Some items were on sale during the period the prices were obtained.*
## Tips For Shopping At The Grocery Store

### Choose Your Groceries Carefully

Think about the groceries you buy and choose versions of your favorite foods that support good health. Below is a list of food choices that are **GOOD, BETTER, and BEST for your health.**

<table>
<thead>
<tr>
<th>GOOD</th>
<th>BETTER</th>
<th>BEST</th>
</tr>
</thead>
<tbody>
<tr>
<td>Vegetables, canned without salt</td>
<td>Frozen vegetables</td>
<td>Fresh vegetables</td>
</tr>
<tr>
<td>Orange juice, 100% with no added sugar</td>
<td>Orange juice, 100% with added calcium</td>
<td>Orange juice, 100% with pulp and added calcium</td>
</tr>
<tr>
<td>Fruit canned in juice, no added sugar</td>
<td>Frozen fruit, no added sugar</td>
<td>Fresh Fruit</td>
</tr>
<tr>
<td>2% milk</td>
<td>1% milk</td>
<td>Fat-free or skim milk</td>
</tr>
<tr>
<td>Soybean oil</td>
<td>Corn oil</td>
<td>Olive or canola oil</td>
</tr>
<tr>
<td>Lean ground beef 17% fat</td>
<td>Extra-lean ground beef 10% fat</td>
<td>95% lean ground beef 5% fat</td>
</tr>
<tr>
<td>Low-fat mayonnaise</td>
<td>Reduced fat mayonnaise with olive oil</td>
<td>Mustard or fat-free mayonnaise</td>
</tr>
<tr>
<td>Enriched white bread</td>
<td>Light wheat bread</td>
<td>100% whole wheat bread</td>
</tr>
</tbody>
</table>
Other Supermarket Shopping Tips

- Avoid shopping when you are hungry. You may be tempted to buy and add more items to your cart.
- Look for store specials. Check supermarket flyers and newspaper ads.
- Plan your menus for the week before going to the grocery store. Try to shop only once a week.
- Have a budget for food and stick to your spending plan.
- Always go with a list and stick to the list.
- Only use coupons for items you already planned to buy.
- Check the unit price to get the best deal.
- Try store brands. Often, these items are made by the same brand name companies. Often, the label is different.
- Read the Nutrition Facts Panel on the food label.
- Buy larger packages of meat which cost you less per pound; split into smaller containers; and freeze what you will not use in one to two days.
- Limit prepared foods because it can be expensive. Avoid pre-cut fruits, vegetables, cheeses, prepared salads, and sandwiches.
- Look up and down on store shelves. More expensive items are placed on the middle shelves, at eye level.
- Buy non-grocery items like dish detergent, toilet paper, laundry detergent, toothpaste, garbage bags, etc., at discount stores where the prices are usually lower than the grocery store.
- Use the leftovers from dinner for lunch the next day, or freeze leftovers for a quick meal on a busy day.
- Visit a Farmer's Market in your community for deals on fresh, local produce.
# Grocery Shopping List for a Family of Four (One Week)

All items listed below are included in the 7 day Meal Plan shown on page 23.

<table>
<thead>
<tr>
<th>Week of _____</th>
<th>Groceries Shopping List</th>
</tr>
</thead>
<tbody>
<tr>
<td>Produce</td>
<td>Milk/Dairy Products:</td>
</tr>
<tr>
<td></td>
<td>Meats/Fish/Poultry/Protein:</td>
</tr>
<tr>
<td></td>
<td>Canned Foods:</td>
</tr>
<tr>
<td></td>
<td>Sweeteners:</td>
</tr>
<tr>
<td></td>
<td>Other Stuff:</td>
</tr>
<tr>
<td></td>
<td>Fruit Juice:</td>
</tr>
<tr>
<td></td>
<td>Bread/Cereals/Pasta:</td>
</tr>
<tr>
<td></td>
<td>Frozen Foods:</td>
</tr>
<tr>
<td></td>
<td>Oil/Dressing/Fats:</td>
</tr>
<tr>
<td></td>
<td>Flour/Corn Meal:</td>
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</tbody>
</table>

### Produce
- 5 lbs. bananas
- 12 apples
- 2 grapefruit
- 1 head leaf lettuce
- 3 lbs. tomatoes
- 5 lbs. pears
- 1 lb. peaches
- 1 bag salad mix
- 2 green peppers
- 2 red peppers
- 5 lb. bag onions
- 1 bag green onions
- 8 lbs. broccoli
- 5 lbs. potatoes
- 2 lbs. carrots
- 2 bags coleslaw
- 1 melon
- 1 celery
- 2 lbs. grapes
- 1½ lbs. okra
- 1½ lbs. zucchini
- 4 lbs. collards
- 1 loaf Italian bread
- 1 loaf raisin bread
- 1 lb. ww spaghetti
- 15 oz. box bread crumbs

### Milk/Dairy Products:
- 3 gallons low-fat milk
- 12 low-fat yogurt
- 2½ lbs. low-fat cheese
- 16 oz. low-fat cream cheese
- 1 dozen eggs
- 16 oz. egg substitute

### Meats/Fish/Poultry/Protein:
- 1½ lbs. deli turkey
- ½ lbs. deli ham
- 4 lbs. chicken breast
- 12 oz. tuna
- 3½ lbs. lean ground beef
- 1 oz. smoked turkey
- 2 lbs. fish
- 4 pork chops

### Canned Foods:
- 15 oz. fruit cocktail
- 15 oz. crushed pineapple
- 23 oz. applesauce
- 14 oz. tomatoes
- 14 oz. tomato sauce
- 16 oz. tomato paste
- 14 oz. cream style corn
- 15 oz. pears
- 15 oz. peaches
- 15 oz. red beans

### Sweeteners:
- 9 oz. bag Splenda
- 1 small jar honey
- 1 lb. brown sugar

### Other Stuff:
- 4 fruit cups
- 4 oz. jar bacon bits
- 9.6 oz. nonfat dry milk
- 12 oz. red wine vinegar
- 4 oz. box raisins
- 2 (.3 oz.) sugar-free Jell-O
- 5 oz. box pistachio pudding
- 14 oz. bottle low sodium ketchup

### Fruit Juice:
- 2 gallons orange
- 16 oz. apple
- 32 oz. tomato

*Some items are used multiple times during the month.

** (ww) Whole wheat
# Grocery Shopping List for a Family of Four (One Week)

(Copy and use to make your shopping list)

<table>
<thead>
<tr>
<th>Produce:</th>
<th>Milk/Dairy Products:</th>
<th>Meats/Fish/Poultry/Protein:</th>
<th>Canned Foods:</th>
<th>Sweeteners:</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
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<tr>
<td>Bread/Cereals/Pasta:</td>
<td>Frozen Foods:</td>
<td>Oil/Dressing/Fats:</td>
<td>Flour/Corn Meal:</td>
<td>Fruit Juice:</td>
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</tr>
<tr>
<td></td>
<td>Breakfast</td>
<td>Lunch</td>
<td>Dinner</td>
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<tr>
<td>----------------</td>
<td>------------------------------------</td>
<td>------------------------------------------------</td>
<td>-------------------------------------------------</td>
<td></td>
</tr>
</tbody>
</table>
| **DAY 1**      | 4 oz. orange juice
1 banana
1 cup Cheerios®
1 cup skim or 1% milk
Coffee or tea (optional) | Sandwich:
3 oz. low-sodium turkey, 2 slices whole wheat bread, low-fat mayonnaise or mustard & lettuce
1 small apple
6 oz. lite yogurt
Water or other calorie free beverage | 3 oz. baked chicken
½ cup lima beans*
1 cup glazed carrots*
1 small whole wheat roll
1 tsp. soft tub margarine
½ cup pear peach crisp*
Water or other calorie free beverage |
| **DAY 2**      | 4 oz. orange juice
½ cup oatmeal with cinnamon &
2 Tbsp. raisins
1 cup skim or 1% milk
Coffee or tea (optional) | 1 cup tomato basil soup*
8 whole wheat crackers
3 oz. low-fat cheese
Carrot & celery sticks
1 small pear
¼ cup unsalted nuts | 3 oz. spicy baked fish*
1 medium baked potato
1 cup green beans
½ cup diced peaches in juice or water
½ cup bread pudding*
Water or other calorie free beverage |
| **DAY 3**      | 4 oz. apple juice
½ grapefruit
2 slices whole wheat toast
1 Tbsp. peanut butter
1 cup skim or 1% milk
Coffee or tea (optional) | 1 cup tuna salad*
8 whole wheat crackers
4 tomato slices
1 medium banana
6 oz. lite yogurt
Water or other calorie free beverage | 3 oz. broiled pork chop
½ cup brown rice
¼ cup low-fat, low salt gravy
1 cup stir fried frozen vegetables
1 slice of apple pie (⅛ of pie)
Water or other calorie free beverage |
| **DAY 4**      | 4 oz. orange juice
1 boiled, fried or scrambled egg
2 oz. lean, low-salt ham
2 slices whole wheat toast
1 tsp. soft tub margarine
1 cup skim or 1% milk
Coffee or tea (optional) | Salad:
2 oz. low-sodium turkey
2 oz. low-fat cheese
1 boiled egg, sliced
¼ cup walnuts, chopped
8 whole wheat crackers
1 cup sugar-free Jell-O®
Fruit water or other calorie free beverage | 3 oz. oven fried chicken*
1 cup okra & tomatoes*
½ cups brown rice
1 small whole wheat roll
1 tsp. soft tub margarine
1 cinnamon baked apple*
Water or other calorie free beverage |

*Recipe in cookbook

- *Remember the costs include everything listed on the 7 day menu for 3 meals a day.*
- *If you find that you are hungry in between meals, set aside food for snacks such as fruit, nuts, cheese, and yogurt.*
<table>
<thead>
<tr>
<th>DAY 5</th>
<th></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Breakfast</strong></td>
<td><strong>Lunch</strong></td>
<td><strong>Dinner</strong></td>
</tr>
<tr>
<td>4 oz. orange juice</td>
<td>3 oz. cheeseburger with low-fat cheese&lt;br&gt;Lettuce, tomatoes, onions, mustard and/or low-fat mayonnaise&lt;br&gt;1 lite hamburger bun&lt;br&gt;1 cup grapes&lt;br&gt;¼ cup unsalted nuts&lt;br&gt;Water or other calorie free beverage</td>
<td>3 oz. broiled fish&lt;br&gt;½ cup red rice*&lt;br&gt;1 cup collard greens*&lt;br&gt;½ cup coleslaw&lt;br&gt;1 slice frozen yogurt pie*&lt;br&gt;Water or other calorie free beverage</td>
</tr>
<tr>
<td>1 bran muffin*</td>
<td></td>
<td></td>
</tr>
<tr>
<td>1 Tbsp. lite cream cheese</td>
<td></td>
<td></td>
</tr>
<tr>
<td>1 cup fresh melon</td>
<td></td>
<td></td>
</tr>
<tr>
<td>1 cup skim or 1% milk</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Coffee or tea (optional)</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>DAY 6</th>
<th></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Breakfast</strong></td>
<td><strong>Lunch</strong></td>
<td><strong>Dinner</strong></td>
</tr>
<tr>
<td>4 oz. orange juice</td>
<td>Sandwich:&lt;br&gt;3 oz. white meat chicken&lt;br&gt;2 slices whole wheat bread&lt;br&gt;mustard and/or low-fat mayonnaise&lt;br&gt;1 cup applesauce&lt;br&gt;¼ cup mixed nuts or trail mix Water or other calorie free beverage</td>
<td>½ whole wheat spaghetti&lt;br&gt;1 cup spaghetti sauce*&lt;br&gt;1 slice Italian bread&lt;br&gt;1 tsp. soft tub margarine&lt;br&gt;1 cup tossed salad&lt;br&gt;2 Tbsp. vinaigrette salad dressing*&lt;br&gt;1 cup sugar-free Jell-O ®&lt;br&gt;Water or other calorie free beverage</td>
</tr>
<tr>
<td>2 slices French toast made with whole wheat cinnamon raisin bread, egg substitute &amp; 1% milk</td>
<td></td>
<td></td>
</tr>
<tr>
<td>1 cup fresh or frozen strawberries&lt;br&gt;<em>(no sugar added)</em></td>
<td></td>
<td></td>
</tr>
<tr>
<td>6 oz. lite yogurt</td>
<td></td>
<td></td>
</tr>
<tr>
<td>1 cup skim or 1% milk</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Coffee or tea (optional)</td>
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<td></td>
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<table>
<thead>
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<th>DAY 7</th>
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<tbody>
<tr>
<td><strong>Breakfast</strong></td>
<td><strong>Lunch</strong></td>
<td><strong>Dinner</strong></td>
</tr>
<tr>
<td>4 oz. orange juice</td>
<td>1 cup chicken gumbo*&lt;br&gt;1 - 2 oz. square Mexican cornbread*&lt;br&gt;1 medium banana&lt;br&gt;1 cup skim or 1% milk&lt;br&gt;Water or other calorie free beverage</td>
<td>3 oz. meatloaf*&lt;br&gt;1 cup garlic mashed potatoes*&lt;br&gt;1 cup steamed broccoli&lt;br&gt;with ½ cup low-fat cheese sauce*&lt;br&gt;½ cup heavenly hash*&lt;br&gt;Water or other calorie free beverage</td>
</tr>
<tr>
<td>1 cup fruit smoothie*</td>
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<tr>
<td>2 slices whole wheat toast</td>
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<tr>
<td>1 Tbsp. peanut butter</td>
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<td></td>
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<tr>
<td>1 cup skim or 1% milk</td>
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<tr>
<td>Coffee or tea (optional)</td>
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</table>

*Recipe in cookbook

**Seven Day Meal Plan Costs:**

- Total food bill for a family of four = $213.67 per week
- Daily costs for a family of four = $30.53 per day
- Average cost per meal = $10.18 per meal
- Average meal cost = $2.54 per person
BREAKFAST
Bran Muffins

Ingredients:
- Non-stick cooking spray
- ¼ cup egg substitute
- 1 cup 1% low-fat milk
- ¼ cup vegetable oil
- 2 cups bran flakes
- 1 cup all-purpose flour
- ½ cup Splenda®
- 1 Tbsp. baking powder
- ½ tsp. salt

Directions:
- Preheat oven to 400°F.
- Spray 12 muffin cups with non-stick spray or line with paper muffin cups.
- In medium bowl, combine egg substitute, milk, oil and cereal.
- In large bowl, combine flour, Splenda®, baking powder and salt.
- Add cereal mixture, stirring until moist.
- Divide evenly among muffin cups.
- Bake 20 minutes or until light brown.
- Remove from oven and cool on a rack for 10 minutes.

Servings: 12
Serving size: 1 muffin
Counts as 1 Carbohydrate
Fruit Smoothie

Ingredients:
1 cup frozen fruit
½ cup nonfat plain yogurt
½ tsp. vanilla extract
2 tsp. Splenda® or other low-calorie sweetener
¼ tsp. cinnamon
¼ tsp. ginger

Directions:
- Add all ingredients to blender and blend until smooth.
- Serve immediately or store in the refrigerator until ready to drink.

Servings: 1
Serving size: 1 cup
Counts as 2 Carbohydrates
Healthy Granola

Ingredients:
Non-stick cooking spray
2½ cups old fashioned or quick cooking oats
1 cup toasted oat bran cereal
½ cup toasted wheat germ
½ cup pecans, coarsely chopped
1 cup applesauce, unsweetened
3 Tbsp. honey
2 Tbsp. canola oil
1 tsp. ground cinnamon
½ cup dried cranberries

Directions:
- Preheat oven to 350°F.
- Lightly coat a baking pan with non-stick cooking spray. Set aside.
- In large bowl, stir together rolled oats, oat bran cereal, wheat germ, and pecans.
- In a small bowl, stir together applesauce, honey, oil and cinnamon; pour over mixture.
- Stir to mix evenly.
- Spread granola evenly onto the prepared pan.
- Bake about 40 minutes or until golden brown, stirring every 10 minutes.
- Remove from oven.
- Stir dried cranberries into granola.
- Spread on foil to cool.
- Store in an airtight container until ready to serve.

Servings: 10
Serving size: ½ cup
Counts as 2 Carbohydrates

Nutrition Facts

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Mini Carrot Muffins

Ingredients:
1¼ cups sifted cake flour
¾ tsp. baking soda
¼ tsp. salt
1 tsp. baking powder
½ tsp. cinnamon
⅓ cups Splenda®
½ cup apple butter
1 Tbsp. vegetable oil
¼ cup egg substitute or 2 egg whites
½ cup carrot, grated
⅓ cup crushed pineapple in juice, drained
Paper muffin cups

Directions:
- Preheat oven to 350°F.
- Line a mini muffin pan (24) with paper muffin cups.
- Combine dry ingredients in a medium bowl.
- Make a well in center of dry ingredients mixture.
- Combine apple butter, oil, egg substitute, carrots and pineapple in a separate bowl. Add to dry ingredients.
- Combine until well blended.
- Bake for 15 minutes or until a toothpick inserted in center comes out clean.
- Remove from oven and place on a rack to cool.

Servings: 12
Serving size: 2
Counts as 1 Carbohydrate

Nutrition Facts

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<td>Protein</td>
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</table>

*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.
Spiced Oatmeal

Ingredients:
3 cups 1% low-fat milk
1 cup old fashioned oats
2 Tbsp. Splenda® brown sugar substitute
¼ tsp. ground allspice
½ tsp. ground cinnamon
½ cup raisins (optional)
½ cup pecans, walnuts or almonds, chopped

Directions:
- In a 2 quart saucepan, combine milk, oats, brown sugar, cinnamon and allspice.
- Bring to a boil; reduce heat.
- Simmer, uncovered, for 5 - 10 minutes or until desired doneness and consistency, stirring occasionally.
- Stir in raisins and nuts.
- Serve immediately.

Servings: 4
Serving size: 1/2 cup
Counts as 2 Carbohydrates
SALADS & DRESSINGS
Broccoli & Cauliflower Salad

**Ingredients:**
5 cups broccoli florets
4 cups cauliflower florets
1 medium green bell pepper, chopped
1 medium red onion, chopped

**Dressing:**
½ cup light mayonnaise
¼ cup canola oil
½ cup Splenda® or other low-calorie sweetener
½ cup cider vinegar
1 tsp. ground dry mustard
¼ tsp. salt
½ tsp. ground black pepper

**Directions:**
- Combine broccoli, cauliflower, green pepper and onion in a serving bowl.
- In a small bowl, whisk dressing ingredients and pour over salad.
- Do not stir after dressing is poured over the salad.
- Cover and refrigerate for 12 hours or overnight.
- Toss just before serving.

**Servings:** 12
**Serving size:** 1 cup
**Counts as 1 Carbohydrate**
Chicken Salad

Ingredients:
3 1/4 cups chicken breast, skinned, boned, cubed, cooked
1/4 cup celery, chopped
1/2 tsp. onion powder
1 Tbsp. lemon juice
3 Tbsp. reduced fat mayonnaise
1/2 tsp. salt*
Ground black pepper to taste

Directions:

- Skin and bake until the chicken internal temperature reaches 145° F.
- Cut into cubes and refrigerate.
- In a large bowl, combine all ingredients. Mix well.
- Refrigerate until ready to serve.

Servings: 4
Serving size: 3/4 cup
Counts as 0 Carbohydrates

*To reduce sodium to 127 mg, omit the 1/8 tsp salt.

Serving suggestion:
Serve on a bed of dark leafy greens or serve in a whole wheat wrap.
New Potato Salad

Ingredients:
8 small new potatoes
2 Tbsp. olive oil
¼ cup green onions, chopped
¼ tsp. ground black pepper
1 tsp. dried dill weed

Directions:

- Wash potatoes thoroughly using a vegetable brush.
- Boil potatoes for 20 minutes or until tender.
- Drain and cool potatoes for 20 minutes.
- Cut potatoes into quarters and stir in olive oil, onions, and spices.
- Refrigerate and serve chilled.

Servings: 4
Serving size: ½ cup
Counts as 1 Carbohydrate
Peach Fruit Salad

Ingredients:
4 cups sliced peaches (fresh or canned peaches in juice)
1 cup non-fat, sugar-free peach yogurt

Directions:
- Mix peaches and yogurt in a serving bowl.
- Chill before serving.

Servings: 8
Serving size: ½ cup
Counts as 1 Carbohydrate

Nutrition Facts
8 servings per container
Serving size 1/2 cup (108g)
Amount Per Serving
Calories 60

- Total Fat 0g 0%
- Saturated Fat 0g 0%
- Trans Fat 0g
- Cholesterol 0mg 0%
- Sodium 20mg 1%
- Total Carbohydrate 13g 5%
  - Dietary Fiber 1g 4%
  - Total Sugars 12g
  - Includes 5g Added Sugars 10%
- Protein 2g

Vitamin D 0.4mcg 2%
Calcium 50mg 4%
Iron 0.2mg 2%
Potassium 210mg 4%

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Seafood Salad

Ingredients:
1 lb. fresh crab meat, cooked
½ cup celery, chopped
¼ cup green onion, chopped
2 Tbsp. light mayonnaise
3 Tbsp. plain nonfat yogurt
1½ Tbsp. lemon juice
½ tsp. paprika
½ cup reduced fat cheddar cheese, grated

Directions:
- Mix crab, celery and onion in a medium bowl.
- Combine mayonnaise, yogurt, lemon juice and paprika in a medium bowl. Add to crab mixture.
- Stir in cheese and mix well.
- Serve chilled.

Servings: 8
Serving size: ½ cup
Counts as 0 Carbohydrates

Nutrition Facts
8 servings per container
Serving size 1/2 cup (161g)

Calories 120
% Daily Value
Total Fat 2g 3%
Saturated Fat 0g 0%
Trans Fat 0g
Cholesterol 85mg 22%
Sodium 230mg 10%
Total Carbohydrate 5g 2%
Dietary Fiber 0g 0%
Total Sugars 4g
Includes 0g Added Sugars 0%
Protein 20g

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Spinach Salad

Ingredients:
4 cups fresh spinach
1 cup carrots, shredded
2 cups cherry or grape tomatoes
¼ cup dried cranberries
½ cup radishes, grated or sliced
1 hard-boiled egg, sliced
2 hard-boiled egg whites, sliced
¼ cup part-skim mozzarella cheese
½ cup low-fat salad dressing

Directions:
- In a glass bowl, mix spinach, carrots, tomatoes, cranberries and radishes.
- Arrange sliced eggs on salad as desired and sprinkle with cheese.
- Serve with low-fat salad dressing.

*Recipe contains greater than 20% daily value of sodium. Not recommended to combine with any other recipes flagged for high sodium. Consider using Vinaigrette Salad Dressing recipe on page 41 for a lower sodium option.

Servings: 12
Serving size: 1 cup
Counts as 1 Carbohydrate
Three Bean Salad

Ingredients:
1 16 oz. can no-salt added green beans, drained
1 8 oz. can no-salt added kidney beans, drained
1 8 oz. can no salt added garbanzo beans or chick peas, drained
1 medium onion, chopped
1 Tbsp. dried parsley
½ cup red wine vinegar
1 garlic clove, chopped
½ tsp. chili powder
¼ tsp. cumin

Directions:
- Combine beans in a large bowl.
- Add remaining ingredients and mix well.
- Serve immediately or chill until ready to serve.

Servings: 12
Serving size: 1 cup
Counts as 1 Carbohydrate
Tomato & Cucumber Salad

Ingredients:
2 medium tomatoes, sliced
1 cucumber, sliced
½ cup sweet or red onion, chopped
2 tsp. olive oil
1½ tsp. dried basil
¼ tsp. ground black pepper

Directions:
- Combine all ingredients.
- Let sit for thirty minutes at room temperature before serving.

Servings: 4
Serving size: 1 cup
Counts as 0 Carbohydrates
Tuna Salad

Ingredients:
2 6 oz. cans tuna packed in water
2 cups celery, chopped
½ cup green onions, chopped
6½ Tbsp. lite mayonnaise

Directions:
- Drain tuna and break apart with a fork.
- Add celery, onion and mayonnaise. Mix well.
- Serve chilled on bed of dark leafy greens or serve in wrap with lettuce and tomatoes.

Servings: 4
Serving size: ¾ cup
Counts as 0 Carbohydrates
Vinaigrette Salad Dressing

**Ingredients:**
1 bulb garlic, separated & peeled
½ cup water
1 Tbsp. red wine vinegar
¼ tsp. honey
1 Tbsp. extra virgin olive oil
¼ tsp. ground black pepper

**Directions:**

- Place garlic in a small saucepan and add water to cover.
- Bring to a boil. Reduce heat and simmer until garlic is tender (15 min).
- Reduce the liquid until 2 tablespoons are left. Increase heat to medium high and cook for 3 minutes.
- Pour contents into a small sieve over a bowl & mash garlic through sieve with a wooden spoon.
- Whisk vinegar, honey, olive oil and pepper into garlic mixture.
- Serve at room temperature or chilled.

**Servings:** 4  
**Serving size:** 2 Tbsp.  
**Counts as 0 Carbohydrates**

![Nutrition Facts](image)
Yogurt Salad Dressing

Ingredients:
8 oz. plain nonfat yogurt
2 Tbsp. lemon juice
2 Tbsp. dried chives
2 Tbsp. dried dill weed
¼ cup low-fat or reduced fat mayonnaise

Directions:
- Mix all ingredients in bowl
- Refrigerate

Servings: 8
Serving Size: 2 Tbsp.
Counts as 0 Carbohydrates
SOUPS
Chicken Gumbo

Ingredients:
1 Tbsp. vegetable oil
4 medium boneless, skinless chicken breasts, cut into cubes
1 14 oz. can no-salt diced tomatoes
1 6 oz. can tomato paste
1 cup green bell pepper, chopped
½ cup celery, chopped
½ cup onion, chopped
2 cups okra, sliced
1 cup frozen corn
½ tsp. ground black pepper

Directions:
- Heat oil in a non-stick large skillet.
- Sauté chicken about 5 minutes.
- Add remaining ingredients and simmer for about 20 minutes.
- Serve over ⅓ cup brown rice or with cornbread.

Servings: 6
Serving size: 1 cup
Counts as 2 Carbohydrates
**Tomato Basil Soup**

**Ingredients:**
- 4 cups tomatoes, peeled, chopped, and seeded
- 4 cups tomato juice, low-sodium
- ½ cup fresh basil leaves
- 1 cup 1% low-fat milk
- 1 Tbsp. Splenda® (optional)
- ¼ tsp. ground black pepper
- ½ cup low-fat cream cheese, softened
- Basil leaves, chopped (optional)

**Directions:**

- Bring tomatoes and juice to a boil in a large saucepan. Reduce heat and simmer uncovered for 30 minutes.
- Place tomato mixture and ½ cup basil in a blender or food processor. Process until smooth.
- Return pureed mixture to pan, stir in milk, Splenda® and pepper.
- Add cream cheese, stirring well with a whisk and cook over medium heat until thick (about 5 minutes).
- Ladle soup into bowls. Garnish with sliced basil, if desired.

**Servings:** 8
**Serving size:** 1 cup
**Counts as 1 Carbohydrate**

**Nutrition Facts**

8 servings per container

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<th>Serving size</th>
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<tr>
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Vegetable Gumbo

Ingredients:
1 tsp. olive or canola oil
1 medium onion chopped
1 medium green bell pepper, chopped
1 medium stick of celery, thinly sliced
1 14.5 oz. can no salt diced tomatoes, undrained
1 cup frozen sliced okra
1 tsp. Mrs. Dash® seasoning
2 cups water
1 3 oz. can tomato paste
2 tsp. Splenda® (optional)
½ tsp. black pepper

Directions:

- Heat oil in a large non-stick skillet.
- Cook the onion, bell pepper and celery for about 5 minutes, stirring frequently.
- Stir in the tomatoes, okra, Mrs. Dash®, water, Splenda®, tomato paste and pepper until well blended.
- Increase the heat to high and bring to a boil.
- Reduce heat and simmer for about 25 minutes or until okra is tender.
- Stir frequently.
- Remove from heat. Serve over ½ cup brown rice or with cornbread.

Servings: 4
Serving size: 1 cup
Counts as 1 Carbohydrate
PASTA & RICE
Baked Macaroni & Cheese

Ingredients:
Non-stick cooking spray
1 1/2 cup whole wheat elbow macaroni
2 Tbsp. soft tub margarine
2 Tbsp. flour
1 1/4 cups 1% low-fat milk
1/4 tsp. paprika
Dash of cayenne pepper
1/2 tsp. ground black pepper
1 1/2 cups low-fat sharp cheddar cheese, shredded
3/4 cup egg substitute

Directions:
- Preheat oven to 350° F.
- Spray a one quart casserole dish with non-stick cooking spray.
- Boil macaroni according to package directions; set aside.
- Melt margarine in small pan; blend in flour, stirring constantly.
- Slowly add milk, stir constantly until mixture boils & thickens (2 - 3 minutes).
- Remove from heat. Add paprika, cayenne pepper, black pepper, 1 cup of cheese and egg substitute.
- Stir until cheese is melted.
- Stir in macaroni.
- Pour into the prepared casserole dish. Top with remaining 1/2 cup of cheese.
- Bake about 30 minutes or until bubbly.

Servings: 6
Serving size: 1/2 cup
Counts as 2 Carbohydrates
Brown Rice & Vegetable Medley

Ingredients:
1 15 oz. frozen mixed vegetables
1 14.5 oz. can diced tomatoes with green chilies
1 10 oz. package frozen cut okra, thawed
1 red bell pepper, diced
1 yellow bell pepper, diced
2 cups low-sodium vegetable broth
1 cup Uncle Ben’s® brown rice

Directions:

- Combine the mixed vegetables, tomatoes, okra, bell peppers and broth in a large saucepan.
- Bring to a boil.
- Reduce to medium heat and simmer, covered, for about 10 minutes, stirring frequently.
- Stir in the rice and simmer, covered, until the rice is tender, about 20 minutes.

Servings: 6
Serving size: ½ cup
Counts as 2 Carbohydrates

Nutrition Facts

6 servings per container
Serving size 1/2 cup (363g)

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Mom’s Overnight Creamy Grits

Ingredients:
5 cups of water
1 tsp. Mrs. Dash® seasoning
1 cup of quick grits

Directions:

- Place all ingredients in a crock pot. Cook on high for 3 hours or cook on low overnight.
- Stir occasionally if necessary.
- If you cook overnight, you may need to whisk in extra water before serving.

Servings: 6
Serving size: ½ cup
Counts as 1½ Carbohydrates

Note: Long, slow cooking in the crockpot makes grits naturally creamy without added fat.
Red Beans & Rice

Ingredients:
1 cup uncooked instant brown rice
2 tsp. olive oil
1 medium onion, thinly sliced
1 medium red bell pepper, thinly sliced
2 medium ribs of celery, diced
1 medium garlic clove, minced
1 15 oz. can no salt red beans, undrained
1 cup low-sodium vegetable broth
1 Tbsp. bacon bits
¼ tsp. crushed red pepper flakes

Directions:
- Prepare the rice using the package directions, omitting the salt and margarine.
- Heat the oil in a large non-stick skillet over medium heat, swirling to coat the bottom.
- Cook the onion, bell pepper and celery for 2 - 3 minutes, or until tender-crisp, stirring occasionally.
- Stir in garlic. Add the water, 1 tablespoon at a time. Stir in the remaining ingredients.
- Increase the heat to medium high and bring to a low boil.
- Reduce the heat and simmer, covered for 10 minutes or until the flavors blend, stirring occasionally.

Servings: 12
Serving size: ½ cup
Counts as 1½ Carbohydrates

Nutrition Facts

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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.

![Image of Red Beans & Rice]
Red Rice Colleton Style

Ingredients:
- 2 strips low-sodium turkey bacon
- ½ cup green bell pepper, chopped
- ½ cup onion, finely chopped
- ½ cup celery, chopped
- 1 cup crushed tomatoes
- ½ cup low-sodium chicken broth
- ½ cup low-sodium tomato sauce
- ¾ cup low-sodium V-8® juice
- ½ tsp. ground black pepper
- ½ tsp. oregano
- ½ tsp. paprika
- 1 tsp. honey
- 1 packet Goya ham seasoning
- 2 cups uncooked long grain rice

Directions:
- Cut bacon strips in half, place in heavy pot.
- Cook on medium heat, uncovered, turning often, for about 5 minutes.
- Continue to turn bacon until crisp.
- Add onion, green pepper and celery. Sauté lightly for about 5 minutes.
- Add all liquid ingredients and spices.
- Bring to a boil then cover and simmer for 10 minutes.
- Add honey and Goya seasoning.
- Stir in rice and cover tightly.
- Cook on low heat 30-35 minutes.
- Test rice by fluffing with a fork.
- If rice is still firm, add ¼ cup of broth or water.
- Continue cooking on low heat until done for about 15-20 minutes.

Servings: 12
Serving size: ½ cup
Counts as 2 Carbohydrates

Nutrition Facts

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52
Rice & Vegetables

Ingredients:
- 4 cups low-sodium or salt-free chicken broth
- 2½ cups brown rice
- 2 Tbsp. canola or olive oil
- 1 cup onion, chopped
- 1 cup celery, chopped
- 1 cup mushrooms, sliced
- ¾ cup red bell pepper, chopped
- ¾ cup green bell pepper, chopped
- ¾ cup yellow bell pepper, chopped
- ½ tsp. salt
- ½ tsp. pepper

Directions:
- Cook rice in chicken broth and set aside.
- In a large non-stick skillet, sauté onion, celery, mushrooms, and peppers in oil until tender about 5 minutes.
- Add salt and pepper.
- Stir in rice, reduce to low heat.
- Cook and stir 3 - 4 minutes longer until heated thoroughly.

Servings: 8
Serving size: ½ cup
Counts as 1 Carbohydrate

Nutrition Facts
8 servings per container
Serving size 1/2 cup (245g)

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Calcium | 20mg | 2%  |
Iron | 0.8mg | 4%  |
Potassium | 300mg | 8%  |

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BREADS & PIZZA
Mexican Cornbread

Ingredients:
Non-stick cooking spray
1 16 oz. can cream style corn
½ tsp. baking soda
2 eggs
½ tsp. salt
1 cup yellow cornmeal
1 4 oz. can diced green chilies, rinsed
¾ cup low-fat cheddar cheese, grated
2 Tbsp. canola or olive oil

Directions:
- Preheat oven to 400° F.
- Mix all ingredients together and pour into an 8 x 8 inch pan that has been sprayed with non-stick cooking spray.
- Bake for 35 - 40 minutes or until a toothpick inserted in the center comes out clean.

Servings: 9
Serving size: 2” square
Counts as 1½ Carbohydrates
Spiced Pumpkin Bread

Ingredients:
- 1 15 oz. can solid pumpkin
- 1 tsp. cinnamon
- ½ tsp. allspice
- 1 tsp. pumpkin pie spice
- 1 16 oz. package angel food cake mix

Directions:
- Preheat oven to 350° F.
- Use a non-stick bread pan or 24 muffin pan lined with paper muffin liners.
- In a large bowl combine the pumpkin, pumpkin pie spice, allspice, cinnamon and water together until well mixed.
- Gradually stir in the dry cake mix and continue to stir until all the ingredients are well blended.
- Fill the bread pan or muffin cups half full.
- Bake for 15 minutes or until a toothpick inserted in the center of a muffin comes out clean.

Servings: 24 muffins or 12 thin slices
Serving size: 1 muffin or 1 slice
Counts as 1 Carbohydrate
Vegetable Pita Pizza

Ingredients:
Non-stick cooking spray
2 large whole wheat pita rounds
½ cup assorted fresh vegetables (you may use zucchini, squash, small broccoli florets, cauliflower florets, red sweet pepper strips and chopped carrots)
½ cup pizza sauce
¼ cup shredded part-skim mozzarella cheese

Directions:
- Preheat oven to 400° F. Place pita bread rounds on a baking sheet.
- Bake for 5 minutes.
- Coat an unheated small skillet with non-stick cooking spray. Preheat over medium heat.
- Add vegetables; cook and stir until crisp-tender.
- Spread pizza sauce onto pita bread rounds; top with vegetables and cheese.
- Bake for 8 - 10 minutes or until light brown. Cut each round into 4 wedges.
- Serve warm.

Servings: 4
Serving size: 2 wedges
Counts as 2 Carbohydrates

Nutrition Facts
4 servings per container
Serving size: 2 wedges (129g)

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Servings: 4
Serving size: 2 wedges
Counts as 2 Carbohydrates
VEGETABLES
Cheesy Sauce for Vegetables

Ingredients:
2 Tbsp. soft tub margarine
2 Tbsp. all-purpose flour
1½ cup canned non-fat evaporated milk
¾ cup low fat sharp cheddar cheese, shredded
1½ tsp. ground mustard

Directions:
- In a medium saucepan, melt the margarine over medium heat.
- Whisk the flour into margarine until smooth.
- Pour milk into margarine & flour mixture and stir with a wooden spoon to combine.
- Reduce heat to low and simmer until thickened, about 3 - 4 minutes.
- Remove from heat.
- Whisk in cheese until melted; whisk in mustard.
- Pour over vegetables.

Servings: 4
Serving size: ½ cup
Counts as 1 Carbohydrate

Nutrition Facts

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Collard Greens

Ingredients:
4 lbs. collard greens
1 tsp. ground black pepper
3 cups low-salt, low-fat chicken broth
1 tsp. red pepper flakes
2 medium onions, chopped
3 garlic cloves, crushed

Directions:
- Wash and cut collard greens and place them in a large stockpot.
- Add remaining ingredients and enough water to cover.
- Cook until tender, stirring occasionally (about 3½ hours).

Servings: 8
Serving size: 1 cup
Counts as 1 Carbohydrate

Note: The flavors will blend more if you let the greens sit after cooking. In a hurry, buy pre-washed collards in a bag.
Garlic Mashed Potatoes

**Ingredients:**
- 2 lbs. potatoes (about 8), quartered
- 2 garlic cloves, chopped or 1 Tbsp. garlic powder
- 2 Tbsp. soft tub margarine
- ½ cup 1% or skim milk
- ¼ cup grated parmesan cheese

**Directions:**
- Place potatoes and garlic in large saucepan, cover with water.
- Bring to a boil. Reduce heat.
- Cover and simmer for 20 - 25 minutes or until potatoes are very tender.
- Drain potatoes well.
- Add margarine and milk and mash until smooth.
- Stir in the parmesan cheese.

**Servings:** 4  
**Serving size:** ½ cup  
**Counts as 1½ Carbohydrates**
Glazed Carrots

Ingredients:
- 2 lb. baby carrots
- 2 Tbsp. soft tub margarine
- ¼ cup frozen orange juice concentrate (thawed)
- ¼ tsp. salt
- 2 Tbsp. brown sugar

Directions:
- Preheat oven to 350° F.
- Boil carrots until tender and drain.
- In a separate bowl, combine remaining ingredients and mix well.
- Place carrots in a baking dish and cover with sauce.
- Stir once to coat carrots thoroughly.
- Bake for 15 - 20 minutes.

Servings: 6
Serving size: ½ cup
Counts as 1 Carbohydrate

Nutrition Facts
6 servings per container
Serving size 1/2 cup (171g)

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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.
Lima Beans

Ingredients:
1 oz. smoked low-fat turkey, cut into pieces
2 8 oz. bags frozen lima beans
1 medium onion, chopped
1 clove garlic, minced

Directions:
- Put turkey in a medium pot and cover with water. Boil 15 minutes.
- Add remaining ingredients.
- Cook until lima beans are tender (about 20 minutes).
- Serve with cornbread.

Servings: 8
Serving size: ½ cup
Counts as 1 Carbohydrate
Oven Baked Fries

Ingredients:
Non-stick cooking spray
2 large white or sweet potatoes
1 Tbsp. canola or olive oil
¼ tsp. salt
¼ tsp. cayenne, ½ tsp. onion powder, ½ tsp. garlic powder (spices are optional)

Directions:
- Preheat oven to 425° F.
- Line baking pan with aluminum foil and spray with non-stick cooking spray.
- Wash the potatoes thoroughly, leaving the skin on.
- Cut potatoes into ½ inch wide strips.
- Toss fries in olive oil and spices.
- Spread coated fries in a single layer on baking sheet, leaving space around each fry.
- Bake for 20 minutes, flip fries and continue baking another 20 minutes until crisp.
- Serve warm from the oven.

Servings: 4
Serving size: 12 fries
Counts as 1 Carbohydrate
Squash & Onion Medley

Ingredients:
1 tsp. olive oil
2 cups fresh or frozen squash
1 large onion, sliced
1 tsp. Mrs. Dash® seasoning
½ tsp. ground black pepper

Directions:
- Heat olive oil in non-stick skillet over medium heat, add squash and onion.
- Add Mrs. Dash® seasoning and pepper.
- Stir frequently until squash reaches desired tenderness.

Servings: 4
Serving size: ½ cup
Counts as 0 Carbohydrates
Stewed Okra & Tomatoes

Ingredients:
8 large fresh tomatoes
2 tsp. soft tub margarine
1 large onion, chopped
1 large green bell pepper, chopped
1 cup frozen corn
1 lb. okra, cut (fresh or frozen)
2 tsp. Splenda®
½ cup plain bread crumbs

Directions:
- Place tomatoes in boiling water for 1 minute to make peeling easier.
- Peel and chop tomatoes.
- Heat margarine in a large skillet. Sauté tomatoes, onions, and bell pepper.
- Add the okra, corn and Splenda®. Simmer for 25 minutes.
- Add bread crumbs to thicken and stir well.

Servings: 10
Serving size: ½ cup
Counts as 1 Carbohydrate
Stir-Fried Broccoli

Ingredients:
1 tsp. olive oil
1 lb. broccoli, cut-up
2 tsp. Mrs. Dash® seasoning

Directions:

- Heat olive oil in skillet over medium heat, then add broccoli and Mrs. Dash® seasoning.
- Stir until broccoli reaches desired tenderness.

Servings: 6
Serving size: ½ cup
Counts as 0 Carbohydrates
Tasty Cabbage

Ingredients:
1 Tbsp. olive oil
3 oz. smoked turkey, cut into pieces
1 small head cabbage, cut-up
½ cup water
½ tsp. salt
⅛ tsp. ground black pepper

Directions:
- Heat oil in a large saucepan and sauté the turkey for 5 minutes.
- Add remaining ingredients.
- Cook until cabbage is tender, about 15 - 20 minutes

Servings: 6
Serving size: ½ cup
Counts as 1 Carbohydrate

Note: Be careful not to overcook as cabbage will become mushy.
ENTRÉES
Baked Ziti

**Ingredients:**
Non-stick cooking spray
1 lb. whole wheat medium tube pasta, cooked according to package directions
1 lb. ground beef or ground turkey
1 tsp. dried basil
2 medium onions, chopped
½ tsp. dried oregano, divided
2 garlic cloves, minced
1 24 oz. jar reduced-sodium meatless spaghetti sauce
1 28 oz. can unsalted diced tomatoes, undrained
1 carton reduced fat ricotta cheese
1 12 oz. can tomato paste
2 cups shredded part-skim mozzarella cheese
¾ cup water
1 Tbsp. minced parsley,
½ cup grated parmesan cheese, divided
1 tsp. low sodium Worcestershire sauce
½ cup egg substitute
½ tsp. black pepper

**Directions:**
- Preheat oven to 350° F.
- In a large saucepan, cook beef, onions and garlic over medium heat until meat is no longer pink; Drain and discard drippings.
- Stir in spaghetti sauce, tomatoes, tomato paste, parsley, Worcestershire sauce, basil and oregano.
- Cover and simmer on low for 3 hours, stirring occasionally.
- In a bowl, combine ricotta, mozzarella, ¼ cup parmesan parsley mixture, egg substitute, salt and pepper.
- Spray 2 13 x 9 baking dishes with non-stick cooking spray.
- In each pan, spread 1 cup of meat sauce in bottom of pan, layer a fourth of the pasta, 1 cup meat sauce and ¼ of the cheese mixture, repeat.
- Top with remaining sauce.
- Sprinkle with remaining ¼ cup parmesan cheese and parsley mixture.
- Cover and bake at 350° for 1 hour or until cheese is bubbly.

**Servings:** 18
**Serving size:** 4” x 3” slice
Counts as 2 Carbohydrates
Beef Stew

Ingredients:
1 tsp. canola or corn oil
1 lb. top round steak, cut into 1 inch cubes
(all visible fat trimmed and discarded)
1 cup salt-free beef broth
1 Tbsp. Italian salad dressing mix (about ½ of a 0.7 oz. packet)
1½ tsp. instant coffee granules
½ tsp. ground black pepper
1 medium green bell pepper cut into 1 inch squares
1 medium red bell pepper cut into 1 inch squares
3 medium carrots, cut crosswise into 2 inch pieces
1 medium onion, cut lengthwise into eighths
2 Tbsp. no salt ketchup

Directions:
- Pour in the oil, swirling to coat the bottom.
- Heat over medium-high heat.
- Cook the steak for 2 - 4 minutes or until beginning to brown, stirring frequently.
- Stir in the broth, coffee granules, black pepper and Italian seasoning.
- Increase the heat to high and bring to a boil.
- Reduce the heat and simmer, covered, for 45 minutes, or until the beef just begins to become slightly tender (no stirring needed).
- Stir in peppers, carrots, onions and ketchup. Increase the heat to high and bring to a boil.
- Reduce heat and simmer, covered, for 30 minutes or until the beef is very tender (no stirring needed).

Servings: 4
Serving size: 1 cup
Counts as 1 Carbohydrate
Chicken Pilau

**Ingredients:**
1 Tbsp. vegetable oil
1 cup celery, chopped
¼ cup green bell pepper, chopped
½ cup onion, chopped
2 cups boneless skinless chicken, cooked and cut into bite sized pieces
4 cups chicken broth, no salt or low-sodium
2 cups of uncooked long grain rice
   (may use brown rice but cook 10 minutes longer)
2 tsp Mrs. Dash® seasoning
1 tsp. crushed red pepper (adjust as desired)

**Directions:**

- Place first 4 ingredients in a Dutch oven and cook over medium heat for 5 minutes.
- Add chicken broth chicken, rice, Mrs. Dash® seasoning and crushed pepper.
- Stir and bring to a boil. Cover tightly and cook over low heat for 20 minutes without peeking.
- Remove from heat and let stand for 5 minutes.
- Serve hot.

**Servings:** 12
**Serving size:** ½ cup
**Counts as 2 Carbohydrates**
Chicken Spaghetti

Ingredients:
- Non-stick cooking spray
- 4 oz. dried whole wheat spaghetti, prepared according to package directions
- 1 tsp. olive oil
- 1 medium red bell pepper, thinly sliced
- 1 medium green bell pepper, thinly sliced
- 1 medium onion, chopped
- 2 cups diced skinless chicken breast, cooked without salt
- 1 14.5 oz. can diced tomatoes, undrained
- 1 10.75 oz. can condensed cream of chicken soup, low-fat, reduced sodium
- ½ cup shredded reduced fat cheddar cheese
- ¼ tsp. ground black pepper
- ¼ cup parmesan cheese, shredded or grated

Directions:
- Preheat oven to 350° F.
- Lightly spray an 8 inch square baking dish with non-stick cooking spray.
- In a large skillet, heat the oil over medium heat, swirling to coat the bottom. Cook the bell peppers and onions for 4 - 5 minutes or until tender, stirring occasionally. Pour into a large bowl.
- Stir in the remaining ingredients until well blended. Add spaghetti, toss well.
- Bake covered for 20 minutes. Bake uncovered for 10 minutes, or until the mixture is heated thoroughly and light golden brown on top.

Servings: 4
Serving size: 1 cup
Counts as 3 Carbohydrates

Nutrition Facts

4 servings per container

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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.

*Recipe contains greater than 20% daily value of sodium. Not recommended to combine with any other recipes flagged for high sodium.
Chicken & Spanish Rice

Ingredients:
- 2 tsp. vegetable oil
- 1 cup onions, chopped
- ¼ cup green bell pepper, chopped
- 1 8 oz. can tomato sauce, low-sodium
- 1 tsp. parsley, chopped
- 1½ tsp. garlic, minced
- ½ tsp. ground black pepper
- 5 cups cooked rice
- 3½ cups chicken breast, skinned, cooked and diced

Directions:
- In a large skillet, sauté onions & bell pepper in oil for 5 minutes on medium heat.
- Add tomato sauce and spices, heat thoroughly.
- Add cooked rice and chicken, heat until all the liquid is absorbed.
- Serve hot.

Servings: 6
Serving size: 1¼ cup
Counts as 2 Carbohydrates
Chicken Stir Fry

Ingredients:
Non-stick cooking spray
1 lb. skinless, boneless chicken breast, cut into bite-size pieces
1 tsp. garlic powder
¼ cup low-salt teriyaki sauce, divided
1 cup green bell pepper, sliced
1 cup yellow bell pepper, sliced
1 cup red bell pepper, sliced
2 cups green onions, sliced or diced

Directions:
- Spray a large skillet with non-stick cooking spray.
- Stir fry chicken over medium heat with garlic and half of teriyaki sauce until internal temperature reaches 165° F.
- Remove chicken from skillet and keep warm.
- Add peppers, onions and other half of teriyaki sauce to skillet.
- Stir fry vegetables until crisp tender. Add water to prevent sticking
- Add chicken and sauté one minute.
- Serve over ⅓ cup brown rice or noodles.

Servings: 4
Serving size: 1½ cups
Counts as 2 Carbohydrates
Crab Cakes

Ingredients:
- Non-stick cooking spray
- 1 6 oz. can lump crabmeat
- ½ cup grated carrots
- 1 cup bread crumbs
- 2 medium green onions, thinly sliced
- 2 egg whites or ½ cup egg substitute
- 1 Tbsp. fat-free or reduced fat mayonnaise
- 1 tsp. salt free Cajun creole seasoning blend
- 1 tsp. paprika
- 1 tsp. olive oil
- 2 Tbsp. fat free sour cream

Directions:
- Preheat oven to 375° F.
- Spray baking pan with non-stick cooking spray.
- In medium bowl, stir together crabmeat, carrots, ½ cup bread crumbs, green onions, egg whites, mayonnaise, seasoning blend, paprika, olive oil and sour cream.
- Divide mixture into 4 portions and shape into patties. Coat in remaining bread crumbs.
- Bake for 30 minutes.
- Serve Hot.

Servings: 2
Serving size: 2 cakes
Counts as 1 Carbohydrate
Hearty Chili

Ingredients:
Non-stick cooking spray
1 medium onion, chopped
1 small green bell pepper, chopped
1 garlic clove, minced
1 lb. extra lean ground beef or ground turkey
1 15 oz. can chili beans
1 cup frozen carrots, diced and cooked
1 14.5 oz. can diced tomatoes, low-sodium
1 Tbsp. chili powder
½ tsp. ground black pepper
½ tsp. ground cumin

Directions:
- Spray a non-stick skillet with non-stick cooking spray.
- Cook first 3 ingredients over medium heat for 3 minutes.
- Stir in beef and cook until browned.
- Combine chili beans, diced carrots, diced tomatoes and spices to cooked beef mixture.
- Bring to low boil, simmer for 20 minutes, stirring every 5 minutes.

*Recipe contains greater than 20% daily value of sodium. Not recommended to combine with any other recipes flagged for high sodium.

Servings: 8
Serving size: 1 cup
Counts as 1 Carbohydrate
Jambalaya

Ingredients:
- 1 Tbsp. vegetable oil
- ½ cup onion, chopped
- 1 cup celery, chopped
- ¼ cup green bell pepper, chopped
- 2 tsp. crushed red pepper (adjust as desired)
- 1 tsp. Mrs. Dash® seasoning
- 2 cups low-sodium crushed tomatoes
- 2 cups low-sodium tomato juice
- 2 cups of uncooked long grain brown rice
- ½ lb. raw shrimp, peeled

Directions:
- Place first 4 ingredients in a Dutch oven and cook over medium heat for 5 minutes.
- Add crushed red pepper, Mrs. Dash® seasoning, tomatoes, tomato juice, sausage and rice.
- Stir and bring to a boil. Cover tightly and cook on low heat for 30 minutes without peeking.
- Add shrimp and cook for 5 minutes. Remove from heat and let sit for 5 minutes.
- Serve hot.

Servings: 12
Serving size: ½ cup
Counts as 2 Carbohydrates
Lemon Chicken & Potatoes

Ingredients:
- Non-stick cooking spray
- 6 6 oz. chicken breasts, with skin and fat removed
- 1 Tbsp. olive oil
- ½ tsp. salt
- ½ tsp. black pepper
- 1 cup chicken broth, low-sodium
- ¼ cup fresh lemon juice
- 3 gloves garlic, minced
- 3 large baking potatoes, washed, cut into ½ inch thick slices
- 12 lemon slices

Directions:
- Preheat oven to 375° F.
- Coat baking pan with non-stick cooking spray.
- Place chicken on baking pan. Brush chicken with oil and sprinkle with salt and pepper.
- Combine broth, lemon juice and garlic. Pour half of liquid over chicken.
- Bake uncovered for 30 minutes basting often with pan juices.
- Remove from oven and arrange potatoes in single layer.
- Pour remaining broth mixture in the pan.
- Top each chicken breast with 2 lemon slices.
- Bake for 30 minutes or until chicken reaches an internal temperature of 165° F.
- Remove from oven and serve hot.

Servings: 6
Serving size: 1 breast, ½ potato
Counts as 2½ Carbohydrates

Nutrition Facts
6 servings per container

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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 Country Boil

**Ingredients:**
1 gallon of water
1 tsp. Mrs. Dash® seasoning
2 tsp. low sodium salt-free Old Bay® seasoning
2 tsp. crushed red pepper (adjust as desired)
1/2 cup onion, chopped
20 pieces of celery, each 4 inches long
12 half ears of corn
1/2 lb. smoked low-fat turkey sausage
1 lb. raw unpeeled medium shrimp

**Directions:**
- Place first 4 ingredients in large pot and bring to a boil.
- Add onions and celery. Bring to a boil for 5 minutes.
- Add sausage. Bring to a boil for 5 minutes.
- Add shrimp and corn. Bring to a boil for 5 minutes.
- Serve immediately.

*Recipe contains greater than 20% daily value of sodium. Not recommended to combine with any other recipes flagged for high sodium.

**Servings:** 12
**Serving size:** 1½ cups
**Counts as 1 Carbohydrate

**Note:**
*Due to the high sodium level of the recipe, reserve this dish for special occasions.*
Oven Fried Chicken

Ingredients:
Non-stick cooking spray
1 3 lb. fryer chicken, skin and fat removed
1 cup 1% or skim milk
1 tsp. garlic powder
1 tsp. onion powder
1 tsp. paprika
1 tsp. black pepper
1 tsp. Mrs. Dash® seasoning
½ tsp. red pepper
1 cup flour

Directions:
- Preheat oven to 400° F.
- Cut chicken into pieces and place in milk.
- In a large bowl, combine all remaining ingredients.
- Coat each piece of chicken with flour mixture. Discard remaining flour and milk.
- Place chicken in baking pan. Spray top of chicken with non-stick cooking spray.
- Bake for 45 minutes or until chicken juices run clear and reaches an internal temperature of 165°F.

Servings: 6
Serving size: 1 breast, 1 thigh, or a drumstick and wing
Counts as 1 Carbohydrate
Oven Fried Fish

Ingredients:
Non-stick cooking spray
½ cup cornflake crumbs
2 tsp. Mrs. Dash® seasoning
¼ tsp. ground black pepper
1 lb. fish filets (whiting, snapper, tilapia or halibut)

Directions:
- Preheat oven to 450° F.
- Spray a baking pan with non-stick cooking spray.
- Mix first three ingredients in a plastic bag and set aside.
- Cut fish into 4 oz. pieces.
- Place two pieces of fish at a time in the plastic bag and shake to coat.
- Arrange on baking sheet so that fish is not touching.
- Bake for 10 - 15 minutes or until fish flakes easily and reaches an internal temperature of 145° F.

Servings: 4
Serving size: 1 fillet
Counts as 0 Carbohydrates
Parmesan Chicken & Vegetables

Ingredients:
- Non-stick cooking spray
- 1 lb. chicken breast strips
- 1 tsp. dried oregano
- 1 large red bell pepper, cut into thin strips
- 1 large yellow bell pepper, cut into thin strips
- 1 large onion, thinly sliced
- 1 24 oz. jar low-sodium spaghetti sauce
- 2 Tbsp. Splenda®
- ¼ cup parmesan cheese, shredded

Directions:
- Place chicken in a 12 inch non-stick skillet and sprinkle with oregano.
- Cook the chicken, covered, over medium high heat for 3 - 5 minutes.
- Turn over the chicken. Cover and continue cooking for an additional 3 to 5 minutes or until the chicken reaches an internal temperature of 165° F.
- Remove the chicken and place in a covered dish.
- Spray skillet with non-stick spray and add peppers and onion. Cook over medium heat for 3 - 4 minutes, stirring occasionally.
- Pour 1 cup of the spaghetti sauce over the vegetables.
- Sprinkle the Splenda® over the sauce and vegetables. Stir and cook until well mixed and completely heated.
- Return the chicken to the skillet and stir to combine with the vegetables and sauce.
- Sprinkle with cheese.
- Cover and cook until the cheese is completely melted, about 1 - 2 minutes.
- Serve immediately.

Servings: 6
Serving size: 1½ cups chicken with vegetables
Counts as 1 Carbohydrate
Parmesan Flounder

Ingredients:
Non-stick cooking spray
4 4 oz. flounder filets
1 Tbsp. lemon juice
⅓ cup fat-free or reduced-fat mayonnaise
4 Tbsp. parmesan cheese, grated
1 Tbsp. green onion, chopped
⅛ tsp. hot sauce
1 Tbsp. soft tub margarine

Directions:

- Preheat broiler.
- Place filets on broiler pan coated with non-stick cooking spray.
- Brush fish with lemon juice.
- Broil 5½ inches from heat for 5 - 6 minutes until fish flakes with a fork and reaches an internal temperature of 145° F.
- Combine mayonnaise and remaining ingredients. Stir well.
- Spread mayonnaise mixture evenly over filets.
- Broil 1 additional minute until light brown and bubbly.

*Recipe contains greater than 20% daily value of sodium. Not recommended to combine with any other recipes flagged for high sodium. Consider using a lower sodium fish such as Talapia.

Servings: 4
Serving size: 1 filet Counts as 0 Carbohydrates
Salmon Bake

Ingredients:
1 medium onion, chopped
2 stalks celery, chopped
½ medium green bell pepper, chopped
½ cup water
8 oz. cooked salmon (from packet or canned)
¼ cup Greek yogurt, plain
2 egg whites, beaten (or ¼ cup egg substitute)
6 Tbsp. sourdough bread crumbs

Directions:
- Preheat oven to 350° F.
- Sauté onion, celery and pepper in water until tender.
- Combine vegetables with salmon, yogurt and 4 Tbsp. bread crumbs. Fold in beaten egg white.
- Place in a non-stick baking dish.
- Sprinkle top with remaining bread crumbs.
- Bake for 1 hour. Cool 5 minutes before serving.

Servings: 2
Serving size: 4 oz.
Counts as 1½ Carbohydrates
Prepare a recipe of Mom’s Creamy Grits (see recipe in the book) in the crock pot to have ready when the shrimp are cooked.

Place first 5 ingredients in a Dutch oven and cook over medium heat for 5 minutes.

Add chicken broth, Mrs. Dash® seasoning, Old Bay® seasoning, crushed red pepper, and sausage.

Stir and simmer for 10 minutes.

Place cornstarch in a cup and add water 1 teaspoon at a time to make a paste without lumps. Then, add enough water to make a thick liquid.

Add cornstarch mixture a little at a time to chicken broth mixture and continue to simmer for 10 minutes.

Add shrimp and cook for 3 minutes.

Serve over Mom’s Creamy Grits on page 50.
Sloppy Joes

Ingredients:
1 lb. extra lean ground beef or lean ground turkey
1 10 oz. package of frozen peas and carrots
1 ½ cups water
1 6 oz. can tomato paste
1 Salt Free Sloppy Joe seasoning mix (see recipe in the book)
6 lite hamburger buns
6 slices low-fat cheddar cheese

Directions:

- Cook ground beef in skillet over medium heat until browned, stirring to break it up. Drain and discard drippings.
- Stir in the mixed vegetables, 1 ½ cups water, tomato paste and seasoning mix. Bring to a boil. Reduce heat and simmer, stirring until thickened, about 10 minutes.
- Preheat the broiler, place the buns, cut side up, on a broiler rack and broil 3 inches from the heat until toasted, about 1 - 2 minutes.
- Add 1 slice of cheese to the top half of the bun and broil 1 minute more or until the cheese is melted.
- Spoon 1 cup of the beef mixture on top of each bun half and serve at once.

Servings: 6
Serving size: 1 cup
Counts as 1 Carbohydrate (Sloppy Joe only)
Counts as 2 Carbohydrates with the lite bun

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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.
Salt-Free Sloppy Joe Seasoning Mix

Ingredients:
- 1 Tbsp. dried minced onion
- 1 Tbsp. onion powder
- ½ tsp. garlic powder
- ¼ tsp. dry mustard
- ½ tsp. chili powder
- ½ tsp. ground black pepper
- 1 tsp. dried pepper flakes

Directions:
- Mix all ingredients together until well blended.

Note: This mixture will season one pound of lean ground beef or lean ground turkey. Experiment by increasing or decreasing the spices or adding new spices according to your personal taste. Make a triple batch and store in an airtight container for up to one year.
Spaghetti with Meat Sauce

Ingredients:
1 lb. extra lean ground turkey
2 Tbsp. olive oil
2 small onions, chopped
3 cloves garlic, chopped
1 ¼ cup zucchini, diced
1 Tbsp. oregano, dried
1 8 oz. can no-salt tomato sauce
1 6 oz. can no-salt tomato paste
2 medium tomatoes, chopped
1 cup water
6 oz. whole wheat spaghetti, cooked according to package direction

Directions:

- In a medium skillet cook ground turkey. Drain and set aside in a bowl.
- Heat the oil in the skillet.
- Sauté onions, garlic and zucchini in oil for 5 minutes over medium heat.
- Add cooked ground turkey and remaining ingredients. Cover and simmer for 45 minutes.
- Serve over ⅓ cup whole wheat spaghetti.

Servings: 8
Serving size: ¾ cup
Counts as 1 Carbohydrate
Spicy Baked Fish

Ingredients:
- Non-stick cooking spray
- 1 Tbsp. olive oil
- 1 tsp. salt-free spicy seasoning
- 1 lb. cod filet (or other fish)

Directions:
- Preheat oven to 350° F.
- Spray a baking dish with non-stick cooking spray.
- Mix oil and seasoning and drizzle over fish.
- Bake uncovered for 15 minutes until fish flakes with fork and reaches an internal temperature of 145° F.
- Cut into 4 pieces. Serve with ⅓ cup brown rice and 1 cup vegetable stir-fry.

Servings: 4
Serving size: 1 fillet
Counts as 0 Carbohydrates
Tasty Meatloaf

Ingredients:
Non-stick cooking spray
1½ lbs. extra lean ground beef or lean ground turkey
¾ cup quick oatmeal
½ cup low-sodium ketchup
¼ cup egg substitute
½ cup green bell pepper, finely chopped
½ cup celery, finely chopped
½ cup onions, finely chopped
1 clove garlic, finely chopped
1 Tbsp. parsley, dried
½ tsp. ground black pepper
¾ cup non-fat dry milk
Extra ketchup for garnishing if desired.

Directions:
- Preheat oven to 350° F.
- Mix the ingredients together well.
- Pack meat mixture in a loaf pan sprayed with non-stick cooking spray.
- Bake for 1 hour until the meatloaf reaches an internal temperature of 165°F.

Servings: 8
Serving size: 3 oz.
Counts as 1 Carbohydrate
Zucchini Lasagna

Ingredients:
Non-stick cooking spray
½ lb. lasagna noodles, cooked according to package directions in unsalted water
¾ cup part-skim mozzarella cheese, grated
¼ cup parmesan cheese, grated
1½ cup fat-free, no-salt cottage cheese
2½ cups no-salt tomato sauce
1½ cups raw zucchini, sliced
¼ cup onion, chopped
2 tsp. dried basil
2 tsp. dried oregano
1/8 tsp. ground black pepper
1 clove garlic, minced

Directions:
1. Preheat oven to 350° F.
2. Spray a 9” x 13” baking dish with non-stick cooking spray.
3. In a small bowl, combine 1/8 cup mozzarella and 1 Tbsp. parmesan cheese, set aside.
4. In a medium bowl, combine remaining mozzarella and parmesan cheese with cottage cheese. Mix well and set aside.
5. Combine tomato sauce with remaining ingredients.
6. Spread a thin layer of tomato sauce in the bottom of the baking dish.
7. Add a third of the noodles in a single layer.
8. Spread half the cottage cheese mixture on top of the noodles. Add a layer of zucchini.
9. Repeat layering. Top with noodles, sauce, and remaining cheese mixture.
10. Bake covered with foil for 30 - 40 minutes, then uncover and cook another 5 - 10 minutes until top is light brown.
11. Let sit 10 minutes before serving.

Servings: 9
Serving size: 4” x 3” slice
Counts as 2 Carbohydrates

Nutrition Facts
9 servings per container
Serving size 4” x 3” slice (0.0g)

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Vitamin D 0mcg 0%
Calcium 140mg 10%
Iron 1.9mg 10%
Potassium 290mg 6%

*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.
Desserts
Blackberry Dumplings

Ingredients:
3 pints fresh or frozen blackberries
½ cup Splenda®
¾ cup water
1 Tbsp. soft tub margarine

Dumplings:
1 cup all-purpose flour
5 tsp. baking powder
5 tsp. Splenda®
½ tsp. salt
¼ cup egg substitute
½ cup skim milk

Directions:

- Combine blackberries, Splenda®, water and margarine in 6 quart saucepan and bring to a boil.
- To make dumplings, combine flour, baking powder, Splenda® and salt in a bowl.
- In a medium bowl, whisk together egg substitute and milk.
- Stir in dry ingredients to form a soft dough.
- Drop by spoonfuls into the boiling berry mixture.
- Reduce heat, cover and simmer for 15 - 20 minutes until dumplings are done.

*Recipe contains greater than 20% daily value of sodium. Not recommended to combine with any other recipes flagged for high sodium.

Servings: 8
Serving size: ½ cup
Counts as 1½ Carbohydrates
Bread Pudding

**Ingredients:**
Non-stick cooking spray  
8 slices of whole wheat bread  
2 cups skim milk  
¾ cup egg substitute  
½ cup Splenda®  
2 tsp. vanilla extract  
½ tsp. cinnamon  
½ tsp. nutmeg

**Directions:**
- Preheat oven to 350° F.
- Cut bread into cubes and place in an 8” x 8” pan sprayed with non-stick cooking spray.
- Mix remaining ingredients and pour over bread cubes.
- Bake for 40 minutes or until a sharp knife inserted in the center comes out clean.
- Serve warm.

**Nutrition Facts**

9 servings per container  
Serving size 1 piece (105g)

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**Protein:** 8g

- Vitamin D 1mcg (4%)
- Calcium 100mg (8%)
- Iron 1.3mg (8%)
- Potassium 200mg (4%)

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**Servings:** 9  
**Serving size:** 1 piece  
**Counts as 1 Carbohydrate**
Cinnamon Apple Cookies

Ingredients:
Non-fat cooking spray
½ cup skim milk
1 cup reduced-fat Bisquick®
¼ cup Splenda® brown sugar
1 ½ tsp. cinnamon
1 cup chopped baking apples

Directions:
- Preheat oven to 400° F.
- Coat two cookie sheets with non-fat cooking spray.
- In a bowl, mix milk, Bisquick®, brown sugar, cinnamon and apples together until well combined.
- Drop rounded tablespoons onto the prepared cookie sheets.
- Bake for 4 minutes or until lightly golden brown on the bottom.
- Remove from oven and place on rack to cool.

Servings: 12
Serving size: 2 cookie
Counts as 1 Carbohydrate

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Cinnamon Baked Apples

Ingredients:
6 small apples, washed, cored and cut in half
¼ cup boiling water
½ cup Splenda®
1 tsp. cinnamon
2 Tbsp. soft tub margarine

Directions:
- Heat oven to 350° F.
- Place the apples in a non-stick baking dish.
- Add water to the dish of apples.
- Mix Splenda® and cinnamon.
- Spoon into the apples.
- Divide margarine evenly and spoon into each apple.
- Cover and bake for 35 minutes until apples are tender.
- Serve warm.

Servings: 6
Serving Size: 1 apple
Counts as 1½ Carbohydrates

Nutrition Facts
6 servings per container
Serving size 1 apple (165g)

Calories 110

Total Fat 3.5g 4%
  Saturated Fat 1g 5%
  Trans Fat 0g

Cholesterol 0mg 0%

Sodium 25mg 1%

Total Carbohydrate 21g 8%
  Dietary Fiber 4g 14%
  Total Sugars 16g
  Includes 0g Added Sugars 0%

Protein 0g

Vitamin D 0mcg 0%
Ca 10mg 0%
Iron 0.2mg 2%
Potassium 160mg 4%

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Frozen Yogurt Pie

Ingredients:
1 quart (4 cups) peach frozen yogurt (sugar-free/fat-free), softened
1 8” or 9” graham cracker pie crust
⅔ cup raspberry sugar-free or fruit only spread

Directions:
- Place frozen yogurt in large mixing bowl.
- Stir by hand or beat with electric mixer until soft.
- Spoon yogurt into graham cracker pie crust.
- Cover and freeze at least 2 hours.
- Let pie stand at room temperature for 5 minutes.
- In the meantime, heat fruit spread in small sauce pan on low (about 1 - 2 minutes).
- Cut pie into 8 slices. Drizzle 1 Tbsp. of fruit spread over each slice.
- Serve immediately.

Servings: 8
Serving size: ⅛ of pie
Counts as 2 Carbohydrates
Fruited Yogurt Delight

Ingredients:
1 16 oz. strawberry yogurt, sugar-free, fat-free
1 pint fresh strawberries, sliced
1 16 oz. blueberry yogurt, sugar-free, fat-free
1 pint fresh blueberries, sliced
1 16 oz. vanilla yogurt, sugar-free, fat-free
6 oz. healthy granola (recipe in cookbook)

Directions:

- Spread the strawberry yogurt in the bottom of a large glass bowl.
- Arrange the strawberries on top.
- Spread the blueberry yogurt over strawberries.
- Arrange fresh blueberries on top.
- Spread vanilla yogurt on blueberries.
- Sprinkle granola on top of yogurt right before serving.
- Serve chilled.

Servings: 10
Serving size: ¾ cup
Counts as 2 Carbohydrates
Heavenly Hash

Ingredients:
- 2 cups light Cool Whip®
- 1 cup crushed pineapple, canned in its own juice and drained
- 1 3.4 oz. box pistachio pudding mix, sugar-free
- 1 cup fruit cocktail, canned in its own juice and drained
- 1/4 cup pecans or walnuts, chopped

Directions:
- Put Cool Whip® and pineapple in a medium mixing bowl.
- Stir together, leaving a well in the center.
- Pour pudding mix in the center of the well and stir.
- Add fruit cocktail and stir to combine thoroughly.
- Sprinkle nuts on top.
- Chill in refrigerator until ready to serve.

Servings: 6
Serving size: ½ cup
Counts as 1 Carbohydrate

Nutrition Facts

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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.
Hot Chocolate

**Ingredients:**
- 1 cup 1% milk
- ½ tsp. vanilla extract
- 1 Tbsp. unsweetened cocoa
- 1 Tbsp. Splenda® or other low calorie sweetener

**Directions:**

- Combine the milk, vanilla and cocoa powder in a cup and stir until well blended.
- Place cup in microwave for 2 minutes on 50% power or until completely heated.
- Stir in Splenda®.
- Serve hot.

**Servings:** 1
**Serving size:** 1 cup
**Counts as 1 Carbohydrate**
Oatmeal Cookies

Ingredients:
½ cup soft tub margarine, softened
½ cup light brown sugar
¼ cup Splenda®
1 tsp. baking soda
½ tsp. salt
¼ cup egg substitute
¼ cup sugar-free maple flavored syrup
¾ tsp. vanilla extract
1½ cups all-purpose flour
2 cups quick cooking oats
¼ cup dried blueberries

Directions:
- Preheat oven to 350° F.
- In large bowl, beat margarine on medium-high speed for 30 seconds.
- Add brown sugar, Splenda®, baking soda and salt. Beat until combined, occasionally scraping sides of bowl.
- Beat in egg substitute, maple flavored syrup and vanilla until combined.
- Gradually add flour until well blended.
- Stir in rolled oats and blueberries.
- Using a small scoop or a teaspoon, drop dough, 2 inches apart on ungreased cookie sheet. Bake 9 - 11 minute or until edges are golden brown.
- Let stand for 1 minute on the cookie sheet.
- Place on a wire rack to cool.

Servings: 18 cookies
Serving size: 2 cookies
Counts as 2 Carbohydrates
Pear Peach Crisp

Ingredients:
6 cups pears (about 6 medium), peeled and sliced
2 cups peaches (about 3 medium), peeled, pitted, and sliced
½ cup raisins
3 Tbsp. light brown sugar
½ tsp. ground ginger
1 cup apple juice

Topping:
1½ cups quick cooking oats
½ cup Grape Nuts® cereal
½ cup pecans, chopped
¼ cup light brown sugar
¼ cup Splenda®
¼ tsp. soft tub margarine, melted

Directions:
- Preheat oven to 350° F.
- In large bowl toss fruit, raisins, brown sugar and ginger.
- Spread into the bottom of a 3 qt. baking dish.
- To make the topping, combine oats, cereal, nuts, brown sugar and Splenda®.
- Stir melted margarine into topping mixture.
- Spoon the topping over the fruit.
- Pour apple juice evenly over the topping.
- Bake uncovered for 55 minutes until top is golden brown and filling is bubbly.
- Remove to a wire rack to cool.
- Serve warm.

Servings: 16
Serving size: ½ cup
Counts as 2 Carbohydrates
Pineapple Casserole

Ingredients:
Non-stick cooking spray
½ cup soft tub margarine
1 cup Splenda®
2 cups egg substitute
2 20 oz. cans crushed pineapple, drained, in its own juice
3½ Tbsp. lemon juice
10 slices day-old bread, cubed

Directions:
- Preheat oven to 325° F.
- Spray a 13” x 9” pan with non-stick cooking spray.
- In a mixing bowl, mix together margarine and Splenda®.
- Add egg substitute, ¼ cup at a time. Beat well after each addition.
- Stir in pineapple and lemon juice.
- Fold in bread cubes.
- Pour mixture into baking dish.
- Bake for 35 - 40 minutes or until set.
- Remove from oven and cool for 5 minutes.
- Serve warm.

Servings: 16
Serving size: ½ cup
Counts as 1½ Carbohydrates

Nutrition Facts
16 servings per container
Serving size 1/2 cup (117g)
Amount Per Serving
Calories 160

- Total Fat 5g
- Saturated Fat 1g
- Trans Fat 0g
- Cholesterol 0mg
- Sodium 70mg
- Total Carbohydrate 24g
- Dietary Fiber 1g
- Total Sugars 11g
  Includes 0g Added Sugars
- Protein 4g

Vitamin D 0.2mcg 2%
Calcium 30mg 2%
Iron 1.3mg 8%
Potassium 140mg 4%

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Sweet Potato Pie

Ingredients:
4 medium sweet potatoes
½ cup egg substitute
1 4 oz. can fat-free sweetened condensed milk
1 tsp. nutmeg
1 tsp. cinnamon
1½ tsp. vanilla extract
½ tsp. salt
1 9” graham cracker pie crust

Directions:
- Preheat oven to 350° F.
- Wash and dry sweet potatoes.
- Bake sweet potatoes for about one hour or until soft.
- Cool, peel and place in mixing bowl.
- Beat until smooth.
- Remove as many strings as possible.
- Add egg substitute and mix until well blended.
- Add condensed milk, spices and vanilla extract.
- Mix well.
- Pour into graham cracker crust and bake 30 - 40 minutes.
- Cool slightly before serving.
- Serve warm or cold.

Servings: 8
Serving size: 1 slice
Counts as 2 Carbohydrates

Nutrition Facts
8 servings per container
Serving size 1 slice (103g)

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*S 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.
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