

You Won't Really Die Crockpot Chili

INGREDIENTS

Olive oil spray (propellant free)

1 medium red onion, coarsely chopped

2 pounds extra lean (99% lean) ground turkey breast

1 (28-ounce) can crushed tomatoes

1 (14.5 ounce) can no-salt-added diced tomatoes, drained

1 tablespoon + 1 teaspoon chili powder

2 tablespoons brown sugar

1 tablespoon cocoa powder

2 teaspoons chipotle chili pepper (found in the spice aisle)

1 bay leaf

¼ teaspoon hot sauce or more, to taste (optional)

½ teaspoon sea salt

Fresh ground black pepper, to taste



Makes 8 Servings

Each (about 1 heaping cup) serving has: 176 calories, 2.4 g fat, trace saturated fat, 0 trans fat, 45 mg cholesterol, 12 g carbohydrates, 3 g fiber, 3 g sugars, 30 g protein, 359 mg sodium

Recipe compliments of Devin Alexander from "You Can Have It!" copyright 2018, American Diabetes Association.

www.devinalexander.com for more.

INSTRUCTIONS

Heat a large, nonstick soup pot to medium-high heat. Lightly mist it with spray. Add the onions and cook them, stirring occasionally, until the onions are tender, about 5-7 minutes. Remove them from the pan, turn the heat to medium high. When the pan is hot, remove it from the burner just long enough to mist it with spray. Add the turkey and cook it, breaking into bite-sized chunks as you do, until it is no longer pink throughout and there is no excess water in the pan, about 5 minutes.

Add the onions back to the pan. Stir in the crushed and diced tomatoes, chili powder, sugar, cocoa powder, chili pepper, and bay leaf. Cover the pot with a lid, and cook over low heat for at least two hours, stirring occasionally. Season with salt and pepper to taste. Enjoy immediately or allow it to cool to warm, then refrigerate any chili not consumed for up to 3 days.



facebook.com/
devinalexander



@ChefDevin



@DevinAlexander

Rebecca's Christmas Lasagna

After Jack passed, Rebecca made lasagna every Superbowl; Kevin and Rebecca had a scene that was a reunion that Rebecca calls, "A Gift from Jack!"

INGREDIENTS

Olive oil spray (propellant free)
½ teaspoon extra virgin olive oil
8 whole wheat or fiber enriched lasagna noodles
6 ounces baby kale leaves (remove any coarse stems before weighing)
1½ cups fat free ricotta cheese
1 egg white (preferably cage free)
2 tablespoons chopped parsley leaves
½ teaspoon garlic powder
2 teaspoons plus 1 tablespoon finely grated Parmesan cheese (preferably natural), divided
2 cups marinara sauce
2 ounces reduced fat mozzarella cheese
Fresh basil leaves, to taste, stems removed and cut into ribbons

Cook's Note

Look for a natural marinara sauce that has less than 200 mg of sodium and no added sugar.

Makes 4 Servings

Each (2 rollup) serving has: 340 calories, 7 g fat, 1.5 g saturated fat, 0 trans fat, 40 mg cholesterol, 450 mg sodium, 750 mg potassium, 45 g carbohydrate, 9 g fiber, 8 g sugars, 25 g protein, 445 mg phosphorus



INSTRUCTIONS

Preheat the oven to 350°F. Lightly mist an 11 × 7 inch casserole or baking dish with spray.

Fill a large soup pot two thirds full with water. Place it over high heat. When the water has come to a boil, add the olive oil and noodles. Cook them until they are al dente (tender with a slight bite), about 6–8 minutes, stirring occasionally. Drain the noodles (don't rinse them) and carefully (being sure not to burn yourself) place them on a large sheet of waxed paper or parchment paper so they don't touch.

Place a large nonstick frying pan over medium heat. Add the kale. Place a medium lid (one that is smaller than the pan) directly onto the kale. When the kale on the bottom is wilted, lift the lid. Using a wooden spoon, stir the kale and then cover it again. Repeat until all the kale has wilted, about 2–5 minutes. Remove the kale from the heat and let it cool completely.

Meanwhile, in a medium mixing bowl, combine the ricotta, egg white, parsley, garlic powder, and 2 teaspoons of the Parmesan. Mix them until well combined. Set aside.

Squeeze as much water out of the cooled kale as possible. Then transfer it to a lint free kitchen towel and twist it until all the liquid has been removed. It should be dry. Transfer it to a cutting board and roughly chop it until it's finely chopped. Add the chopped kale to the ricotta mixture. Using a rubber spatula, mix the kale and ricotta until well combined.

Lay the noodles on a cutting board or other clean work surface side by side so that one of the shorter ends of each noodle is closest to you. Divide the ricotta mixture among the noodles, about 1/4 cup in each, spreading it over the entire length of the noodles except the last inch on the side furthest from you. Roll each noodle, starting at the end closest to you, being careful to keep the filling inside.

Spread 1 cup of the marinara sauce on the bottom of the prepared casserole dish. Add the lasagna rolls side by side, evenly spaced in the dish. Drizzle the remaining sauce over the tops so some stays on top and the rest drips down to cover the rollups as much as possible. Distribute the mozzarella evenly over the top. Then sprinkle the remaining tablespoon of Parmesan evenly over top. Cover the baking dish with nonstick foil (shiny side up), and bake the rollups for 30 minutes.

Remove the foil. Bake the rollups uncovered until cheese has melted and has started to become just golden brown in spots, about 5 minutes. Garnish with fresh basil ribbons, if desired. Enjoy immediately.

Recipe compliments of Devin Alexander from "You Can Have It!" copyright 2018, American Diabetes Association. www.devinalexander.com for more.



facebook.com/
devinalexander



@ChefDevin



@DevinAlexander



facebook.com/
devinalexander



@ChefDevin



@DevinAlexander

Kevin's Keep Your Girl Fries

INGREDIENTS

- Olive oil spray (propellant free)
- 1 butternut squash (at least 2½ pounds; not all will be used for this recipe) or 1 pound crinkle cut butternut squash sticks
- 2 teaspoons extra virgin olive oil
- ¼ cup shredded Parmesan cheese (preferably natural)
- ¼ cup finely chopped flat leaf parsley
- 2 tablespoons freshly minced garlic
- ½ teaspoon ground paprika
- ⅓ teaspoon sea salt
- Crinkle cutter

Cook's Note

This recipe calls for a squash that is at least 2 1/2 pounds so you can handle it with ease. You will have a hearty portion of the squash leftover to use in another recipe. But if you buy a smaller squash, it will be very difficult to get even, fry like pieces.

Makes 4 Servings

Per serving: 110 calories, 4 g fat, 1 g saturated fat, 0 trans fat, 5 mg cholesterol, 190 mg sodium, 435 mg potassium, 15 g carbohydrate, 3 g fiber, 3 g sugars, 4 g protein, 45 mg phosphorus

Recipe compliments of Devin Alexander from "You Can Have It!" copyright 2018, American Diabetes Association. www.devinalexander.com for more.



INSTRUCTIONS

Preheat the oven to 325°F. Line a large baking sheet with nonstick foil. Lightly mist it with spray.

Cut both ends from the squash, then peel it, making sure to remove both the very outer layer of peel and the inner bit that is much lighter than most of the squash. Cut the squash in half lengthwise. Using a large spoon, scrape out the seeds. Cut the top portions just above the seeds off both halves (reserve the area with the seeds for another recipe). Using a crinkle cutter, cut 1/2 inch thick by approximately 4 inch long fry like pieces from the top portions until you have 1 pound of "fries" (reserve any excess with the bottoms).

Transfer the fries to a medium mixing bowl. Drizzle them with olive oil then sprinkle the cheese, parsley, garlic, paprika, and salt over top. Gently toss them until the fries are evenly coated.

Place the fries on the prepared baking sheet so they don't touch. Bake them until the fries are caramelized and tender throughout, about 20–25 minutes per side. Enjoy immediately.

No Lemon So Sour Sober Lemonade

Jack always said that there's no lemon so sour you can't make lemonade, making it the perfect drink for our party!

INGREDIENTS

- Lemons
- Water
- Zero calorie natural sweetener

INSTRUCTIONS

Squeeze the juice from the lemons and add it to a pitcher. Add about 4 to 6 times as much water as fresh squeezed lemon juice, to preference. Add sweetener to taste. Add ice and enjoy.

Recipe compliments of Devin Alexander from "You Can Have It!" copyright 2018, American Diabetes Association. www.devinalexander.com for more.



[facebook.com/
devinalexander](https://facebook.com/devinalexander)



[@ChefDevin](https://twitter.com/ChefDevin)



[@DevinAlexander](https://www.instagram.com/DevinAlexander)



[facebook.com/
devinalexander](https://facebook.com/devinalexander)



[@ChefDevin](https://twitter.com/ChefDevin)



[@DevinAlexander](https://www.instagram.com/DevinAlexander)

Can't Forget Jack's Birthday Banana Muffins

INGREDIENTS

- Butter-flavored cooking spray
- ½ cup unbleached flour
- ½ cup whole grain oat flour
- ½ teaspoon baking soda
- ½ teaspoon salt
- ¼ teaspoon baking powder
- ½ cup mashed very ripe banana
- ½ cup brown sugar (unpacked)
- 1 large egg white
- 1/3 cup fat-free vanilla or banana yogurt (not Greek yogurt)
- 2¼ cups Devinly Whipped Topping (Recipe follows)

INSTRUCTIONS

Preheat the oven to 350°F. Mist 9 foil cupcake wrappers with spray and place them in a cupcake pan. Combine the flour, baking soda, salt, and baking powder in a small bowl. Stir with a fork until combined. Set aside.

Combine the banana, sugar, egg white, and yogurt in a large mixing bowl. Use a sturdy whisk or a spatula to mix until thoroughly blended. Add the flour mixture. Stir until no flour is visible. Then spoon the batter evenly among the prepared cupcake wrappers, filling them three-quarters full.

Bake for 22 to 30 minutes, or until a toothpick inserted in the center comes out dry (the toothpick should not be clean; it should be sticky, but not wet).

Cool in the pan on a rack for 10 minutes. Remove the muffins from the pan to the rack and cool completely. Frost each cupcake with 3 tablespoons Devinly Whipped Topping. Refrigerate any leftovers in an airtight container for up to 3 days.

Makes 9 Cupcakes. Each (1 cupcake serving) has: 112 calories, 2 g protein, 25 g carbohydrates, 2 g fat, 1 g saturated fat, trace cholesterol, 1 g fiber

Recipe compliments of Devin Alexander from “You Can Have It!” copyright 2018, American Diabetes Association. www.devinalexander.com for more.



facebook.com/
devinalexander



@ChefDevin



@DevinAlexander



Devinly Whipped Topping

Cook's Note: Note that this recipe could yield as many as 8 cups. With a recipe like this, there are so many factors that play into how aerated the topping becomes. If it yields more than 6 cups for you, then it will have even fewer calories and fewer grams of sugar than listed. I've never seen this recipe yield less than 6 cups, so, to be safe, we based the nutrition information on that yield for anyone who needs to closely monitor their nutritional intake.

Look for xanthan gum in the baking section or the natural foods aisle of major grocery stores or natural foods stores. I know this ingredient sounds scary, but I promise it's not a chemical!

INGREDIENTS

- 3 large egg whites (preferably cage free), at room temperature
- ½ teaspoon cream of tartar
- ¼ teaspoon xanthan gum
- ¾ cup light agave nectar

Makes 96 Servings

Each (1 TB) serving has: 10 calories, 0 fat, 0 saturated fat, 0 trans fat, 0 cholesterol, 0 sodium, 0 potassium, 2 g carbohydrate, 0 fiber, 2 g sugars, 0 protein, 0 phosphorus

Recipe compliments of Devin Alexander from “You Can Have It!” copyright 2018, American Diabetes Association. www.devinalexander.com for more.

INSTRUCTIONS

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.

Pour the agave into 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).

Turn the mixer to high and slowly and carefully pour the hot agave into the mixer (stand back, making sure that it does not accidentally splatter on you). Let it continue to whip until the topping is very thick and fluffy, has very stiff peaks, and has turned white.

Enjoy immediately and transfer any leftovers to an airtight plastic container and store in the freezer for up to 2 weeks.



facebook.com/
devinalexander



@ChefDevin



@DevinAlexander

Kate's New Favorite Ice Cream

Kate revealed her special bond with her dad was over ice cream!

INGREDIENTS

4 medium peeled frozen bananas (about
3½ ounces each)
3 tablespoons natural peanut butter
¼ cup unsweetened cocoa powder,
or to taste

Cook's Note

If you want the banana flavor to shine through, use just 2 tablespoons of cocoa powder. If you're like me and prefer this dessert to more closely resemble chocolate ice cream, use up to 4 tablespoons.

Makes 4 Servings

Each (½ cup) serving has: 170 calories, 7 g fat, 1.3 g saturated fat, 0 trans fat, 0 cholesterol, 45 mg sodium, 520 mg potassium, 28 g carbohydrate, 5 g fiber, 13 g sugars, 5 g protein, 105 mg phosphorus

Recipe compliments of Devin Alexander from "You Can Have It!" copyright 2018, American Diabetes Association.
www.devinalexander.com for more.



INSTRUCTIONS

Break the bananas into a few pieces and place them in the bowl of a food processor fitted with a chopping blade. Add the peanut butter, then sprinkle the cocoa powder over the bananas.

Process the mixture on high, stopping the machine and scraping down the sides of the bowl as needed. It will take at least a few minutes for the bananas and cocoa powder to fully incorporate and become thick and creamy like ice cream. (Stick with it. The payoff is chocolate peanut butter decadence!)

Divide the mixture among 4 martini glasses, heart shaped ramekins, or other small bowls and enjoy immediately.



[facebook.com/
devinalexander](https://facebook.com/devinalexander)



[@ChefDevin](https://twitter.com/ChefDevin)



[@DevinAlexander](https://www.instagram.com/DevinAlexander)