

Diabetic Recipes

Recipe for: Poppy Chicken or Turkey Casserole

From the Kitchen of Mildred Wells

Ingredients

1 fryer, boiled, deboned, and cut into small pieces
2 sleeves fat free Ritz crackers
1 3/4 sticks margarine
2 cans fat free cream of chicken soup
2 Tbsp. Poppy seeds
1 (8oz) low fat sour cream

Directions

Crush crackers, melt margarine and add poppy seed then mix together in bowl.
Reserve one cup for topping and press remaining in bottom of 2 quart casserole dish.
Mix soup, chicken and sour cream and pour over crust.
Add remaining topping and bake at 350 degrees for 30 minutes.



Recipe for: 5-Cheese Chicken or Turkey

From the Kitchen of Marvin Moxley

Ingredients

6 large skinless chicken thighs (2 lbs.)
1 jar (26 oz.) 5 - cheese pasta sauce
1 bag (16 oz.) frozen broccoli - vegetable blend

Directions

Heat a large nonstick skillet over medium-high heat.
Add chicken thighs and cook 10 minutes, turning once, until browned.
Transfer chicken to a slow cooker and pour sauce over.
Cover and cook on High 3 to 4 hours, or until chicken is tender.
Remove chicken to a plate and cover with foil to keep hot.
Place frozen vegetables in a colander and run hot water over to thaw.
Stir vegetables into sauce in slow cooker.
Cover and cook on High 20 minutes, or until vegetables are tender.
Return chicken to slow cooker.
Cover and cook 5 minutes or until hot.

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Recipe for: Sweet Potato Pie

From the Kitchen of Katie Herdman

Ingredients

2 cups peeled, cooked sweet potatoes
½ cup Splenda sweetener
½ stick melted butter
2 eggs
1 teaspoon vanilla extract
¼ teaspoon salt
¼ teaspoon ground cinnamon
¼ teaspoon ground ginger
1 cup milk
9 inch un-baked pie crust

Directions

Preheat oven to 350 degrees.
Combine the potatoes, Splenda, butter, eggs, vanilla, salt and spices in a bowl.
Mix thoroughly.
Add milk and continue to mix.
Pour in a pie crust and bake for 35-45 minutes, or until knife inserted in the middle comes out clean.
Place on a baking rack to cool.



Recipe for: Pear Cake

From the Kitchen of Juanita McDaniel

Ingredients

3 cups ground pears
1 tsp. salt
2 cups flour, self rising
1 tsp. cinnamon
4 ½ tsp. soda
1 tsp. nutmeg
3 eggs
1 tsp. cloves
2 cups sugar (Splenda)
1 ½ cups oil
2 cups pecans

Directions

Sift together dry ingredients.
Cream sugar and oil.
Add eggs and pears.
Add dry ingredients and mix well.
Pour mixture into a greased tube pan and bake for 1 hour and 15 minutes at 350 degrees.

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Recipe for: Sweet Potato Pie

Ingredients

3 tablespoons reduced -fat margarine, softened
1/4 cup packed light brown sugar
1/2 teaspoon ground cinnamon
1/4 teaspoon ground ginger
1/4 teaspoon salt
1/8 teaspoon ground allspice
1 large egg yolk
2 cups mashed cooked sweet potatoes
1 cup evaporated skim milk
3 large egg whites
1 - 9 inch un-baked pie shell

Directions

Preheat oven to 350 degrees.
In a large bowl, beat together margarine, brown sugar, cinnamon, ginger, salt, and allspice and egg yolk.
Whisk in sweet potatoes and evaporated milk.
In a medium bowl, beat egg whites until stiff.
Fold into sweet potato mixture.
Pour into un-baked pie shell.
Bake 40 to 45 minutes, until a tester inserted in center comes out clean.
Cool on a rack until ready to cut into wedges to serve.



Recipe for: Angel Flake Classic Coconut Cake

From the Kitchen of Linda Lewis

Ingredients

1 package (2 layer size) yellow cake mix
2 2/3 cups Bakers Angel Flake Coconut (7 oz) divided
1 cup cold milk
1 package (4 serving size) Jell-O vanilla flavor instant pudding and pie filling (Sugar Free)
1/4 cup powdered sugar
1 tub (8 oz) Sugar Free Whipped Topping, thawed

Directions

Prepare cake batter as directed on package. Stir in 2/3 cup of coconut. Pour evenly into 2 (9 inch) round cake pans. Bake as directed on package. Cool 10 minutes. Remove cake layers from pans to wire racks. Cool completely.

Pour milk into a medium bowl. Add dry pudding mix and sugar. Beat with wire whisk for 2 minutes or until well blended (mixture will be thick). Gently stir in whipped topping. Refrigerate 15 minutes.

Place 1 of the cake layers on a serving plate; spread top with 1 cup of pudding mixture. Sprinkle with 3/4 cup of the remaining coconut, cover with second cake layer. Spread top and sides with remaining pudding mixture. Refrigerate at least 1 hour. Store leftover cake in refrigerator.

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Recipe for: Squash Dressing

From the Kitchen of Nell Kitchens

Ingredients

2 cups cooked squash
2 cups cornbread crumbs (fresh)
3 eggs
1 Vidalia onion, chopped
1 stick oleo
1 can cream of chicken soup
Salt and pepper to taste

Directions

Blend mashed squash.
Crumble cornbread.
Beat eggs, chop onion, melt oleo, and add soup.
Mix all ingredients together well.
Bake at 350 degrees in a large baking dish sprayed with Pam for 30 to 40 minutes.



Recipe for: Apple Sauce Sweet Potato Bake

From the Kitchen of Minnie Mea Boston

Ingredients

1 lb. Sweet potatoes
1 cup unsweetened apple sauce
1/3 cup brown sugar, packed
1/4 cup pecans, chopped
½ tsp. ground cinnamon
2 Tbls. margarine, low fat

Directions

Place potatoes in 3 quart sauce pan.
Heat to boiling.
Reduce heat, cover and simmer until tender.
Drain.
Remove skins; cut lengthwise.
Heat oven to 375 degrees.
Place potatoes in an ungreased casserole.
Spread applesauce over potatoes.
Mix brown sugar, nuts and cinnamon together and sprinkle over applesauce.
Dot with margarine.
Cover and bake for 30 minutes or until hot.

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Recipe for: Apple Pie

From the Kitchen of Ouida Mainer

Ingredients

4 large apples
1/4 cup sugar (Splenda)
3 tbsp. flour, self rising
2 tbsp. melted butter, low fat
½ tsp. cinnamon
1 tsp. vanilla extract
1 pie shell

Directions

Dice apples.
Mix flour and sugar and cinnamon with apples.
Add melted butter and vanilla and mix.
Pour into a pyrex dish and place pie crust on top.
Spray with Pam spray.
Bake for 55 minutes at 375 degrees.



Recipe for: Cranberry Salad

From the Kitchen of Betty Wilson

Ingredients

1 large package strawberry gelatin
(Sugar Free)
2 cups boiling water
1 cup sour cream
1 cup cold water
1 can crushed pineapple
1 can whole cranberry sauce
½ cup chopped pecans

Directions

Dissolve gelatin in boiling water.
Add cranberry sauce and pineapple.
Add cold water and chill for 1 hour.
Add sour cream and pecans.
Mix well and serve.

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Recipe for: Broccoli Salad

From the Kitchen of Elaine Hendrix

Ingredients

1 ½ pounds fresh broccoli, raw
1 pound fresh cauliflower, raw
1 pound red onions or Vidalia onions
12 7/8 oz. Reduced Calorie Mayonnaise
6 3/8 oz. Splenda
1 Tablespoon and 1 3/4 teaspoon
Distilled Vinegar
1 pound seedless raisins
1 5/8 oz. Walnuts or Pecans, dried

Directions

Wash broccoli and cauliflower cut head into florets and dice stems.
Combine low fat mayonnaise, Splenda and Vinegar in a small bowl and mix well.
Add to diced broccoli and cauliflower.
Quarter onion and slice thin, add to mixture, add raisins and stir to coat all pieces with dressing.
Chill at least 2 hours before serving.

Optional: May sprinkle top with bacon bits, croutons, and/or dried fruits just before serving.



Recipe for: Garden Pea Salad

From the Kitchen of Janie Johnson

Ingredients

2 cans garden peas drained
1 can tuna in water, drained
4 boiled eggs, chopped
2 Tbls. Light mayonnaise

Directions

Mix all ingredients together in a bowl and salt to taste.

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Recipe for: Garden Pea Salad

From the Kitchen of Janie Johnson

Ingredients

Bottom:

2 cups lettuce, torn in small pieces
½ cup tomatoes, chopped fine
¼ cup Vidalia onions and peppers
(green, yellow and red)

Layer with:

2 cans garden peas drained
1 can chicken in water, drained
4 boiled eggs, chopped
2 Tbls. Light mayonnaise or Lite Ranch
Salad Dressing

Directions

Mix all ingredients together in a bowl and salt to taste.

Optional: May sprinkle top with bacon bits and/or croutons just before serving.



Recipe for: Candied Yams

From the Kitchen of Jean B. Sikes

Ingredients

3 sweet potatoes, peeled, sliced
1 cup Splenda
1 cup water
½ cup margarine, low fat
½ cup light brown sugar
½ cup self rising flour
1 cup chopped pecans
Mini marshmallows

Directions

Boil potatoes and set aside in glass baking dish.

Boil Splenda, water, and margarine for 5 minutes and set aside.

Cut margarine into sugar and flour, add nuts and sprinkle over top of potatoes, may sprinkle with Allspice if wanted.

Bake for 30 minutes at 350 degrees.

Pour Splenda, water and margarine mix over yams.