

How to Make Spaghetti Squash

Ingredients:

1 spaghetti squash, halved lengthwise and seeded

Spaghetti sauce (optional)

1. Preheat oven to 350°.
2. Cut spaghetti squash in half.
3. Pour an inch or so of water into a glass baking dish.
4. Place 2 sides of squash with cut sides down into the dish and bake 30 minutes or until a sharp knife can be inserted easily.
5. Remove squash from oven and set aside to cool enough to be easily handled.
6. Use a fork to scrape out the stringy pulp from the squash and place in a serving bowl and add your favorite topping!



Cucumber-Yogurt Dip with Dill & Lemon

Ingredients:

1 cup plain or non-fat Greek yogurt

1 cup diced cucumber (peel optional)

1 clove garlic, minced

1 Tbsp. fresh dill, minced

1-2 tsp. lemon juice

Salt and pepper to taste

Place yogurt in a bowl and stir. Add cucumber, garlic, dill and lemon juice.

Stir gently and taste. Add salt and pepper if needed.



Serving suggestion: Top with spaghetti sauce and parmesan cheese!

Nutrition Facts

Servings per recipe: 1
Calories: 41.9
Total Fat: 0.4g
Cholesterol: 0.0mg
Sodium: 27.9mg
Total Carbs: 10.0g
Dietary Fiber: 2.2g
Protein: 1.0g



Source: Adapted from University of Maryland, Dept. of Agriculture and Natural Resources.
<http://www.eatsmart.umd.edu/recipe/spaghetti-squash-tomatoes-basil-and-parmesan>

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Nutrition Facts

Servings per recipe: 8
Calories: 20.2
Total Fat: 0.0g
Cholesterol: 0.0mg
Sodium: 33.0mg
Total Carbs: 1.6g
Dietary Fiber: 0.1g
Protein: 3.0g



Source: Adapted from <http://recipefinder.nal.usda.gov/recipes/cucumber-yogurt-dip>

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Fresh and Easy Salsa

Ingredients:

- 6 large tomatoes (Roma's preferably), chopped
- 1 onion, chopped
- ¾ cup green chili peppers, chopped
- 1 tsp. vinegar
- 1 tsp. salt



1. Combine all ingredients in a food processor or blender and process until ingredients are blended (a few seconds). Enjoy with tortilla chips, on grilled fish or on morning eggs!



Green Beans, Cranberries and Nuts

Ingredients:

- 1 cup fresh green beans, trimmed and cut into 4" pieces
- 2 tsp. canola or olive oil
- 2 Tbsp. dried cranberries or ½ cup fresh or frozen cranberries
- 2 Tbsp. chopped nuts (walnuts, pecans, or almonds)
- ½ Tbsp. honey
- Lemon pepper, dill, or seasoning blend of your choice to taste



1. Cook beans until tender crisp and drain.
2. Heat oil in saucepan, add cranberries and nuts. Cook stirring often.
3. Once cranberries are softened, stir in green beans; cook until beans are heated through.
4. Add honey and stir well. Serve beans hot sprinkled with choice of seasoning(s).



Nutrition Facts

Servings per recipe: 16

Calories: 11.9

Total Fat: 0.1g

Cholesterol: 0.0mg

Sodium: 173.8mg

Total Carbs: 2.6g

Dietary Fiber: 0.3g

Protein: 0.1g



Source: Adapted from recipefinder.gov

http://recipefinder.nal.usda.gov/recipe/export/recipe_print/46/4

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Nutrition Facts

Servings per recipe: 2

Calories: 130

Total Fat: 8g

Cholesterol: 0mg

Sodium: 240mg

Total Carbs: 15g

Dietary Fiber: 3g

Protein: 2g



Source: Dining with Diabetes curriculum, West Virginia University, Department of Extension, 2003.

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Pesto**Ingredients:**

2 cups fresh basil leaves
 3 garlic cloves, unpeeled and roasted (optional)
 ¼ cup pine nuts or walnuts
 7 Tbsp. extra-virgin olive oil
 ¼ cup grated Parmesan cheese
 Salt and pepper



1. Roast garlic on stovetop if desired.
2. Combine garlic, nuts, basil, oil, Parmesan, and ½ teaspoon salt in food processor until smooth, scraping down bowl as needed, about 1 minute. Taste. Season with salt and pepper if needed.

Paired well with grilled fish, spaghetti, and on toasted breads.

Recipe makes: ¾ cup

**Baked Parmesan-Breaded Eggplant****Ingredients:**

1-2 eggplant, peeled	¾ cup bread crumbs
cooking spray	¾ cup grated Parmesan cheese
½ tsp. salt	2 egg whites, whipped
½ tsp. pepper	



1. Preheat oven to 450°.
2. Peel and slice eggplant.
3. Spray a baking sheet. Mix bread crumbs and cheese in a bowl. Whip egg whites in a bowl. Dip eggplant in egg whites and crumb mixture to coat both sides, patting to help coating adhere. Place on baking sheets. Bake 10 minutes or until golden brown, rotating pans halfway through baking and turning eggplant slices over halfway through baking using a spatula.

20 calories - WHOLE CUP! Vitamins B, C and Magnesium



Nutrition Facts

Servings per recipe: 16

Calories: 142.7

Total Fat: 13.2g

Cholesterol: 1.6mg

Sodium: 56.4mg

Total Carbs: 6.9g

Dietary Fiber: 4.2g

Protein: 2.8g



Source: http://recipes.sparkpeople.com/recipe_details.asp?nutrition_id=12438728

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Nutrition Facts

Servings per recipe: 4

Calories: 202.8

Total Fat: 6.9g

Cholesterol: 14.8mg

Sodium: 564.6mg

Total Carbs: 22.2g

Dietary Fiber: 3.8g

Protein: 13.4g

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