



Tasty Diabetes-Friendly Recipes

May 2015

Chicken Caesar Burgers

Taste of Home

Makes: 2 servings | Time: 30 minutes

Ingredients

1/4 cup finely chopped onion
2 tablespoons shredded Parmesan cheese, *divided*
1 tablespoon fresh lemon juice
1-1/2 teaspoons dried parsley flakes
1 garlic clove, minced
1 teaspoon Worcestershire sauce
1/4 teaspoon pepper
1/2 pound lean ground chicken (90% or leaner)
2 hamburger buns, split
1/4 cup torn romaine
4 teaspoons regular Caesar salad dressing

Directions

1. In a small bowl, combine the onion, 1 tablespoon cheese, lemon juice, parsley, garlic, Worcestershire sauce, salt and pepper. Crumble chicken over mixture and mix well. Shape into two patties.
2. Grill burgers, covered, over medium heat for 5-7 minutes on each side or until a meat thermometer reads 165° and juices run clear. Sprinkle with remaining cheese.
3. Serve on buns with romaine and salad dressing.

Nutritional Information (per serving): Calories 360, Total Fat 18g, Saturated Fat 5g, Cholesterol 80mg, Sodium 640mg, Total Carbohydrate 26g, Fiber 2g, Protein 25g

Red Cabbage Slaw

Food Network

Makes: 4 servings | Prep time: 20 minutes | Inactive time: 30 minutes

Ingredients

1/2 cup freshly squeezed orange juice
1/4 cup freshly squeezed lime juice
1/2 small red onion, coarsely chopped
2 cloves garlic, coarsely chopped
1/4 cup fresh basil leaves
2 tablespoons chopped cilantro leaves
1 tablespoon honey
1/2 cup canola oil
1/4 cup vinegar
Salt and pepper
1/2 head red cabbage, shredded

Directions

Combine all ingredients, except cabbage, in a blender and blend until smooth. Season with salt and pepper, to taste. Place cabbage in a large bowl and toss with the vinaigrette. Season with salt and pepper and let sit 30 minutes in the refrigerator before serving.

Nutritional Information (per serving): Calories 320, Total Fat 28g, Saturated Fat 2g, Cholesterol 0mg, Sodium 180mg, Total Carbohydrates 18g, Fiber 3g, Sugars 12g, Protein 2g

Red White and Blue Parfait

Adapted from: Mayo Clinic

Makes: 4 servings

Ingredients

1 pint fresh sliced strawberries
1 1/2 cups fresh blueberries
1 cup plain nonfat Greek yogurt
1/4 cup reduced fat cream cheese, softened
1 teaspoon honey
1/2 teaspoon vanilla

Directions

1. Make the creamy filling by placing yogurt, cream cheese, honey, and vanilla into a bowl and beating until fluffy.
2. Assemble parfaits by placing 1/3 cup strawberries in each parfait glass. Top each with 3 tablespoons of creamy filling then 1/4 cup blueberries. Garnish each by dividing remaining topping. Chill until ready to serve.

Nutritional Information (per serving): Calories 130, Total Fat 3g, Saturated Fat 2g, Cholesterol 15mg, Sodium 90, Total Carbohydrate 18g, Fiber 3g, Sugars 12g, Protein 12