

## This Week's Menu

### *Meal 1*

**Slow Cooker Chicken Tacos**  
**Couscous With Black Beans**

### *Meal 2*

**Apricot Glazed Salmon**  
**Cucumber Sesame Salad**

### *Meal 3*

**Chicken, Gorgonzola and Strawberry Salad**  
**Applesauce Muffins**

### *Meal 4*

**Miniature Cheese Stuffed Peppers**  
**Chicken Roll With Ham and Asparagus**

### *Meal 5*

**Barbequed Tri Tip with Avocado Salsa**  
**Grilled Asparagus**

### *Meal 6*

**Pesto Shrimp and Couscous Packets**  
**Field Greens Side Salad**



# Slow Cooker Chicken Tacos

By *The Diabetic Skillet*



**Serves:** 6

**Prep Time:** 5 minutes

**Cooking Time:** 4 hours high or 6 hours low

**Difficulty:** Easy

## Comments

You can shortcut this recipe by using a rotisserie chicken and shredding it instead of cooking the chicken in the slow cooker. Add a teaspoon or two of ground cumin to the slow cooker for extra flavor.

## Ingredients

- 1 pound chicken breast, boneless and skinless
- 1 cup salsa, fresh, low sodium, refrigerator section
- 2 tomato(es), medium, chopped
- 1/2 avocado(s), Haas or any, peeled and chopped
- 1/2 cups cheese, jack or Mexican blend, reduced fat, shredded
- 2 tablespoons cilantro, fresh, chopped
- 2 cups lettuce, iceberg, shredded
- 6 tortillas, corn
- cooking spray, olive oil type

## Preparation

Place the chicken breasts on the bottom of a slow cooker. Spoon the salsa (and cumin if desired) over the chicken and cook on low for about 6 hours or high for about 3 hours. Remove the chicken from the slow cooker and place on a plate to shred. Place the shredded chicken back into the slow cooker pot and mix with the salsa in the bottom of the slow cooker.

Meanwhile, preheat the oven to 400 degrees. Spray a baking sheet with cooking spray. Spread the tortillas out on the baking sheet, coat with cooking spray and bake for 5 to 7 minutes until lightly crisp. (If you prefer soft tacos, place tortillas on a plate and wrap them with a damp paper towel. Microwave for about 45 seconds.) Fill each taco with chicken and remaining ingredients and serve.

Shred the lettuce, chop the tomatoes, grate the cheese and cut the avocado. Place all of this on a platter and serve at the table.

## Nutritional Information

Per Serving About: 220 calories, 8 g fat, 2.5 g saturated fat, 0 g trans fat, 50 mg cholesterol, 20 g protein, 18 g carbohydrates, 4 g dietary fiber, 190 mg sodium, Exchanges: 1 starch, 1 vegetable, 2 lean meat, 0.5 high fat meat, 0.5 fat Carb Choices: 1

## Couscous With Black Beans

By *The Diabetic Skillet*

**Serves:** 6

**Prep Time:** 3 minutes

**Cooking Time:** 6 minutes

**Difficulty:** Easy



### Comments

This has a southwest flare and is a quick and simple side dish. It goes well with dishes you might also serve with rice but cooks up quicker than most rice.

### Ingredients

- 1 cup couscous, whole wheat, dry
- 1 1/4 cup vegetable broth, reduced sodium
- 2 teaspoons olive oil
- 1 tablespoon garlic, bottled minced
- 1/2 onion(s), medium, chopped
- 2 tomato(es), Roma, chopped
- 1 can (15 ounces each) black beans, reduced sodium, drained and rinsed
- 1 teaspoon cumin, ground
- 1/4 cup cilantro, fresh

### Preparation

In a medium saucepan, heat oil over medium high heat. Add onions and garlic and stir, cook for about 30 seconds. Add broth, tomatoes, cumin and black beans and bring to a boil. When the water is boiling, add the couscous and remove from the heat. Stir and then cover and let sit for 5 minutes. Fluff it up with a fork before serving. Garnish with cilantro.

### Nutritional Information

Per Serving About: 140 calories, 2 g fat, 0 g saturated fat, 0 mg cholesterol, 6 g protein, 27 g carbohydrates, 6 g dietary fiber, 180 mg sodium  
Exchanges: 1.5 starch, .5 vegetable, .5 fat Carb Choices: 2

# Apricot Glazed Salmon

By *The Diabetic Skillet*



**Serves:** 6

**Prep Time:** 5 minutes

**Cooking Time:** 15 minutes

**Difficulty:** Easy

## Comments

Yum! This is a simple and delicious way to serve salmon - we used wild salmon with no color additives. You could also use the glaze on other types of fish as well.

## Ingredients

- 1 1/2 pounds salmon, wild, steaks or filet
- 1 tablespoon olive oil
- 1/4 teaspoon garlic powder
- 1/4 teaspoon pepper, black, ground
- 1 teaspoon garlic, bottled minced
- 1/3 cup apricot fruit spread such as Simply Fruit, 100% fruit
- 2 teaspoons honey
- 2 teaspoons Dijon mustard
- 1/3 cup chicken broth, reduced sodium (or vegetable broth, reduced sodium)
- 2 teaspoons soy sauce, low sodium
- 1/4 teaspoon pepper, black, ground

## Preparation

Heat olive oil in a large skillet or grill pan over medium heat. Pat salmon dry with a paper towel and cut into 6 equal pieces. Season top side of salmon with garlic powder and pepper. Place salmon in skillet with seasoned side down. Cook for 3 to 4 minutes per side until cooked through. Remove salmon to a plate and cover with foil to keep warm. Place minced garlic in the skillet and cook over medium heat. Stir and cook for about 1 minute. Add remaining ingredients and stir. Cook over medium heat for about 5 minutes until ingredients and flavors are combined and glaze thickens. Spread glaze over salmon and serve.

## Nutritional Information

Per Serving About: 230 calories, 9 g fat, 1.5 g saturated fat, 0 g trans fat, 60 mg Cholesterol, 23 g protein, 12 g carbohydrates, 0 g dietary fiber, 180 mg sodium Exchanges: 0.5 fruit, 3 lean meat, 1 fat, Carb Choices: 1.

## Cucumber Sesame Salad

By *The Diabetic Skillet*

**Serves:** 6

**Prep Time:** 15 minutes

**Cooking Time:** none

**Difficulty:** Easy



### Comments

This is a quick and simple salad that goes well with Asian recipes. This is fairly low in calories and carbohydrates.

### Ingredients

- 2 cucumber(s), seeded and sliced
- 2 green onion(s) , chopped
- 3 tablespoons vinegar, rice, seasoned
- 2 teaspoons sesame oil, dark
- 2 teaspoons honey
- 1/2 teaspoon salt
- 1 1/2 tablespoons sesame seeds, toasted

### Preparation

In a large bowl, combine all ingredients. Serve.

### Nutritional Information

Per Serving About: 60 calories, 2.5 g fat, 0 g saturated fat, 0 g trans fat, 2 g protein, 7 g carbohydrates, 1 g dietary fiber, 350 mg sodium,  
Exchanges: 1 vegetable, 0.5 fat Carb Choices: 0.5

# Chicken, Gorgonzola and Strawberry Salad

By *The Diabetic Skillet*



**Serves:** 4 as a main dish

**Prep Time:** 10 minutes

**Cooking Time:** 10 minutes

**Difficulty:** Easy

## Comments

This serves 4 as a main dish salad. We used Newman's Own Lighten Up Cranberry Walnut Vinaigrette, but you can use any favorite vinaigrette or make your own.

## Ingredients

- 3/4 pound chicken breast, boneless and skinless, chopped
- 1 bag(s) (7 ounces) lettuce, roughly chopped
- 2 cups strawberries, fresh, sliced
- 1/4 cup nuts, pecans or walnuts, halves or pieces
- 1/4 cup gorgonzola cheese, about one ounce
- 2 green onion(s) , chopped
- 1/4 teaspoon pepper, black, ground
- 1/2 teaspoon garlic powder
- 6 tablespoons salad dressing, Newman's Own Lighten Up Light Cranberry Walnut cooking spray

## Preparation

Season chopped chicken with garlic powder and pepper. Spray a large nonstick skillet with cooking spray, then place over medium to medium high heat. Add the chicken and cook for 4 to 5 minutes until lightly browned and cooked through. Remove chicken from skillet and place on a plate to cool for 10 minutes. Place lettuce in a large salad bowl. Add sliced strawberries, chopped green onions, chicken, crumbled gorgonzola and pecans (chop if desired) to the salad bowl. Pour the dressing over top and toss gently before serving.

## Nutritional Information

Per Serving About: 260 calories, 13 g fat, 2.5 g saturated fat, 0 g trans fat, 55 mg cholesterol, 22 g protein, 16 g carbohydrates, 3 g dietary fiber, 320 mg sodium, Exchanges: 0.5 fruit, 0.5 other carb, 2 lean meat, 0.5 high fat meat, 1.5 fat, Carb Choices: 1

# Applesauce Muffins

By *The Diabetic Skillet*



**Serves:** 12

**Prep Time:** 10 minutes

**Cooking Time:** 20 minutes

**Difficulty:** Easy

## Comments

These are delicious and healthier using juice and applesauce for the sweetener. Sunflower seeds on top give it a nice crunch.

## Ingredients

- 1/2 cup raisins
- 1/4 cup apple cider or juice
- 1 banana(s), medium
- 1/4 cup canola oil or vegetable oil
- 1 teaspoon vanilla extract
- 1/2 cup applesauce
- 1 egg(s), large
- 1 cup flour, whole wheat white
- 1/2 cup wheat germ
- 1/2 teaspoon baking powder
- 1/2 teaspoon baking soda
- 1/4 teaspoon salt
- 2 teaspoon cinnamon, ground
- 2 tablespoons sunflower seeds,kernels, unsalted

## Preparation

Preheat oven to 400 degrees. Place raisins in a mug of hot water for about 3 minutes to 'plump'. Puree raisins and apple juice/cider in a food processor or blender. Add banana, oil, vanilla, applesauce and egg to food processor and puree. In a large bowl, mix together the flour, wheat germ, baking powder, baking soda, salt and cinnamon. Add food processor ingredients and mix. Spoon batter into muffin tins (about 3/4 full). Top with sunflower seeds. Bake for 20 minutes.

## Nutritional Information

Per Serving About: 150 calories, 6 g fat,.5 g saturated fat, 0 g trans fat, 20 mg cholesterol, 4 g protein, 21 g carbohydrates, 3 g dietary fiber, 130 mg sodium, Exchanges: 0.5 fruit, 0.5 starch, 1 fat, Carb Choices: 1.5



## Miniature Cheese Stuffed Peppers

By *The Diabetic Skillet*

**Serves:** 8

**Prep Time:** 20 minutes

**Cooking Time:** 12 minutes

**Difficulty:** Easy



### Comments

These are delicious as an appetizer, side dish or even main course. Their small size makes for easy finger food. Make extra because they go fast and you won't be able to eat just one.

### Ingredients

- 8 peppers, sweet, small, or 4 medium bell peppers
- 2 tablespoons olive oil
- 4 ounces cheese, mozzarella, low fat
- 5 peppers, sweet cherry, bottled, drained and chopped
- 4 ounces ricotta cheese, low fat
- 1 teaspoon oregano, dried leaves
- 2 cloves garlic, fresh, minced

### Preparation

Preheat oven to broil. Halve and seed the miniature peppers (or if using larger bell peppers, cut into quarters and seed). Rub both sides of the peppers lightly with olive oil and place on foil lined baking sheet hollow side up. Slice the Mozzarella cheese and divide among the peppers. Divide the chopped cherry peppers and the ricotta among the sweet peppers. Sprinkle with oregano. Mix the garlic with the olive oil and drizzle lightly over the peppers. Carefully broil until peppers are beginning to char and cheese is melted.

### Nutritional Information

Per Serving About: 110 calories, 5 g fat, 2.5 g saturated fat, 0 g trans fat, 10 mg cholesterol, 6 g protein, 8 g carbohydrates, 2 g dietary fiber, 420 mg sodium, Exchanges: 1 starch, 1.5 vegetables, 0.5 med fat meat, 0.5 fat Carb Choices: 0.5



# Chicken Roll With Ham and Asparagus

By *The Diabetic Skillet*

**Serves:** 6

**Prep Time:** 10 minutes

**Cooking Time:** 20 minutes

**Difficulty:** Easy



## Comments

This is a fun presentation and is similar to Chicken Cordon Bleu, but with Asparagus. The kids love this one and it's nice enough for company.

## Ingredients

1 1/2 pounds chicken breast, boneless and skinless

3 ounces ham, sliced thinly

1/3 cup cheese, Swiss, grated

10 spears asparagus, fresh

1/3 cup bread crumbs, Italian herb flavored

cooking spray

## Preparation

Preheat oven to 375 degrees. Trim tough ends from the asparagus and wrap them in a damp paper towel and cook in the microwave oven for 1 minute to soften. Cut each spear in half. With a small knife, carefully cut down the side of each chicken breast to open up like a book (do not cut all the way through). Open it up and lay it flat on the cutting board. Divide the ham, asparagus and cheese among the chicken breasts and arrange them in layers over one side of the chicken. Fold top over filling and secure with toothpicks. Spray outsides of chicken with cooking spray, then dip each side in bread crumbs. Coat a nonstick skillet with cooking spray. Place skillet over medium to medium high heat. Place the chicken in the skillet and cook for about 2 to 3 minutes per side. Place the browned chicken breasts in a baking dish and continue cooking in the oven for about 10 minutes until cooked through. Remove from oven, slice and serve.

## Nutritional Information

Per Serving About: 200 calories, 6 g fat, 2 g saturated fat, 0 g trans fat, 75 mg cholesterol, 28 g protein, 6 g carbohydrates, 3 g dietary fiber, 380 mg sodium, Exchanges: 0.5 starch, 0.5 vegetable, 3 lean meats; Choices: 0.5

## Barbequed Tri Tip with Avocado Salsa

By *The Diabetic Skillet*

**Serves:** 8

**Prep Time:** 5 minutes

**Cooking Time:** 20 minutes

**Difficulty:** Easy



### Comments

The avocado salsa adds color and nutrition to this tri tip. It's great served with a warm corn tortilla!

### Ingredients

4 tomato(es), Roma, chopped

1/2 avocado(s), Haas or any, peeled, seeded and chopped

2 cups corn, frozen white kernels

1/2 onion(s), red, chopped

1 pepper(s), bell, red, or yellow or green, large, seeded and chopped

1 teaspoon garlic, bottled minced

1 lime(s)

1 3/4 pounds tri tip roast, lean

2 teaspoons olive oil

2 teaspoons seasoning blend, Mrs. Dash Fiesta Lime, salt free

1/2 teaspoon salt

1/4 teaspoon pepper, black, ground

2 tablespoons salad dressing, Newman's Own Lighten Up Light Lime Vinaigrette, or other vinaigrette

1/4 cup cilantro, fresh, chopped (optional item)

### Preparation

Place tomatoes, avocados, peppers, and onions in a medium size bowl. Add corn, cilantro (if desired), garlic, vinaigrette and juice from the lime and stir gently (set aside). Rub olive oil over tri tip and season with seasoning blend, salt and pepper. Heat an outdoor grill or indoor grill pan over medium high heat. Cook tri tip until desired doneness (about 7 to 10 minutes per side). Wrap in foil and let rest for 5 minutes before cutting. Slice tri tip in thin pieces against the grain and serve with avocado salsa spooned over top.

### Nutritional Information

Per Serving About: 250 calories, 12 g fat, 3.5 g saturated fat, 0 g trans fat, 65 mg cholesterol, 23 g protein, 16 g carbohydrates, 3 g dietary fiber, 250 mg sodium, Exchanges: 0.5 starch, 0.5 vegetable, 3.0 lean meat, 1 fat, Carb Choices: 1.0

## Grilled Asparagus

By *The Diabetic Skillet*

**Serves:** 4

**Prep Time:** 5 minutes

**Cooking Time:** 10 minutes

**Difficulty:** Easy



### Comments

This is a simple way to cook asparagus on the outdoor grill and it adds so much flavor!

### Ingredients

1 1/2 pounds asparagus, fresh

1 tablespoon olive oil

1/4 teaspoon salt

1/4 teaspoon pepper, black, ground

### Preparation

Cut the tough ends from the asparagus and wash thoroughly. Place asparagus in a flat baking dish, drizzle with oil, and toss gently to coat. Thread asparagus onto skewers (see photo) by sticking the skewer through the center across each one. You can also use two skewers and thread through the top and bottom of the asparagus. Season with salt and pepper. Preheat grill to medium high. Grill for 4 to 5 minutes per side until lightly browned and just soft. Remove from grill and serve.

[www.watchlondon.co.uk/](http://www.watchlondon.co.uk/)

### Nutritional Information

Per Serving About: 60 calories, 3.5 g fat, .5 g saturated fat, 0 g trans fat, 0 mg cholesterol, 4 g protein, 7 g carbohydrates, 4 g dietary fiber, 150 mg sodium, Exchanges: 1.5 vegetable, .5 fat, Carb Choices:.5

# Pesto Shrimp and Couscous Packets

By *The Diabetic Skillet*



**Serves:** 5

**Prep Time:** 15 minutes

**Cooking Time:** 12 minutes

**Difficulty:** Easy

## Comments

These are so easy to make. You can cook the packets in the oven or on the outdoor grill. It's a balanced meal in itself! Cholesterol is on the high side, so eat moderately.

## Ingredients

- 1 pound shrimp, raw (medium or large)
- 2 tablespoons pesto sauce (prepared)
- 1 tablespoon garlic, bottled minced
- 6 green onion(s) , chopped
- 1 tablespoon olive oil
- 1 cup couscous, whole wheat, dry
- 1 1/2 cups vegetable broth, reduced sodium
- 4 cups spinach, fresh baby

## Preparation

Mix the pesto, garlic, olive oil and chopped onions in a small bowl. Remove the shells from the shrimp and clean and devein them. Pat shrimp dry with a paper towel. Cut 5 pieces of foil, each about 10 inches long. Divide couscous into 5 servings and place in the center bottom of each piece of foil forming a strip with the couscous. Place the shrimp in a row on top of the couscous. Spoon equal amounts of pesto garlic mixture over each package of shrimp. Pour equal amounts of broth over each package. Wrap two of the sides of the foil together leaving a bubble inside for steam to accumulate and then bring the opposite two sides of foil up and fold together to seal each package. Place them on a baking sheet and bake at 400 degrees for about 12 minutes. Remove from the oven. Arrange spinach over each plate. Top the spinach with the couscous and shrimp from each package and serve.

## Nutritional Information

Per Serving About: 260 calories, 8 g fat, 1.5 g saturated fat, 0 trans fat, 140 mg cholesterol, 24 g protein, 23 g carbohydrates, 4 g dietary fiber, 250 mg sodium, Exchanges: 1 starch, .5 vegetable, 2.5 lean meat, 1 fat Carb Choices: 1.5

## Field Greens Side Salad

By *The Diabetic Skillet*



**Serves:** 4

**Prep Time:** 5

**Cooking Time:** 5

**Difficulty:** Easy

### Comments

This is a simple side salad that goes with just about any meal.

### Ingredients

6 cups lettuce, mixed greens

1 cup tomato(es), grape or cherry

1 carrot(s), shredded

1 stalk celery, chopped

1 tablespoons nuts, pine nuts

4 tablespoons salad dressing, low fat Vinaigrette

### Preparation

Place the pine nuts on a baking sheet and bake in a 350 degree oven for approx. 6 minutes until golden. Put the tomatoes, celery, carrots and lettuce in a salad bowl. Top with the dressing and toss well. Garnish with the pine nuts.

### Nutritional Information

Per Serving About: 50 calories, 2 g fat, 0 g saturated fat, 0 g trans fat, 0 mg cholesterol, 2 g protein, 8 g carbohydrates, 3 g dietary fiber, 160 mg sodium, Exchanges: 1 vegetable, 0.5 fat, Carb Choices: 0.5

# This Week's Shopping List

## Canned Foods/Soups

- 4 ounce(s) applesauce
- 1 can (15 ounces each) black beans, reduced sodium
- 3 ounce(s) chicken broth, reduced sodium (or vegetable broth, reduced sodium)
- vegetable broth, reduced sodium
- 12 ounce(s) vegetable broth, reduced sodium

## Dairy

- 1 egg(s), large

## Deli

- 3 ounce(s) ham, sliced thinly

## Dressings/Condiments

- Dijon mustard
- 5 peppers, sweet cherry, bottled
- salad dressing, Newman's Own Lighten Up Light Cranberry Walnut
- salad dressing, Newman's Own Lighten Up Light Lime Vinaigrette
- salad dressing, low fat Vinaigrette
- vinegar, rice, seasoned

## Frozen Foods/Refrigerated Section

- 1 1/2 ounce(s) cheese, Swiss
- 2 ounce(s) cheese, jack or Mexican blend, reduced fat
- 4 ounce(s) cheese, mozzarella, low fat
- 12 ounce(s) corn, frozen white kernels
- 1 ounce(s) gorgonzola cheese
- 2 tablespoon(s) pesto sauce (prepared)
- 4 ounce(s) ricotta cheese, low fat
- 8 ounce(s) salsa, fresh, low sodium, refrigerator section

## International Foods

- sesame oil, dark
- sesame seeds, toasted
- soy sauce, low sodium
- 6 tortillas, corn

## Meats/Poultry/Seafood

- 3 1/4 pound(s) chicken breast, boneless and skinless
- 1 1/2 pound(s) salmon, wild, steaks or filet
- 1 pound(s) shrimp, raw (medium or large)
- 1 3/4 pound(s) tri tip roast, lean

## Other

- 2 ounce(s) apple cider or juice
- 3 ounce(s) apricot fruit spread such as Simply Fruit, 100% fruit
- honey
- 2 ounce(s) sunflower seeds, kernels, unsalted

## Pasta/Rice

- 12 ounce(s) couscous, whole wheat, dry

## Produce

- 2 pound(s) asparagus, fresh
- 1 avocado(s), Haas or any
- 1 banana(s), medium
- 1 carrot(s)
- 1 stalk(s) celery
- cilantro, fresh
- 2 cucumber(s)
- 2 clove(s) garlic, fresh
- 10 green onion(s)
- 1 bag(s) (7 ounces) lettuce
- 4 ounce(s) lettuce, iceberg
- 5 ounce(s) lettuce, mixed greens
- 1 lime(s)
- 1/2 onion(s), medium
- 1/2 onion(s), red
- 1 pepper(s), bell, red, or yellow or green, large
- 8 peppers, sweet, small
- 8 ounce(s) spinach, fresh baby
- 1 pint(s) strawberries, fresh
- 6 tomato(es), Roma
- 5 ounce(s) tomato(es), grape or cherry
- 2 tomato(es), medium

## Spices/Baking Aisle

- baking powder
- baking soda
- bread crumbs, Italian herb flavored
- canola oil or vegetable oil
- cinnamon, ground
- cooking spray
- cooking spray, olive oil type
- cumin, ground
- flour, whole wheat white
- garlic powder
- garlic, bottled minced
- 1 ounce(s) nuts, pecans or walnuts
- nuts, pine nuts
- olive oil
- oregano, dried leaves
- pepper, black, ground
- 4 ounce(s) raisins
- salt
- seasoning blend, Mrs. Dash Fiesta Lime
- vanilla extract
- wheat germ

## Shopping List - Continued

Milk/eggs and other dairy

Juice/coffee/other beverages

Bread/bakery items

Cereal/snacks

Fruits/Vegetables

School lunch items

Deli/meats

Condiments/dressings

Detergents/cleaning

Tooth paste, shampoo and other toiletries

Tissue and other paper goods

Pet Food

Pharmacy

Miscellaneous, other



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