

## Oatmeal and Apple Muffins

**Serves 8 | Serving Size: 1 muffin**

¼ cup egg substitute	1 tsp nutmeg	¼ cup natural unsweetened applesauce
⅔ cup whole-wheat flour	½ cup nonfat milk	⅔ cup rolled oats
2 tsp baking powder	1 cup raisins	4 Tbsp Splenda Brown Sugar Blend
2 tsp cinnamon	1 apple, peeled, cored, and chopped	

Preheat oven to 400°F. Beat egg substitute. Sift together flour, baking powder, cinnamon, and nutmeg. Combine all ingredients, mixing just to moisten. Spoon batter into muffin cups until ¾ full. Bake for 15–20 minutes.

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### Nutrition Information per Serving

**Calories** 190

Calories from fat: 10

**Total Fat** 1 g

Saturated Fat 0.2 g

Trans Fat 0 g

**Cholesterol** 0 mg

**Sodium** 120 mg

**Total Carbohydrate** 44 g

Dietary Fiber 3 g

Sugars 28 g

**Protein** 4 g

**Exchanges/Choices:**

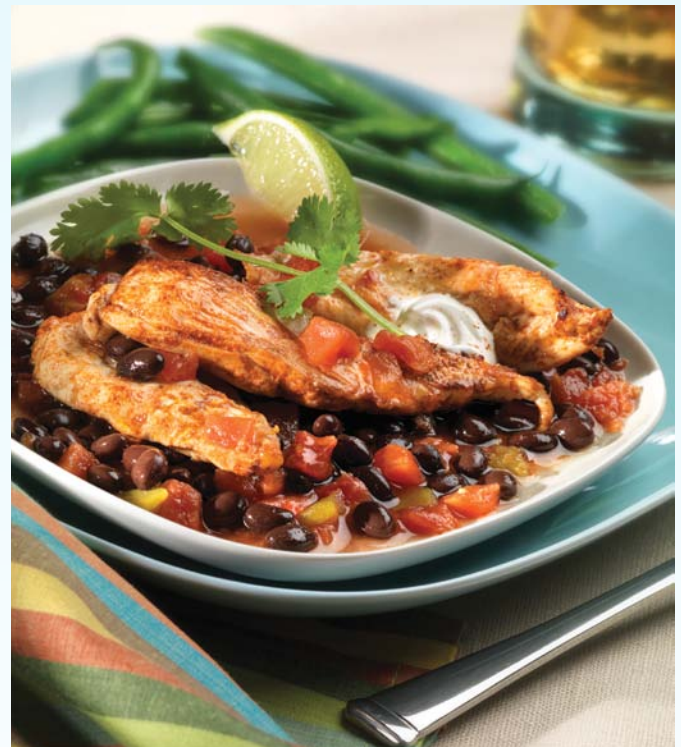
3 Carbohydrate

## Chicken Tenders with Spicy Tomato and Black Beans

**Serves 4 | Serving Size: 3 ounces cooked chicken, ½ cup bean mixture, and 2 tablespoons sour cream**

- 12 (about 1¼ pounds total) chicken tenders
- ½ teaspoon chili powder
- 1 10-ounce can mild diced tomatoes and green chilies
- ½ 15.5-ounce can no-salt-added black beans, rinsed and drained
- 2 teaspoons extra virgin olive oil
- ½ cup fat-free sour cream

1. Sprinkle both sides of the chicken pieces evenly with chili powder.
2. Place a large nonstick skillet over medium-high heat until hot. Coat skillet with cooking spray, cook chicken 2 minutes or until browned on one side, turn, and top with the tomatoes and beans. Bring to a boil (over medium-high heat), and cook for 3 minutes or until chicken is no longer pink in the center.
3. Remove from heat and drizzle the oil evenly over all. Serve in shallow soup bowls, topped with sour cream.



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### Nutrition Information per Serving

**Calories** 265

Calories from fat: 55

**Total Fat** 6 g

Saturated Fat 1.5 g

Trans Fat 0 g

**Cholesterol** 85 mg

**Sodium** 405 mg

**Total Carbohydrate** 16 g

Dietary Fiber 3 g

Sugars 4 g

**Protein** 35 g

**Exchanges/Choices:**

½ Starch

½ Carbohydrate

4 Lean Meat

## Baked Salmon with Tomatoes, Spinach & Mushrooms

Serves 4 | Preparation time: 10 minutes | Total time: 35 minutes

4 salmon fillets (1 lb.)                      1 tomato, chopped  
2 cups chopped fresh spinach              1/3 cup KRAFT Sun Dried  
1 cup sliced fresh mushrooms              Tomato Vinaigrette Dressing

HEAT oven to 375°F.

PLACE fish fillets, skin-sides down, in 13x9-inch baking dish sprayed with cooking spray.

COMBINE remaining ingredients; spoon over fish.

BAKE 20 to 25 min. or until fish flakes easily with fork.



**Nutrition Bonus:** The spinach in this flavorful salmon dish provides a good source of vitamin A.

### Nutrition Information per Serving

**Carb Choices:** 0

**Calories** 230

**Total Fat** 13 g

Saturated Fat 2.5 g

Trans Fat 0 g

**Cholesterol** 55 mg

**Sodium** 270 mg

**Total Carbohydrate** 4 g

Dietary Fiber 1 g

Sugars 3 g

**Protein** 23 g

**Exchanges/Choices:**

1 Vegetable, 3 Meat (L), 1½ Fat

## Low-Fat Chocolate-Banana Parfaits

Serves 4 | Serving Size: ¾ cup

Preparation time: 10 minutes, plus refrigerating

1 pkg. (1.4 oz.) JELL-O Chocolate Fat Free Sugar Free Instant Pudding

2 cups cold fat-free milk

2 bananas, sliced

¾ cup thawed COOL WHIP LITE Whipped Topping or COOL WHIP

Sugar Free Whipped Topping, divided

BEAT pudding mix and milk with whisk 2 min.

SPOON half the pudding evenly into 4 dessert glasses. Cover with layers of banana slices and half the COOL WHIP; top with remaining pudding and remaining COOL WHIP.

REFRIGERATE at least 1 hour before serving.



**Nutrition Bonus:** This easy, yet elegant, low-fat dessert is a good source of calcium because it's made with milk.

### Nutrition Information per Serving

**Carb Choices:** 2

**Calories** 160

**Total Fat** 2.5 g

Saturated Fat 2 g

Trans Fat 0 g

**Cholesterol** <5 mg

**Sodium** 370 mg

**Total Carbohydrate** 32 g

Dietary Fiber 2 g

Sugars 17 g

**Protein** 5 g

**Exchanges/Choices:**

2 Carbohydrate, ½ Fat



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