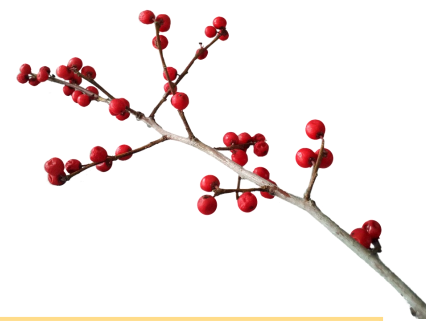


Your Diabetes Friendly Holiday Meals



Having a balanced meal does not mean dinner has to be boring, especially during the holidays. Our CHN nutritionists put together recipes for a tasty, and diabetes friendly meal.

Apple salad with figs and almonds

Ingredients:

- 2 red apples, cored and diced
- 6 dried figs, chopped
- 2 ribs of celery, diced
- 1/2 cup fat-free lemon yogurt
- 2 tablespoons slivered almonds
- 2 carrots, peeled and grated

Directions:

In a small bowl, combine apples, figs and celery. Add yogurt and mix well. Top with almonds and grated carrots.

Cauliflower mash

Ingredients:

- 1 head cauliflower
- 1 clove garlic
- 1 white leek
- 1 tablespoon of butter
- Black pepper to taste

Directions:

Break cauliflower into small pieces. Steam cauliflower, garlic and leeks in water for 30 minutes.

While cauliflower is hot, puree until the veggies look like mashed potatoes.

Use a food processor, blender, or mashing tool to puree. Stir in butter and pepper to taste.

Herb-rubbed turkey

Ingredients:

- 1 thawed turkey (about 15 pounds)
- 1 tablespoon olive oil
- 4 sprigs of rosemary
- 3 to 4 cloves garlic
- 1/2 cup water
- 1 cup balsamic vinegar
- 3 tablespoons brown sugar

Directions:

Preheat the oven to 325°F. Rinse turkey inside and out. Rub oil, rosemary and garlic cloves on turkey and place the rosemary and garlic inside. Loosely tie the legs together and put in oven.

When skin is light (after about 1 1/2 hours) cover the breast with tin foil. Check if the turkey is done after it has roasted about 3 to 3 1/2 hours.

To make the sauce, stir vinegar, 1 cup of pan drippings and brown sugar in a bowl. Put in microwave for 20 seconds.

Green beans with lemon and garlic

Ingredients:

- 2 pounds green beans, ends trimmed
- 1 tablespoon olive oil
- 3 tablespoons butter
- 2 garlic cloves, minced
- 1 teaspoon red pepper flakes
- 1 tablespoon lemon zest
- Salt and black pepper

Directions:

Boil green beans in salted water for 2 minutes. Drain them. Heat in a skillet over medium heat. Add the oil and butter. Add garlic and red pepper flakes and beans. Sauté until coated in the butter and heated through (about 5 minutes). Add lemon zest and season with salt and pepper.

Spiced apple pudding

In a saucepan, combine 1/2 cup apple juice and 1/3 cup cornstarch. Mix well. Add 1 1/2 cups of apple juice. Stir on medium heat until it comes to a boil for 2 minutes. In a bowl, beat egg. Add 1/2 cup of hot mixture to beaten egg. Stir until smooth. Slowly add in the rest. Stir in a pinch of sugar and cinnamon. Pour into 4 dessert dishes and keep in refrigerator.



Quinoa stuffing with apples, kale, and butternut squash

Ingredients for stuffing:

- 1 cup tri-color quinoa, dry
- 2 cups water or unsalted vegetable stock
- 1 medium butternut squash (about 2 pounds), peeled and cut into 1/2 inch cubes
- 1 teaspoon salt
- 1 tablespoon olive oil
- 2 medium Honeycrisp apples, cored, skin on, cut into 1/2 inch pieces
- 2 cups green kale, washed, dried, cut into small pieces
- 1/3 cup dried cranberries
- 1/4 cup pistachios, toasted and chopped
- Salt and black pepper, to taste

Ingredients for apple

cider vinaigrette:

- 1 teaspoon Dijon mustard
- 1 teaspoon maple syrup
- 1 tablespoon apple cider vinegar
- 1 tablespoon apple cider
- 2 tablespoons extra virgin olive oil
- Sea salt and black pepper

Directions:

Prep the quinoa: rinse the dried quinoa with water. Place the quinoa in a medium sized pot, along with 2 cups of water or vegetable stock and 1 teaspoon salt. Bring to a boil. Cover and reduce to a simmer. Cook for about 15 minutes, until soft. Fluff with a fork.

Preheat the oven to 400°F to roast the butternut squash. Peel the outer layer of the squash with a vegetable peeler. Cut the squash in half lengthwise and scoop out the seeds. Cut squash into 1/2 inch cubes. Toss with olive oil and season to taste with salt and pepper. Roast for 20 to 25 minutes, until soft.

Toss the quinoa with the butternut squash, Honeycrisp apple, kale, cranberries, and pistachios.

Prep the vinaigrette: whisk the Dijon mustard and maple syrup together. Whisk in the vinegar and apple cider. Slowly whisk in the olive oil, salt and pepper. Mix the vinaigrette into the quinoa stuffing. Serve warm.

Eating Balanced Meals and Living with Diabetes:

Take good care of yourself and your diabetes by learning:

- What to eat
- How much to eat
- When to eat

Make smart food choices to help you:

- Feel good every day
- Lose weight if you need to
- Lower your risk for heart disease, stroke, and other health problems caused by diabetes

Eating balanced meals helps keep your blood sugar in your target range. Exercise and diabetes medicines (if needed) also help you stay in your target range.

Your diabetes target range is where your blood sugar levels should be for good health. Stay healthy by keeping your blood glucose levels in check.

