

all about OATS

Add oomph to your mornings with these fun, flavorful, and fiber-filled oatmeal recipes for breakfast. —**Devin Alexander**

You're less likely to taste finely shredded zucchini than larger chunks, especially when combined with the other flavors in this recipe.

GINGERBREAD
OVERNIGHT
OATS

CHOCOLATE
ALMOND
"ZOATS"

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GINGERBREAD OVERNIGHT OATS

SERVES 1

SERVING SIZE: $\frac{3}{4}$ cup oats and 1 Tbsp walnuts

PREPARATION TIME: 5 minutes

CHILLING TIME: Overnight

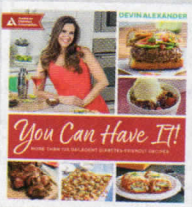
- $\frac{1}{2}$ cup gluten-free rolled oats
- $\frac{1}{2}$ scoop (15 g) stevia-sweetened vanilla protein powder
- $\frac{1}{2}$ cup unsweetened vanilla almond milk
- 2 tsp chia seeds
- 1 tsp molasses
- $\frac{1}{4}$ tsp vanilla extract
- $\frac{1}{8}$ tsp ground cinnamon
- $\frac{1}{16}$ tsp ground ginger
- Pinch ground cloves
- Pinch ground nutmeg
- 1 Tbsp chopped walnuts

1. In a small bowl, mix the oats, protein powder, almond milk, chia seeds, molasses, vanilla extract, cinnamon, ginger, cloves, and nutmeg until well combined. Transfer the mixture to a jar or resealable plastic container. Refrigerate overnight.

2. Remove the oatmeal from the refrigerator and top with the walnuts. Eat chilled.

Per Serving: Calories 350, Total Fat 11 g (Sat. Fat 0 g), Cholesterol 0 mg, Sodium 170 mg, Potassium 240 mg, **Total Carbohydrate** 39 g (Fiber 8 g, Sugars 5 g), Protein 22 g, Phosphorus 125 mg

Choices: Starch 2, Carbohydrate 0.5, Lean Protein 2, Fat 1.5



Recipes from *You Can Have It! More Than 125 Decadent Diabetes-Friendly Recipes* by Devin Alexander, available March 2018 from shopdiabetes.org, 800-232-6733, or bookstores nationwide.

CHOCOLATE ALMOND "ZOATS"

SERVES 1

SERVING SIZE: $\frac{3}{4}$ cup oats and 1 hard-boiled egg

PREPARATION TIME: 5 minutes

COOKING TIME: 5 minutes

- $\frac{1}{2}$ cup finely shredded unpeeled zucchini
- $\frac{1}{2}$ cup rolled oats
- 1 cup unsweetened vanilla almond milk
- $\frac{1}{2}$ Tbsp unsweetened cocoa powder
- $\frac{1}{2}$ Tbsp zero-calorie sweetener (such as Truvia)
- $\frac{1}{4}$ tsp vanilla extract
- $\frac{1}{8}$ tsp almond extract
- $\frac{1}{16}$ tsp sea salt
- $\frac{1}{2}$ Tbsp stevia-sweetened chocolate chips
- $1\frac{1}{2}$ Tbsp dry-roasted almonds, roughly chopped

1 hard-boiled egg

1. Place the shredded zucchini in a lint-free towel, and wring as much liquid from it as possible.

2. Transfer the zucchini to a small soup pot. Add the oats and the almond milk. Cook over medium heat for about 5 minutes, stirring the mixture frequently with a rubber spatula or wooden spoon, until the liquid has evaporated.

3. Remove the pan from the heat and stir in the cocoa powder, zero-calorie sweetener, vanilla extract, almond extract, and salt until well combined. Stir in the chocolate chips; don't overmix.

4. Transfer the "zoats" to a serving bowl and top with the almonds. Serve with a hard-boiled egg and enjoy immediately.

Per Serving:

Calories 370, **Total Fat** 18 g (Sat. Fat 4.2 g), Cholesterol 185 mg, Sodium 390 mg, Potassium 740 mg, **Total Carbohydrate** 38 g (Fiber 9 g, Sugars 3 g), Protein 16 g, Phosphorus 401 mg

Choices: Starch 2, Carbohydrate 0.5, Medium-Fat Protein 1, Fat 2.5



PROTEIN POWER

For oats that don't include protein powder, serve with a hard-boiled egg for a balanced breakfast.



Nice Slices

Make your own deli-style sliced turkey—it's fresh and delicious, with a fraction of the sodium found in traditional deli meat. Sriracha hot chili sauce is a favorite for adding punch to dishes. Here, it gives a small kick of flavor to turkey, while mayo keeps the breast tender. —*Devin Alexander*

1 Sriracha Mayo-Roasted Turkey Breast

SERVES **6 (including 1 serving for next recipe)**
SERVING SIZE: **4 oz**
PREPARATION TIME: **10 minutes**
COOKING TIME: **about 40 minutes**

- Olive oil cooking spray**
- 2¼ lb bone-in turkey breast half**
- 2 Tbsp light mayonnaise**
- 2 tsp sriracha sauce**
- ¼ cup water**

1. Preheat the oven to 350° F. Mist a 9-by-9-inch baking dish with olive oil spray.
2. Place the turkey on a cutting board and remove the skin and any visible fat. Using a fork, poke the breast 25 times, evenly over each side, inserting as deep as the tines of the fork.

3. In a small bowl, stir together the mayonnaise and sriracha until well combined. Place the breast bone side up on the cutting board. Using a pastry brush (or your fingers), rub about ⅓ of the mayonnaise mixture evenly over the meat (skip the bone). Flip the breast over and place it in the prepared baking dish. Brush the remaining mayonnaise evenly over the top and sides of the breast. Avoiding the turkey, carefully pour the water into the bottom of the pan to help keep it moist.
4. Cook the breast for about 35 to 50 minutes, until a thermometer reads 175° F (it will continue cooking to reach 180° F while standing) and the turkey is no longer pink inside. Remove the turkey from the oven and loosely tent it with foil for about 10 minutes to allow the juices to redistribute. Transfer the breast to

a cutting board. Slice thinly against the grain. Save 1 serving (4 oz) for the next recipe.*

**Let cool, then place in a tightly sealed container and refrigerate for up to 3 days.*

Per Serving: Calories 170, Total Fat 3.5 g (Sat. Fat 0.8 g), Cholesterol 90 mg, Sodium 180 mg, Potassium 270 mg, Total Carbohydrate 1 g (Fiber 0 g, Sugars 1 g), Protein 33 g, Phosphorus 250 mg
Choices: Lean Protein 4

Recipe by Devin Alexander

2 Cranberry Aioli Turkey Sandwich

SERVES 1

SERVING SIZE: **1 sandwich**

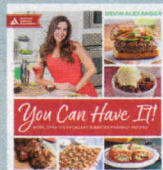
PREPARATION TIME: **3 minutes**

- 1 whole wheat sandwich thin**
- 1 Tbsp fruit juice-sweetened cranberry preserves**
- ½ Tbsp light mayonnaise**
- ¼ tsp dried rosemary (or more to taste), crumbled**
- 4 oz thinly sliced sriracha turkey breast (from Sriracha Mayo-Roasted Turkey Breast recipe, at left)**
- 1 piece red or green leaf lettuce**

1. Place the bottom of the sandwich thin on a plate and spread the cranberry preserves evenly over the top of it.

2. Spread the mayo over the cranberry preserves and sprinkle with the rosemary. Pile the turkey evenly on top. Add the lettuce leaf. Add the sandwich thin top and serve immediately, or wrap tightly in plastic wrap and refrigerate until ready to serve.

Per Serving: Calories 330, Total Fat 7 g (Sat. Fat 1.1 g), Cholesterol 90 mg, Sodium 420 mg, Potassium 420 mg, **Total Carbohydrate** 32 g (Fiber 5 g, Sugars 12 g), Protein 38 g, Phosphorus 345 mg
Choices: Starch 1.5, Fruit 0.5, Lean Protein 4



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Fact:

It's not uncommon for 4 ounces of lean turkey from the deli to have 1,000 milligrams of sodium or more. That puts you nearly halfway to the recommended daily total for adults, which is 2,300 milligrams.

Shopping List

FRESH PRODUCE

- ☐ Red or green leaf lettuce

POULTRY

- ☐ Turkey breast half, bone-in (2¼ lb)

OTHER

- ☐ Fruit juice-sweetened cranberry preserves
- ☐ Light mayonnaise
- ☐ Whole wheat sandwich thins

PANTRY STAPLES

- ☐ Dried rosemary
- ☐ Olive oil cooking spray
- ☐ Sriracha sauce