Everyday Recipes



Mu Shu Pork Serves 8 | Serving size: 2/3 cup

- 1 bunch green onions, coarsely chopped
- 1 Tbsp minced fresh ginger, or 1 teaspoon ground ginger
- 1 tsp minced garlic
- 2 Tbsp lite soy sauce

- 2 Tbsp water
- 2 Tbsp rice wine vinegar
- 2 Tbsp cornstarch
- 1½ pounds lean pork tenderloin, cut
 - into matchstick slices
- 1 egg white, slightly beaten
- 1 Tbsp olive oil
- ½ pound sliced mushrooms
- 11/2 cups shredded carrots
- 1 (8-oz) can sliced water chestnuts, drained
- 2 Tbsp Hoisin sauce
- 1. In a small bowl, combine the green onions, ginger, and garlic; set aside. In a medium bowl, combine the soy sauce, water, vinegar, and cornstarch. Add the pork and stir to coat, then cover and marinate in the refrigerator for 15 minutes.
- 2. In a large non-stick skillet coated with nonstick cooking spray, cook egg white over medium heat until set, about 2-3 minutes. Remove the egg from the pan and cut into thin strips.
- 3. In the same skillet, heat the oil over medium heat and add the green onion mixture, stirring for 1 minute. Add the mushrooms and pork mixture and stir-fry until tender over medium heat, about 5-7 minutes.
- 4. Add the carrots, stirring for 2 minutes or until tender-crisp. Add the water chestnuts and Hoisin sauce, stirring until well heated. Mix in strips of egg and serve.

This classic dish is traditionally served in crepes, but it's also delicious over rice or wrapped in flour tortillas. Try adding shredded cabbage for a fiber-filled wrap.

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Exchanges/Choices: 1 Carbohydrate

3 Lean Meat Calories 171

Calories from fat 43

Total Fat 5.0 g

Saturated Fat 1 g Cholesterol 55 mg

Sodium 190 mg

Total Carbohydrate 11 g

Dietary Fiber 3 g

Sugars 4 g

Protein 20 g

Black Bean Chili Makes 10 servings | Preparation time: 20 minutes | Cook time: 30 minutes

1/4 cup olive oil

2 cups finely chopped onion

12/3 cups chopped red bell pepper

2 Tbsp chopped garlic

2 cups sliced zucchini

2 Tbsp chili powder

1½ tsp cumin

½ tsp chipotle chile powder

2 tsp oregano

3 (15.5-oz) cans black beans,

drained, reserving ½ cup of liquid.

- 1 (16-oz) can tomato sauce
- 1 (14.5-oz) can petite diced tomatoes
- 2 Tbsp SPLENDA® No Calorie Sweetener with Fiber, Granulated
- 1/4 tsp salt
- 1/8 tsp pepper
- 1. HEAT oil in a large pot over medium heat. Add onions, red peppers, garlic and zucchini and cook until onions soften.
- 2. ADD spices and cook for 2 minutes over low heat. Add all remaining ingredients and simmer for 15 minutes.

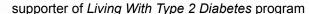
Nutrition Information per Serving | Serving Size: about 1 cup

Calories 170 Total Fat 6 q Saturated Fat 1 g Cholesterol 0 mg Sodium 940 mg

Total Carbohydrate 29 g Dietary Fiber 10 g Sugars 7 g Protein 7 g

This recipe is provided compliments of





Simple Sesame Broccoli

Serves 4 | Serving size: 1/2 cup

1 tsp olive oil

1 tsp minced garlic

1 tsp minced fresh ginger, or ½ teaspoon ground ginger

2 cups broccoli florets

½ cup fat-free low-sodium fat free chicken or vegetable broth

Salt and pepper to taste (optional)

1 tsp sesame seeds, toasted

- 1. In a large nonstick skillet coated with non-stick cooking spray, heat the olive oil over medium heat and sauté the garlic and ginger for 15 seconds. Add the broccoli and chicken broth and bring to a boil.
- 2. Reduce heat, cover, and simmer for 4-6 minutes or until the broccoli is tender-crisp. Season with salt and pepper (if using) and sprinkle with sesame seeds.

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Exchanges/Choices:

1 Vegetable

Calories 26
Total Fat 2 g
Saturated Fat 0 g
Cholesterol 0 mg
Sodium 18 mg

Total Carbohydrate 2 g
Dietary Fiber 1 g
Sugars 0 g
Protein 2 g



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