

10 Minute Veggie Soup

makes 6 servings

Ingredients:

- 4 (14.5 oz.) cans chicken broth, low salt variety
- 1 (14.5 oz.) can diced tomatoes, no salt added
- 1 teaspoon dried basil
- 1/2 teaspoon onion powder
- 1/2 teaspoon garlic powder
- 3/4 cup macaroni, dry
- 3 cups frozen mixed vegetables
- 1/8 teaspoon salt
- 1/8 teaspoon pepper

Directions:

1. Combine chicken broth, diced tomatoes, basil, and onion and garlic powders.
2. Bring to a simmer and add pasta and frozen vegetable mix. The broccoli, cauliflower, and carrot mix works well in this recipe.
3. Cook for 6 minutes and remove from heat.

Note: *Pasta will not be cooked all the way through. Let soup sit for 5 minutes, and pasta will become soft. Soup will then be ready to serve.*

Recipe from *Cool Fuel for Kids* Cookbook. Recipe was developed for Produce for Better Health Foundation by Chef Mark Goodwin, CEC, CNC.

See www.fruitsandveggiesmorematters.org

Nutrition Facts	
Serving Size 2 cups (421g)	
Servings Per Container 6	
Amount Per Serving	
Calories 150	Calories from Fat 15
<hr/>	
	% Daily Value*
Total Fat 2g	3%
Saturated Fat 0.5g	3%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 170mg	7%
Total Carbohydrate 25g	8%
Dietary Fiber 3g	12%
Sugars 3g	
Protein 9g	
<hr/>	
Vitamin A 20%	• Vitamin C 20%
Calcium 4%	• Iron 10%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300 mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	



Apple Slaw

makes 8 servings

Ingredients:

1 small unpeeled red apple, diced
4 cups shredded cabbage
1/2 cup red onion, chopped
1 small green bell pepper, chopped
1/2 cup fat-free, light vanilla yogurt
2 Tablespoons orange juice
1 Tablespoon sucralose
Dash of cinnamon

Directions:

1. Combine all ingredients in a medium-sized mixing bowl. Stir well.
2. Refrigerate until ready to serve.

Notes:

A fast and easy recipe to make that is crunchy and colorful. Using pre-packaged “Cole Slaw” mix in place of the shredded cabbage reduces time. The cinnamon adds a nice taste but may be left out.

Recipe from *Dining with Diabetes*, WVU Extension

Nutrition Facts	
Serving Size 1/2 cup (91g)	
Servings Per Container 8	
Amount Per Serving	
Calories 35	Calories from Fat 0
<hr/>	
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 15mg	1%
Total Carbohydrate 8g	3%
Dietary Fiber 2g	8%
Sugars 5g	
Protein 1g	
Vitamin A 2%	• Vitamin C 40%
Calcium 4%	• Iron 2%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300 mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	



Bean and Corn Salad

makes 12 servings

This salad also works well served as a salsa with low fat tortilla chips.

Ingredients:

2 cups frozen whole kernel corn, thawed, or canned (no-salt variety), or fresh
1 red or green bell pepper, seeded and chopped
1 medium tomato, chopped
1 (15 ounce) can garbanzo beans or chickpeas, drained and rinsed
1 (15 ounce) can black beans, drained and rinsed
1 (15 ounce) can pinto beans, drained and rinsed
1 bunch green onions (scallions) sliced, or 1/2 cup regular onions
1/4 cup vinegar
1/4 cup olive oil
2 Tablespoons lemon or lime juice
2 Tablespoons parsley
1/2 teaspoon dried cumin
1/2 teaspoon pepper
1 teaspoon minced garlic
Dash of salt

Nutrition Facts

Serving Size 1/2 cup (152g)
Servings Per Container 12

Amount Per Serving

Calories 160 **Calories from Fat** 50

% Daily Value*

Total Fat 6g **9%**

Saturated Fat 0.5g **3%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 200mg **8%**

Total Carbohydrate 20g **7%**

Dietary Fiber 6g **24%**

Sugars 3g

Protein 6g

Vitamin A 2% • Vitamin C 15%

Calcium 4% • Iron 10%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

		Calories	2,000	2,500
Total Fat	Less Than	65g	80g	
Saturated Fat	Less Than	20g	25g	
Cholesterol	Less Than	300mg	300 mg	
Sodium	Less Than	2,400mg	2,400mg	
Total Carbohydrate		300g	375g	
Dietary Fiber		25g	30g	

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

Directions:

1. In a large bowl, combine the corn, pepper, tomato, garbanzos beans, black beans pinto beans, green onions, vinegar, olive oil, parsley, lime juice, cumin, pepper, salt, and minced garlic; mix well.
2. Serve immediately or cover and refrigerate until serving time.

Source: Adapted from "Making It Fit: Piecing Together Your Food Needs"
University of Vermont Extension, September 1998.



Broccoli Mandarin Orange Salad

makes 6 servings

Ingredients:

- 5 cups broccoli florets
- 2 Tablespoons almonds
- 2 (11 oz.) cans of mandarin orange sections, well-drained
- 1 orange, grate peel and juice
- 5 green onions, chopped
- 3 Tablespoons white vinegar
- 1 Tablespoon sugar
- 1 Tablespoon olive oil
- 1/8 teaspoon pepper

Directions:

Steam broccoli florets in covered saucepan for 3 minutes. Remove quickly and rinse with cold running water until broccoli is no longer warm. Do not cook further. Place in serving bowl, cover, and chill.

Nutrition Facts	
Serving Size 1 cup (208g)	
Servings Per Container 6	
Amount Per Serving	
Calories 110	Calories from Fat 35
% Daily Value*	
Total Fat 4g	6%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 25mg	1%
Total Carbohydrate 19g	6%
Dietary Fiber 4g	16%
Sugars 13g	
Protein 4g	
Vitamin A 70%	• Vitamin C 170%
Calcium 6%	• Iron 6%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300 mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

In a medium-sized bowl, combine almonds, drained mandarin oranges, grated peel, orange juice, green onions, vinegar, sugar, oil, and pepper. Toss gently and let stand at room temperature for 15 to 30 minutes. When ready to serve, pour marinated orange mixture on chilled broccoli and toss very gently.

Notes:

Vividly green vegetables such as green beans, cucumbers, broccoli, and zucchini will slowly turn a drab yellow-green color when in the presence of acids for a moderate period. To keep this salad bright in color, the orange flavored salad dressing is added just before serving.

Recipe from www.fruitsandveggiesmorematters.org Produce for Better Health Foundation.



Bulgur Chickpea Salad

makes 6 servings

Bulgur, a whole grain, is the main ingredient in this quick to make side dish. With the addition of the chickpeas this dish is high in dietary fiber. This recipe was adapted from “Making It Fit: Piecing Together Your Food Needs”, University of Vermont Extension, September 1998.

Ingredients:

- 1 -1/4 cup water
- 1 cup coarse bulgur
- 1 teaspoon dried parsley
- 1 teaspoon dried minced onion
or use 1 Tablespoon fresh chopped onion
- 1 teaspoon soy sauce (sodium reduced)
- 1/2 cup chopped scallions (green onions)
- 1/2 cup raisins
- 1/2 cup chopped carrots
- 1(15 oz.) can chickpeas (garbanzo beans),
drained and rinsed

Dressing:

- 2 Tablespoons olive or canola oil
- 2 Tablespoons lemon juice
- 1 Tablespoon soy sauce (sodium reduced)
- 1 garlic clove, minced
- Black pepper to taste

Directions:

Bring water to boil in medium saucepan. Stir in bulgur, parsley, minced onion, and soy sauce. Cover and reduce heat; simmer 10-20 minutes until all water is absorbed and bulgur is not too crunchy. Do not overcook. Remove from heat and cool; fluff with a fork.

Combine dressing ingredients; stir well. Pour over cooked bulgur and mix well. Stir in scallions, raisins, carrots, and chickpeas. Cover and chill several hours. Store in refrigerator.

Nutrition Facts	
Serving Size 1/2 cup (69g)	
Servings Per Container 12	
Amount Per Serving	
Calories 120	Calories from Fat 25
% Daily Value*	
Total Fat 3g	5%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 90mg	4%
Total Carbohydrate 20g	7%
Dietary Fiber 4g	16%
Sugars 6g	
Protein 4g	
Vitamin A 15%	• Vitamin C 4%
Calcium 2%	• Iron 6%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories 2,000 2,500
Total Fat	Less Than 65g 80g
Saturated Fat	Less Than 20g 25g
Cholesterol	Less Than 300mg 300 mg
Sodium	Less Than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	



Carrot, Apple and Raisin Salad

makes 8 servings

Ingredients:

- 1 large (8 oz.) apple, peeled and cored
- 2 tsp. lemon juice
- 3/4 lb. raw carrots
- 3 Tablespoons dark raisins
- 1/3 cup nonfat sour cream
- 3 Tablespoons skim milk
- 1 or 2 packets sucralose
- 1/4 tsp. ground cinnamon
- 1/4 tsp. ground nutmeg

Nutrition Facts

Serving Size 1/2 cup (91g)	
Servings Per Container 8	
Amount Per Serving	
Calories 50	Calories from Fat 0
%	
Total Fat 0g	
Saturated Fat 0g	
Trans Fat 0g	
Cholesterol 0mg	
Sodium 45mg	
Total Carbohydrate 12g	
Dietary Fiber 2g	
Sugars 8g	
Protein 1g	
Vitamin A 140% • Vitamin C 6%	
Calcium 4% • Iron 2%	
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
Calories: 2,000 2,500	
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300 mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

Directions:

1. Peel, core, and shred apple. Place apple in large mixing bowl and toss with lemon juice. Peel and grate carrots. Toss carrots and raisins with apple.
2. Mix nonfat sour cream with milk, sweetener, cinnamon, and nutmeg in small bowl. Pour over carrot mixture, toss with rubber scraper to coat; divide into serving bowls.
3. Cover tightly with plastic wrap and chill for 1 hour or more.

Directions for preparing in food processor:

1. Peel and core apples. Peel carrots. Assemble all ingredients.
2. Fit food processor with metal chopping blade.
3. Place nonfat sour cream, milk, lemon juice, sweetener, cinnamon, and nutmeg in bowl of food processor. Blend on and off to mix. Unplug food processor and remove metal chopping blade, leaving sour cream mixture in bottom of mixing bowl.
4. Fit food processor with grating tool. Grate carrots and apples directly into sour cream mixture. Turn off food processor and remove grating tool.
5. Turn mixture into serving bowl. Sprinkle raisins over top of mixture and toss to blend. Cover tightly with plastic wrap. Chill 1 hour or more before serving.

Recipe from: *Dining with Diabetes*, WVU Extension



Issued in furtherance of Cooperative Extension work, Acts of May 8 and June 30, 1914, in cooperation with the United States Department of Agriculture. University of Vermont Extension, Burlington Vermont. University of Vermont Extension, and U.S. Department of Agriculture, cooperating, offer education and employment to everyone without regard to race, color, national origin, gender, religion, age, disability, political beliefs, sexual orientation, and marital or familial status.

Cole Slaw

makes 8 servings

Ingredients:

- 1 bag shredded cole slaw mixture
or 3-1/2 cups shredded cabbage and
1/4 cup shredded carrots
- 2 Tablespoons finely chopped onion
- 1/4 cup chopped celery
- 1/4 cup chopped green or red pepper

Dressing:

- 1/4 cup mayonnaise
- 1 Tablespoons vinegar (plain or red wine type)
- 1 - 2 packets sucralose
- 1/4 tsp. salt
- 1/4 tsp. pepper

Nutrition Facts	
Serving Size 1/2 cup (54g)	
Servings Per Container 8	
Amount Per Serving	
Calories 40	Calories from Fat 25
% Daily Value*	
Total Fat 2.5g	4%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 135mg	6%
Total Carbohydrate 5g	2%
Dietary Fiber 1g	4%
Sugars 2g	
Protein 1g	
Vitamin A 15%	• Vitamin C 25%
Calcium 2%	• Iron 2%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300 mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

Easy mixing directions:

Place all dressing ingredients into bottom of large bowl and mix with rubber scraper to blend. Chop onion, celery, and pepper on cutting board or in food processor. Buy shredded cole slaw mixture or use food processor fitted with shredding disk for cabbage and carrots. Add chopped and shredded vegetables to large bowl. Toss well to blend and refrigerate. Can be made the night before.

Recipe from: *Dining with Diabetes*, WVU Extension



Corn Chowder

makes 4 servings

Ingredients:

- 1 Tablespoon olive oil
- 1/4 cup chopped scallions, green onions, or regular onions
- 1/4 cup chopped green & red peppers
- 1/4 cup chopped celery
- 1 (14.5) ounce can chicken stock, (low-salt, low-fat)
- 1 cup pre-cooked potatoes, diced
- 1 cup corn, frozen or canned (no salt added)
- 1 cup evaporated skim milk
- 1/2 teaspoon seasoning blend (no salt added)
- 1/2 teaspoon dried rosemary, crushed

Nutrition Facts	
Serving Size (298g)	
Servings Per Container 4	
Amount Per Serving	
Calories 160	Calories from Fat 35
% Daily Value*	
Total Fat 4g	6%
Saturated Fat 0.5g	3%
Trans Fat 0g	
Cholesterol 5mg	2%
Sodium 330mg	14%
Total Carbohydrate 26g	9%
Dietary Fiber 2g	8%
Sugars 10g	
Protein 8g	
Vitamin A 8%	• Vitamin C 35%
Calcium 20%	• Iron 6%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300 mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

Directions:

Place olive oil in non stick saucepan. Add onions, peppers, and celery and sauté until soft. Add the chicken broth, pre-cooked potatoes, and corn. Stir to mix. Add the evaporated milk and the seasonings. Let simmer for about 20 minutes until warm.



Cream of Chicken and Rice Soup

makes 4 servings

Yield: 20 sample-size servings

Ingredients

- 1/2 cup onion, diced
- 1/2 cup medium carrot, shredded
- 1 celery stalk, chopped
- 2 tsp. canola oil
- 2 Tablespoons all-purpose flour
- 2 cups reduced-sodium chicken broth
- 1/2 cup cooked brown rice
- 1/2 lb. boneless, skinless chicken breast, cooked and diced
- Pinch black pepper
- 3/4 cups evaporated skim milk

Directions:

1. In a medium pot or saucepan, sauté the onion, carrot and celery in oil until tender, about 3 to 5 minutes.
2. Gradually add flour, stirring until blended (mixture will have a very thick paste-like consistency).
3. Gradually add broth, stirring constantly until flour is dissolved.
4. Stir in the rice, chicken, and pepper.
5. Bring to a boil over medium heat; cook and stir for 2 minutes or until thickened.
6. Stir in milk; cook 3 to 4 minutes longer; do not bring to a boil.

Nutrition Facts	
Serving Size 1 cup (281g)	
Servings Per Container 4	
Amount Per Serving	
Calories 170	Calories from Fat 50
% Daily Value*	
Total Fat 6g	9%
Saturated Fat 1.5g	8%
Cholesterol 20mg	7%
Sodium 350mg	15%
Total Carbohydrate 19g	6%
Dietary Fiber 1g	4%
Sugars 8g	
Protein 12g	
Vitamin A 120%	Vitamin C 8%
Calcium 15%	Iron 6%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.	
	Calories 2,000 2,500
Total Fat	Less Than 65g 80g
Saturated Fat	Less Than 20g 25g
Cholesterol	Less Than 300mg 300 mg
Sodium	Less Than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

Recipe from *Dining with Diabetes*, WVU Extension



Issued in furtherance of Cooperative Extension work, Acts of May 8 and June 30, 1914, in cooperation with the United States Department of Agriculture. University of Vermont Extension, Burlington Vermont. University of Vermont Extension, and U.S. Department of Agriculture, cooperating, offer education and employment to everyone without regard to race, color, national origin, gender, religion, age, disability, political beliefs, sexual orientation, and marital or familial status.

Dale's Salad Dressing

makes 12 servings

Ingredients:

- 1/4 cup water
- 1/4 cup balsamic vinegar
- 1/2 cup canola oil
- 1/2 teaspoon basil
- 1/2 teaspoon oregano
- 1/2 teaspoon garlic powder
- 1 or 2 packets of sucralose

Directions:

Mix in blender.

Nutrition Facts

Serving Size 1 tablespoon (11g)
Servings Per Container 12

Amount Per Serving

Calories 60 **Calories from Fat** 60

% Daily Value*

Total Fat 7g **11%**

Saturated Fat 0g **0%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 0mg **0%**

Total Carbohydrate 0g **0%**

Dietary Fiber 0g **0%**

Sugars 0g

Protein 0g

Vitamin A 0% • Vitamin C 0%

Calcium 0% • Iron 0%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories	2,000	2,500
Total Fat	Less Than	65g	80g
Saturated Fat	Less Than	20g	25g
Cholesterol	Less Than	300mg	300 mg
Sodium	Less Than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4



Four Bean Salad

makes 8 servings

Four-Bean Salad

Ingredients:

- 1 can (8.5 oz.) cut green beans, drained
- 1 can (8.5 oz.) cut wax beans, drained
- 1 can (8.5 oz.) lima beans, drained
- 1 can (8.5 oz.) kidney beans, drained
- 1/2 cup thinly sliced red onion rings
- 1/2 cup chopped celery
- 1/4 cup diced green pepper

Dressing:

- 2 tsp. Dijon mustard
- 2 Tablespoons vinegar
- 1/2 tsp. sugar
- 1/2 tsp. dried thyme
(or 1 tsp. chopped fresh thyme)
- 1/2 tsp. black pepper
- 1 clove garlic, crushed or minced
- 1/4 cup olive oil

Directions:

1. In a large mixing bowl, combine all the beans, onion, celery, and green pepper.
2. In a smaller mixing bowl whisk together the mustard, vinegar, sugar, thyme, pepper, and garlic. Whisking continually, add the oil in a slow, thin stream. Whisk until well blended.
3. Pour the dressing over the bean mixture and toss to coat well. Cover and refrigerate 1-2 days before serving.

If available, use beans that are canned without salt to lower the sodium content of the salad.

Recipe from: *Dining with Diabetes*, WVU Extension

Nutrition Facts	
Serving Size 1 SERVING (134g)	
Servings Per Container 8	
Amount Per Serving	
Calories 130	Calories from Fat 60
%Daily Value*	
Total Fat 7g	11%
Saturated Fat 1g	5%
Cholesterol 0mg	0%
Sodium 300mg	13%
Total Carbohydrate 13g	4%
Dietary Fiber 4g	17%
Sugars 3g	
Protein 4g	
Vitamin A 4%	• Vitamin C 15%
Calcium 4%	• Iron 8%
* Percent Daily Values are based on a 2,000 calorie diet.	



Hearty Vegetable-Bean Soup

makes 5 servings

Ingredients

- 1 tsp. olive oil
- 1/2 cup diced onions
- 1/2 cup diced red pepper
- 1/2 cup diced carrots
- 1 clove garlic, minced
(or 1/8 tsp. garlic powder)
(or 1/2 tsp. bottled minced garlic)
- 1/2 tsp. dried thyme
- 1/2 tsp dried oregano
- 1/2 tsp. dried parsley
- 2 cups broth (no salt beef, chicken, or vegetable)
- 1/2 cup tomato sauce
- 1 (15.5 oz.) cans pinto beans*, drained and rinsed
No-salt added, if possible
- 1/2 tsp. brown sugar
- 1/8 tsp. black pepper

Directions:

1. Heat olive oil in a large soup pot over medium heat.
2. Add onions, red pepper, carrots, garlic, thyme, oregano, and parsley.
3. Cook and stir for 5 minutes until vegetables begin to soften.
4. Add all remaining ingredients. Bring to a boil.
5. Reduce heat to medium-low and simmer, covered, for 15 to 20 minutes until vegetables are tender.

* Substitute a bean of choice—black, kidney, garbanzo, other bean of your choice. Also purchase canned beans with “no salt” added, if possible.

Recipe from *Dining with Diabetes*, WVU Extension



Nutrition Facts

Serving Size 1 cup (246g)
Servings Per Container 5

Amount Per Serving

Calories 140 **Calories from Fat 20**

% Daily Value*

Total Fat 2.5g **4%**

Saturated Fat 0g **0%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 240mg **10%**

Total Carbohydrate 21g **7%**

Dietary Fiber 7g **28%**

Sugars 5g

Protein 8g

Vitamin A 50% • **Vitamin C 40%**

Calcium 6% • **Iron 10%**

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

Calories: 2,000 2,500

Total Fat Less than 65g 80g

Saturated Fat Less than 20g 25g

Cholesterol Less than 300mg 300 mg

Sodium Less than 2,400mg 2,400mg

Total Carbohydrate 300g 375g

Dietary Fiber 25g 30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4



Issued in furtherance of Cooperative Extension work. Acts of May 8 and June 30, 1914, in cooperation with the United States Department of Agriculture. University of Vermont Extension, Burlington Vermont. University of Vermont Extension, and U.S. Department of Agriculture, cooperating, offer education and employment to everyone without regard to race, color, national origin, gender, religion, age, disability, political beliefs, sexual orientation, and marital or familial status.

Orange-Almond Salad

makes 4 servings

Ingredients:

- 3 cups assorted greens
- 2 navel oranges, peeled and separated into sections
- 1/2 cup thinly sliced celery
- 2 Tablespoon chopped green onions
- 1/4 cup cider vinegar
- 1/4 cup sucralose
- 2 teaspoons olive or canola oil
- 1/4 cup toasted slivered almonds

Directions:

1. Combine greens, orange sections, celery, and green onions in a large bowl.
2. Combine vinegar, sucralose, and oil in a small mixing bowl; stir until well blended, and drizzle over greens.
3. To serve, place greens on a serving plate and garnish with 1 Tablespoon of almonds over each salad. Serve immediately.

Notes:

A light and refreshing salad that provides a good source of fiber. Sealed bags of salad greens may be used. Mandarin oranges may also be substituted for the navel oranges.

Recipe from: *Dining with Diabetes*, WVU Extension

Nutrition Facts	
Serving Size 1 cup (154g)	
Servings Per Container 4	
Amount Per Serving	
Calories 110	Calories from Fat 50
% Daily Value*	
Total Fat 6g	9%
Saturated Fat 0.5g	3%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 25mg	1%
Total Carbohydrate 14g	5%
Dietary Fiber 4g	16%
Sugars 8g	
Protein 3g	
Vitamin A 35%	Vitamin C 70%
Calcium 6%	Iron 4%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300 mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	



Quick & Easy Tomato Bisque

makes 3 servings

Ingredients:

- 1 can condensed tomato soup (low- or no-salt variety)
- 1/2 of a 14.5 ounce can diced tomatoes (low- or no-salt variety)
- 1/2 cup evaporated skim milk
- 1/2 teaspoon seasoning blend (no-salt added)

Directions:

Place condensed soup in saucepan. Add one can of water to the condensed soup. Stir until smooth and well combined. Add the diced tomatoes and evaporated skim milk. Heat over low heat until warm and bubbly.

Nutrition Facts	
Serving Size (310g)	
Servings Per Container 3	
Amount Per Serving	
Calories 120	Calories from Fat 10
% Daily Value*	
Total Fat 1.5g	2%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 450mg	19%
Total Carbohydrate 21g	7%
Dietary Fiber 1g	4%
Sugars 15g	
Protein 5g	
Vitamin A 15% • Vitamin C 25%	
Calcium 15% • Iron 2%	
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300 mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	



Robust Chicken Noodle Soup

makes 2 servings

Ingredients:

1 can chicken noodle soup (low salt variety)
1/2 to 1 cup leftover vegetables or canned
(no salt added varieties) or frozen vegetables
1/2 to 1 cup leftover cooked chicken

Directions:

Put chicken noodle soup in saucepan.
If using a variety that calls for adding water do so.
Add vegetables and chicken. Heat until hot. Serve.

Nutrition Facts

Serving Size (404g)	
Servings Per Container 2	
Amount Per Serving	
Calories 140	Calories from Fat 45
% Daily Value*	
Total Fat 5g	8%
Saturated Fat 1.5g	8%
Trans Fat 0g	
Cholesterol 40mg	13%
Sodium 300mg	13%
Total Carbohydrate 10g	3%
Dietary Fiber 2g	8%
Sugars 2g	
Protein 14g	
Vitamin A 90%	• Vitamin C 8%
Calcium 4%	• Iron 10%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300 mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	



Sausage Cabbage Soup

makes 6 servings

This recipe was shared by a participant in a University of Vermont Extension Dining with Diabetes course. The recipe can easily be doubled and frozen in meal-sized portions.

Ingredients:

- 1 medium onion, chopped
- 1-2 cloves garlic, minced
- 2 Tablespoons olive oil
- 1/2 lb. Italian turkey sausage, halved and sliced into 1/4 inch slices (use a combination of sweet and hot)
- 2 medium carrots, halved and thinly sliced
- 1 celery rib, thinly sliced
- 1 teaspoon caraway seed
- 2 cups chicken broth (low-sodium & fat-free), or water
- 2 cups chopped cabbage
- 1 (15oz) can white kidney beans (cannelloni), rinsed and drained
- 1 (14-1/2 oz) can diced tomatoes, un-drained (no-salt)
- 1/4 cup or more, green or red pepper, chopped
- 1 Tablespoon white vinegar
- 1 Tablespoon brown sugar
- Salt and pepper to taste

Nutrition Facts

Serving Size 2 cups (285g)
Servings Per Container 6

Amount Per Serving

Calories 190 **Calories from Fat** 80

% Daily Value*

Total Fat 9g **14%**

Saturated Fat 0.5g **3%**

Trans Fat 0g

Cholesterol 20mg **7%**

Sodium 440mg **18%**

Total Carbohydrate 17g **6%**

Dietary Fiber 4g **16%**

Sugars 6g

Protein 11g

Vitamin A 15% • Vitamin C 45%

Calcium 4% • Iron 10%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

		Calories	2,000	2,500
Total Fat	Less Than	65g	80g	
Saturated Fat	Less Than	20g	25g	
Cholesterol	Less Than	300mg	300 mg	
Sodium	Less Than	2,400mg	2,400mg	
Total Carbohydrate		300g	375g	
Dietary Fiber		25g	30g	

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

Directions:

1. In a 3 quart saucepan, sauté the onion, garlic, and sausage in the olive oil until tender.
2. Add the carrot and celery, sauté several minutes until tender.
3. Add caraway seeds; cook and stir 1 minute longer.
4. Add broth or water, cabbage, tomatoes, bell pepper, and brown sugar. Bring to a boil.
5. Reduce heat, cover, and simmer for 15-20 minutes or until vegetables are tender. Add the beans, vinegar, salt, and pepper.
6. Simmer uncovered 5-10 minutes or until heated through.



Spinach Salad

makes 4 servings

Ingredients:

Dressing:

- 2 Tablespoons olive oil
- 1 Tablespoon cider vinegar
- 1 Tablespoon chopped fresh parsley
- 1 tsp. lemon juice
- 1-2 packets of sucralose

Salad:

- 1 cup cooked whole grain bowtie or rotini noodles
- 2 cups torn raw spinach or salad mix
- 3/4 cup sliced celery
- 1/4 cup sliced green onions
- 1 medium tomato or 1 cup cherry tomatoes
- 1 cup seedless grapes (optional)

- 1/2 cup raw snow peas
- 1/2 pound cooked shrimp or 8 oz. chicken breast (optional)

Nutrition Facts	
Serving Size 1 cup (181g)	
Servings Per Container 4	
Amount Per Serving	
Calories 160	Calories from Fat 60
% Daily Value*	
Total Fat 7g	11%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 40mg	2%
Total Carbohydrate 22g	7%
Dietary Fiber 3g	12%
Sugars 8g	
Protein 4g	
Vitamin A 15% • Vitamin C 45%	
Calcium 4% • Iron 10%	
<small>*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.</small>	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300 mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

Directions:

1. Cook noodles according to package directions, but do not add salt to water. Drain, rinse, and cool.
2. Place all dressing ingredients in pint jar, close with lid, and shake well.
3. Place torn fresh spinach in large salad bowl. Chop celery and green onions. Slice fresh tomato into small wedges or cut cherry tomatoes into halves. Wash grapes and snow peas and add all to salad bowl.
4. If using cooked fresh or frozen shrimp, remove peels and veins. If using cooked chicken, cut into bite-size pieces using separate cutting board. Add to salad bowl.
5. Place drained and cooled pasta in salad bowl. Shake dressing and pour over salad. Toss with salad tongs or 2 large spoons.

Recipe from: *Dining with Diabetes*, WVU Extension

