Sweet and Sour Pork

Serving Information
Makes approximately 5 servings
(1 serving = approximately ½ cup)

Ingredients
1 lb. boneless pork loin cut into ½ inch cubes
1 tsp. vegetable oil
3 small unpeeled apples (Granny Smith preferred), cored and sliced into ½ inch wedges
¾ c. chicken broth (reduced sodium & fat)
1 tsp. brown sugar
4 - 5 packets heat stable artificial sweetener
¼ c. cider vinegar
3 Tbsp. cornstarch
2 Tbsp. low-sodium Worcestershire sauce
¼ tsp. black pepper

Directions
2. Add apples, sauté 3 minutes, stirring occasionally.
3. Add ½ c. of broth. Reduce heat and simmer covered for 10 minutes.
4. Mix remaining broth with rest of ingredients. Add to skillet.
5. Cover and cook over medium heat, stirring constantly until sauce thickens.

Source: Dining with Diabetes WVUES, 2000-present
Talking Points
Sweet and Sour Pork

1. Certain cuts of pork like tenderloin are lean if they are trimmed well. This recipe reduces the amount of fat and cholesterol by combining it with lower fat ingredients like the apples. If Granny Smith apples are not available, substitute other cooking or all-purpose apples. Do not peel apples since the peels contain fiber.

2. Small amounts of brown sugar can be used if each serving contains less than one teaspoon of sugar. You may also use brown sugar substitutes.
Healthier Hash Brown Casserole

Serving Information
Makes approximately 6 servings

Ingredients
1 pound frozen hash browns, thawed
¾ c. light sour cream
½ c. reduced-fat cheddar cheese
1 can (10¾-oz.) reduced sodium, low-fat cream of chicken soup
1 Tbsp. minced onions
¼ tsp. black pepper
Cooking spray

Topping:
½ c. crushed saltines (no-salt added)
1 Tbsp. melted margarine

Equipment
Mixing bowl
Measuring cups and spoons
9” x 13” baking dish
Mixing spoon or spatula

Directions
1. Preheat oven to 350°F.
2. Combine first six ingredients. Place in baking dish that has been sprayed with cooking spray.
3. Combine crushed saltines with melted margarine. Sprinkle over potatoes.
4. Bake for 30-45 minutes or until potatoes are tender. The internal temperature should reach 165°F.

Source: The Right Bite—University of Georgia Cooperative Extension Service, Extension in the Kitchen, 2002

Nutrition Facts

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

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Talking Points
Healthier Hash Brown Casserole

1. Choosing light and reduced-fat products reduces the calories and fat. Choose a reduced-fat creamed soup to lower the fat. More choices are available now in your supermarket. To reduce fat further, omit the margarine.

2. Using oil in place of melted margarine will reduce the saturated fat content yet still aid the browning of the crumb topping.

3. Canned condensed creamed soups are also high in sodium. Choose a reduced-sodium soup to lower the sodium content. More choices are available now in your supermarket.

4. Substitute crushed wheat or bran flakes or no-salt saltines to reduce the sodium as well.

5. Note: This recipe freezes well. It can be divided either before or after baking for a quick and easy dish for a later meal.

6. Recipe alternative note: Frozen hash brown potatoes are sold in 2 pound packages. This recipe can look small in a 9 x 13 pan. If using a 2 pound package of hash browns, double the other ingredients, except for the cream of chicken soup: 1 ½ c. light sour cream, 1 c. reduced-fat cheddar cheese, 2 Tbsp. minced onions, 1 c. crushed saltines, and 2 Tbsp. melted margarine.
Strawberry Dessert

Serving Information
Serves 8

Ingredients
½ purchased angel food cake (small)
1 box (4 servings) sugar-free strawberry gelatin
¾ c. boiling water
1 pint fresh strawberries
1 packet artificial sweetener
¾ c. (⅓ of 12-oz. can) evaporated skim milk, chilled
Fresh strawberries for garnish

Equipment
Mixing bowl
Blender
1½ qt. baking dish

Directions
1. Break angel food cake into bite size pieces in large mixing bowl. Set aside.
2. Dissolve gelatin in boiling water; cool in refrigerator for 30 minutes.
3. Wash strawberries; set aside 8 of the prettiest strawberries, leaving stems intact.
4. Stem and trim blemishes from remaining washed berries. Place in blender with one packet of sweetener, chilled milk, and cooled gelatin. Process until well blended, light and fluffy.
5. Pour mixture over angel food cake pieces in large mixing bowl; fold until cake pieces are coated. Pour into 1½ qt. baking dish. Cover with plastic wrap and chill until serving time.
6. To serve, cut into squares and garnish with strawberry fans made from reserved strawberries.

Source: Diabetes Education Program WVUES 1999-2000
**Talking Points**
**Strawberry Dessert**

1. This dessert is light and creamy and low in calories and fat.

2. Strawberry fans are made by using a paring knife and making slices from the bottom of the strawberry to the top without slicing all the through the cap of the berry.