

23 PERFECT PUMPKIN PIE-LETS

SERVES 6

SERVING SIZE: 3 mini pies

PREPARATION TIME: 10 minutes

COOKING TIME: 10 minutes

- 18 mini phyllo shells
- 4 large egg whites
- ½ cup solid pumpkin puree
- 2 tsp maple syrup
- 2 tsp Truvia spoonable sweetener
- 2 tsp brown sugar
- 1 Tbsp whole-grain oat flour
- 1 tsp vanilla extract
- ¾ tsp pumpkin pie spice
- ½ tsp ground cinnamon
- ¼ tsp baking powder
- ⅛ tsp salt
- 1 cup plus 2 tsp whipped dairy topping or Devinly Whipped Topping (right)

1. Preheat the oven to 350° F. Line a small baking sheet with nonstick foil. Place the phyllo shells side by side on the baking sheet; make sure they don't touch.

2. In a small mixing bowl, whisk the egg whites, pumpkin puree, maple syrup, Truvia, brown sugar, and flour until well combined. Whisk in the vanilla, pumpkin pie spice, cinnamon, baking powder, and salt until well combined. Divide the filling among the phyllo shells, about 1 Tbsp in each.

3. Bake the pie-lets for 10 to 15 minutes, or until a toothpick inserted in the center comes out sticky—it shouldn't be runny and will have a slight wobble. Allow the pie-lets to cool to room temperature. Just before serving, top each with 1 tsp whipped topping. Enjoy immediately.

Per Serving: Calories 100, **Total Fat** 3 g (Sat. Fat 0.1 g), Cholesterol 0 mg, Sodium 140 mg, Potassium 105 mg, **Total Carbohydrate** 13 g (Fiber 1 g, Sugars 5 g), Protein 3 g, Phosphorus 45 mg
Choices: Carbohydrate 1, Fat 0.5

tip

Make the pie-let filling up to 24 hours ahead of time and refrigerate until you're ready to use. Fill the shells just before baking so they don't become soggy.

24 DEVINLY WHIPPED TOPPING

SERVES 12

SERVING SIZE: 1 Tbsp

PREPARATION TIME:

10 minutes

COOKING TIME:

5 minutes or less

- 3 large egg whites, at room temperature
- ¼ tsp cream of tartar
- ½ tsp xanthan gum (look for it in the baking section of the natural foods aisle of major grocery stores)
- ¾ cup light agave nectar

1. Add the egg whites, cream of tartar, and xanthan gum to the bowl of a stand mixer and mix on medium speed until combined and the egg whites have just started to foam.

2. Pour the agave in a small saucepan and place it over medium heat. Making sure to watch it very carefully, heat the agave until it comes to a boil. It boils quickly and may burn if unattended even for a few seconds.

3. Turn the mixer to high and slowly and carefully pour in the hot agave

(stand back, making sure that it does not accidentally splatter on you). Continue to whip until the topping is very thick, very fluffy, has very stiff peaks, and has turned white. Transfer any leftover topping to an airtight plastic container and store in the freezer for up to 2 weeks.

Per Serving: Calories 30, **Total Fat** 2 g (Sat. Fat 0.1 g), Cholesterol 2 mg, Sodium 90 mg, Potassium 35 mg, **Total Carbohydrate** 1 g (Fiber 0 g, Sugars 0 g), Protein 1 g, Phosphorus 15 mg
Choices: Fat 0

DARLING DESSERTS

PUDDING OR PIE-LETS? NICE THINGS COME IN SMALL PACKAGES

22 DARK CHOCOLATE "PUDDING"

SERVES 8

SERVING SIZE: ½ cup pudding,

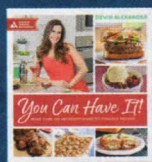
1 Tbsp whipped topping

PREPARATION TIME: 5 minutes

- 4 cups fat-free vanilla quark
- 4 Tbsp Truvia spoonable sweetener
- 1½ cups special dark 100% cocoa powder
- ¼ tsp sea salt
- 8 Tbsp whipped dairy topping or Devinly Whipped Topping (p. 90)

In a small mixing bowl or storage container, mix the quark, Truvia, and cocoa powder until there are no lumps at all and the ingredients are well combined. Transfer the mixture to martini glasses or other serving cups. Sprinkle the salt over the top. Add the whipped topping. Enjoy immediately.

Per Serving: Calories 100, **Total Fat** 2.5 g (Sat. Fat 1.4 g), Cholesterol 0 mg, Sodium 105 mg, Potassium 410 mg, **Total Carbohydrate** 19 g (Fiber 5 g, Sugars 6 g), Protein 13 g, Phosphorus 275 mg
Choices: Carbohydrate 1, Lean Protein 1



Recipes adapted 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.

tip

Though quark seems like yogurt, it's actually a soft cheese. Find it in the dairy section.



21 SLOW-COOKER CHIPOTLE STEAK SIMMER

SERVES 6

SERVING SIZE: About ¾ cup

PREPARATION TIME: 15 minutes

**COOKING TIME: 2 hours and
30 minutes**

- 1½ lb London broil (top round roast), cut into 1-inch cubes**
- ½ tsp salt-free Mexican seasoning**
- ¼ tsp kosher salt**
- 2 chipotle peppers, canned in adobo sauce, and ½ Tbsp sauce**
- 2 cups canned crushed tomatoes**
- 1 Tbsp Worcestershire sauce**
- 1 Tbsp light or dark brown sugar**
- 3 tsp olive oil, divided**
- 1½ cups diced red onion (in 1-inch pieces)**
- 1½ cups diced poblano pepper (in 1-inch pieces)**
- 1 tsp freshly minced garlic**

1. Add the cubed beef to a medium bowl. Sprinkle the beef with the Mexican seasoning and salt until evenly combined. Set aside.

2. Chop the chipotle peppers as finely as possible. Transfer them to a medium bowl. Add the adobo sauce, crushed tomatoes, Worcestershire sauce, and brown sugar. Set aside.

3. Place a large nonstick frying pan over medium heat. When hot, add 1 tsp of the olive oil, the onion, poblano pepper, and garlic. Spread the vegetables in an even layer. Cook them until they are tender but crisp, stirring occasionally so they are evenly cooked. Transfer them to a slow cooker.

4. In the now-empty frying pan, over medium-high heat, add 1 tsp of the olive oil. Use a basting brush to distribute the

oil over the bottom of the pan. Add half of the seasoned beef cubes. Sear the beef until it's browned on all sides, about 1 minute per side. Add the meat to the slow cooker. Add the remaining 1 tsp of the olive oil to the pan, sear the remaining beef cubes, then add to the slow cooker.

5. Add the crushed tomato and adobo mixture to the slow cooker and stir. Turn the slow cooker to low and cover. Make sure the meat is submerged in the liquid as much as possible. Simmer 2 to 4 hours, depending on your slow cooker, until the meat easily pulls apart with a fork.

Per Serving: Calories 190, Total Fat 6 g (Sat. Fat 2 g), Cholesterol 50 mg, Sodium 385 mg, Potassium 470 mg, **Total Carbohydrate 13 g** (Fiber 2 g, Sugars 7 g), Protein 26 g, Phosphorus 195 mg
Choices: Nonstarchy Vegetable 3, Lean Protein 3

20 ROSEMARY BEEF STEW

YIELDS 4

COOKING SIZE: About 2 cups

PREPARATION TIME: 20 minutes

COOKING TIME: 1 hour and 15 minutes

1 Tbsp whole grain oat flour
1 tsp sea salt
1 Freshly ground black pepper, to taste
1 lb trimmed London broil (aka top round roast), cut into ¾-inch cubes
1 tsp extra virgin olive oil, divided
1 small onion, cut into chunks (about 1¾ cups)
4 medium garlic cloves, sliced as thinly as possible
2 cups lower-sodium beef broth
1 cup low-sodium beef broth, plus ½ cup if needed
1 sprig rosemary
2 medium carrots (about ¾ lb), peeled and cut into ½-inch rounds (about 2¼ cups)
1 lb peeled light sweet potatoes, cut into 1-inch chunks (about 3½ cups)
1 lb 1-inch asparagus pieces (about 2 cups)

In a medium bowl, sprinkle the flour, salt, and pepper over the beef. Toss until the beef is evenly coated.
 Preheat a large nonstick stockpot over medium-high heat. Add 1 tsp of the oil, then add the beef. Sear the beef on all sides, for about 1 minute per side. Turn the heat to medium and add the remaining ½ tsp of oil, the onion, and garlic. Cook for about 5 minutes, stirring occasionally with a wooden spoon and scraping any brown bits from the bottom of the pan, until the onions are tender. Add the broths, rosemary, and carrots. Bring to a boil,

then turn the heat to medium-low and cover the pot (the broth should be boiling slightly). Cook for 45 minutes.

3. Add the potatoes. If needed, add the remaining ½ cup of low-sodium broth to cover the potatoes. Continue cooking, covered, for 30 to 45 minutes, until the potatoes are tender and the meat comes apart with a fork.

4. Meanwhile, a few minutes before the stew is finished, fill a small stockpot half full with water and heat over medium-high heat until boiling. Add the asparagus and boil for 1 to 3 minutes, until tender but crisp.

5. Season the stew with additional black pepper, if desired. Portion about 1½ cups of stew per bowl, adding about ½ cup asparagus to each if you plan to enjoy it immediately. Otherwise, refrigerate the stew and the asparagus separately, adding asparagus just before serving.

Per Serving: Calories 290, **Total Fat** 6 g (Sat. Fat 2 g), **Cholesterol** 50 mg, **Sodium** 465 mg, **Potassium** 620 mg, **Total Carbohydrate** 34 g (Fiber 6 g, Sugars 9 g), **Protein** 31 g, **Phosphorus** 200 mg
Choices: Starch 1.5, Nonstarchy Vegetable 2, Lean Protein 3



HANDHELDS & BOWLFULS

CASUAL COMFORT FOODS TO KEEP YOU AND YOURS
HAPPY AND WELL-FED DURING THE HOLIDAY BUSTLE

19 CALIFORNIA COBB GRILLED CHICKEN SANDWICHES

SERVES 2

SERVING SIZE: 1 sandwich

PREPARATION TIME: 10 minutes

COOKING TIME: 10 minutes

- 8 oz boneless, skinless chicken breast, visible fat trimmed, and pounded to ½-inch thickness
- Olive oil spray
- Freshly ground black pepper, to taste
- 2 slices center-cut bacon
- 2 multigrain sandwich thins
- ½ small ripe avocado, cut into 6 slices

- 2 small handfuls mixed baby greens
- Very thin slices red onion, to taste
- 2 large or 6 small tomato slices
- 2 Tbsp yogurt-based blue cheese dressing

1. Preheat a grill to high.
2. Mist the chicken breasts on both sides with oil spray. Season with the pepper.
3. Reduce the grill heat to low, if possible, or select a spot away from direct flame and place the chicken on the grill. Cook the chicken for 2 to 3 minutes per side, until it is no longer pink inside.

4. In the final minutes of cooking the chicken, add the bacon to the grill. Add the bun halves, cut sides down, to the top rack of the grill (or away from direct flame). Grill the bacon until it's lightly crisped, about 1 minute per side, and the bun halves until they are lightly toasted, about 30 seconds to 1 minute. Chop the bacon slices into very small pieces.
5. Place the bottom buns on a serving plate. Using a fork, slightly mash three avocado slices into each bun. Press the bacon pieces into the avocado. Divide the greens, onion, tomato, and chicken between the buns. Spread 1 Tbsp dressing on the inside of each bun top, and add it to a sandwich. Enjoy immediately.

Per Serving: Calories 350, Total Fat 11 g (Sat. Fat 3 g), Cholesterol 75 mg, Sodium 480 mg, Potassium 655 mg, **Total Carbohydrate** 29 g (Fiber 5 g, Sugars 6 g), Protein 35 g, Phosphorus 330 mg
Choices: Starch 1.5, Nonstarchy Vegetable 1, Lean Protein 4, Fat 0.5



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