

Home on the Range

Diabetic Cooking

Careful meal planning is essential in managing blood glucose levels. Although there is no one diet for diabetes, nutritional recommendations changed drastically in 1994 when published studies gave priority to the total amount of carbohydrate rather than the source. Carbohydrate, the key nutrient in food that affects blood glucose levels, is the same whether it comes from, bread, fruit or milk.

Scientific evidence shows that table sugar can be used in moderation by individuals with type I or type II diabetes without sacrificing blood glucose control.

Although these recipes should be able to be incorporated into your menu, it is important to follow your mealplan as determined by your physician and registered dietitian, eating about the same amount of protein each day.

REDUCED FAT PIE PASTRY

1 1/4 cups all-purpose flour
1 teaspoon sweetener
1/4 teaspoon salt
4 tablespoons cold margarine, cut into pieces
5 to 5 1/2 tablespoons ice water
Combine flour, sweetener, and salt in medium bowl. Cut in margarine with pastry blender until mixture resembles coarse crumbs. Mix in water, a tablespoon at a time, mixing lightly with a fork after each addition until dough is formed. Refrigerate until ready to use.

123 calories, 1 bread, 1 fat.
Alta Hoshour
Bowmansville

WATERGATE SALAD

1 small package pistachio instant sugar-free pudding
1 can crushed pineapple in own juice
1 large container frozen whipped topping
1/2 to 1 cup chopped nuts
Mix together all ingredients and chill until served.

Alta Hoshour
Bowmansville

ORANGE WHIP

1 pound cottage cheese
8-ounces whipped topping
1 can light fruit cocktail
3-ounces sugar-free orange Jell-O (dry)
Mix together and refrigerate.

The Hurshes
Mount Joy

FRENCH APPLE DESSERT

1 tablespoon lemon juice
1 packet sweetener
2 tablespoons flour
1/4 teaspoon cinnamon
12 packets sweetener
5 to 6 cups peeled, sliced apples

Topping:

1/2 cup flour
6 packets sweetener
1/4 teaspoon maple syrup, if desired
1/2 teaspoon cinnamon
1/4 cup margarine

In a large bowl, combine lemon juice and 1 packet sweetener. Add other dessert ingredients including the 12 packets sweetener and stir including apples. Pile high in a 9-inch glass pie pan.

In a separate bowl, combine flour, 6 packets sweetener, maple flavoring, and cinnamon. Cut margarine into mixture until crumbly. Sprinkle evenly over filling. Place wax paper under dish while microwaving on medium high (70 percent) for 8 minutes. Turn dish and microwave 6-10 minutes longer until apples are tender.

Yields: 8 servings. Portion 145 calories. Diabetic exchange: 1/2 fruit, 1 starch, 1 fat.

Alta Hoshour
Bowmansville

SPICED OATMEAL COOKIES

1 1/2 cups quick-cooking oats, uncooked
1 cup reduced calorie margarine, melted

3 1/2 teaspoons Sweet & Low
3 eggs, lightly beaten
1 teaspoon vanilla extract
1 1/4 cups all-purpose flour
2 teaspoons baking powder
1/2 teaspoon salt (optional)
1 teaspoon ground cinnamon
1 teaspoon ground cloves
1 teaspoon ground nutmeg
1/2 cup skim milk
1/4 cup raisins (optional)

Combine oats and margarine in large bowl; stir well.

Add sugar substitute, eggs, and vanilla, stir well until blended.

Combine flour and next five ingredients.

Add dry ingredients and milk alternately to oatmeal mixture, stir well, stir in raisins.

Drop dough by level teaspoons onto nonstick cookie sheets.

Bake at 400 degrees for 10-15 minutes or until lightly browned; remove to wire racks and let cool completely. Yield: 6 dozen cookies.

Lisa Sensenig
Denver



No need to forgo sweets if you're diabetic. Nutritional recommendations have changed drastically in recent years. The 256-page Diabetic Goodie Book by Kathy Kochan is filled with recipes appropriate for those who want to eat healthy but "don't want to cheat their sweet tooth." See the featured recipe for cookbook ordering instructions.

APPLE CINNAMON OATMEAL

1/2 cup uncooked oats
1 1/4 cups water
1 teaspoon ground cinnamon
1 medium apple, peeled and grated

2 packets Sweet & Low
Microwave all ingredients for 5 minutes. Add skim milk if desired after cooked. 1 serving.

Lisa Sensenig
Denver

LOW-SUGAR FRUIT PIZZA

1 package refrigerated crescent rolls

Spread crescent dough on cookie sheet, smoothing in the cracks. Bake as directed. Cool. Make cream cheese filling by combining the following:

8-ounces cream cheese
1/2 teaspoon vanilla
2 tablespoons NutraSweet
Milk until it reaches spreading consistency

Spread cream cheese mixture on crescent rolls.

Thicken the following:
1 1/4 to 1 1/2 cups unsweetened pineapple juice with ClearJel.

When cool, add 1 tablespoon Nutra Sweet.

Arrange unsweetened canned or fresh fruit on cream cheese mixture. Top with thickened pineapple juice.

Jeanette Martin
Womelsdorf

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Featured Recipe

Kathy Kochan has had diabetes since age 5. Perhaps that is why she looks forward to dessert and refuses to watch everyone else enjoy it while she munches on a piece of plain fruit.

For years, Kathy, who enjoys cooking, developed recipes that she can eat without feeling guilty. She has compiled these in the "Diabetic Goodie Book," a 256-page book published by Appletree Press, Inc.

"Most of the recipes are prepared with fruit for natural sugar and sweetness, since I personally do not use artificial sweeteners," Kathy said.

Kathy has taught cooking classes so that she has a good grasp on what students want in a cookbook: simple instructions on how to prepare healthy, tasty food quickly and easily.

For a copy, send \$15.95 plus \$4 for shipping to Appletree Press Inc., 151 Good Counsel Dr., Mankato, MN 56001. Or, call 1-800-322-5679.

DATE CHEWS

2 tablespoons sugar
1 cup chopped dates
1/2 cup whole-wheat flour
1/2 cup all-purpose flour
1/2 teaspoon baking powder
2 tablespoons olive or canola oil
1 large egg, beaten or 1/4 cup egg substitute
Preheat oven to 350 degrees. Spray a 9-inch square pan with cooking spray.

In a medium bowl, combine sugar, dates, flours, and baking powder. Use a rubber spatula to stir in oil and egg until well mixed. Dough will be very thick. Spread evenly with spatula into prepared pan.

Bake 20 minutes or until lightly browned or pick inserted in center comes out clean. While warm, cut into 16 squares. Cool in pan on rack. These bars do not rise. If desired, sprinkle with confectioners' sugar. Store covered.

Prep. time: 5 min
Bake time: 20 min
Makes 16. Serving size: 1 piece.
Exchanges: 1 fruit (1 carbohydrate choice).
Analysis per serving: 68 calories, 12 g carbohydrate, 1 g protein, 2 g fat, 13 mg cholesterol, 17 mg sodium, 1 g fiber.

Recipe Topics

If you have recipes for the topics listed below, please share them with us. We welcome your recipes, but ask that you include accurate measurements, a complete list of ingredients and clear instructions with each recipe you submit. Send your recipes to Lou Ann Good, Lancaster Farming, P.O. Box 609, Ephrata, PA 17522. Recipes should reach our office one week before publishing date.

March	7 -	National Nutrition Week
	14-	Peanuts & Other Nuts
	21-	Fiber Foods
	28-	Flavored Coffees, Cocoa, etc.