

Quick & Healthy *Recipes*

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SPRING / SUMMER

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Try this on a hot summer evening served on a bed of lettuce accompanied with sliced tomatoes.

Tuna Macaroni Salad

4 ounces medium-size seashell pasta (2 cups uncooked)
1 cup chopped celery
1 cup chopped red bell pepper
4 green onions, sliced
2 cans (6 ounces each) water-packed tuna, drained
1/2 cup fat-free or reduced-fat ranch-style dressing

Cook macaroni according to package directions, omitting salt and oil. Drain.

Add and vegetables and tuna. Toss with dressing.

Refrigerate until serving.

Makes 6 cups (6 servings)

Each Serving 1 cup

Carb Servings: 1 Exchanges

1 starch

2 lean meat

Nutrient Analysis

calories 151

total fat 1g

saturated fat 0g

cholesterol 23mg

sodium 408mg

total carbohydrate 20g

dietary fiber 2g

sugars 2g

protein 16g

This pie is a chocolate lover's dream. It's almost too good to be true, yet so low in fat and sugar! The variation uses peanut butter, which is another treat worth trying.

Chocolate Cream Pie

2 packages (1.3 ounces each) sugar-free chocolate pudding (cook type)
3 1/3 cups fat-free milk
33 vanilla wafers
1 cup fat-free whipped topping

Prepare pudding according to package directions, except use only 3 1/3 cups of milk. Cool.

Line the bottom of a 9" pie pan with 17 vanilla wafers (not crushed). Place remaining 16 vanilla wafers standing up around the rim of the pan. Pour in pudding. Top with fat-free whipped topping. Refrigerate for 2 hours before serving. When serving, cut each piece to include two of the standing-up vanilla wafers.

Variation: Chocolate Peanut Butter Pie—Add 1/4 cup of peanut butter to the pudding. This can be served as a refrigerated or frozen dessert (allow 4–5 hours to freeze).

Makes 8 servings - Each Serving: 1/8 pie

Carb Servings: 2 Exchanges

2 carbohydrate

—variation 1 fat,

2 carbohydrate

Nutrient Analysis

calories 156 —variation 206

total fat 3g —variation 7g

saturated fat 0g

cholesterol 12mg

sodium 196mg

—variation 235 mg

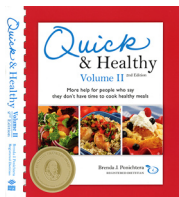
total carbohydrate 27g

—variation 29g

dietary fiber 0g—variation 1g

sugars 10g—variation 11g

protein 5g—variation 7g



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Source: ## **Quick & Healthy Volume II, 2nd 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. **Ordering:** Individual orders (retail \$18.95):

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The orange glaze adds color as well as flavor to the chicken.

#French Glazed Chicken

1/4 cup fat-free French dressing
2 tablespoons sugar-free apricot preserves
2 tablespoons water

1 tablespoon dried or 1/4 cup fresh
minced onion
1 pound skinless, boneless chicken breasts

Mix the first four ingredients and set aside.

Arrange chicken in a 9-inch by 9-inch baking pan that has been sprayed with nonstick cooking spray. Use a microwave-safe dish if cooking in the microwave. Follow directions below for microwave or conventional oven.

CONVENTIONAL OVEN: Preheat oven to 350 degrees. Bake, uncovered, for 20 minutes. Drain any liquid. Spoon apricot mixture over chicken. Return to oven for 10 minutes or until chicken is no longer pink and glaze is heated.

MICROWAVE OVEN: Cover, venting the lid. Cook on high for 6–8 minutes, or until chicken is no longer pink. Rotate 1/4 turn halfway through cooking. Drain any liquid. Spoon apricot mixture over chicken. Cook for 1–2 minutes or until glaze is heated.

Makes 4 servings
Each Serving
Carb Servings: 1/2
Exchanges

1/2 carbohydrate
3 lean meat

Nutrient Analysis

calories 155
total fat 1g
saturated fat 0g
cholesterol 65mg
sodium 223mg
total carbohydrate 9g
dietary fiber 0g
sugars 3g
protein 26g

Fresh tomatoes and basil add a wonderful flavor to this light dish.

#Tomato and Basil Pasta

4 medium tomatoes, diced (4 cups)
2 teaspoons dried basil
2 teaspoons chopped garlic
1 teaspoon salt (optional)

1/4 teaspoon ground black pepper
6 ounces uncooked angel hair pasta
grated Parmesan cheese (optional)

Mix the first five ingredients and let set at room temperature at least 1 hour.

Cook angel hair pasta according to package directions and drain. Top pasta with tomato mixture. Serve immediately and top with Parmesan cheese (optional).

Note: One serving is a good source of fiber.

Makes 6 cups (4 servings) - **Each Serving:** 1 1/2 cups

Carb Servings: 2 1/2
Exchanges

2 starch
2 vegetable

Nutrient Analysis

calories 193
total fat 1g
saturated fat 0g
cholesterol 0mg
sodium 9mg
total carbohydrate 39g
dietary fiber 4g
sugars 6g
protein 8g

This colorful salad tastes best when marinated for several hours and is also great the next day.

#Greek Salad

1 green pepper, sliced
1 red pepper, sliced
1 yellow pepper, sliced
1 cucumber, not peeled, sliced

3 tablespoons red wine vinegar
2 tablespoons lemon juice
1/4 teaspoon dried oregano
4 ounces fat-free feta cheese

Mix peppers and cucumber in a large bowl. Add vinegar, lemon juice, and oregano. Mix well. Cover and marinate for 15 minutes to several hours. Toss well before serving and top with crumbled feta cheese.

Makes 8 cups (8 servings) - **Each Serving:** 1 cup

Carb Servings: 0
Exchanges

1 vegetable

Nutrient Analysis

calories 33
total fat 0g
saturated fat 0g
cholesterol 0mg
sodium 227mg
total carbohydrate 5g
dietary fiber 1g
sugars 3g
protein 4g

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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