

25 Diabetic Recipes Your Family Will Love

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LASAGNA

- 1 c. chopped onions
- 1 c. sliced mushrooms
- 1/2 c. diced green peppers
- 1 tbsp. parsley flakes
- 1/2 tsp. each basil, oregano, chili powder
- 5 oz. Mozzarella cheese
- 1 garlic clove, minced
- 1 c. chopped carrots
- 3 c. tomatoes
- 1/4 tsp. dried rosemary
- 3 oz. grated Romano cheese
- 1 1/3 c. cottage cheese

Saute onions, garlic, mushrooms, carrots, and peppers until soft.

Add tomatoes, parsley, basil, oregano, chili powder, rosemary, and pepper.

Simmer 15 minutes.

Mix together the 3 cheeses.

Starting with sauce, layer with 8 cooked lasagna noodles and cheese in an 8 x 12 inch casserole.

Bake at 375 degrees for 30 minutes.

Makes 4 servings.



DIET PIZZA

- 1 oz. bread
- 2 oz. cheese
- 1/4 c. mushrooms, sliced
- Pinch of garlic powder
- Pinch of oregano
- Tomato sauce or catsup (optional)

Put mushrooms on toast and cover with cheese.

Sprinkle with seasonings.

Broil in oven until cheese is hot and bubbly.



FRUITED CHICKEN ROLLS

- 3 oz. blended cottage cheese
- 2 tbsp. skim milk
- 1 tbsp. cider vinegar
- 2 tsp. grated onion
- 1 tsp. salt
- 1 med. green pear, cubed
- 1 med. apple, cubed
- 1 c. chopped celery
- Lettuce leaves

Mix celery, apple, pear, chicken, and salt until smooth.

Add onion, vinegar, milk, and cheese and toss.

Serve on lettuce leaves.

Makes 3 rolls.



HERBED FISH FILLETS

- 1 lb. fillets
- 1/2 tsp. salt
- Dash of garlic powder
- 1/4 oz. drained chopped mushrooms
- 1/8 tsp. ground thyme
- 1/2 tsp. onion powder
- Dash of black pepper
- 1/2 tsp. dried parsley
- 1 tbsp. nonfat dry milk
- 1 tbsp. water
- 1/2 tsp. lemon juice

Sprinkle fish with salt and garlic powder.

Mix remaining ingredients and spread over fish.

Bake at 350 degrees for 20 minutes, until fish flakes with fork.



HERB SEASONED BROCCOLI

- 1/2 c. water
- 1 pkg. instant chicken broth and seasoning mix
- 2 c. broccoli spears
- 1/2 tsp. marjoram
- 1/2 tsp. basil
- 1/4 tsp. onion powder
- 1 tbsp. margarine
- 2 tsp. lemon juice

Combine water and broth mixture.

Add broccoli, sprinkle with seasonings.

Cover, bring to boil, simmer 6 minutes until tender.

Drain.

Divide on plates.

Top with margarine and lemon juice.

2 servings.

Optional: Serve with shrimps



MEXICAN SUPPER

- 8 oz. ground hamburger (or veal) Cook meat and green pepper in skillet.
- 1/3 c. chopped green pepper In blender, blend cabbage and onion.
- 1/4 head cabbage Drain cabbage mixture.
- 1/2 c. onion In saucepan, put tomato juice, cabbage and veal mixtures.
- 1 c. tomato juice Add salt and pepper to taste. Add chili powder.
- Salt & pepper to taste Cook until cabbage is done.
- 1 tsp. chili powder

ONION FRIED CHICKEN

- 1 broiler (2 1/2 to 3 lbs. cut up)
- 1 tsp. salt
- 1/2 tsp. pepper
- 2 onions, peeled and sliced
- 1 small carrot
- 1/2 c. water

Skin chicken.

Place chicken, sliced onions and sliced carrot in non-stick pan.

Sprinkle with salt and pepper.

Cover, cook on low heat for 30 minutes.

Tilt lid so liquid will evaporate.

Continue cooking for 20 minutes or until tender.

Place chicken on platter.

Return onions and carrots, add water, cook until thickened. Serve with rice or green beans.



ORIENTAL VEGETABLES

- Fresh broccoli
- Yellow squash
- Zucchini squash
- Onions
- Bell pepper
- Ginger
- Garlic powder
- Soy sauce
- Mushrooms (optional)
- Egg plant (optional)

Spray Teflon pan with Pam.

Cover and stir fry a few minutes.

Add soy sauce, lower heat and simmer for about 20 minutes.



POTATO SALAD

- 2 pkgs. cauliflower
- 1/2 c. chopped celery
- 2 tbsp. dill salad cubes
- 1 tbsp. chopped pimento
- 1 tbsp. chopped bell pepper
- 2 tbsp. mustard
- 1 tbsp. vinegar
- 2 tbsp. diet mayonnaise
- Sweetener, salt and pepper to taste

Cook cauliflower.

Mix all ingredients together.

Better if you can let chill a few minutes before eating.



SALMON OR TUNA PUFFS

- 8 oz. salmon or tuna, drained
- 1 c. skim milk
- 1/2 c. mushrooms, sliced
- 1/4 c. green pepper or pimento, chopped
- Salt and pepper to taste
- 2 eggs, separated

Combine fish, skim milk, mushrooms, and green pepper.

Bake at 375 degrees.

Meanwhile, beat egg whites with a dash of salt until stiff.

Beat egg yolks, fold whites into yolks a little at a time.

Pour over hot mixture and return to oven for another 20 minutes.

SPAGHETTI

- 12 oz. tomato juice
- 1 lg. can mushrooms, stems and pieces
- Salt to taste
- Garlic to taste
- Oregano to taste
- Dehydrated onion flakes
- 1 lg. green pepper, diced
- 2 cans bean sprouts

Cook all ingredients in covered saucepan.

Cook until mixture thickens.

Add bean sprouts; simmer 10 minutes.

Sauce will usually taste better after sitting over night in refrigerator.



TACOS

- 5 oz. raw ground veal (can also use lean beef)
- 1 tsp. chili powder
- 1 tsp. dehydrated onion
- 1/4 tsp. salt
- 1/4 tsp. onion powder
- 1/4 tsp. paprika
- 1 oz. bread (1 slice)

Dash Red Hot sauce

- 1/2 c. shredded lettuce
- 1 tbsp. pimento dressing
- 1 (7 oz.) jar pimento, drained
- 2 tbsp. vinegar
- 2 tbsp. prepared mustard
- Artificial sweetener equal to 4 tsp. sugar

Brown meat in Pam sprayed skillet.

Add seasonings and cook 5 minutes. Remove meat from skillet.

Toast bread lightly. Spread meat mixture over 1/2 of the slice. Fold and hold in place with toothpick.

Combine lettuce and pimento dressing. Cover taco.

Makes 1 serving.

Pimento Dressing: Combine pimento, vinegar and mustard.

Add sweetener. Blend until smooth.

Store in refrigerator and use as desired.

Makes 1 cup.

VEAL STEW

- 2 lb. veal, cut into cubes
- 12 oz. tomato juice
- 1 pkg. frozen peas
- 1 pkg. French style green beans
- 1 pkg. zucchini slices
- 1 tbsp. minced onions
- 1 tbsp. granulated brown sugar (twin)
- Garlic powder, salt and pepper to taste
- 1/2 tsp. cinnamon

Brown meat in lightly greased pan.

Combine with tomato juice, onion, salt, and pepper.

Simmer until meat is tender or pressure cook about 10 minutes.

Add frozen vegetables, and simmer until vegetables are done.

Add garlic powder, brown sugar substitute, and cinnamon.

Serves 6.

MACARONI AND CHEESE

- 1/2 c. non-fat skim milk
- 1 oz. cheese
- 1 oz. bread
- Salt & pepper to taste
- Dash of paprika
- Dash of mustard
- Dash of cayenne
- 1 egg, separated

Heat milk (do not boil), add cheese, bread, and seasonings.

As soon as cheese melts, remove from heat.

Add beaten egg yolks.

Beat whites stiff and fold in.

Bake at 350 degrees for 25 minutes until brown.



TURKEY STUFFED ZUCCHINI

- 4 med. zucchini, halved lengthwise
- 1 lb. ground turkey
- 1/4 c. onion, chopped
- 1 garlic clove, minced
- 1 tbsp. margarine
- 1 sm. tomato, chopped (1/2 c.)
- 1 tbsp. chopped parsley
- 1/2 tsp. salt
- 1/4 tsp. basil
- 1/8 tsp. pepper
- 1/2 c. crunchy nut (cereal nuggets or Grapenuts)
- 1 (8 oz.) container plain low-fat yogurt

Remove pulp from zucchini; chop and set aside.

Parboil zucchini shells in boiling water to cover for 1 minute. Drain and place in shallow baking dish.

Sautee turkey, onion, and garlic in margarine in skillet for 2 minutes.

Add chopped pulp, tomato, parsley, salt, basil, and pepper.

Sautee about 5 minutes longer or until zucchini is tender.

Add cereal and 1/2 cup of the yogurt. Spoon into shells.

Bake at 350 degrees for 10 to 15 minutes or until shells are tender.

Serve with remaining yogurt. Sprinkle with additional chopped parsley, if desired.

Makes 4 servings.

BROWNIES

- 1 c. cake flour
- 1/2 tsp. salt
- 1 tsp. baking powder
- 2 tbsp. cocoa
- 1 oz. melted chocolate
- 1/2 c. skim milk
- 1/4 c. vegetable shortening
- 3 eggs
- 1/2 c. sugar substitute
- 1/2 c. nuts, ground or slivered

Sift together first 3 ingredients.

Pour melted chocolate over shortening and blend well.

Beat eggs until thick and lemon colored.

Add sugar substitute; add chocolate mixture and part of dry ingredients.

Beat and add remaining dry mixture, alternately with the milk.

Fold in nuts.

Spread in 2 (8 inch) greased and paper lined pans.

Bake at 325 degrees for 17 to 20 minutes.

Makes 64 (1 x 2 inch) bars.



OATMEAL COOKIES

- 3/4 c. vegetable shortening
- Sugar Twin equivalent to 1 1/2 c. sugar (or Brown Sugar Twin)
- 1 egg
- 1/4 c. water
- 1 tsp. vanilla
- 3 c. uncooked oatmeal
- 1 c. flour
- 1 tbsp. salt
- 1/2 tsp. soda

Preheat oven to 350 degrees.

Beat together first 5 ingredients.

Sift dry ingredients together.

Add oatmeal and combine all together.

Drop by teaspoon on greased cookie sheet.

Bake at 350 degrees for 12 to 15 minutes.

Add nuts, raisins, dates, or chocolate chips for variety.

Makes 60 cookies.



ZUCCHINI - BASIL MUFFINS

- 2 eggs
- 3/4 c. milk
- 2/3 c. oil
- 2 c. flour
- Sugar substitute = to 1/4 c. sugar
- 1 tbsp. baking powder
- 1 tsp. salt
- 2 c. shredded zucchini
- 2 tbsp. minced basil
- 1/4 c. grated Parmesan cheese

Beat eggs in bowl.

Stir in milk and oil.

Combine flour, sugar, baking powder and salt.

Mix dry ingredients into egg mixture just until flour is moistened.

Batter should not be completely smooth.

Gently mix in zucchini and basil.

Fill greased muffin caps about 3/4 full.

Sprinkle with cheese.

Bake at 425 degrees for 20-25 minutes.

Remove from pan.

Makes 10-18 muffins depending on size of pan.



PEANUT BUTTER COOKIES

- 2 tsp. liquid sweetener
- 1 tbsp. butter
- 1/2 c. crunchy peanut butter
- 2 eggs, slightly beaten
- 1/2 c. skim milk
- 1 c. flour
- 1/4 tsp. baking soda

Melt shortening and peanut butter.

Add sweetener and eggs and blend well.

Add flour, alternately with milk to which baking soda has been added.

Mix well.

Drop by teaspoon on ungreased cookie sheet.

Bake at 375 degrees for 15 minutes.

Makes 40 cookies.



DATE NUT CAKE

- 1/2 c. butter or oleo, softened
- 1 tbsp. liquid sweetener
- 1 egg
- 1 c. chopped nuts
- 1 c. chopped dates
- 1 1/2 c. diet applesauce
- 1/2 tsp. cinnamon
- 1/4 tsp. cloves
- 1 tsp. vanilla
- 1 tsp. soda
- 2 c. flour

Cream butter or oleo.

Add egg, sweetener and vanilla; mix well.

Sift dry ingredients together and add to other mixture.

Stir in dates, applesauce and pecans.

After everything has been mixed, beat with a mixer at medium speed or until well blended.

Turn into a greased and floured loaf pan and bake at 350 degrees for nearly an hour.



APPLESAUCE CAKE

- 1 stick margarine, melted & cooled
- 1 1/2 c. unsweetened applesauce
- 1 egg, beaten
- 2 c. self-rising flour
- 1 tsp. soda
- 1/2 tsp. cinnamon
- 1/4 tsp. cloves
- 1/2 tsp. salt
- 2 tsp. sugar twin
- 3 tsp. lemon flavor
- 1 1/2 c. raisins, chopped & floured
- 1/2 c. chopped nuts

Blend together margarine, applesauce and egg.

Sift together flour, soda, spices and salt.

Add sugar twin; add to mixture and heat well.

Stir in lemon flavor.

Fold in raisins and nuts.

Pour into well greased and floured tube pan.

Bake in preheated 350 degree oven for 30 minutes.

Do not overbake.

PEACH JAM

- 1 qt. peeled peaches
- 2 tbsp. lemon juice
- 3 tsp. artificial sweetener
- 1 box powdered pectin

Crush peaches in saucepan. Stir in lemon juice, pectin and sweetener.

Boil 1 minute, stirring constantly. Remove from heat.

Continue to stir 2 minutes.

Pour into sterilized half-pint jars. Cool well then store in the refrigerator.

Yield: 2 1/2 half-pints.



STRAWBERRY JAM

- 1 c. berries
- 3/4 c. sugar-free strawberry pop
- 1 pkg. strawberry sugar-free Jello
- 3 packets Equal

Mash the berries, add soda pop and cook 1 minute.

Remove from heat and stir in Jello until dissolved.

Stir in sweetener and pour in jars.

Seal and store in refrigerator.

Yields about 1 1/4 cups. You may use other fruits such as raspberries or cherries.



RASPBERRY MOUSSE

- 2/3 c. Strawberry Fanciful
- 1/8 tsp. cream of tartar
- 2 egg whites
- 1/2 c. whipping cream

Add cream of tartar to egg whites, beat until stiff, but not dry.

Fold into Strawberry Fanciful.

Fold the whipped cream into the fruit mixture.

Chill before serving or freeze for frozen mousse.

For flavor variation try: Strawberry, blueberry, orange pineapple, pineapple berry or peach.

ENERGY BARS

- 1/2 c. dates
- 1/2 c. raisins
- 1/2 c. prunes
- 3 eggs
- 1/2 c. oleo or margarine
- 1 tsp. soda
- 1 tsp. vanilla
- 1/4 tsp. salt
- 1 c. flour

Cut up fruits and boil with 1 cup water add margarine.

Mix all the other ingredients with eggs and dry ingredients.

Add fruit mixture.

Bake in greased 9 inch square pan at 350 degrees for 25 to 30 minutes.

Optional:

1/4 teaspoon cinnamon may be added.

1/2 cup nuts or coconut flakes may be used.

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