

# Quick & Healthy *Recipes*

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FALL / WINTER

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This colorful dish is especially good served with our Spanish Rice and Beans (recipe follows).

## ## *Spanish Chicken*

1 pound skinless, boneless chicken breasts    1/4 teaspoon salt (optional)  
3 green onions, chopped    1/8 teaspoon ground cumin  
1 cup chopped tomato    1/8 teaspoon ground black pepper  
1 can (4 ounces) diced green chiles

Conventional oven: Preheat oven to 350 degrees. Spray an 8" x 8" pan with nonstick cooking spray. Arrange chicken in the pan. Top with remaining ingredients. Bake uncovered for 25–35 minutes or until chicken is done.

Barbecue or broiler: Barbecue or broil chicken about 3–4 minutes on each side or until done. Mix remaining ingredients in a microwave-safe bowl. Cover, venting the lid, and cook on high in microwave until heated throughout, about 2 minutes. Pour over cooked chicken.

Microwave oven: Arrange chicken in a microwave-safe dish that has been sprayed with nonstick cooking spray. Top with remaining ingredients. Cover, venting the lid, and cook on high for 6–8 minutes, rotating 1/4 turn halfway through cooking time. Time will vary with thickness of chicken.

**Makes 4 servings**  
**Each Serving**

1/4 recipe

**Carb Servings:** 0

**Exchanges**

3 lean meat

**Nutrient Analysis**

calories 147

total fat 3g

saturated fat 1g

cholesterol 69mg

sodium 77mg

total carbohydrate 4g

dietary fiber 1g

sugars 2g

protein 26g

This is a colorful side dish that tastes great with Spanish Chicken (previous recipe).  
For a different flavor, try substituting black beans for the kidney beans.

## ## *Spanish Rice and Beans*

1 cup quick-cooking brown rice, uncooked    1 can (15 ounces) kidney beans, drained  
1/8 teaspoon ground cumin    and rinsed  
1 1/4 cups fat-free chicken broth\*    1 can (4 ounces) diced green chiles

Cook rice according to package directions, adding the cumin, substituting chicken broth for water, and omitting the salt. When done, mix in remaining ingredients, and cover to heat thoroughly.

\*Sodium is figured for reduced sodium.

**Makes 4 cups** (8 servings)

**Each Serving** 1/2 cup

**Carb Servings:** 1

**Exchanges**

1 starch

**Nutrient Analysis**

calories 85

total fat 1g

saturated fat 0g

cholesterol 0mg

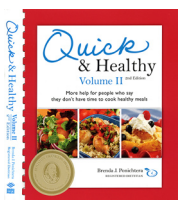
sodium 20mg

total carbohydrate 16g

dietary fiber 2g

sugars 1g

protein 4g



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Source: ## **Quick & Healthy Volume II, 2nd Edition**, © Brenda J. Ponichtera, R.D., [www.QuickandHealthy.net](http://www.QuickandHealthy.net), Small Steps Press, publishing health conscious books for the general population, a division of the American Diabetes Association. **Ordering:** Individual orders (retail \$18.95):

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**more ...**

This moist cake does not use any fat. It can be served plain, or with fat-free whipped topping. Cream Cheese Topping (recipe follows) is very good on this cake.

## #Pineapple Cake

2 cups unbleached all-purpose flour  
1 cup granulated sugar  
2 teaspoons baking soda  
1/4 teaspoon salt (optional)

1 can (20 ounces) unsweetened crushed pineapple, in juice (not drained)  
1/2 cup egg substitute (equal to 2 eggs)

Preheat oven to 350 degrees. Combine the first four ingredients in a medium bowl.

Mix pineapple with egg substitute. Add to dry ingredients and mix until blended.

Pour into a 9-inch by 13-inch baking pan that has been sprayed with nonstick cooking spray. Bake for 30–35 minutes.

**Makes 16 servings**  
**Each Serving**  
**Carb Servings: 2**  
**Exchanges**

2 carbohydrate

**Nutrient Analysis**

calories 121  
total fat 0g  
saturated fat 0g  
cholesterol 0mg  
sodium 172mg  
total carbohydrate 28g  
dietary fiber 1g  
sugars 15g  
protein 3g

Use as frosting in place of traditional high-fat cream cheese frosting.

## #Cream Cheese Topping

1 small box (1 ounce) sugar-free instant cheesecake or vanilla pudding  
2 cups fat-free milk

6 ounces fat-free cream cheese (room temperature)

In a small mixing bowl, combine pudding mix and milk. Beat on low speed to mix well. Add cream cheese. Increase speed and beat until smooth and thick.

**Makes 2 1/2 cups (20 servings)**  
**Each Serving: 2 tablespoons**

**Carb Servings: 0**  
**Exchanges: Free**  
**Nutrient Analysis**

calories 21  
total fat 0g  
saturated fat 0g  
cholesterol 0mg  
sodium 126mg  
total carbohydrate 3g  
dietary fiber 0g  
sugars 2g  
protein 2g

*This meal in a bowl can be prepared in minutes. Also makes enough for leftovers.*

## #Sausage and Bean Soup

1 package (16 ounces) low-fat turkey smoked sausage  
1 medium onion chopped  
4 cans (about 15 ounces each) of beans of your choice, drained and rinsed, (beans that work well are: black, kidney, pinto, garbanzo, lima)

1 can (14.5 ounces) diced tomatoes\*, not drained  
2 cups fat-free chicken broth\*  
2 cups water  
1 can (4 ounces) diced green chiles  
1/2 cup salsa, thick and chunky  
1 cup chopped fresh cilantro

Cut sausage into bite-size pieces.

In a large kettle, combine all ingredients except the cilantro. Bring to a boil. Reduce heat to low. Cover and simmer for 10 minutes. Serve topped with cilantro.

Note: One serving is an excellent source of fiber.

This recipe is higher in sodium and should be limited by those on a low-sodium diet.

\*Sodium is figured for no added salt/reduced sodium.

\*\*Half of the grams of fiber have been subtracted from the grams of total carbohydrate when figuring Carb Servings and Exchanges.

**Makes 12 cups**  
8 servings  
**Each Serving**

1 1/2 cups

**Carb Servings\*\*: 2**  
**Exchanges\*\***

2 starch  
1 vegetable  
2 lean meat

**Nutrient Analysis**

calories 261  
total fat 6g  
saturated fat 2g  
cholesterol 35mg  
sodium 877mg  
total carbohydrate 38g  
dietary fiber 12g  
sugars 8g  
protein 19g

Source: #**Quick & Healthy Recipes and Ideas, 3rd Edition**, © Brenda J. Ponichtera, R.D., www.QuickandHealthy.net, Small Steps Press, publishing health conscious books for the general population, a division of the American Diabetes Association.

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