



# Asian Tofu Stir-Fry

This tried-and-true stir-fry keeps things simple—and fast—with just six ingredients, but plenty of vegetables, lean protein and whole grains. Like many meals with tofu, it's budget-friendly to boot! Get experimental with your vegetables! Carrots, broccoli, and snow peas are a classic combo, but you any variety of vegetables that you have on hand, like mushrooms, celery, bell pepper, zucchini, eggplant, onions, cabbage, asparagus, and more!

Prep time	Cook time	Servings	Serving size
5 min	15 min	4	1 <sup>3</sup> / <sub>4</sub> cups stir-fry, 1/2 cup brown rice

## Nutrition Facts

4 Servings

**Serving Size** 1 <sup>3</sup>/<sub>4</sub> cups stir-fry, 1/2 cup brown rice

**Amount per serving** **280**  
**Calories**

**Total Fat** 9g

Saturated Fat 1.5g

**Cholesterol** 0mg

**Sodium** 380mg

**Total Carbohydrate** 37g

Dietary Fiber 7g

Total Sugars 7g

**Protein** 15g

**Potassium** 710mg

**Phosphorus** 300mg

**Choices/Exchanges: 3 Nonstarchy vegetable, 1 1/2 Starch, 1/2 Fat**

## Ingredients

<b>olive oil</b> (divided)	4 tsp	<b>firm tofu</b> (drained and cut into 1-inch cubes)	12 oz
<b>lower sodium soy sauce</b> (divided use)	2 tbsp	<b>fresh or frozen mixed vegetables</b> (such as carrots, broccoli and snow peas)	24 oz
<b>chicken or vegetable broth</b> (fat-free, low-sodium)	1 cup	<b>cooked brown rice</b>	2 cup

## Directions

- 1 In a large nonstick skillet or wok, heat 2 Tsp. olive oil over medium-high heat. Add tofu and sauté until golden brown on all sides. Add 1 Tbsp. soy sauce and sauté for 1 more minute. Remove from pan.

- 2** Add remaining 2 Tsp. olive oil to skillet and heat. Add vegetables and remaining 1 Tbsp. soy sauce to skillet and sauté for 4 minutes.
- 3** Add chicken broth to pan and bring to a simmer. Cook for 5 minutes.
- 4** Serve over brown rice.



# Strawberry Spinach Salad



## Serving Information

Makes approximately 8 servings  
(1 serving = 1 cup)

## Ingredients

- 8 cups torn fresh spinach
- 2 cups sliced fresh strawberries
- 2 Tbsp. finely chopped onion
- 3 Tbsp. sunflower seeds, toasted (optional)
- 1 tsp. sesame seeds, toasted (optional)
- 2 Tbsp. canola oil
- 2 Tbsp. red wine vinegar
- 1 Tbsp. sugar
- 1 tsp. mustard
- ½ tsp. dried dill
- ¼ tsp. salt
- ⅛ tsp. garlic powder

## Equipment

- Salad bowl
- Jar with tight-fitting lid or small mixing bowl
- Wire whisk

## Directions

1. In a salad bowl, combine the spinach, strawberries, onion, sunflower kernels and sesame seeds.
2. In a jar with a tight fitting lid, combine the remaining ingredients to make dressing, shake well. (Dressing can also be whisked together in a small bowl.) Pour dressing over salad and toss gently. Serve immediately.

<b>Nutrition Facts</b>	
Serving Size 1 cup (90g)	
Servings Per Container 8	
Amount Per Serving	
<b>Calories 80</b>	<b>Calories from Fat 50</b>
% Daily Value*	
<b>Total Fat 5g</b>	<b>8%</b>
Saturated Fat 0.5g	3%
<b>Cholesterol 0mg</b>	<b>0%</b>
<b>Sodium 110mg</b>	<b>5%</b>
<b>Total Carbohydrate 7g</b>	<b>2%</b>
Dietary Fiber 2g	8%
Sugars 4g	
<b>Protein 2g</b>	
Vitamin A 70%	Vitamin C 60%
Calcium 4%	Iron 8%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories 2,000 2,500
Total Fat	Less Than 65g 80g
Saturated Fat	Less Than 20g 25g
Cholesterol	Less Than 300mg 300 mg
Sodium	Less Than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

**Source:** Dining with Diabetes – West Virginia University Extension Service, 2003

# Talking Points

## Strawberry Spinach Salad



1. Using baby spinach saves time because it does not have to be torn into pieces.
2. Any fruit may be substituted in this recipe. Fresh peach, nectarines or plums, in season would be a flavorful addition.
3. The sunflower and sesame seed may be omitted or they may be substituted with toasted pecans or walnuts. Research shows that eating 1 ounce of nuts 5 days per week may help reduce the risk of heart disease.
4. Toasting nuts and seeds brings out their natural oils and flavors. Below are three different methods for toasting:

*Stovetop method:* Place sesame/sunflower seeds in small dry sauté pan over medium-high heat for 2-3 minutes, stirring frequently, until lightly browned.

*Microwave method:* Place on microwave-safe plate, and microwave on high for about 1 minute, stirring every 15 seconds until lightly browned.

*Oven method:* Spread nuts/seeds in a single layer on a baking sheet.

5. Place in 400 degree oven for 5-10 minutes, monitoring frequently as not to burn.
6. Red wine vinegar is recommended in this recipe, however any other vinegar, such as white, balsamic, or cider may be substituted.



# Fresh Fruit Tarts



## Serving Information

Serves 12 (1 serving = 1 tart)

## Ingredients

- 12 wonton skins
- 2 Tbsp. sugar-free jelly or fruit spread
- 1½ c. diced fresh fruit\*
- 1 c. non-fat yogurt, any flavor
- Cooking spray

\*Select fruit combinations based on what is in season. Any of the following could be used: bananas, strawberries, blueberries, grapes, kiwi, raspberries, peaches, orange sections etc.

## Equipment

- Measuring cups and spoons
- Small saucepan
- Muffin tin

## Directions

1. Preheat oven to 375° F and spray muffin tins with cooking spray.
2. Press wonton skins into muffin tins allowing the corners to stand up over the edges.
3. Bake wontons until lightly brown, approximately 4 -6 minutes. *Watch carefully, as Wonton skins bake very quickly.*
4. Remove from oven; carefully take each wonton out of muffin tin and allow time for cooling.
5. Warm jelly or fruit spread and lightly coat bottom of each wonton.
6. Fill each wonton with fruit and a rounded dollop of yogurt on top.
7. Garnish with small piece of fruit or a dab of jelly/spread and serve immediately.

Source: Diabetes Education Program WVUES 1999-2000

<b>Nutrition Facts</b>			
Serving Size 1 Wonton Tart (49g)			
Servings Per Container 12			
Amount Per Serving			
<b>Calories 45</b>		Calories from Fat 0	
		% Daily Value*	
<b>Total Fat</b>	0g		<b>0%</b>
Saturated Fat	0g		<b>0%</b>
Trans Fat	0g		
<b>Cholesterol</b>	0mg		<b>0%</b>
<b>Sodium</b>	55mg		<b>2%</b>
<b>Total Carbohydrate</b>	10g		<b>3%</b>
Dietary Fiber	0g		<b>0%</b>
Sugars	4g		
<b>Protein</b>	2g		
Vitamin A	2%	•	Vitamin C 4%
Calcium	2%	•	Iron 2%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:			
	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g
Calories per gram:			
	Fat 9	•	Carbohydrate 4 • Protein 4

# Talking Points Fresh Fruit Tarts



1. Diced fresh peaches were used as the fruit choice in the nutrition analysis of this recipe.
2. This recipe can be used as a dessert or an appetizer. It is very easy to prepare and looks lovely.
3. Wonton shells are generally located near the produce section.
4. Wontons can also be baked in mini-muffin pans. A serving would be considered two.
5. Tarts can be topped with fat-free whipped cream such as “RediWhip.”
6. Thawed frozen fruit, such as berries, can be used for the fresh fruit. The nutrition fact information would change slightly.
7. Baked wonton shells can also be filled with pudding, ice cream, or other dessert item. They could also be used as a luncheon dish by filling them with chicken, tuna, or crab salad, but make sure you use low-fat ingredients.



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# Spinach Lasagna

## Serving Information

Makes approximately 8 servings (1 serving = ½ cup)

## Ingredients

- 2 tsp. olive or canola oil and 2 cloves garlic, minced
- 1(8-oz.) can tomato sauce (no sodium added)
- 1 (15-1/2 oz.) can diced tomatoes (no sodium added)
- ¼ tsp. pepper
- ½ tsp. oregano
- 2 tsp. olive or canola oil
- ¼ c. chopped onions
- 1 (10-oz.) pkg. fresh spinach, washed, stemmed and chopped (or one 10-oz. pkg. frozen chopped spinach, thawed and drained)
- 8 oz. uncooked lasagna noodles (whole wheat, if possible)
- 12 oz. 1% fat cottage cheese (or 12 oz. reduced-fat ricotta)
- 8 oz. shredded part-skim mozzarella cheese
- ¼ c. grated Parmesan cheese Cooking spray

## Equipment

- |                      |                 |
|----------------------|-----------------|
| 9" x 13" baking dish | Saucepan        |
| Skillet              | Stirring spoons |
| Measuring spoons     | Can opener      |
| Sharp knife          | Rubber scraper  |
| Measuring cups       |                 |

## Directions

1. Preheat oven to 375°F. Lightly coat baking dish with cooking spray.
2. In large saucepan over low heat, sauté garlic in 2 teaspoons oil over low heat for 1 minute. Do not let garlic brown. Add tomato sauce, tomatoes, pepper, and oregano. Simmer gently over low heat, uncovered, while preparing other ingredients.
3. In large skillet over low heat, sauté onions in remaining 2 teaspoons olive oil, stirring constantly, until onions are transparent but not brown. Add chopped spinach, stirring constantly to break apart, and heat.
4. Layer *uncooked* lasagna noodles, sauce, spinach mixture, cottage cheese, and mozzarella in baking pan. Repeat, using all ingredients, ending with a layer of sauce. Sprinkle top with Parmesan cheese.
5. Cover baking dish tightly with foil. Bake for one hour at 375°F. or until lasagna noodles are cooked. If noodles are cooked before assembling lasagna, bake uncovered and reduce baking time to 25 minutes.
6. Lasagna can be assembled and frozen, uncooked. To prepare lasagna that has been frozen, defrost in refrigerator for 3-4 hours, and then bake, covered, for 1½ hours or more. Lasagna is done when cheese in center is melted, all noodles are cooked, and casserole is very hot all the way to the center.

**Source:** Dining with Diabetes WVUES, 2000-present

## **Nutrition Facts**

Serving Size (232g)  
Servings Per Container

Amount Per Serving

**Calories** 280      **Calories from Fat** 90

% Daily Value\*

**Total Fat** 10g      **15%**

Saturated Fat 5g      **25%**

Trans Fat 0g

**Cholesterol** 20mg      **7%**

**Sodium** 620mg      **26%**

**Total Carbohydrate** 29g      **10%**

Dietary Fiber 3g      **12%**

Sugars 5g

**Protein** 20g

Vitamin A 80%      •      Vitamin C 30%

Calcium 30%      •      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:

		Calories	2,000	2,500
Total Fat	Less Than	65g	80g	
Saturated Fat	Less Than	20g	25g	
Cholesterol	Less Than	300mg	300 mg	
Sodium	Less Than	2,400mg	2,400mg	
Total Carbohydrate		300g	375g	
Dietary Fiber		25g	30g	

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

## Talking Points Spinach Lasagna



1. Traditional lasagna is very high in fat because it contains large amounts of cheese. This recipe uses small amounts of reduced-fat cheese. Fat-free cheese can be used, but it does not melt well. Lasagna made with fat-free cheese will be stringier and less creamy than traditional lasagna.
2. Look for tomatoes and other vegetables canned with “no added salt.”
3. Spinach is high in folate, Vitamin A, and potassium. It makes a healthy and tasty addition to this and many other dishes. Try adding raw spinach leaves to salads and at the very end of stir-fry dishes.
4. Olive oil is very good for sautéing garlic and onions. It adds healthy monounsaturated fat and a very traditional flavor to this recipe.
5. Using uncooked lasagna noodles reduces preparation time. Be sure to cover casserole tightly so that the noodles get enough moisture to cook properly.
6. This is a good dish to assemble and freeze for baking later. Be sure to bake frozen uncooked lasagna long enough to heat all the way through the dish. Improper reheating of frozen dishes can result in food spoilage and foodborne illness.



## Four-Bean Salad



### Serving Information

Makes approximately 8 servings  
(1 serving = 1/2 cup)

### Ingredients

- 1 can (8½ oz.) cut green beans, rinsed and drained
- 1 can (8½ oz.) cut wax beans, rinsed and drained
- 1 can (8½ oz.) lima beans, rinsed and drained
- 1 can (8½ oz.) kidney beans, rinsed and drained
- ½ c. thinly sliced red onion rings
- ½ c. chopped celery
- ¼ c. diced green pepper

### Dressing:

- 2 tsp. Dijon mustard
- 2 Tbsp. cider vinegar
- ½ tsp. sugar
- ½ tsp. dried thyme (or 1 tsp. chopped fresh thyme)
- ½ tsp. black pepper
- 1 clove garlic crushed or minced
- ¼ c. olive oil

### Equipment

- Can opener
- Colander
- Cutting board and sharp knife
- Large and small mixing bowls
- Whisk or mixing spoon
- Plastic wrap or bowl cover

### Directions

1. In a large mixing bowl, combine all the beans, onion, celery and green pepper.
2. In a smaller mixing bowl, whisk together the mustard, vinegar, sugar, thyme, pepper, and garlic. Whisking continually, add the oil in a slow, thin stream until well blended.
3. Pour the dressing over the bean mixture and toss to coat. Cover and refrigerate 12-24 hours before serving.

**Source:** Dining with Diabetes—West Virginia University Extension Service, 2003

## **Nutrition Facts**

Serving Size 1/2 cup (108g)  
Servings Per Container 8

Amount Per Serving

**Calories** 120      **Calories from Fat** 60

% Daily Value\*

**Total Fat** 7g      **11%**

Saturated Fat 1g      **5%**

Trans Fat 0g

**Cholesterol** 0mg      **0%**

**Sodium** 180mg      **8%**

**Total Carbohydrate** 11g      **4%**

Dietary Fiber 3g      **12%**

Sugars 2g

**Protein** 3g

Vitamin A 2%      • Vitamin C 10%

Calcium 2%      • Iron 2%

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

	Calories	2,000	2,500
Total Fat	Less Than	65g	80g
Saturated Fat	Less Than	20g	25g
Cholesterol	Less Than	300mg	300 mg
Sodium	Less Than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

# Talking Points Four-Bean Salad



1. Canned vegetables are higher in sodium than fresh cooked or frozen vegetables. Draining liquid and rinsing canned vegetables helps reduce sodium.
2. Rinsing limas and kidney beans will reduce gas producing, non-digestible carbohydrates.
3. Kidney beans and lima beans are legumes. These vegetables are rich in soluble fiber which helps slow down digestion of after meals. Legumes also may help reduce absorption of cholesterol from other foods in the same meal. They are also a great source of protein with no saturated fat.
4. Olive oil is a good source of monounsaturated fat which helps protect against heart disease. Although olive oil is as high in fat (just like butter, lard, and shortening), it should be included in the diet in moderate amounts for its health-giving benefits.
5. This recipe uses highly flavored vegetables, such as onion and garlic, as well as spices, to give flavor when salt is not added.
6. Four bean salad will keep well for several days if tightly covered and refrigerated. The recipe can easily be doubled.
7. One tablespoon of Four-Bean Salad is only 15 calories. Try putting one tablespoon on salads as a tasty, low-sodium garnish.