

Diabetes-Friendly

Dinners and Desserts COOKBOOK



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DIABETES-FRIENDLY DINNERS AND DESSERTS

You can still enjoy mouthwatering meals and tasty treats when you have diabetes.

This collection of dinners and desserts is diabetes-friendly and delicious!

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Prep Time: 15 mins
Cook Time: 50 mins
Total Time: 1 h 5 mins
Servings: 4



Lemon Cheesecake Mousse

Servings: 6

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Apple and Fennel Roasted Pork Tenderloin



Nutritional Info (Per serving):

Calories: 279
Saturated Fat: 2g
Sodium: 371mg
Dietary Fiber: 5g
Total Fat: 10g
Carbs: 23g
Cholesterol: 74mg
Protein: 25g

Prep Time: **15 min**

Cook Time: **1 hr**

Total Time: **1 h 15 min**

Servings: **4**

INGREDIENTS

- 2 large apples, red, tart-sweet, such as Fuji or Braeburn, sliced
- 1 large fennel bulb, trimmed, cored and thinly sliced, plus 1 tablespoon chopped fronds for garnish
- 1 large onion, red, sliced
- 1 2/3 tablespoon oil, canola, divided
- 1 pound pork, tenderloin, trimmed
- 1 teaspoon salt, Kosher
- 1/4 teaspoon black ground pepper
- 3 tablespoon vinegar, cider

PREPARATION

1. Position racks in upper and lower thirds of oven; preheat to 475°F.
2. Toss apples, sliced fennel and onion with 1 tablespoon of oil in a large bowl. Spread out on a rimmed baking sheet. Roast on the lower oven rack, stirring twice, until tender and golden, 30 to 35 minutes.
3. About 10 minutes after the apple mixture goes into the oven, sprinkle pork with salt and pepper. Heat the remaining 2 teaspoons oil in a large ovenproof skillet over medium-high heat. Sear the pork on one side, about 2 minutes. Turn the pork over and transfer the pan to the top oven rack. Roast until just barely pink in the center and an instant-read thermometer registers 145°F, 12 to 14 minutes.
4. Transfer the pork to a cutting board and let rest for 5 minutes. Immediately stir vinegar into the pan (be careful, the handle will be hot), scraping up any browned bits, then add to the apple mixture. Thinly slice the pork; serve with the apple mixture and sprinkle with fennel fronds.

Recipe Credit: [EatingWell](#)

Cilantro-Lime Flank Steak



Nutritional Info (Per serving):

Calories: 203
Saturated Fat: 3g
Sodium: 250mg
Dietary Fiber: 1g
Total Fat: 9g
Carbs: 5g
Cholesterol: 47mg
Protein: 26g

Prep Time: **1hr 30 min**

Cook Time: **21 min**

Total Time: **1 h 51 min**

Servings: **4**

INGREDIENTS

- 1 pound beef, flank steak
- 1/4 cup water
- 1/4 cup lime juice
- 6 cloves garlic minced
- 2 tablespoons cilantro, fresh snipped
- 2 teaspoons oregano, fresh snipped
- 1/4 teaspoon chili powder
- 1/4 teaspoon salt
- 1/8 teaspoon pepper, black ground
- limes wedges (optional)
- cilantro (optional)

PREPARATION

1. Trim fat from steak. Score both sides in a diamond pattern by making shallow diagonal cuts at 1-inch intervals. Place in a resealable plastic bag set in a bowl.
2. For marinade, in a small bowl, combine water, lime juice, garlic, cilantro, oregano, and chili powder. Pour over steak. Seal bag; turn to coat. Marinate in the refrigerator for 1 to 2 hours, turning often.
3. Drain steak, reserving marinade. Sprinkle with salt and pepper. Place on the rack of an uncovered grill directly over medium coals. Grill for 17 to 21 minutes or until medium doneness (160°F), turning once and brushing meat with reserved marinade halfway through grilling. Discard remaining marinade.
4. To serve, thinly slice steak across the grain. Arrange on 4 plates. If desired, garnish with lime wedges and cilantro. Makes 4 servings.

Recipe Credit: **diabetic**
LIVING

Grilled Salmon with Mustard & Herbs



Nutritional Info (Per serving):

Calories: 212
Saturated Fat: 2g
Sodium: 261mg
Dietary Fiber: 0g
Total Fat: 12g
Carbs: 1g
Cholesterol: 67mg
Protein: 23g

Prep Time: **15 min**

Cook Time: **25 min**

Total Time: **40 min**

Servings: **4**

INGREDIENTS

2 whole lemons thinly sliced,
plus 1 lemon wedge for garnish
20 sprig herbs, mixed, fresh
plus 2 tablespoons chopped, divided
1 clove garlic

1/4 teaspoon salt

1 tablespoon mustard, dijon-style

1 pounds fish, salmon fillet, center-cut

PREPARATION

1. Preheat grill to medium-high.
2. Lay two 9-inch pieces of heavy-duty foil on top of each other and place on a rimless baking sheet. Arrange lemon slices in two layers in the center of the foil. Spread herb sprigs over the lemons.
3. With the side of a chef's knife, mash garlic with salt to form a paste. Transfer to a small dish and stir in mustard and the remaining 2 tablespoons chopped herbs.
4. Spread the mixture over both sides of the salmon. Place the salmon on the herb sprigs.
5. Slide the foil and salmon off the baking sheet onto the grill without disturbing the salmon-lemon stack. Cover the grill; cook until the salmon is opaque in the center, 18 to 24 minutes.
6. Wearing oven mitts, carefully transfer foil and salmon back onto the baking sheet. Cut the salmon into 4 portions and serve with lemon wedges (discard herb sprigs and lemon slices).

How to skin a salmon fillet: Place skin-side down. Starting at the tail end, slip a long knife between the fish flesh and the skin, holding down firmly with your other hand. Gently push the blade along at a 30° angle, separating the fillet from the skin without cutting through either. *Make sure to buy omega-3 rich wild-caught salmon instead of farm raised.*

Recipe Credit: **EatingWell**

Shaker-Style Smoked Chicken Thighs



Nutritional Info (Per serving):

Calories: 255
Saturated Fat: 4g
Sodium: 215mg
Dietary Fiber: 0g
Total Fat: 15g
Carbs: 1g
Cholesterol: 98mg
Protein: 27g

Prep Time: **40 min**

Cook Time: **20 min**

Total Time: **1 hr**

Servings: **4**

INGREDIENTS

- 1/2 cup cider vinegar
- 1/4 cup extra-virgin olive oil
- 3/4 teaspoon salt, Kosher
- 1/4 cup shallots, chopped (about 2 medium)
- 2 cloves garlic, chopped
- 2 pounds chicken, thighs, boneless, skinless, trimmed of fat
- 1 cup wood chips, apple or orange, or hickory, in a foil pouch

PREPARATION

1. Whisk vinegar, oil and salt in a medium bowl. Stir in shallots and garlic. Add chicken and toss to coat. Cover and marinate in the refrigerator for 20 minutes to 3 hours.
2. Prepare wood-chip packet.
3. Place the packet under the grill racks. Preheat grill and packet until smoky
4. Transfer the chicken to the grill, allowing excess marinade to drip back into the bowl (discard marinade). Grill the chicken, turning once, until cooked through, 6 to 8 minutes per side. Serve hot or chilled.

NOTES

Chicken is fully cooked when it has reached an internal temperature of 165 F.

Recipe Credit: [EatingWell](#)

Lentil Kale Soup



Nutritional Info (Per serving):

Calories: 240
Saturated Fat: 0.4g
Sodium: 221mg
Dietary Fiber: 9g
Total Fat: 4g
Carbs: 39g
Cholesterol: 0
Protein: 13g

Prep Time: **10 min**

Cook Time: **35 min**

Total Time: **45 min**

Servings: **4**

INGREDIENTS

- 2 teaspoons olive oil
- 1 cup carrots, peeled and chopped
- 1 cup celery, chopped
- 1 cup onions, yellow, chopped
- 4 cups broth, vegetable, low-sodium
- 2 cloves garlic, minced
- 1 tablespoon oregano, dried
- 1 leaf bay leaf
- 1 can tomatoes, diced (14.5 ounces)
- 2/3 cup lentils, red dried, rinsed
- 1 teaspoon cumin, ground
- 1 dash chili powder
- 1/4 teaspoon pepper, black ground
- 3 cups kale, chopped

PREPARATION

1. In a stock pot, warm the oil and then saute carrots and celery for 5 minutes or until al dente. Add the onion and continue to cook for 3 more minutes or until the onions are softened.
2. Add the broth, garlic, oregano, bay leaf and tomatoes. Bring the heat up to a rapid simmer and cook for 5 minutes.
3. Add lentils and spices. Reduce heat to a gentle simmer and cook, covered, for about 15 minutes. Stir in the kale, allowing it to wilt and soften. Simmer for 5 minutes or until the lentils are tender and kale is bright green and tender. Discard the bay leaf. Serve hot.

Recipe Credit: Everyday Health

Warm Kale and Farro Salad



Nutritional Info (Per serving):

Calories: 377
Saturated Fat: 3.2g
Sodium: 283mg
Dietary Fiber: 10g
Total Fat: 14g
Carbs: 38g
Cholesterol: 44mg
Protein: 26g

Prep Time: **10 min**

Inactive Time: **5 min**

Cook Time: **25 min**

Total Time: **40 min**

Servings: **2**

INGREDIENTS

- 1/2 cup water
- 1/4 cup farro, dry
- 4 cups kale, chopped
- 1 medium lemon, juiced
- 2 teaspoons olive oil
- 1/2 cup carrots grated
- 12 whole tomatoes, yellow cherry halved
- 1 ounce pepper, red sweet, roasted, chopped
- 3 ounce chicken, breast, boneless, skinless, roasted, cut into cubes
- 2 tablespoon cheese, feta, crumbled
- 1/4 medium avocado, chopped

PREPARATION

1. Bring water to a boil. Stir in farro, return to a boil, and reduce heat to a simmer. Cover and cook until the water has been absorbed and the farro is softened, but firm in texture, about 25-30 minutes.
2. Once the farro is done cooking, remove the pot from the heat and allow to cool for 5 minutes. Then, add the kale, lemon juice, and oil to the pot stirring to evenly combine.
3. Divide the kale and farro mixture evenly between two serving plates. Top with the remaining ingredients and serve!

Recipe Credit: Everyday Health

Rosemary and Garlic Crusted Pork Loin With Butternut Squash and Potatoes



Nutritional Info (Per serving):

Calories: 299
Saturated Fat: 3g
Sodium: 365mg
Dietary Fiber: 3g
Total Fat: 10g
Carbs: 23g
Cholesterol: 63mg
Protein: 25g

Prep Time: **20 min**

Inactive Time: **15 min**

Cook Time: **1 hr 20 min**

Total Time: **1 hr 55 min**

Servings: **8**

INGREDIENTS

3 tablespoon rosemary, fresh chopped, or 1 tablespoon dried rosemary
4 cloves garlic minced
1 teaspoon salt, Kosher, divided
1/2 teaspoon pepper, black ground, plus more to taste
2 pounds pork, boneless center loin chop, trimmed

1 1/2 pounds potato, yukon gold small, scrubbed and cut into 1-inch cubes
4 teaspoons extra-virgin olive oil, divided
1 pounds squash, butternut peeled, seeded, cut into 1-inch cubes
1/2 cup wine, port or prune juice
1/2 cup broth, chicken, less sodium

PREPARATION

1. Preheat oven to 400°F.
2. Combine rosemary, garlic, 1/2 teaspoon salt and 1/2 teaspoon pepper in a mortar and crush with the pestle to form a paste. (Alternatively, finely chop the ingredients together on a cutting board.)
3. Coat a large roasting pan with cooking spray. Place pork in the pan and rub the rosemary mixture all over it. Toss potatoes with 2 teaspoons oil and 1/4 teaspoon salt in a medium bowl; scatter along one side of the pork.
4. Roast the pork and potatoes for 30 minutes. Meanwhile, toss squash with the remaining 2 teaspoons oil, 1/4 teaspoon salt and pepper in a medium bowl.

[continued on next page]

Recipe Credit: **EatingWell**

Rosemary and Garlic Crusted Pork Loin With Butternut Squash and Potatoes [continued]



Nutritional Info (Per serving):

Calories: 299
Saturated Fat: 3g
Sodium: 365mg
Dietary Fiber: 3g
Total Fat: 10g
Carbs: 23g
Cholesterol: 63mg
Protein: 25g

Prep Time: **20 min**

Inactive Time: **15 min**

Cook Time: **1 hr 20 min**

Total Time: **1 hr 55 min**

Servings: **8**

PREPARATION [continued]

5. Remove the roasting pan from the oven. Carefully turn the pork over. Scatter the squash along the other side of the pork.
6. Roast the pork until an instant-read thermometer inserted in the center registers 155°F, 30 to 40 minutes more. Transfer the pork to a carving board; tent with foil and let stand for 10 to 15 minutes. If the vegetables are tender, transfer them to a bowl, cover and keep them warm. If not, continue roasting until they are browned and tender, 10 to 15 minutes more.
7. After removing the vegetables, place the roasting pan over medium heat and add port (or prune juice); bring to a boil, stirring to scrape up any browned bits. Simmer for 2 minutes. Add broth and bring to a simmer. Simmer for a few minutes to intensify the flavor. Add any juices that have accumulated on the carving board.
8. To serve, cut the strings from the pork and carve. Serve with the roasted vegetables and pan sauce.

Recipe Credit: **EatingWell**

Asian Halibut and Brown Rice Packets



Nutritional Info (Per serving):

Calories: 389
Saturated Fat: 1g
Sodium: 294mg
Dietary Fiber: 3g
Total Fat: 8g
Carbs: 48g
Cholesterol: 37mg
Protein: 29g

Prep Time: **15 min**

Cook Time: **15 min**

Total Time: **30 min**

Servings: **4**

INGREDIENTS

- 3/4 cup water
- 2 tablespoon water
- 1 cup orange juice
- 2 tablespoon orange juice
- 2 teaspoon soy sauce, less sodium
- 2 cups instant brown rice
- 4 medium scallion(s) (green onions) sliced, whites and greens, separated
- 2 tablespoon hoisin sauce
- 1 tablespoon ginger, fresh, minced
- 1 tablespoon oil, toasted sesame
- 1 dash cooking spray
- 1 pounds fish, halibut fillets, skin removed, cut into 4 portions
- 1 large plum ripe, cut into 12 wedges

PREPARATION

1. Preheat a gas or charcoal grill.
2. Heat 3/4 cup water, 1 cup orange juice and soy sauce in a small saucepan until just simmering. Pour into a medium bowl; stir in rice and scallion whites and set aside, uncovered, for 10 minutes. Whisk hoisin sauce, ginger, sesame oil and the remaining 2 tablespoons each of water and orange juice in a small bowl.
3. Stack two 20-inch sheets of foil (the double layers will help protect the ingredients on the bottom from burning). Coat the center of the top layer with cooking spray. Place one-fourth of the rice mixture in the center. Set a piece of fish on the rice.

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Recipe Credit: **EatingWell**

Asian Halibut and Brown Rice Packets [continued]



Nutritional Info (Per serving):

Calories: 389
Saturated Fat: 1g
Sodium: 294mg
Dietary Fiber: 3g
Total Fat: 8g
Carbs: 48g
Cholesterol: 37mg
Protein: 29g

Prep Time: **15 min**

Cook Time: **15 min**

Total Time: **30 min**

Servings: **4**

PREPARATION [continued]

4. Arrange 3 wedges of plum on the fish. Top with one-fourth of the hoisin mixture and sprinkle with one-fourth of the scallion greens. Bring the short ends of the foil together, leaving enough room in the packet for steam to gather and cook the food. Fold the foil over and pinch to seal. Pinch seams together along the sides. Make sure all the seams are tightly sealed to keep steam from escaping. Make 3 more packets with the remaining ingredients.

5. Place the packets on a gas grill over medium heat or on a charcoal grill 4 to 6 inches from medium coals. Cover the grill and cook until the fish is opaque in the center, 8 to 12 minutes, depending on the thickness. (When opening a packet to check for doneness, be careful of steam.) Use a spatula to slide the contents of the packet onto a plate.

Recipe Credit: **EatingWell**

Apple Tuna Salad



Nutritional Info (Per serving):

Calories: 351
Saturated Fat: 1g
Sodium: 153mg
Dietary Fiber: 9g
Total Fat: 11g
Carbs: 41g
Cholesterol: 26mg
Protein: 26g

Prep Time: **15 min**

Total Time: **15 min**

Servings: **2**

INGREDIENTS

- | | |
|---|--------------------------------------|
| 6 ounces fish, tuna, light, packed in water, unsalted | 12 tomatoes, cherry, halved |
| 1 medium apple, Granny Smith, cored and diced | 1 tablespoon oil, walnut |
| 1/4 cup onions, red diced | 1 tablespoon vinegar, white balsamic |
| 1/2 cup celery, diced | 2 cups spinach, baby |
| 1 teaspoon dill weed, dried | 1 tablespoon nuts, walnuts, chopped |
| | 4 crackers, crispbread |

PREPARATION

1. In a large bowl, toss together tuna, apple, onion, celery, dill weed, walnut oil, and vinegar.
2. On each plate, layer spinach leaves. Scoop the tuna mixture in the middle of the plates. Scatter tomatoes around the edges and sprinkle with walnuts.
3. Serve with crackers.

Recipe Credit: Everyday Health

Cashew Chicken Over Brown Rice



Nutritional Info (Per serving):

Calories: 399
Saturated Fat: 2g
Sodium: 367mg
Dietary Fiber: 7g
Total Fat: 15g
Carbs: 41g
Cholesterol: 54mg
Protein: 27g

Prep Time: **15 min**
Cook Time: **40 min**
Total Time: **55 min**
Servings: **4**

INGREDIENTS

- 1 1/2 cups onions, yellow chopped, divided
- 1/2 cup brown rice
- 1 cup broth, chicken, fat-free, low-sodium
- 2 tablespoons oil, olive
- 12 ounces chicken, breast, boneless, skinless, cut into 2-inch pieces
- 2 cloves garlic, chopped
- 3 medium peppers, red, bell seeded and thinly sliced
- 1/4 cup water chestnuts, canned, drained and sliced
- 1 tablespoon soy sauce, less sodium
- 3 1/2 cups bok choy leaves only, chopped
- 1 1/2 teaspoons cumin, ground
- 1 tablespoon maple syrup
- 4 tablespoons nuts, cashews, raw
- 1 tablespoon cilantro, fresh (or parsley), chopped

PREPARATION

1. Coat a medium-sized pot with cooking spray and warm over medium heat. Sauté a 1/2 cup of onion for two minutes.
2. Add rice and cook three minutes more. Add broth, cover and bring to boil. Reduce the heat to low, cook at a low simmer until rice is tender, about 40 to 45 minutes, adding more water if needed.
3. When there are 15 minutes left for cooking the rice, place a large skillet over high medium-heat. Add oil and chicken. Brown the chicken thoroughly and when no longer pink in the middle, transfer it to a dish and set aside.

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Recipe Credit: Everyday Health

Cashew Chicken Over Brown Rice

[continued]



Nutritional Info (Per serving):

Calories: 399
Saturated Fat: 2g
Sodium: 367mg
Dietary Fiber: 7g
Total Fat: 15g
Carbs: 41g
Cholesterol: 54mg
Protein: 27g

Prep Time: **15 min**

Cook Time: **40 min**

Total Time: **55 min**

PREPARATION [continued]

4. Return the skillet to medium heat. Add the remaining onions, garlic, peppers, water chestnuts and soy sauce. When peppers and onions are soft, add bok choy. Stir until wilted.
5. Stir in cumin, maple syrup, cashews and cooked chicken. Remove from heat.
6. Divide the rice into serving dishes and top with chicken mixture. Sprinkle with cilantro and serve. Enjoy.

Recipe Credit: Everyday Health

Chocolate Souffles



Nutritional Info (Per serving):

Calories: 109
Saturated Fat: 0g
Sodium: 73mg
Dietary Fiber: 0g
Total Fat: 2g
Carbs: 19g
Cholesterol: 52mg
Protein: 4g

Prep Time: **30 min**

Cook Time: **25 min**

Total Time: **55 min**

Servings: **8**

INGREDIENTS

2/3 cup sugar, granulated

1/3 cup cocoa powder, unsweetened

1 tablespoon flour, all-purpose

1/8 teaspoon salt

1/2 cup milk, fat-free

2 egg yolks

4 egg whites

1 teaspoon vanilla extract

1/8 teaspoon cream of tartar

sugar, powdered sifted (optional)

PREPARATION

1. Place eight 6-ounce ramekins in a shallow baking pan; set aside. Preheat oven to 350°F.
2. In a small saucepan, stir together 1/3 cup of the granulated sugar, the cocoa powder, flour, and salt. Gradually stir in milk. Cook and stir over medium-high heat until thickened and bubbly. Reduce heat; cook and stir for 1 minute more. Remove from heat. Slightly beat egg yolks. Slowly add chocolate mixture to egg yolks, stirring constantly.
3. In a large bowl, combine egg whites, vanilla, and cream of tartar. Beat with an electric mixer on high speed until soft peaks form (tips curl). Gradually add remaining 1/3 cup granulated sugar, beating on high speed until stiff peaks form (tips stand straight). Stir about 1/4 of the egg whites into chocolate to lighten. Gently fold chocolate mixture into egg white mixture. Spoon into ramekins.
4. Bake about 25 minutes or until knife inserted near centers comes out clean. Serve immediately. If desired sprinkle with powdered sugar.

Recipe Credit: **diabetic**
LIVING

Strawberry Chiffon Dessert



Nutritional Info (Per serving):

Calories: 98
Saturated Fat: 2g
Sodium: 31mg
Dietary Fiber: 1g
Total Fat: 2g
Carbs: 16g
Cholesterol: 31mg
Protein: 3g

Prep Time: **30 min**

Cook Time: **1 hr 30 min**

Total Time: **2 hr**

Servings: **10**

INGREDIENTS

3 cups strawberries, hulled
1/4 cups sugar
1 envelope gelatin, unflavored
3 egg whites, slightly beaten
3 ounces ladyfingers, split
2 tablespoon orange juice
4 ounces frozen light whipped dessert topping, thawed
strawberries (optional)
mint, fresh (optional)

PREPARATION

1. Line bottom of a 9- or 9 1/2-inch tart pan with a removable bottom or a 9-inch springform pan with parchment paper; set aside. In a blender or food processor, blend or process the 3 cups strawberries until smooth. Measure 1 3/4 cups of the pureed strawberries (puree additional strawberries if needed to measure 1 3/4 cups).
2. In a medium saucepan, combine sugar (if using) and gelatin. Stir in the pureed strawberries; let stand for 5 minutes to soften gelatin. Cook and stir over medium heat until the mixture bubbles and the gelatin is dissolved.
3. Gradually stir about half of the gelatin mixture into the egg whites. Return all of the mixture to the saucepan. Cook, stirring constantly, over low heat for 2 to 3 minutes or until slightly thickened. Do not boil. Strain mixture into a medium bowl. Stir in sugar substitute (if using). Chill for 1 1/2 to 2 hours or just until the mixture mounds when dropped from a spoon, stirring occasionally.
4. Meanwhile, cut about half of the split ladyfingers in half crosswise; stand these on end around the outside edge of prepared pan. Arrange the remaining split ladyfingers in bottom of pan (ladyfingers may not completely cover bottom of pan). Slowly drizzle the orange juice over the ladyfingers.

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Recipe Credit: **diabetic LIVING**

Strawberry Chiffon Dessert

[continued]



Nutritional Info (Per serving):

Calories: 98
Saturated Fat: 2g
Sodium: 31mg
Dietary Fiber: 1g
Total Fat: 2g
Carbs: 16g
Cholesterol: 31mg
Protein: 3g

Prep Time: **30 min**

Cook Time: **1 hr 30 min**

Total Time: **2 hr**

Servings: **10**

PREPARATION [continued]

5. Fold whipped topping into strawberry mixture; spread into the ladyfinger-lined pan. Cover and chill about 2 hours or until set.
6. To serve, if desired, garnish with additional berries and mint leaves.

Chill 1 1/2 hours, plus 2 hours.

Meringues



Nutritional Info (Per serving):

Calories: 8
Saturated Fat: 0g
Sodium: 2mg
Dietary Fiber: 0g
Total Fat: 0g
Carbs: 2g
Cholesterol: 0
Protein: 0g

Prep Time: **15 min**

Cook Time: **1 hr 30 min**

Total Time: **1hr 45 min**

Servings: **80**

(1 serving = 1 1/2-inch cookie)

INGREDIENTS

- 3 large egg whites, at room temperature
- 1/4 teaspoon cream of tartar
- 3/4 cup sugar
- 1/2 teaspoon vanilla extract

PREPARATION

1. Separate one egg at a time into a small bowl, letting the white fall into the bowl and discarding the yolk. If there's any trace of yolk in the white, discard the white and start over. If it's yolk-free, transfer to a clean medium mixing bowl. Repeat with the remaining 2 eggs.
2. Add cream of tartar to the whites and beat with an electric mixer on medium-high speed until soft peaks form. Slowly add sugar, about 1 tablespoon at a time, until all the sugar has been added. Continue beating until the whites are stiff and glossy. Add vanilla and beat for 30 seconds more.
3. Position racks in the upper and lower thirds of the oven; preheat to 200°F. Line 2 large baking sheets with parchment paper. Place a small amount of the meringue under each corner of the paper to secure it to the pan.
4. Fill a 1-quart sealable plastic bag (or pastry bag fitted with a 1/2-inch plain tip) with the meringue. Seal the bag almost completely, leaving a small opening for air to escape from the top as you squeeze. Snip off one corner of the bag with scissors, making a 3/4-inch-wide opening. Fold the top of the bag over a few times, then gently push the meringue down to the snipped corner.

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Recipe Credit: **EatingWell**

Meringues

[continued]



Nutritional Info (Per serving):

Calories: 8
Saturated Fat: 0g
Sodium: 2mg
Dietary Fiber: 0g
Total Fat: 0g
Carbs: 2g
Cholesterol: 0
Protein: 0g

Prep Time: **15 min**

Cook Time: **1 hr 30 min**

Total Time: **1hr 45 min**

Servings: **80**

(1 serving = 1 1/2-inch cookie)

PREPARATION [continued]

5. Working with the bag perpendicular to the baking sheet, pipe the meringue into 1 1/2-inch-diameter cookies, spacing them about 1/2 inch apart.
6. Bake the cookies until dry and crisp throughout, about 1 1/2 hours. Transfer the pans to wire racks and let the cookies cool to room temperature, about 15 minutes.

TIPS

Make Ahead Tip: Cookies can be held at room temperature in an airtight container for up to 5 days or in the freezer for up to 1 month. If stored meringues are chewy, bake at 200°F for about 10 minutes to restore their original crisp texture.

To get the most volume from beaten egg whites, it's best to start with whites at room temperature. Submerge them in their shells in a bowl of lukewarm (not hot) water for about 5 minutes before using.

Recipe Credit: **EatingWell**

Lemon Cheesecake Mousse



Nutritional Info (Per serving):

Calories: 113
Saturated Fat: 3g
Sodium: 119mg
Dietary Fiber: 0g
Total Fat: 5g
Carbs: 13g
Cholesterol: 14mg
Protein: 5g

Servings: 6

INGREDIENTS

4 teaspoon egg whites, dried	2 teaspoon lemon peel
1/4 cup water	1 tablespoon lemon juice
1 teaspoon vanilla extract	3 tablespoon preserves, strawberry, reduced-sugar
1/4 cup sugar	strawberries (optional)
1/2 package tofu, silken-style firm, light (6.15 ounces) cut into 1/2-inch-thick slices and well drained in white paper towels	sprig mint, fresh (optional)
4 ounces cream cheese, reduced-fat	

PREPARATION

1. In a medium bowl, combine dried egg whites, the water, and vanilla. Beat with an electric mixer on medium-high speed until soft peaks form (tips curl). Gradually beat in sugar until stiff peaks form (tips stand straight). Set aside.
2. In a blender or food processor, combine tofu, cream cheese, lemon peel, and lemon juice. Cover and blend or process just until smooth. Do not overmix. Gently fold tofu mixture and preserves into egg white mixture. Stir just until combined but some streaks of the egg mixture and preserves remain.
3. To serve, spoon mousse into 6 dessert dishes. Top with fresh strawberries. If desired, garnish with mint sprigs.

Recipe Credit: **diabetic**
LIVING

Very Berry Sorbet



Nutritional Info (Per serving):

Calories: 67
Saturated Fat: 0g
Sodium: 7mg
Dietary Fiber: 3g
Total Fat: 0g
Carbs: 16g
Cholesterol: 0
Protein: 1g

Servings: **6 to 8**

INGREDIENTS

- 2 cups blueberries
- 2 cups raspberries, frozen
- 1/2 cup water cold
- 1/4 cup pineapple-orange-banana juice
- blueberries, (optional)
- raspberries, (optional)

PREPARATION

1. In a large bowl, combine frozen berries, the water, and frozen concentrate. Place half of the mixture in a food processor. Cover and process until almost smooth. Repeat with remaining mixture. Serve immediately. If desired, serve with additional fresh blueberries and raspberries.