



Chicken Breasts with Apricot Ginger Glaze



Serving information

Serves approximately 8
(1 serving = 1/2 cup or 4 oz.)

Ingredients

2 lb. boneless, skinless chicken breasts (eight, 4-oz. pieces)

Glaze:

1 tsp. canola oil
2 tsp. freshly grated ginger (or 1/2 tsp. ground ginger)
2 cloves garlic, minced (or 1/4 tsp. garlic powder or 1 tsp. bottled pre-minced garlic)
2 Tbsp. red wine vinegar
2 Tbsp. Splenda granular (optional)
1/2 c. sugar-free apricot jam or preserves
2 tsp. reduced-sodium soy sauce
1/4 tsp. black pepper
Cooking spray

Equipment

Baking pan (9" x 13")
Small saucepan
Measuring cups and spoons
Grater
Spoon

Directions

1. Preheat oven to 350°F. Spray 9" x 13" baking pan with cooking spray.
2. Coat a small saucepan with cooking spray. Heat the pan to medium, add the ginger and garlic, and cook for one minute. Turn heat to medium-high, add the vinegar and Splenda and bring to a boil. Stir until the Splenda dissolves. Add the apricot jam, soy sauce and pepper. Stir to combine and remove from heat; set aside half of the glaze to be served with cooked chicken (this prevents cross-contamination from the raw chicken).
3. Place chicken on baking pan and bake for 20-25 minutes, basting with glaze 2-3 times during the cooking process. The internal temperature should be 165° F.
4. Spoon remaining glaze over chicken just before serving.

Source: Dining with Diabetes WVUES, 2000-present

Nutrition Facts			
Serving Size (112g)			
Servings Per Container			
Amount Per Serving			
Calories 150	Calories from Fat 30		
% Daily Value*			
Total Fat 3g			5%
Saturated Fat 1g			5%
Trans Fat 0g			
Cholesterol 65mg			22%
Sodium 100mg			4%
Total Carbohydrate 6g			2%
Dietary Fiber 0g			0%
Sugars 0g			
Protein 25g			
Vitamin A 0%		• Vitamin C 0%	
Calcium 2%		• 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



Four-Bean Salad



Serving Information

Makes approximately 8 servings
(1 serving = 1/2 cup)

Ingredients

- 1 can (8½ oz.) cut green beans, rinsed and drained
- 1 can (8½ oz.) cut wax beans, rinsed and drained
- 1 can (8½ oz.) lima beans, rinsed and drained
- 1 can (8½ oz.) kidney beans, rinsed and drained
- ½ c. thinly sliced red onion rings
- ½ c. chopped celery
- ¼ c. diced green pepper

Dressing:

- 2 tsp. Dijon mustard
- 2 Tbsp. cider vinegar
- ½ tsp. sugar
- ½ tsp. dried thyme (or 1 tsp. chopped fresh thyme)
- ½ tsp. black pepper
- 1 clove garlic crushed or minced
- ¼ c. olive oil

Equipment

- Can opener
- Colander
- Cutting board and sharp knife
- Large and small mixing bowls
- Whisk or mixing spoon
- Plastic wrap or bowl cover

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 until well blended.
3. Pour the dressing over the bean mixture and toss to coat. Cover and refrigerate 12-24 hours before serving.

Source: Dining with Diabetes—West Virginia University Extension Service, 2003

Nutrition Facts

Serving Size 1/2 cup (108g)
Servings Per Container 8

Amount Per Serving

Calories 120 **Calories from Fat** 60

% Daily Value*

Total Fat 7g **11%**

Saturated Fat 1g **5%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 180mg **8%**

Total Carbohydrate 11g **4%**

Dietary Fiber 3g **12%**

Sugars 2g

Protein 3g

Vitamin A 2% • Vitamin C 10%

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



Lime Salad



Serving Information

Makes approximately 6
(1 serving = ½ cup)

Ingredients

- 1 box (4 servings) sugar-free lime gelatin
- 1 c. boiling water
- 1 c. low-fat cottage cheese
- 1 c. crushed pineapple in its own juice
- ¼ c. chopped pecans (optional)

Equipment

Measuring cups
Mixing bowl
Mixing spoon

Directions

1. Thoroughly dissolve gelatin in boiling water.
2. Add cottage cheese, pineapple and nuts. Stir to blend well.
3. Pour into serving dish; cover with plastic wrap. Refrigerate until set.

Nutrition Facts

Serving Size (120g)
Servings Per Container 6

Amount Per Serving

Calories 90 Calories from Fat 35

% Daily Value*

Total Fat 4g **6%**

Saturated Fat 0.5g **3%**

Trans Fat 0g

Cholesterol 5mg **2%**

Sodium 180mg **8%**

Total Carbohydrate 8g **3%**

Dietary Fiber 1g **4%**

Sugars 6g

Protein 5g

Vitamin A 2% • Vitamin C 6%

Calcium 8% • 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

Source: The Right Bite—University of Georgia Cooperative Extension Service, Extension in the Kitchen, 2002