

Diabetes Recipes For Healthier Living

Creamy Reduced Calorie Cole slaw

- 1 1/2 cup low fat mayonnaise
- 1/3 cup Splenda
- 3 Tbsp. finely chopped sweet onion
- 2 tsp. lemon juice
- 1 Tbsp. wine vinegar
- 1/4 tsp. celery seeds
- 1/4 tsp. black pepper * 8 cups Cole Slaw Cabbage mix
- 1/2 cup shredded carrot

Whisk dressing ingredients together in a large bowl. Add cole slaw mix and carrots. Stir well. Refrigerate 2 hours. Mix and serve cold.

Nutrition information per serving: 80 calories, 2 g total fat 2 g, 0 mg cholesterol, 14 g total carbohydrates, 1 g protein.

Lite Lemon Layer Pie

- 1/3 cup low sugar strawberry jam
- 1 prepared graham cracker crust
- 4 oz. light cream cheese (packaged in a block)
- 1 Tbsp Splenda (1)
- 8 oz. container of light whipped topping- divided
- 1 can light whipped topping
- 1 1/2 cups cold skim milk
- 1 pkg. sugar free lemon instant pudding mix (4 serving size)
- 1 pkg. sugar-free vanilla pudding mix (4 serving size)

Spread jam on the bottom of the crust. Mix cream cheese and Splenda in bowl with wire whisk until smooth. Gently stir in remaining whipped topping. Spread over cream cheese layer. Pour milk into a large bowl. Add pudding mixes and beat with a wire whisk until blended. Gently stir in remaining whipped topping and spread as next layer. Refrigerate 4 hours. Decorate with

canned whipped topping just before serving. Use just enough to make the top of the pie attractive (2 tablespoons).

Nutrition information per serving: 180 calories, 4 g protein, 30 g carbohydrate, 5 g fat, 7 mg. cholesterol, 220 mg. sodium

Low Fat Sausage Balls

- 1 pound 50% less fat sausage or reduced-fat sausage
- 1 pound 2% milk sharp cheddar cheese, shredded
- 3 cups low fat biscuit mix
- 1 teaspoon red pepper (optional)

Preheat oven to 350 degrees. Let sausage and cheese warm to room temperature. Combine ingredients together. (You may have to mix it together with your hands). Roll into walnut size balls and place on cookie sheet sprayed with cooking spray. Press down with a fork. Bake in the oven 15 to 20 minutes. Makes approximately 50 sausage balls.

Nutrition information per serving: 145 calories, 10 g fat, 3 g saturated fat, 30 mg cholesterol, 175 mg sodium. By using the light recipe, you can save 105 calories and 10 grams of fat!

Low-Fat Cheese Ball

- 8 ounces low fat (2% milk) cheddar cheese, shredded
- 8 ounces 1/3 less fat cream cheese
- 1 ounce bleu cheese
- 1/3 cup nonfat cottage cheese
- 1 1/2 ounces real bacon bits
- 1/2 small onion, minced * 1 tablespoon Worcestershire Sauce
- 1 teaspoon Texas Pete Hot Sauce
- 1/4 cup chopped nuts (finely chopped)
- 2 tablespoons dried parsley flakes

Combine all ingredients in a food processor except the nuts and parsley. Process ingredients until smooth. Empty onto a piece of plastic wrap or wax

paper. Form into a ball and cover using plastic wrap and refrigerate overnight. Before serving, roll cheese ball in the nuts and parsley flakes. Serve with low fat crackers.

Nutrition information per serving: 74 calories, 1 g saturated fat, 5.5 g total fat, 12 mg cholesterol, 121 mg of sodium. By using the light recipe, you can save 80 calories and 9 grams of fat!