



**LIVE EMPOWERED®**  
LEARNING TO THRIVE WITH & PREVENT DIABETES

# Taste & See®

## R E C I P E S



## Barbecue Pulled Pork

Preparation time: 10 minutes

Serves 4: Serving size 4 oz

### Ingredients:

- 1 lb boneless pork tenderloin
- 1/2 tsp red pepper
- 1/2 tsp red pepper flakes
- 1 Tbsp canola oil
- 1 cup diced onion
- 2 cloves garlic, minced
- 1/2 cup barbecue sauce
- 1/4 cup catsup
- 1/4 cup water
- 1 tsp



continued on reverse

## Doc's French Toast

Preparation time: 10 minutes

Serves 9: Serving size 1 slice

### Ingredients:

- 2 cups egg substitute
- 2 Tbsp sugar
- 1/2 tsp cinnamon
- 1/2 tsp nutmeg
- 1 tsp vanilla extract
- 8 slices white bread

### Directions:

1. Mix the batter ingredients together in a medium bowl and stir well. Dip the bread slices into the batter and turn quickly to coat both sides evenly.
2. Place on a hot nonstick griddle and brown. Serve with reduced-calorie syrup or fresh fruit.

### Exchange



reverse

## Jambalaya-Skillet Style with Smoked Turkey Sausage and Chicken

Jambalaya is a Creole dish of Spanish and French influence. Turmeric gives this version a brilliant yellow hue.

Serves 4: Serving size 1 1/3 cups

### Ingredients:

- 2 tablespoons canola oil, divided
- 1 1/2 cups smoked turkey sausage, thinly sliced
- 1/4 lb boneless skinless chicken breast, cut into bite-size pieces
- 1 cup chopped red bell pepper
- 1 cup chopped green bell pepper
- 1/2 cup chopped onion
- 1 medium celery stalk, thinly sliced
- 1 1/4 cups water
- 3/4 cup quinoa
- 1/2 lb peeled shrimp
- 2 dried mushrooms
- 1/2 tsp turmeric
- 1/8 tsp cayenne



continued on reverse

## Rich, Warm Brownie Wedges with Java Cream

Dense wedges of chewy chocolate are paired with a sweet coffee-flavored cream and fresh berries.

Serves 8: Serving size 1/8 brownie + 1/4 cup berries

### Wedges Ingredients:

- Canola oil cooking spray
- 2/3 cup all-purpose flour, spooned into measuring cup and leveled
- 1/3 cup white whole-wheat flour, spooned into measuring cup and leveled
- 1/2 cup cocoa powder
- 1 1/2 teaspoons baking powder
- 1 tablespoon instant coffee granules
- 1/8 teaspoon salt
- 1/2 cup packed brown sugar substitute blend
- 1/3 cup canola oil
- 1/2 cup egg substitute
- 2 teaspoons vanilla



continued on reverse

Making Healthy Food Choices is central to caring for your diabetes.



Dear Readers:

On behalf of the American Diabetes Association's African American Subcommittee, I welcome you to our new recipe sampler. I hope you'll want to try these recipes to add zest to your home cooking.

Food means different things to us all. Stop and think about food and what it means to you. What images and thoughts come to mind? I hope I see a smile...☺. It is true! Food is an integral part of our lives.

Food plays an important role in our churches, worksites, homes, sporting events, and family reunions. Food can mean love, closeness, warmth, and comfort. Food has always been an important part of African American culture. Food plays an important role at special times of the year for us. Do you cook black eyed peas for good luck on New Year's Day? Many of us do!

As a registered dietitian, it is my mission to help African Americans with diabetes enjoy the foods they love. Making healthy food choices is central to caring for your diabetes. Make managing your meal plan and your diabetes a part of your lifestyle. It will be worth all your efforts as you celebrate with family at graduations, weddings, and childbirth.

Whether you manage your meal plan by counting carbs, using the plate method, or using the exchange system, I hope you will find these recipes to be easy and tasty. They will help keep your healthy eating interesting, nutritious, and appealing. Eat well!

Regards,

Magon Saunders, MS, RD, LD  
Chair, African American Initiatives Sub-committee  
Proud ADA Volunteer, Registered Dietitian &  
Diabetes Educator





# Jambalaya-Skillet Style with Smoked Turkey Sausage and Chicken

(From *The Heart-Smart Diabetes Kitchen*, p. 156)

Jambalaya is a Creole dish of Spanish and French influence. Turmeric gives it a bright yellow color.

**Serves 4:** Serving size 1 1/3 cups

## Ingredients:

- 2 tablespoons canola oil, divided
- 1 1/2 cups smoked turkey sausage, thinly sliced
- 1/4 lb boneless skinless chicken breast, cut into bite-size pieces
- 1 cup chopped red bell pepper
- 1 cup chopped green bell pepper
- 1/2 cup chopped onion
- 1 medium celery stalk, thinly sliced
- 1 1/4 cups water
- 3/4 cup quick-cooking rice
- 1/2 lb peeled, deveined raw shrimp
- 2 dried bay leaves
- 1/2 teaspoon dried thyme leaves
- 1/8 teaspoon ground turmeric (optional)
- 2-3 teaspoons Louisiana-style hot sauce
- 1/2 teaspoon salt

## Directions:

1. Heat 1 teaspoon canola oil in a large nonstick skillet over medium-high heat. Add sausage and cook 3 minutes. Remove from skillet and set aside.
2. In the same skillet, heat another 1 teaspoon canola oil, add chicken, and cook 2 minutes, stirring frequently, until pieces are no longer pink. Add another 1 teaspoon canola oil; cook peppers, onion, and celery 4 minutes or until onions are translucent. Add water and bring to a boil over medium-high heat. Stir in rice, shrimp, bay leaves, thyme, and turmeric. Return to a boil, reduce heat, cover tightly, and simmer 10 minutes.
3. Remove from heat. Add sausage, remaining 1 tablespoon oil, hot sauce, and salt. Cook uncovered 2 minutes to thicken slightly but retain moist, saucy texture. Remove bay leaves. Serve with additional hot sauce, if desired.

## Exchanges:

- 1 starch
- 1 vegetable
- 3 lean meat
- 1 1/2 fat

## Nutrition Facts:

Serving size 1 1/3 cups

### Amount Per Serving

Calories	305
Calories from Fat	110
Total Fat	12 g
Saturated Fat	2.4 g
Trans Fat	0 g
Cholesterol	130 mg
Sodium	805 mg
Total Carbohydrate	23 g
Dietary Fiber	2 g
Sugars	4 g
Protein	23 g

Taste & See  
RECIPES

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# Doc's French Toast

(From *The New Soul Food Cookbook, 2nd ed.*, p. 124)

**Preparation time:** 10 minutes

**Serves 8:** Serving size 1 slice

## Ingredients:

- 2 cups egg substitute
- 2 Tbsp sugar
- 1/2 tsp cinnamon
- 1/2 tsp nutmeg
- 1 tsp vanilla extract
- 8 slices white bread

## Directions:

1. Mix the batter ingredients together in a medium bowl and stir well. Dip the bread slices into the batter and turn quickly to coat both sides evenly.
2. Place on a hot nonstick griddle and brown. Serve with reduced-calorie syrup or fresh fruit.

## Exchanges:

- 1 Starch
- 1 Very Lean Meat

## Nutrition Facts:

Serving size 1 slice

Amount Per Serving

Calories	101
Calories from Fat	8
Total Fat	1 g
Saturated Fat	0 g
Cholesterol	0 mg
Sodium	218 mg
Total Carbohydrate	15 g
Dietary Fiber	1 g
Sugars	5 g
Protein	8 g



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# Barbecue Pulled Pork

(From *The New Soul Food Cookbook, 2nd ed.*, p. 33)

**Preparation time:** 10 minutes

**Serves 4:** Serving size 4 oz

## Ingredients:

- 1 lb boneless pork tenderloin
- 1/2 tsp pepper
- 1/2 tsp red pepper flakes
- 1 Tbsp canola oil
- 1 cup diced onion
- 2 cloves garlic, minced
- 1/2 cup barbecue sauce
- 1/4 cup catsup
- 1/4 cup water
- 1 tsp vinegar

## Directions:

**1.** Heat the oven to 350°F. Seat the whole tenderloin on all sides in a hot, nonstick skillet. Remove from the heat and season with the pepper and red pepper flakes.

**2.** Cover the tenderloin with foil for 25 minutes. Heat the oil in a medium saucepan and sauté the onion and garlic for 5 minutes.

**3.** Add the barbecue sauce, catsup, water, and vinegar. Simmer for 10 minutes. Shred the pork with two forks. Add the pulled pork to the sauce. Serve on buns.

## Exchanges:

- 1 Carbohydrate
- 3 Lean Meat

## Nutrition Facts:

Serving size 4 oz

Amount Per Serving

Calories 230

Calories from Fat 76

Total Fat 8 g

Saturated Fat 0 g

Cholesterol 65 mg

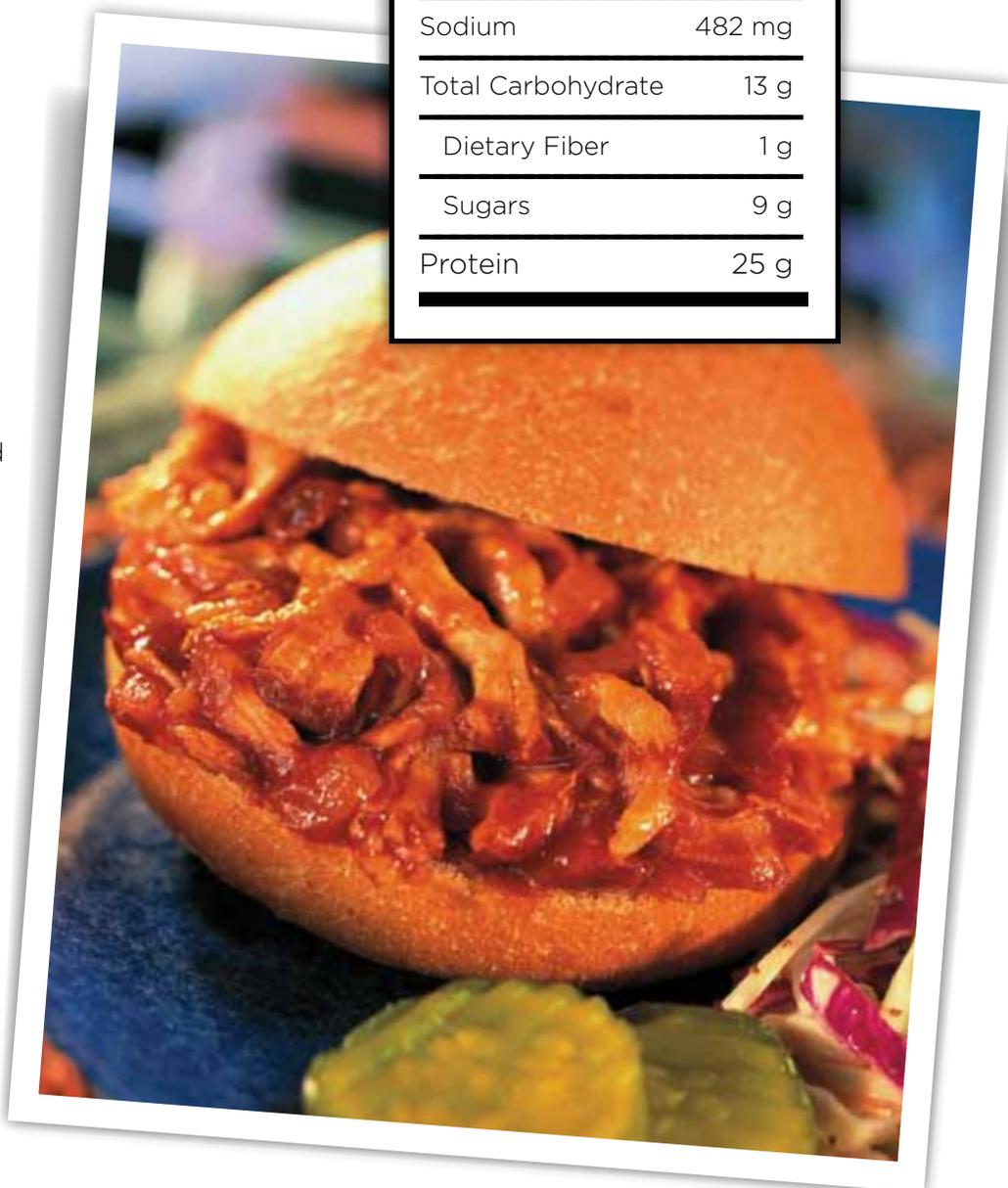
Sodium 482 mg

Total Carbohydrate 13 g

Dietary Fiber 1 g

Sugars 9 g

Protein 25 g



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# Rich, Warm Brownie Wedges with Java Cream

(From "The Heart- Smart Diabetes Kitchen", p. 212)

Dense wedges of chewy chocolate are paired with a sweet coffee-flavored cream and fresh berries.

**Serves 8:** Serving size 1/8 brownie + 1/4 cup berries

## Wedges Ingredients:

- Canola oil cooking spray
- 2/3 cup all-purpose flour, spooned into measuring cup and leveled
- 1/3 cup white whole-wheat flour, spooned into measuring cup and leveled
- 1/2 cup cocoa powder
- 1 1/2 teaspoons baking powder
- 1 tablespoon instant coffee granules
- 1/8 teaspoon salt
- 1/2 cup packed brown sugar substitute blend
- 1/3 cup canola oil
- 1/2 cup egg substitute
- 2 teaspoons vanilla

## Cream Ingredients:

- 2 tablespoons water
- 1 teaspoon instant coffee granules
- 4 ounces fat-free whipped topping
- 1 cup fresh raspberries
- 1 cup blackberries or blueberries

1. Preheat oven to 325°F. Coat a 9-inch, nonstick spring-form pan or cake pan with cooking spray.
2. Combine flours, cocoa and baking powder, 1 tablespoon coffee granules, and salt in a medium bowl.
3. Combine sugar, canola oil, egg substitute, and vanilla in another medium bowl; mix well. Add sugar mixture to flour mixture and stir until just blended. Batter will be very thick. Spoon into the bottom of the pan; spread evenly by coating the back of a spoon with cooking spray. Bake 11 minutes or until slightly puffed. (Mixture will not be completely cooked at this point, but it will continue to cook while standing without overcooking and drying out.) Place the pan on a wire rack and let cool for 5 minutes. Remove the sides of the pan and gently remove from bottom or leave on bottom and place on a serving plate. Serve warm or room temperature. When cooled completely, store in an airtight container at room temperature.

## Nutrition Facts:

Serving size 1/8 brownie +  
1/4 cup berries

### Amount Per Serving

Calories 260

Calories from Fat 90

Total Fat 10 g

Saturated Fat 1 g

Trans Fat 0 g

Cholesterol 0 mg

Sodium 145 mg

Total Carbohydrate 36 g

Dietary Fiber 4 g

Sugars 16 g

Protein 5 g

4. To make cream, combine water with 1 teaspoon instant coffee granules in a medium bowl and stir until dissolved. Add the whipped topping; whisk until a sauce consistency is reached. For thinner sauce, add 1-2 tablespoons water or milk. Refrigerate until needed. To serve, cut into wedges, spoon mocha cream on top, and sprinkle with berries.

## Exchanges:

- 2 1/2 carbohydrate
- 2 fat

## Fresh tip:

The secret to a moist brownie is canola oil. It will keep this brownie soft for two days.

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# Create Your Plate!

- 1** One way to get started with healthful eating is to look at your plate! Take a look at the 9 inch plate on this page to help you create your plate.
- 2** Using your dinner plate, put a line down the middle of the plate. Then on one side, cut it again so you will have 3 sections on your plate.
- 3** Fill the largest section with non-starchy vegetables like salad, green beans, broccoli, cauliflower, cabbage, carrots, and tomatoes.
- 4** Now in one of the small sections, put starchy foods such as noodles, rice, corn, or potatoes.
- 5** And then on the other small section, put your meat or meat substitutes such as fish, chicken, beef, or tofu.
- 6** Add an 8 oz glass of milk and one small piece of fruit or 1/2 cup of fruit salad and you have your meal planned. If you don't drink milk, you can add an extra piece of fruit, light yogurt, or a small roll.

## Grains and Starchy Vegetables

- whole grain breads, such as whole wheat or rye
- whole grain, high-fiber cereal
- cooked cereal such as oatmeal, grits, hominy, or cream of wheat
- rice, pasta, barley, tortillas
- cooked beans and peas, such as pinto beans or black-eyed peas
- potatoes, green peas, corn, lima beans, sweet potatoes, winter squash
- low-fat crackers and snack chips, pretzels, and fat-free popcorn



## Fish, Chicken, Meat, and Meat Substitutions

- chicken or turkey without the skin
- fish such as tuna, salmon, cod, or catfish
- other seafood such as shrimp, clams, oysters, crab, or mussels
- lean cuts of beef and pork such as sirloin or pork loin
- tofu, eggs, low-fat cheese





### Milk

- skim, 1/2%, or 1% milk
- low-fat or fat-free yogurt
- plain soy milk

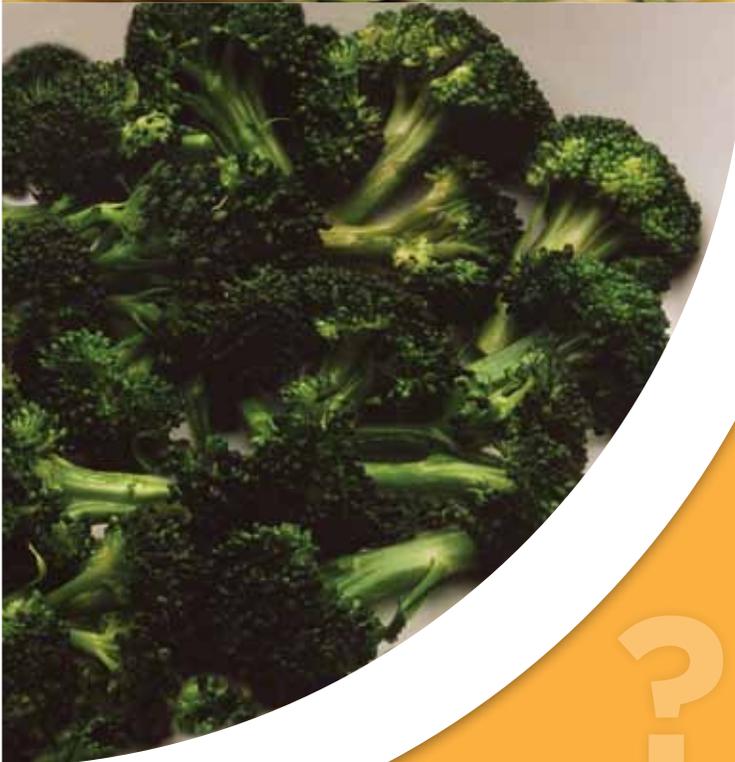
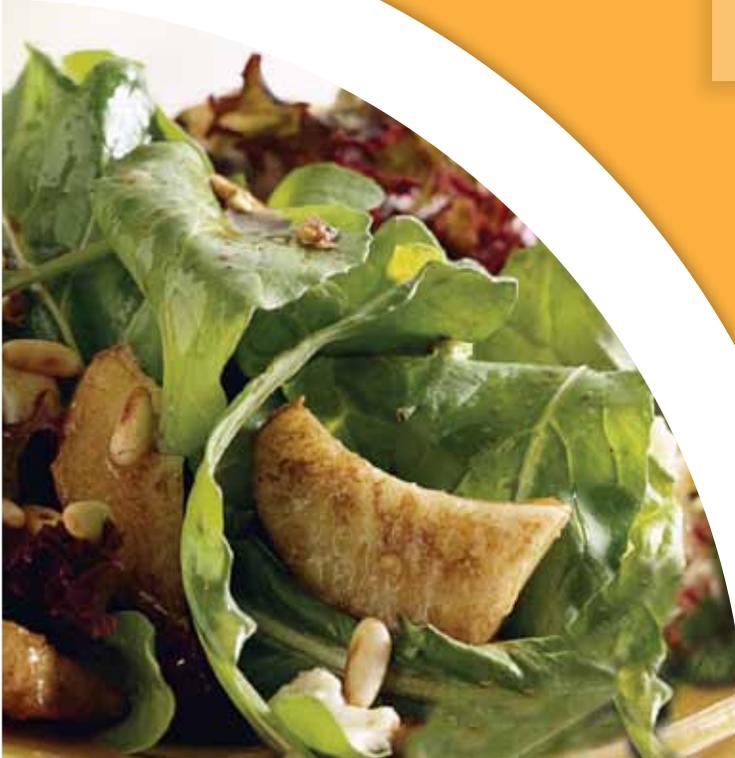
### Fruit

- fresh, frozen, or canned in juice or light syrup
- peach, pineapple, banana, apple, pear, mango, grapes, berries, melon, papaya, apricot, orange, grapefruit



### Non-Starchy Vegetables

- fresh, frozen, or canned
- spinach, carrots, lettuce, greens, cabbage, bok choy, green beans, broccoli, cauliflower, tomatoes, vegetable juice, salsa, onion, cucumber, beets, okra, mushrooms, peppers, turnip

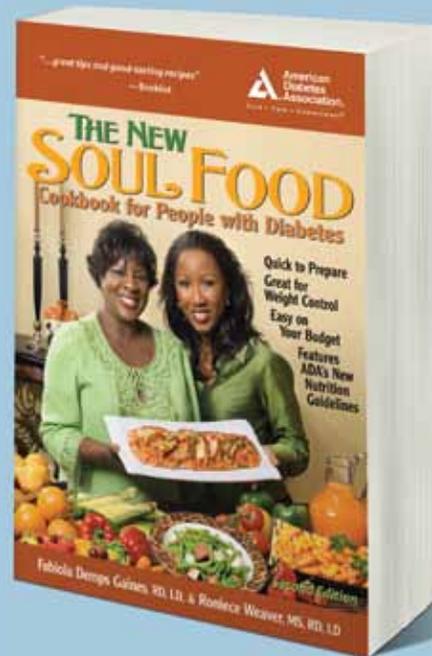
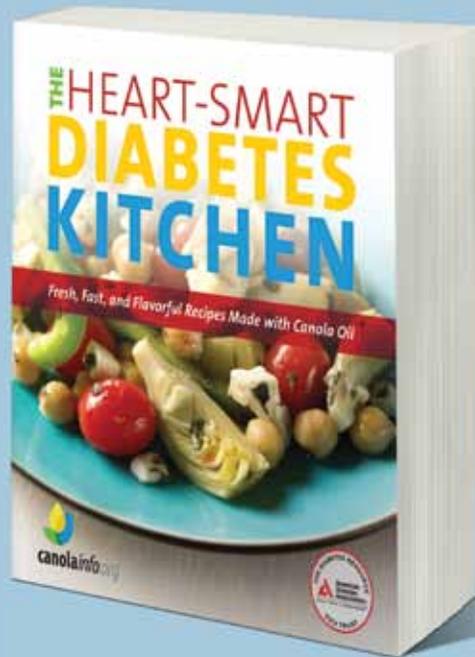


### How Deep?



For the plate method, your food can be piled about the thickness of a deck of cards or the palm of your hand.

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