



## **E–Cookbooks Recipe Sampler**

VJJE Publishing Co.

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## Diabetic Recipe Sampler

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# Apple–Cheddar Popovers

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butter–flavored cooking spray  
1 tart apple, such as Pippin, Granny Smith, or Fuji, peeled, cored, and chopped  
1/3 cup shredded 2% sharp cheddar cheese  
2 large eggs  
1 cup unbleached all–purpose flour  
1/4 teaspoon salt  
1 cup low fat (1%) milk  
1 tablespoon reduced–fat margarine, melted

Preheat oven to 450F. Lightly coat 8 popover cups with cooking spray. Place 1 tablespoon each of the apple and cheese at the bottom of each popover cup. In a food processor or blender, combine eggs, flour, and salt. Process until well blended. With the machine running, add milk and margarine through the feed tube. Process until smooth. Fill the cups two–thirds full with the batter. Bake for 15 minutes, reduce oven temperature to 350F, and continue to bake for another 20 minutes until popovers are puffed and golden brown. Let cool at least 15 minutes, then remove from pan. Makes 8 servings.

Per serving: 111 calories (28% calories from fat), 5 g protein, 4 g total fat (1.4 g saturated fat), 15 g carbohydrates, 1 g dietary fiber, 58 mg cholesterol, 160 mg sodium  
Diabetic exchanges: 1 carbohydrate (bread/starch), 1/2 fat

## Cherry Turnovers

---

8 frozen phyllo dough sheets, thawed

1/4 cup butter or margarine, melted

6 Tablespoons no-sugar-added black cherry fruit spread

1 1/2 tablespoons cherry liqueur (optional)

1 egg

1 teaspoon cold water

Preheat oven to 400 degrees F. Lightly brush each phyllo sheet with butter; stack. Cut through all sheets to form six (5-inch) squares. Combine fruit spread and cherry liqueur, if desired. Place 1 tablespoon fruit spread mixture in center of each pile of eight phyllo squares; brush edges of phyllo with butter. Fold edges over to form triangle; gently press edges together to seal. Place on ungreased cookie sheet. Beat together egg and water; brush over phyllo triangles. Bake 10 minutes or until golden brown. Cool on wire rack. Serve warm or at room temperature.

Makes 6 turnovers

Serving size: One turnover

Yield: 6

Exchanges: 1 1/4 Starch/Bread, 1 3/4 Fat, 2/3 Fruit

Nutrition: 206 Calories, 4 g Protein, 28 g Carbo, 9 g Fat

## Chicken Pasta Salad

---

1/2 cup fat-free mayonnaise  
3 Tablespoons low-sodium soy sauce  
2 Tablespoons sherry  
1/8 teaspoon ground ginger  
1/4 teaspoon. pepper  
1 cup cooked spiral pasta, drained  
2 cups cooked boneless skinless chicken breasts, cut into bite-sized pieces  
2 cups fresh snow peas, strings removed and blanched  
2 green onions, sliced  
1/2 cup water chestnuts, sliced  
1/4 cup toasted almonds, for garnish

In a small bowl combine the mayonnaise, soy sauce, sherry, ground ginger, and pepper. Set aside. In a separate bowl combine pasta chicken, snow peas, green onions, and water chestnuts and toss with dressing mix. Refrigerate overnight. Sprinkle with toasted almonds before serving.

Serving size: 1 cup

Yield: 1 salad

Exchanges: 1/2 Fat, 1 1/2 Meat, 1/2 Starch, 1/2 Vegetable

Nutrition: 132 Calories (22% from fat), 13.3 g Protein, 11.1 g Carbo, 3.2 g Fat

# Chocolate Banana Mousse

---

1 ounce unsweetened chocolate  
1 cup evaporated skim milk  
3 tablespoons granulated sugar replacement  
2 egg yolks  
1/4 teaspoon salt  
1 teaspoon vanilla extract  
2 bananas, sliced

Combine chocolate, 1/4 cup of the milk and the sugar replacement in top of double boiler. (Chill remaining milk in freezer.)

Cook and stir over simmering water until chocolate melts. Pour amount of hot chocolate mixture over egg yolks and beat well. Pour egg mixture into chocolate mixture on top of double boiler. Stir in salt. Cook and stir over hot water until mixture thickens. Cool completely.

Scrape cold or slightly frozen milk into mixing bowl and beat until very stiff. Fold chocolate mixture into stiffly beaten milk. Fold in vanilla extract and banana slices. Spoon into mold, freezer tray or individual cups and freeze until firm. Yields 8 servings.

Diabetic Exchange 1 serving: 1 bread, 1 fat    Calories 1 serving: 69



# Chocolate Cheesecake

---

1–1/2 cups graham cracker crumbs  
1/3 cup butter, melted  
3 packages (8 ounces each) reduced–fat cream cheese, softened  
1 cup plus 2 tablespoons sugar, divided  
4 eggs  
2 teaspoons vanilla extract, divided  
1/4 cup unsweetened cocoa  
1 container (16 ounces) reduced–fat sour cream

Preheat the oven to 350 degrees F. In a medium bowl, combine the graham cracker crumbs and butter; mix well. Press into a 10–inch springform pan, covering the bottom and sides. Chill while preparing the filling.

In a large bowl, blend the cream cheese and 1 cup sugar with an electric beater. Add the eggs one at a time, beating well after each addition. Add 1 teaspoon vanilla and the cocoa; mix well, then pour into the chilled crust. Bake for 50 to 55 minutes, or until firm. Remove from the oven and let cool for 5 minutes. (Leave the oven on.)

In a medium bowl, with a spoon, mix the sour cream and the remaining 2 tablespoons sugar and 1 teaspoon vanilla until well combined. Spread over the top of the cheesecake and bake for 5 minutes. Let cool, then refrigerate overnight before serving.

Serving Size: 1 slice

Yield: 16 slices

Nutrition: 279 calories (156 from fat), 24g Carb, 1g Fiber, 9g Protein, 17g Fat (11g Saturated)

Exchanges: 1–1/2 Carbohydrate, 1 Medium–Fat Mat, 2–1/2 Fat

# Cream Cheese and Jelly Cookies

---

3/4 cup margarine, softened  
1 package (8 ounces) reduced-fat cream cheese, softened  
2 1/2 teaspoons Equal® for Recipes or 8 packets Equal® sweetener or 1/3 cup Equal®  
Spoonful  
2 cups all-purpose flour  
1/4 teaspoon salt  
1/4 cup black cherry or seedless raspberry spreadable fruit

Beat margarine, cream cheese and Equal® in medium bowl until fluffy; mix in flour and salt to form a soft dough.

Cover and refrigerate until dough is firm, about 3 hours.

Roll dough on lightly floured surface into circle 1/8 thick; cut into rounds with 3-inch cutter.

Place rounded 1/4 teaspoon spreadable fruit in center of each round; fold rounds in halves and crimp edges firmly with tines of fork. Pierce tops of cookies with tip of sharp knife.

Bake cookies on greased cookie sheets in preheated 350 degree F oven until lightly browned,  
about 10 minutes. Cool on wire racks. Makes about 3 dozen

Serving size: 1 cookie

Yield: 36

Exchanges: 1/2 Bread, 1 Fat

Nutrition: 80 Calories, 1 g Protein, 7 g Carbo, 5 g Fat

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