

## Simple Greens

- 3 cloves minced garlic
- 1/8 teaspoon red pepper flakes
- 1 tablespoon olive oil
- 1 pound collard, chard, or mustard greens
- 1/4 teaspoon pepper
- 1/4 teaspoon salt
- 1 tablespoon balsamic vinegar
- 2 tablespoons grated parmesan cheese

Wash and chop, slice, or tear greens as you prefer. In a skillet, sauté garlic and red pepper flakes in olive oil on medium-high heat for about 1 minute. Add greens to the pan, cover and cook until greens are slightly wilted. If needed, add a tablespoon of water or broth. Toss mixture with balsamic vinegar and parmesan cheese, season with salt and pepper, and serve.

Makes 6 servings

Per serving:

53 Calories

3 g Fat

3 g Protein

5 g Carbohydrates

3 g Fiber

135 mg Sodium

Diabetic exchanges:

1 Vegetable

1/2 Fat

*Contributed by Deborah Chappell, FCS Extension agent, Roanoke*

## Virginia Cooperative Extension



Adapted from Kansas State University Research and Extension. Virginia Cooperative Extension was pleased to partner with City of Danville, Parks and Recreation, Danville Community Market, and Danville-Pittsylvania Community Action on the development of this project.

[www.ext.vt.edu](http://www.ext.vt.edu)

Produced by Communications and Marketing, College of Agriculture and Life Sciences, Virginia Polytechnic Institute and State University, 2010

Virginia Cooperative Extension programs and employment are open to all, regardless of race, color, national origin, sex, religion, age, disability, political beliefs, sexual orientation, or marital or family status. An equal opportunity/affirmative action employer. Issued in furtherance of Cooperative Extension work, Virginia Polytechnic Institute and State University, Virginia State University, and the U.S. Department of Agriculture cooperating. Rick D. Rudd, Interim Director, Virginia Cooperative Extension, Virginia Tech, Blacksburg; Wondi Mersie, Interim Administrator, 1890 Extension Program, Virginia State, Petersburg.

VT/0410/3000-9027

## Spinach Sauté with Mushrooms

- 2 tablespoons olive oil
- 2 cloves minced garlic
- 1 cup mushrooms
- 3 bunches spinach (about 2 pounds)
- 1 tablespoon lemon juice
- Salt and pepper to taste

Stem and wash the spinach. Slice mushrooms. Heat oil in a skillet over medium heat. Add mushrooms and garlic; sauté for 3 minutes. Add spinach, cover and steam for 2 minutes. Add lemon juice, salt and pepper. Serve immediately.

Makes 4 servings

Per serving:

99 Calories

7 g Fat

5 g Protein

7 g Carbohydrates

5 g Fiber

132 mg Sodium

Diabetic exchanges:

1 Vegetable

1 1/2 Fat

*Contributed by Ellen Smith, FCS Extension agent, Mecklenburg County*

## Virginia Cooperative Extension



Adapted from Kansas State University Research and Extension. Virginia Cooperative Extension was pleased to partner with City of Danville, Parks and Recreation, Danville Community Market, and Danville-Pittsylvania Community Action on the development of this project.

[www.ext.vt.edu](http://www.ext.vt.edu)

Produced by Communications and Marketing, College of Agriculture and Life Sciences, Virginia Polytechnic Institute and State University, 2010

Virginia Cooperative Extension programs and employment are open to all, regardless of race, color, national origin, sex, religion, age, disability, political beliefs, sexual orientation, or marital or family status. An equal opportunity/affirmative action employer. Issued in furtherance of Cooperative Extension work, Virginia Polytechnic Institute and State University, Virginia State University, and the U.S. Department of Agriculture cooperating. Rick D. Rudd, Interim Director, Virginia Cooperative Extension, Virginia Tech, Blacksburg; Wondi Mersie, Interim Administrator, 1890 Extension Program, Virginia State, Petersburg.

VT/0410/3000-9027

## Autumn Squash Soup

- 4 tablespoons butter
- 2 cups yellow onion(s)
- 1 tablespoon curry powder (optional)
- 3 pounds butternut squash, other autumn squashes, or pumpkin
- 2 tart apples
- 5-6 cups chicken stock or vegetable stock
- 1 cup apple cider or apple juice
- Salt and pepper to taste
- 1 Granny Smith apple
- Parsley or cilantro

Peel, core, and chop tart apples. Leave Granny Smith Apple unpeeled, shred and set aside. Finely chop yellow onion. Melt butter in a large pot. Add chopped onion and curry powder, cover and cook over low heat until onions are tender, about 15 minutes. Peel the squash, scrape out seeds, and chop into large cubes. When the onions are tender, add 4 cups of stock, squash and tart apples, bring to a boil. Reduce heat and simmer, partially covered, until squash and apples are tender, about 25 minutes. "Puree" soup with a potato masher. (For a smoother texture, puree soup in a food processor or food mill). Add apple cider or juice and 1-2 cups additional stock until soup is desired consistency. Season with salt and pepper to taste. Simmer briefly to heat through and serve. Garnish with shredded apple and chopped parsley or cilantro.

This soup will keep in the refrigerator for several days.

Makes 8-10 large portions

---

## Virginia Cooperative Extension



Adapted from Kansas State University Research and Extension. Virginia Cooperative Extension was pleased to partner with City of Danville, Parks and Recreation, Danville Community Market, and Danville-Pittsylvania Community Action on the development of this project.

[www.ext.vt.edu](http://www.ext.vt.edu)

Produced by Communications and Marketing, College of Agriculture and Life Sciences, Virginia Polytechnic Institute and State University, 2010  
 Virginia Cooperative Extension programs and employment are open to all, regardless of race, color, national origin, sex, religion, age, disability, political beliefs, sexual orientation, or marital or family status. An equal opportunity/affirmative action employer. Issued in furtherance of Cooperative Extension work, Virginia Polytechnic Institute and State University, Virginia State University, and the U.S. Department of Agriculture cooperating. Rick D. Rudd, Interim Director, Virginia Cooperative Extension, Virginia Tech, Blacksburg; Wondi Mersie, Interim Administrator, 1890 Extension Program, Virginia State, Petersburg.

VT/0410/3000-9027

Per serving:

147 Calories

5 g Fat

2 g Protein

24 g Carbohydrates

3 g Fiber

1342 mg Sodium

Diabetic exchanges:

1 Starch

1/2 Vegetable

1/2 Fruit

1 Fat

## Squash Provencal

- 2 cans (14 1/2 oz each) stewed tomatoes or 3 cups fresh tomatoes
- 1 medium zucchini
- 1 medium onion
- 1/2 cup cooked instant rice
- 3 tablespoons butter, divided
- 1 medium yellow summer squash
- 3/4 teaspoon garlic salt
- 1/2 teaspoon pepper
- 1 1/2 cups (6 oz) shredded part-skim mozzarella cheese
- 2 teaspoons grated Parmesan cheese

Drain tomatoes, reserving 1/4 cup juice, set aside. If using fresh tomatoes, chop and save juice, set aside. Thinly slice zucchini, summer squash, and onion. In a greased 13" x 9" baking dish, layer zucchini, onion and rice. Dot with 1 tablespoon of butter. Top with squash and tomatoes. In a small bowl, combine garlic salt, pepper, and tomato juice; pour over tomatoes. Dot with remaining butter. Cover pan and bake at 350°F for 40 minutes or until rice is tender. Uncover; sprinkle with cheeses. Bake 5-10 minutes longer or until cheese is melted. Serve with slotted spoon.

Makes 8 servings

---

## Virginia Cooperative Extension



Adapted from Kansas State University Research and Extension. Virginia Cooperative Extension was pleased to partner with City of Danville, Parks and Recreation, Danville Community Market, and Danville-Pittsylvania Community Action on the development of this project.

[www.ext.vt.edu](http://www.ext.vt.edu)

Produced by Communications and Marketing, College of Agriculture and Life Sciences, Virginia Polytechnic Institute and State University, 2010

Virginia Cooperative Extension programs and employment are open to all, regardless of race, color, national origin, sex, religion, age, disability, political beliefs, sexual orientation, or marital or family status. An equal opportunity/affirmative action employer. Issued in furtherance of Cooperative Extension work, Virginia Polytechnic Institute and State University, Virginia State University, and the U.S. Department of Agriculture cooperating. Rick D. Rudd, Interim Director, Virginia Cooperative Extension, Virginia Tech, Blacksburg; Wondi Mersie, Interim Administrator, 1890 Extension Program, Virginia State, Petersburg.

VT/0410/3000-9027

Per serving:

163 Calories

10 g Fat

7 g Protein

13 g Carbohydrates

2 g Fiber

360 mg Sodium

Diabetic exchanges:

1/2 Lean Meat

1 1/2 Vegetable

1 1/2 Fat

## Tomato, Squash and Onion Casserole

- 1 tablespoon olive oil
- 2 teaspoons minced garlic
- 3 small onions
- 1 teaspoon salt
- 1/2 teaspoon freshly ground pepper
- 1 tablespoon fresh thyme, oregano and basil (or 1 teaspoon each, dried)
- 1 medium zucchini (about 1/2 pound)
- 1 medium yellow squash (about 1/2 pound)
- 6 fresh plum tomatoes

Preheat oven to 400°F. Thinly slice onions, zucchini, and squash. Cut tomatoes into medium-size slices. Sauté onions and garlic in 1 tablespoon oil over medium heat until onions are tender and browned. Layer onions and garlic on bottom of baking dish and season with half the salt, pepper and herbs. Arrange zucchini on top of onions, then add yellow squash, and top with a layer of tomatoes. Sprinkle with remaining herbs, salt, and pepper. Cover and bake for 25-30 minutes. Serve.

Makes 8 servings

---

## Virginia Cooperative Extension



Adapted from Kansas State University Research and Extension. Virginia Cooperative Extension was pleased to partner with City of Danville, Parks and Recreation, Danville Community Market, and Danville-Pittsylvania Community Action on the development of this project.

[www.ext.vt.edu](http://www.ext.vt.edu)

Produced by Communications and Marketing, College of Agriculture and Life Sciences, Virginia Polytechnic Institute and State University, 2010

Virginia Cooperative Extension programs and employment are open to all, regardless of race, color, national origin, sex, religion, age, disability, political beliefs, sexual orientation, or marital or family status. An equal opportunity/affirmative action employer. Issued in furtherance of Cooperative Extension work, Virginia Polytechnic Institute and State University, Virginia State University, and the U.S. Department of Agriculture cooperating. Rick D. Rudd, Interim Director, Virginia Cooperative Extension, Virginia Tech, Blacksburg; Wondi Mersie, Interim Administrator, 1890 Extension Program, Virginia State, Petersburg.

VT/0410/3000-9027

Per serving:

48 Calories

2 g Fat

1 g Protein

1 g Carbohydrates

2 g Fiber

273 mg Sodium

Diabetic exchanges:

1 1/2 Vegetable

1/2 Fruit



## Sautéed Summer Squash with Oregano

- 2 tablespoons chopped garlic
- 2 tablespoons dried oregano
- 2 teaspoons olive oil
- 1/2 cup onion
- 1 pound zucchini
- 1 pound summer squash

Thinly slice onion. In large skillet, sauté garlic, oregano and onion on medium heat for 2 minutes. Cut squash and zucchini into 1/4" slices. Add to pan and sauté 8 minutes until just crisp tender.

This dish can also be microwaved.

Per serving:

77 Calories

3 g Fat

3 g Protein

12 g Carbohydrates

5 g Fiber

7 mg Sodium

Diabetic exchanges:

2 Vegetables

1/2 Fat

*Contributed by Anne-Carter Carrington, FNP District Coordinator, Central District Office*

## Virginia Cooperative Extension



Adapted from Kansas State University Research and Extension. Virginia Cooperative Extension was pleased to partner with City of Danville, Parks and Recreation, Danville Community Market, and Danville-Pittsylvania Community Action on the development of this project.

[www.ext.vt.edu](http://www.ext.vt.edu)

Produced by Communications and Marketing, College of Agriculture and Life Sciences, Virginia Polytechnic Institute and State University, 2010  
Virginia Cooperative Extension programs and employment are open to all, regardless of race, color, national origin, sex, religion, age, disability, political beliefs, sexual orientation, or marital or family status. An equal opportunity/affirmative action employer. Issued in furtherance of Cooperative Extension work, Virginia Polytechnic Institute and State University, Virginia State University, and the U.S. Department of Agriculture cooperating. Rick D. Rudd, Interim Director, Virginia Cooperative Extension, Virginia Tech, Blacksburg; Wondi Mersie, Interim Administrator, 1890 Extension Program, Virginia State, Petersburg.

VT/0410/3000-9027

## Sautéed Squash with Zucchini

- 2 medium summer squash
- 1 medium zucchini
- 1 medium onion
- 3/4 cup shredded lowfat cheddar cheese
- 1/4 cup grated Parmesan cheese
- 1 1/2 cups 1% lowfat milk
- 1 egg
- 1 cup instant brown rice
- 1/2 teaspoon Italian seasoning
- 1/4 teaspoon salt
- 1/8 teaspoon pepper
- Nonstick cooking spray

Dice summer squash and zucchini, chop onion, beat egg in small bowl.

**Conventional oven:** Combine all ingredients in large bowl; mix well. Pour into greased 9-inch square baking dish. Bake at 375°F for 35 minutes or until liquid is absorbed.

**Microwave:** Combine all ingredients in large bowl; mix well. Pour into greased 9-inch square microwavable dish. Cook on high power for 20 minutes or until liquid is absorbed.

Makes 6 servings

---

## Virginia Cooperative Extension



Adapted from Kansas State University Research and Extension. Virginia Cooperative Extension was pleased to partner with City of Danville, Parks and Recreation, Danville Community Market, and Danville-Pittsylvania Community Action on the development of this project.

[www.ext.vt.edu](http://www.ext.vt.edu)

Produced by Communications and Marketing, College of Agriculture and Life Sciences, Virginia Polytechnic Institute and State University, 2010

Virginia Cooperative Extension programs and employment are open to all, regardless of race, color, national origin, sex, religion, age, disability, political beliefs, sexual orientation, or marital or family status. An equal opportunity/affirmative action employer. Issued in furtherance of Cooperative Extension work, Virginia Polytechnic Institute and State University, Virginia State University, and the U.S. Department of Agriculture cooperating. Rick D. Rudd, Interim Director, Virginia Cooperative Extension, Virginia Tech, Blacksburg; Wondi Mersie, Interim Administrator, 1890 Extension Program, Virginia State, Petersburg.

VT/0410/3000-9027

Per serving:

182 Calories

4 g Fat

11 g Protein

27 g Carbohydrates

3 g Fiber

290 mg Sodium

Diabetic Exchanges:

1 Starch

1 Lean meat

1 Vegetable

1/2 Fat

## Summer Squash Medley

- 2 teaspoons olive oil
- 1 small onion
- 2 medium tomatoes
- 1 teaspoon salt
- 1/4 teaspoon pepper
- 2 small zucchini
- 2 small summer squash
- 1 bay leaf
- 1/2 teaspoon dried basil

Dice onion, chop tomatoes, and slice zucchini and summer squash into 1/4" slices.

**Stovetop:** Heat oil in a large skillet over medium heat. Add onion and cook until tender, about 5 minutes. Mix in the tomatoes, season with salt and pepper. Continue to cook and stir for about 5 minutes. Add the zucchini, summer squash, bay leaf, and basil. Reduce heat to low, cover, and simmer for 20 minutes, stirring occasionally. Remove bay leaf before serving.

**Microwave:** Cook onions until translucent (about 3 minutes). Combine remaining ingredients; cook for 10 minutes or until desired doneness. Remove bay leaf before serving.

Makes 8 servings

---

## Virginia Cooperative Extension



Adapted from Kansas State University Research and Extension. Virginia Cooperative Extension was pleased to partner with City of Danville, Parks and Recreation, Danville Community Market, and Danville-Pittsylvania Community Action on the development of this project.

[www.ext.vt.edu](http://www.ext.vt.edu)

Produced by Communications and Marketing, College of Agriculture and Life Sciences, Virginia Polytechnic Institute and State University, 2010

Virginia Cooperative Extension programs and employment are open to all, regardless of race, color, national origin, sex, religion, age, disability, political beliefs, sexual orientation, or marital or family status. An equal opportunity/affirmative action employer. Issued in furtherance of Cooperative Extension work, Virginia Polytechnic Institute and State University, Virginia State University, and the U.S. Department of Agriculture cooperating. Rick D. Rudd, Interim Director, Virginia Cooperative Extension, Virginia Tech, Blacksburg; Wondi Mersie, Interim Administrator, 1890 Extension Program, Virginia State, Petersburg.

VT/0410/3000-9027

Per serving:

52 Calories

2 g Fat

2 g Protein

8 g Carbohydrates

3 g Fiber

363 mg Sodium

Diabetic exchanges:

1 Vegetable

## Roasted Balsamic Vegetables

- 1 red pepper
- 2 zucchini
- 2 summer squash
- 1 teaspoon dried oregano
- 1 clove garlic
- 1 tablespoon canola oil
- 2 tablespoons balsamic vinegar
- 1 medium sized tomato
- 1/4 cup fresh basil

Preheat oven to 350°F. Thinly slice the garlic clove and chop tomato and basil. Cut the pepper, zucchini, and summer squash into 2-inch pieces. In a large bowl, combine the pepper, zucchini, summer squash, and garlic slices. Drizzle with oil, add oregano, and toss. Place the vegetables on a sheet pan in a single layer and bake until tender. Remove pan from oven, drizzle with balsamic vinegar, and return to the oven for 2-3 minutes. Remove from the oven, add tomato and basil, toss, and serve.

Makes 4-6 servings

---

## Virginia Cooperative Extension



Adapted from Kansas State University Research and Extension. Virginia Cooperative Extension was pleased to partner with City of Danville, Parks and Recreation, Danville Community Market, and Danville-Pittsylvania Community Action on the development of this project.

[www.ext.vt.edu](http://www.ext.vt.edu)

Produced by Communications and Marketing, College of Agriculture and Life Sciences, Virginia Polytechnic Institute and State University, 2010  
Virginia Cooperative Extension programs and employment are open to all, regardless of race, color, national origin, sex, religion, age, disability, political beliefs, sexual orientation, or marital or family status. An equal opportunity/affirmative action employer. Issued in furtherance of Cooperative Extension work, Virginia Polytechnic Institute and State University, Virginia State University, and the U.S. Department of Agriculture cooperating. Rick D. Rudd, Interim Director, Virginia Cooperative Extension, Virginia Tech, Blacksburg; Wondi Mersie, Interim Administrator, 1890 Extension Program, Virginia State, Petersburg.

VT/0410/3000-9027

Per serving:

70 Calories

2 g Protein

3 g Fat

8 g Carbohydrates

2 g Fiber

10 mg Sodium

Diabetic exchanges:

1/2 Vegetable

1/2 Fat

## Eggplant Ratatouille

- 2 medium eggplants
- 4 medium zucchini
- 1 teaspoon salt
- 2 medium onions
- 2 medium bell peppers
- 3 medium red ripe tomatoes
- 2 cloves garlic
- 1 tablespoon fresh oregano or 1 teaspoon dried
- 1 tablespoon fresh basil or 1 teaspoon dried

Cut eggplant into 1-inch cubes. Slice zucchini into 1/2-inch slices. Slice onion, chop tomatoes and peppers, and mince garlic. Put eggplant and zucchini in a colander, sprinkle with salt and toss lightly. Allow to drain for at least 30 minutes. Rinse and pat dry with paper towels. In a heavy nonstick skillet, heat oil over medium-high heat on stove. Add onions and sauté until translucent, about 3 minutes. Stir in green peppers, tomatoes, eggplant, zucchini, garlic, salt, pepper, thyme, oregano and basil. Reduce heat, cover and simmer 30-45 minutes until vegetables are thoroughly cooked. Stir to prevent sticking. Remove from heat and serve.

Makes 6 servings

---

## Virginia Cooperative Extension



Adapted from Kansas State University Research and Extension. Virginia Cooperative Extension was pleased to partner with City of Danville, Parks and Recreation, Danville Community Market, and Danville-Pittsylvania Community Action on the development of this project.

[www.ext.vt.edu](http://www.ext.vt.edu)

Produced by Communications and Marketing, College of Agriculture and Life Sciences, Virginia Polytechnic Institute and State University, 2010  
Virginia Cooperative Extension programs and employment are open to all, regardless of race, color, national origin, sex, religion, age, disability, political beliefs, sexual orientation, or marital or family status. An equal opportunity/affirmative action employer. Issued in furtherance of Cooperative Extension work, Virginia Polytechnic Institute and State University, Virginia State University, and the U.S. Department of Agriculture cooperating. Rick D. Rudd, Interim Director, Virginia Cooperative Extension, Virginia Tech, Blacksburg; Wondi Mersie, Interim Administrator, 1890 Extension Program, Virginia State, Petersburg.

VT/0410/3000-9027



Per serving:

103 Calories

5 g Protein

1 g Fat

23 g Carbohydrates

8 g Fiber

372 mg Sodium

Diabetic exchanges:

4 Vegetable

## Winter Ratatouille

3 tablespoons olive oil

2 leeks (including 1 inch of green stalk) or 2 medium onions

3 to 4 cloves of garlic

1 bulb of fennel

1 small winter squash (butternut, etc.)

2 bunches winter greens (arugula, turnip, beet, kale, Swiss chard, collard, etc.)

1 tablespoon fennel seeds

Salt and pepper to taste

A splash of cider vinegar (optional)

Olive oil or melted butter to taste

Slice the leeks or onions. Crush and mince garlic. Trim and thinly slice the fennel, reserving fronds. Peel squash and cut into 1-inch cubes. Wash, stem, and cut greens. In a 2-3 quart casserole or large skillet, add olive oil and heat on medium. Add the leeks or onion. Cook, stirring occasionally, until they are soft but not brown. Stir in garlic and fennel and stir until coated with oil. Add squash and stir until coated with oil. Add greens and stir until they are well coated with oil. In a separate small pan, heat fennel seeds until they become fragrant and release their oils. Add the seeds to the casserole or skillet, and stir to combine. Season with salt and pepper to taste. Cover and cook until vegetables are tender. Serve warm with a splash of cider vinegar, if desired. Garnish with a swirl of olive oil or butter and fennel fronds.

Makes 4-6 servings

---

## Virginia Cooperative Extension



Adapted from Kansas State University Research and Extension. Virginia Cooperative Extension was pleased to partner with City of Danville, Parks and Recreation, Danville Community Market, and Danville-Pittsylvania Community Action on the development of this project.

[www.ext.vt.edu](http://www.ext.vt.edu)

Produced by Communications and Marketing, College of Agriculture and Life Sciences, Virginia Polytechnic Institute and State University, 2010

Virginia Cooperative Extension programs and employment are open to all, regardless of race, color, national origin, sex, religion, age, disability, political beliefs, sexual orientation, or marital or family status. An equal opportunity/affirmative action employer. Issued in furtherance of Cooperative Extension work, Virginia Polytechnic Institute and State University, Virginia State University, and the U.S. Department of Agriculture cooperating. Rick D. Rudd, Interim Director, Virginia Cooperative Extension, Virginia Tech, Blacksburg; Wondi Mersie, Interim Administrator, 1890 Extension Program, Virginia State, Petersburg.

VT/0410/3000-9027

Per serving:

224 Calories 224

4 g Protein

7 g Fat

41 g Carbohydrates

7 g Fiber

51 mg Sodium

Diabetic exchanges:

2 Starch

1 Vegetable

1 1/2 Fat

## Sweet Potato Fries

4 small sweet potatoes, peel left on

1 tablespoon olive oil

Salt and pepper to taste

Cinnamon to taste

Preheat the oven to 450°F. Slice potatoes lengthwise, then cut into 2-inch strips (this will yield about 20 strips per potato). In a bowl, toss potatoes with oil, salt, pepper, and cinnamon. Spread potatoes in a single layer on 1-2 large baking sheet(s) coated with cooking spray or lined with parchment paper. Bake at 450°F for 25 minutes until soft and crunchy.

Makes 4 servings

Per serving:

130 Calories

2 g Protein

3 g Fat

3 g Fiber

10 mg Sodium

Diabetic exchanges:

1 1/2 Starch

1/2 Fat

*Contributed by Ellen Smith, FCS Extension agent, Mecklenburg County*

## Virginia Cooperative Extension



Adapted from Kansas State University Research and Extension. Virginia Cooperative Extension was pleased to partner with City of Danville, Parks and Recreation, Danville Community Market, and Danville-Pittsylvania Community Action on the development of this project.

[www.ext.vt.edu](http://www.ext.vt.edu)

Produced by Communications and Marketing, College of Agriculture and Life Sciences, Virginia Polytechnic Institute and State University, 2010

Virginia Cooperative Extension programs and employment are open to all, regardless of race, color, national origin, sex, religion, age, disability, political beliefs, sexual orientation, or marital or family status. An equal opportunity/affirmative action employer. Issued in furtherance of Cooperative Extension work, Virginia Polytechnic Institute and State University, Virginia State University, and the U.S. Department of Agriculture cooperating. Rick D. Rudd, Interim Director, Virginia Cooperative Extension, Virginia Tech, Blacksburg; Wondi Mersie, Interim Administrator, 1890 Extension Program, Virginia State, Petersburg.

VT/0410/3000-9027

## Sweet Potato Biscuits

- 9 ounces sweet potatoes
- 3 1/2 cups flour
- 1 teaspoon salt
- 2 tablespoons baking powder
- 2/3 cup butter, very cold
- 1 1/4 cup milk

Preheat oven to 425°F. Wash and peel potatoes, then cut into 1-inch cubes. Fill a medium pot with water and bring to a boil. Add potatoes, boil until tender, drain. Mash potatoes until smooth and allow to cool. In a large bowl, mix flour, salt and baking powder. Dice the butter into 1/8" cubes and blend into flour. In a separate bowl, blend mashed sweet potatoes and milk. Add potatoes to flour and mix well until doughy. Roll dough out to 1/2" thick. Cut into 2-inch round biscuits. Bake until golden brown, about 15 minutes.

Makes 24 2-inch biscuits

Per serving:

125 Calories

2 g Protein

5 g Fat

17 g Carbohydrates

1 g Fiber

271 mg Sodium

Diabetic exchanges:

1 Starch

1 Fat

*Contributed by Jennifer Abel, FCS Extension agent, Arlington/Alexandria*

## Virginia Cooperative Extension



Adapted from Kansas State University Research and Extension. Virginia Cooperative Extension was pleased to partner with City of Danville, Parks and Recreation, Danville Community Market, and Danville-Pittsylvania Community Action on the development of this project.

[www.ext.vt.edu](http://www.ext.vt.edu)

Produced by Communications and Marketing, College of Agriculture and Life Sciences, Virginia Polytechnic Institute and State University, 2010

Virginia Cooperative Extension programs and employment are open to all, regardless of race, color, national origin, sex, religion, age, disability, political beliefs, sexual orientation, or marital or family status. An equal opportunity/affirmative action employer. Issued in furtherance of Cooperative Extension work, Virginia Polytechnic Institute and State University, Virginia State University, and the U.S. Department of Agriculture cooperating. Rick D. Rudd, Interim Director, Virginia Cooperative Extension, Virginia Tech, Blacksburg; Wondi Mersie, Interim Administrator, 1890 Extension Program, Virginia State, Petersburg.

VT/0410/3000-9027

## Apple Crisp

- 1 cup oats
- 1/4 cup flour
- 3/4 cup brown sugar
- 2 teaspoons salt
- 1/2 stick butter, melted
- 5 apples
- 2 tablespoons lemon juice
- 1 teaspoon ground cinnamon
- 1 teaspoon ground cardamom
- 2 teaspoons lemon zest

Preheat oven to 350°F. Combine oats, flour, 1/2 cup brown sugar and salt in a mixing bowl. Drizzle melted butter over the mixture and stir until combined and lumpy. (This part of the recipe can be doubled easily and stored in the fridge for quick desserts.) Peel, core and thinly slice apples. Add lemon juice immediately to prevent browning. Add remaining 1/4 cup brown sugar, spices and lemon zest. Place in glass baking dish and top with the oat crisp mixture. Bake for 40 minutes on lower rack of oven. Serve warm.

Makes 4 servings

---

## Virginia Cooperative Extension



Adapted from Kansas State University Research and Extension. Virginia Cooperative Extension was pleased to partner with City of Danville, Parks and Recreation, Danville Community Market, and Danville-Pittsylvania Community Action on the development of this project.

[www.ext.vt.edu](http://www.ext.vt.edu)

Produced by Communications and Marketing, College of Agriculture and Life Sciences, Virginia Polytechnic Institute and State University, 2010  
Virginia Cooperative Extension programs and employment are open to all, regardless of race, color, national origin, sex, religion, age, disability, political beliefs, sexual orientation, or marital or family status. An equal opportunity/affirmative action employer. Issued in furtherance of Cooperative Extension work, Virginia Polytechnic Institute and State University, Virginia State University, and the U.S. Department of Agriculture cooperating. Rick D. Rudd, Interim Director, Virginia Cooperative Extension, Virginia Tech, Blacksburg; Wondi Mersie, Interim Administrator, 1890 Extension Program, Virginia State, Petersburg.

VT/0410/3000-9027

Per serving:

490 Calories

8 g Protein

15 g Fat

86 g Carbohydrates

9 g Fiber

1195 mg Sodium

Diabetic exchanges:

2 Starch

2 Fruit

2 1/2 Fat

1 1/2 Other Carbohydrates

## Fruit Cooler

1/2 cup ice

3/4 cup sparkling water

1/3 cup melon or berries

Chopped mint leaves or citrus slices (optional)

Place ice, sparkling water and fruit in blender. Blend until slushy, pour into a glass and garnish with mint or citrus slices.

Makes 1 serving

Per serving:

15 Calories

0 g Protein

0 g Fat

3 g Carbohydrates

1 g Fiber

0 mg Sodium

Diabetic exchanges:

None

*Contributed by Donna Daniel, FCS Extension agent, Lunenburg County*

## Virginia Cooperative Extension



Adapted from Kansas State University Research and Extension. Virginia Cooperative Extension was pleased to partner with City of Danville, Parks and Recreation, Danville Community Market, and Danville-Pittsylvania Community Action on the development of this project.

[www.ext.vt.edu](http://www.ext.vt.edu)

Produced by Communications and Marketing, College of Agriculture and Life Sciences, Virginia Polytechnic Institute and State University, 2010

Virginia Cooperative Extension programs and employment are open to all, regardless of race, color, national origin, sex, religion, age, disability, political beliefs, sexual orientation, or marital or family status. An equal opportunity/affirmative action employer. Issued in furtherance of Cooperative Extension work, Virginia Polytechnic Institute and State University, Virginia State University, and the U.S. Department of Agriculture cooperating. Rick D. Rudd, Interim Director, Virginia Cooperative Extension, Virginia Tech, Blacksburg; Wondi Mersie, Interim Administrator, 1890 Extension Program, Virginia State, Petersburg.

VT/0410/3000-9027



## Mixed Salad with Feta, Apple, and Toasted Walnuts

1 Granny Smith apple  
1/2 cup walnuts  
8 ounces salad greens  
Cracked black pepper  
3/4 cup local feta cheese, crumbled  
Raspberry vinaigrette dressing to taste

Preheat oven to 350°F. Toast walnuts on baking sheet for ten minutes, then let cool. Peel and core apple and cut into sticks. Add salad greens to a medium bowl, season with cracked black pepper, and drizzle with raspberry dressing. Add two-thirds of each of the crumbled feta, apple and walnuts. Toss together carefully. Arrange tossed greens on two plates and garnish with remaining feta, apple sticks and walnuts. The plate may be drizzled with extra dressing if desired.

Note: goat cheese may be substituted for the feta cheese, and either fresh pear or Asian pear slices can be used instead of the apple.

Makes 2 servings

---

## Virginia Cooperative Extension



Adapted from Kansas State University Research and Extension. Virginia Cooperative Extension was pleased to partner with City of Danville, Parks and Recreation, Danville Community Market, and Danville-Pittsylvania Community Action on the development of this project.

[www.ext.vt.edu](http://www.ext.vt.edu)

Produced by Communications and Marketing, College of Agriculture and Life Sciences, Virginia Polytechnic Institute and State University, 2010  
Virginia Cooperative Extension programs and employment are open to all, regardless of race, color, national origin, sex, religion, age, disability, political beliefs, sexual orientation, or marital or family status. An equal opportunity/affirmative action employer. Issued in furtherance of Cooperative Extension work, Virginia Polytechnic Institute and State University, Virginia State University, and the U.S. Department of Agriculture cooperating. Rick D. Rudd, Interim Director, Virginia Cooperative Extension, Virginia Tech, Blacksburg; Wondi Mersie, Interim Administrator, 1890 Extension Program, Virginia State, Petersburg.

VT/0410/3000-9027

Per serving:

392 Calories

17 g Protein

30 g Fat

19 g Carbohydrates

5 g Fiber

638 mg Sodium

Diabetic exchanges:

1/2 Starch

2 Lean Meat

1/2 Vegetable

1/2 Fruit

4 1/2 Fat

## Hearty Vegetable Salad

- 15-ounce can baby lima beans
- 15-ounce can whole kernel corn
- 1 medium tomato
- 1/4 cup onion
- 1/3 cup low-calorie Italian salad dressing
- Black pepper to taste

Open and drain canned lima beans and corn. Chop tomato and onion. Heat lima beans and corn in microwave according to package instructions. In a large bowl, combine lima beans, corn, tomatoes, and onions. Pour Italian dressing over vegetable mixture and toss. Add black pepper to taste. Serve immediately or chilled.

Makes 4 servings

Per serving:

456 Calories

86 g Protein

4 g Fat

86 g Carbohydrates

24 g Fiber

401 mg Sodium

Diabetic exchanges:

5 1/2 Starch

1 Lean Meat

1/2 Vegetable

1/2 Fat

*Contributed by Linda Cole, FCS Extension agent, Chesterfield County*

## Virginia Cooperative Extension



Adapted from Kansas State University Research and Extension. Virginia Cooperative Extension was pleased to partner with City of Danville, Parks and Recreation, Danville Community Market, and Danville-Pittsylvania Community Action on the development of this project.

[www.ext.vt.edu](http://www.ext.vt.edu)

Produced by Communications and Marketing, College of Agriculture and Life Sciences, Virginia Polytechnic Institute and State University, 2010  
 Virginia Cooperative Extension programs and employment are open to all, regardless of race, color, national origin, sex, religion, age, disability, political beliefs, sexual orientation, or marital or family status. An equal opportunity/affirmative action employer. Issued in furtherance of Cooperative Extension work, Virginia Polytechnic Institute and State University, Virginia State University, and the U.S. Department of Agriculture cooperating. Rick D. Rudd, Interim Director, Virginia Cooperative Extension, Virginia Tech, Blacksburg; Wondi Mersie, Interim Administrator, 1890 Extension Program, Virginia State, Petersburg.

VT/0410/3000-9027

## Garlic Green Beans

- 2 pounds fresh green beans
- 1/3 cup chicken broth
- 1 teaspoon vegetable oil
- 1/2 teaspoon garlic powder
- 1/4 teaspoon black pepper

Wash and trim green beans. Steam, boil or microwave green beans until just tender. Drain and rinse with cold water. Heat nonstick skillet over medium heat until hot, add broth and oil. Add garlic and sauté for 30 seconds. Add beans and cook for 8-10 minutes, stirring occasionally, until liquid evaporates. Season with pepper, serve.

Makes 6 servings

Per serving:

51 Calories

3 g Protein

1g Fat

10 g Carbohydrates

5 g Fiber

50 mg Sodium

Diabetic exchanges:

2 Vegetable

*Contributed by Anne-Carter Carrington, FNP District Coordinator, Central District Office*

## Virginia Cooperative Extension



Adapted from Kansas State University Research and Extension. Virginia Cooperative Extension was pleased to partner with City of Danville, Parks and Recreation, Danville Community Market, and Danville-Pittsylvania Community Action on the development of this project.

[www.ext.vt.edu](http://www.ext.vt.edu)

Produced by Communications and Marketing, College of Agriculture and Life Sciences, Virginia Polytechnic Institute and State University, 2010

Virginia Cooperative Extension programs and employment are open to all, regardless of race, color, national origin, sex, religion, age, disability, political beliefs, sexual orientation, or marital or family status. An equal opportunity/affirmative action employer. Issued in furtherance of Cooperative Extension work, Virginia Polytechnic Institute and State University, Virginia State University, and the U.S. Department of Agriculture cooperating. Rick D. Rudd, Interim Director, Virginia Cooperative Extension, Virginia Tech, Blacksburg; Wondi Mersie, Interim Administrator, 1890 Extension Program, Virginia State, Petersburg.

VT/0410/3000-9027

## Greek Green Beans

- 1 garlic clove
  - 1 onion
  - 1 teaspoon olive oil
  - 1 pound green beans
  - 1 teaspoon fresh mint
  - 2 beef bouillon cubes
  - 1 large tomato
  - 1-2 sprigs fresh parsley (optional)
- Salt and pepper to taste

Mince garlic. Chop onion, green beans, mint leaves, parsley, and tomato. Dissolve bouillon cubes in a small amount of water.

**Stovetop:** Brown garlic and onion in olive oil until transparent. Add green beans, mint, bouillon, tomato, and parsley. Stir gently and add enough water to allow beans to simmer. Cover and simmer about 30 minutes. Check periodically and add water as needed to keep beans from sticking. Season to taste with salt and pepper. Serve.

**Microwave:** Omit olive oil. In a 2-quart casserole dish, combine garlic and onion and cook on high for 2 minutes. Add green beans, mint, bouillon and parsley. Stir gently, cover, and cook on high for 3 minutes. Add tomato, stir, then cook on high 5-9 minutes, stirring once, until beans are tender. Let stand 3 minutes, serve.

---

## Virginia Cooperative Extension



Adapted from Kansas State University Research and Extension. Virginia Cooperative Extension was pleased to partner with City of Danville, Parks and Recreation, Danville Community Market, and Danville-Pittsylvania Community Action on the development of this project.

[www.ext.vt.edu](http://www.ext.vt.edu)

Produced by Communications and Marketing, College of Agriculture and Life Sciences, Virginia Polytechnic Institute and State University, 2010  
Virginia Cooperative Extension programs and employment are open to all, regardless of race, color, national origin, sex, religion, age, disability, political beliefs, sexual orientation, or marital or family status. An equal opportunity/affirmative action employer. Issued in furtherance of Cooperative Extension work, Virginia Polytechnic Institute and State University, Virginia State University, and the U.S. Department of Agriculture cooperating. Rick D. Rudd, Interim Director, Virginia Cooperative Extension, Virginia Tech, Blacksburg; Wendi Mersie, Interim Administrator, 1890 Extension Program, Virginia State, Petersburg.

VT/0410/3000-9027

Per serving:

51 Calories

2 g Protein

1 g Fat

9 g Carbohydrates

3 g Fiber

252 mg Sodium

Diabetic exchanges:

1 1/2 Vegetables

## Greek Green Beans and Tomato

- 2 pounds fresh green beans
- 2 cups tomatoes
- 2 onions
- 2 teaspoons olive oil
- 1 green pepper
- 1 bunch fresh parsley
- 2 garlic cloves
- 2 cups water
- Salt
- Fresh ground pepper

Wash beans, cut off tips and remove stringy piece of fiber along the seam. Rinse beans. Chop tomatoes, onions, parsley, and garlic. Thinly slice green pepper. In a soup pot, sauté onions in olive oil until translucent. Stir in the garlic and sauté for a few minutes. Add all remaining ingredients and water. Stir well, reduce heat, and simmer covered for 50 minutes or until beans are tender. Add more water if needed during cooking. Serve warm.

For a more substantial dish, add 4 medium potatoes, peeled and cut into large chunks.

Makes 4 servings as a main dish or 6-8 servings as a side.

---

## Virginia Cooperative Extension



Adapted from Kansas State University Research and Extension. Virginia Cooperative Extension was pleased to partner with City of Danville, Parks and Recreation, Danville Community Market, and Danville-Pittsylvania Community Action on the development of this project.

[www.ext.vt.edu](http://www.ext.vt.edu)

Produced by Communications and Marketing, College of Agriculture and Life Sciences, Virginia Polytechnic Institute and State University, 2010

Virginia Cooperative Extension programs and employment are open to all, regardless of race, color, national origin, sex, religion, age, disability, political beliefs, sexual orientation, or marital or family status. An equal opportunity/affirmative action employer. Issued in furtherance of Cooperative Extension work, Virginia Polytechnic Institute and State University, Virginia State University, and the U.S. Department of Agriculture cooperating. Rick D. Rudd, Interim Director, Virginia Cooperative Extension, Virginia Tech, Blacksburg; Wondi Mersie, Interim Administrator, 1890 Extension Program, Virginia State, Petersburg.

VT/0410/3000-9027

Per serving:

137 Calories

6 g Protein

3 g Fat

27 g Carbohydrates

10 g Fiber

35 mg Sodium

Diabetic exchanges:

5 Vegetable

1/2 Fat



## Green Beans and Peppers with Lemon Dressing

- 2 cups green beans
- 1/2 cup red sweet peppers
- 2 teaspoons fresh parsley or 3/4 teaspoon dried parsley
- 1 tablespoon lemon juice
- 1 tablespoon fat free plain yogurt
- 1 tablespoon chopped chives or chopped green onions with tops
- 1/2 teaspoon black pepper
- 2 teaspoons canola oil

Wash green beans and remove ends; snap into bite-size pieces. In a saucepan of boiling water cook beans for 3 minutes until crisp tender. Drain immediately and toss with red peppers. In a jar with tight-fitting lid, combine parsley, lemon juice, yogurt, chives, black pepper, and oil. Shake well. Toss green beans and peppers with dressing to coat vegetables and serve.

Makes 5 servings

Per serving:

Serving size 1/2 cup

40 Calories

2 g Fat

1 g Protein

5 g Carbohydrates

0 mg Sodium

2 g Fiber

Diabetic Exchanges:

1 Vegetable

1/2 Fat

### Virginia Cooperative Extension



Adapted from Kansas State University Research and Extension. Virginia Cooperative Extension was pleased to partner with City of Danville, Parks and Recreation, Danville Community Market, and Danville-Pittsylvania Community Action on the development of this project.

[www.ext.vt.edu](http://www.ext.vt.edu)

Produced by Communications and Marketing, College of Agriculture and Life Sciences, Virginia Polytechnic Institute and State University, 2010

Virginia Cooperative Extension programs and employment are open to all, regardless of race, color, national origin, sex, religion, age, disability, political beliefs, sexual orientation, or marital or family status. An equal opportunity/affirmative action employer. Issued in furtherance of Cooperative Extension work, Virginia Polytechnic Institute and State University, Virginia State University, and the U.S. Department of Agriculture cooperating. Rick D. Rudd, Interim Director, Virginia Cooperative Extension, Virginia Tech, Blacksburg; Wondi Mersie, Interim Administrator, 1890 Extension Program, Virginia State, Petersburg.

VT/0410/3000-9027

## Green Beans with Caramelized Onions

- 2 teaspoons butter
- 1 large onion, sliced
- 2 teaspoons light brown sugar
- 1/2 teaspoon kosher salt
- 1/2 teaspoon Cajun seasoning
- 1 1/2 pounds green beans

**Stovetop:** In a skillet, melt butter on medium heat. Add onion and cook, stirring occasionally, until it begins to brown, about 7-10 minutes. Add sugar, salt and Cajun seasoning. Reduce heat to medium-low and cook, stirring often, until onion is soft and golden brown, about 5 minutes. Meanwhile, bring a large pot of salted water to boil. Add green beans and cook until tender, about 4-5 minutes. Drain well, then add to pan with onions. Cook and stir mixture until heated through, about 1 minute. Serve.

**Microwave:** In microwave-safe dish, cook onions on high for 3 minutes or until translucent. Add remaining ingredients, cook on high for 10 minutes or until desired doneness, stirring halfway through. Let stand for 5 minutes before serving. Butter can be eliminated with this method.

---

## Virginia Cooperative Extension



Adapted from Kansas State University Research and Extension. Virginia Cooperative Extension was pleased to partner with City of Danville, Parks and Recreation, Danville Community Market, and Danville-Pittsylvania Community Action on the development of this project.

[www.ext.vt.edu](http://www.ext.vt.edu)

Produced by Communications and Marketing, College of Agriculture and Life Sciences, Virginia Polytechnic Institute and State University, 2010  
Virginia Cooperative Extension programs and employment are open to all, regardless of race, color, national origin, sex, religion, age, disability, political beliefs, sexual orientation, or marital or family status. An equal opportunity/affirmative action employer. Issued in furtherance of Cooperative Extension work, Virginia Polytechnic Institute and State University, Virginia State University, and the U.S. Department of Agriculture cooperating. Rick D. Rudd, Interim Director, Virginia Cooperative Extension, Virginia Tech, Blacksburg; Wondi Mersie, Interim Administrator, 1890 Extension Program, Virginia State, Petersburg.

VT/0410/3000-9027

Per serving:

53 Calories

2 g Protein

21 g Fat

4 g Carbohydrates

4 g Fiber

177 mg Sodium

Diabetic Exchanges:

1 1/2 Vegetable

1/2 Fat

## Wild Salmon Salad

4 Alaskan wild salmon filets, 4-5 ounces each

4 slices red onion, each 1/2 inch thick

2 tablespoons grapeseed oil

Pinch of salt

Pinch of black pepper

1 pound romaine lettuce

32 pitted kalamata olives

1/2 cup tomato

For dressing:

1/2 cup whole grain mustard

1 cup olive oil

3 tablespoons fresh lemon juice

2 tablespoons capers

1/2 teaspoon parsley

Salt and pepper to taste

**Dressing:** Chop parsley. Drain and rinse capers. Puree mustard, lemon juice, 1 tablespoon capers, and parsley in a food processor. Slowly add oil. Remove from processor, stir in remaining capers and season with salt and pepper.

**Salad:** Chop lettuce into 1-inch pieces and dice tomatoes. Lightly brush onions and salmon with grapeseed oil, sprinkle with salt and pepper, and place on hot, oiled grill. Toss romaine lettuce with olives and grainy mustard caper dressing. Divide salad among 4 plates,

---

## Virginia Cooperative Extension



Adapted from Kansas State University Research and Extension. Virginia Cooperative Extension was pleased to partner with City of Danville, Parks and Recreation, Danville Community Market, and Danville-Pittsylvania Community Action on the development of this project.

[www.ext.vt.edu](http://www.ext.vt.edu)

Produced by Communications and Marketing, College of Agriculture and Life Sciences, Virginia Polytechnic Institute and State University, 2010

Virginia Cooperative Extension programs and employment are open to all, regardless of race, color, national origin, sex, religion, age, disability, political beliefs, sexual orientation, or marital or family status. An equal opportunity/affirmative action employer. Issued in furtherance of Cooperative Extension work, Virginia Polytechnic Institute and State University, Virginia State University, and the U.S. Department of Agriculture cooperating. Rick D. Rudd, Interim Director, Virginia Cooperative Extension, Virginia Tech, Blacksburg; Wondi Mersie, Interim Administrator, 1890 Extension Program, Virginia State, Petersburg.

VT/0410/3000-9027

garnish with diced tomatoes. When salmon is cooked to desired temperature, remove from grill. Top each plate with one filet, then add an onion slice. Serve.

Makes 4 servings

Per serving:

480 Calories

26 g Protein

26 g Fat

18 g Carbohydrates

600 mg Sodium

Diabetic exchanges:

4 Lean meat

1/2 Vegetable

4 Fat

## Chicken, Shrimp and Fruit Salad

- 1/4 teaspoon salt
- 1 cup Granny Smith apple
- 1 cup seedless red grapes
- 1 cup seedless green grapes
- 1 orange
- 1 tablespoon garlic
- 1/2 cup shallots
- 1 boneless skinless chicken breast
- 16 medium shrimp
- 4 tablespoons roasted unsalted peanuts
- 1 teaspoon salt
- 1 teaspoon sugar
- 2 tablespoons lime or lemon juice
- 1-3 serrano chilies
- 2 tablespoons cilantro leaves

Peel and dice apple. Cut grapes into halves. Divide orange into segments and cut each segment in half. Chop peanuts. Fry shallots and garlic in a small amount of oil, set aside. Cut chicken into long thin strips and place in medium frying pan. Add water to cover and 1/4 teaspoon salt and bring to a simmer. Simmer gently for about 5 minutes or until the chicken is just cooked. Remove chicken from the water and tear 1-inch shreds or dice into 1/4-inch pieces. Save the cooking water. Peel and devein shrimp. Bring the chicken poaching water to a simmer and add shrimp. Reduce heat to medium-low,

---

## Virginia Cooperative Extension



Adapted from Kansas State University Research and Extension. Virginia Cooperative Extension was pleased to partner with City of Danville, Parks and Recreation, Danville Community Market, and Danville-Pittsylvania Community Action on the development of this project.

[www.ext.vt.edu](http://www.ext.vt.edu)

Produced by Communications and Marketing, College of Agriculture and Life Sciences, Virginia Polytechnic Institute and State University, 2010

Virginia Cooperative Extension programs and employment are open to all, regardless of race, color, national origin, sex, religion, age, disability, political beliefs, sexual orientation, or marital or family status. An equal opportunity/affirmative action employer. Issued in furtherance of Cooperative Extension work, Virginia Polytechnic Institute and State University, Virginia State University, and the U.S. Department of Agriculture cooperating. Rick D. Rudd, Interim Director, Virginia Cooperative Extension, Virginia Tech, Blacksburg; Wondi Mersie, Interim Administrator, 1890 Extension Program, Virginia State, Petersburg.

VT/0410/3000-9027

stir and poach shrimp for 2-3 minutes or until just cooked through, drain. Dice shrimp into 1/4-inch pieces. Combine chicken, shrimp, and peanuts, cover and set aside. Combine lime juice with 1 teaspoon each salt and sugar in small bowl and mix well, set aside. Cut chilies into very fine rounds. Wash and dry cilantro, cover and set aside. Combine apples, grapes, oranges, chicken and shrimp in a large bowl. Add the lime juice and sugar mixture. Season with salt and pepper. Add half of the fried shallots and garlic, toss. Place in serving bowl and garnish with the reserved shallots, garlic, cilantro leaves and chilies.

Makes 6 servings as a first course or 4 servings as a main course.

Per serving:

250 Calories

25 g Protein

6 g Fat

25 g Carbohydrates

3 g Fiber

670 mg Sodium

Diabetic exchanges:

2 Lean meat

1 Vegetable

1 Fruit

1 Fat

## Cucumber Salsa

- 6 cucumbers
- 4 tomatoes
- 1 red onion
- 1 package ranch-style dressing mix (1 ounce)
- 1/4 cup vinegar (more or less can be used to taste)
- 1/4 teaspoon sugar
- 1/2 pound baked whole-wheat tortilla chips

Chop all vegetables and place in a large bowl. In a smaller bowl, whisk ranch dressing mix and sugar with vinegar. Pour dressing mixture over vegetables, stir well. Refrigerate overnight. Serve with tortilla chips.

Per serving:

104 Calories

4 g Protein

2 g Fat

21 g Carbohydrates

7 g Fiber

191 mg Sodium

Diabetic exchanges:

2 Vegetable

*Contributed by Anne-Carter Carrington, FNP District Coordinator, Central District Office, and Ellen Smith, FCS Extension agent, Mecklenburg County*

## Virginia Cooperative Extension



Adapted from Kansas State University Research and Extension. Virginia Cooperative Extension was pleased to partner with City of Danville, Parks and Recreation, Danville Community Market, and Danville-Pittsylvania Community Action on the development of this project.

[www.ext.vt.edu](http://www.ext.vt.edu)

Produced by Communications and Marketing, College of Agriculture and Life Sciences, Virginia Polytechnic Institute and State University, 2010  
 Virginia Cooperative Extension programs and employment are open to all, regardless of race, color, national origin, sex, religion, age, disability, political beliefs, sexual orientation, or marital or family status. An equal opportunity/affirmative action employer. Issued in furtherance of Cooperative Extension work, Virginia Polytechnic Institute and State University, Virginia State University, and the U.S. Department of Agriculture cooperating. Rick D. Rudd, Interim Director, Virginia Cooperative Extension, Virginia Tech, Blacksburg; Wondi Mersie, Interim Administrator, 1890 Extension Program, Virginia State, Petersburg.

VT/0410/3000-9027



## Roasted Brussels Sprouts

- 1 pound fresh or 16-ounce package frozen Brussels sprouts
- 1 tablespoon canola oil
- 1/4 teaspoon kosher salt
- 1/2 teaspoon ground black pepper

If using fresh Brussels sprouts, rinse well and trim. If using frozen Brussels sprouts, thaw by placing the Brussels sprouts in a colander and running them under cold water. Preheat oven to 350°F. Toss Brussels sprouts with oil, salt, and pepper to coat evenly. Place the Brussels sprouts in a baking dish and roast for 20-30 minutes or until tender. Season to taste and serve hot, warm or at room temperature.

Makes 4 servings

Per serving:

80 Calories

4 g Protein

3.5 g Fat

5 g Fiber

9 g Carbohydrates

135 mg Sodium

Diabetic exchanges:

1 1/2 Vegetable

1/2 Fat

*Contributed by Donna Daniel, FCS Extension agent, Lunenburg County*

## Virginia Cooperative Extension



Adapted from Kansas State University Research and Extension. Virginia Cooperative Extension was pleased to partner with City of Danville, Parks and Recreation, Danville Community Market, and Danville-Pittsylvania Community Action on the development of this project.

[www.ext.vt.edu](http://www.ext.vt.edu)

Produced by Communications and Marketing, College of Agriculture and Life Sciences, Virginia Polytechnic Institute and State University, 2010  
Virginia Cooperative Extension programs and employment are open to all, regardless of race, color, national origin, sex, religion, age, disability, political beliefs, sexual orientation, or marital or family status. An equal opportunity/affirmative action employer. Issued in furtherance of Cooperative Extension work, Virginia Polytechnic Institute and State University, Virginia State University, and the U.S. Department of Agriculture cooperating. Rick D. Rudd, Interim Director, Virginia Cooperative Extension, Virginia Tech, Blacksburg; Wondi Mersie, Interim Administrator, 1890 Extension Program, Virginia State, Petersburg.

VT/0410/3000-9027

## Roasted Asparagus

- 10 medium asparagus spears
- 1 teaspoon olive oil
- 1/8 teaspoon salt (optional)
- 1/2 tablespoon grated Parmesan cheese
- 2 thin slices toasted Italian bread (optional)
- Garlic powder and paprika (optional)

Preheat the oven to 400°F. Wash and remove ends from asparagus, dry on paper towels. Place asparagus in shallow roasting pan. Drizzle with oil and turn to coat. Sprinkle with salt, garlic powder and paprika (if desired). Roast for 10 minutes or until asparagus is tender. Remove to a plate and sprinkle with Parmesan cheese. Serve on toasted Italian bread slices.

Makes 2 servings

Per serving (serving of 5 spears and 1 slice of bread):

120 Calories

5 g Protein

4 g Fat

17 g Carbohydrates

2 g Fiber

192 mg Sodium

Diabetic exchanges:

1 Starch

1 Vegetable

1/2 Fat

*Contributed by Ellen Smith, FCS Extension agent, Mecklenburg County*

## Virginia Cooperative Extension



Adapted from Kansas State University Research and Extension. Virginia Cooperative Extension was pleased to partner with City of Danville, Parks and Recreation, Danville Community Market, and Danville-Pittsylvania Community Action on the development of this project.

[www.ext.vt.edu](http://www.ext.vt.edu)

Produced by Communications and Marketing, College of Agriculture and Life Sciences, Virginia Polytechnic Institute and State University, 2010  
 Virginia Cooperative Extension programs and employment are open to all, regardless of race, color, national origin, sex, religion, age, disability, political beliefs, sexual orientation, or marital or family status. An equal opportunity/affirmative action employer. Issued in furtherance of Cooperative Extension work, Virginia Polytechnic Institute and State University, Virginia State University, and the U.S. Department of Agriculture cooperating. Rick D. Rudd, Interim Director, Virginia Cooperative Extension, Virginia Tech, Blacksburg; Wondi Mersie, Interim Administrator, 1890 Extension Program, Virginia State, Petersburg.

VT/0410/3000-9027

## Steamed Cabbage

- 1 1/2 pounds green cabbage
- 1/4 cup apple cider vinegar
- 1 1/2 teaspoons Splenda or natural sugar substitute
- 1/2 teaspoon crushed hot pepper flakes
- 1/4 teaspoon salt
- Black pepper to taste
- 1/4 cup water
- 1 red bell pepper (optional)

Core and thinly slice cabbage. Dice red pepper. In small saucepan, mix vinegar, sugar substitute, pepper flakes, caraway seeds, salt, black pepper and water; bring to a boil. Cook for about 4 minutes, remove from heat. Fill a large kettle with 1 inch of water and bring to a boil. Place cabbage slices and bell pepper in a steamer basket and place basket over water. Cover and steam for 3 minutes. Remove to a serving bowl. Pour sauce through a strainer over cabbage and toss well, serve.

Makes 4 servings

Per serving:

27 Calories

1 g Protein

0 g Fat

7 g Carbohydrates

124 mg Sodium

Diabetic exchanges:

1 Vegetable

*Contributed by Ellen Smith, FCS Extension agent, Mecklenburg County*

## Virginia Cooperative Extension



Adapted from Kansas State University Research and Extension. Virginia Cooperative Extension was pleased to partner with City of Danville, Parks and Recreation, Danville Community Market, and Danville-Pittsylvania Community Action on the development of this project.

[www.ext.vt.edu](http://www.ext.vt.edu)

Produced by Communications and Marketing, College of Agriculture and Life Sciences, Virginia Polytechnic Institute and State University, 2010

Virginia Cooperative Extension programs and employment are open to all, regardless of race, color, national origin, sex, religion, age, disability, political beliefs, sexual orientation, or marital or family status. An equal opportunity/affirmative action employer. Issued in furtherance of Cooperative Extension work, Virginia Polytechnic Institute and State University, Virginia State University, and the U.S. Department of Agriculture cooperating. Rick D. Rudd, Interim Director, Virginia Cooperative Extension, Virginia Tech, Blacksburg; Wondi Mersie, Interim Administrator, 1890 Extension Program, Virginia State, Petersburg.

VT/0410/3000-9027

## Vegetables with Lemon Sauce

- 1/2 head cauliflower, cut into florets
- 2 cups broccoli, cut into florets
- 2 tablespoons lemon juice
- 1 tablespoon olive oil
- 1 clove garlic, minced
- 2 teaspoons fresh parsley, chopped
- (Can substitute frozen mixed vegetables for fresh)

Cut broccoli and cauliflower into florets. Chop parsley. Steam broccoli and cauliflower until tender, about 10 minutes. In small saucepan, mix lemon juice, oil, and garlic, cook on low heat for 2-3 minutes. Place vegetables into a serving dish. Pour the lemon-garlic sauce over the vegetables, garnish with parsley, and serve.

Makes 8 servings

Per serving:

31 Calories

1 g Protein

2 g Fat

2 g Carbohydrates

1 g Fiber

9 g Sodium

Diabetic exchanges:

1/2 Vegetable

1/2 Fat

*Contributed by Anne-Carter Carrington, FNP District Coordinator, Central District Office*

## Virginia Cooperative Extension



Adapted from Kansas State University Research and Extension. Virginia Cooperative Extension was pleased to partner with City of Danville, Parks and Recreation, Danville Community Market, and Danville-Pittsylvania Community Action on the development of this project.

[www.ext.vt.edu](http://www.ext.vt.edu)

Produced by Communications and Marketing, College of Agriculture and Life Sciences, Virginia Polytechnic Institute and State University, 2010  
 Virginia Cooperative Extension programs and employment are open to all, regardless of race, color, national origin, sex, religion, age, disability, political beliefs, sexual orientation, or marital or family status. An equal opportunity/affirmative action employer. Issued in furtherance of Cooperative Extension work, Virginia Polytechnic Institute and State University, Virginia State University, and the U.S. Department of Agriculture cooperating. Rick D. Rudd, Interim Director, Virginia Cooperative Extension, Virginia Tech, Blacksburg; Wondi Mersie, Interim Administrator, 1890 Extension Program, Virginia State, Petersburg.

VT/0410/3000-9027

## Balsamic Tomatoes and Onions

- 5 fresh tomatoes
- 1 cup red onion
- 2 tablespoons olive oil
- 1/4 cup balsamic vinegar
- 1 loaf whole grain French bread, for dipping (optional)

Core and dice tomatoes. Dice onions and sprinkle over the tomatoes. Whisk olive oil and balsamic vinegar together, pour over tomatoes and onions. Let stand for 5 minutes before serving, or cover and refrigerate for up to 3 days. Serve with sliced French bread, and dip bread in marinade when finished with the tomatoes.

Makes 8 servings

Per serving:

187 Calories

5 g Protein

6 g Fat

29 g Carbohydrates

3 g Fiber

264 mg Sodium

Diabetic exchanges:

1 1/2 Grains

1 1/2 Vegetable

1 Fat

*Contributed by Anne-Carter Carrington, FNP District Coordinator, Central District Office, and Ellen Smith, FCS Extension agent, Mecklenburg County*

## Virginia Cooperative Extension



Adapted from Kansas State University Research and Extension. Virginia Cooperative Extension was pleased to partner with City of Danville, Parks and Recreation, Danville Community Market, and Danville-Pittsylvania Community Action on the development of this project.

[www.ext.vt.edu](http://www.ext.vt.edu)

Produced by Communications and Marketing, College of Agriculture and Life Sciences, Virginia Polytechnic Institute and State University, 2010

Virginia Cooperative Extension programs and employment are open to all, regardless of race, color, national origin, sex, religion, age, disability, political beliefs, sexual orientation, or marital or family status. An equal opportunity/affirmative action employer. Issued in furtherance of Cooperative Extension work, Virginia Polytechnic Institute and State University, Virginia State University, and the U.S. Department of Agriculture cooperating. Rick D. Rudd, Interim Director, Virginia Cooperative Extension, Virginia Tech, Blacksburg; Wondi Mersie, Interim Administrator, 1890 Extension Program, Virginia State, Petersburg.

VT/0410/3000-9027