



CNY DIABETES **RECIPE BOOK**



BBQ RANCH WRAPS

Adapted from diabeticlivingonline.com

Makes: 4 servings Serving size: 1 wrap

Nutritional information (per serving):

279 calories, 7g total fat (1g sat fat), 51mg cholesterol, 589mg sodium, 31g carbs (3g fiber), 23g protein

Ingredients

- 2 tablespoon reduced-fat ranch salad dressing
- 1 tablespoon light mayonnaise or salad dressing
- 2 cups packaged, shredded broccoli (broccoli slaw mix)
- 4 whole wheat 8" tortillas
- 2 tablespoon barbeque sauce
- 8 oz cooked chicken or turkey breast, shredded

Instructions

1. In a medium bowl, combine ranch dressing and mayonnaise. Stir in shredded broccoli.
2. Spread tortillas with barbecue sauce.
3. Top with cooked chicken or turkey.
4. Top with broccoli mixture.
5. Roll up tortilla.
6. Cut in half crosswise, if desired.



SWEET PEPPER AND GREEN ONION QUESADILLAS

Adapted from diabeticlivingonline.com

Makes: 4 servings Serving size: 1 quesadilla

Nutritional information (per serving):

132 calories, 6g total fat (2g sat fat), 10mg cholesterol, 265mg sodium, 12g carbs (7g fiber, 2g sugar), 7g protein

Ingredients

2 oz reduced-fat cream cheese or Neufchâtel cheese, softened
1/2 teaspoon adobo sauce from canned chipotle chile peppers
4 whole wheat 8" tortillas
1/2 cup chopped red sweet pepper (1 small)
1/2 cup chopped green onions (2)
4 teaspoon finely chopped fresh jalapeno chile pepper
avocado slices (optional)

Instructions

1. In a small bowl, stir together cream cheese and adobo sauce until smooth.
2. Spread over one half of each tortilla.
3. Sprinkle cream cheese mixture with sweet pepper, green onions, and jalapeno chile pepper.
4. Fold unfilled side over to make quesadillas.
5. Coat an unheated large non-stick skillet with non-stick cooking spray.
6. Preheat the skillet over medium heat.
7. Cook quesadilla, two at a time, about two minutes per side, or until golden and heated through.
8. Cut in half crosswise. If desired, top with avocado slices.

SPAGHETTI SQUASH GRATIN

Makes: 6 servings

Course: side dish, vegetables

Prep Time: 30 minutes

Cook Time: 1 hour, 30 minutes

Nutritional information (per serving):

173 calories, 14g total fat (4g sat. fat), 42mg cholesterol, 180mg sodium, 7g carbs (1g fiber), 5g protein

Ingredients

6 cups spaghetti squash cooked
2 cups baby spinach chopped
1/2 cup yellow onion diced
1 tablespoon garlic chopped
3 tablespoons extra virgin olive oil
1/2 cup sour cream
1 egg
1/2 cup Parmesan cheese shredded
salt and pepper

Instructions

1. Preheat oven to 400 degrees
2. Slice the spaghetti squash lengthwise and scoop out the seeds and center flesh. Drizzle with olive oil, salt, and pepper and place cut-side down on the baking sheet
3. Roast for 40 minutes until tender. Flip each half so the cut-side is face up and let rest 15-20 minutes to cool.
4. Dice the yellow onion and roughly chop the baby spinach.
5. Add 1 tablespoon olive oil to a pan over low heat. Saute the onions and garlic until translucent, add the spinach and stir for approximately 30 seconds until it starts to wilt.
6. Using a fork, scrape the spaghetti squash away from the skin into small strands.
7. Add the spinach and onion mixture, egg, sour cream, and 1/4 cup of Parmesan cheese. Stir until fully combined.
8. Spray an 8x8 glass baking dish with non-stick spray and add the spaghetti squash mixture. Top with remaining 1/4 cup of Parmesan cheese and bake an additional 30 minutes until golden brown on top.

Notes:

*Squash can be roasted whole if holes are poked into the outside layer before placing into the oven.

**Recipe shared with permission by Alison Bruckner of Butter is Not a Carb. [Click here](#) to view the original recipe and notes.





CARAMELIZED APPLE CINNAMON OATS

Makes: 6 servings

Course: breakfast

Prep Time: 10 minutes

Cook Time: 7 to 8 hours on low

Nutritional information (per serving):

202 calories, 4g total fat (1g sat. fat), 67mg cholesterol, 95mg sodium, 36g carbs (4g fiber), 24g sugar, 8g protein

Ingredients

Nonstick cooking spray

2 pounds apples (about 5 large or 9 small apples), chopped into 1-inch pieces

(peeling is optional)

1/2 cup brown sugar (more or less to taste)

1 tablespoon ground cinnamon

2 teaspoons ground nutmeg

2 tablespoons freshly squeezed lemon juice

Pinch of salt

2 cups rolled oats

2 large eggs

2 cups low-fat or fat-free milk, or plant-based milk

1½ cups water

Instructions

1. Generously grease the bowl of a 6-quart slow cooker with the cooking spray.
2. In a large bowl, add the apples, brown sugar, cinnamon, nutmeg, lemon juice, and salt and toss to combine. Add the oats and stir again. Pour the mixture into the slow cooker.
3. Using the same bowl, whisk the eggs into the milk until the mixture is very smooth. Add the water and whisk again. Pour this mixture over the apple-oat mixture. Cover and cook on low for 7 to 8 hours.
4. Serve warm.

Notes:

*To caramelize the apples even more, skip the tossing in step 2 and instead layer the apples, brown sugar, salt, cinnamon, nutmeg, lemon juice, and oats in the greased pot in that order and do not stir. Whisk the milk, eggs, and water as in step 3 and pour over the layered apples. Cook as directed.

**You can make this recipe gluten-free by using gluten-free rolled oats.



CHICKEN CACCIATORE

Makes: 6 servings

Course: dinner

Prep Time: 10 minutes

Cook Time: 7 to 8 hours on low

Nutritional information (per serving):

277 calories, 3g total fat (1g sat. fat),
87mg cholesterol, 108mg sodium,
26g carbs (4g fiber), 5g sugar, 38g
protein

Ingredients

4 portobello mushrooms, stemmed,
thinly sliced
1 cup sliced button mushrooms
1 (28-ounce) can no-salt-added diced
tomatoes
1 (6-ounce) can tomato paste
2 bell peppers (any color), thinly
sliced
1 onion, diced
4 garlic cloves, minced
2 teaspoons dried basil
2 teaspoons dried oregano
Freshly ground black pepper
2 pounds boneless, skinless chicken
breasts or thighs

Instructions

1. Put the mushrooms, tomatoes, tomato paste, bell peppers, onion, garlic, basil, oregano, and black pepper in a 6-quart slow cooker. Stir to mix well. Add the chicken and mix again.
2. Cover and cook on low for 7 to 8 hours, until the chicken is cooked through and the vegetables are tender.
3. Serve hot, over couscous, quinoa, mashed potatoes, riced cauliflower, or whole-wheat pasta, if desired.

Notes:

*You can substitute 28 ounces of seasoned spaghetti sauce or rustic marinara sauce for the diced tomatoes and tomato paste. Depending on what herbs are in the sauce, you may not need to add the dried spices, or you may have to reduce their amounts.



BALSAMIC CHICKEN AND VEGETABLES

Makes: 6 servings

Course: dinner

Prep Time: 15 minutes

Cook Time: 7 to 8 hours on low

Nutritional information (per serving):

284 calories, 5g total fat (1g sat. fat), 70mg cholesterol, 534mg sodium, 35g carbs (3g fiber), 15g sugar, 25g protein

Ingredients

1 tablespoon extra-virgin olive oil
4 garlic cloves, minced
1 pound baby red potatoes, halved
2 cups sliced carrots
6 boneless, skinless chicken breasts (about 1 ½ pounds)
1/2 cup balsamic vinegar
1/2 cup chicken stock or low-sodium chicken broth
1/4 cup honey
1 teaspoon dried thyme
1 teaspoon dried rosemary
1/2 teaspoon dried oregano
1 (14.5-ounce) can no-salt-added diced tomatoes, slightly drained

Instructions

1. Spread the oil and garlic in the bottom of a 6-quart slow cooker. Layer in the potatoes, followed by the carrots, then place the chicken on top.
2. In a small bowl, whisk together the vinegar, stock, honey, thyme, rosemary, and oregano. Pour the mixture over the chicken. Top with the tomatoes.
3. Cover and cook on low for 7 to 8 hours, until the chicken is cooked through and the vegetables are tender.
4. Serve with your favorite green vegetables.

Notes:

*If you will be near your slow cooker during the last 30 minutes, add 1 pound of chopped green beans, cover and cook until tender



LEMON CHICKEN ORZO SOUP

Makes: 6 servings

Course: dinner

Prep Time: 15 minutes

Cook Time: 7 to 8 hours on low

Nutritional information (per serving):

249 calories, 2g total fat (1g sat. fat),
43mg cholesterol, 179mg sodium,
34g carbs (3g fiber), 3g sugar, 25g
protein

Ingredients

1 pound boneless, skinless chicken
breasts
4 cups vegetable broth or low-sodium
vegetable broth
2 cups chicken stock or low-sodium
chicken broth
2 large carrots, sliced
2 celery stalks, finely chopped
6 garlic cloves, minced
1 teaspoon dried basil
1 teaspoon Italian seasoning
2 bay leaves
Juice of 1 lemon
1/2 cup chopped fresh parsley
8 ounces orzo (whole-wheat is ideal)
Freshly ground black pepper

Instructions

1. Place the chicken, vegetable broth, chicken stock, carrots, celery, garlic, basil, Italian seasoning, and bay leaves in a 6-quart slow cooker.
2. Cover and cook on low for 7 to 8 hours.
3. About 30 minutes prior to serving, remove and discard the bay leaves. Use two forks to shred the chicken.
4. Stir in the lemon juice, parsley, orzo, and pepper.
5. Cook for 30 minutes, until the orzo is tender, stirring every 10 minutes or so because the orzo may stick to the bottom of the slow cooker.
6. Serve immediately.

Notes:

*You can make this recipe gluten-free by using quinoa or brown rice in place of the orzo.



SPRING FLING CHICKEN AND VEGETABLE STIR FRY

Makes: 4 servings

Nutritional information (per serving):

340 calories, 13 g total fat (2g sat. fat), 12 mg cholesterol, 300 mg sodium, 30 g carbs (3 g fiber), 26 g protein

Sauce Ingredients and Instructions

2 tablespoons cold water
1 tablespoon corn starch
1/4 cup no sodium chicken broth
1 1/2 tablespoon Low sodium soy sauce
1/4 cup honey
1 tablespoon toasted sesame oil

When making sauce, whisk together cornstarch and water first, then add the remaining ingredients. Set aside for later use.

Stir Fry Ingredients

1 lb boneless chicken breast (2 medium breasts) cut into 1 inch cubes
Salt and pepper for dusting chicken
1/2 cup of chopped yellow bell pepper
1/2 cup of chopped red bell peppers
1/2 cup of chopped carrots
1/2 cup chopped zucchini
1 teaspoon of ginger powder (or adjust to your taste), or use 2 teaspoon fresh ginger
1 minced garlic clove

Stir Fry Instructions

1. Add olive oil to large skillet and heat skillet over medium heat.
2. Add seasoned chicken and cook for 3 to 5 minutes or until cooked through. Remove chicken from skillet.
3. Add all vegetables reduce heat to medium and add remaining oil to skillet. Stir occasionally until vegetables are crisp tender.
4. Add ginger and garlic and cook for an additional minute.
5. Add chicken back to the skillet and stir to combine.
6. Whisk stir fry sauce and pour over chicken and vegetables then stir gently to combine.
7. Bring to a boil, stirring occasionally and let boil for one minute.

Notes:

*This recipe tastes great without any pasta or rice, but you can add 1/3 of a cup of brown rice to enhance the meal further. Just remember, this adds another 15 grams of carbohydrates to the total.

**Feel free to add in any additional vegetables you have in the refrigerator or pantry including carrots, celery, fresh tomatoes, etc.

***For a special treat, add 1 level teaspoon of chopped crystallized ginger to the finished dish. This will add an additional 3 grams of carbohydrates.



VEGETABLE CURRY

Makes: 6–8 servings

Course: dinner

Prep Time: 15 minutes

Cook Time: 7 to 8 hours on low

Nutritional information (per serving):

277 calories, 8g total fat (4g sat. fat),
0mg cholesterol, 178mg sodium,
44g carbs (11g fiber), 14g sugar, 10g
protein

Ingredients

1 (28-ounce) can no-salt-added diced tomatoes
1 (15-ounce) can chickpeas, drained and rinsed
1 (14-ounce) can light coconut milk
4 cups cauliflower florets
2 cups vegetable broth or low-sodium vegetable broth
1 cup sliced carrots
2 red bell peppers, diced
1 medium sweet potato, peeled and diced
1 large onion, diced
2 tablespoons grated fresh ginger
1 tablespoon curry powder
1 tablespoon turmeric
4 garlic cloves, minced
Freshly ground black pepper
Pinch cayenne pepper (optional)
1 ½ cups frozen peas

Instructions

1. Put the tomatoes, chickpeas, coconut milk, cauliflower, broth, carrots, bell peppers, sweet potato, onion, ginger, curry powder, turmeric, garlic, pepper, and cayenne pepper (if using) in a 6-quart slow cooker and stir to combine. Cover and cook on low for 7 to 8 hours, until the vegetables are tender.
2. Before serving, stir in the peas and let stand until warmed through.
3. Serve over brown rice or grain of choice.

Notes:

*Curry powder is made from a collection of spices usually including cumin, turmeric, cinnamon, cloves, and others. The substance called curcumin in turmeric has been studied for its inflammation-reducing properties.



BUTTERNUT SQUASH MACARONI AND CHEESE

Makes: 6 servings

Course: dinner

Prep Time: 15 minutes

Cook Time: 6 to 8 hours on low, plus
30 minutes on high

Nutritional information (per serving):
348 calories, 6g total fat (2g sat. fat),
10mg cholesterol, 287mg sodium,
60g carbs (10g fiber), 7g sugar, 14g
protein

Ingredients

4 cups cubed butternut squash
3 cups vegetable broth or low-sodium
vegetable broth
2 cup low-fat or fat-free milk, or
unsweetened almond milk
1 medium onion, diced
4 garlic cloves, minced
1 teaspoon dried yellow mustard
1/2 teaspoon smoked paprika
3 cups whole-wheat elbow macaroni
1 cup low-fat shredded Cheddar
cheese

Instructions

1. Put the squash, broth, milk, onion, garlic, mustard, and paprika in a 6-quart slow cooker and stir well. Cover and cook on low for 6 to 8 hours.
2. Blend the sauce with an immersion blender (or in small batches in a regular blender) until smooth. Stir the pasta into the slow cooker and cook on high for 30 minutes, or until the pasta is al dente.
3. Stir in the cheese until melted. Serve hot.

Notes:

*You can also cook the pasta separately on the stove top and just pour the sauce over the cooked pasta to reduce the amount of finishing time for the recipe.



ZUCCHINI LASAGNA ROLLS

Makes: 6 servings

Nutritional information (per serving):

528 calories, total fat 34g, saturated fat 14g, cholesterol 147mg, sodium 1469mg, total carbohydrate 17g, dietary fiber 4g, total sugars 9g, protein 39g, vitamin c 26mg, calcium 438mg, iron 4mg, potassium 1170mg

Ingredients

2 tablespoons olive oil, divided	1/4 teaspoon salt, or to taste
4 medium to large zucchini	1/2 teaspoon freshly ground black pepper
1 teaspoon salt, or to taste	cooking spray
1 pound ground beef	2 cups marinara sauce, divided
1 teaspoon Italian seasoning blend	1/4 cup tomato paste
1/2 teaspoon fennel seeds	2 cups grated mozzarella cheese, divided
1/2 teaspoon red pepper flakes	2 tablespoons minced fresh basil (Optional)
1/2 teaspoon salt, or to taste	
1/2 teaspoon freshly ground pepper	
3 cloves garlic, minced	
1 cup ricotta cheese	
1 large egg, beaten	
1/3 cup grated Parmesan cheese	
1/3 cup minced fresh parsley	

Instructions

1. Preheat the oven to 400 degrees F (200 degrees C). Line a 12×18 inch half sheet pan with foil and brush with 1 tablespoon olive oil.
2. Wash, dry and trim the ends of the zucchini. Carefully slice each zucchini lengthwise into seven 1/8 inch thick slices using a mandolin or sharp knife. Place zucchini slices on the prepared pan and sprinkle with salt. Toss slices to distribute salt.
3. Cook in the preheated oven until zucchini slices are soft and pliable, about 10 minutes.
4. Remove from the oven and place on several layers of paper towels to absorb any excess liquid. Set zucchini aside to cool.
5. Meanwhile, heat remaining one tablespoon olive oil in a nonstick skillet over medium heat. Add ground beef and season with Italian seasoning blend, fennel seeds, red pepper flakes, salt and pepper. Cook and stir ground beef until brown and crumbly, about 5 minutes.
6. Stir in minced garlic and cook until garlic is fragrant, 1 to 2 minutes. Remove from heat and set aside to cool.
7. Stir together ricotta, beaten egg, grated Parmesan cheese, minced parsley, salt and pepper in a bowl.
8. Combine marinara sauce and tomato paste in a separate bowl, stirring well.
9. Spray a 9×11 inch baking dish with cooking spray. Spread 1/2 of the tomato mixture over the bottom of the baking dish.
10. When the zucchini is cool enough to handle, blot with paper towels. Line up seven slices of cooled zucchini on the sheet pan.
11. Spread each slice of zucchini with about 1 1/2 tablespoons of the ricotta mixture. Sprinkle 1 1/2 tablespoons of the beef mixture over the slices. Setting 1 cup of grated mozzarella aside, sprinkle each zucchini slice with 1 tablespoon grated mozzarella.
12. Beginning with the end nearest you, roll up each zucchini slice over the filling, jelly roll-fashion and place in the prepared baking dish. Repeat until there are four rows of seven zucchini rolls.
13. Pour reserved marinara mixture over the zucchini rolls and sprinkle with reserved grated mozzarella.
14. Bake in the preheated oven until zucchini rolls are heated through, the sauce is bubbly, and the cheese is melted, about 30 minutes. Remove from the oven and allow to cool about 20 minutes. Garnish with minced fresh basil, if desired.



SPINACH AND HAM ENGLISH MUFFIN PIZZA

Adapted from diabetesfoodhub.org

Makes: 4 servings
Prep Time: 10 minutes
Cook Time: 8 Minutes
Serving Size: 1 Pizza

Nutritional information (per serving):
110 calories, 3.5g of fat, 430mg
Sodium, 17g CHO, 5g fiber

Ingredients

High fiber, whole wheat English Muffin
(split in half)
6 tablespoons Jarred Pizza Sauce
1/2 cup reduced fat shredded
mozzarella cheese
4 tablespoons frozen spinach
(chopped, thawed and drained)
2 ounces lower sodium deli ham

Instructions

1. Preheat oven to 425 degrees F.
2. Top each English Muffin with 1 tablespoon spinach, 1 1/2 tablespoon Pizza sauce, 1/2 ounce of ham and 2 tablespoon mozzarella.
3. Bake pizzas for 8 minutes or until cheese is golden brown on top.



GROUND TURKEY STIR FRY

Courtesy of Allrecipes and adapted by CNY Diabetes Prevention Support Group.

This flavorful and nutritious ground turkey stir fry with mushrooms, carrots, celery and a spicy sauce, comes together quickly on those busy weeknights. Serve with your favorite rice. I often whip up a batch on Sundays for meal prep.

Makes: 4 servings

Prep Time: minutes

Cook Time: 8 Minutes

Nutritional information (per serving):

416 calories, total fat 25g, saturated fat 4g, cholesterol 118mg, sodium 1028mg, total carbohydrate 16g, dietary fiber 3g, total sugars 10g, protein 34g, vitamin c 6mg, calcium 86mg, iron 3mg, potassium 812mg

Ingredients

Sauce

1/4 cup low-sodium soy sauce
1 tablespoon honey
1 tablespoon gochujang (Korean hot pepper paste)
1 teaspoon sesame oil
2 cloves garlic, minced

Stir Fry*

3 tablespoons vegetable oil, divided
8 cremini mushrooms, sliced
3 green onions, white and green parts separated, thinly sliced
3 carrots, peeled and thinly sliced diagonally
3 stalks celery, thinly sliced diagonally
1 pound lean ground turkey
Salt and freshly ground black pepper to taste

**Our Prevention Support Group recommends adding more fresh veggies like carrots and peppers to this stir-fry to increase fiber!*

Instructions

1. Whisk together soy sauce, honey, gochujang, sesame oil and garlic in a small bowl; set aside.
2. Heat one tablespoon vegetable oil in wok or large skillet over medium-high heat. Add mushrooms, white parts of green onions, carrots, and celery. Stir-fry veggies, stirring constantly, until crisp-tender, about four to six minutes. Transfer to a bowl.
3. Heat remaining two tablespoons vegetable oil in the wok. Add ground turkey and cook, stirring every 15 to 20 seconds, and break up any large chunks, until evenly browned, about five to six minutes.
4. Return veggies to the wok and pour sauce over top. Stir to combine and simmer for two to three minutes. Top with green parts from green onions and season to taste with salt and pepper.

Cook's Note: *You can use Sriracha or sambal oelek instead of gochujang.*

KID-FRIENDLY MEATBALLS

Courtesy of Diabetes Food Hub

This is a diabetes-friendly meatball recipe your family will love. It's a great way to sneak in some extra veggies for yourself and your kids.



Makes: 11 servings

Serving Size: 2 meatballs

Prep Time: 20 minutes

Cook Time: 45 minutes

Nutritional information (per serving):

calories 110, **total fat** 4.5g,
saturated fat 1.3g, **cholesterol** 50mg,
sodium 185mg, **total carbohydrate** 8g,
dietary fiber 1g, **total sugars** 4g,
protein 10g, **potassium** 220mg

Ingredients

Sauce

1/2 cup **ketchup**
3 tbs **balsamic vinegar**

Meatballs

1 pound **ground turkey (93% lean)**
1/2 **zucchini (grated)**
1 **carrot (grated)**
1/2 **onion (grated)**
1 **garlic clove (minced)**
2 tsp **chili powder**
1/4 tsp **black pepper**
1/4 tsp **salt (optional)**
1 **egg (slightly beaten)**
1/2 cup **old-fashioned rolled oats (not quick cooking)**
3 tbs **Parmesan cheese (freshly grated)**

Instructions

1. Preheat oven to 350 degrees.
2. In a small bowl, whisk together the **ketchup** and **vinegar** for the sauce.
3. In a medium bowl, mix together remaining ingredients for the meatballs. Shape into 1-inch balls.
4. Place meatballs on a baking sheet and top evenly with sauce (11 meatballs/2 Tsp. per meatball).
5. Bake for 45 minutes or until done.

SUMMER FRUIT TART

Courtesy of Allrecipes.com and Almond Breeze®

Bring summertime flavor anywhere with this easy mixed berry tart with almond milk vanilla custard.



Makes: 8 servings

Serving Size: 1 slice

Prep Time: 10 minutes

Cook Time: 10 minutes (+30 min. to cool)

Total Time: 50 minutes

Nutritional information (per serving):

calories 96kcal, **total fat** 4g

saturated fat 1g, **cholesterol** 23mg

sodium 92mg, **total carbohydrate** 15g

dietary fiber 2g, **total sugars** 6g

protein 2g, **potassium** 62mg

Ingredients

Custard

1 egg

2 tbsp **tablespoon** cornstarch

1 tbsp **tablespoon** maple syrup

1 cup **unsweetened** vanilla almond milk

Tart

1 prepared **tart shell**

½ cup sliced **fresh strawberries**

½ cup **fresh raspberries**

½ cup **fresh blueberries**

½ cup **fresh blackberries**

Instructions

1. To make custard whisk **egg**, **corn starch** and **maple syrup** together in a pan. Slowly whisk in **almond milk** over medium heat. Bring to a boil, whisking continuously, remove from heat and cool 5 minutes.
2. Pour custard into tart crust and top with fruit.
3. Refrigerate 30 minutes before serving.



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