

# *Month of Menus*

## *Healthy Meals for Healthy Living*

The *Month of Menus* is a tool to help families use groceries available from local food pantries to prepare nutritious meals.

Efforts have been made to plan for nutritional adequacy and variety, including menus with moderate amounts of fat and sodium. While daily menus could have been developed including low-fat, low-sodium foods, our experience indicates those foods are not yet common to the local food pantry.

While we hope that the *Month of Menus* can be distributed in its entirety, we believe that some food pantries may want to copy only a week of menus at a time to distribute with foods featured in those menus. Thus, food safety and food preparation tips are repeated throughout the four-week plan, instead of making references to information found in menus from previous weeks.

Note that safe temperatures have been included with meat products as the measure of doneness. We hope that educational efforts will be made to help limited resource audiences obtain a food thermometer.

An appendix is also included featuring information about:

- Basic measuring and cooking
- Basic substitutions and conversion charts
- Basic cookware substitutions, cutting recipes down, and
- Food safety/Food storage

These can be copied and distributed as needed.

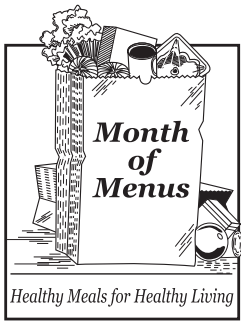
We send our thanks to Kristi Lee, KSU Dietetics Intern, for working diligently on menu plans and nutrient analysis.

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### **HOW TO USE THESE MENUS: (to be included with each week of menus given out)**

If a food listed in a meal has an asterisk or star “\*” by it, a recipe is included. If no recipe is listed, the food is easy to prepare as desired such as instant cereal, sandwiches, hamburgers or scrambled eggs. If a food listed is from a can or box, prepare according to package directions.

The menus are for breakfast, lunch and dinner. Snacks will be needed to meet all nutritional needs. Snack ideas are listed throughout the menus. When choosing snacks, pick two or three foods from different food groups such as cheese and crackers, or yogurt and fruit.

Most foods suggested are in bulk or whole form such as cheese and vegetables. Some extra steps may be needed to complete a recipe such as chopping onions or shredding cheese.

### **RECIPE TIPS:**

1. Read through the entire recipe to see if you have all of the ingredients, equipment and time to complete it.
2. Clear your work area.
3. Get out equipment and ingredients needed.
4. Prepare equipment such as greasing pans, preheating the oven, etc.
5. Prepare the recipe.

### **BASIC MEASURING:**

Items needed: Dry measuring cups, liquid measuring cups and measuring spoons

**Dry measuring cups**—use to measure dry ingredients such as flour, sugar, dry milk, corn meal and solid shortening, butter or margarine.

- Spoon into measuring cup and level off with flat side of knife or spatula

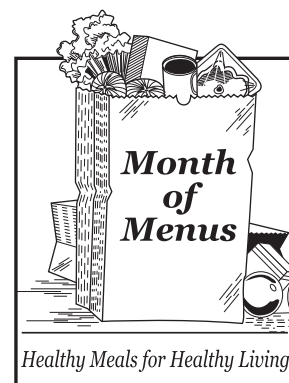
**Liquid measuring cups**—use to measure liquid like water, salad oil, milk and juice. They have extra space at the top to prevent spills.

- Check at eye level to make sure the correct amount of liquid has been measured.

**Measuring spoons**—use to measure small amounts of liquid or dry ingredients.

- When using dry ingredients, level off with the flat side of a knife or spatula.

# Liquid and Dry Measure Equivalents



a pinch = less than 1/8 teaspoon (dry)

a dash = a few drops

3 teaspoons = 1 tablespoon = 1/2 ounce

2 tablespoons = 1 ounce (liquid)

4 tablespoons = 2 ounces (liquid) = 1/4 cup

5 1/3 tablespoons = 1/3 cup

8 tablespoons = 4 ounces = 1/2 cup = 1/4 pound

16 tablespoons = 8 ounces = 1 cup = 1/2 pound

32 tablespoons = 16 ounces = 2 cups = 1 pound

64 tablespoons = 32 ounces = 1 quart = 2 pounds

1 cup = 8 ounces (liquid) = 1/2 pint

2 cups = 16 ounces (liquid) = 1 pint

4 cups = 32 ounces (liquid) = 2 pints = 1 quart

16 cups = 128 ounces (liquid) = 4 quarts = 1 gallon

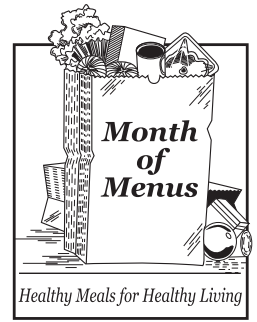
1 quart = 2 pints (dry)

4 quarts = 1 gallon (liquid)

## Abbreviations

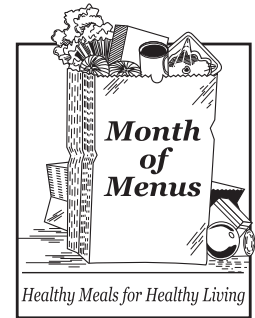
Tablespoons	=	TBSP. or T.
Teaspoon	=	TSP. or t.
Cup	=	C.
Ounce	=	OZ.
Pound	=	LB.

# **Basic Cooking Terms**



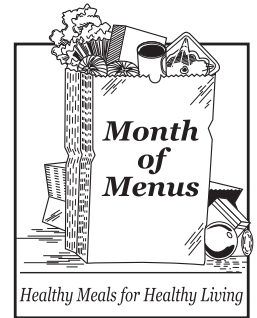
- Boil—to cook food in liquid hot enough to have bubbles rise and break the surface
- Braise—to brown meat in a small amount of fat, then cook slowly in a small amount of liquid
- Broil—to cook directly over or under heat
- Brown—to cook foods in a skillet, broiler or oven to give the food a rich, brown color
- Chop—to cut with knife into small pieces
- Cream—to mix one or more foods together until creamy
- Cut in—to work fat into dry ingredients using a pastry blender or 2 knives
- Dice—to cut into cubes
- Fold—to mix by turning foods over and over
- Grate (shred)—to rub foods against a grater or shredder so that food is cut up into very fine pieces
- Knead—to mix using a pressing motion
- Marinate—to flavor or tenderize foods by soaking them in oil and acid such as Italian dressing
- Roast—to bake in the oven
- Saute—to cook in a small amount of fat
- Simmer—to cook liquid below the boiling point
- Slice—to cut into thin, flat pieces
- Steam—to cook in steam in a covered container
- Stir—to mix in a circular motion
- Whip—to mix quickly to add in air

# Emergency Substitutions



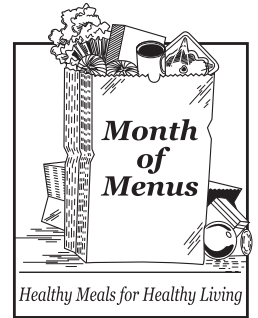
For	Substitute
Lemon juice	Equal amount vinegar
Milk, skim, 1 cup	1/4 cup nonfat dry milk powder + 7/8 cup water
Onion, 1 small	1 Tbsp. minced dried onion or 1 tsp. onion powder
Spaghetti, uncooked, 6 oz. (3 cups cooked)	4 oz. (3 cups) uncooked egg noodles or 4 oz. (1 1/4 cup) uncooked macaroni
Sugar, granulated, 1 cup	2 cups sifted powdered sugar or 1 cup packed brown sugar
Thickening, 1 1/2 Tbsp. flour	1 Tbsp. quick-cooking tapioca or 1 Tbsp. cornstarch
Chicken or beef broth	Bouillon cubes or crystals mixed with water according to package directions
Dry bread crumbs	cracker crumbs or cornmeal
Sour cream	Plain, nonfat yogurt
Tomato juice	Mix tomato sauce with equal amounts of water
Tomato sauce	1 6 oz can of tomato paste and 1 cup of water

# Kitchen Tools



Kitchen Tools	Tool Ideas
Measuring cup	Marked jar or baby bottle
Colander	Pan with lid
Cookie sheet	Bottom side of cake pans
Rolling pin	Smooth bottle or glass
Potato masher	2 forks
Measuring spoons	Regular teaspoon and/or tablespoon
Tea kettle	Pan
Mixing bowls	Deep kettle or pan
Cutting board	Sturdy plate or heavy brown shopping bag
Pie pan	Flat cake pan
Round cake pan	Square or oblong pan
Biscuit/cookie cutters	Lids, rim of jars, rim of cans, glasses
Ladle for serving soup	Cup with handle
Spatula	2 knives
Cooling rack	Oven rack
Roasting pan	Any pan/skillet that can be used in oven with cover or make cover of foil
Wire whisk	2 forks or jar with tight lid
Pot holder	Folded (dry) towel

# Food Safety



Food that can make you sick such as meat, poultry and fish need to be cooked thoroughly. Taking the temperature of the food is the only way to tell if the food has been cooked long enough to prevent harmful bacteria from growing. Instant-read food thermometers can be purchased at any grocery or hardware store.

## **Why use a food thermometer?**

- 1) Check the internal temperature of foods
- 2) Help to prevent foodborne illness
- 3) Cook foods to a safe temperature
- 4) Avoid overcooking

## **Tips for Using a Food Thermometer**

- Use a clean thermometer.
- After each use, wash the stem of the thermometer thoroughly in hot, soapy water to prevent cross-contamination.

## **Place thermometer correctly**

Insert thermometer into the thickest part of the food being measured. If the food is irregularly shaped, you may need to check the temp in several places.

## **Follow thermometer style usage guidelines**

Always use a calibrated thermometer and one intended for use with food. **Instant-read thermometers** aren't meant to be left in food while it's cooking. They give a quick reading when they're used to check the internal temperature during cooking and after food is cooked. Leave an instant-read thermometer inserted for about 15-20 seconds to register an accurate temperature.

**Oven-proof thermometers** are placed into food at the beginning of cooking and left in throughout the cooking period.

Use a clean thermometer, which measures the internal temperature of cooked foods. Use the following temperature guide to make sure that food has been cooked thoroughly.

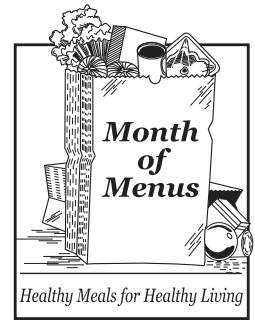
### Cooking Temperatures

Food Item	Minimum Internal Temperature
Ground	
beef, lamb, pork	160°F
turkey, chicken	165°
Roasts, steaks & chops	
beef, veal, lamb	145°
pork	160°
Whole chicken, turkey	180°
Chicken, turkey breasts, roasts	170°
Stuffing, alone or in bird	165°
Ham (reheat fully cooked)	140°
Ham (cook before eating)	160°
Leftovers	165°
Egg dishes (casseroles, etc.)	160°

*Consumer temperatures recommended by USDA and FDA*



# When You Cut a Recipe



**Recipes are usually for 6 to 8 servings—sometimes more.**

The following tables can help in “cutting” a recipe to 1/2 or 1/3 of the original recipe.

GENERAL MEASURING EQUIVALENTS	
1 Tablespoon.....	3 teaspoons
1/8 cup .....	2 Tablespoons
1/4 cup .....	4 Tablespoons
1/3 cup .....	5 1/3 Tablespoons
1/2 cup .....	8 Tablespoons
2/3 cup .....	10 Tablespoons + 2 tsp.
3/4 cup .....	12 Tablespoons
1 cup .....	16 Tablespoons
1 cup .....	8 Fluid ounces (liquid measure)
1 fluid ounce .....	2 Tablespoons
1 pint .....	2 cups
1 pound .....	16 ounces (weight)
pinch or speck .....	less than 1/8 teaspoon

SOME ABBREVIATIONS	
c .....	cup
Tbsp .....	Tablespoon
tsp. ....	Teaspoon
oz .....	Ounce
fl. oz .....	Fluid ounce

**It may help to use your measuring cups and spoons and do some actual measuring as you figure your recipe.**

## When You Want 1/2 of a Recipe

### USE THESE EQUIVALENTS

CUPS	
1/2 of 1/4 cup .....	2 Tablespoons
1/2 of 1/3 cup .....	2 Tablespoons + 2 tsp.
1/2 of 1/2 cup .....	1/4 cup
1/2 of 2/3 cup .....	1/3 cup
1/2 of 3/4 cup .....	6 Tablespoons
1/2 of 1 cup .....	1/2 cup

TABLESPOONS	
1/2 of 1 Tablespoon.....	1 1/2 teaspoon
1/2 of 3 Tablespoons .....	1 Tablespoon + 1 1/2 tsp.
1/2 of 5 Tablespoons .....	2 Tablespoons + 1 1/2 tsp.
1/2 of 7 Tablespoons .....	3 Tablespoons + 1 1/2 tsp.

TEASPOONS	
1/2 of 1 teaspoon .....	1/2 teaspoon
1/2 of 3/4 teaspoon .....	3/8 teaspoon
1/2 of 1/2 teaspoon .....	1/4 teaspoon

## When You Want 1/3 of a Recipe

### USE THESE EQUIVALENTS

CUPS	
1/3 of 1/4 cup .....	1 Tablespoon + 1 tsp.
1/3 of 1/3 cup .....	1 Tablespoon + 2 1/3 tsp.
1/3 of 1/2 cup .....	2 Tablespoons + 2 tsp.
1/3 of 2/3 cup .....	3 Tablespoons + 1 2/3 tsp.
1/3 of 3/4 cup .....	1/4 cup

TABLESPOONS	
1/3 of 1 Tablespoon.....	1 teaspoon
1/3 of 3 Tablespoons .....	1 Tablespoon
1/3 of 5 Tablespoons .....	1 Tablespoon + 2 tsp.
1/3 of 7 Tablespoons .....	2 Tablespoons + 1 tsp.

TEASPOONS	
1/3 of 1/2 teaspoon .....	pinch
1/3 of 1/4 teaspoon .....	pinch

# TIPS TO HELP

1. Some kinds of food products can be easily reduced to smaller amounts without changing ingredient proportions or directions. However, sometimes it does require a change in proportions as when a smaller amount of egg is used in a product to be cooked.
2. Sometimes it is preferable to make a regular size recipe and freeze individual uncooked portions to be used later—as a meatloaf.
3. Some foods can be prepared and cooked and then portions frozen—as a cake.
4. Foods as muffins, biscuits and rolls can be partially baked, then frozen and baking completed when they are to be used—your own brown-n-serve products.



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# Week 1

	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
<b>Breakfast</b>	Dry Cereal Banana Orange Juice Milk	Scrambled Eggs Cinnamon Toast Orange Juice	Pancakes* Applesauce (Syrup) Milk	Apple Cinnamon Muffins* Orange Slices Milk	French Toast* Applesauce or Syrup Orange Juice	Dry Cereal Banana Milk	Instant Oatmeal Grapes Milk
<b>Lunch</b>	Bean and Rice Burritos* Frozen Mixed Vegetables Apple Slices Milk	Peanut Butter and Jelly Sandwiches Carrot Sticks Grapes Milk	Sloppy Joe's* Coleslaw* Fruit Cocktail Milk	Tuna Salad Sandwiches* Carrot Sticks Canned Pears Milk	Tomato Soup (can) Grilled Cheese Sandwiches* Celery Sticks Milk	Macaroni and Cheese (box) Canned Green Beans Canned Peaches Milk	Chicken Noodle Soup (can) Carrot Sticks Pineapple Chunks Crackers and Peanut Butter Milk
<b>Dinner</b>	Crispy Baked Chicken* Lettuce/Tomato Salad Oven Fried Potatoes* Bread Milk	Manicotti* Marinated Salad* Strawberries Bread Milk	Italian Chicken* Canned Corn Canned Peaches Milk	Hamburger Olé* Canned Peas Apple Slices Bread Milk	Chicken and Rice* Pineapple Chunks Milk	Chili* Cornbread (mix) Fruit Cocktail Milk	Tacos* Orange Slices Milk

\* recipe provided

**Other Items:**

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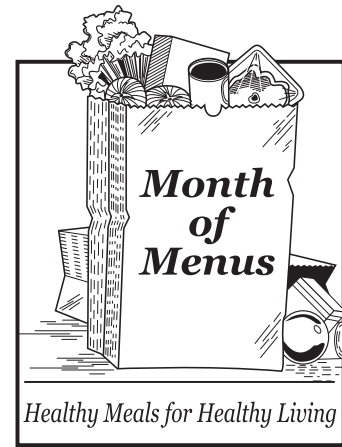
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## Week 1 Shopping List

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**Staple Items**

- ☐ vegetable oil
- ☐ all-purpose flour (5 pounds)
- ☐ whole wheat flour (5 pounds)
- ☐ nonfat dry milk
- ☐ baking powder
- ☐ sugar (5 pounds)
- ☐ salt
- ☐ mayonnaise or salad dressing
- ☐ vinegar
- ☐ dry cereal
- ☐ cornflakes (cornflake bread crumbs)
- ☐ instant oatmeal
- ☐ pancake syrup
- ☐ cooking spray
- ☐ vegetable shortening

**Seasonings**

- ☐ chili powder
- ☐ ground cumin
- ☐ garlic powder
- ☐ dried parsley
- ☐ onion powder
- ☐ ground red pepper
- ☐ paprika
- ☐ cinnamon
- ☐ black pepper
- ☐ ground coriander-optional

## **Grocery**

- ☐ 1 package (8-inch) flour tortillas
- ☐ 1 package (32 oz) rice
- ☐ 3 loaves bread
- ☐ 1 package (8) hamburger buns
- ☐ 2 jars (27 oz) spaghetti sauce
- ☐ 1 bottle (32 oz) Italian dressing
- ☐ 1 jar peanut butter
- ☐ 1 jar jelly
- ☐ 1 box (8 oz) manicotti shells
- ☐ 1 box (12 oz) shells and cheese
- ☐ 1 box (7.25 oz) macaroni and cheese
- ☐ 1 box (8.25 oz) cornbread mix
- ☐ 1 box saltine crackers
- ☐ 1 box (12) taco shells
- ☐ 1 jar (32 oz) salsa
- ☐ 1 can (15-16 oz) sloppy joe sauce
- ☐ 2 cans (29 oz) fruit cocktail
- ☐ 1 can (7 oz) mushrooms  
(or sliced mushrooms)
- ☐ 2 cans (15.25 oz) corn
- ☐ 2 cans (14.5 oz) green beans
- ☐ 2 cans (15 oz) peas
- ☐ 1 family size can (26 oz) tomato soup
- ☐ 1 can (10.5 oz) cream of chicken soup
- ☐ 1 family size can (26 oz)  
chicken noodle soup
- ☐ 2 cans (20 oz) pineapple
- ☐ 1 can (14.5 oz) tomatoes
- ☐ 2 cans (8 oz) tomato sauce
- ☐ 1 can (15 oz) kidney beans
- ☐ 1 can (16 oz) refried beans
- ☐ 2 cans (25 oz) applesauce and  
1 can (16 oz) applesauce
- ☐ 2 cans (29 oz) peaches
- ☐ 1 can (15.25 oz) pears
- ☐ 1 can (6-7 oz) or 2 cans (3.5 oz) tuna
- ☐ 1 packet chili seasoning
- ☐ 1 jar (10 oz) pickle relish-optional
- ☐ 2 packets (1.25 oz) taco seasoning-  
optional

## **Dairy**

- ☐ 1 dozen eggs
- ☐ 4 gallons of milk
- ☐ 1 container or box (1 lb) margarine
- ☐ 1 package (16 slices) sliced American  
cheese
- ☐ 1 package (24 oz) cheddar cheese
- ☐ 1 container (15 oz) ricotta cheese
- ☐ 1 package (24 oz) mozzarella cheese
- ☐ 1 can (7 oz) Parmesan cheese
- ☐ sour cream-optional

## **Frozen**

- ☐ 1 package (16 oz)  
frozen mixed vegetables
- ☐ 1 package (16 oz) chopped onions-  
optional

## **Meat**

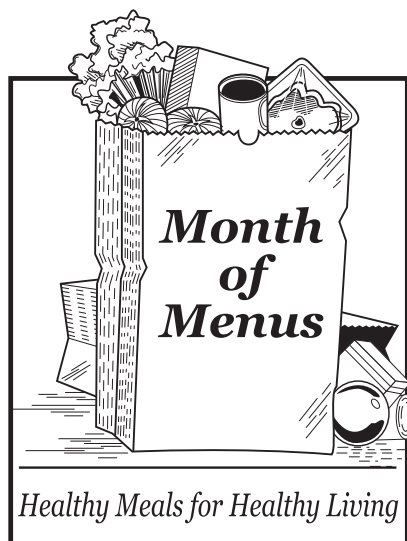
- ☐ 6 boneless, skinless chicken breasts  
(12 pieces)
- ☐ 4 lbs ground beef

## **Vegetables**

- ☐ 2 heads of lettuce
- ☐ 1 bag (3 pounds) potatoes
- ☐ 1 head cabbage
- ☐ 1 package (2 pounds) carrots
- ☐ 2 medium onions
- ☐ 1 bunch broccoli
- ☐ 3 tomatoes-1 optional
- ☐ 1 large bunch celery
- ☐ cauliflower-optional
- ☐ cucumber-optional
- ☐ radishes-optional
- ☐ zucchini-optional

## **Fruit**

- ☐ bananas
- ☐ apples
- ☐ strawberries
- ☐ grapes
- ☐ oranges
- ☐ orange juice



**Breakfast**  
Dry Cereal  
Milk  
Banana  
Orange Juice

**Lunch**  
Bean and Rice Burritos\*  
Frozen Mixed Vegetables  
Apple Slices  
Milk

**Dinner**  
Crispy Baked Chicken\*  
Oven Fried Potatoes\*  
Lettuce/Tomato Salad  
Bread  
Milk

# Menu Suggestion

## Preparation Time

Active: 10 minutes  
Total: 30 minutes  
Servings: 4

## Nutrition per Serving

Calories 423  
Protein 18g  
Carbohydrates 53g  
Dietary Fiber 6g  
Total Fat 15g  
Cholesterol 40mg  
Sodium 769mg

## Diabetic Exchanges

Breads/Starch/Other 3  
Lean Meat 1  
Vegetable 0.5  
Fat 2

## Bean and Rice Burritos

4 (8-inch) flour tortillas  
1 cup canned refried beans\*  
1 package (1.25 oz) taco seasoning  
or (1 tablespoon Mexican  
Seasoning Mix)\*\*\* (optional)  
1 cup cooked rice\*\*  
salsa  
lettuce, shredded  
cheese, shredded

1. Top tortillas with hot beans and rice.
2. Top with salsa, lettuce, and cheese.
3. Roll up and serve.

## Refried Beans

1. Empty refried beans into small saucepan. Add 1 tablespoon of taco seasoning or Mexican Seasoning Mix, if desired.
2. Warm beans over low heat, stirring occasionally until steaming.

*Microwave on high for 2-2 1/2 minutes stirring once.*

## Rice

2/3 cups water  
1/3 cup uncooked long grain rice

1. In a saucepan, bring water to a boil.
2. Stir in rice, and cover.
3. Reduce heat.
4. Simmer 20 minutes or until water is absorbed.
5. Fluff with a fork, and serve.

*Microwave: Mix water and rice in large bowl and cover. Heat on high for approximately 8 minutes. Let stand 5 minutes or until water is absorbed. Fluff with fork.*

## Mexican Seasoning Mix

3 tablespoons chili powder  
2 teaspoons ground cumin  
1 1/2 teaspoons garlic powder  
1 teaspoon dried parsley  
1 teaspoon onion powder  
1/2 teaspoon ground red pepper  
1 teaspoon ground coriander (optional)

1. Combine all ingredients. Cover and store in airtight container.
2. Shake before using to blend.
3. Use 1 tablespoon per can of beans or per pound of ground beef.

Makes about 1/3 cup.

## Frozen Mixed Vegetables

1/2 cup water  
1 (16 oz) package frozen mixed vegetables

1. Bring water to a boil in a saucepan.
2. Add the vegetables.
3. Bring the water to a second boil.
4. Stir and cover, and reduce the heat.
5. Simmer 4-6 minutes to the desired doneness.
6. Drain and serve.

*Microwave on high for 8-10 minutes.*

**Preparation Time**

Active: 15 minutes  
Total: 60 minutes  
Servings: 4

**Nutrition per Serving**

Calories 195  
Protein 29g  
Carbohydrates 8g  
Dietary Fiber 0g  
Total Fat 4g  
Cholesterol 74mg  
Sodium 108mg

**Diabetic Exchanges**

Very Lean Meat 3.5

**Crispy Baked Chicken**

1 cup cornflakes (crumbs)  
1 cup milk  
4 split boneless, skinless chicken breasts (or thighs)  
1 teaspoon vegetable oil (for oiling baking pan)

1. Preheat oven to 400 degrees.
2. Measure cornflakes into plastic bag.
3. Close and crush cornflakes with rolling pin or glass.
4. Rinse chicken pieces and pat dry.
5. Pour milk into a bowl.
6. Dip each piece of chicken in milk, place in bag of cornflake crumbs and shake.
7. Let stand briefly, until coating sticks.
8. Oil baking pan and place coated chicken pieces in oiled pan. Pieces should not touch each other.
9. Bake for 45 minutes or until chicken reaches 170°F.

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*Food Safety Note: Remaining crumb mixture should be discarded.*

**Preparation Time**

Active: 15 minutes  
Total: 60 minutes  
Servings: 4

**Nutrition per Serving**

Calories 135  
Protein 3g  
Carbohydrates 28g  
Dietary Fiber 3g  
Total Fat 2g  
Cholesterol 0mg  
Sodium 33mg

**Diabetic Exchanges**

Breads/Starch/Other 1.5

**Oven Fried Potatoes**

4 medium potatoes  
2 teaspoons vegetable oil  
1/2 teaspoon paprika  
1/2 teaspoon garlic powder  
1/2 teaspoon black pepper  
1/2 teaspoon onion powder

1. Preheat oven to 400 degrees.
2. Scrub potatoes, do not peel. Cut in 1/2-inch wedges, lengthwise; blot to dry cut surfaces.
3. Brush potatoes with oil.
4. Mix spices together.
5. With cut surface up, sprinkle potatoes with spices.
6. Bake 30-40 minutes or until potatoes are lightly browned and tender.

**Food Safety**

Wash your hands before preparing any food. Use soap and warm water. Rub hands together for at least 20 seconds. Rinse, dry with a paper towel, or clean towel. Dirty towels can grow lots of bacteria. Change hand towels everyday.

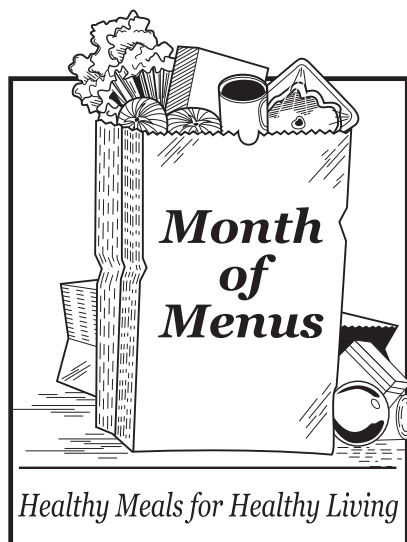
**Snack Ideas**

crackers and cheese

graham crackers and milk

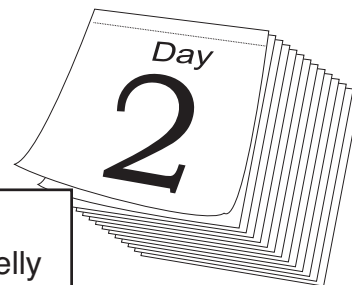
*(May need to add snack items to shopping list.)*





**Breakfast**  
Scrambled Eggs  
Cinnamon Toast  
Orange Juice

**Lunch**  
Peanut Butter and Jelly  
Sandwiches  
Carrot Sticks  
Grapes  
Milk



## Menu Suggestion

**Dinner**  
Manicotti\*  
Marinated Salad\*  
Strawberries  
Bread

### Preparation Time

Active: 20 minutes  
Total: 60 minutes  
Servings: 6

### Nutrition per Serving

Calories 614  
Protein 42g  
Carbohydrates 46g  
Dietary Fiber 4g  
Total Fat 30g  
Cholesterol 141mg  
Sodium 1441mg

### Diabetic Exchanges

Breads/Starch/Other 2  
Very Lean Meat 1.5  
Lean Meat 5  
Fat 3

### Manicotti

1 box (8 oz) manicotti shells-cooked\*  
cooking spray  
1 jar (27 oz) spaghetti sauce  
2 eggs  
1 container (15 oz) ricotta cheese  
4 cups (16 oz) shredded mozzarella cheese (divided)  
1 cup (4 oz) grated Parmesan cheese (divided)  
1 tablespoon dried parsley or (1/4 cup chopped fresh parsley)

1. Preheat oven to 350 degrees.
2. Spray bottom of 9" x 13" baking dish with non-stick cooking spray.
3. Spread 3/4 cup of the spaghetti sauce on the bottom of baking dish.
4. In a large bowl, beat eggs.
5. Stir in ricotta cheese, 3 cups of mozzarella, 3/4 cup of the Parmesan and the parsley.
6. Fill each cooked shell with ricotta mixture.
7. Arrange filled shells in baking dish.
8. Top with remaining spaghetti sauce, mozzarella, and Parmesan.
9. Bake covered with foil, until bubbly, about 40-50 minutes. Uncover and continue cooking until cheese is melted, about 5 minutes.
10. Let stand 5 minutes before serving.

### Manicotti Shells

1. Use a large pot. Bring 4 quarts water to a rolling boil. Add salt to taste, if desired.
2. Add contents of package to boiling water. Stir gently.
3. Return water to a boil. Boil for 7-9 minutes. If you prefer firm pasta, use shorter cooking time.
4. Remove from heat and drain well. Add 1 cup cold water to stop cooking.
5. Rinse thoroughly with cold water and drain.



**Preparation Time**

Active: 10 minutes  
Total: 10 minutes  
Servings: 4-6

**Nutrition per Serving**

Calories 159  
Protein 2g  
Carbohydrates 7g  
Dietary Fiber 2g  
Total Fat 14g  
Cholesterol 0mg  
Sodium 252mg

**Diabetic Exchanges**

Vegetable 1  
Fat 3

**Marinated Salad**

4 cups chopped lettuce  
2 cups various vegetables such as carrots, broccoli, cauliflower, cucumbers, radishes, zucchini, tomatoes.  
3/4-1 cup Italian dressing

1. Wash lettuce and all vegetables.
2. Chop lettuce and vegetables to desired amounts.
3. Add the lettuce and vegetables to a bowl.
4. Pour dressing over the vegetables and mix.
5. Cover and put in refrigerator; will keep 3-4 days.

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*Nutrient content will vary slightly with the use of different vegetables as well as the serving size.*

## Shopping Tips



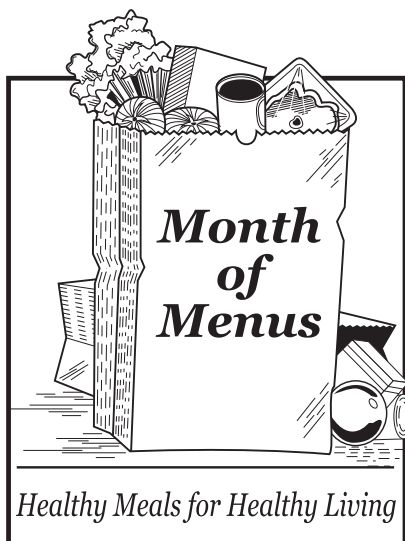
- Always shop with your list to avoid impulse buys and to get everything you need.
- Don't shop when you are hungry.
- Learn the layout of your store so you can easily find what you need and avoid tempting displays.
- When using coupons, consider if you really need the item or you are just buying it because of the coupon.

## Snack Ideas

fruit and yogurt

milk and cereal

*(May need to add items to grocery list.)*



**Breakfast**  
Pancakes\*  
Applesauce (syrup)  
Milk

**Lunch**  
Sloppy Joe's\*  
Coleslaw\*  
Fruit Cocktail  
Milk



**Dinner**  
Italian Chicken\*  
Canned Corn  
Canned Peaches  
Milk

## Menu Suggestion

### Preparation Time

Active: 15 minutes  
Total: 15 minutes  
Servings: 6 (3 pancakes)

### Nutrition per Serving

Calories 324  
Protein 16g  
Carbohydrates 52g  
Dietary Fiber 4g  
Total Fat 5g  
Cholesterol 32mg  
Sodium 490mg

### Diabetic Exchanges

Breads/Starch 2.5  
Milk-Skim 1  
Fat 1

### Pancakes

3 cups Master Mix\*  
1 egg  
1 1/2 cups milk  
1 can (25 oz) applesauce  
syrup (optional)

1. Combine Master Mix, egg and milk.
2. Stir until blended.
3. Spoon batter onto hot griddle.
4. When pancake bubbles, turn and cook other side.
5. Top with applesauce or syrup.

### Master Mix

4 cups all-purpose flour  
4 cups whole wheat flour\*\*  
1 1/3 cups nonfat dry milk  
1/4 cups baking powder  
1 teaspoon salt  
3/4 cup vegetable shortening or margarine

1. Stir dry ingredients together until well mixed.
2. Cut in vegetable shortening or margarine until well mixed.
3. Store in closed, covered jar or can.
4. Refrigerate to keep longer than one month or if margarine is used.
5. Stir lightly before using in recipes.

Makes 10 cups.

### Preparation Time

Active: 30 minutes  
Total: 30 minutes  
Servings: 6-7

### Nutrition per Serving

Calories 432  
Protein 26g  
Carbohydrates 44g  
Dietary Fiber 3g  
Total Fat 17g  
Cholesterol 64mg  
Sodium 763mg

### Diabetic Exchanges

Breads/Starch/Other 3  
Lean Meat 2.5  
Fat 1.5

### Sloppy Joe's

1 lb ground beef  
1 can (15-16 oz) sloppy joe sauce  
1 package (8) hamburger buns

1. Cook meat thoroughly in skillet over medium heat. Drain grease\*.
2. Add canned sloppy joe sauce.
3. Simmer for about 15 minutes or until mixture reaches 165°.
4. Serve on hamburger buns.

*Place a strainer inside a large bowl. Place meat in the strainer, then rinse with hot water. Drain for 5 minutes. Place cooled grease in a container and then in the trash. Do not rinse grease down the sink. This method decreases fat by 10-12 grams per 3 oz of pan broiled ground beef.*

*If whole wheat flour is not available, use all-purpose flour. Enriched cornmeal or rolled oats can also be substituted for all or part of the whole wheat flour.*

<p><b>Preparation Time</b>  Active: 10 minutes  Total: 10 minutes  Servings: 8</p> <p><b>Nutrition per Serving</b>  Calories 165  Protein 2g  Carbohydrates 19g  Dietary Fiber 3g  Total Fat 10g  Cholesterol 8mg  Sodium 238mg</p> <p><b>Diabetic Exchanges</b>  Breads/Starch/Other 0.5  Vegetable 1.5  Fat 2</p>	<p><b><u>Coleslaw</u></b>  1/2 head cabbage  1 carrot  1/2 cup mayonnaise  1 tablespoon milk  1 tablespoon vinegar  1 tablespoon sugar</p> <ol style="list-style-type: none"> <li>1. Chop cabbage. Peel and grate carrot.</li> <li>2. In a bowl, mix mayonnaise, milk, vinegar, and sugar.</li> <li>3. Add cabbage and carrots and mix well.</li> <li>4. Chill until ready to serve.</li> </ol>
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<p><b>Preparation Time</b>  Active: 20 minutes  Total: 40 minutes  Servings: 6</p> <p><b>Nutrition per Serving</b>  Calories 330  Protein 22g  Carbohydrates 36g  Dietary Fiber 2g  Total Fat 11g  Cholesterol 49mg  Sodium 606mg</p> <p><b>Diabetic Exchanges</b>  Breads/Starch/Other 2.5  Very Lean Meat 2.5  Fat 2</p>	<p><b><u>Italian Chicken</u></b>  3 cups cooked rice *  1/4 cup vegetable oil  1/4 cup chopped onions  1/2 cup sliced mushrooms or 1 (7 oz) can mushrooms (drained)  4 boneless, skinless chicken breast halves, cut in 1 inch cubes or  (1 (12 oz) can of chicken chunks)  1 (27 oz) jar spaghetti sauce</p> <ol style="list-style-type: none"> <li>1. Heat oil in saucepan.</li> <li>2. Add onions and mushrooms and stir until lightly cooked.</li> <li>3. Add raw, cubed chicken, and stir until thoroughly cooked to 170° and browned on all sides (or add canned chicken chunks).</li> <li>4. Add spaghetti sauce and simmer for 20 minutes.</li> <li>5. Serve over hot rice.</li> </ol>
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### Food Safety Ground Beef

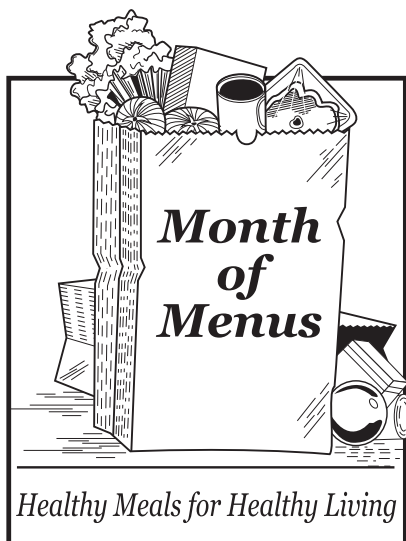
- Ground beef can make you sick if not cooked thoroughly.
- The only way you know ground beef is done is to use an **Instant Read Food Thermometer**.
- You can buy them at the grocery or discount store.
- Ground beef is done when it reaches 160°F.

### Rice

1 cup uncooked long grain rice  
2 cups water

1. In a saucepan, bring water to a boil.
2. Stir in rice, and cover.
3. Reduce heat.
4. Simmer 20 minutes or until water is absorbed.
5. Fluff with a fork, and serve.

*Tip: Chopped onion can be found in the freezer section of the grocery store at an affordable price.*



**Breakfast**  
 Apple Cinnamon  
 Muffins\*  
 Orange Slices  
 Milk

**Lunch**  
 Tuna Salad  
 Sandwiches\*  
 Carrot Sticks  
 Canned Pears  
 Milk

**Dinner**  
 Hamburger Olé\*  
 Canned Peas  
 Apple Slices  
 Bread  
 Milk



## Menu Suggestion

### **Preparation Time**

Active: 10 minutes  
 Total: 30 minutes  
 Servings: 6 (2 muffins)

### **Nutrition per Serving**

Calories 382  
 Protein 15g  
 Carbohydrates 66g  
 Dietary Fiber 5g  
 Total Fat 7g  
 Cholesterol 32mg  
 Sodium 438mg

### **Diabetic Exchanges**

Breads/Starch/Other 3  
 Milk-Skim 1  
 Fat 1

### **Apple Cinnamon Muffins**

oil for oiling muffin pan  
 1 egg, beaten  
 2/3 cup milk  
 2 tablespoons vegetable oil  
 2 cups Master Mix\*  
 1/3 cup sugar  
 1/2 tablespoon cinnamon  
 3/4 cup apples, chopped

1. Pre-heat oven to 350 degrees.
2. Oil bottom only of each muffin cup in 12 count muffin pan.
3. Beat egg slightly in bowl.
4. Add milk and oil; and mix.
5. Add Master Mix, sugar, cinnamon, and apples. Mix just until moistened.
6. Spoon batter into muffin cups, 2/3 full.
7. Bake in oven for 15-18 minutes or until golden brown.

### **Master Mix**

4 cups all-purpose flour  
 4 cups whole wheat flour\*\*  
 1 1/3 cups nonfat dry milk  
 1/4 cups baking powder  
 1 teaspoon salt  
 3/4 cup vegetable shortening or margarine

1. Stir dry ingredients together until well mixed.
2. Cut in vegetable shortening or margarine until well mixed.
3. Store in closed, covered jar or can.
4. Refrigerate to keep longer than one month or if margarine is used.
5. Stir lightly before using in recipes.

Makes 10 cups.



*If whole wheat flour is not available, use all-purpose flour. Enriched cornmeal or rolled oats can also be substituted for all or part of the whole wheat flour.*

<p><b>Preparation Time</b>  Active: 10 minutes  Total: 10 minutes  Servings: 4</p> <p><b>Nutrition per Serving</b>  Calories 428  Protein 20g  Carbohydrates 53g  Dietary Fiber 2g  Total Fat 15g  Cholesterol 25mg  Sodium 765mg</p> <p><b>Diabetic Exchanges</b>  Breads/Starch/Other 3.5  Very Lean Meat 1.5  Fat 3</p>	<p><b><u>Tuna Salad Sandwiches</u></b>  1 (6-7 oz) can tuna or (2 (3.5 oz) cans)  1 stalk celery, chopped  2-3 tablespoons chopped onion (optional)  1/2 cup mayonnaise  2-3 tablespoons pickle relish (optional)  8 bread slices</p> <ol style="list-style-type: none"> <li>1. Open tuna can and drain.</li> <li>2. Place tuna in a small bowl.</li> <li>3. Wash and chop the celery (and onion if desired).</li> <li>4. Add celery and mayonnaise to tuna (add onion and relish if desired). Mix ingredients and chill.</li> <li>5. Place 1/4 tuna mixture on each of 4 slices of bread and top with the remaining 4 slices.</li> <li>6. Cut in half and serve.</li> </ol> <hr/> <p><i>Tip: Chopped onion can be found in the freezer section of the grocery store at an affordable price.</i></p>
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<p><b>Preparation Time</b>  Active: 25 minutes  Total: 25 minutes  Servings: 6</p> <p><b>Nutrition per Serving</b>  Calories 312  Protein 24g  Carbohydrates 13g  Dietary Fiber 2g  Total Fat 18g  Cholesterol 82mg  Sodium 659mg</p> <p><b>Diabetic Exchanges</b>  Breads/Starch/Other 1  Lean Meat 3  Vegetable 0.5  Fat 2</p>	<p><b><u>Hamburger Olé</u></b>  1 lb ground beef  6 cups water  1 box (12 oz) macaroni and cheese (or 2 boxes (7.25 oz) macaroni and cheese)  1 cup salsa</p> <ol style="list-style-type: none"> <li>1. Cook meat thoroughly to 160°F in skillet over medium heat. Drain grease.*</li> <li>2. Bring 6 cups of water to a boil in a large pot. Add macaroni to water. Bring to a rapid boil. Stir.</li> <li>3. Let macaroni boil 10 -12 minutes, stirring occasionally.**</li> <li>4. Drain water; add cheese packet to the macaroni as usual.</li> <li>5. Mix in meat and salsa, heat thoroughly. Serve.</li> </ol> <div data-bbox="735 1312 1438 1533" style="border: 1px solid black; padding: 10px; margin-top: 20px;"> <p><i>Place a strainer inside a large bowl. Place meat in the strainer, then rinse with hot water. Drain for 5 minutes. Place cooled grease in a container, then in the trash. Do not rinse grease down the sink. This method decreases fat by 10-12 grams per 3 oz of pan broiled ground beef.</i></p> </div>
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### **Food Safety** **Avoid** **Cross-contamination**

- At the grocery store, put raw meats in plastic bags from the produce aisle.
- Separate raw foods from ready-to-eat foods.
- Take food home and put away quickly.

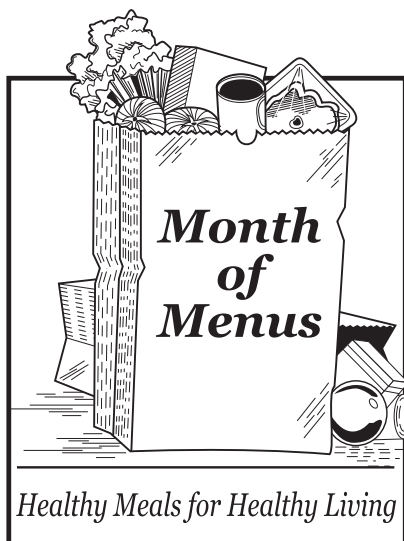
**Microwave:** In a microwave safe bowl add 3 cups of water. Cover and microwave on High 7 to 9 minutes or until boiling. Stir in macaroni and microwave uncovered 10 to 11 minutes or until desired tenderness. Drain and add cheese.

### **Snack Ideas**

pretzels and cheese  
crackers and peanut butter

*(May need to add to shopping list.)*





**Breakfast**  
 French Toast\*  
 Applesauce or syrup  
 Orange Juice

**Lunch**  
 Tomato Soup (can)  
 Grilled Cheese  
 Sandwiches\*  
 Celery Sticks  
 Milk



**Dinner**  
 Chicken and Rice\*  
 Pineapple Chunks  
 Milk

# Menu Suggestion

<p><b>Preparation Time</b>          Active: 10 minutes          Total: 10 minutes          Servings: 4</p> <p><b>Nutrition per Serving</b>          Calories 420          Protein 11g          Carbohydrates 70g          Dietary Fiber 4g          Total Fat 12g          Cholesterol 96mg          Sodium 420mg</p> <p><b>Diabetic Exchanges</b>          Breads/Starch/Other 3          Fruit 1          Fat 1</p>	<p><b><u>French Toast</u></b>          2 eggs          1/2 cup milk          8 slices of bread          2 tablespoons vegetable oil          1 can (16 oz) applesauce          syrup (optional)</p> <ol style="list-style-type: none"> <li>1. Beat eggs and milk with a fork in a pie pan or shallow bowl until well blended.</li> <li>2. Dip bread slices in egg mixture; turn and coat evenly on both sides.</li> <li>3. Heat oil in skillet.</li> <li>4. Cook each coated slice until lightly browned; turn and brown on other side.</li> <li>5. Top with applesauce or syrup.</li> </ol>
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<p><b>Preparation Time</b>          Active: 5 minutes          Total: 15 minutes          Servings: 4</p> <p><b>Nutrition per Serving</b>          Calories 395          Protein 11g          Carbohydrates 42g          Dietary Fiber 2g          Total Fat 20g          Cholesterol 22mg          Sodium 743mg</p> <p><b>Diabetic Exchanges</b>          Breads/Starch/Other 3          Lean Meat 1          Fat 3</p>	<p><b><u>Grilled Cheese Sandwiches</u></b>          1/4 cup margarine          8 slices bread          4 slices of American Cheese</p> <ol style="list-style-type: none"> <li>1. Spread margarine on one side of each of the 8 slices of bread.</li> <li>2. Put dry sides of the bread together with a slice of cheese in the middle, making 4 sandwiches.</li> <li>3. Grill in frying pan until bread is toasted on both sides and cheese has melted.</li> <li>4. Slice in half and serve.</li> </ol>
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**Preparation Time**

Active: 15 minutes  
 Total: 30 minutes  
 Servings: 4

**Nutrition per Serving**

Calories 440  
 Protein 35g  
 Carbohydrates 51g  
 Dietary Fiber 3g  
 Total Fat 10g  
 Cholesterol 79mg  
 Sodium 720mg

**Diabetic Exchanges:**

Breads/Starch/Other 2.5  
 Very Lean Meat 3.5  
 Vegetable 1  
 Fat 1.5

**Chicken and Rice**

3 cups cooked rice \*

1 tablespoon vegetable oil

4 split boneless, skinless chicken breasts

1 (10.5 oz) can cream of chicken soup

1 1/2 cups water

1/4 teaspoon paprika

1/4 teaspoon black pepper

2 cups chopped broccoli (fresh or frozen)

1. Heat oil in skillet.
2. Add chicken and cook thoroughly until browned on all sides.
3. Remove chicken and set aside.
4. In the skillet, add soup, water, paprika, and pepper; stir. Heat to a boil.
5. Stir in rice and broccoli.
6. Top with chicken.
7. Season with additional paprika and pepper if desired; cover.
8. Cook on low heat 15-20 minutes or until cooked thoroughly at 165°F.

**Shopping Tips****Fruits & Vegetables**

- When buying 5 and 10 pound bags of fruits and vegetables, weigh several bags and buy the heaviest. You may get 1-2 pounds free.
- Buy fresh fruit and vegetables in season. When not in season, buy canned or frozen.
- To cut down on sugar, buy canned fruits in water pack or juice pack.
- Buy from the salad bar when you only need a small amount.

**Rice**

2 cups water

1 cups uncooked long grain rice

1. In a saucepan, bring water to a boil.
2. Stir in rice, cover and reduce heat.
3. Simmer 20 minutes or until water is absorbed.
4. Fluff with a fork, and serve.

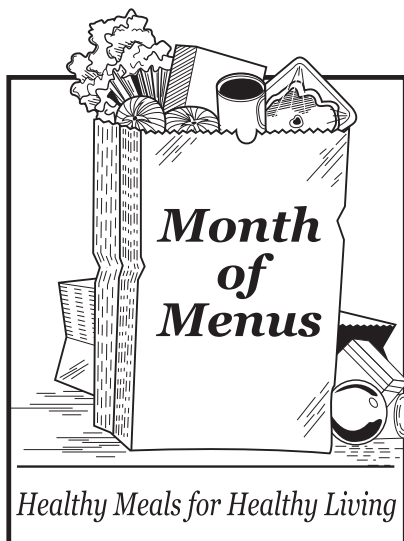
**Snack Ideas**

celery and peanut butter

GORP: dry cereal, raisins, peanuts, pretzels, etc. (for children over the age of 2).

*(May need to add items to grocery list.)*





### **Breakfast**

Dry Cereal  
Milk  
Banana

### **Lunch**

Macaroni and Cheese (box)  
Canned Green Beans  
Canned Peaches  
Milk

### **Dinner**

Chili \*  
Cornbread (mix)  
Fruit Cocktail  
Milk

Day  
**6**

# Menu Suggestion

### **Preparation Time**

Active: 15 minutes  
Total: 40 minutes  
Servings: 6

### **Nutrition per Serving**

Calories 349  
Protein 27g  
Carbohydrates 26g  
Dietary Fiber 10g  
Total Fat 16g  
Cholesterol 74mg  
Sodium 879mg

### **Diabetic Exchanges**

Breads/Starch/Other 1  
Very Lean Meat 2  
Lean Meat 3  
Vegetable 3  
Fat 1

### **Chili**

1 lb ground beef  
1/2 cup chopped onions  
1 can (14.5 oz) tomatoes, plain or stewed  
1 can (8 oz) tomato sauce  
1 packet chili seasoning  
1 can (15 oz) kidney beans, undrained  
1 can (14.5 oz) green beans, drained  
1 cup cheese, shredded (optional)

1. Cook ground beef and onion thoroughly in skillet over medium heat. Drain.\*
2. Add tomatoes, tomato sauce, and chili powder.
3. Bring to a boil, then reduce heat to low. Cover and simmer 10 minutes.
4. Stir in the kidney beans and green beans. Cover with lid. Cook for 20 minutes or until 165°.
5. Stir frequently to prevent sticking.
6. Sprinkle the top with shredded cheese if desired.

*Tip: Chopped onions can be found in the freezer section of the grocery store at an affordable price.*

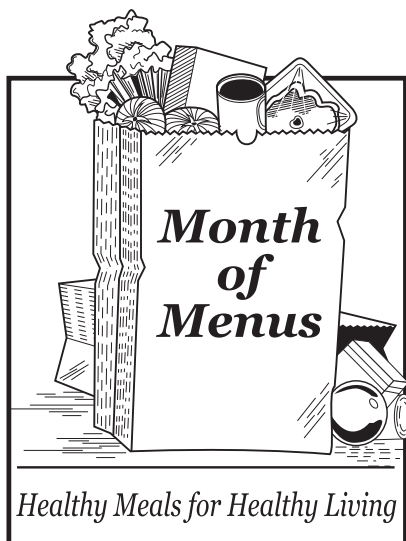
### **Don't Hesitate, Refrigerate**

- Divide thick soups and stews like chili into small containers and refrigerate within 2 hours.
- Use, freeze or throw out within 2 days.
- Reheat only once to 165°F.
- Thaw frozen foods in the refrigerator.

*Place strainer inside a large bowl. Place meat in the strainer, then rinse with hot water. Drain for 5 minutes. Place cooled grease in a container, then in the trash. Do not rinse grease down the drain. This method decreases fat by 10-12 grams per 3 oz of pan broiled ground beef.*

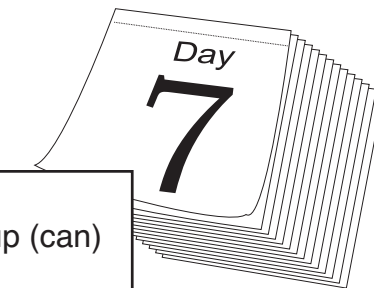
### **Snack Ideas**

peanut butter and jelly sandwich  
applesauce and graham crackers  
(May need to add items to grocery list.)



**Breakfast**  
Instant Oatmeal  
Grapes  
Milk

**Lunch**  
Chicken Noodle Soup (can)  
Carrot Sticks  
Canned Pineapple Chunks  
Crackers and Peanut Butter  
Milk



**Dinner**  
Tacos\*  
Orange Slices  
Milk

# Menu Suggestion

## **Preparation Time**

Active: 20 minutes  
Total: 20 minutes  
Servings: 4 (2 tacos)

## **Nutrition per Serving**

Calories 736  
Protein 49g  
Carbohydrates 31g  
Dietary Fiber 2g  
Total Fat 47g  
Cholesterol 171mg  
Sodium 1224mg

## **Diabetic Exchanges**

Breads/Starch/Other 1  
Lean Meat 6.5  
Vegetable 2  
Fat 5

## **Easy Tacos**

1 lb ground beef  
1 can (8oz) tomato sauce  
1 packet (1.25 oz) taco seasoning or (1 tablespoon Mexican Seasoning Mix)\*  
2 tablespoons water  
1 box taco shells  
lettuce  
cheese, shredded  
chopped tomatoes and/or salsa  
sour cream (optional)

1. Cook meat thoroughly in skillet over medium heat. Drain\*\*.
2. Add tomato sauce, seasoning, and water; cook 10 minutes or until 165°.
3. Serve in taco shells, garnish as desired.

## **Mexican Seasoning Mix**

3 tablespoons chili powder  
2 teaspoons ground cumin  
1 1/2 teaspoons garlic powder  
1 teaspoon dried parsley  
1 teaspoon onion powder  
1/2 teaspoon ground red pepper  
1 teaspoon ground coriander (optional)

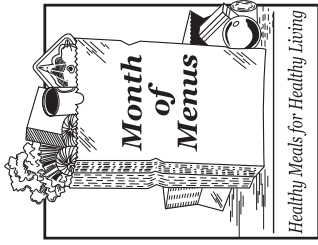
1. Combine all ingredients. Cover and store in airtight container.
2. Shake before using to blend.
3. Use 1 tablespoon per pound of ground beef.

Makes about 1/3 cup.

## **Snack Ideas**

apples and cheese  
  
milk and cereal

*Place a strainer inside a large bowl. Place meat in the strainer, then rinse with hot water. Drain for 5 minutes. Place cooled grease in a container, then in the trash. Do not rinse grease down the drain. This method decreases fat by 10-12 grams per 3 oz of pan broiled ground beef.*



# Week 2

	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
<b>Breakfast</b>	Toast Yogurt Juice	Dry Cereal Orange Juice Milk	Fruit/Granola Parfaits* Milk	Cinnamon Toast Orange Slices Milk	Peanut Butter Tortillas Banana Milk	Dry Cereal 1/2 Grapefruit Milk	Potato Cakes* Orange Slices Milk
<b>Lunch</b>	Turkey Sandwiches Pasta Salad* Strawberries Milk	Ramen Corn Chowder* Sunshine Salad* Bread Milk	Egg Salad Sandwiches* Peanut Butter and Celery Banana Milk	Ham and Cheese Sandwiches Fruit Salad* Carrot Sticks Milk	Potato Soup* Crackers Grapes Milk	Hamburgers Potato Salad* Orange Slices Yogurt Milk	Tortilla Sandwiches* Celery Canned Fruit Cocktail Milk
<b>Dinner</b>	Red Beans and Rice* Peas and Carrots Apple Slices Milk	Mexican Beef and Bean Casserole* Flour Tortillas Canned Green Beans Canned Apricots Milk	Easy Chicken Pot Pie* Canned Peaches Milk	Spaghetti and Black Bean Sauce* Marinated Salad* Canned Pears Garlic Bread Milk	Basic Noodle Bake* Canned Peaches Bread Milk	Chicken and Macaroni Casserole* Canned Carrots Apple Slices Milk	Pasta Pie* Tossed Salad Applesauce Breadsticks Milk

\* recipe provided

[illegible]

- ☐ baking powder
- ☐ vegetable oil
- ☐ all-purpose flour (5 pounds)
- ☐ whole wheat flour (5 pounds)
- ☐ nonfat dry milk
- ☐ sugar (5 pounds)
- ☐ salt
- ☐ mayonnaise or salad dressing
- ☐ dry cereal
- ☐ granola cereal
- ☐ baking mix (Bisquick)
- ☐ beef bouillon
- ☐ vegetable shortening
- ☐ lemon juice

- ☐ garlic powder
- ☐ black pepper
- ☐ chili powder
- ☐ ground cumin
- ☐ dried parsley flakes
- ☐ onion powder
- ☐ ground red pepper
- ☐ cinnamon
- ☐ Italian seasoning
- ☐ ground coriander-optional
- ☐ dried minced garlic-optional
- ☐ dried basil-optional
- ☐ dried thyme-optional

## **Grocery**

- ☐ 2 packages (8-inch) flour tortillas
- ☐ 1 package (16 oz) rice
- ☐ 3 loaves bread
- ☐ 1 loaf french bread
- ☐ 1 package (8) hamburger buns
- ☐ 1 package (8) breadsticks
- ☐ 1 package (8 oz) pasta (rotini, macaroni)
- ☐ 1 package (16 oz) spaghetti
- ☐ 1 package (16 oz) macaroni
- ☐ 6 packages (3 oz) ramen noodles
- ☐ 1 bottle (32 oz) Italian dressing
- ☐ 1 bottle (16 oz) salad dressing (any)
- ☐ 1 can (16 oz) red beans or Mexican beans
- ☐ 1 can (15oz) black beans
- ☐ 1 can (16 oz) refried beans
- ☐ 2 cans (15 oz) pinto beans
- ☐ 2 cans (8 oz) tomato sauce
- ☐ 1 can (15oz) diced tomatoes
- ☐ 1 jar (27 oz) spaghetti sauce
- ☐ 1 jar (32 oz) salsa
- ☐ 3 cans (15.25 oz) green beans
- ☐ 1 can (15.25 oz) corn
- ☐ 1 can (15 oz) peas
- ☐ 2 cans (15 oz) peas and carrots
- ☐ 2 cans (15 oz) carrots
- ☐ 2 cans (15.25 oz) apricots
- ☐ 1 can (29 oz) fruit cocktail
- ☐ 1 can (16 oz) fruit cocktail
- ☐ 1 can (11 oz) mandarin oranges
- ☐ 1 can (20 oz) pineapple tidbits
- ☐ 1 can (15.25 oz) pears
- ☐ 1 can (15 oz) peaches
- ☐ 1 can (29 oz) peaches
- ☐ 1 can (16 oz) applesauce
- ☐ 2 boxes (3.5 oz) instant vanilla pudding mix
- ☐ 1 jar peanut butter
- ☐ 4 cans (10.5 oz) cream of chicken soup
- ☐ 1 can (10.5 oz) cream of mushroom or celery soup
- ☐ 1 package (1.25 oz) taco seasoning mix
- ☐ 1 box (7.6 oz) instant mashed potato flakes
- ☐ 1 box saltine crackers
- ☐ 1 can (6-7 oz) tuna
- ☐ 1 box (2.5 oz) onion soup mix
- ☐ 1 jar (10 oz) pickle relish-optional

## **Dairy**

- ☐ 8 containers (8 oz) low-fat yogurt
- ☐ 1 package (16 slices) sliced cheese (preferred type)
- ☐ 1 container or box (1 lb) soft margarine
- ☐ 5 gallons milk
- ☐ 1 dozen eggs
- ☐ 1 package (24 oz) cheddar cheese
- ☐ 1 package (24 oz) mozzarella cheese
- ☐ 1 can (7 oz) grated Parmesan cheese
- ☐ sour cream-optional
- ☐ 1 8 oz package of cream cheese

## **Frozen**

- ☐ 1 package (32 oz) frozen mixed vegetables
- ☐ 1 package (16 oz) frozen corn
- ☐ 1 package (16 oz) chopped onion-optional

## **Meat**

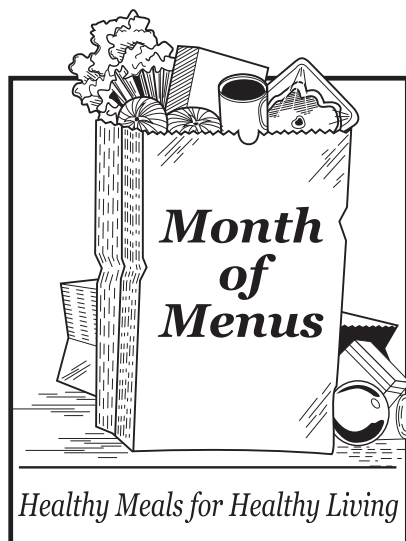
- ☐ turkey deli meat
- ☐ 8 boneless, skinless chicken breasts
- ☐ ham deli meat
- ☐ 3 lbs ground beef

## **Vegetables**

- ☐ 1 green pepper
- ☐ 2 heads lettuce
- ☐ 1 package (2 lbs) of carrots
- ☐ 1 bunch broccoli
- ☐ 1 tomato
- ☐ 2 large bunches celery
- ☐ 1 bag (3 lbs) potatoes
- ☐ 1 bunch green onions
- ☐ 3 medium onions
- ☐ other salad/potato soup vegetables

## **Fruit**

- ☐ strawberries
- ☐ apples
- ☐ bananas
- ☐ grapefruit
- ☐ oranges
- ☐ grapes
- ☐ orange juice
- ☐ other juice



### **Breakfast**

Toast  
Yogurt  
Juice

### **Lunch**

Turkey Sandwiches  
Pasta Salad\*  
Strawberries  
Milk

### **Dinner**

Red Beans and Rice\*  
Peas and Carrots  
Apple Slices  
Milk



# Menu Suggestion

### **Preparation Time**

Active: 20 minutes  
Total: 30 minutes  
Servings: 6

### **Nutrition per Serving**

Calories 262  
Protein 3g  
Carbohydrates 20g  
Dietary Fiber 3g  
Total Fat 20g  
Cholesterol 13mg  
Sodium 326mg

### **Diabetic Exchanges**

Breads/Starch 1  
Vegetable 1.5  
Fat 4.0

### **Pasta Salad**

1 package (8 oz) pasta (rotini, macaroni)  
1 green pepper, chopped  
1/2 cup onion, chopped  
2 carrots, thinly sliced  
1 cup broccoli florets  
1 tomato, chopped  
1 cup Italian dressing  
1 cup Parmesan Cheese (optional)

1. Cook pasta as directed on package, rinse with cool water.
2. Combine pasta with vegetables, mix lightly.
3. Toss with salad dressing. Refrigerate until thoroughly chilled.
4. Top with Parmesan cheese, if desired.

**Note:** Chopped onion and green pepper can be found in the vegetable section of the frozen foods in the grocery store.

### **Rice**

1 1/3 cups water  
2/3 cups uncooked rice

1. In a saucepan, bring water to a boil.
2. Stir in rice and cover.
3. Reduce heat.
4. Simmer 20 minutes or until water is absorbed.
5. Fluff with a fork, and serve.

*Tip: You can cook twice as much rice as you need and freeze half for a future recipe.*

### **Preparation Time**

Active: 15 minutes  
Total: 20 minutes  
Servings: 6

### **Nutrition per Serving**

Calories 376  
Protein 19g  
Carbohydrates 66g  
Dietary Fiber 12g  
Total Fat 5g  
Cholesterol 0mg  
Sodium 116mg

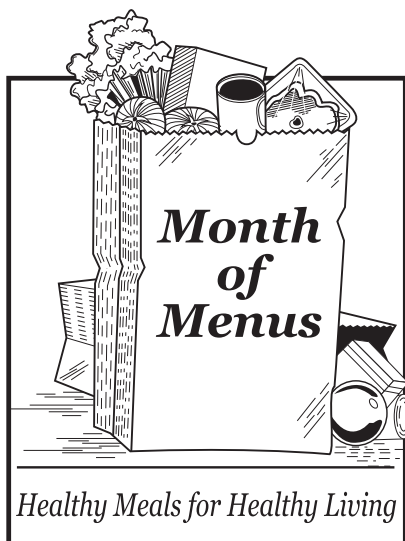
### **Diabetic Exchanges**

Breads/Starch/Other 4  
Fat 1

### **Red Beans and Rice**

2 cups uncooked rice  
1/2 cup chopped onion  
1/2 cup chopped celery  
2 tablespoon margarine  
1/8 teaspoon garlic powder  
1 can (16oz) red beans (Mexican Beans)  
1 tablespoon dried parsley  
1/4 teaspoon salt  
1/8 teaspoon pepper

1. Cook rice in a saucepan and set aside.\*
2. Cook onion and celery with margarine in a skillet until tender.
3. Add garlic powder, red beans, rice, chopped parsley, salt and pepper.
4. Simmer together for 5 minutes to blend flavors.



**Breakfast**  
Dry Cereal  
Milk  
Orange Juice

**Lunch**  
Ramen Corn Chowder\*  
Sunshine Salad\*  
Bread  
Milk

**Dinner**  
Mexican Beef and Bean  
Casserole\*  
Flour Tortillas  
Canned Green Beans  
Canned Apricots  
Milk



## Menu Suggestion

### **Preparation Time**

Active: 10 minutes  
Total: 30 minutes  
Servings: 6

### **Nutrition per Serving**

Calories 311  
Protein 13g  
Carbohydrates 44g  
Dietary Fiber 4g  
Total Fat 11g  
Cholesterol 32mg  
Sodium 835g

### **Diabetic Exchanges**

Breads/Starch/Other 2.5  
Lean Meat 0.5  
Fat 1.5

### **Ramen Corn Chowder**

4 packages (3 oz) ramen noodles (any flavors)  
4 cups corn (frozen or canned)  
1 package (8 oz) cream cheese  
2 cans (10.5 oz) cream of chicken soup  
1 cup milk  
1/4 cup Parmesan cheese (optional)

1. Prepare ramen noodles as directed on package but discard flavor packet.
2. In a small pan on stove at medium high, add cooked ramen noodles, corn, and cream cheese all at once.
3. Stir occasionally, adding milk and soup, until chowder is heated and cream cheese is melted to a sauce.
4. Add Parmesan cheese sparingly, while stirring if desired.

### **Preparation Time**

Active: 10 minutes  
Total: 10 minutes  
Servings: 6

### **Nutrition per Serving**

Calories 123  
Protein 1g  
Carbohydrates 31g  
Dietary Fiber 2g  
Total Fat 0g  
Cholesterol 50mg  
Sodium 166mg

### **Diabetic Exchanges**

Breads/Starch/Other 1.5  
Vegetable 1

### **Sunshine Salad**

3 cups carrots, shredded  
3/4 cup sugar  
1/4 teaspoon salt  
2-3 teaspoons lemon juice  
4-6 lettuce leaves

1. Mix ingredients together and chill.
2. Spoon a serving onto each of the lettuce leaves.





**Preparation Time**

Active: 20 minutes  
Total: 50 minutes  
Servings: 8

**Nutrition per Serving**

Calories 744  
Protein 49g  
Carbohydrates 96g  
Dietary Fiber 22g  
Total Fat 19g  
Cholesterol 70mg  
Sodium 735mg

**Diabetic Exchanges**

Breads/Starch/Other 6  
Lean Meat 3  
Vegetables 0.5  
Fat 2

**Mexican Beef and Bean Casserole**

1 lb ground beef  
2 cans (15 oz) pinto or chili beans, drained  
1 can (8 oz) tomato sauce  
3/4 cup mild chunky salsa  
1 teaspoon chili powder or Mexican Seasoning Mix\*  
1 cup shredded cheddar or Monterrey jack cheese  
8 (8-inch) flour tortillas

1. Pre-heat oven to 375 degrees.
2. Cook meat thoroughly in a skillet over medium heat. Drain.\*\*
3. Mix beef, beans, tomato sauce, salsa, and chili powder in ungreased casserole dish.
4. Cover and bake for 40-45 minutes, stirring once or twice, until hot and bubbly (165°F).
5. Sprinkle with cheese.
6. Bake uncovered about 5 minutes or until cheese is melted.
7. Serve with tortillas.

**Mexican Seasoning Mix**

3 tablespoons chili powder  
2 teaspoons ground cumin  
1 1/2 teaspoons garlic powder  
1 teaspoon dried parsley  
1 teaspoon onion powder  
1/2 teaspoon ground red pepper  
1 teaspoon ground coriander (optional)

1. Combine all ingredients. Cover and store in airtight container.
2. Shake before using to blend.
3. Use 1 tablespoon per pound of ground beef.

Makes about 1/3 cup.

*Place a strainer inside a large bowl. Place meat in the strainer, then rinse with hot water. Drain for 5 minutes. Place cooled grease in a container, then in the trash. Do not rinse grease down the drain. This method decreases fat by 10-12 grams per 3 oz of pan broiled ground beef.*

**Shopping Tips**

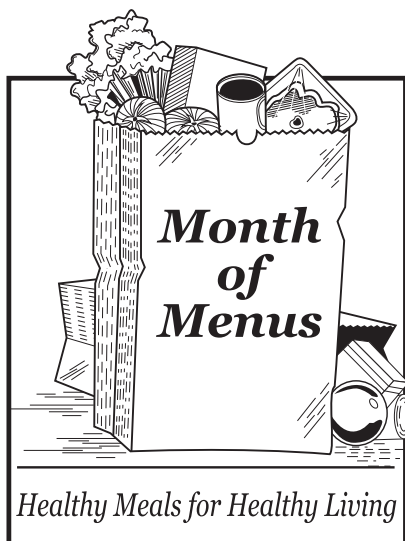
- You pay for convenience. Buy cheese in blocks and grate it yourself. Store in an airtight container in the refrigerator.

**Snack Ideas**

Snacks help your nutritional needs if they are healthy.

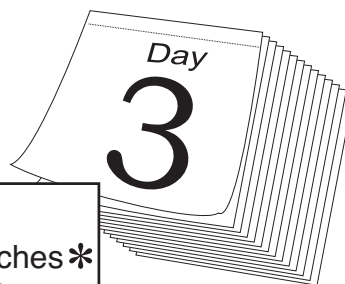
Choose foods from 2-3 of the food groups for a healthy snack, such as apples and peanut butter.





**Breakfast**  
Fruit/Granola Parfaits\*  
Milk

**Lunch**  
Egg Salad Sandwiches\*  
Peanut Butter and Celery  
Banana  
Milk



**Dinner**  
Easy Chicken Pot Pie\*  
Canned Peaches  
Milk

## Menu Suggestion

### Preparation Time

Active: 10 minutes  
Total: 10 minutes  
Servings: 4

### Nutrition per Serving

Calories 422  
Protein 9g  
Carbohydrates 78g  
Dietary Fiber 5g  
Total Fat 10g  
Cholesterol 10mg  
Sodium 338mg

### Diabetic Exchanges

Breads/Starch/Other 4  
Fruit 1  
Fat 1

### Fruit/Granola Parfaits

1 box (3.5 oz) instant vanilla pudding  
2 cups milk  
2 bananas or (1 can (15oz) fruit)  
2 cups granola cereal

1. Prepare pudding according to package directions.
2. Pick 1 fruit. Cut fruit into pieces.
3. Spoon 2 tablespoons of pudding into each of four glasses.
4. Add a layer of fruit.
5. Add a layer of pudding.
6. Add a layer of granola.
7. Add another layer of pudding.

### Preparation Time

Active: 15 minutes  
Total: 30 minutes  
Servings: 4

### Nutrition per Serving

Calories 439  
Protein 13g  
Carbohydrates 53g  
Dietary Fiber 2g  
Total Fat 19g  
Cholesterol 197mg  
Sodium 651mg

### Diabetic Exchanges

Breads/Starch/Other 3.5  
Lean Meat 1  
Fat 2.5

### Egg Salad Sandwiches

4 hard boiled eggs  
1 stalk celery, chopped  
1/2 cup mayonnaise  
2-3 tablespoons pickle relish (optional)  
2-3 tablespoons chopped onion (optional)  
8 slices of bread

1. Put eggs in pan and cover with cold water.
2. Heat until water starts to boil.
3. Remove from heat, cover the pan, and let stand for 15 minutes.
4. Wash and chop celery, put in small bowl.
5. After 15 minutes, rinse eggs in cold water.
6. Peel, cut up eggs, and place in small bowl.
7. Add mayonnaise ( relish and onion, if desired) and mix well.
8. Place 1/4 mixture on each of 4 pieces of bread. Top with other four slices of bread and serve.

**Preparation Time**

Active: 10 minutes  
 Total: 40 minutes  
 Servings: 6

**Nutrition per Serving**

Calories 221  
 Protein 13.6g  
 Carbohydrates 24g  
 Dietary Fiber 3g  
 Total Fat 8g  
 Cholesterol 58mg  
 Sodium 707mg

**Diabetic Exchanges**

Breads/Starch/Other 1  
 Very Lean Meat 1  
 Fat 0.5

**Easy Chicken Pot Pie**

1 2/3 cup frozen mixed vegetables, thawed  
 2 cups cooked chicken, chopped or 2 (12 oz) cans chicken  
 1 can (10.5 oz) cream of chicken soup  
 1 cup Master Mix\* or Bisquick  
 1/2 cup milk  
 1 egg

1. Preheat oven to 400 degrees.
2. Mix vegetables, chicken, and soup in an ungreased 9-inch pie plate.
3. In a small bowl, stir baking mix, milk, and egg until well blended. Spread over chicken mixture.
4. Bake for 30 minutes or until golden brown (165°F).

**Master Mix**

4 cups all-purpose flour  
 4 cups whole wheat flour\*\*  
 1 1/3 cups nonfat dry milk  
 1/4 cups baking powder  
 1 teaspoon salt  
 3/4 cup vegetable shortening or margarine

1. Stir dry ingredients together until well mixed.
2. Cut in vegetable shortening or margarine until well mixed.
3. Store in closed, covered jar or can.
4. Refrigerate to keep longer than one month or if margarine is used.
5. Stir lightly before using in recipes.

Makes 10 cups.

**Shopping Tips**

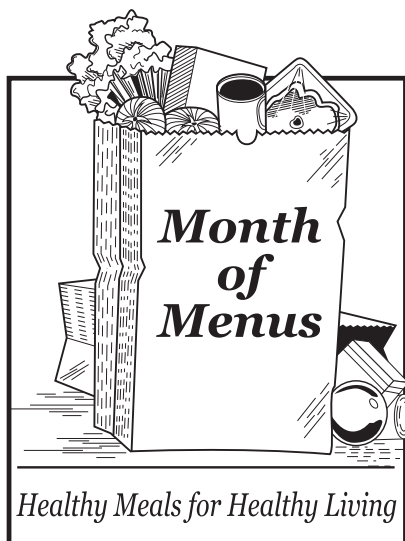
- Make-your-own mixes, such as the Master Mix, are cheaper than buying baking mixes.
- Buy bread from the bread aisle instead of the bakery section. You pay more for fancy names.
- Pasta and rice are cheaper in bags than in boxes.
- Buy and season plain rice and pasta with garlic powder, onion powder, etc., instead of buying expensive mixes.
- Buy cereal in bags instead of boxes.

**Snack Ideas**

cheese and crackers

pretzels and juice

*(May need to add items to grocery list.)*



**Breakfast**  
Cinnamon Toast  
Orange Slices  
Milk

**Lunch**  
Ham and Cheese  
Sandwiches  
Fruit Salad\*  
Carrot Sticks  
Milk

**Dinner**  
Spaghetti and Black  
Bean Sauce\*  
Marinated Salad\*  
Canned Pears  
Garlic Bread  
Milk



# Menu Suggestion

## Preparation Time

Active: 15 minutes  
Total: 15 minutes  
Servings: 8

## Nutrition per Serving

Calories 251  
Protein 3g  
Carbohydrates 60g  
Dietary Fiber 5g  
Total Fat 1g  
Cholesterol 1mg  
Sodium 86mg

## Diabetic Exchanges

Fruit 4

## Fruit Salad

1 can (11 oz) mandarin oranges, drained  
1 can (15.25 oz) fruit cocktail, drained  
1 can (20 oz) pineapple tidbits, undrained  
1 box (3.5 oz) instant vanilla pudding  
2 bananas

1. Combine cans of fruit in a large serving bowl.
2. Stir in dry pudding; mix well. Cover and refrigerate (or refrigerate cans ahead of time).
3. Just before serving, slice bananas and stir into salad. Store any leftovers in refrigerator for up to two or three days.

.....  
• Tip: Sandwiches may be served warm •  
• (if desired) by wrapping each sandwich •  
• in foil and baking at 375 degrees for •  
• 20 minutes. •  
.....

## Preparation Time

Active: 20 minutes  
Total: 30 minutes  
Servings: 4

## Nutrition per Serving

Calories 460  
Protein 20g  
Carbohydrates 84g  
Dietary Fiber 14g  
Total Fat 7g  
Cholesterol 0mg  
Sodium 729mg

## Diabetic Exchanges

Breads/Starch/Other 4  
Vegetables 3  
Fat 1

## Spaghetti with Black Bean Sauce

(8 oz) spaghetti noodles, uncooked  
2 tablespoons oil  
1 cup chopped onion  
1 can (15 oz) black beans, drained and rinsed  
1 can (8 oz) tomato sauce  
1 can (15 oz) diced tomatoes  
2 teaspoons Italian seasoning\* (purchased or see recipe)

1. Cook spaghetti according to package directions, and drain.
2. Meanwhile, in a skillet, heat the oil and saute the onion until golden—about 1 or 2 minutes.
3. Add the beans, tomato sauce, tomatoes, and Italian seasoning, and bring to a boil.
4. Reduce heat to simmer and cook until the sauce is thick, about 4 minutes.
5. Serve hot over cooked spaghetti.

**Preparation Time**

Active: 10 minutes  
Total: 10 minutes  
Servings: 4-6

**Nutrition per Serving**

Calories 159  
Protein 2g  
Carbohydrates 7g  
Dietary Fiber 2g  
Total Fat 14g  
Cholesterol 0mg  
Sodium 252mg

**Diabetic Exchanges**

Vegetable 1  
Fat 3

**Marinated Salad**


4 cups chopped lettuce  
2 cups various vegetables such as carrots, broccoli, cauliflower, cucumbers, radishes, zucchini, tomatoes.  
3/4-1 cup Italian dressing

1. Wash lettuce and all vegetables.
2. Chop lettuce and vegetables to desired amounts.
3. Add the lettuce and vegetables to a bowl.
4. Pour dressing over the vegetables and mix.
5. Cover and put in refrigerator; will keep 3-4 days.

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*Nutrient content will vary slightly with the use of different vegetables as well as the serving size.*

## Shopping Tips



### Meats, etc.

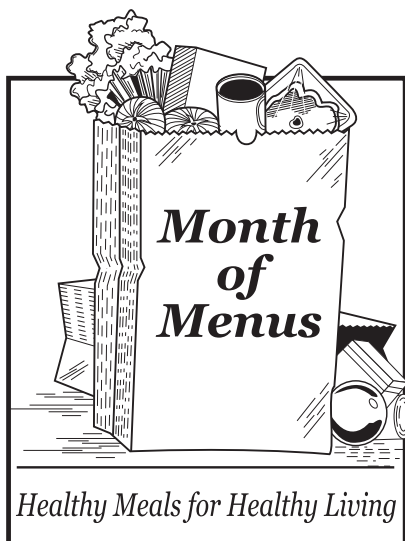
- Watch portion sizes in recipes—a serving of meat, poultry, etc., is 2-3 ounces or the size of a deck of cards.
- Buy meat in bulk or family packs, divide up according to recipes, put into freezer containers and freeze.
- Whole chickens are cheaper than buying pieces. Call your local Extension office to learn how to cut up a chicken.
- Substitute beans for meat several times a week.

## Italian Seasoning



1/4 cup dried parsley flakes  
2 tablespoons of dried minced garlic  
4 teaspoons of dried basil  
1 teaspoon dried thyme  
1/4 teaspoon red pepper

Mix, store in an airtight container.



**Breakfast**  
Peanut Butter Tortillas  
Banana  
Milk

**Lunch**  
Potato Soup \*  
Crackers  
Grapes  
Milk



**Dinner**  
Basic Noodle Bake\*  
Canned Peaches  
Bread  
Milk

## Menu Suggestion

### **Preparation Time**

Active: 10 minutes  
Total: 30 minutes  
Servings: 4

### **Nutrition per Serving**

Calories 675  
Protein 48g  
Carbohydrates 100g  
Dietary Fiber 10g  
Total Fat 11g  
Cholesterol 7mg  
Sodium 1577mg

### **Diabetic Exchanges**

Breads/Starch/Other 3  
Milk-Skim 4.5  
Fat 2

### **Potato Soup**

3 cups of water  
1 3/4 cups nonfat dry milk solids  
1 1/2 cups instant mashed potato flakes  
1 cube beef bouillon  
3 cups frozen or cooked vegetables (use carrots, celery, onions, or leftover cooked veg)  
cheddar cheese, shredded (optional)

1. Mix water and dry milk in a large pot.
2. Heat on low heat.
3. Stir in potato flakes and beef bouillon.
4. Add vegetables and simmer for 20 minutes, stirring a few times.
5. Top with shredded cheddar cheese, if desired.

### **Preparation Time**

Active: 10 minutes  
Total: 35 minutes  
Servings: 4

### **Nutrition per Serving**

Calories 201  
Protein 16g  
Carbohydrates 19g  
Dietary Fiber 3g  
Total Fat 7g  
Cholesterol 23mg  
Sodium 1302mg

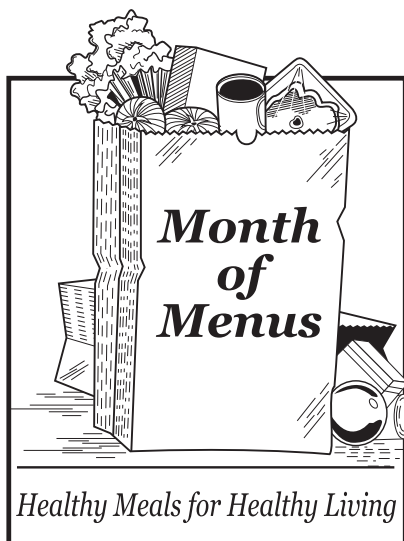
### **Diabetic Exchanges**

Breads/Starch/Other 1  
Very Lean Meat 1.5  
Vegetable 1  
Fat 1

### **Basic Noodle Bake**

2 packages (3 oz) ramen noodles (any flavor)  
1 can (10.5 oz) cream soup (mushroom or celery)  
1 can (14.5 oz) green beans, undrained  
1 can (6-7 oz) tuna, drained  
2 tablespoons onion soup mix

1. Pre-heat oven to 325 degrees.
2. Break up ramen noodles and set aside in a separate bowl; discard flavor packets.
3. In a bowl, combine the cream soup, green beans, and tuna.
4. Add ramen noodles and onion soup mix and stir well.
5. Put mixture into a greased baking dish.
6. Bake for 25 minutes or to 165°F.



**Breakfast**  
Dry Cereal  
Milk  
1/2 Grapefruit

**Lunch**  
Hamburgers  
Potato Salad\*  
Orange Slices  
Yogurt  
Milk



**Dinner**  
Chicken and Macaroni  
Casserole\*  
Canned Carrots  
Apple Slices  
Milk

## Menu Suggestion

### Preparation Time

Active: 10 minutes  
Total: 25 minutes  
Servings: 4

### Nutrition per Serving

Calories 242  
Protein 3g  
Carbohydrates 37g  
Dietary Fiber 3g  
Total Fat 10g  
Cholesterol 8mg  
Sodium 354mg

### Diabetic Exchanges

Breads/Starch/Other 1.5  
Vegetable 1  
Fat 2

### Potato Salad

1 lb potatoes, washed, and peeled  
1 cup chopped onion  
1/2 cup chopped celery  
1/4 cup pickle relish  
1/2 cup mayonnaise

1. Wash and peel potatoes. Slice into large chunks and place in a large saucepan.
2. Cover with water and bring to a boil.
3. Simmer until soft, about 15 minutes.
4. Drain and cool.
5. Add onion and chopped celery; combine with pickle relish.
6. Add mayonnaise and blend.
7. Cover and chill several hours.

*Tip: Consider cooking extra potatoes for potato cakes on Day 7. Refer to menu for amounts.*

### Tip

**Be sure to cook hamburgers thoroughly to 165°F.**

### Preparation Time

Active: 15 minutes  
Total: 45 minutes  
Servings: 6

### Nutrition per Serving

Calories 766  
Protein 57g  
Carbohydrates 55g  
Dietary Fiber 4g  
Total Fat 33g  
Cholesterol 151mg  
Sodium 1220mg

### Diabetic Exchanges

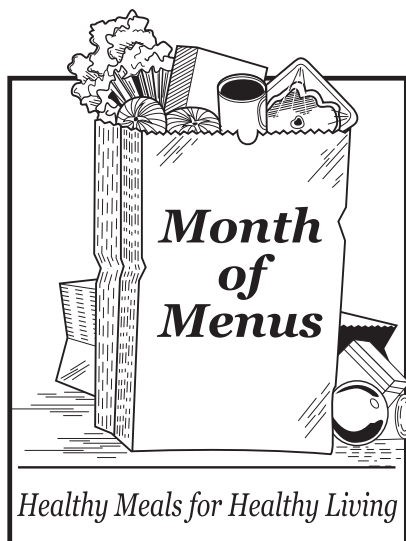
Breads/Starch 3.5  
Very Lean Meat 2.5  
Lean Meat 1  
Fat 1.5

### Chicken and Macaroni Casserole

1 tablespoon vegetable oil  
4 skinless chicken breast halves cut into 1 inch cubes (or 12 oz can of chicken chunks)  
3 cups (12 oz) uncooked macaroni  
2 cans (10.5 oz) cream of chicken soup  
1 can of water  
1 can (15 oz) peas, drained  
1 cup cheddar cheese, shredded

1. Pre-heat oven to 350 degrees.
2. Place oil in a skillet and cook chicken chunks until browned on all sides.
3. Cook macaroni in large pot of boiling water until tender (about 6 minutes), drain, and set aside.
4. In a large bowl, combine the cream of chicken soup, water, cooked chicken, macaroni, peas, and cheese.
5. Stir the mixture gently and pour into a 9x13 baking dish.
6. Bake uncovered for 30 minutes or until 165°F.





**Breakfast**  
 Potato Cakes\*  
 Orange Slices  
 Milk

**Lunch**  
 Tortilla Sandwiches\*  
 Celery  
 Canned Fruit Cocktail  
 Milk

**Dinner**  
 Pasta Pie\*  
 Tossed Salad  
 Applesauce  
 Breadsticks  
 Milk



# Menu Suggestion

## Preparation Time

Active: 15 minutes  
 Total: 15 minutes  
 Servings: 4

## Nutrition per Serving

Calories 330  
 Protein 5g  
 Carbohydrates 44g  
 Dietary Fiber 4g  
 Total Fat 16g  
 Cholesterol 4mg  
 Sodium 606mg

## Diabetic Exchanges

Breads/Starch/Other 3  
 Fat 2.5

## Potato Cakes

3 cups cooked mashed potatoes, chilled  
 3/4 cup all purpose flour  
 1/4 cup vegetable oil

1. Shape the mashed potatoes into 4 cakes about 3 inches in diameter and 1/2 inch thick.
2. Dust with flour, shaking off excess.
3. Heat oil in skillet.
4. Place potato cakes in hot skillet and cook on each side until golden brown and thoroughly heated.

## Preparation Time

Active: 25 minutes  
 Total: 25 minutes  
 Servings: 4-6

## Nutrition per Serving

Calories 699  
 Protein 52g  
 Carbohydrates 26g  
 Dietary Fiber 6g  
 Total Fat 42g  
 Cholesterol 180mg  
 Sodium 905mg

## Diabetic Exchanges

Breads/Starch/Other 1.5  
 Lean Meat 6.5  
 Vegetable 1.5  
 Fat 4.5

## Tortilla Sandwiches

1 lb ground beef  
 1/2 package (1.25 oz) taco seasoning mix or  
 (1 tablespoon Mexican Seasoning Mix)\*  
 2 cups lettuce  
 1/2 cup chopped green onions  
 8 (8-inch) flour tortillas  
 1 can (16 oz) refried beans  
 2 cups cheddar cheese, shredded  
 1 cup sour cream (optional)  
 salsa (optional)

1. Cook meat thoroughly to 165°F in a skillet over medium heat. Drain.\*\* Add seasoning mix.
2. Mix lettuce and onion in a separate bowl.
3. Layer as follows: tortilla, refried beans, tortilla, hamburger mix, tortilla, lettuce mix, tortilla, and cheese (sour cream).
4. Repeat all layers.
5. Cut into desired wedges.
6. Serve with salsa if desired.

## Mexican Seasoning Mix

3 tablespoons chili powder  
 2 teaspoons ground cumin  
 1 1/2 teaspoons garlic powder  
 1 teaspoon dried parsley  
 1 teaspoon onion powder  
 1/2 teaspoon ground red pepper  
 1 teaspoon ground coriander (optional)

1. Combine all ingredients. Cover and store in airtight container.
2. Shake before using to blend.
3. Use 1 tablespoon per pound of ground beef.

Makes about 1/3 cup.

*Place a strainer inside a large bowl. Place meat in the strainer, then rinse with hot water. Drain for 5 minutes. Place cooled grease in a container, then in the trash. Do not rinse grease down the drain. This method decreases fat by 10-12 grams per 3 oz of pan broiled ground beef.*

**Preparation Time**

Active: 25 minutes  
 Total: 45 minutes  
 Servings: 4

**Nutrition per Serving**

Calories 389  
 Protein 25g  
 Carbohydrates 14g  
 Dietary Fiber 1g  
 Total Fat 26g  
 Cholesterol 71mg  
 Sodium 593mg

**Diabetic Exchanges**

Breads/Starch/Other 1  
 Lean Meat 3  
 Fat 3

**Pasta Pie**

2 oz spaghetti noodles, uncooked  
 1 tablespoon vegetable oil  
 1/4 cup water  
 1 egg white  
 1/3 cup Parmesan cheese, grated  
 8 oz lean ground beef  
 1/2 cup chopped onion  
 1/2 cup spaghetti sauce  
 1/2 cup mozzarella cheese, shredded

1. Cook spaghetti noodles according to package directions; drain.
2. Lightly cover a 9-inch pie plate with vegetable oil.
3. In a medium bowl, combine water and egg white, and stir until well combine.
4. Stir in cooked pasta and Parmesan cheese.
5. Place pasta mixture against the bottom and slightly up the sides of the pie plate to form an even crust. Set aside.
6. Pre-heat oven to 350 degrees.
7. Cook meat and onion thoroughly in a skillet over medium heat. Drain.\*
8. Wipe skillet with a paper towel.
9. Return the meat mixture to the skillet and add the spaghetti sauce.
10. Heat about 3 minutes.
11. Spoon the meat over the pasta crust.
12. Bake uncovered for 20 minutes to 165°F.
13. Sprinkle with mozzarella cheese and bake about 5 more minutes.



*Place a strainer inside a large bowl.  
 Place meat in the strainer, then rinse  
 with hot water. Drain for 5 minutes.  
 Place cooled grease in a container, then  
 in the trash. Do not rinse grease down  
 the drain. This method decreases fat by  
 10-12 grams per 3 oz of pan broiled  
 ground beef.*

**Snack Ideas**

milk and cereal

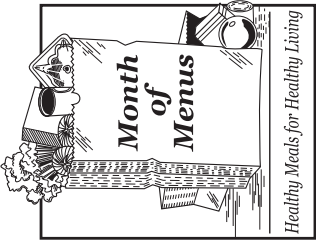
cheese and fruit

*(May need to add items  
 to grocery list.)*

**Food Safety  
 Cooked Grains**

- Cooked pasta, rice and other grains and cereals can make you sick just like meats if not handled properly.
- Divide up leftovers into small containers and refrigerate or freeze within 2 hours.
- Use refrigerated cooked pasta, rice, etc. within 2 days.
- Thaw frozen pasta, rice, etc. in the refrigerator.
- Reheat thoroughly to 165°F.





# Week 3

	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
<b>Breakfast</b>	French Toast* Applesauce (syrup) Milk	Dry Cereal Orange Juice Milk	Cinnamon Toast 1/2 Grapefruit Milk	Scrambled Egg Toast with Peanut Butter Juice	Instant Oatmeal Banana Milk	Potato Cakes* Apple Slices Milk	Pancakes* Applesauce Milk
<b>Lunch</b>	Bean Burgers* Frozen Cauliflower Canned Fruit Cock- tail Milk	Hot Chicken Sand- wiches* Applesauce Milk	Macaroni and Cheese Soup* Crackers Celery and Peanut Butter Canned Apricots Milk	Pork and Beans Coleslaw* Banana Cornbread (mix) Milk	Pizza Buns* Lettuce Salad Cantaloupe Milk	Chicken Quesa- dillas* Refried Beans* Orange Slices Milk	Lunch Meat Sand- wiches Carrot Sticks Canned Pears Milk
<b>Dinner</b>	Skillet Tuna Casserole* Pickles Orange Slices Milk	Skillet Lasagna* Marinated Salad* Cantaloupe Garlic Bread Milk	Quick Fish* Beef Flavored Rice* Sweet and Sour Cucumbers* Grapes Milk	Hamburger Stroganoff* Canned Green Beans Canned Pears Milk	Baked Chicken Nuggets* Frozen Mixed Vegetables Canned Fruit Cocktail Bread Milk	Beef Stew* Biscuits (can) Canned Peaches Milk	Broccoli and Cheese Soup* Corn Muffins (box) Cottage Cheese Apple Slices Milk

\* recipe provided

## This image shows a blank sheet of white paper with horizontal ruling lines. The lines are evenly spaced and extend across the width of the page. There are no margins, text, or other markings on the paper.



- ☐ vegetable oil
- ☐ all-purpose flour (5 pounds)
- ☐ whole wheat flour (5 pounds)
- ☐ sugar
- ☐ nonfat dry milk
- ☐ baking powder
- ☐ salt
- ☐ mayonnaise or salad dressing
- ☐ cornstarch
- ☐ dry cereal
- ☐ cornflakes (crumbs)
- ☐ instant oatmeal
- ☐ pancake syrup
- ☐ beef bouillon
- ☐ lemon juice
- ☐ vinegar
- ☐ barbeque sauce
- ☐ Tartar sauce-optional
- ☐ chicken bouillon-optional

- ☐ cinnamon
- ☐ black pepper
- ☐ garlic powder
- ☐ oregano
- ☐ basil
- ☐ onion powder
- ☐ dried parsley
- ☐ Italian seasoning
- ☐ dried onion flakes
- ☐ paprika-optional

## **Grocery**

- ☐ 1 package (8-inch) flour tortilla
- ☐ 2 loaves bread
- ☐ 1 loaf french bread
- ☐ 3 packages (8) hamburger buns
- ☐ 1 box (10 oz) bread crumbs
- ☐ 1 can (12 oz) biscuits
- ☐ 2 boxes (8.5 oz) cornbread mix
- ☐ 1 jar peanut butter
- ☐ 1 box (7.25) macaroni and cheese
- ☐ 1 package (32 oz) dry egg noodles
- ☐ 1 package (8 oz) mini lasagna noodles
- ☐ 1 package (16 oz) rice
- ☐ 1 bottle (32 oz) Italian dressing
- ☐ 1 bottle (16 oz) salad dressing (any)
- ☐ 1 jar (16 oz) pickle spears
- ☐ 1 jar (14 oz) pizza sauce
- ☐ 1 can (15 oz) tomato sauce
- ☐ 1 can (32 oz) pork and beans
- ☐ 1 can (16 oz) refried beans
- ☐ 1 can (15 oz) pinto beans
- ☐ 2 cans (6-7 oz) tuna
- ☐ 3 cans (10.5 oz) cream of mushroom soup
- ☐ 1 can (15 oz) beef broth
- ☐ 1 can (15 oz) peas
- ☐ 2 cans (15.25 oz) green beans
- ☐ 1 can (15 oz) peas and carrots
- ☐ 2 cans (15 oz) chicken broth
- ☐ 2 cans (25 oz) applesauce and 1 can (16 oz) applesauce
- ☐ 2 cans (29 oz) peaches
- ☐ 4 cans (15.25 oz) pears
- ☐ 2 cans (29 oz) fruit cocktail
- ☐ 1 can (15.25 oz) apricots
- ☐ 1 box saltine crackers
- ☐ 1 jar salsa-optional

## **Dairy**

- ☐ 1 package (16 slices) sliced American cheese
- ☐ 1 package (24 oz) cheddar cheese
- ☐ 1 package (24 oz) mozzarella cheese
- ☐ 1 container (24 oz) cottage cheese
- ☐ sour cream
- ☐ 1 dozen eggs
- ☐ 1 container or box (1 lb) soft margarine
- ☐ 4 gallons milk
- ☐ 1 container plain yogurt-optional

## **Frozen**

- ☐ 1 package (32 oz) frozen cauliflower
- ☐ 1 package (10 oz) frozen spinach
- ☐ 1 package (16 oz) frozen mixed vegetables
- ☐ 1 package (16 oz) frozen broccoli
- ☐ 1 package (16 oz) chopped onion-optional

## **Meat**

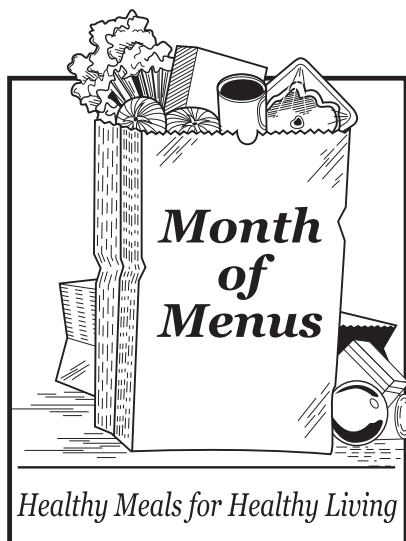
- ☐ 2 pounds ground beef
- ☐ 3 pounds chicken breast
- ☐ 1 pound beef cubes
- ☐ 1 pound any white fish
- ☐ deli lunch meat

## **Vegetables**

- ☐ 1 bag (3 lbs) potatoes
- ☐ 1 large bundle celery
- ☐ 1 head lettuce
- ☐ 2 cucumbers
- ☐ 1 head cabbage
- ☐ 1 package (2 lbs) carrots
- ☐ 1 green bell pepper
- ☐ 1 red bell pepper
- ☐ 4 medium onions
- ☐ other salad vegetables

## **Fruit**

- ☐ grapefruit
- ☐ bananas
- ☐ apples
- ☐ oranges
- ☐ cantaloupe
- ☐ grapes
- ☐ orange juice
- ☐ other juice



**Breakfast**  
 French Toast\*  
 Applesauce (syrup)  
 Milk

**Lunch**  
 Bean Burgers\*  
 Frozen Cauliflower  
 Canned Fruit Cocktail  
 Milk

**Dinner**  
 Skillet Tuna Casserole\*  
 Pickle Spears  
 Orange Slices  
 Milk



## Menu Suggestion

### Preparation Time

Active: 10 minutes  
 Total: 10 minutes  
 Servings: 4

### Nutrition per Serving

Calories 420  
 Protein 11g  
 Carbohydrates 70g  
 Dietary Fiber 4g  
 Total Fat 12g  
 Cholesterol 96mg  
 Sodium 420mg

### Diabetic Exchanges

Breads/Starch/Other 3  
 Fruit 1  
 Fat 1

### French Toast

2 eggs  
 1/2 cup milk  
 8 slices of bread  
 2 tablespoons vegetable oil  
 1 can (16 oz) applesauce  
 syrup (optional)

1. Beat eggs and milk with a fork in a pie pan or shallow bowl until well blended.
2. Dip bread slices in egg mixture; turn and coat evenly on both sides.
3. Heat oil in skillet.
4. Cook each coated slice until lightly browned; turn and brown on other side.
5. Top with applesauce or syrup.

### Preparation Time

Active: 10 minutes  
 Total: 20 minutes  
 Servings: 6

### Nutrition per Serving

Calories 428  
 Protein 17g  
 Carbohydrates 61g  
 Dietary Fiber 7g  
 Total Fat 13g  
 Cholesterol 20mg  
 Sodium 1155mg

### Diabetic Exchanges

Breads/Starch/Other 4  
 Lean Meat 1  
 Fat 1.5

### Bean Burgers

1 can (15 oz) pinto beans\*  
 1 1/2 cups bread crumbs  
 2 tablespoons barbeque sauce  
 1/4 teaspoon salt  
 1 tablespoon vegetable oil  
 6 slices American cheese  
 6 hamburger buns

1. Mash the beans and liquid.
2. Add the bread crumbs, barbeque sauce, and salt.
3. Mix well and shape into 6 patties.
4. Heat the oil in a skillet and fry the patties over medium heat until well browned on both sides.
5. Top each burger with a slice of cheese.
6. Serve on buns.
7. Add additional barbeque sauce and onion if desired.

### Quick Soak Method

1. Rinse and sort beans.
2. In a pot bring 8 cups water (per 16 oz) to a boil.
3. Add 16 oz beans and boil for 2 minutes.
4. Remove from heat, cover, and allow to soak for 1 hour.
5. Drain off soak water and rinse beans.
6. Add new water and cook until soft.



*Dry pinto beans may be substituted by using the Quick Soak Method\*. Dry beans are also lower in sodium.*

## **Frozen Cauliflower**

3 cups frozen cauliflower

1/2 cup water

1. Bring water to a boil in a sauce pan.
2. Add the cauliflower.
3. Bring the water to a second boil.
4. Stir, cover, and reduce the heat.
5. Simmer 4 to 6 minutes to the desired doneness.
6. Drain and serve.

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*Microwave: Add water and vegetables in a microwave safe bowl.*

*Cook on high heat for 8 minutes or until tender.*

### **Preparation Time**

Active: 10 minutes

Total: 20-30 minutes

Servings: 8

### **Nutrition per Serving**

Calories 382

Protein 23g

Carbohydrates 53g

Dietary Fiber 4g

Total Fat 8g

Cholesterol 68mg

Sodium 801mg

### **Diabetic Exchanges**

Breads/Starch 3.5

Very Lean Meat 1.5

Fat 1

### **Skillet Tuna Casserole**

2 cans (6-7 oz) chunk-style tuna in water, undrained

2 cans (10.5 oz) cream of mushroom soup

1 cup water

1 package (16 oz) dry egg noodles

1 can (15 oz ) peas, undrained

1. In a skillet combine tuna, mushroom soup, water, peas, and noodles.
2. Stir together well.
3. Bring to a boil.
4. Cover skillet and reduce heat.
5. Simmer until noodles are tender, approximately 20-30 minutes.



## **Egg Safety**

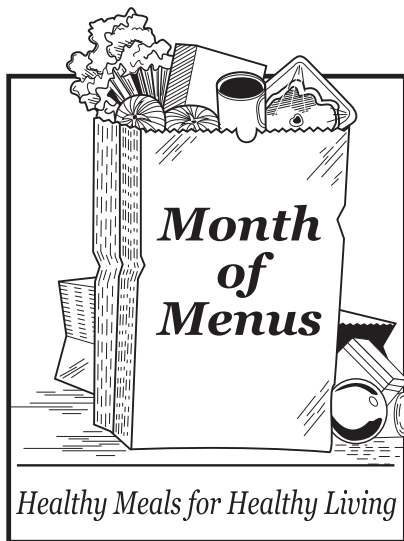
- Buy eggs that are not cracked nor stuck to the carton.
- Always store eggs in the refrigerator.
- Because of the possibility of salmonella, do not eat raw eggs.
- Always cook eggs and egg dishes thoroughly to 160°F.

## **Snack Ideas**

yogurt and fruit

peanut butter and jelly sandwich  
with milk

*(May need to add items  
to grocery list.)*



**Breakfast**  
Dry Cereal  
Orange Juice  
Milk

**Lunch**  
Hot Chicken Sandwiches\*  
Applesauce  
Milk

**Dinner**  
Skillet Lasagna\*  
Marinated Salad\*  
Cantaloupe  
Garlic Bread  
Milk



## Menu Suggestion

### Preparation Time

Active: 10 minutes  
Total: 20 minutes  
Servings: 6

### Nutrition per Serving

Calories 333  
Protein 17g  
Carbohydrates 39g  
Dietary Fiber 2g  
Total Fat 12g  
Cholesterol 32mg  
Sodium 614mg

### Diabetic Exchanges

Breads/Starch/Other 2.5  
Very Lean Meat 1  
Lean Meat 0.5  
Fat 1.5

### Hot Chicken Sandwiches

1 cup chopped cooked chicken or turkey\*  
1 cup chopped celery  
1/2 cup shredded cheddar cheese  
1 teaspoon dry onion flakes  
1/4 cup mayonnaise  
1/4 teaspoon salt and pepper (optional)  
6 hamburger buns

1. Pre-heat oven to 350 degrees.
2. Mix sandwich filling ingredients together.
3. Divide evenly among buns and place on cookie sheet.
4. Bake for 15-20 minutes.

### Snack Ideas

crackers and milk  
pudding and fruit

*(May need to add items  
to grocery list.)*



### To Stew a Chicken or Turkey

whole chicken or chicken or turkey parts (like legs or thighs)  
water  
1 chopped onion  
1/2 cup celery  
1/2 cup chopped carrot

1. Place chicken or turkey in a pan with enough water to cover.
2. Add vegetables. Bring to a boil. Reduce heat to low, cover and simmer 1 hour.
3. Strain meat in a colander, saving the liquid. Refrigerate liquid.
4. Remove meat from bones and refrigerate.
5. Use the broth for soup and meat for salads, casseroles and sandwiches.



### Food Safety Dairy Foods

- Buy milk, yogurt, cottage cheese at the end of your shopping trip o keep them cooler longer.
- Check dates on containers. Dairy foods are usually good up to 1 week past the date if unopened.
- Refrigerate immediately when you get home.

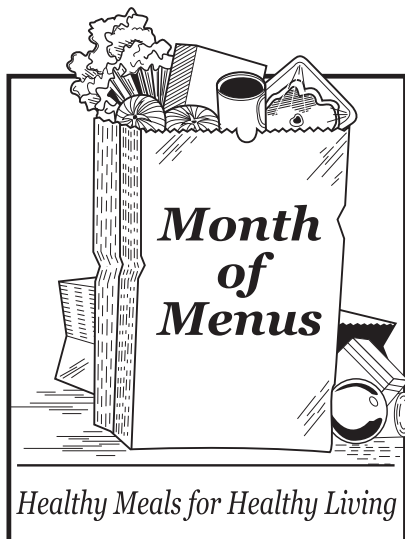
<p><b>Preparation Time</b> Active: 15 minutes Total: 30 minutes Servings: 6</p> <p><b>Nutrition per Serving</b> Calories 258 Protein 22g Carbohydrates 21g Dietary Fiber 3g Total Fat 10g Cholesterol 46mg Sodium 697mg</p> <p><b>Diabetic Exchanges</b> Breads/Starch/Other 1 Very Lean Meat 1 Lean Meat 2 Vegetable 2 Fat 1</p>	<p><b><u>Skillet Lasagna</u></b> 1/2 lb ground beef 1/2 cup chopped onions 1 can (15 oz) tomato sauce 1 1/2 cup water 1/4 teaspoon garlic powder 1/2 teaspoon oregano 1/2 teaspoon basil 1 package (8 oz) mini lasagna noodles 1 package (10 oz) frozen chopped spinach (thawed) 1 cup cottage cheese 1 cup mozzarella cheese, shredded (optional)</p> <ol style="list-style-type: none"> <li>1. Cook meat and onion thoroughly in a skillet over medium heat. Drain grease.*</li> <li>2. Add tomato sauce, water, garlic powder, oregano, and basil. Bring to a boil.</li> <li>3. Add noodles. Cover and simmer for 5 minutes.</li> <li>4. Break up the thawed spinach and stir into the pan. Cover and simmer 5 minutes.</li> <li>5. Stir mixture. Spread cottage cheese on top. (Sprinkle with cheese if desired)</li> <li>6. Cover and simmer for about 10 minutes until noodles are tender (165°F).</li> </ol>
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*Place a strainer inside a large bowl. Place meat in the strainer, then rinse with hot water. Drain for 5 minutes. Place cooled grease in a container, then in the trash. Do not rinse grease down the drain. This method decreases fat by 10-12 grams per 3 oz of pan broiled ground beef.*

<p><b>Preparation Time</b> Active: 10 minutes Total: 10 minutes Servings: 4-6</p> <p><b>Nutrition per Serving</b> Calories 159 Protein 2g Carbohydrates 7g Dietary Fiber 2g Total Fat 14g Cholesterol 0mg Sodium 252mg</p> <p><b>Diabetic Exchanges</b> Vegetable 1 Fat 3</p>	<p><b><u>Marinated Salad</u></b> 4 cups lettuce 2 cups various vegetables such as carrots, broccoli, cauliflower, cucumbers, radishes, zucchini, tomatoes. 3/4-1 cup Italian dressing</p> <ol style="list-style-type: none"> <li>1. Wash lettuce and all vegetables.</li> <li>2. Chop lettuce and vegetables to desired amounts.</li> <li>3. Add the lettuce and vegetables to a bowl.</li> <li>4. Pour dressing over the vegetables and mix.</li> <li>5. Cover and put in refrigerator; will keep 3-4 days.</li> </ol> <p><i>Nutrient content will vary slightly with the use of different vegetables as well as the serving size.</i></p>
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# Menu Suggestion

**Breakfast**  
Cinnamon Toast  
1/2 Grapefruit  
Milk

**Lunch**  
Macaroni and Cheese Soup \*  
Celery and Peanut Butter  
Crackers  
Canned Apricots  
Milk

**Dinner**  
Quick Fish\*  
Beef Flavored Rice\*  
Sweet and Sour Cucumbers\*  
Grapes  
Milk

## Preparation Time

Active: 10 minutes  
Total: 20 minutes  
Servings: 4

## Nutrition per Serving

Calories 156  
Protein 9g  
Carbohydrates 21g  
Dietary Fiber 3g  
Total Fat 5g  
Cholesterol 15mg  
Sodium 390mg

## Diabetic Exchanges

Breads/Starch 0.5  
Vegetable 1.5  
Milk-Skim 0.5  
Fat 1

## Macaroni and Cheese Soup

2 cups water  
1 box (7.25 oz) macaroni and cheese mix  
1 can (15 oz) peas and carrots (drained)  
1/4 teaspoon dried onion powder  
2 cups milk

1. In saucepan, combine water and dry cheese sauce mix.
2. Bring to a boil over high heat.
3. Stir in macaroni, peas and carrots, and onion powder.
4. Return to a boil.
5. Reduce heat, cover, and simmer for 7 to 10 minutes or until macaroni is tender, stirring occasionally.
6. Stir in milk; simmer for 2 to 3 minutes.

## Preparation Time

Active: 5 minutes  
Total: 10 minutes  
Servings: 4

## Nutrition per Serving

Calories 157  
Protein 22g  
Carbohydrates 1g  
Dietary Fiber 0g  
Total Fat 7g  
Cholesterol 69mg  
Sodium 62mg

## Diabetic Exchanges

Very Lean Meat 3.5  
Fat 1

## Quick Fish

1 pound any white fish  
lemon juice  
chopped fresh or dried parsley or (paprika)  
Tartar sauce-optional

1. Place thawed or fresh fish in a microwave dish.
2. Sprinkle with lemon juice and cover loosely.
3. Microwave 2 minutes at 70 percent power.
4. Rotate and microwave again for 1 minute.
5. Fish is done when it flakes with a fork.
6. Heat again for a few seconds if underdone.
7. Allow to stand covered for a few minutes.
8. Sprinkle with chopped parsley or paprika and serve with low fat tartar sauce.

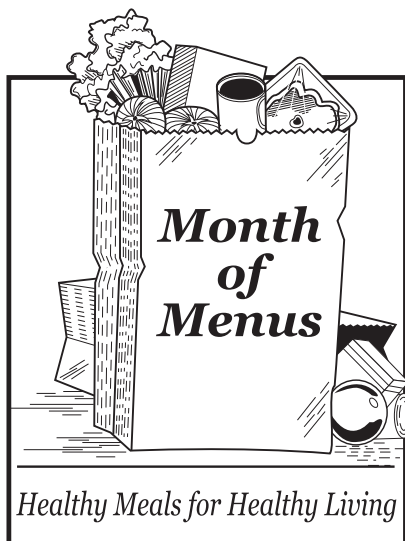


<p><b>Preparation Time</b>  Active: 10 minutes  Total: 30 minutes  Servings: 4</p> <p><b>Nutrition per Serving</b>  Calories 111  Protein 2g  Carbohydrates 23g  Dietary Fiber 2g  Total Fat 1g  Cholesterol 0mg  Sodium 139mg</p> <p><b>Diabetic Exchanges</b>  Breads/Starch/Other 1.5</p>	<p><b><u>Beef Flavored Rice</u></b>  2 cups water  1 cup regular rice  4 teaspoons beef bouillon (or chicken)  1 teaspoon dry onion flakes  1/4 teaspoon garlic powder</p> <ol style="list-style-type: none"> <li>1. Mix water and all other ingredients together in a sauce pan.</li> <li>2. Bring to a rolling boil, then lower the heat to a simmer (low boil).</li> <li>3. Cover with lid and simmer for 20 minutes or until water is absorbed and the rice is tender.</li> <li>4. Fluff with a fork, and serve.</li> </ol>
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<p><b>Preparation Time</b>  Active: 10 minutes  Total: 30 minutes  Servings: 4</p> <p><b>Nutrition per Serving</b>  Calories 26  Protein 0g  Carbohydrates 7g  Dietary Fiber 0g  Total Fat 0g  Cholesterol 0mg  Sodium 582mg</p> <p><b>Diabetic Exchanges</b>  Breads/Starch/Other 0.5</p>	<p><b><u>Sweet and Sour Cucumbers</u></b>  2 cucumbers  1 teaspoon salt  2 tablespoons vinegar  2 tablespoons sugar</p> <ol style="list-style-type: none"> <li>1. Wash and score* cucumbers with a fork.</li> <li>2. Thinly slice and put in a bowl, add salt.</li> <li>3. Let stand in refrigerator for 20 minutes. Drain off water.</li> <li>4. Add vinegar and sugar to cucumbers, chill before serving.</li> </ol> <hr/> <p><i>*To score a vegetable is to make shallow lengthwise and crosswise slits on the surface.</i></p>
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## Rice Tips

- To save money, buy plain rice and season it yourself. Experiment with different spices and bouillon flavors.
- For a breakfast rice, use “sweet” spices such as cinnamon and nutmeg. Add 1 teaspoon of each per cup uncooked rice.
- Store dry rice in airtight containers.
- Cooked rice can grow bacteria just like meats, fish and poultry.
- Store cooked rice in the refrigerator.
- Use, freeze or throw out after 2 days.
- Thaw frozen cooked rice in the refrigerator.
- Reheat thoroughly to 165°F.



**Breakfast**  
Scrambled Egg  
Toast with Peanut Butter  
Juice

**Lunch**  
Pork and Beans  
Coleslaw\*  
Banana  
Cornbread (mix)  
Milk



## Menu Suggestion

**Dinner**  
Hamburger Stroganoff\*  
Canned Green Beans  
Canned Pears  
Milk

### Preparation Time

Active: 10 minutes  
Total: 10 minutes  
Servings: 8

### Nutrition per Serving

Calories 165  
Protein 2g  
Carbohydrates 19g  
Dietary Fiber 3g  
Total Fat 10g  
Cholesterol 8mg  
Sodium 238mg

### Diabetic Exchanges

Breads/Starch/Other 0.5  
Vegetable 1.5  
Fat 2

### Coleslaw

1/2 head cabbage  
1 carrot  
1/2 cup mayonnaise  
1 tablespoon milk  
1 tablespoon vinegar  
1 tablespoon sugar

1. Chop cabbage peel and grate carrot.
2. In a bowl, mix mayonnaise, milk, vinegar, and sugar.
3. Add cabbage and carrots and mix well.
4. Chill until ready to serve.

*Place a strainer inside a large bowl. Place meat in the strainer, then rinse with hot water. Drain for 5 minutes. Place cooled grease in a container, then in the trash. Do not pour grease down the drain. This method decreases fat by 10-12 grams per 3 oz of pan broiled ground beef.*



### Preparation Time

Active: 15 minutes  
Total: 30 minutes  
Servings: 6

### Nutrition per Serving

Calories 462  
Protein 26g  
Carbohydrates 26g  
Dietary Fiber 1g  
Total Fat 27g  
Cholesterol 118mg  
Sodium 642mg

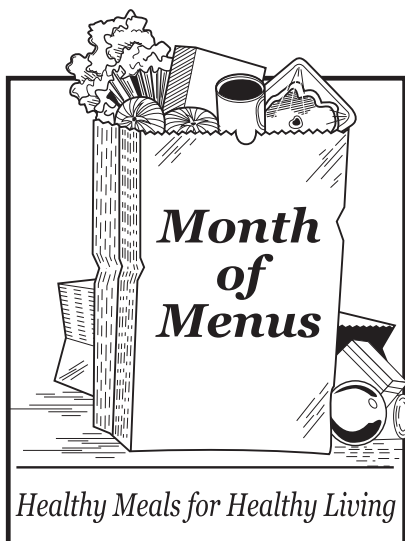
### Diabetic Exchanges

Breads/Starch 1.5  
Lean Meat 3  
Fat 3.5

### Hamburger Stroganoff

1 package (16 oz) dry egg noodles  
1 pound ground beef  
1/2 cup onion, chopped  
1/8 teaspoon garlic powder  
1 can (10.5 oz) cream of mushroom soup  
1/2 teaspoon salt  
1 cup sour cream (or plain yogurt)

1. Cook noodles according to package directions; set aside
2. Cook meat, onion, and garlic in skillet over medium heat. Drain\*.
3. Stir in soup and salt.
4. Simmer uncovered 10 minutes.
5. Stir in sour cream, cook until hot (165°F).
6. Serve over noodles.



**Breakfast**  
Instant Oatmeal  
Banana  
Milk

**Lunch**  
Pizza Buns\*  
Lettuce Salad  
Cantaloupe  
Milk

**Dinner**  
Baked Chicken Nuggets\*  
Frozen Mixed Vegetables  
Canned Fruit Cocktail  
Bread  
Milk



## Menu Suggestion

### **Preparation Time**

Active: 20 minutes  
Total: 35 minutes  
Servings: 4

### **Nutrition per Serving**

Calories 616  
Protein 37g  
Carbohydrates 37g  
Dietary Fiber 2g  
Total Fat 36g  
Cholesterol 88mg  
Sodium 662mg

### **Diabetic Exchanges**

Breads/Starch/Other 2.5  
Lean Meat 4  
Fat 4.5

### **Pizza Buns**

1/2 lb ground beef  
4 buns, sliced in half  
1 tablespoon butter or margarine  
1 jar (14 oz) pizza sauce  
1/2 cup shredded mozzarella cheese

1. Preheat oven to 375 degrees.
2. Cook meat thoroughly in a skillet over medium heat. Drain\*.
3. Lightly butter each half of the bun.
4. Spread each half with one tablespoon of pizza sauce and top with cooked meat.
5. Sprinkle cheese over the top of each bun.
6. Bake until hot and cheese is melted (about 15 minutes).



*Place a strainer inside a large bowl. Place the meat in the strainer, then rinse with hot water. Drain for 5 minutes. Place cooled grease in a container, then in the trash. Do not pour grease down the drain. This method decreases fat by 10-12 grams per 3 oz of pan broiled ground beef.*

### **Kids in the Kitchen**

•Children who help prepare meals are more likely to eat well at mealtime.

•Watch out for kitchen safety to avoid cuts and burns.

•Young children can:

- throw away trash
- set the table
- sprinkle cheese on pizza, buns, salads, casseroles, etc.
- stir
- pour drinks with help.

**Preparation Time**

Active: 15 minutes  
Total: 30 minutes  
Servings: 4

**Nutrition per Serving**

Calories 327  
Protein 53g  
Carbohydrates 7g  
Dietary Fiber 0g  
Total Fat 8g  
Cholesterol 144mg  
Sodium 236mg

**Diabetic Exchanges**

Very Lean Meat 7  
Fat 1

**Baked Chicken Nuggets**

2 pounds boneless, skinless chicken (breast meat or thighs)\*

1 cup cornflakes (crumbs)  
1/2 teaspoon Italian seasoning  
1/4 teaspoon garlic powder  
1/4 teaspoon onion powder  
1 tablespoon vegetable oil

1. Preheat the oven to 400 degrees.
2. Cut chicken into bite-sized pieces.
3. Place cornflakes in plastic bag and crush by using a rolling pin or glass.
4. Add remaining ingredients to crushed cornflakes.
5. Close bag tightly and shake until blended.
6. Add a few chicken pieces at a time to crumb mixture. Shake and coat evenly.
7. Lightly grease a cooking sheet with vegetable oil.
8. Place pieces on the sheet so that they do not touch.
9. Bake until golden brown, about 12-14 minutes.

*Food Safety Note: Remaining crumb mixture should be discarded.*

**Frozen Mixed Vegetables**

1/2 cup water  
1 (16 oz) package frozen mixed vegetables

1. Bring water to a boil in a saucepan.
2. Add the vegetables.
3. Bring the water to a second boil.
4. Stir and cover, and reduce the heat.
5. Simmer 4-6 minutes to the desired doneness.
6. Drain and serve.

*Save half of the chicken to be used for chicken quesadillas on Day 6. Refer to menu.*

**Snack Ideas**

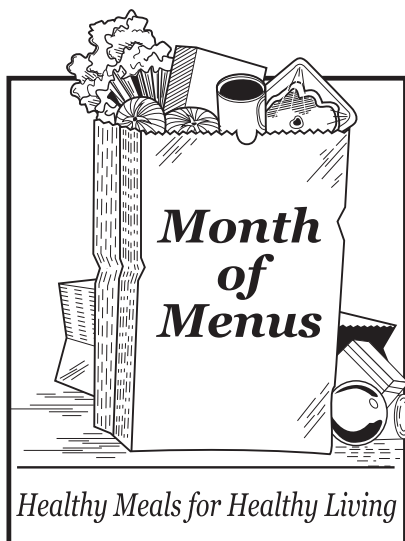
milk and cereal

apples and cheese

*(May need to add items to grocery list.)*

**All Hands Need to  
WASH**

- Before preparing any food, always wash your hands.
- Wash your hands in-between different tasks, especially after handling raw meats.
- Wash your hands after taking out the trash.
- Wash your hands after handling dirty dishes.
- Wash your hands after sneezing or using the restroom.



**Breakfast**  
 Potato Cakes  
 Apple Slices  
 Milk

**Lunch**  
 Chicken Quesadillas\*  
 Refried Beans\*  
 Orange Slices  
 Milk

**Dinner**  
 Beef Stew\*  
 Biscuits (can)  
 Canned Peaches  
 Milk



# Menu Suggestion

<p><b>Preparation Time</b>          Active: 15 minutes          Total: 15 minutes          Servings: 4</p> <p><b>Nutrition per Serving</b>          Calories 330          Protein 5g          Carbohydrates 44g          Dietary Fiber 4g          Total Fat 16g          Cholesterol 4mg          Sodium 606mg</p> <p><b>Diabetic Exchanges</b>          Breads/Starch/Other 3          Fat 2.5</p>	<p><b>Potato Cakes</b>          3 cups cooked mashed potatoes, chilled          3/4 cup all purpose flour          1/4 cup vegetable oil</p> <ol style="list-style-type: none"> <li>1. Shape the mashed potatoes into 4 cakes about 3 inches in diameter and 1/2 inch thick.</li> <li>2. Dust with flour, shaking off excess.</li> <li>3. Heat oil in skillet.</li> <li>4. Place potato cakes in hot skillet and cook until golden brown on each side and thoroughly heated.</li> </ol>
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<p><b>Preparation Time</b>          Active: 10 minutes          Total: 10 minutes          Servings: 6</p> <p><b>Nutrition per Serving</b>          Calories 290          Protein 14g          Carbohydrates 15g          Dietary Fiber 2g          Total Fat 19g          Cholesterol 58mg          Sodium 158mg</p> <p><b>Diabetic Exchanges</b>          Breads/Starch/Other 0.5          Lean Meat 2.5          Vegetable 1          Fat 3</p>	<p><b>Chicken Quesadillas</b>          1 tablespoon vegetable oil          6 (8-inch) flour tortillas          1 lb cooked chicken (leftover from Day 5)          2 cups cheddar cheese, shredded          1 1/2 cups chopped bell peppers (including green and red)          salsa (optional)</p> <ol style="list-style-type: none"> <li>1. Lightly oil a frying pan or griddle and heat over medium heat.</li> <li>2. Place as many tortillas as will fit in a single layer depending on the size of the pan.</li> <li>3. Top each with 1/4 chicken, 1/3 cup of the cheese and 2 tablespoons of peppers.</li> <li>4. Cook in the pan until the cheese begins to melt, about 1 minute, then fold the tortillas in half.</li> <li>5. Continue to cook until crispy on both sides, another minute or two.</li> <li>6. Serve immediately.</li> <li>7. You may serve with salsa if desired.</li> </ol>
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## **Refried Beans**

1. Empty refried beans into small saucepan.  
Add 1 tablespoon of Mexican seasoning mix \*, if desired.
2. Warm beans over low heat, stirring occasionally until steaming.

*Microwave on high for 2-2 1/2 minutes stirring once.*

### **Mexican Seasoning Mix**

3 tablespoons chili powder  
2 teaspoons ground cumin  
1 1/2 teaspoons garlic powder  
1 teaspoon dried parsley  
1 teaspoon onion powder  
1/2 teaspoon ground red pepper  
1 teaspoon ground coriander (optional)

1. Combine all ingredients. Cover and store in airtight container.
2. Shake before using to blend.
3. Use 1 tablespoon per pound of ground beef.

Makes about 1/3 cup.



### **Preparation Time**

Active: 20 minutes  
Total: 2 hours  
Servings: 6

### **Nutrition per Serving**

Calories 293  
Protein 15g  
Carbohydrates 15g  
Dietary Fiber 2g  
Total Fat 19g  
Cholesterol 58mg  
Sodium 288mg

### **Diabetic Exchanges**

Breads/Starch/Other 0.5  
Lean Meat 2  
Vegetable 1  
Fat 2.5

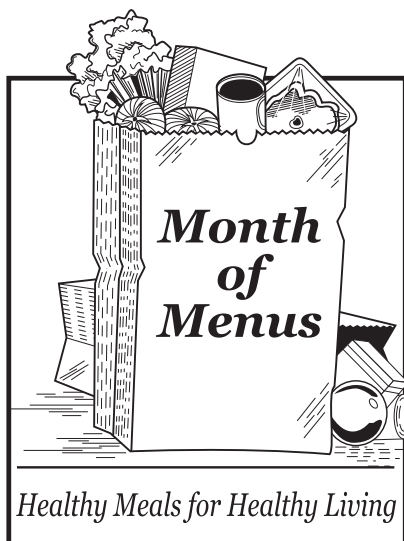
### **Beef Stew**

2 tablespoons flour  
1/4 teaspoon each salt and pepper  
1 pound beef cubes  
1 tablespoon vegetable oil  
1 cup water  
1 cup beef broth  
2 carrots  
2 potatoes  
1/2 cup chopped onion (fresh or frozen)

1. Measure flour into plastic or paper bag.
2. Add salt and pepper and shake.
3. Add beef cubes to bag and shake until beef is well coated.
4. Heat oil in saucepan on stove.
5. Add beef cubes and brown.
6. Add 1 cup water and 1 cup of broth and cover with tight fitting lid.
7. Cook at low heat for 1 hour.  
*(Check the pot occasionally to make sure it doesn't cook dry.)*
8. Peel and cube carrots(1/2 inch pieces and potatoes (1 inch pieces).  
Chop onion.
9. Add carrots, potatoes, and chopped onions to beef and cover with lid again.
10. Cook 20 to 30 minutes at low heat (160°F).

*Tip: You may decide to cut extra carrot sticks to be used for Day 7.*





**Breakfast**  
Pancakes\*  
Applesauce  
Milk

**Lunch**  
Lunch Meat Sandwiches  
Carrot Sticks  
Canned Pears  
Milk

**Dinner**  
Broccoli Cheddar Soup\*  
Corn Muffins (box)  
Cottage Cheese  
Apple Slices  
Milk



## Menu Suggestion

### Preparation Time

Active: 15 minutes  
Total: 15 minutes  
Servings: 6 (3 pancakes)

### Nutrition per Serving

Calories 324  
Protein 16g  
Carbohydrates 52g  
Dietary Fiber 4g  
Total Fat 5g  
Cholesterol 32mg  
Sodium 490mg

### Diabetic Exchanges

Breads/Starch 2.5  
Milk-Skim 1  
Fat 1

### Pancakes

3 cups Master Mix\*  
1 egg  
1 1/2 cups milk  
1 can (25 oz) applesauce  
syrup (optional)

1. Combine milk, egg, and Master Mix.
2. Stir until blended.
3. Spoon batter onto hot griddle.
4. When bubbly, turn and cook other side.
5. Top with applesauce or syrup.

### Master Mix

4 cups all-purpose flour  
4 cups whole wheat flour\*\*  
1 1/3 cups nonfat dry milk  
1/4 cups baking powder  
1 teaspoon salt  
3/4 cup vegetable shortening or margarine

1. Stir dry ingredients together until well mixed.
2. Cut in vegetable shortening or margarine until well mixed.
3. Store in closed, covered jar or can.
4. Refrigerate to keep longer than one month or if margarine is used.
5. Stir lightly before using in recipes.

Makes 10 cups.

### Preparation Time

Active: 10 minutes  
Total: 25 minutes  
Servings: 4

### Nutrition per Serving

Calories 486  
Protein 20g  
Carbohydrates 29g  
Dietary Fiber 4g  
Total Fat 33g  
Cholesterol 33mg  
Sodium 1141mg

### Diabetic Exchanges

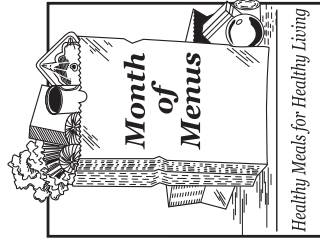
Breads/Starch/Other 0.5  
Lean meat 1  
Vegetable 1  
Fat 5.5

### Broccoli Cheddar Soup

1/2 cup chopped onion  
1/2 cup butter or margarine (optional)  
1/2 cup all-purpose flour  
1/2 teaspoon salt  
1/2 teaspoon pepper  
1 1/2 cups chicken broth  
3 cups milk  
2 cups broccoli-chopped-frozen  
1 cup cheddar cheese, shredded

1. In a saucepan, saute the onion in butter until tender.
2. Stir in flour, salt and pepper; cook and stir until smooth and bubbly.
3. Add broth and milk all at once; cook and stir until the mixture boils and thickens
4. Add broccoli.
5. Simmer, stirring constantly, until heated through.
6. Remove from heat and stir in cheese until melted.

*If whole wheat flour is not available, use all-purpose flour. Enriched cornmeal or rolled oats can also be substituted for all or part of the whole wheat flour.*



# Week 4

	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
<b>Breakfast</b>	Dry Cereal Apple Slices Milk	French Toast* Applesauce (syrup) Orange Juice	Scrambled Egg Toast Juice	Instant Oatmeal Cantaloupe Milk	Potato Cakes* 1/2 Grapefruit Milk	Dry Cereal Banana Milk	Apple Cinnamon Muffins* Strawberries Milk
<b>Lunch</b>	Barbequed Beef Sandwiches* Coleslaw* Orange Slices Juice	Chicken Noodle Soup Frozen Broccoli Canned Peaches Crackers Milk	Navy Bean Spread* Frozen Cauliflower Canned Fruit Cocktail Bread Milk	Taco Pizza* Celery Sticks Grapes Milk	Tuna Salad Sand- wiches* Carrot Sticks Canned Pears Milk	Tortilla Pinwheels* Frozen Mixed Vegetables Apple Slices Milk	Baked Potato with Cheesy Vegetables* Fruit Salad* Rolls Milk
<b>Dinner</b>	Chicken Vegetable Stir-Fry* Grapes Bread Milk	Taco Casserole* Chopped lettuce/ tomato Strawberries Milk	Turkey Potato Jumble* Canned Pineapple Bread Milk	Meatloaf* Canned Asparagus Canned Mandarin Oranges Bread Milk	Ham* Scalloped Potatoes (box) Canned Peas Canned Fruit Cocktail Milk	Crispy Baked Chicken* Canned Green Beans Molded Orange Juice Salad* Bread Milk	Nachos Supreme* Grapes Milk

\* recipe provided



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- ☐ vegetable oil
- ☐ all purpose flour (5 pounds)
- ☐ nonfat dry milk
- ☐ baking powder
- ☐ sugar (5 pounds)
- ☐ brown sugar
- ☐ salt
- ☐ mayonnaise or salad dressing
- ☐ cornstarch
- ☐ dry cereal
- ☐ cornflakes (crumbs)
- ☐ instant oatmeal
- ☐ cider vinegar
- ☐ Worcestershire sauce
- ☐ cooking spray
- ☐ pancake syrup
- ☐ soy sauce-optional
- ☐ barbeque sauce-optional

- ☐ chili powder
- ☐ dry mustard
- ☐ garlic powder
- ☐ cumin
- ☐ dried parsley
- ☐ onion powder
- ☐ ground red pepper
- ☐ black pepper
- ☐ cinnamon
- ☐ ground ginger-optional
- ☐ grounds coriander-optional
- ☐ ground allspice-optional

## **Grocery**

- ☐ 1 package (8-inch) flour tortillas
- ☐ 1 package (16 oz) rice
- ☐ 3 loaves bread
- ☐ 1 package dinner rolls
- ☐ 1 box saltine crackers
- ☐ 2 boxes (5.25 oz) scalloped potatoes
- ☐ 1 box (8.5 oz) corn bread(muffin) mix
- ☐ 1 box (10 oz) bread crumbs
- ☐ 1 box (2.5 oz) onion soup mix
- ☐ 1 box (3.5) vanilla instant pudding mix
- ☐ 1 package (6oz) orange gelatin
- ☐ 1 can (12 oz) refrigerated biscuits
- ☐ 1 jar (32 oz) salsa
- ☐ 3 packages (1.25 oz) taco seasoning
- ☐ 1 family size can (26 oz) chicken noodle soup
- ☐ 1 can (10.5 oz) cream soup (any)
- ☐ 1 can (10.5 oz) chicken broth
- ☐ 1 can (10.5 oz) tomato soup
- ☐ 2 cans (12 oz) asparagus
- ☐ 2 cans (15.25 oz) green beans
- ☐ 1 can (31 oz) refried beans and 1 can (16 oz) refried beans
- ☐ 1 package (16 oz) navy beans
- ☐ 1 can (15.25 oz) corn
- ☐ 1 can (15 oz) peas
- ☐ 1 can (4.5 oz) green chilies
- ☐ 1 can (8 oz) tomato paste
- ☐ 2 cans (25 oz) applesauce
- ☐ 1 can (29 oz) peaches
- ☐ 2 cans (20 oz) pineapple
- ☐ 2 cans (15.25 oz) fruit cocktail
- ☐ 1 can (15 oz) pears
- ☐ 1 can (15 oz) mandarin oranges and 1 can (11 oz) mandarin oranges
- ☐ 1 can (6-7 oz) or 2 cans (3.5 oz) tuna
- ☐ 1 bag tortilla chips
- ☐ 1 jar (10 oz) pickle relish-optional
- ☐ 1 bottle Ranch dressing-optional

## **Dairy**

- ☐ 4 gallons milk
- ☐ 1 dozen eggs
- ☐ 2 packages (24 oz) cheddar cheese
- ☐ 1 package (16 oz) American cheese
- ☐ sour cream
- ☐ 1 (8 oz) container plain low-fat yogurt
- ☐ 1 container or box (1pound) soft margarine

## **Frozen**

- ☐ 1 package (32 oz) frozen broccoli
- ☐ 1 package (32 oz) frozen cauliflower
- ☐ 1 package (16 oz) mixed vegetables
- ☐ 1 package (16 oz) frozen stir-fry vegetables
- ☐ 1 package (16 oz) chopped onions-optional

## **Meat**

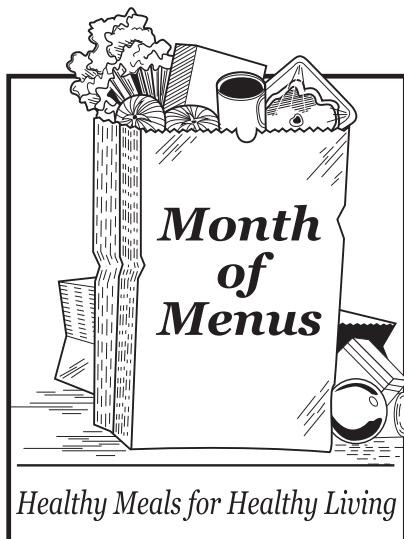
- ☐ 1 1/2 lbs beef, stew meat, chuck roast
- ☐ 1 lb boneless, skinless chicken breasts
- ☐ 4 split boneless, skinless, chicken breasts
- ☐ 4 lbs ground beef
- ☐ 1 lb ground turkey
- ☐ ham
- ☐ deli sliced honey baked ham

## **Vegetables**

- ☐ 1 large bundle celery
- ☐ 1 package (2 lbs) carrots
- ☐ 2 green peppers
- ☐ 2 heads lettuce
- ☐ 1 head cabbage
- ☐ 3 tomatoes
- ☐ 1 bag (3 lbs) potatoes
- ☐ spinach or romaine leaves
- ☐ 4 medium onions

## **Fruit**

- ☐ apples
- ☐ oranges
- ☐ grapefruit
- ☐ cantaloupe
- ☐ grapes
- ☐ strawberries
- ☐ bananas
- ☐ orange juice
- ☐ other juice



### Breakfast

Dry Cereal  
Apple Slices  
Milk

### Lunch

Barbequed Beef Sandwiches\*  
Coleslaw  
Orange Slices  
Milk

### Dinner

Chicken Vegetable Stir-fry  
Grapes  
Bread  
Milk

# Menu Suggestion

### **Preparation Time**

Active: 25 minutes  
Total: 6 hours  
Servings: 6

### **Nutrition per Serving**

Calories 343  
Protein 34g  
Carbohydrates 12g  
Dietary Fiber 1g  
Total Fat 5g  
Cholesterol 109mg  
Sodium 852mg

### **Diabetic Exchanges**

Breads/Starch/Other 0.5  
Lean Meat 4.5  
Vegetable 1  
Fat 1

### **Barbequed Beef\***

1 1/2 lbs. beef, stew meat, or chuck roast, cut into 2 inch cubes  
1 cup chopped onions  
1 chopped green pepper  
1 (8 oz) can tomato paste  
3 tablespoons packed brown sugar  
1 teaspoon Worcestershire sauce  
2 tablespoons cider vinegar  
1/2 tablespoon chili powder  
2 teaspoons salt  
1 teaspoon dry mustard

1. Combine ingredients in order given and put into a 3 1/2 to 5-quart slow cooker.
2. Cover and cook on high for 6 hours.
3. With wooden spoon, stir mixture until meat is shredded.
4. Serve on hamburger buns or on long hard buns.

*Tip: Chopped onions and peppers are both available frozen.*

### **IN A HURRY?**

Barbeque beef can be made with ground beef for a quick meal.

### **Barbequed Ground Beef**

1 lb ground beef  
1 bottle barbeque sauce

1. Cook ground beef thoroughly in a skillet over medium heat. Drain\*\*.
2. Add barbeque sauce and simmer for 10 minutes or until well done (165°) and flavor is blended.
3. Serve on hamburger buns

Place a strainer inside a large bowl.  
Place the meat in the strainer, then rinse with hot water.  
Drain for 5 minutes. Place cooled grease in a container, then in the trash. Do not pour grease down the drain. This method decreases fat by 10-12 grams per 3 oz of browned ground beef.

<b>Preparation Time</b> Active: 10 minutes Total: 10 minutes Servings: 8  <b>Nutrition per Serving</b> Calories 165 Protein 2g Carbohydrates 19g Dietary Fiber 3g Total Fat 10g Cholesterol 8mg Sodium 238mg  <b>Diabetic Exchanges</b> Breads/Starch/Other 0.5 Vegetable 1.5 Fat 2	<b>Coleslaw</b> 1/2 head cabbage 1 carrot 1/2 cup mayonnaise 1 tablespoon milk 1 tablespoon vinegar 1 tablespoon sugar  1. Wash vegetables. Chop cabbage. Peel and grate carrots. 2. In a large bowl, mix mayonnaise, milk, vinegar, and sugar. 3. Add cabbage and carrots and mix well. 4. Chill until ready to serve.
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<b>Preparation Time</b> Active: 25 minutes Total: 25 minutes Servings: 4  <b>Nutrition per Serving</b> Calories 317 Protein 29g Carbohydrates 40g Dietary Fiber 4g Total Fat 4g Cholesterol 64mg Sodium 220mg  <b>Diabetic Exchanges</b> Breads/Starch/Other 2.5 Very Lean Meat 3 Fat 0.5	<b>Chicken and Vegetable Stir-Fry</b> 1 pound chicken meat cut into 1-inch cubes 2 tablespoons soy sauce (optional) 1 tablespoon of oil 3 cups frozen stir-fry vegetables 1 tablespoon cornstarch dash garlic powder (optional) 1/8 teaspoon ground ginger (optional) 1 cup chicken broth 3 cups cooked rice ✱  1. Cube chicken (and marinate in soy sauce, if desired). 2. Heat oil in frying pan until hot. 3. Add raw cubed chicken and stir until thoroughly cooked and browned on all sides. Remove from pan. 4. Add vegetables and cook until tender-crisp. Do not overcook. Remove from skillet. 5. Thoroughly mix cornstarch (garlic powder, and ginger, if desired) into chicken broth. 6. Pour into hot skillet. Stir until thickened and bubbly. 7. Return chicken and vegetables to skillet. Toss to coat. Heat thoroughly (165°). 8. Remove to serving dish. 9. Serve over rice.
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**Snacks are Mini-Meals!**

**Snacks Ideas**

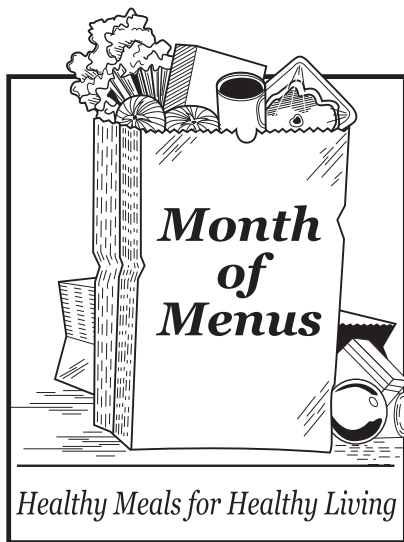
graham crackers and milk pudding with fruit

*(May need to add items to grocery list.)*

**Rice**

1 cup uncooked rice  
2 cups water

1. In a saucepan, bring water to a boil.
2. Stir in rice, and cover.
3. Reduce heat.
4. Simmer for 20 minutes or until water is absorbed.
5. Fluff with a fork, and serve.



**Breakfast**  
 French Toast\*  
 Applesauce (syrup)  
 Orange Juice



**Lunch**  
 Chicken Noodle Soup  
 Frozen Broccoli  
 Canned Peaches  
 Crackers  
 Milk

**Dinner**  
 Taco Casserole\*  
 Lettuce/tomatoes  
 Strawberries  
 Milk

# Menu Suggestion

<p><b>Preparation Time</b>          Active: 10 minutes          Total: 10 minutes          Servings: 4</p> <p><b>Nutrition per Serving</b>          Calories 420          Protein 11g          Carbohydrates 70g          Dietary Fiber 4g          Total Fat 12g          Cholesterol 96mg          Sodium 420mg</p> <p><b>Diabetic Exchanges</b>          Breads/Starch/Other 3          Fruit 1          Fat 1</p>	<p><b>French Toast</b>          2 eggs          1/2 cup milk          8 slices of bread          2 tablespoons vegetable oil          1 can (16 oz) applesauce          syrup (optional)</p> <ol style="list-style-type: none"> <li>1. Beat eggs and milk with a fork in a pie pan or shallow bowl until well blended.</li> <li>2. Dip bread slices in egg mixture; turn and coat evenly on both sides.</li> <li>3. Heat oil in skillet.</li> <li>4. Cook each coated slice until lightly browned; turn and brown on other side.</li> <li>5. Top with applesauce or syrup.</li> </ol>
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## Feeding Young Children

Young children need to eat often because their tummies are small. Offer healthy snacks between meals.

Avoid forcing, begging or bribing children to eat. Let them be in charge of deciding how much they need to eat.

Children are more likely to eat vegetables and other healthy foods if parents eat them as well.

## Snack Ideas

peanut butter and fruit  
 cheese and crackers  
 milk and cereal

*(May need to add items to grocery list.)*

**Preparation Time**

Active: 20 minutes  
Total: 30-35 minutes  
Servings: 8

**Nutrition per Serving**

Calories 550  
Protein 27g  
Carbohydrates 56g  
Dietary Fiber 8g  
Total Fat 24g  
Cholesterol 76mg  
Sodium 1168mg

**Diabetic Exchanges**

Breads/Starch/Other 3.5  
Lean Meat 3  
Vegetable 0.5  
Fat 2.5

**Taco Casserole**

1 package (8.5 oz) corn bread mix  
1 pound ground beef  
1 package (1.25 oz) taco seasoning or (Mexican seasoning mix\*)  
1 cup salsa  
1 (31 oz) can refried beans  
cheese (1 cup shredded depending on taste)  
lettuce - chopped  
tomato - chopped  
sour cream

1. Preheat oven to 425 degrees.
2. Mix corn bread batter according to package directions. Set aside.
3. Cook meat thoroughly in skillet over medium heat. Drain grease\*\*.
4. Add taco seasoning and simmer. Mix salsa into hamburger mixture.
5. In a 9x13 pan spread the beans along the bottom; then layer the ground beef and the cheese.
6. Pour corn bread batter over the top.
7. Bake for 10-15 minutes (until corn bread is done). (Meat mixture should reach 165°F.)

Top with lettuce, tomato, sour cream and more salsa.

**Salty Facts**

Use low sodium seasoning mixes, such as the Mexican Seasoning to flavor foods.

Be sure to choose spice “powders” instead of “salts.”

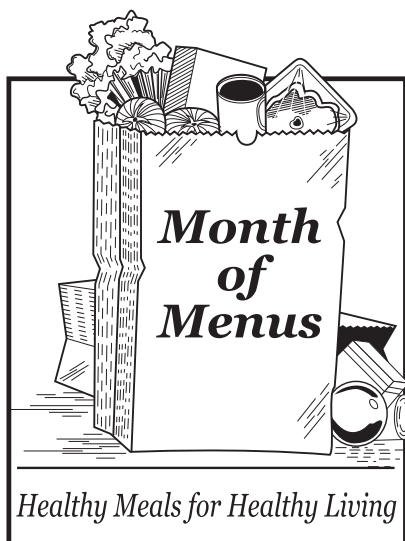
**Mexican Seasoning Mix**

3 tablespoons chili powder  
2 teaspoons ground cumin  
1 1/2 teaspoons garlic powder  
1 teaspoon dried parsley  
1 teaspoon onion powder  
1/2 teaspoon ground red pepper  
1 teaspoon ground coriander (optional)

1. Combine all ingredients. Cover and store in airtight container.
2. Shake before using to blend.
3. Use 1 tablespoon per pound of ground beef.

Makes about 1/3 cup.

*Place a strainer inside a large bowl. Place meat in the strainer, then rinse with hot water. Drain for 5 minutes. Place cooled grease in a container and then in the trash. Do not rinse grease down the sink. This method decreases fat by 10-12 grams per 3 oz of pan broiled ground beef.*



# Menu Suggestion

**Breakfast**  
Scrambled Egg  
Toast  
Juice

**Lunch**  
Navy Bean Spread\*  
Frozen Cauliflower  
Canned Fruit Cocktail  
Bread  
Milk

**Dinner**  
Turkey Potato Jumble\*  
Canned Pineapple  
Bread  
Milk



## Preparation Time

Active: 20 minutes  
Total: 20 minutes  
Servings: 4

## Nutrition per Serving

Calories 69  
Protein 5g  
Carbohydrates 14g  
Dietary Fiber 3g  
Total Fat 1g  
Cholesterol 1mg  
Sodium 190mg

## Diabetic Exchanges

Breads/Starch/Other 1  
Vegetable 2

## Navy Bean Spread

Cooking Spray  
1/2 cup chopped onion  
2 cups Navy beans, cooked (or substitute refried beans)\* \*  
1 can (4.5 oz) green chilies, drained and chopped  
1 package (1.25 oz) taco seasoning or  
(1 tablespoon Mexican Seasoning Mix \* )  
1/4 cup plain low-fat yogurt  
2 1/2 tablespoons vinegar

1. Spray large non-stick skillet with cooking spray.
2. Cook onions over medium heat until transparent.
3. Gradually add beans, mashing them to a coarse paste with a large spoon or fork.
4. Lower heat and continue to cook beans until they begin to look dry.
5. Remove from heat and blend in remaining ingredients until thoroughly combined.
6. Serve chilled with fresh vegetables or crackers for dipping, or as a sandwich filling.

## Mexican Seasoning Mix

3 tablespoons chili powder  
2 teaspoons ground cumin  
1 1/2 teaspoons garlic powder  
1 teaspoon dried parsley  
1 teaspoon onion powder  
1/2 teaspoon ground red pepper  
1 teaspoon ground coriander (optional)

1. Combine all ingredients. Cover and store in airtight container.
2. Shake before using to blend.
3. Use 1 tablespoon per pound of ground beef.

Makes about 1/3 cup.

## Quick Soak Method for Beans

1. Bring 1 cup navy beans and 3 cups water to boil; cook 2 minutes.
2. Remove from heat and let stand 1 hour.
3. Drain and rinse the beans. Add 3 cups fresh water.
3. Cook over low heat for 2 hours or until very tender; drain.

## Frozen Cauliflower

1/2 cup water  
1 (16 oz) package frozen cauliflower

1. Bring water to a boil in a saucepan.
2. Add the cauliflower.
3. Bring the water to a second boil.
4. Stir and cover, and reduce the heat.
5. Simmer 4-6 minutes to the desired doneness.
6. Drain and serve.

Microwave on high for 8-10 minutes.



**Preparation Time**

Active: 20 minutes  
 Total: 1 hour 20 minutes  
 Servings: 6

**Nutrition per Serving**

Calories 398  
 Protein 26g  
 Carbohydrates 39g  
 Dietary Fiber 5g  
 Total Fat 16g  
 Cholesterol 79mg  
 Sodium 1735mg

**Diabetic Exchanges**

Breads/Starch/Other 2  
 Lean Meat 3  
 Vegetable 0.5  
 Fat 1.5

**Turkey Potato Jumble**

1 lb ground turkey (or beef)  
 1 package (1.25 oz) onion soup mix  
 1 can (10.5 oz) cream soup (any flavor)  
 1 box (5.25 oz) scalloped potato mix  
 1 can (14.5 oz) green beans, drained  
 1 can (15.25 oz) corn, drained  
 1/2 cup water

1. Pre-heat oven to 350 degrees.
2. Cook meat thoroughly in a skillet over medium heat. Drain grease\*.
3. Add onion soup mix to the meat.
4. In baking dish, mix cream soup with flavor packet from potato mix.
5. Stir the potatoes into the soup. Spread evenly in baking dish.
6. Make layers of green beans, meat, and corn on top of the potatoes.
7. Add water and bake for one hour.



*Place a strainer inside a large bowl. Place meat in the strainer, then rinse with hot water. Drain for 5 minutes. Place cooled grease in a container and then in the trash. Do not rinse grease down the sink. This method decreases fat by 10-12 grams per 3 oz of pan broiled ground beef.*

**Food Safety  
Leftovers**

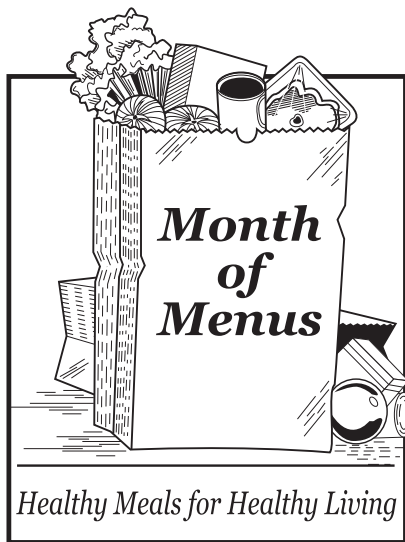
- Refrigerate or freeze leftovers within 2 hours of cooking.
- Use refrigerated leftovers within 2 days.
- Thaw frozen leftovers in the refrigerator.
- Reheat leftovers thoroughly to 165°F.
- Reheat only the amount you are going to eat.
- Reheat only once.

**Snack Ideas**

yogurt and fruit

cottage cheese and tomatoes

*(May need to add items  
to grocery list.)*



**Breakfast**  
Instant Oatmeal  
Cantaloupe  
Milk

**Lunch**  
Taco Pizza\*  
Celery Sticks  
Grapes  
Milk



# Menu Suggestion

**Dinner**  
Meatloaf\*  
Canned Asparagus  
Canned Mandarin Oranges  
Bread  
Milk

## Preparation Time

Active: 10 minutes  
Total: 30 minutes  
Servings: 4

## Nutrition per Serving

Calories 440  
Protein 15g  
Carbohydrates 46g  
Dietary Fiber 5g  
Total Fat 22g  
Cholesterol 27mg  
Sodium 1215mg

## Diabetic Exchanges

Breads/Starch/Other 3  
Lean Meat 1  
Vegetable 0.5  
Fat 3.5

## Taco Pizza

1 (12 oz) can refrigerated biscuits  
1 cup refried beans\* (or leftover navy bean spread)  
1/4 cup salsa  
3/4 cup shredded cheese  
1 cup chopped lettuce  
1 tomato, diced

1. Pre-heat oven to 400 degrees.
2. Press biscuits into the bottom and 1 inch up the sides of a 10x8x2 baking pan.
3. Mix beans and salsa. Spread over biscuits.
4. Bake for 10-15 minutes until crust is golden brown.
5. Remove and sprinkle cheese over beans.
6. Bake 5 minutes more until cheese is melted.
7. Take out of oven and top with lettuce and diced tomato.

## Refried Beans

1. Empty refried beans into small saucepan. Add 1 tablespoon of taco seasoning or Mexican Seasoning Mix\*, if desired.
2. Warm beans over low heat, stirring occasionally until steaming.

*Microwave on high for 2-2 1/2 minutes stirring once.*

## Mexican Seasoning Mix

3 tablespoons chili powder  
2 teaspoons ground cumin  
1 1/2 teaspoons garlic powder  
1 teaspoon dried parsley  
1 teaspoon onion powder  
1/2 teaspoon ground red pepper  
1 teaspoon ground coriander (optional)

1. Combine all ingredients. Cover and store in airtight container.
2. Shake before using to blend.
3. Use 1 tablespoon per pound of ground beef.

Makes about 1/3 cup.



## Food Safety

- Cooked beans can make you sick just like meats and poultry if not handled properly.
- Refrigerate within 2 hours after cooking.
- Use within 2 days or freeze.
- Thaw frozen beans in the refrigerator.
- Reheat leftover beans to 165°F.

**Preparation Time**

Active: 15 minutes  
Total: 1 hour 30 minutes  
Servings: 8

**Nutrition per Serving**

Calories 403  
Protein 33g  
Carbohydrates 14g  
Dietary Fiber 1g  
Total Fat 23g  
Cholesterol 135mg  
Sodium 230mg

**Diabetic Exchanges**

Breads/Starch/Other 1  
Lean Meat 4.5  
Fat 2

**Meatloaf**

1/3 cup chopped green pepper  
1/3 cup chopped onion  
2 lbs ground beef  
1 cup applesauce  
1/8 teaspoon garlic powder  
1 cup bread crumbs  
1 egg, slightly beaten  
1/4 teaspoon allspice (optional)  
salt and pepper to taste

1. Preheat oven to 350 degrees.
2. Chop green pepper and onion.
3. In a large bowl, combine ground beef, applesauce, garlic powder, bread crumbs, egg, onion, green pepper, (allspice, salt and pepper, if desired).
4. Mix well.
5. Press into a greased 9x5 loaf pan.
6. Bake for 1 hour and 15 minutes or until 165°F.

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*Tip: Chopped onion and peppers are both available frozen.*

## Shopping Tips



- 7 out of 10 purchases at the grocery store are impulse buys. Shop with your list and stick to it.
- Don't shop when you are hungry.
- Buy only the amount of food you can eat before spoiling.
- Once you have everything on your list, pay for your food and leave. Every extra minute you spend looking will cost you an extra \$2 at the checkout.

## Snack Ideas

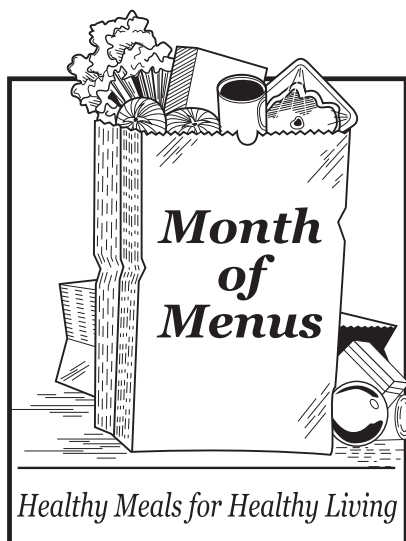
GORP: good ol' raisins,  
peanuts and dry cereal  
(*not for young children*)

popcorn and apples

(*May need to add items  
to grocery list.*)

## Choking Hazards

- Foods that have small round shapes, such as nuts, hot dogs, hard candy, raw carrots, grapes, etc., are choking hazards for young children.
- If you want to offer hot dogs, raw carrots or grapes cut them up into small pieces.



**Breakfast**  
 Potato Cakes\*  
 1/2 Grapefruit  
 Milk

**Lunch**  
 Tuna Salad Sandwiches\*  
 Carrot Sticks  
 Canned Pears  
 Milk

**Dinner**  
 Ham\*  
 Scalloped Potatoes (box)  
 Canned Peas  
 Canned Fruit Cocktail  
 Milk



# Menu Suggestion

## **Preparation Time**

Active: 15 minutes  
 Total: 15 minutes  
 Servings: 4

## **Nutrition per Serving**

Calories 330  
 Protein 5g  
 Carbohydrates 44g  
 Dietary Fiber 4g  
 Total Fat 16g  
 Cholesterol 4mg  
 Sodium 606mg

## **Diabetic Exchanges**

Breads/Starch/Other 3  
 Fat 2.5

## **Potato Cakes**

3 cups cooked mashed potatoes, chilled  
 3/4 cup all purpose flour  
 1/4 cup vegetable oil

1. Shape the mashed potatoes into 4 cakes about 3 inches in diameter and 1/2 inch thick.
2. Dust with flour, shaking off excess.
3. On medium-high heat oil in skillet.
4. Place potato cakes in hot skillet and cook on each side until golden brown and thoroughly heated.

## **Preparation Time**

Active: 10 minutes  
 Total: 10 minutes  
 Servings: 4

## **Nutrition per Serving**

Calories 428  
 Protein 20g  
 Carbohydrates 53g  
 Dietary Fiber 2g  
 Total Fat 15g  
 Cholesterol 25mg  
 Sodium 765mg

## **Diabetic Exchanges**

Breads/Starch/Other 3.5  
 Very Lean Meat 1.5  
 Fat 3

## **Tuna Salad Sandwiches**

1 can (6-7 oz) or 2 cans (3.5 oz) tuna  
 1 stalk celery, chopped  
 2-3 tablespoons chopped onion (optional)  
 1/2 cup mayonnaise  
 2-3 tablespoons pickle relish (optional)  
 8 bread slices

1. Open tuna and drain.
2. Place tuna in a small bowl.
3. Wash and chop the celery (and onion if desired).
4. Add celery and mayonnaise to tuna (add onion and relish if desired) in the bowl. Mix ingredients and chill.
5. Place 1/4 tuna mixture on 4 slices of bread and top with remaining 4 slices.
6. Cut in half and serve.

*Tip: Chopped onion can be found in the freezer section of the grocery store at an affordable price.*

<p><b>Preparation Time</b>  Active: 5 minutes  Total: 30 minutes  Servings: 4</p> <p><b>Nutrition per Serving</b>  Calories 52  Protein 5g  Carbohydrates 9g  Dietary Fiber 0g  Total Fat 3g  Cholesterol 16mg  Sodium 373mg</p> <p><b>Diabetic Exchanges</b>  Lean Meat 1</p>	<p><b><u>Ham</u></b>  4 slices of ham (5 oz each)</p> <ol style="list-style-type: none"> <li>1. Preheat oven to 325 degrees.</li> <li>2. Bake ham for 20-25 minutes or until 165°F.</li> <li>3. Serve.</li> </ol> <hr/> <p><i>Tip: Leftover ham can be reheated to 165°F one time only. Throw out any ham left after reheating.</i></p>
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## Thirsty?

- Drink plenty of non-caffeinated fluids everyday—milk, juice, water.
- Use caffeine containing beverages in moderation. These include coffee, tea and pop.
- Pop is also high in sugar. One 12-ounce can of pop contains 10 teaspoons of sugar, 150 calories and no vitamins and minerals.
- Drink at least 8 cups of water each day.
- To make a Fruit Juice Cooler, use club soda in place of water when mixing up a frozen juice.

## Snack Ideas

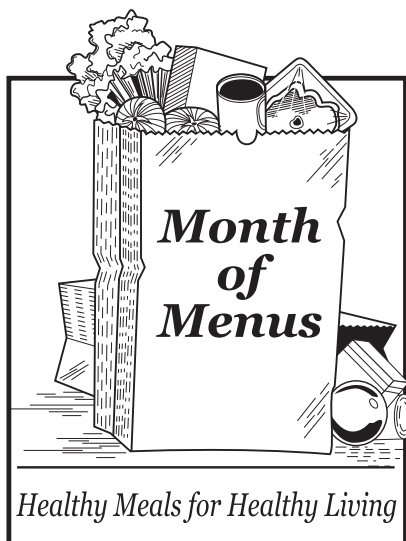
fresh vegetables and ranch dressing

peanut butter and celery

*(May need to add items to grocery list.)*

## Thawing Foods Safely

- 1) Thaw meats, poultry, fish, casseroles, soups, etc. in the refrigerator.
- 2) Allow 24 hours per 5 pounds of food.
- 3) Foods can also be thawed in the microwave as long as you immediately cook the thawed food.
- 4) Small amounts of food can also be thawed under running cold water.

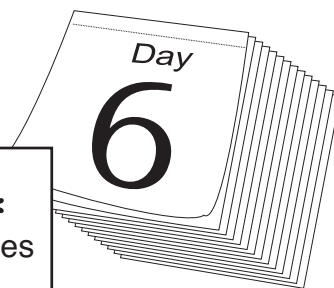


### **Breakfast**

Dry Cereal  
Banana  
Milk

### **Lunch**

Tortilla Pinwheels\*  
Frozen Mixed Vegetables  
Apple Slices  
Milk



### **Dinner**

Crispy Baked Chicken\*  
Canned Green Beans  
Molded Orange Juice Salad\*  
Bread  
Milk

# Menu Suggestion

### **Preparation Time**

Active: 10 minutes  
Total: 10 minutes  
Servings: 4

### **Nutrition per Serving**

Calories 280  
Protein 15g  
Carbohydrates 34g  
Dietary Fiber 0g  
Total Fat 9g  
Cholesterol 34mg  
Sodium 926mg

### **Diabetic Exchanges**

Breads/Starch/Other 2.0  
Very Lean Meat 1  
Fat 1.5

### **Tortilla Pinwheels**

4 (8-inch) flour or whole wheat tortillas  
1/4 cup mayonnaise or ranch dressing  
12 deli-thin slices honey baked ham  
8-12 leaves of spinach or romaine lettuce

1. Place a sheet of plastic wrap on counter.
2. Place 1 tortilla on top of plastic wrap.
3. Spread 1 tablespoon mayonnaise or ranch dressing evenly over tortilla.
4. Cutting ham slices if necessary, place 3 ham slices in a single layer on top of mayonnaise or dressing.
5. Place 2 to 3 leaves of spinach or lettuce in center of tortilla.
6. Roll up tortilla, enclosing filling. Repeat for remaining tortillas.
7. Cut each tortilla in half.
8. Roll each tortilla individually in plastic wrap; twist ends to seal.
9. Refrigerate.

### **Frozen Mixed Vegetables**

1/2 cup water  
1 (16 oz) package frozen mixed vegetables

1. Bring water to a boil in a saucepan.
2. Add the vegetables.
3. Bring the water to a second boil.
4. Stir and cover, and reduce the heat.
5. Simmer 4-6 minutes to the desired doneness.
6. Drain and serve.

## **All Hands Need to WASH**

Always wash your hands with soap and warm water, scrubbing for 20 seconds before preparing any food.

<p><b>Preparation Time</b>  Active: 15 minutes  Total: 60 minutes  Servings: 4</p> <p><b>Nutrition per Serving</b>  Calories 195  Protein 29g  Carbohydrates 8g  Dietary Fiber 0g  Total Fat 4g  Cholesterol 74mg  Sodium 108mg</p> <p><b>Diabetic Exchanges</b>  Very Lean Meat 3.5</p>	<p><b><u>Crispy Baked Chicken</u></b>  1 cup cornflakes (crumbs)  4 split boneless, skinless chicken breasts (or thighs)  1 cup milk  1 teaspoon vegetable oil (for oiling pan)</p> <ol style="list-style-type: none"> <li>1. Preheat oven to 400 degrees.</li> <li>2. Measure cornflakes into plastic bag.</li> <li>3. Close and crush cornflakes with rolling pin or glass.</li> <li>4. Rinse chicken pieces and pat dry.</li> <li>5. Pour milk into a bowl.</li> <li>6. Dip each piece of chicken in milk and shake in bag of cornflake crumbs.</li> <li>7. Let stand briefly, until coating sticks.</li> <li>8. Oil the pan and place coated chicken pieces in oiled pan. Pieces should not touch each other.</li> <li>9. Bake for 45 minutes.</li> </ol> <hr/> <p><i>Food Safety note: Remaining crumb mixture should be discarded.</i></p>
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<p><b>Preparation Time</b>  Active: 15 minutes  Total: 4-6 hours  Servings: 8</p> <p><b>Nutrition per Serving</b>  Calories 101  Protein 1g  Carbohydrates 25g  Dietary Fiber 1g  Total Fat 0g  Cholesterol 0mg  Sodium 14mg</p> <p><b>Diabetic Exchanges</b>  Fruit 1.5</p>	<p><b><u>Molded Orange Juice Salad</u></b>  3 cups orange juice, divided  1 package (6 oz) orange gelatin  3 cups applesauce</p> <ol style="list-style-type: none"> <li>1. Heat 1 cup orange juice in a pan until it almost boils.</li> <li>2. Add gelatin and stir until it dissolves.</li> <li>3. Mix gelatin, remaining orange juice and applesauce in bowl.</li> <li>4. Chill in fridge until firm.</li> </ol>
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## Don't Cross-Contaminate

- Wash and SANITIZE cooking equipment and counters after handling raw meats and before preparing ready-to-eat foods.
- Add 1 tablespoon of bleach to 1 gallon of water. To sanitize, rinse clean cooking equipment and counters with bleach water. Let air dry.

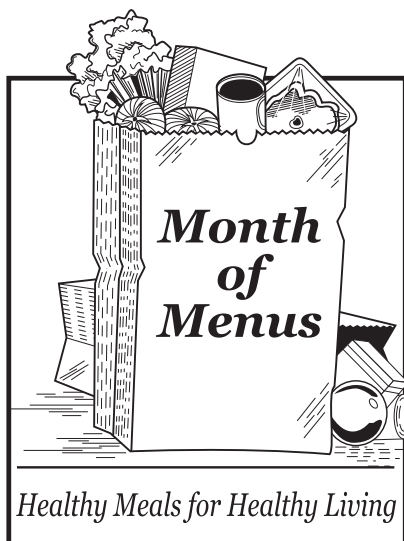
## Snack Ideas

fruit and cheese

chips and salsa

*(May need to add items  
to grocery list.)*





**Breakfast**  
 Apple Cinnamon Muffins\*  
 Strawberries  
 Milk

**Lunch**  
 Baked Potato\*  
 Cheesy Vegetables  
 Fruit Salad\*  
 Rolls  
 Milk



**Dinner**  
 Nachos Supreme\*  
 Grapes  
 Milk

## Menu Suggestion

### Preparation Time

Active: 10 minutes  
 Total: 30 minutes  
 Servings: 6 (2 muffins)

### Nutrition per Serving

Calories 382  
 Protein 15g  
 Carbohydrates 66g  
 Dietary Fiber 5g  
 Total Fat 7g  
 Cholesterol 32mg  
 Sodium 438mg

### Diabetic Exchanges

Breads/Starch/Other 3  
 Milk-Skim 1  
 Fat 1

### Apple Cinnamon Muffins

1 egg, beaten  
 2/3 cup milk  
 2 tablespoons vegetable oil  
 2 cups Master Mix\*  
 1/3 cup sugar  
 1/2 tablespoon cinnamon  
 3/4 cup apples, chopped

1. Preheat oven to 350 degrees.
2. Grease bottom only of each muffin cup in a 12 count muffin pan.
3. Beat egg slightly in bowl.
4. Add milk and oil; and mix.
5. Add Master Mix, sugar, cinnamon, and apples.  
 Mix just until moistened.
6. Spoon dough into muffin cups, 2/3 full.
7. Bake in oven for 15-18 minutes.

### Master Mix

4 cups all-purpose flour  
 4 cups whole wheat flour\*\*  
 1 1/3 cups nonfat dry milk  
 1/4 cups baking powder  
 1 teaspoon salt  
 3/4 cup vegetable shortening or margarine

1. Stir dry ingredients together until well mixed.
2. Cut in vegetable shortening or margarine until well mixed.
3. Store in closed, covered jar or can.
4. Refrigerate to keep longer than one month or if margarine is used.
5. Stir lightly before using in recipes.

Makes 10 cups.

### Preparation Time

Active: 15 minutes  
 Total: 15 minutes  
 Servings: 4

### Nutrition per Serving

Calories 251  
 Protein 3g  
 Carbohydrates 60g  
 Dietary Fiber 5g  
 Total Fat 1g  
 Cholesterol 1mg  
 Sodium 86mg

### Diabetic Exchanges

Fruit 4

### Fruit Salad

1 can (11 oz) mandarin oranges, drained  
 1 can (15.25 oz) fruit cocktail, drained  
 1 can (20 oz) pineapple tidbits, undrained  
 1 box (3.5 oz) instant vanilla pudding  
 2 bananas

1. Combine cans of fruit in a large serving bowl.
2. Stir in dry pudding; mix well. Cover and refrigerate (or refrigerate cans ahead of time).
3. Just before serving, slice bananas and stir into salad. Keep in refrigerator for up to two to three days.

*If whole wheat flour is not available, use all-purpose flour. Enriched cornmeal or rolled oats can also be substituted for all or part of the whole wheat flour.*

<p><b>Preparation Time</b>  Active: 30 minutes  Total: 1 hour 30 minutes  Servings: 8</p> <p><b>Nutrition per Serving</b>  Calories 272  Protein 10g  Carbohydrates 40g  Dietary Fiber 5g  Total Fat 9g  Cholesterol 18mg  Sodium 138mg</p> <p><b>Diabetic Exchanges</b>  Breads/Starch/Other 2  Lean Meat 0.5  Vegetable 1  Fat 1.5</p>	<p><b><u>Baked Potato With Cheesy Vegetables</u></b></p> <p>8 baked potatoes  2 cups frozen broccoli  1 cup chopped onion  1 cup finely chopped carrots  2 tablespoons margarine  2 tablespoons flour  1 1/2 cups milk  1 cup cheddar or American cheese, shredded</p> <ol style="list-style-type: none"> <li>1. Wash potatoes with a scrub brush. Dry with paper towel, then wrap in aluminum foil. Bake at 350 degrees for 1 hour until tender.</li> <li>2. Cook broccoli, onions, and carrots in a small amount of water until tender.</li> <li>3. In a small saucepan, melt margarine and stir in flour.</li> <li>4. Add milk slowly while stirring. Continue stirring and cook until sauce thickens.</li> <li>5. Add cheese and stir until melted, add drained vegetables.</li> <li>6. Serve over hot baked potatoes.</li> </ol>
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<p><b>Preparation Time</b>  Active: 20 minutes  Total: 20 minutes  Servings: 6</p> <p><b>Nutrition per Serving</b>  Calories 591  Protein 32g  Carbohydrates 39g  Dietary Fiber 4g  Total Fat 35g  Cholesterol 106mg  Sodium 1332mg</p> <p><b>Diabetic Exchanges</b>  Breads/Starch/Other 1.5  Lean Meat 4  Vegetable 1  Fat 4.5</p>	<p><b><u>Nachos Supreme</u></b></p> <p>1lb ground beef  1 package (1.25 oz) taco seasoning mix or (1 tablespoon Mexican Seasoning Mix *)  1 can (10.5oz) tomato soup  1 1/2 cups water  salsa  cheese, shredded  lettuce, shredded  diced tomatoes  tortilla chips</p> <ol style="list-style-type: none"> <li>1. Cook meat thoroughly in skillet over medium heat. Drain grease **.</li> <li>2. Add taco seasoning.</li> <li>3. Add soup and water.</li> <li>4. Heat to a boil.</li> <li>5. Cover and cook over low heat 5 minutes or until done (165°F).</li> <li>6. Top with salsa, cheese, lettuce and tomatoes.</li> <li>7. Serve with tortilla chips for dipping.</li> </ol>
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Place a strainer inside a large bowl. Place meat in the strainer, then rinse with hot water. Drain for 5 minutes. Place cooled grease in a container and then in the trash. Do not rinse grease down the sink. This method decreases fat by 10-12 grams per 3 oz of pan broiled ground beef.

**Mexican Seasoning Mix**

3 tablespoons chili powder  
2 teaspoons ground cumin  
1 1/2 teaspoons garlic powder  
1 teaspoon dried parsley  
1 teaspoon onion powder  
1/2 teaspoon ground red pepper  
1 teaspoon ground coriander (optional)

1. Combine all ingredients. Cover and store in airtight container.
2. Shake before using to blend.
3. Use 1 tablespoon per pound of ground beef.

Makes about 1/3 cup.