

# Cookbook Review:

## Diabetes Meals on \$7 a day or Less

Diabetes can be a very expensive disease when you add up the cost of medications, monitors, and food. Many families invest their money in special “diabetic” foods and high priced sugar- free treats. What some people do not realize is that foods you need for your diabetes are the same foods your family should eat to promote good health. This cookbook is designed to prove that that good food does not have to break your budget or diabetes nutrition guidelines. The recipes in the book are simple and quick to make. This book is a great way to be able to cook for your whole family, even if someone has diabetes.

The cookbook reviews foods and healthy eating tips that are good for the whole family. It also includes food goals for diabetes and emphasizes smart choices in food selection. The author provides different ways to save money and strategies you can use to prevent wasted food and money. There are a lot of sections to help people become organized in the kitchen and to help plan meals. The book includes a section on The “Quick Six” Casserole Plan, One Week Sample Menu, and teaches you how to track your money when you are buying and cooking food. Each recipe includes preparation time, servings, cost per serving, exchanges, and nutritional analysis.

### Italian Chicken Skillet

Cooking spray	1 small zucchini squash, diced into bite sized pieces
1 tsp corn oil	1 (14oz) jar spaghetti sauce
1 clove garlic, minced	½ cup water
¼ cup diced onion	1/8 tsp red pepper flakes
8 ounces skinless, boneless chicken breast, diced	4 cups cooked pasta
1 (7 oz) can mushroom stems and pieces, drained and rinsed	

Coat a large nonstick skillet with cooking spray. Add oil and warm over medium heat. Add garlic and onion. Cook until onion turns clear, stirring frequently. Add chicken and cook until no longer pink. Stir in mushrooms, zucchini, spaghetti sauce, water, and red pepper flakes. Reduce heat to low, cover, and cook for 10 minutes, stirring periodically. Serve over hot pasta.

**Makes 4 servings with:** 441 calories, 9 g fat, 67 mg cholesterol, 808 mg sodium, 62 g carbohydrates, 6 g fiber, 28 g protein.

## Sassy Sweet Potato Chips

4 medium sweet potatoes (6 oz each)  
4 tsp corn oil  
¼ tsp chili powder  
¼ tsp ground cumin

1/8 tsp ground black pepper  
¼ tsp salt  
Cooking spray

Preheat oven to 375 F. Peel sweet potatoes, slice into 1/8 inch thick slices, then place in a bowl or baking pan. Combine oil and seasonings in a small bowl. Drizzle over potatoes, then toss to coat potato slices well. Place potato slices in a single layer on a baking pan coated with cooking spray. Bake for 10 minutes. Turn chips over and bake an additional 30 minutes, turning chips every 10 minutes. To prevent heat loss, remove pan from oven and close oven door when turning chips. (Watch closely during the last 5 minutes of baking to prevent burning- you may need to remove smaller chips early). Transfer chips to wire rack to cool.

**Makes 5 servings with:** 248 calories, 4 g fat, 175 mg cholesterol, 50 g carbohydrates, 1 g fiber, 3 g protein

## Cinnamon- Glazed Bananas

3 small, firm, ripe bananas  
2 Tbsp reduced- calorie margarine  
2 Tbsp packed light brown sugar  
3 Tbsp thawed unsweetened orange juice concentrate

1 tsp vanilla extract  
¼ tsp ground cinnamon  
6 Tbsp frozen fat-free whipped topping

Peel bananas and cut in half lengthwise, then cut in half crosswise. Melt margarine in a large nonstick skillet over medium heat. Add brown sugar, orange juice concentrate, vanilla extract, and cinnamon. Heat for 30 seconds while stirring constantly. Add banana quarters and cook for 1 minute. Gently turn banana quarters and cook additional 1 minute. Remove bananas to individual serving dishes, spoon sauce over, and top each serving with 1 tablespoon whipped topping.

**Makes 6 servings with** 116 calories, 3 g fat, 52 mg sodium, 23 g carbohydrates, 1 g fiber, 1 g

## Tempting Turkey Pot Pie

3 Tbsp reduced calorie stick margarine  
1/3 cup flour  
½ tsp salt  
1/8 tsp garlic powder  
1/8 tsp black pepper  
2 cups water  
¾ cup skim milk  
2 cubes reduced sodium chicken bouillon

1 (8.5 oz) can peas and carrots, drained  
1 (8.75 oz) can corn, drained  
1 small onion, finely diced  
2 cups shredded turkey breast  
Cooking spray

**Topping:**  
2 cups biscuit mix  
2/3 cup skim milk

Preheat oven to 400F. Melt margarine in a large saucepan over medium heat. Stir in flour, salt, garlic powder, and pepper- a thick paste will form. Add water, milk, and bouillon cubes- stir with a wire whisk until mixture thickens slightly. Add peas and carrots, corn, onion, and turkey. Stir to combine. Spoon into a 2 quart casserole coated with cooking spray and set aside. Place biscuit mix and milk in a mixing bowl, then stir to combine. Drop dough by rounded tablespoons onto top of turkey mixture. Bake uncovered for 30 minutes or until biscuit topping is golden and filling is bubbly.

**Makes 7 servings with:** 280 calories, 4 g fat, 35 mg cholesterol, 692 mg sodium, 42 g carbohydrates, 2 g fiber, 19 g protein