Mini Meatloaves with Barbecue Sauce

Serving Information
Makes approximately 12 servings

Ingredients
2½ lbs. extra lean ground beef 1 c. quick oats
⅔ c. minced onion
½ c. dry bread crumbs or cracker crumbs
1 (12-oz.) can evaporated skim milk
2 eggs
2 Tbsp. chili powder
½ tsp. garlic powder
¼ tsp. salt
¼ tsp. black pepper
6 Tbsp. barbecue sauce

Equipment
Large mixing bowl
Mixing spoon
12-cup muffin pan
Measuring cups and spoons

Directions
1. Preheat oven to 375°F. In a large bowl combine all ingredients except the barbecue sauce. Mix until ingredients are just combined. Using your hands works best but thoroughly wash hands before and after mixing.
2. Divide mixture evenly among each muffin cup, pressing mixture lightly.
3. Spoon approximately 1½ tsp. barbecue sauce over each muffin.
4. Bake for 30-35 minutes or until centers reach the safe internal temperature of 160°F.

Source: Dining with Diabetes WVUES, 2000-present

Nutrition Facts
Serving Size (152g) Servings Per Container

<table>
<thead>
<tr>
<th>Amount Per Serving</th>
<th>Calories from Fat 60% Daily Value*</th>
</tr>
</thead>
<tbody>
<tr>
<td>Calories 210</td>
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<tr>
<td>Total Fat 7g</td>
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<tr>
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<td>Sodium 210mg</td>
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<tr>
<td>Total Carbohydrate 15g</td>
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<tr>
<td>Dietary Fiber 1g</td>
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<tr>
<td>Sugars 6g</td>
<td></td>
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<tr>
<td>Protein 21g</td>
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Vitamin A 10%  •  Vitamin C 2%
Calcium 10%  •  Iron 15%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

<table>
<thead>
<tr>
<th>Calories</th>
<th>Total Fat</th>
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<th>Cholesterol</th>
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<tr>
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<td>300g</td>
<td>375g</td>
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Calories per gram:
- Fat 9  •  Carbohydrate 4  •  Protein 4
Talking Points
Mini Meatloaves
with Barbecue Sauce

1. Over mixing the ingredients will make the meatloaf dry and tough. Mix just until ingredients are evenly distributed. Using your hands is often easier than using a spoon.

2. Try adding diced celery, peppers, or shredded carrot to the mixture for variety in flavor and texture.

3. The eggs will help bind the mixture and keep the meatloaves from crumbling when serving.

4. Using extra lean ground beef makes these meatloaves lower in fat and calories and higher in protein. A serving of this meatloaf provides 24 grams of high quality protein and 6g of total fat. Compare that to a traditional serving of meatloaf (the same size) which provides 16 grams of protein and 12 grams of total fat.

5. Using the muffin pan helps control portion size.

6. The brand of barbecue sauce does not matter. Use whatever kind you like or have on hand. Some stores carry reduced-sodium barbecue sauce which will help further reduce the sodium content of the recipe. Diabetics should also check the carbohydrate content of the sauce.
Apple Slaw

**Serving Information**
Makes approximately 4 servings
(1 servings = ½ c.)

**Ingredients**
- ¼ c. fat-free vanilla yogurt
- 1 Tbsp. orange juice
- 1 Tbsp. Splenda, granulated
- Dash of cinnamon
- 1 small red apple, diced
- 2 c. shredded green cabbage
- ½ c. broccoli florets, chopped
- 1 small green bell pepper, diced

**Equipment**
- Medium bowl
- Measuring cups and spoons
- Cutting board & sharp knife

**Directions**
2. Mix yogurt, orange juice, Splenda and cinnamon together in small bowl.
3. Pour over salad and toss.
4. Serve immediately or refrigerate until ready to serve.

**Nutrition Facts**
Serving Size 1/2 cup (108g)
Servings Per Container 4

<table>
<thead>
<tr>
<th>Amount Per Serving</th>
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<tr>
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</tr>
<tr>
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<tr>
<td>Protein</td>
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Vitamin A 8% • Vitamin C 60%
Calcium 6% • Iron 2%

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<table>
<thead>
<tr>
<th>Calories</th>
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<td>Sodium</td>
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<tr>
<td>Total Carbohydrate</td>
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<td>375g</td>
</tr>
<tr>
<td>Dietary Fiber</td>
<td>25g</td>
<td>30g</td>
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</table>

Calories per gram:
- Fat 9 • Carbohydrate 4 • Protein 4

**Source:** Dining with Diabetes—West Virginia University Extension Service, 2003
1. This is an easy recipe to make and is crunchy and colorful.

2. Using pre-packaged coleslaw mix in place of shredded cabbage will reduce prep time, but may result in a drier product.

3. The cinnamon adds a nice touch but may be omitted.

4. Research has indicated that cruciferous vegetables may help to protect against certain types of cancers, by protecting against “free-radicals.” Cabbage is one cruciferous vegetable. Others include cauliflower, broccoli, Brussels sprouts, and bok choy.

5. The word “cruciferous” refers to the cross-shaped flower in the stem of these plants. We are encouraged to eat several of this type of vegetable each week.

6. Fiber is important to the diet, especially for those with diabetes because fiber helps slow the entry of glucose into the bloodstream.

7. By using an unpeeled apple in the recipe, you receive extra fiber, vitamins, and minerals. Apples contain both soluble and insoluble fiber. Soluble fiber reduces cholesterol absorption and insoluble fiber plays an important role in regulating bowel function. Choose the apple color to complement the salad.

8. When Momma said “an apple a day keeps the doctor away” she may not have known why this was true, but as research now indicates, there was a lot of truth in what she said.

9. The combination of yogurt, orange juice, and cinnamon makes a delicious fat-free dressing which could also be used with other salads such as apple Waldorf.
Servings: 8

Ingredients:
1/2 cup quick oats
1/3 cup natural peanut butter
1/2 cup raisins (chopped)
1/2 teaspoon cinnamon

Options: May roll in chopped nuts and/or coconut
Directions:
Stir together ingredients and roll into 8 balls. Roll in coconut or nuts if desired. Keep in refrigerator or freezer.

Try making with maple almond butter and cranberries.

Source: Adapted from Environmental Nutrition, July 2015, Recipe courtesy of Caroline Kaufman, MS, RDN

Nutrition Information: One serving provides: 120 calories, 6g total fat, 6g saturated fat, 0mg cholesterol, 35mg sodium, 13g total carbohydrate, 2g dietary fiber, 8g sugars, 3g protein

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Green Beans, Cranberries and Nuts

**Serving Information**
Makes approximately 2 servings
(1 serving = 2/3 c.)

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

**Equipment**
Medium saucepan
Colander
Measuring spoons

**Directions**
1. Drain and rinse canned green beans.
2. If using frozen or fresh, cook until crisp-tender and drain.
3. Heat oil in saucepan; add cranberries and nuts. Cook, stirring often.
4. Once cranberries are softened, stir in green beans; cook until beans are heated through.
5. Add honey and stir well. Serve beans hot, sprinkled with choice of seasoning(s).

**Nutrition Facts**

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Source: Dining with Diabetes—West Virginia University Extension Service, 2003
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Talking Points
Green Beans, Cranberries and Nuts

1. Recipe is very tasty and looks festive. It would make a great side dish to serve with dinner during the holiday season.

2. Dried cranberries were used in the nutritional analysis. Dried cranberries (and other dried fruits) are a concentrated source of sugar, therefore, it is important to follow the recipe accordingly.

3. In fact, dried cranberries contain six times the amount of calories compared to that of fresh (all from carbohydrates). If fresh or frozen cranberries are available, use the amount called for in the recipe and you can still significantly reduce the amount of carbohydrate listed on the analysis.

4. Chopped pecans were used for the nutritional analysis. You can substitute another type of nut without significantly affecting the nutritional content.

5. Draining and rinsing canned green beans can help reduce sodium somewhat, but a better choice would be no salt-added green beans, or fresh or frozen.