

Fish Fillets with Lemon Parsley Topping

Serves 4 | Serving Size: 4½ oz cooked fish and 1 Tbsp parsley mixture

4 6-ounce lean white fish fillets (such as tilapia, snapper, or flounder), rinsed and patted dry	½ tsp grated lemon zest
Paprika to taste	2 Tbsp finely chopped parsley
¼ cup extra virgin olive oil	¼ tsp dried dill weed
	1 medium lemon, halved



Preheat oven to 400°.

Line a baking sheet with foil, coat foil with cooking spray, arrange the fillets on foil, and sprinkle evenly with the paprika. Season lightly with salt and pepper, if desired. Bake 10 minutes or until fish is opaque in the center.

While fish is cooking, combine the remaining ingredients, except lemon halves, in a small mixing bowl, and set aside.

Using a slotted spatula, remove the fish, place on four dinner plates, and squeeze lemon juice evenly over all. Top with the parsley mixture.

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Nutrition Information per Serving

Calories 285

Calories from fat: 90

Total Fat 17 g

Saturated Fat 3 g

Trans Fat 0 g

Cholesterol 75 mg

Sodium 75 mg

Total Carbohydrate 1 g

Dietary Fiber 0 g

Sugars 0 g

Protein 33 g

Exchanges/Choices:

5 Lean Meat

1 ½ Fat

Lemon Yogurt Pound Cake

Serves 16 | Serving Size: 1 slice

This Lemon Yogurt Pound Cake makes a great presentation when baked in a shaped bundt pan, such as a flower.

1 cup Splenda®	2 egg whites, lightly beaten	1 Tbsp baking powder
2 Tbsp canola oil	1 cup plain nonfat yogurt	1 cup blueberries
2 Tbsp lemon zest	2 cups, plus 1 Tbsp all- purpose flour	Nonstick cooking spray
1 lemon, juiced		2 tsp confectioners sugar in a shaker or sifter
1 egg, lightly beaten		

Preheat oven to 350°.

In a large bowl, cream sugar, oil, zest, and lemon juice. Add the egg and egg whites and mix completely. Add yogurt. Combine 2 cups flour and baking powder and add to mixture.

Lightly coat blueberries with remaining 1 Tbsp flour. Add blueberries to mixture.

Lightly spray cake pan. For cakelette or cupcakes, pour batter into pans to fill ¾ full. Bake 30 minutes for mini cakes and 50 minutes for large cakes, or until toothpick comes out clean. Sprinkle with confectioners sugar and garnish with blueberries.



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Nutrition Information per Serving

Calories 100

Calories from fat: 20

Total Fat 2.5 g

Saturated Fat 0.3 g

Trans Fat 0 g

Cholesterol 15 mg

Sodium 90 mg

Total Carbohydrate 17 g

Dietary Fiber 1 g

Sugars 4 g

Protein 3 g

Exchanges/Choices:

1 Carbohydrate

½ Fat

Cottage Berry Crunch

Serves 1 | Preparation time: 5 minutes

½ cup BREAKSTONE'S Low Fat Cottage Cheese with Calcium and Vitamin D
2 Tbsp. BACK TO NATURE Classic Granola
½ cup sliced bananas
½ cup assorted mixed fresh berries (blueberries, raspberries, blackberries, halved strawberries)

SPOON cottage cheese into small bowl.

TOP with remaining ingredients.

Nutrition Bonus: This is a great low-calorie low-fat main dish for those on the go. As a bonus, the fruit is a good source of vitamin C.



Nutrition Information per Serving

Carb Choices: 2½

Calories 230

Total Fat 3.5 g

Saturated Fat 1.5 g

Trans Fat 0 g

Cholesterol 15 mg

Sodium 400 mg

Total Carbohydrate 37 g

Dietary Fiber 6 g

Sugars 20 g

Protein 15 g

Exchanges/Choices:

1½ Starch

1 Fruit

1 Meat (L)

Quick Bruschetta for Two

Serves 2 | Preparation time: 5 minutes

¼ cup quartered cherry tomatoes
2 Tbsp. KRAFT 2% Milk Shredded Mozzarella Cheese
1 Tbsp. chopped fresh basil
2 tsp. KRAFT Shredded Parmesan Cheese
2 tsp. KRAFT Light Zesty Italian Dressing
2 thin slices French bread (1/4-inch thick each), toasted

COMBINE first 5 ingredients.

SPOON over toast slices just before serving.

Nutrition Bonus: These tasty low-fat appetizers, made with better-for-you products, can be part of a healthful eating plan.



Nutrition Information per Serving

Carb Choices: ½

Calories 60

Total Fat 2 g

Saturated Fat 1 g

Trans Fat 0 g

Cholesterol 5 mg

Sodium 200 mg

Total Carbohydrate 5 g

Dietary Fiber <1 g

Sugars <1 g

Protein 4 g

Exchanges/Choices:

½ Starch

½ Fat



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