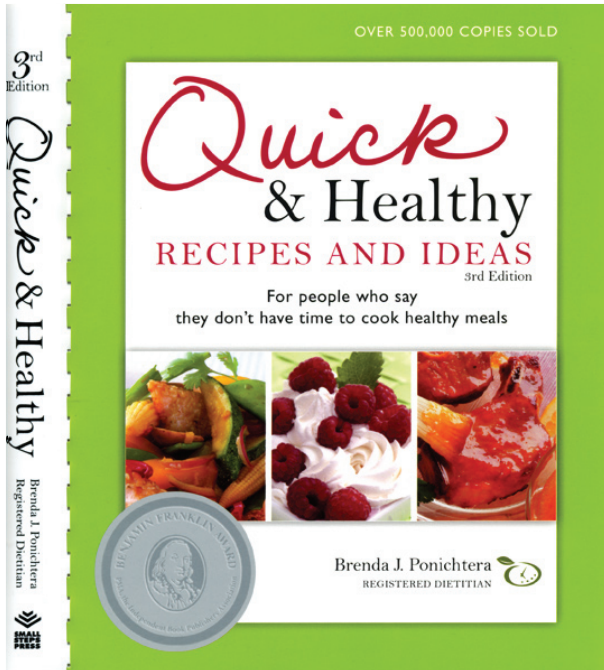


# Quick & Healthy Recipes

Brenda J. Ponichtera, Registered Dietitian

Consumer Edition



## Now Available!

**Quick & Healthy Recipes and Ideas, 3rd Edition**

Comb-bound, 344 pages, \$18.95

**Recommended in O, The Oprah Magazine**

### Features:

- 20 weeks of easy dinner menus, each with a grocery list
- Over 200 quick-to-prepare, low-fat recipes
- Listing of recipes and what to add to complete a meal
- Ideas for quick meals that don't require a recipe!
- Time saving ideas and products worth trying
- Weight loss and exercise tips; Fiber facts and sources
- Tips for reducing fat, cholesterol and sodium
- Staples grocery list and tips to get organized
- Conventional and microwave directions
- Detailed nutritional analysis and exchanges for each recipe
- Listing of recipes by grams of carbohydrate

Individual orders: call 1-800-232-6733 or go to [www.smallstepspress.org](http://www.smallstepspress.org).

Also available in local and online bookstores.

Health professionals: For discounts on bulk orders call 703-299-2046 or e-mail: [booksales@diabetes.org](mailto:booksales@diabetes.org).

Peaches can be substituted for the strawberries in this light dessert

## Strawberries Romanoff

- |                                |                                  |
|--------------------------------|----------------------------------|
| 1/2 cup fat-free sour cream    | 4 cups strawberries, sliced      |
| 1 tablespoon fat-free milk     | sugar or artificial sweetener to |
| 1 cup fat-free whipped topping | sweeten strawberries (optional)  |
|                                | 4 whole strawberries for garnish |

In a small bowl, mix sour cream with milk. Using a wire whisk, mix in whipped topping. Sweeten strawberries, if needed. Just before serving, layer in individual parfait glasses or in a medium size glass bowl. Layer in this order: half of the strawberries, half of the sour cream mixture, half of the strawberries, and the remainder of the sour cream mixture. Garnish with a whole strawberry.

Note: One serving is a good source of fiber.  
Makes 4 cups, 4 servings, Each Serving 1 cup

**Carb Servings**  
1 1/2

**Exchanges**  
1/2 carbohydrate  
1 fruit

**Nutrient Analysis**  
calories 106  
total fat 1g  
saturated fat 0g  
cholesterol 0mg  
sodium 58mg  
total carbohydrate 23g  
dietary fiber 3g  
sugars 13g  
protein 3g

To receive the next free seasonal recipe newsletter email [scaledwn@gorge.net](mailto:scaledwn@gorge.net) and type "newsletter" in the subject.

more ...



Source: Quick & Healthy Recipes and Ideas, 3rd Edition, © 2008 Brenda J. Ponichtera, R.D., Published by Small Steps Press, an imprint of the American Diabetes Association. For more recipes, menus, and information go to <http://www.QuickandHealthy.net>.

A favorite for all ages. Substitute ground or diced beef, pork, or turkey for the chicken.

## Baked Chimichangas

4 (8-inch) or 8 (6-inch) whole-wheat tortillas

### Filling:

1 1/2 cups cooked and cubed chicken  
3/4 cup salsa, thick and chunky  
1/2 cup (2 ounces) grated, reduced-fat cheddar or Mexican blend cheese

### Optional:

extra salsa  
Spanish Yogurt  
Sauce (page 122)



Preheat oven to 400 degrees. Mix filling ingredients in a medium bowl. Warm tortillas until pliable (about 5 seconds each in microwave or in a nonstick skillet). Wet one side of tortilla and place wet side down. Spoon on filling ingredients. Fold to hold in filling. Spray baking dish with nonstick cooking spray. Lay chimichangas, seam side down, on baking dish. Bake for 15 minutes. Makes 4 servings

### Carb Servings

2

### Exchanges

1 1/2 starch  
1 vegetable  
3 lean meat

### Nutrient Analysis

calories 260  
total fat 5g  
saturated fat 2g  
cholesterol 50mg  
sodium 544mg  
  
total  
carbohydrate 27g  
dietary fiber 2g  
sugars 5g  
protein 24g

This is a family favorite that tastes great. If you like crisp vegetables, simmer for the lesser time.

## Chinese Pepper Steak

1 pound boneless beef top sirloin,  
cut into thin strips  
2 cups fat-free beef broth\*  
2 green peppers, sliced  
1 1/2 cups diagonally sliced celery  
1 cup sliced onion  
1 teaspoon chopped garlic  
1/2 teaspoon salt (optional)  
1/2 teaspoon ground black pepper  
1/2 teaspoon sugar or the equivalent  
in artificial sweetener  
1/4 cup cornstarch  
2 teaspoons lite soy sauce

Spray a large skillet with nonstick cooking spray. Add beef strips and stir-fry until browned. Add all but the last three ingredients and simmer, covered, for 4–8 minutes. Meanwhile, in a small bowl, mix cornstarch with soy sauce and water. Stir into hot mixture and continue cooking, stirring constantly, until thickened. Serve over noodles or quick-cooking brown rice. Makes 5 cups: 4 servings, Each Serving 1 1/4 cups

Note: One serving is a good source of fiber. \*Sodium is figured for reduced sodium.

### Carb Servings

1

### Exchanges

1/2 starch  
2 vegetable  
3 lean meat

### Nutrient Analysis

calories 254  
total fat 9g  
saturated fat 3g  
cholesterol 66mg  
sodium 388mg  
  
total  
carbohydrate 16g  
dietary fiber 3g  
sugars 4g  
protein 26g

This is a simple but flavorful salad. The fresh cilantro is what makes this special. Serve alone or on a bed of lettuce.

## Mexican Garden Salad

1 medium tomato, sliced and quartered (about 1 cup)  
1 cup sliced cucumber, not peeled  
1 cup chopped sweet onion  
1 medium avocado, peeled and sliced  
1/2 cup chopped fresh cilantro  
1 tablespoon lime juice  
1/4 teaspoon ground cumin  
1/4 teaspoon salt (optional)  
1/8 teaspoon ground black pepper

In a medium bowl, mix vegetables with remaining ingredients. Serve as is or on a bed of lettuce.

Note: One serving is a good source of fiber.  
Makes 3 cups (4 servings); Each Serving: 3/4 cup



### Carb Servings

1/2

### Exchanges

2 vegetable  
1 fat

### Nutrient Analysis

calories 97  
total fat 7g  
saturated fat 1g  
cholesterol 0mg  
sodium 11mg  
  
total  
carbohydrate 10g  
dietary fiber 4g  
sugars 2g  
protein 2g