

Diabetes-Friendly Holiday Recipe

Roasted Turkey

16 SERVINGS • SERVING SIZE: 4½ OUNCES

- 1 whole turkey—10 to 12 pounds
- 1 teaspoon salt
- 2 teaspoons freshly-ground black pepper
- 1 tablespoon minced garlic
- 3 sprigs fresh rosemary
- 7 sprigs fresh thyme
- 3 sprigs fresh oregano
- 2 tablespoons olive oil

► Preheat the oven to 400° F.

► Remove the turkey from its wrapping, and remove all the items from its internal cavity. Rinse the inside with water and pat dry with a paper towel.

► Season the cavity with the salt, pepper, and garlic by rubbing these items into the internal wall of the cavity. Add the rosemary, thyme, and oregano to the internal cavity. Rub the olive oil over the outer skin of the turkey.

► Place the turkey in a roasting pan in the oven. After 15 minutes, lower the oven temperature to 325° F. Continue to cook until the turkey reaches an internal temperature of 165° F, about 2 to 2½ hours. When the turkey is done, let it rest for 10 minutes before serving.



Per serving: lean meat exchanges, 5; fat exchanges, ½; calories, 288; calories from fat, 138; total fat, 16 g; saturated fat, 4 g; cholesterol, 97 mg; sodium, 225 mg; total carbohydrate, 1 g; dietary fiber, 0 g; sugars, 0 g; protein, 35 g

*Recipe from: American Diabetes Association at www.diabetes.org.
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Diabetes-Friendly Holiday Recipe

Crispy Green Beans Sautéed with Bacon & Onions

16 SERVINGS • PREPARATION TIME: 10 MINUTES • COOKING TIME: 20 MINUTES

- 1 pound fresh green beans , trimmed and halved crosswise
- 4 slices of bacon, cured, lower sodium
- 16 ounces pearl onions
- 2 teaspoons sugar
- ½ teaspoon ground thyme
- 1½ tablespoons cider vinegar
- ¾ teaspoon salt
- ¼ teaspoon black pepper

- Boil a pot of water; boil beans 4 minutes. Run beans under cold water and dry.
- Crisp bacon in a frying pan over medium high heat. Take bacon out of pan, saving 2 tablespoons of drippings.
- Coarsely chop bacon and reserve.
- Sauté onions in bacon fat in pan for 3 minutes, stir often.
- Mix in sugar and thyme and cook 3 minutes.
- Mix in the beans and cook 2 minutes.
- Toss bean mixture with vinegar, salt and pepper.
- Top with bacon when ready to serve. Bacon bits, turkey bacon, or vegetarian bacon can be used to lower sodium levels.



Per serving: starch exchanges, 5; fat exchanges, ¼; calories, 73.1; total fat, 1.6 g; saturated fat, 0.6 g; trans fat, 0.9 g; sodium, 274.3 mg; total carbohydrate, 13.3 g; dietary fiber, 2.2 g; sugars, 3.6 g; protein, 2.8 g

Recipe from www.dlife.com/diabetes/diabetic-recipes.



Diabetes-Friendly Holiday Recipe

Sage Stuffing

12 SERVINGS • SERVING SIZE: ½ CUP • PREPARATION TIME: 15 MINUTES • COOKING TIME: 1 HOUR

- 30 slices (1 ounce each) day-old, whole-grain bread, crusts removed, cut into small cubes
- 1 tablespoon olive oil
- 1 large onion, chopped
- 3 large celery stalks, chopped
- ⅓ cup coarsely chopped walnuts
- ½ bunch fresh sage, stems removed, coarsely chopped
- 3 cups hot low-fat, reduced-sodium chicken broth
- 1 egg, lightly beaten
- ½ cup dried cranberries or dried cherries, coarsely chopped
- Kosher salt and fresh-ground black pepper to taste
- Paprika

► Preheat the oven to 375° F. Add the bread to a large bowl.

► Heat the olive oil in a large skillet over medium heat. Add the onions and celery, and sauté for 3 minutes. Add the walnuts and sauté for 2 minutes. Add in the sage and cook for 1 minute.

► Add the onion-sage mixture to the bread. Pour the hot chicken broth and egg over the onion-sage mixture, and mix well (until moist). Add in the cranberries or cherries. Season well with salt and pepper. Add the mixture to a large casserole dish, and sprinkle with paprika. Bake for about 40 to 45 minutes, or until the top is browned and crusty.



Per serving: starch exchanges, 2; fat exchanges, 1; calories, 190; calories from Fat, 55; total fat, 6 g; saturated fat 0.9 g; trans fat, 0 g; cholesterol, 20 mg; sodium, 385 mg (without added salt); total carbohydrate, 28 g; dietary fiber, 5 g; sugars, 7 g; protein, 8 g

Recipe from forecast.diabetes.org/recipes/sage-stuffing.



Diabetes-Friendly Holiday Recipe

Cast Iron Apple Cobbler

12 SERVINGS • SERVING SIZE: ½ CUP • PREPARATION TIME: 20 MINUTES • COOKING TIME: 40 MINUTES

FILLING

- 6 cups peeled, diced apples
- 3 tablespoons sugar
- 1 tablespoon cornstarch
- 1 teaspoon cinnamon
- ½ teaspoon lemon zest
- 2 tablespoons fresh lemon juice

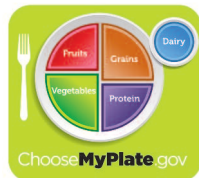
TOPPING

- ½ cup all-purpose flour
- ½ cup regular oats
- ½ cup Splenda® brown sugar blend
- 2 tablespoons lite buttery spread, melted (such as Promise activ®)
- 2 tablespoons canola oil
- 2 teaspoons cinnamon

► Preheat the oven to 400° F.

► Combine the apples, sugar, cornstarch, cinnamon, lemon zest, and lemon juice in a bowl. Spoon into a 10-inch cast iron skillet.

► To prepare the topping, combine the topping ingredients in a small bowl and toss with a fork until well blended. Sprinkle the topping over the apple mixture and bake for 40 minutes.



Per serving: carbohydrate exchanges, 2; fat exchanges, 0.5; calories, 145; calories from fat, 30; total fat, 3.5 g; saturated fat, 0.4 g; trans fat, 0 g; cholesterol, 0 mg; sodium, 15 mg; total carbohydrate, 28 g; dietary fiber, 2 g; sugars, 19 g; protein, 1 g

Recipe from forecast.diabetes.org/recipes/cast-iron-apple-cobbler.



Diabetes-Friendly Holiday Recipe

Apple & Fennel Salad with Cranberries & Walnuts

12 SERVINGS • SERVING SIZE: 1 CUP • PREPARATION TIME: 20 MINUTES

SALAD

- 2 medium Braeburn apples, unpeeled (about 6 ounces each)
- 2 teaspoons fresh lemon juice
- 1 large fennel bulb
- ½ medium red onion, very thinly sliced
- 4 cups baby arugula, washed and dried

DRESSING

- 2 tablespoons cider vinegar
- 1 tablespoon fresh lemon juice
- 1 tablespoon honey
- 2 teaspoons coarse Dijon mustard
- 1 garlic clove, finely minced
- ½ cup walnut oil
- Sea salt and freshly ground black pepper to taste

GARNISHES

- ¼ cup dried cranberries
- ¼ cup crumbled gorgonzola cheese
- ¼ cup toasted walnut pieces



► **Core and quarter the apples.** Slice the apples into thin pieces, and add to a bowl. Sprinkle with the 2 teaspoons lemon juice, and toss to coat. Set aside.

► **Prepare the fennel.** Cut off the stalks and fronds (the leafy part) from the fennel bulb. (Save the stalks to flavor a homemade soup if desired.) Chop 2 teaspoons of the fennel fronds, and reserve for the dressing. (The remaining fronds can be saved for a few days in an airtight container.) Trim the base of the fennel bulb. If the outer layer of the bulb appears to be dry and tough, remove it and discard. With a sharp knife, cut the remaining bulb into julienned pieces. Add the fennel to the apples. Add the red onion and toss.

► **Prepare the dressing.** In a small bowl, whisk together the cider vinegar, lemon juice, honey, mustard, garlic, and the reserved 2 teaspoons of chopped fennel fronds. Slowly add the oil in a thin stream, whisking it in until the dressing is emulsified. Season the dressing with salt and pepper.

► **Add the arugula to a large bowl.** Add in half of the dressing and toss well (using tongs helps distribute the dressing). Pile the arugula on a large platter. Add the remaining dressing to the apple-fennel mixture. Put the salad on top of the arugula.

► **Garnish the salad with the cranberries, cheese and walnuts.** To toast walnuts: add the walnuts to a small, dry skillet. Toast them over medium heat for 3 to 4 minutes, just until fragrant. Make sure the nuts do not burn.

Per serving: fruit exchanges, 0.5; fat exchanges, 2; calories, 115; calories from fat, 80; total fat, 9 g; saturated fat 1.2 g; trans fat, 0 g; cholesterol, 0 mg; sodium, 70 mg; potassium, 140 mg; phosphorus, 35 mg; total carbohydrate, 10 g; dietary fiber, 2 g, sugars, 7 g; protein, 2 g

Recipe from forecast.diabetes.org/recipes.



Diabetes-Friendly Holiday Recipe

Thanksgiving Cranberry Compote

16 SERVINGS • PREPARATION TIME: 10 MINUTES • COOKING TIME: 20 MINUTE

- 1 teaspoon vegetable oil
- 1 medium onion, finely chopped
- 8 ounces fresh cranberries
- ½ teaspoon ground allspice
- ½ teaspoon ground cinnamon
- 10 ounces orange marmalade, (all-fruit)
- 8 ounces canned pineapple, crushed with juice, drained

► Heat oil in a medium saucepan. Add onion and cook for 3 minutes or until soft.

► Add all remaining ingredients and cook, uncovered, over medium heat for 10 to 15 minutes.

► Serve this compote warm or cold with roast turkey or pork.



Per serving: starch exchanges, 5; fat exchanges, ¼; calories, 73.1; total fat, 1.6 g; saturated fat, 0.6 g; trans fat, 0.9 g; sodium, 274.3 mg; total carbohydrate, 13.3 g; dietary fiber, 2.2 g; sugars, 3.6 g; protein, 2.8 g

Recipe from Diabetic Low-Fat & No-Fat Meals in Minutes ©1996, by M.J. Smith, R.D.



Diabetes-Friendly Holiday Recipe

Rustic Mashed Potatoes With Olive Oil & Garlic

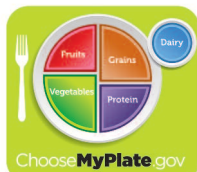
10 SERVINGS • SERVING SIZE: ½ CUP • PREPARATION TIME: 10 MINUTES • COOKING TIME: 50 MINUTES

- 2 pounds peeled and halved russet potatoes
- 14 peeled, whole garlic cloves
- ¼ cup olive oil
- ⅓ cup grated fresh Parmesan cheese
- Kosher salt and fresh-ground black pepper to taste

►Bring a large pot of salted water to a boil. Add the potatoes and garlic, and bring again to a boil. Lower the heat, cover, and simmer on low for about 25 to 35 minutes, or until the potatoes are very tender.

►Drain the potatoes, saving ½ cup of the cooking liquid. Add the potatoes back to the pot. Place a dish towel over the pan, and replace the cover. Let the potatoes dry steam for 5 minutes.

►Slowly add the cooking liquid to the potatoes, mashing well. Add the olive oil, and continue to mash the potatoes to the desired consistency. Add in the Parmesan cheese, salt, and pepper.



Per serving: starch exchanges, 1; fat exchanges, 1; calories, 125; calories from fat, 55; total fat, 6 g; saturated fat, 1.3 g; trans fat, 0 g; cholesterol, 5 mg; sodium, 30 mg (without added salt); total carbohydrate, 16 g; dietary fiber, 1 g; sugars, 1 g; protein, 3 g

Recipe from forecast.diabetes.org/recipes/rustic-mashed-potatoes-olive-oil-and-garlic.



Diabetes-Friendly Holiday Recipe

Basic Crustless Pumpkin Pie

8 SERVINGS (1 SLICE EACH)

- 1 15-ounce can pumpkin
- $\frac{1}{3}$ cup sugar or sugar substitute*
equivalent to $\frac{1}{3}$ cup sugar
- 2 tablespoons honey
- $1\frac{1}{2}$ teaspoons pumpkin pie spice
- $\frac{1}{2}$ cup refrigerated or frozen egg
product, thawed, or 2 eggs, lightly
beaten
- 1 teaspoon vanilla
- $\frac{3}{4}$ cup evaporated fat-free milk

► **Preheat oven to 350° F.** Lightly grease an 8-inch springform pan. In a medium bowl, combine pumpkin, sugar, honey, and pie spice. Add eggs and vanilla. Beat lightly just until combined. Gradually stir in evaporated milk. Pour into prepared pan and place on a foil-lined baking sheet.

► **Bake for 45 to 50 minutes or until center appears set when gently shaken.** Cool for 1 hour on a wire rack. Cover and chill for at least 2 hours or up to 24 hours before serving.

► **To serve, loosen pie from sides of pan by running a thin metal spatula around the edge.** Remove sides of pan. Cut pie into wedges to serve.

***Sugar substitutes:** Choose from Splenda® granular or Sweet'N Low® bulk or packets. Follow package directions to use product amount equivalent to $\frac{1}{3}$ cup sugar.



Per serving: calories, 95; total fat, 0 g; cholesterol, 1 mg; sodium, 59 mg; carbohydrate, 20 g; fiber, 2 g

Per serving with substitute, same as above except: exchanges, 1; carbohydrate choices, 1; calories, 67; total carbohydrates, 13 g

Recipe from: diabetic.betterrecipes.com/basic-crustless-pumpkin-pie

