



Mini Meatloaves with Barbecue Sauce



Serving Information

Makes approximately 12 servings

Ingredients

- 2½ lbs. extra lean ground beef
- 1 c. quick oats
- ¾ c. minced onion
- ½ c. dry bread crumbs or cracker crumbs
- 1 (12-oz.) can evaporated skim milk
- 2 eggs
- 2 Tbsp. chili powder
- ½ tsp. garlic powder
- ¼ tsp. salt
- ¼ tsp. black pepper
- 6 Tbsp. barbecue sauce

Equipment

- Large mixing bowl
- Mixing spoon
- 12-cup muffin pan
- Measuring cups and spoons

Directions

1. Preheat oven to 375°F. In a large bowl combine all ingredients except the barbecue sauce. Mix until ingredients are just combined. Using your hands works best but thoroughly wash hands before and after mixing.
2. Divide mixture evenly among each muffin cup, pressing mixture lightly.
3. Spoon approximately 1½ tsp. barbecue sauce over each muffin.
4. Bake for 30-35 minutes or until centers reach the safe internal temperature of 160° F.

Source: Dining with Diabetes WVUES, 2000-present

Nutrition Facts	
Serving Size (152g)	
Servings Per Container	
Amount Per Serving	
Calories 210	Calories from Fat 60
% Daily Value*	
Total Fat 7g	11%
Saturated Fat 3g	15%
Trans Fat 0g	
Cholesterol 85mg	28%
Sodium 210mg	9%
Total Carbohydrate 15g	5%
Dietary Fiber 1g	4%
Sugars 6g	
Protein 21g	
Vitamin A 10%	• Vitamin C 2%
Calcium 10%	• Iron 15%
*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	



Sweet Potato Puffs

Serving Information

Serves 10 (1 serving = 1 puff)

Puffs can be served half their original size

Ingredients

2 lbs. sweet potatoes or yams

1/3 cup orange juice

1 egg, lightly beaten

1 Tbsp. grated orange peel

1/2 tsp. ground nutmeg

1/4 cup finely chopped nuts

Equipment

Medium saucepan

Colander

Large bowl

Potato masher or mixer

Measuring cups and spoons

Cookie or baking sheet

Directions

1. Preheat oven to 375 °F.
2. Spray cookie sheet with cooking oil.
3. Peel, and cut potatoes into 1 inch pieces. Place in medium saucepan, cover with water and bring to a boil.
4. Cook 10-15 minutes until tender.
5. Drain, place in large bowl and mash until smooth.
6. Add remaining ingredients, except for nuts.
7. Spoon mixture onto cookie sheet in 10 mounds. Sprinkle with nuts.
8. Bake 30 minutes. Occasionally check for any burning while cooking.

Source: Dining with Diabetes WVUES, 2000-Present

Nutrition Facts

Serving Size 10 (1g)
Serving Per Container 10

Amount Per Serving

Calories 130

% Daily Values*

Total Fat 3g **5%**

Saturated Fat 0.5g **3%**

Trans Fat 0g

Monounsaturated Fat 1.3g

Cholesterol 19mg **6%**

Potassium 613mg **18%**

Sodium 20mg **1%**

Total Carbohydrate 23g **8%**

Dietary Fiber 2g **8%**

Sugars 12g

Protein 4g **8%**

Vitamin C 7.5% • Iron 6.7%

*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	
Sat Fat	Less than	20g	25g	
Cholesterol	Less than	300mg	300mg	
Sodium	Less than	2400mg	2400mg	
Total Carbohydrate		300g	375g	
Dietary Fiber		25g	30g	



Lemon Cake



NATIONAL EXTENSION WORKING GROUP

Serving Information

Serves 16 (small angel food)

Serves 24 (large angel food)

Ingredients

- 1 purchased angel food cake, small or large 1 box (4 servings) sugar-free instant lemon pudding
- ½ c. skim milk
- 1 c. lemon flavored fat-free, no-sugar-added yogurt
- ½ of an 8 oz. tub light frozen whipped topping, thawed

Equipment

- Mixing bowl
- Measuring cups
- Serrated knife
- Electric mixer
- Whisk
- Serving plate

Directions

1. Cut angel food cake in half, horizontally, using serrated knife in a sawing motion. Place bottom layer on serving plate.
2. Beat pudding with milk until thickened, about 1 minute. Stir in yogurt.
3. Fold whipped topping into pudding mixture.
4. Frost bottom layer of cake with lemon mixture. You may then place top layer on cake and frost with remaining mixture, or make a second cake with remaining topping mixture. Chill until served. Garnish with thin strawberry, lemon, or kiwi slices.
5. Slice into 16 servings (small cake) or 24 servings (large cake).

Nutrition Facts

Serving Size (52g)
Servings Per Container 16

Amount Per Serving

Calories 90 Calories from Fat 10

% Daily Value*

Total Fat 1g **2%**

Saturated Fat 1g **5%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 250mg **10%**

Total Carbohydrate 18g **6%**

Dietary Fiber 0g **0%**

Sugars 2g

Protein 2g

Vitamin A 0% • Vitamin C 0%

Calcium 6% • 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

Source: Diabetes Education Program WVUES 1999-2000