

Quick and Easy Recipes

FOR THE DIABETIC

from



Careful meal planning plays an important role in the management of diabetes. Here is a brief overview and some facts to remember.

- Diabetes is actually a group of diseases with a common factor – a problem with insulin absorption.
- Insulin is a hormone secreted by the pancreas. It plays a key part in the way the body processes food because it maintains the proper level of sugar (glucose) in the blood.
- Diabetes can develop gradually and may be detected through one of its many complications – cardiovascular disease, kidney disease, or visual problems.

Do not let Diabetes prevent you from doing what you should and want to do. Taking care of diabetes requires time, energy and focus on the diet itself. Once you learn to fit diabetes into your lifestyle, it should never get in the way of activities that you want to pursue. Diabetes can give you a heightened awareness of your health and a strong desire to keep your body in top physical shape.

We have included recipes that are beneficial for many diabetic diets. However, each person should consider their individual situation and follow their doctor's advice when meal planning.

RICE TACO SALAD



- 1 bag **SUCCESS® white or brown rice**
- 1/2 cup whole kernel corn
- 1/2 cup chopped tomato
- 1 can (4 ounces) green chilies, drained
- 1/2 cup chopped onion
- 2 Tablespoons sliced ripe olives
- 3 Tablespoons chopped fresh cilantro
- 1/2 cup chunky salsa
- 1/2 teaspoon chili powder



Prepare rice according to package directions.

Combine rice, corn, tomato, chilies, onions, olives, and cilantro in a large bowl. Combine salsa and chili powder in a small bowl and blend. Pour over rice mixture. Toss. Cover and refrigerate. Serves 6

DIETARY EXCHANGES: 1 starch
NUTRIENTS PER SERVING:

Calories: 84, Calories from fat-16%, Total fat-2 grams, Saturated fat-less than 1 gram, Protein-3 grams, Carbohydrate -16 grams, Cholesterol-1 milligram, Sodium-471 milligrams, Fiber-2 grams.

Green Chili Rice



- 1 cup **MAHATMA®, CAROLINA® or S&W® white or brown rice**
- 1 can (14.5 ounces) fat free reduced sodium chicken broth
- 1 can (4 ounces) chopped green chilies
- 1/2 cup chopped onions
- 1 teaspoon dried oregano
- 1/2 teaspoon cumin
- 2 green onions, thinly sliced
- 1/2 cup cilantro



Combine rice, broth, chilies, onion, oregano, and cumin in a large saucepan. Bring to a boil. Reduce heat to simmer, cover, and simmer 20 minutes. Stir in green onions and cilantro. Serves 6

DIETARY EXCHANGES: 1-1/2 starch
NUTRIENTS PER SERVING:

Calories: 134, Calories from fat-7%, Total Fat-1 gram, Saturated fat-0 grams, Protein-3 grams, Carbohydrate-27 grams, Cholesterol-1 milligram, Sodium-99 milligrams, Fiber-1 gram.

Herbal Rice Prima Vera

- 2 bags **SUCCESS® white or brown rice**
- 1 cup reduced fat ricotta cheese
- 1/2 cup low-fat milk
- 3 teaspoons olive oil
- 1 teaspoon minced garlic
- 1/2 teaspoon red pepper flakes
- 1-1/2 cups sliced yellow squash
- 1-1/2 cups sliced zucchini
- 1 red bell pepper cut in strips
- 1 cup fresh or frozen peas
- 1 teaspoon salt free italian herb blend
- 1/2 cup grated Parmesan cheese



Prepare rice according to package directions.

In a small bowl, combine ricotta cheese and milk. Heat oil in a large skillet over medium heat. Add garlic and red pepper flakes. Cook and stir 1 minute. Add vegetables and herb blend. Cook until vegetables are tender crisp. Mix rice, vegetables and cheese mixture in a bowl. Top with cheese. Serves 4

DIETARY EXCHANGES: 2 vegetable, 2-1/2 starch, 1 meat, 2 fat
NUTRIENTS PER SERVING:

Calories-372, Calories from fat-28%, Total fat-12 grams, Saturated fat-4 grams, Protein-21 grams, Carbohydrate- 47 grams, Cholesterol-20 milligrams, Sodium-301 milligrams, Fiber-7 grams.

Asian Wraps

- 1 bag **SUCCESS®** white or brown rice
- 8 (6-inch flour tortillas)
- 2 teaspoons oil
- 1/2 pound thin-sliced boneless beef sirloin steak
- 1/2 package frozen stir-fry oriental vegetables
- 1/4 cup stir-fry sauce
- 3 tablespoons water
- 1/2 cup thinly-sliced green onions



Prepare rice according to package directions.

Heat tortillas according to package directions and keep warm. Heat oil in large skillet over medium heat. Add beef and stir-fry 4 minutes. Add vegetables and stir-fry 2 minutes. Add stir-fry sauce and water, reduce heat to simmer, simmer 6 minutes. Remove from heat. Place 1/4 cup cooked rice in the center of each tortilla, top with 1/8 of beef mixture and about 1-1/2 teaspoons green onions. Fold in both sides of tortilla; roll up tightly from the bottom, keeping filling in the center.
Serves 4 (two wraps each)

DIETARY EXCHANGES: 2 vegetable, 3-1/2 starch, 1 meat, 1 fat

NUTRIENTS PER SERVING:

Calories-435, Calories from fat-20%, Total fat-8 grams, Saturated fat- 2grams, Protein-20 grams, Carbohydrate- 66 grams, Cholesterol-30 grams, Sodium-898 milligrams, Fiber-4 grams



Rice Pudding

- 1-1/4 cups water, divided
- 1/2 cup **MAHATMA®, WATER MAID®, CAROLINA®, RIVER®** or **S&W®** rice
- 2 cups evaporated skim milk
- 1/2 cup granulated sugar
- 1/2 cup raisins
- 1/2 cup applesauce
- 3 Tablespoons cornstarch
- 1 teaspoon vanilla extract

optional ingredients: nutmeg, raspberries and orange peel



In a medium saucepan, bring one cup water to a boil. Add rice. Reduce heat to simmer, cover and simmer 20 minutes. Add milk, sugar, raisins and applesauce. Bring to a gentle boil. Reduce heat to low and simmer 5 minutes, stirring constantly. Combine cornstarch and remaining water in a small bowl. Add to rice mixture. Simmer 20 minutes or until mixture thickens. Remove from heat and add vanilla. Add any of the optional ingredients, if desired. (refrigerate any leftovers)
Serves 8

DIETARY EXCHANGES: 2-1/2 starch

NUTRIENTS PER SERVING:

Calories-190, Calories from fat-1%, Total fat-less than 1 gram, Saturated fat-less than 1 gram, Protein-6 grams, Carbohydrate-41 grams, Cholesterol-2 milligrams, Sodium-75 milligrams, Fiber-1 gram.

Spinach and Mushroom Risotto

- Non-stick olive oil cooking spray
- 1/2 pound mushrooms, sliced
- 2 teaspoons dried basil leaves
- 2 teaspoons minced garlic
- 1/4 teaspoon black pepper
- 2 cans (14.5 ounces) fat free, reduced sodium chicken broth
- 1-1/2 cups **MAHATMA®, CAROLINA®** or **S&W®** white or brown rice
- 1 can (10-3/4 ounces) reduced fat and sodium cream of mushroom soup
- 1-2/3 cups water
- 2 cups packed spinach leaves, chopped
- 6 Tablespoons chopped walnuts, toasted
- 1/3 cup grated Parmesan cheese

Spray a 3-quart saucepan with cooking spray; heat over high heat. Add mushrooms, basil, garlic, and pepper. Cook for 3 minutes. Stir in broth, rice, soup and water. Stir and bring mixture to a boil. Reduce heat to low. Cover and simmer for 20 minute, stirring occasionally. Remove from heat and add spinach. Cover and let stand 5 minutes. Sprinkle with walnuts and cheese before serving.
Serves 8

DIETARY EXCHANGES: 2 vegetable, 1-1/2 starch, 1 fat

NUTRIENTS PER SERVING:

Calories-219, Calories from fat -19%, Total fat-5 grams, Saturated fat-1 gram, Protein-8 grams, Carbohydrate-37 grams, Cholesterol-2 milligrams, Sodium-250 milligrams,



REFERENCE GUIDE THE FOOD EXCHANGE

GRAIN GROUP - Per Serving (includes RICE)
15 grams carbohydrate
3 grams protein
1/2 gram fat

FRUIT GROUP - Per Serving
15 grams carbohydrate

VEGETABLE GROUP - Per Serving
5 grams carbohydrate
2 grams protein

MILK GROUP - Per Serving
12 grams carbohydrate
8 grams Protein
Varying amounts of fat (from 0-8 per serving)

MEAT/PROTEIN GROUP - Per Serving
7 gram Protein
Varying amounts of fat

Complements of the Riviana Kitchens,
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