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HOLIDAY COOK BOOK



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This heart and diabetes friendly cookbook contains tasty, delicious and easy to prepare recipes. Included are recipes for chicken, turkey, veal and salmon; side dishes, beverages and desserts.

INTRODUCTION

I assembled this cookbook with the following thoughts in mind [not necessarily in the order listed].

- Heart and Diabetes friendly
- Tasty and Delicious
- Ease of Preparation

Additional recipes may be found on my websites:

→ <http://diabetes2andyou.com>

→ <http://livingwithdiabetestips.com>

→ <http://newelldiabeteswatch.com/blog>

Please enjoy. I would appreciate hearing of changes you make to these recipes.



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Easy Raspberry Chicken

Chicken breasts are marinated with spices and fruit in this easy and very flavorful dish. I pour the marinade over the chicken in a freezer bag, then freeze them for future use. I take them out of the freezer the night before I want to serve them, and thaw in the refrigerator. By dinner time, they are ready to bake, making a quick and delicious meal!

Original recipe makes 6 chicken breasts

1/2 cup raspberry preserves

1/2 cup frozen pineapple juice concentrate, thawed

1/2 cup soy sauce

2 tablespoons rice vinegar

1/2 teaspoon chili powder

1/2 teaspoon curry powder

1/2 teaspoon garlic powder

6 skinless, boneless chicken breast halves

1/4 cup fresh raspberries

Directions

Whisk together raspberry preserves, pineapple juice concentrate, soy sauce, and rice vinegar. Stir in chili powder, curry powder, and garlic powder; pour over

chicken breasts in a re-sealable plastic bag. Marinate chicken in refrigerator at least 4 hours to overnight.

Preheat oven to 350 degrees F (175 degrees C). Place chicken into a baking dish, and pour remaining marinade over top. Cover the dish with a lid or aluminum foil.

Bake in preheated oven until the chicken juices run clear, 30 to 40 minutes. Transfer to a serving platter and garnish with fresh raspberries.

Reader's comment

This was a great recipe! I made just a few changes...I doubled the amount of raspberry preserves and added some minced garlic. I marinated overnight, and then added chunked pineapple to the marinated chicken. Finally, I added the fresh raspberries for the last few minutes of the cooking time. This was terrific, my family lo

Raspberry Chicken --revisited



This low glycemic index recipe for chicken tastes so good, you won't believe it's good for you. It goes very well served with a tossed salad.

Ingredients

4 boneless, skinless chicken breasts

1 tsp dried thyme (or substitute 1 tbsp fresh thyme)

1 tbsp extra virgin olive oil

1 medium red onion, diced

8 oz raspberry fruit spread (double fruit, no sugar added)

1/3 cup balsamic vinegar

salt/pepper to taste

Directions

Season chicken with thyme and salt on both sides. Set aside.

Heat oil in skillet over medium heat. Cook onion until browned and soft.

Add chicken and cook until well cooked, approximately 8 minutes each side. Then, remove chicken and set aside.

Add fruit spread, balsamic vinegar and pepper to oil in skillet. Cook for several minutes until ingredients well combined and fruit spread is melted. Add chicken back in skillet.

Serve chicken with sauce poured over top.

Serves 4

Enjoy!!!

Spice-Rubbed Salmon with Tropical Rice



Coriander seeds give this salmon a zesty flavor. The fish pairs deliciously with the cilantro-laced mango-and-rice pilaf.

For this fast dinner, the seasoned salmon is baked and served on a quick-to-fix brown rice pilaf flavored with mango. It's a complete meal in minutes.

MAKES: 4 servings

SERVING SIZE: 1 portion salmon and 1/2 cup rice

CARB GRAMS PER SERVING: 35

1 pound fresh or frozen skinless salmon fillet

1tablespoon coriander seeds, coarsely crushed*

1tablespoon packed brown sugar or brown sugar substitute** equivalent to 1
tablespoon brown sugar

1teaspoon lemon-pepper seasoning

2 cups hot cooked brown rice

1medium mango, seeded, peeled, and chopped

1tablespoon snipped fresh cilantro

1teaspoon finely shredded lemon peel

Lemon wedges

optional

Fresh cilantro sprigs

1.Thaw salmon, if frozen. Preheat oven to 450 degrees F. Rinse fish; pat dry with paper towels. Measure thickness of fish.

Place fish in a greased shallow baking pan.

2.In a small bowl, stir together coriander seeds, brown sugar, and lemon-pepper seasoning. Sprinkle fish evenly with coriander seeds mixture; use your fingers to press in slightly. Bake for 4 to 6 minutes per 1/2 -inch thickness of fish or until fish flakes easily when tested with a fork.

3.Meanwhile, in a medium bowl, stir together cooked rice, mango, the snipped cilantro, and the lemon peel. Serve fish on top of rice mixture. If desired, garnish with lemon wedges and/or cilantro sprigs. Makes 4 servings.

1 portion salmon and 1/2 cup rice

Nutrition Facts Per Serving:

Servings Per Recipe: 4

Calories: 366



Spiced Chicken Breasts with Apple-Jalapeno Chutney

From Eating Well: [Fall 2002](#)

4 servings

Active Time: 30 minutes

Total Time: 1 1/2 hours

NUTRITION PROFILE

Diabetes appropriate | Low calorie | Low saturated fat | Low sodium | Heart healthy | Healthy weight | Gluten free |

INGREDIENTS

1 cup Apple-Jalapeno Chutney, (recipe follows)

1/2 cup orange juice

1 tablespoon extra-virgin olive oil

1 tablespoon chopped fresh ginger

1 tablespoon light brown sugar

4 scallions, finely chopped

1 teaspoon ground coriander

1/4 teaspoon ground cinnamon

1/2 teaspoon salt

1/4 teaspoon freshly ground pepper

4 boneless, skinless chicken breasts, (4-5 ounces each), trimmed

THIS RECIPE CALLS FOR:

Apple-Jalapeno Chutney

Prepare Apple-Jalapeño Chutney.

PREPRATION

Prepare Apple-Jalapeño Chutney.

Meanwhile, combine orange juice, oil, ginger, brown sugar, scallions, coriander, cinnamon, salt and pepper in a medium bowl; whisk to blend. Add the chicken; turn to coat with the marinade. Cover and marinate in the refrigerator for at least 30 minutes or for up to 6 hours.

Preheat oven to 400°F. Coat a 7-by-11-inch or similar shallow baking dish with cooking spray. Arrange the chicken breasts in the baking dish and pour the marinade directly over them. Bake for 10 minutes, then reduce oven temperature to 375° and bake until the chicken is no longer pink in the center, 20 to 25 minutes more. (An instant-read thermometer inserted in the center should register 170°F.) Let cool in the pan for 5 to 10 minutes, then serve with the chutney on the side.

NUTRITION

Per serving: 196 calories; 8 g fat (1 g sat , 5 g mono); 63 mg cholesterol; 28 g carbohydrates; 24 g protein; 2 g fiber; 353 mg sodium; 382 mg potassium.

Carbohydrate Servings: 1

Exchanges: 1/2 fruit, 1 other carbohydrate, 1/2 vegetable, 3 lean meat, 1 fat

Apple-Jalapeno Chutney

Sweetened with orange juice and brown sugar, this apple chutney gets its heat from hot jalapeno jelly. Try it alongside grilled chicken or pork.

INGREDIENTS

1 tablespoon extra-virgin olive oil, or canola oil

1 large onion, chopped (2 cups)

1 bay leaf

2 large apples, preferably Granny Smith or Northern Spy, peeled and diced (3 cups)

1/3 cup packed light brown sugar

1/3 cup hot jalapeno jelly, (see Ingredient note)

1/3 cup orange juice

1/4 cup cider vinegar

2 tablespoons lemon juice

PREPARATION

Heat oil in a large non-reactive skillet over medium heat. Add onion and bay leaf; reduce heat to medium-low. Cook, stirring often, until softened and translucent, 9 to 10 minutes. Stir in apples and cook for 3 minutes, stirring often. Add brown sugar, jelly, orange juice, vinegar and lemon juice. Bring the mixture to a low boil, then simmer over medium-low heat, stirring, just until the apples are tender and liquid is reduced by one-third, 2 to 3 minutes. Remove from heat and transfer to a bowl. Let cool. Serve at room temperature or chilled.

TIPS & NOTES

Make Ahead Tip: Cover and refrigerate for up to 1 month.

Ingredient Note: You can find jalapeno jelly in specialty stores and in the jams-and-jellies section or specialty-foods section of large supermarkets.

NUTRITION--Per 1/4-cup serving:

97 calories; 1 g fat (0 g sat , 1 g mono); 0 mg cholesterol; 19 g carbohydrates; 0 g protein; 1 g fiber; 4 mg sodium; 82 mg potassium. **Carbohydrate Servings:** 1 1/2

Exchanges: 1/2 fruit, 1 other carbohydrate

Turkey Breast with Honey-Mustard Glaze



Serves 10

Ingredients

1 4-6 pound TURKEY BREAST, fresh or thawed

1/2 Teaspoon kosher salt

1/4 Teaspoon freshly ground black pepper

1/4 Cup honey

2 Tablespoons Dijon-style mustard

Directions

Season interior and exterior of turkey breast with salt and pepper.

In (13 x 9 x 2 inch) roasting pan, place turkey breast on a V-shaped rack. Roast, uncovered, in a 325 degree F preheated oven for 1-1/2 to 2-1/4 hours or until meat thermometer registers 170 degrees F in the deepest part of breast.

Meanwhile, in a small bowl, combine honey and mustard. Brush glaze over breast during final 20 minutes of cooking.

Remove from oven and allow turkey breast to stand for 10 minutes before carving.

Nutritional Information (Per Serving)

Calories: 176; Protein: 25 g; Sodium: 90 mg

Cholesterol: 63 mg; Fat: 6 g; Carbohydrates: 3 g

Source: The National Turkey Federation

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