

FOOD

Diabetic Recipes

Chicken Pepper Skillet

Ingredients

- 1 tablespoon vegetable oil
- 12 ounces skinless, boneless chicken breasts, cut into 1/2-inch strips
- 2 garlic cloves, finely minced
- 3 bell peppers (red green and yellow) cut into thin strips
- 2 medium onions, sliced
- 1 teaspoon ground cumin
- 1 1/2 teaspoon dried oregano leaves
- 2 teaspoons chopped fresh jalapeno peppers
- 3 tablespoons fresh lemon juice
- 2 tablespoons chopped fresh parsley
- 1/4 teaspoon salt
- Freshly ground black pepper to taste



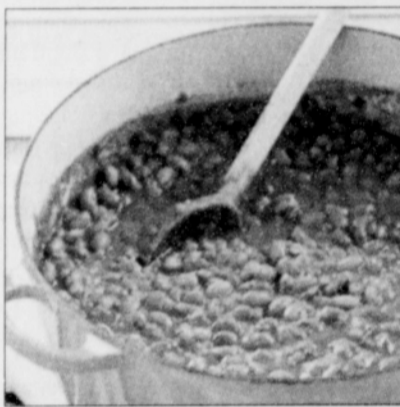
Directions

1. In a large non-stick skillet, heat oil over medium-high heat; add chicken and stir-fry until done and lightly browned, about 3 to 4 minutes.
2. Add garlic and cook 15 seconds, stirring constantly. Add bell pepper strips, sliced onion, cumin, oregano, and chilies. Stir-fry for 2 to 3 minutes or until crisp tender.
3. Add lemon juice, parsley, salt and pepper; toss to combine well and serve

All-American Barbecued Beans

Ingredients

- 1 slice bacon
- 1/2 cup chopped onion
- 1/2 cup ketchup
- 2 tablespoons white vinegar
- 2 tablespoons water
- 1 teaspoon prepared mustard
- 1 teaspoon Worcestershire sauce
- 1/8 teaspoon salt
- 1/8 teaspoon freshly ground black pepper
- 1 (15 1/2-ounce) can Great Northern beans, drained
- 2 1/2 teaspoons Equal® for Recipes or 8 packets Equal® sweetener or 1/3 cup • Equal® Spoonful™



Directions

1. Cut bacon into 1-inch pieces; cook in medium saucepan over medium-high heat 3 to 4 minutes. Add onion and cook until bacon is crisp and onion is tender, stirring occasionally.
2. Combine ketchup, vinegar, water, mustard, Worcestershire sauce, salt, and pepper; add to bacon mixture. Stir in beans. Reduce heat and simmer, covered until flavors are blended, 15 to 20 minutes. Stir in Equal®.

Taco Pie

Ingredients

- Vegetable cooking spray
- 1 can golden corn biscuits
- 3/4 pound ground turkey
- 1 small onion
- 1 large clove garlic minced
- 1 TB minced fresh cilantro
- 1 tsp paprika
- 1 tsp ground cumin
- 1 tsp crushed dried oregano
- 1/4 tsp cayenne pepper
- 1/4 tsp salt (optional)
- Freshly ground pepper to taste
- 1 15 ounce can low-sodium diced tomatoes in puree
- 1/4 cup shredded reduced fat sharp cheddar cheese
- 2 large pitted black olives thinly sliced
- 2 cups shredded iceberg lettuce
- 1 large plum tomato 3ounces seeded and diced
- 1 small white onion 4 ounces diced
- 1 2-ounce poblano or jalapeno chile pepper seeded and minced



Directions

1. Preheat the oven to 350°F (180°C), Gas Mark 4. Lightly coat a 9-inch (22.5 cm) glass pie plate with cooking spray. Open the biscuits can and place 3 uncooked biscuits in the bottom of the pie plate. Evenly space the remaining 5 biscuits long the bottom and sides of the pie plate. Using your fingers press the dough together to form a crust that completely covers the bottom and up the sides of the pie plate to form a rim.
2. Crumble the ground turkey into a large nonstick skillet and place over medium heat. Cook, stirring, until turkey is browned, about 5 minutes. Drain off any excess fat. Add onion, garlic, and chile pepper; continue to cook until onion is limp, about 4 minutes. Stir in herbs, spices, salt (if using), and pepper. Add tomatoes with their juice and continue to cook for 1 minute. Stir in shredded cheese and sliced olives.
3. Transfer mixture to the prepared pie plate and bake for 20 to 25 minutes, until biscuit dough is cooked through and richly browned and the filling is set. Remove from oven and let cool for at least 15 minutes before cutting into wedges.
4. Place the lettuce in a serving bowl and combine the tomato and onion in another. Pass both bowls separately to serve alongside the taco pie.

Banana Cream Pie

Ingredients

- Pie pastry for single crust 9-inch pie
- 1 1/4 cups Equal® Spoonful•
- 7 tablespoons cornstarch
- 1/4 teaspoon salt
- 2 1/2 cups 2% milk
- 2 large egg yolks
- 1 1/2 cups coarsely chopped ripe bananas (about 3 medium)
- 2 teaspoons lemon juice
- 2 cups frozen fat-free whipped topping, thawed



Directions

1. Pierce bottom of pie pastry with tines of a fork. Bake in preheated 375°F oven 12 to 15 minutes or until crust is lightly browned. Cool completely on wire rack.
2. Meanwhile, combine Equal®, cornstarch and salt in medium size saucepan. Whisk in milk until mixture is smooth. Heat to boiling over medium-high heat, whisking constantly. Boil and stir 1 minute or until thickened.
3. Beat egg yolks in small bowl until smooth. Stir about 1/2 cup hot milk mixture into eggs. Whisk egg mixture back into mixture in saucepan. Cook over very low heat, whisking constantly, 30 to 60 seconds. Remove from heat; let stand 5 minutes.
4. Meanwhile, combine chopped bananas and lemon juice. Fold into milk mixture. Spoon into baked pie shell. Refrigerate 2 to 3 hours or until filling is set.
5. Spread prepared whipped topping over filling. Refrigerate until ready to serve. Refrigerate any leftovers

SAFEWAY

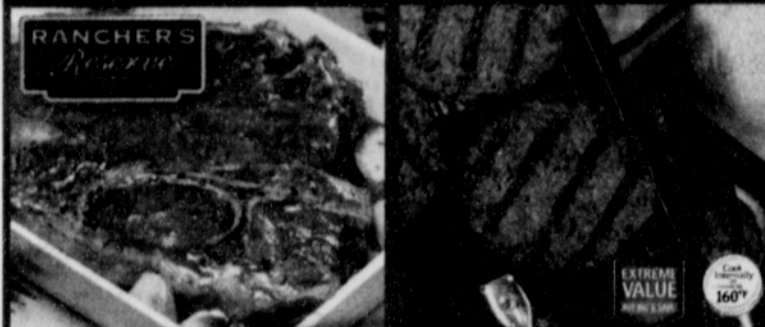
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