

# Create Your Dinner Plate

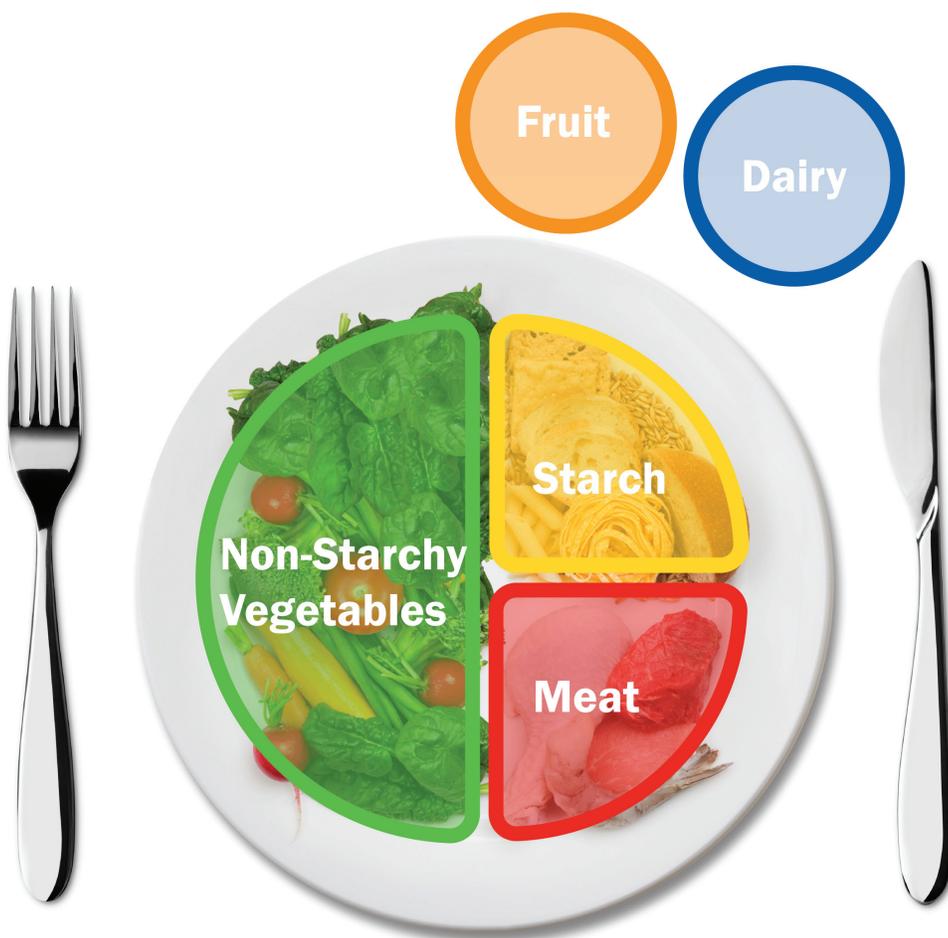
## Quick and Healthy Diabetes-Friendly Dinner Ideas

*The American Diabetes Association's create your plate model gives you an easy way to help manage your carbohydrates and keep blood sugar levels under control. Plus, it's a great guideline for healthy meals the entire family can enjoy!*

### How to Create Your Plate

Serving sizes are based on a 9-inch dinner plate.

1. Draw a line down the center of your dinner plate, creating two sections.
2. Split one section into two equal sections to create three sections on the plate: two small, one large.
3. Fill  $\frac{1}{2}$  the plate with non-starchy vegetables, such as broccoli, mushrooms or spinach.
4. Fill one  $\frac{1}{4}$ -plate section with starchy foods, such as whole-grain breads, beans, potatoes or rice.
5. Fill the other  $\frac{1}{4}$ -plate section with meat, seafood, eggs, low fat cheese or other lean protein.
6. Add a serving of fruit and/or low fat dairy on the side as your calorie or carbohydrate budgets allow. Do not avoid carbohydrates or skip meals, because your blood sugar could drop dramatically.



## Quick and Easy Dinner Ideas:

*a lean protein + a starchy vegetable or whole grain  
+ nonstarchy vegetables + a fruit or low-fat dairy serving*

### Healthy Spaghetti and Meatballs

½ plate – spaghetti squash and tomato sauce and zucchini

¼ plate – spaghetti squash

¼ plate – turkey meatballs and cheese

1 cup fat free milk

½ cup fresh grapes

#### Turkey-Apple Meatballs with Spaghetti Squash

Makes 4 servings

Some menus don't divide into perfect sections on the plate, but the menu items do fit the plate model. In this recipe, the squash counts as both a nonstarchy and a starchy vegetable.

- 1-3 lb. spaghetti squash
- 1 cup chopped fresh mushrooms
- ½ onion, chopped
- ½ cup unsweetened applesauce
- 1 tsp. McCormick dried thyme
- ¼ tsp. ground black pepper
- ⅛ tsp. salt
- 1 lb. lean ground turkey
- 4 tsp. Meijer canola oil
- 3 small zucchini, sliced
- 2 cups Meijer chunky vegetable pasta sauce
- 2 tbsps. Kraft shredded Parmesan cheese



1. Wash squash and pierce in 4 places with a sharp knife. Place on paper towels in microwave and cook on high for approximately 15 to 20 minutes or until tender. Cool squash for several minutes then cut in half. Remove seeds and strings in center.
2. Using a fork, shred and separate squash pulp into strands (approx. 4 cups).
3. Coat a large nonstick skillet with cooking spray; and heat to medium. Add mushrooms and half the onions. Cook 5 minutes, stirring occasionally.
4. Transfer to a large bowl and stir in the applesauce, thyme, pepper, and salt. Add ground turkey and mix well. Shape mixture into 12, about 2-inch diameter meatballs.
5. In the same skillet, heat 2 teaspoons of the oil over medium heat. Add meatballs. Cook for 10 to 12 minutes or until no longer pink (165 degrees F), turning occasionally so meatballs brown evenly. Reduce heat if meatballs start to get too brown.
6. Meanwhile, in a large nonstick saucepan, cook the zucchini and remaining onion in the remaining 2 teaspoons oil over medium heat for 5 to 10 minutes or until tender, stirring occasionally. Stir in the pasta sauce.
7. To serve, divide squash among four serving plates. Top with meatballs and sauce mixture. Sprinkle with Parmesan cheese.

Nutrition Information per serving: 335 calories, 8g fat, 37g carbohydrate, 7g fiber, 570mg sodium, 32g protein. Exchanges: 2 vegetable, 2 starch, 3 lean meat, 1 fat

Recipe adapted from Diabeticlivingonline.com

## Crispy Chicken and Veggies

½ plate – asparagus spears

¼ plate – sweet corn

¼ plate – chicken

1 cup fat free milk

### Panko Crusted Chicken

Makes 4 servings

Meijer nonstick cooking spray  
2/3 cup buttermilk  
3/4 cup panko (Japanese-style bread crumbs)  
1/2 tsp. dried oregano, crushed  
1/2 tsp. McCormick ground cumin  
1/2 tsp. McCormick smoked or regular paprika  
1/4 tsp. salt  
1/8 tsp. black pepper  
4 small Meijer boneless, skinless chicken breast halves, (1-1/2 to 1-3/4 lbs. total)

1. Preheat oven to 375° F. Line a 15x10x1-inch baking pan with foil and coat foil with cooking spray. Set aside. Pour buttermilk into a medium bowl. In another medium bowl combine panko, oregano, cumin, paprika, salt, and pepper.
2. Dip chicken pieces into buttermilk, allowing excess to drip off. Coat chicken pieces in panko mixture and place in prepared pan. Coat tops of chicken pieces with cooking spray.
3. Bake for 25 to 30 minutes or until chicken is tender and no longer pink (170 degrees F). Do not turn chicken pieces during baking.

Nutrition Information per serving: 272 calories, 4g fat, 32g carbohydrate, 6g fiber, 283mg sodium, 30g protein. Exchanges: 1 vegetable, 2 starch, 3 lean meat

Recipe adapted from Diabeticlivingonline.com



## Teriyaki Salmon

½ plate – snow peas

¼ plate – brown rice

¼ plate – salmon

1 cup fat free milk

½ cup pineapple chunks in juice

### Teriyaki Salmon

Makes 4 servings

1/3 cup, plus 2 tbsp. low-sodium teriyaki sauce  
4 (4 oz.) salmon fillets  
McCormick toasted sesame seeds  
2 tsp. Meijer Canola oil

1. Combine teriyaki sauce and fish in a zip-top plastic bag. Seal and marinate 20 minutes. Drain fish, discarding marinade.
2. Add oil to a large, nonstick skillet. Heat to medium. Add fish to skillet, and cook 5 minutes. Turn and cook for 5 more minutes over medium-low heat. Remove from skillet, and sprinkle with sesame seeds.

Nutrition Information per serving: 320 calories, 20g fat, 5g carbohydrate, 0g fiber, 635mg sodium, 28g protein. Exchanges: 3 lean meat, 2 fat



## Apricot Glazed Pork Tenderloin

½ plate – broccoli florets

¼ plate – mashed redskin potatoes

¼ plate – pork tenderloin

1 cup fat free milk

### Apricot Glazed Pork Tenderloin

Makes 6 servings

- ½ cup low sugar apricot preserves
- 2 tbsp. Meijer Dijon mustard
- 2 tsp. Meijer olive oil
- ¼ tsp. McCormick dried thyme leaves
- 2 pork tenderloins (about ¾ lb. each)

1. In shallow glass or plastic dish, or resealable freezer plastic bag, mix marinade ingredients. Add pork; turn to coat. Cover dish or seal bag; refrigerate, turning pork occasionally, at least 1 hour but no longer than 8 hours.
2. Heat gas or charcoal grill. Remove pork from marinade; reserve marinade. Place pork on grill over medium heat. Cover grill; cook 20 to 25 minutes, brushing occasionally with marinade and turning once, until pork has slight blush of pink in center and meat thermometer inserted in center reads 160°F.
3. In a 1-quart saucepan, heat remaining marinade to boiling; boil and stir 1 minute. Cut pork into slices and serve with marinade.

Nutrition Information per serving: 220 calories, 6g fat, 19g carbohydrate, 3g fiber, 280mg sodium, 22g protein. Exchanges: 1 starch, 3 lean meat

## Lean Beef and Pepper Fajitas

½ plate – salsa, peppers, onions

¼ plate – whole grain tortilla

¼ plate – lean beef

Fresh clementine

### Lean Beef and Pepper Fajitas

Makes 4 servings

- 1 lb. flank steak
- 1 tsp. each McCormick ground cumin, kosher salt and black pepper
- 2 bell peppers, sliced
- 1 large onion, sliced
- 1 tbsp. Meijer olive oil
- 4 whole grain tortillas
- Meijer salsa for serving

1. Heat grill to medium-high. Season the steak with the cumin, ½ teaspoon salt, and ¼ teaspoon pepper.
2. In a large bowl, toss the bell pepper, oil and onion, and ¼ teaspoon each salt and pepper. Set aside.
3. Grill the steak, 4 to 5 minutes per side for medium-rare. Let rest for 5 minutes before slicing.
4. Meanwhile, sauté the peppers and onions in large nonstick skillet until tender, 8 to 10 minutes.
5. Fill the tortillas with the steak, peppers, and onions. Serve with the salsa.

Nutrition Information per serving: 412 calories, 16g fat, 38g carbohydrate, 7g fiber, 634mg sodium, 29g protein. Exchanges: 2 vegetable, 2 starch, 3 lean meat, 2 fat

