

the

Community Diabetes Event

cook
book



Arkansas Methodist
Medical Center

DIABETES CARE

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appetizers



Baked Egg Rolls

Calories Protein Carbs

89 7 g 15 g

Serving Size:

1 Egg Roll

things you need

Egg rolls:

2/3 cup

Coarsely chopped celery

2/3 cup

Coarsely chopped carrot

2 cups

Shredded cabbage

1/2 tsp.

Vegetable oil

2/3 cup

Chopped onion

1/2 tsp.

Minced peeled fresh ginger

1

Garlic clove, minced

1/2 lb.

Ground turkey breast

1 1/2 tbsp.

Low-sodium soy sauce

1/4 tsp.

Black pepper

1

Large egg white

Cooking spray

14 egg roll wrappers

Sauce:

3/4 cup

Low sodium soy sauce

6 tbsp.

Rice vinegar

2 tbsp.

Dark sesame oil

1 tbsp.

Minced peeled fresh ginger

here's how

- 1 Preheat oven 425 degrees.
- 2 Combine celery and carrot in food processor, and pulse 10 times or until finely chopped.
- 3 Combine celery mixture and cabbage in a medium bowl. Cover with plastic wrap; vent. Microwave at high 5 minutes; drain.
- 4 Heat vegetable oil in large nonstick skillet over medium-high heat. Add onion, ½ teaspoon ginger, and garlic; sauté
- 5 Place 1 egg roll wrapper at a time onto work surface with one corner pointing toward you (wrapper should look like a diamond). Spoon 3 tablespoons turkey filling onto center of wrapper. Fold lower corner of egg roll wrapper over filling. Fold in corners. Moisten top corner of wrapper with egg white; roll up jelly roll fashion. Repeat procedure with remaining wrappers, turkey filling, and egg white.
- 6 Lightly coat egg rolls with cooking spray, and place, seam side down, on a baking sheet coated with spray. Bake at 425 degrees for 18 minutes or until golden brown.
- 7 To prepare sauce, combine a cup soy sauce, vinegar, sesame oil, and 1 tablespoon ginger, serve with egg rolls. Garnish with green onions, if desired.

Cranberry Salsa

things you need

1 12 oz. package

Fresh Cranberries

1

Granny smith apple, peeled, cored and chopped

1 tbsp.

Medium red onion, peeled and roughly chopped

1/2

Red pepper, roughly chopped

3/4 cup

Granulated sugar (substitute Splenda Blend or use less sugar)

1/3 cup

No sugar added applesauce

1 tbsp.

Fresh cilantro

1

Jalapeno, seeded and diced

1/2 tsp.

Salt

1/2 tsp.

Black pepper

here's how

- 1 Combine all the ingredients in a food processor or blender and pulse until combined.
- 2 Refrigerate for at least 2 hours to give the flavors a chance to meld. It can be made and refrigerated for up to a week or longer.
- 3 Serve with whole grain tortilla chips.

Greek 7 Layer Dip

Calories

93

Fat

5g

Fiber

1.5 g

Protein

5g

Sugar

2g

Sodium

202 mg

Carbs

5 g

Serves

9

things you need

8 oz.

Hummus

1 cup

0% Fat Greek yogurt

1 clove

Garlic, finely minced

1 tsp.

Chopped fresh dill

Juice of 1/2 lemon

Pinch of Kosher salt

Freshly ground black pepper

2 tbsp.

Red onion, minced

1 cup

English cucumber, 1/2 inch dice

1 cup

Roma tomato, seeded, 1/2 inch dice

1/4 cup

Crumbled feta cheese

1/4 cup

Kalamata olives, sliced

here's how

- 1 In a small bowl, combine yogurt, garlic, dill, lemon juice, salt and freshly ground pepper. Set aside.
- 2 In an 8X8 or 7"X 11" glass dish, layer the hummus, yogurt mixture, red onion, cucumber, tomatoes, feta, and olives.
- 3 Serve with whole grain pita chips or baked corn chips.
- 4 You can prep all ingredients ahead, but it's best to layer it just before serving as the cucumbers tend to get watery if they sit too long.

Strawberry Salsa

things you need

2 quarts

Strawberries

Dash of salt

No sugar added applesauce

Juice of one lime

1

Jalapeno

1

Red onion

Chopped cilantro

here's how

- 1 Mix all ingredients together and chill in refrigerator for one hour.
- 2 Serve with baked tortilla chips or pita chips.

White Spinach Queso

Prep time

10 minutes

Total time

15 minutes

Cook time

5 minutes

things you need

1 tbsp.

Olive oil

1/2 cup

White onion, diced

1

Jalapeno, seeded and diced

12 oz.

White American cheese, cubed or shredded

4 oz.

Pepper jack cheese, shredded

2/3 cup

Half & half (milk will also work)

1 (15 oz.) Can

Diced tomatoes w/green chilies, drained (Also know as ROTEL)

2 cups

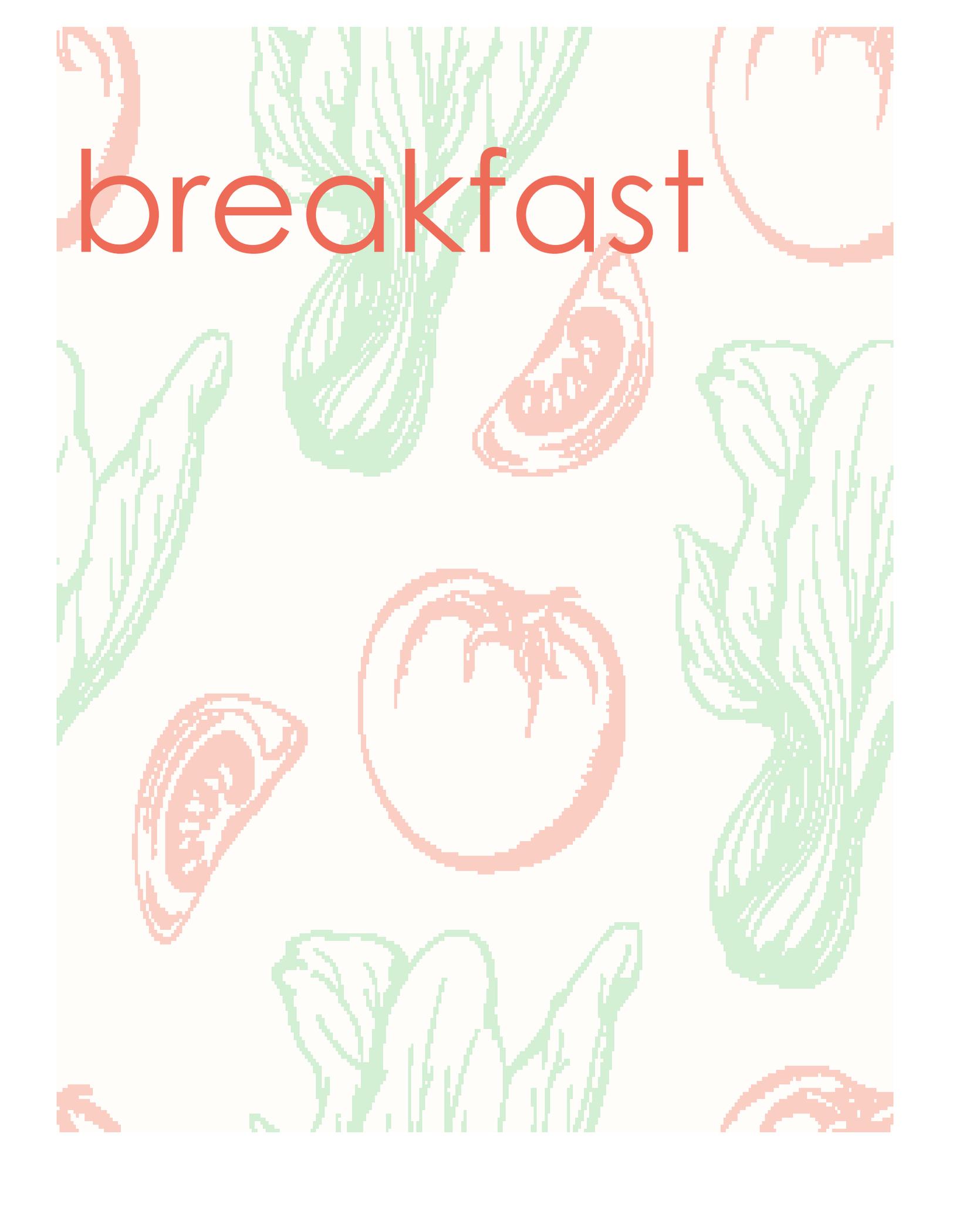
Fresh spinach, chopped

1/4 cup

Fresh cilantro, chopped

here's how

- 1 In a large skillet, heat the oil over medium heat. Add the onion and jalapeno and saute until tender. Add the cheese and half and half and continue stirring until melted.
- 2 Add the canned tomatoes, spinach and cilantro and stir well. Transfer to a dish and serve with tortilla chips.



breakfast

Banana Protein Pancakes

Calories	Carbs	Protein	Fat
280	48 g	10 g	7 g

things you need

1	1/4 cup
Large egg, lightly beaten	Old-fashioned rolled oats
1 tbsp.	3 tbsp.
Coconut oil, melted	Wheat bran
1 cup	2 tbsp.
Low-fat milk	Chopped raw almonds
1/4 cup	1 1/2 tsp.
Nonfat plain yogurt	Baking soda
1	1/2 tsp.
Very ripe medium banana, mashed	Sea salt
1 tbsp.	4 tsp.
Raw honey	Pure maple syrup
1/2 cup	Nonstick cooking spray
Whole wheat flour	
1/2 cup	
All-purpose flour	

here's how

- 1 Combine egg, oil, milk, yogurt, banana, and honey in a medium bowl; whisk to blend. Set aside.
- 2 Combine flours, oats, bran, almonds, baking soda, and salt in a medium bowl; mix well.
- 3 Add flour mixture to egg mixture; mix until just blended.
- 4 Heat large nonstick skillet, lightly coated with spray, on medium-high heat.
- 5 Spoon about $\frac{1}{4}$ cup batter into skillet for each pancake; cook for 1 to 2 minutes or until bubbles form on top.
- 6 Flip with spatula and cook for 30 seconds.
- 7 Serve pancakes topped evenly with maple syrup.

Spinach and Mushroom Frittata

things you need

8 oz.

mushrooms chopped

1/2

bell pepper chopped

1 tbsp.

garlic

12 eggs

8 oz.

spinach

1/2 cup

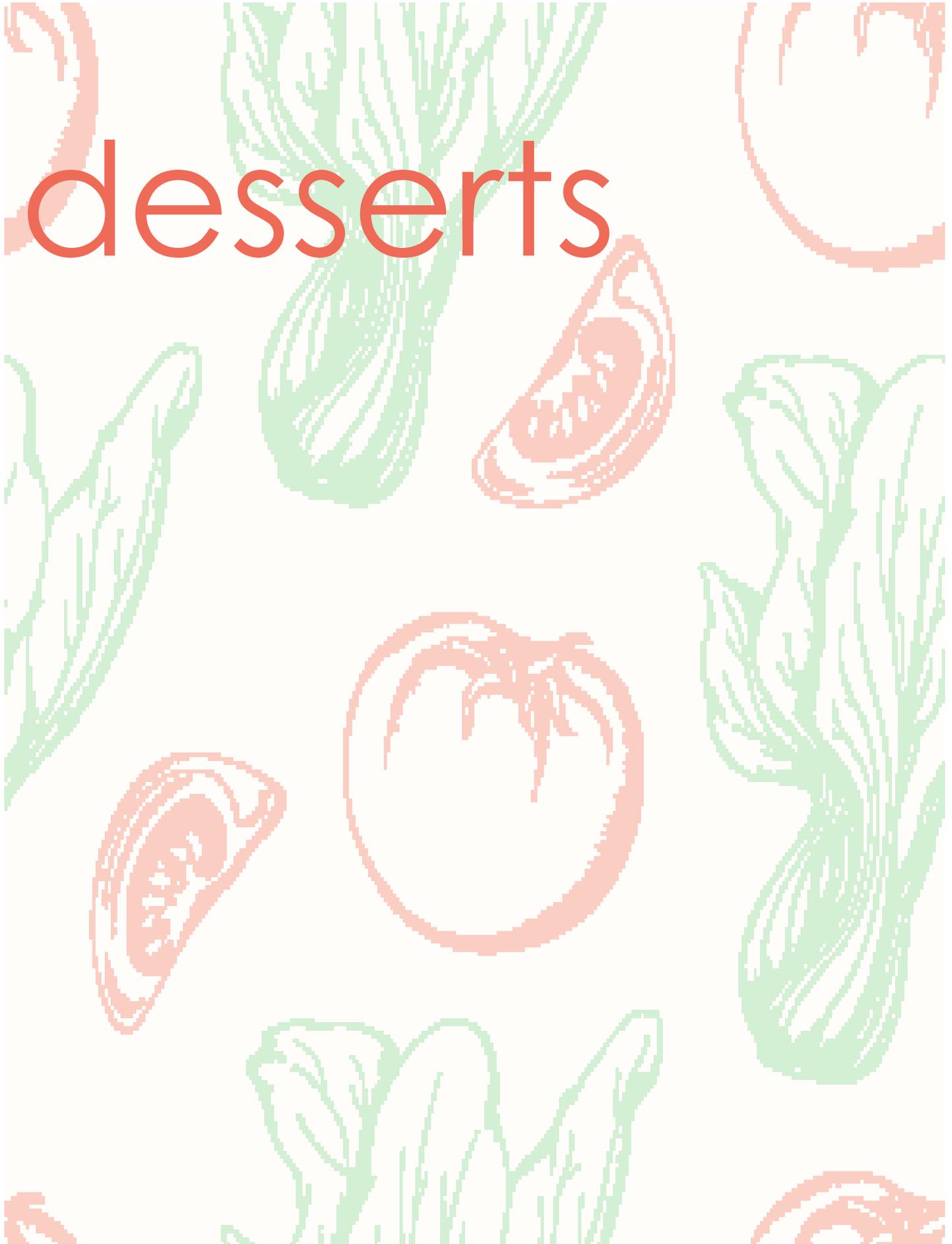
mozzarella cheese

Cilantro for garnish

here's how

- 1 Add olive oil and garlic to pan and sauté over medium heat.
- 2 Add mushrooms and bell pepper to skillet and top with spinach and cook down until wilted.
- 3 Transfer to 11x13 cooking dish
- 4 Beat all eggs and add to top of vegetables.
- 5 Top with cheese
- 6 Bake on 350 degree for 20 minutes or until set
- 7 Garnish with cilantro or salsa

desserts



Caramel Apple Mini Cheesecakes w/ Streusel Topping

things you need

Crust

10

Graham Cracker sheets, finely crushed (1 1/3 cups)

2 1/2 tsp.

Granulated sugar (use Splenda blend or less sugar)

1/4 tsp.

Ground cinnamon

6 tbsp.

Unsalted butter, melted

Streusel

1/2 cup

All-purpose flour

1/4 cup

Quick oats

1/2 cup 2 tbsp.

Packed light brown sugar (Splenda)

1/4 tsp.

Ground Cinnamon

1/8 tsp.

Ground Nutmeg

1/8 tsp.

Salt

1/4 Cup

Unsalted butter, cold and diced into 1/2 inch cubes

Filling

2 (8 oz.) pkgs.

Cream cheese, softened

2/3 cup

Granulated sugar (Splenda)

2

Large eggs

1/4 cup

Sour Cream or Greek Yogurt

1 tsp.

Vanilla extract

1 lb.

Granny Smith apples, peeled, cored and finely chopped

1/2 tsp.

Lemon juice

Topping

Caramel sauce

here's how

1 For the crust:

Preheat oven to 325 degrees. In a mixing bowl, whisk together graham cracker crumbs, sugar and cinnamon. Pour in butter and using a fork, stir evenly moistened. Divide mixture among 18 paper lined muffin cups, adding a rounded tablespoon to each cup. Press into an even layer. Bake in preheated oven 5 minutes, then remove from oven and allow cooling.

2 For the streusel:

In a mixing bowl, whisk together flour, quick oats, brown sugar, cinnamon, nutmeg and salt. Add cold butter using fingertips, rub butter into dry mixture until it comes together in small crumbles and pieces of butter are no longer visible. Transfer to refrigerator while preparing apples and filling.

3 For the filling:

In a bowl, toss chopped apples with lemon juice, set aside.

In a mixing bowl, using an electric hand mixer set on medium-low speed; cream together cream cheese with sugar just until smooth. Mix in eggs one at a time, and then blend in sour cream and vanilla.

4 To assemble cheesecakes:

Divide cheesecake batter evenly among 18 muffin cups pouring filling over crust. Divide apples evenly over cheesecake layer, and then finish by sprinkling a heaping tablespoon of the streusel over tops. Bake in preheated oven 23-25 minutes. Cool at room temperature 30 minutes, then transfer to fridge and chill 3 hours. Serve with caramel sauce.

Healthier Apple Crisp

things you need

10 cups

Unpeeled, cored and sliced apples

1/2 cup

Splenda/sugar blend

1 tbsp.

White whole wheat flour

1 tsp.

Ground Cinnamon

1/2 cup

Water

Crisp Topping

1 cup

Quick cooking oats

1 cup

White whole wheat flour

1/2 cup

Packed brown sugar

1/2 cup

Chopped walnuts

1/4 tsp.

Baking powder

1/4 tsp.

Baking soda

1/2 cup.

Butter, melted

here's how

- 1 Preheat oven to 350 degrees F (175 degree C).
- 2 Place the sliced apples in a 9x13 inch pan. Mix the Splenda blend, 1 tablespoon flour and ground cinnamon together, and sprinkle over the apples. Pour water evenly over all.
- 3 Combine the oats, 1 cup flour, brown sugar, baking powder, baking soda, walnuts and melted butter together. Crumble evenly over the apple mixture.
- 4 Bake at 350 degrees F (175 degrees C) for about 45 minutes.

Mini-Peach Crisps

Calories	Carbs	Protein	Fat
150	20g	2g	8g

things you need

3 cups

Frozen peaches or 4-5 Fresh peaches

1/4 cup water

1 tbsp.

Splenda Sugar Blend

1 tsp. cornstarch

Crisp Topping

2 tbsp.

Smart Balance

2 tbsp.

Splenda Brown Sugar Blend

1/3 cup

Gluten-free rolled oats

1/4 cup

Walnuts, chopped

2 tbsp.

Ground Flax or chi seed

1/2 tsp.

Cinnamon

here's how

- 1 Preheat the oven to 350 degrees F. Spray six 4-ounces ramekin dishes with cooking spray.
- 2 In a medium pot heat peaches, water and Splenda over medium –high heat. Bring to a boil.
- 3 In a small bowl combine 1 teaspoon cornstarch and 1 teaspoon cold water; stir until smooth .
Pour into pot with peaches ramekin dish.
- 4 In a small bowl, combine Crisp Topping ingredients using hands.
- 5 Pour peach mixture evenly into six ramekin dishes. Evenly divide crisp topping and place on top of each peach ramekin dish.
- 6 Place ramekins on a baking sheet and bake in oven for 25-30 minutes.

No-Bake Peanut & Chocolate Bites

Serving size Carbs

2 bites 9 g

things you need

1/3 cup
Domino Light Sugar & Stevia Blend

1/3 cup
Skim milk

1/2 cup
Peanut butter

1 tsp.
Vanilla

2 cups
Rolled oats

3 tbsp.
Mini-chocolate chips

here's how

- 1 In a small saucepan, combine Domino Light and milk over medium heat. Stir well and bring to a boil for 1 1/2 minutes. Stir in peanut butter and vanilla.
- 2 Remove from heat and add remaining ingredients; stir to incorporate.
- 3 Scoop oat mixture into 1 tablespoon balls and place on waxed paper. Let cool and refrigerate.

Oatmeal Cups w/Raisins & Walnuts

Calories	Carbs	Protein	Fat
154	21 g	4 g	7 g

things you need

2
Large eggs, lightly beaten

1 tsp.
Pure vanilla extract

2
Large bananas, mashed

1
tbsp. raw honey

2 1/2 cups
Old-fashioned rolled oats

1 tbsp.
ground cinnamon

1 1/2 tsp.
baking powder

1 1/2 cups
unsweetened almond milk

3/4 cup
chopped raw walnuts

1/4 cup
raisins

Nonstick cooking spray

here's how

- 1 Preheat oven to 350° F.
- 2 Prepare twelve muffin cups by coating with spray. Set aside.
- 3 Combine eggs, extract, bananas, and honey in a large bowl; mix well. Set aside.
- 4 Combine oats, cinnamon, and baking powder in a medium bowl; mix well.
- 5 Add oat mixture to egg mixture; mix well.
- 6 Add almond milk; mix well.
- 7 Divide oat mixture evenly between prepared muffin cups.
- 8 Top evenly with walnuts and raisins. Bake 26 to 30 minutes, or until golden brown and

Tip: Pecans, cashews, sunflower seeds, dried cranberries, or dark chocolate chips can be substituted for walnuts and raisins.

Power Snack Mix

Serving size Carbs
1/3 cup 17 g

things you need

1 cup
Multigrain Cheerios
3 Tbsp.
Mini-Chocolate Chips

3/4 cup
Almonds
1/3 cup
Dried Craisins

here's how

- 1 In a medium bowl, mix together all ingredients. Portion into 1/3 cup servings.

main



Crock Pot Cashew Chicken

Serving size Carbs

1/3 cup 17 g

things you need

2 lbs.

Boneless skinless chicken breast (about 4 pieces), cut into smaller pieces

1/4 cup

All purpose flour

1/2 tsp.

Black pepper

1 tbsp.

Canola oil

1/4 cup

soy sauce (reduced sodium)

2 tbsp.

Rice vinegar

2 tbsp.

Ketchup

1 tbsp.

Splenda Brown Sugar

1

Garlic clove, minced

1/2 tsp.

Grated fresh ginger

1/4 tsp.

Red pepper flakes

1/2 cup

UNSALTED cashews

here's how

- 1 Combine flour and pepper in re sealable food storage bag. Add chicken. Shake to coat with flour mixture.
- 2 Heat oil in skillet over medium-high heat. Brown chicken about 2 minutes on each side. Place chicken in slow cooker.
- 3 Combine soy sauce, vinegar, ketchup, Splenda brown sugar, garlic, ginger, and pepper flakes in small bowl; pour over chicken.
- 4 Cook on LOW for 3 to 4 hours. Add cashews and stir.

Flank Steak

things you need

2 lb.

Flank steak

3/4 tsp.

Sea salt

1 cup

Chopped cilantro

1/2 cup

Lime juice

2 1/2 tsp.

Olive oil

4

Garlic cloves

1/8 tsp.

red pepper

2

green onion

here's how

- 1 Marinate overnight. Grill on high 6-8 minutes on each side.

Mississippi Roast

things you need

4 lb.

Beef chuck roast

1/4 cup

Butter

5

Pepperoncini peppers

1 oz.

Packet ranch dressing mix

1 oz.

Packet dry au jus mix

here's how

- 1 Place roast in a slow cooker. Form a pocket in the top of roast and place butter, dressing mix, and au jus mix in the pocket.
- 2 Cook on Low for 8 hours.

Slow Cooker Greek Chicken Gyros with Tzatziki

things you need

2lb.

Boneless skinless chicken breast

1

Onion, chopped

2

Cloves garlic, minced

1 tsp.

Dried oregano leaves

1/2 tsp.

Salt

1/2 tsp.

Pepper

3 tbsp.

Olive oil

1 tbsp.

Red wine vinegar

Juice of 1/2

Medium lemon

1/3 cup

Water

Tzatziki Sauce:

2 cups

Plain Greek yogurt

1

Cucumber, finely grated

2-3

Cloves garlic, minced

1 tbsp.

White wine vinegar

1 tsp.

Dried oregano leaves

Salt and pepper, to taste

Juice of 1/2

Medium lemon

1 tbsp.

Extra-virgin olive oil

here's how

- 1 Spray a slow cooker with cooking spray. Add the chicken to the slow cooker. In a small bowl combine onion, garlic, oregano, salt, pepper, olive oil, red wine vinegar, lemon juice, and water. Pour over chicken. Cook on low for 6-8 hours or high for 4-6 hours.
- 2 To make the sauce: In a bowl combine Greek yogurt, cucumber, garlic, white wine vinegar, dried dill weed, dried oregano. Salt and pepper to taste and add lemon juice and drizzle olive oil on top. Refrigerate for 30 minutes to let the flavors blend. Prepare chicken on warm Greek pita bread with desired veggies and sauce on top.

Options for serving: Warm pita bread, red onion, red pepper, romaine lettuce, cucumber diced, sliced tomatoes

sides



veggie & organic

Baked Portobello Mushrooms

Calories	Carbs	Protein	Fat	Dietary Fiber
32	4 g	2 g	1 g	1 g

Serving Size:

4

things you need

4

Portobello mushrooms

1/8 tsp.

Salt (optional)

Dash

Ground black pepper

1/4 tsp.

Dried rosemary

1 tsp.

Olive oil

here's how

- 1 Preheat oven to 350 degrees.
- 2 Using a teaspoon, gently remove the grills (black underside). Cut off stems and discard.
- 3 Place mushrooms, top side up, on a baking sheet that has been sprayed with nonstick cooking spray. Brush with olive oil. Sprinkle with rosemary, salt, and pepper.
- 4 Combine oats, cinnamon, and baking powder in a medium bowl; mix well.
- 5 Bake for 10 minutes.

Broccoli-Cauliflower Cheese Bake

Calories	Carbs	Protein	Fat	Fiber
132	9 g	7 g	1 g	2 g

Serving Size:

3/4 cups

things you need

7 cups

Fresh cauliflowerets

6 cups

Fresh broccoli florets

3 tbsp.

Butter

1/3 cup

All-purpose flour

1 1/2 tsp.

Spicy brown mustard

3/4 tsp.

Salt

1/4 teaspoon

Ground nutmeg

1/4 tsp.

Cayenne pepper

1/4 tsp.

Pepper

3 3/4 cups

Fat-free milk

1 1/2 cups (6 oz.)

Shredded part-skim mozzarella cheese, divided

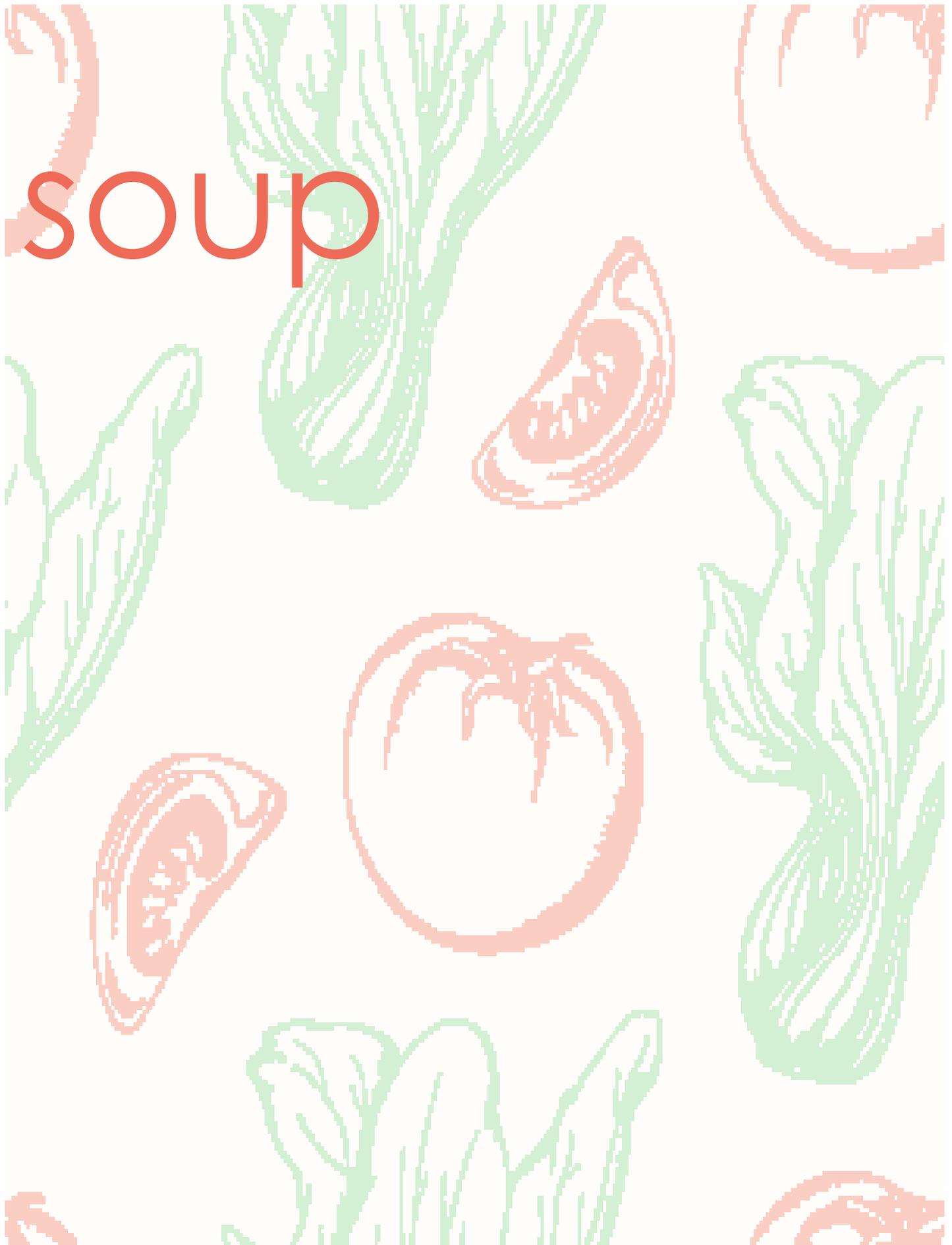
1 1/2 cups (6 oz.)

Shredded Swiss cheese, divided

here's how

- 1 Place cauliflower and broccoli in a Dutch oven; add 1 in. of water. Bring to a boil. Reduce heat; cover and simmer for 3-5 minutes or until crisp-tender. Drain, transfer to a 13-in.x 9-in. baking dish coated with cooking spray.
- 2 In a small saucepan, melt butter. Stir in 1 1/4 cups each mozzarella and Swiss cheeses until melted. Pour over vegetables. Bake, uncovered, at 400 degrees for 15-20 minutes or until bubbly. Sprinkle with the remaining cheeses. Bake for 5 minutes longer or until golden brown.

soup



CHICKEN TORTILLIA SOUP

Serving Size:

1 cup

things you need

2-3 lbs.

Boneless skinless chicken breast

3

Cloves garlic minced

1/2 cup

Green bell pepper chopped

1 cup

Water

1 pkg.

Low sodium fajita seasoning

here's how

- 1 Cook chicken in Crock pot on low for 7-8 hrs. Remove chicken when done and shred with a fork. Put chicken back in crock pot and add all remaining ingredients.

Optional: Top with light sour cream, cheese, chopped cilantro, & lime.

CHICKEN TORTILLIA SOUP

things you need

2 tbsp.

Olive oil

1 1/2 cups

Chopped carrots (about 4)

1 1/2 cups

Chopped yellow onion(1 medium)

1 cup

Chopped celery (about 3 stalks)

2 cups

Green beans, about 1-inch pieces

2 cups

Chopped zucchini (about 2 small)

4

Cloves garlic, minced

Salt and freshly ground
black pepper, to taste

3 (14.5 oz.) cans

Low-sodium chicken broth or vegetable broth

2 (14.5 oz.) cans

Diced tomatoes (one regular & one petite diced)

1 tsp.

Each dried basil & rosemary crushed

1/2 tsp.

Dried thyme

1 (9oz.)

Package refrigerated 3-cheese tortellini

3 cups

Packed spinach

Shredded Romano or
Parmesan cheese, for serving

here's how

- 1 Heat olive oil in a large pot over medium-high heat. Add carrots, onion and celery and sauté 3 minutes. Add green beans and sauté 3 minutes longer. Add zucchini and garlic and sauté 1 more minute. Pour in broth and tomatoes. Add basil, rosemary, thyme and season with salt and pepper to taste
- 2 Bring to a gentle boil, then reduce heat to medium and allow to boil 8 minutes. Add tortellini and boil 5-7 minutes longer (or 2 minutes less than directions listed on package. If a more brothy soup is desired, then boil pasta separately from soup then add at the end). Stir in spinach and cook 2 minutes longer.

Serve warm topped with Romano or Parmesan cheese.