

Blueberry-Lemon Cottage Cheese *Pancakes*



**NUTRITION
FACTS PER
SERVING:**

Servings Per
Recipe: 4

PER SERVING:

169 cal.
3 g total fat
3 mg cholesterol
478 mg sodium
29 g carbohydrates
1 g fiber
7 g sugars
8 g protein

Saturday mornings are set pancake days in our house! These are a hit with the whole family and I usually double the recipe and freeze the leftovers for a quick weekday breakfast.

INGREDIENTS

- Nonstick spray coating
- 1/2 cup low-fat cottage cheese, such as Daisy brand
- 1/4 cup fat-free milk
- 2 egg whites
- 1/2 teaspoon finely shredded lemon peel
- 1 cup heart-healthy pancake and baking mix (such as Bisquick Heart Smart)
- 2/3 cup fresh blueberries
- 1/4 cup sugar-free maple-flavor syrup (Log Cabin makes one which we like a lot)
- Fresh blueberries (optional)

DIRECTIONS

- Lightly coat an unheated extra-large nonstick griddle or electric pancake griddle with nonstick coating. Preheat the griddle over medium-high heat.
- In a medium bowl, stir together cottage cheese, milk, egg whites, and lemon peel.
- Add pancake mix; stir until just combined. Gently stir in the 2/3 cup blueberries.
- For each pancake, spoon about 2 tablespoons of batter onto the hot griddle; reduce heat to medium. Spread batter, if necessary.
- Cook for 1 to 2 minutes on each side or until pancakes are golden brown. Turn over with a spatula when surfaces are bubbly, and edges are slightly dry.
- Serve warm with syrup and, if desired, garnish with more blueberries.




**DIABETIC
EXCHANGES**

Lean Protein (d.e): 0.5;
Other Carb (d.e): 0.5;
Starch (d.e): 1.5

Mediterranean–Stuffed
Chicken



NUTRITION
FACTS PER
SERVING:

Servings Per
Recipe: 4

PER SERVING:

171 calories
5 g total fat
2 g sat. fat
68 mg cholesterol
226 mg sodium
2 g carbohydrates
3 g sugars
28 g protein

INGREDIENTS

- 4 skinless, boneless chicken breast halves (1 to 1-1/2 pounds total)
- 1/4 cup crumbled reduced-fat feta cheese (1 ounce)
- 1/4 cup finely chopped, drained bottled marinated artichoke hearts
- 2 tablespoons finely chopped, drained bottled roasted red sweet peppers
- 2 tablespoons thinly sliced green onion
- 2 teaspoons snipped fresh oregano or 1/2 teaspoon dried oregano, crushed
- 1/8 teaspoon ground black pepper
- Nonstick cooking spray

DIRECTIONS

Using a sharp knife, cut a pocket in each chicken breast by cutting horizontally through the thickest portion to, but not through, the opposite side. Set aside.

In a small bowl, combine feta, artichoke hearts, roasted peppers, green onion, and oregano. Spoon evenly into pockets in chicken breasts. If necessary, secure openings with wooden toothpicks. Sprinkle chicken with black pepper.

Coat an unheated large nonstick skillet with cooking spray. Preheat skillet over medium heat. Add chicken. Cook for 12 to 14 minutes or until no longer pink (170 degrees F), turning once.

Equipment

Grilling directions: For a charcoal grill, place chicken on the rack of an uncovered grill directly over medium coals. Grill for 12 to 15 minutes or until chicken is no longer pink (170 degrees F), turning once halfway through grilling.

For a gas grill, preheat grill. Reduce heat to medium. Place chicken on grill rack over heat. Cover and grill as above.



Fat (d.e): 1;
Lean Meat (d.e): 4

Banana-Berry Smoothie

**NUTRITION
FACTS PER
SERVING:**

Servings Per
Recipe: 2 1/2

PER SERVING:

138 calories
0 g total fat
0 g sat. fat
0 mg cholesterol
80 mg sodium
28 g carbohydrates
3 g fiber
0 g sugars
6 g protein



I love quick, take with you things that keep my energy up and stave off hunger!

INGREDIENTS

- 1 cup ice cubes
- 1 medium banana (approximately 6 inches long), sliced and frozen
- 1/2 cup frozen blueberries (not thawed)
- 1 container (8 ounces) nonfat, artificially sweetened vanilla yogurt
- 1/4 cup skim milk

DIRECTIONS

Place ice cubes at the bottom of the blender and add banana slices, blueberries, yogurt, and milk. Cover and blend in pulses until smooth, stopping frequently to stir down the ice. Serve right away.

Freeze leftovers in an airtight, microwave-safe container and thaw in the microwave until slushy.

Yield: 2 1/2 servings. Serving size: 1 cup.


**DIABETIC
EXCHANGES**

Fruit (d.e): 1.5;
Skim Milk (d.e): 0.5
Carbohydrate: 2

