



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
- 3/4 c. chicken broth (reduced sodium & fat)
- 1 tsp. brown sugar
- 4 5 packets heat stable artificial sweetener
- 1/4 c. cider vinegar
- 3 Tbsp. cornstarch
- 2 Tbsp. low-sodium Worcestershire sauce
- 1/4 tsp. black pepper

Directions

- Heat skillet. Add oil. Brown pork on all sides.
- 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

Nutrit Serving Size Servings Per	(225g)		
Amount Per Servi	ing		
Calories 280	Calor	ies from	Fat 110
		% D:	aily Value*
Total Fat 13g			20%
Saturated Fat 4.5g			23%
Trans Fat 0)g		
Cholesterol 6	55mg		22%
Sodium 150m	ng		6%
Total Carboh	ydrate	18g	6%
Dietary Fibe	er 2g		8%
Sugars 11g	 		
Protein 22g			
) // · A 00/	,	<i>r</i> :	2.00/
Vitamin A 2%		Vitamin (8% ت
Calcium 2%	•	ron 6%	
*Percent Daily Valudiet. Your daily valudepending on your	ues may be	e higher or	
Total Fat L Saturated Fat L Cholesterol L	ess Than ess Than ess Than ess Than	2,000 65g 20g 300mg 2,400mg 300g 25g	2,500 80g 25g 300 mg 2,400mg 375g 30g



Talking Points Sweet and Sour Pork

- 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

3/4 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

1/4 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 Serving Size (178g) Servings Per Container	
Amount Per Serving	
Calories 190 Calorie	es from Fat 70
	% Daily Value*
Total Fat 8g	12%
Saturated Fat 3.5g	18%
Trans Fat 0g	
Cholesterol 20mg	7%
Sodium 390mg	16%
Total Carbohydrate 24	g 8%
Dietary Fiber 2g	8%
Sugars 2g	
Protein 7g	
Vitamin A 10% • Vit	amin C 8%
Calcium 20% • Iro	n 4%
*Percent Daily Values are based diet. Your daily values may be h depending on your calorie needs	igher or lower s:
Total Fat Less Than 6 Saturated Fat Less Than 2 Cholesterol Less Than 3 Sodium Less Than 2 Total Carbohydrate 3	,000 2,500 5g 80g 0g 25g 00mg 300 mg ,400mg 2,400mg 00g 375g 5g 30g
Calories per gram: Fat 9 • Carbohydrate 4	Protein 4



Talking Points Healthier Hash Brown Casserole

- 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

3/4 c. boiling water

1 pint fresh strawberries

1 packet artificial sweetener

³/₄ c. (½ 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

Amount Per Serving			
Calories 90	Са	lories fro	m Fat s
		% Da	aily Value
Total Fat 0g			0%
Saturated Fat 0g			0%
Trans Fat 0g			
Cholesterol 0mg			0%
Sodium 220mg			
Total Carbohydi	rate 1	18g	6%
Dietary Fiber 1	g		4%
Sugars 5g			
Protein 4g			
Vitamin A 2%		/itamin (C 35%
Calcium 10%	•	ron 2%	
*Percent Daily Values a diet. Your daily values depending on your cald Calor	may be	higher or	
Total Fat Less Saturated Fat Less Cholesterol Less	Than Than Than Than	65g 20g 300mg	80g 25g 300 mg 2,400mg 375g 30g



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.

