



# Quick & Healthy Dinner Recipes *for a* Diabetic Diet

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## Lemon & Dill Chicken

**Makes:** 4 servings

**Active time:** 30 minutes **Total:** 30 minutes

☒ Heart Health ☒ Diabetes ☒ Weight Loss ☐ Gluten Free

Fresh lemon and dill create a quick Greek-inspired pan sauce for simple sautéed chicken breasts.

- 4 boneless, skinless chicken breasts (1-1¼ pounds)**  
**Salt & freshly ground pepper to taste**
- 3 teaspoons extra-virgin olive oil or canola oil, divided**
- ¼ cup finely chopped onion**
- 3 cloves garlic, minced**
- 1 cup reduced-sodium chicken broth**
- 2 teaspoons flour**
- 2 tablespoons chopped fresh dill, divided**
- 1 tablespoon lemon juice**

1. Season chicken breasts on both sides with salt and pepper. Heat 1½ teaspoons oil in a large heavy skillet over medium-high heat. Add the chicken and sear until well browned on both sides, about 3 minutes per side. Transfer chicken to a plate and tent with foil.
2. Reduce heat to medium. Add the remaining 1½ teaspoons oil to the pan. Add onion and garlic and cook, stirring, for 1 minute. Whisk broth, flour, 1 tablespoon dill and lemon juice in a measuring cup and add to pan. Cook, whisking, until slightly thickened, about 3 minutes.
3. Return the chicken and any accumulated juices to the pan; reduce heat to low and simmer until the chicken is cooked through, about 4 minutes. Transfer the chicken to a warmed platter. Season sauce with salt and pepper and spoon over the chicken. Garnish with the remaining 1 tablespoon chopped fresh dill.

**Per serving:** 170 calories; 6 g fat (1 g sat, 4 g mono); 63 mg cholesterol; 3 g carbohydrate; 1 g total sugars; 0 g added sugars; 24 g protein; 0 g fiber; 339 mg sodium; 272 mg potassium.

**Carbohydrate servings:** 0

**Exchanges:** 3 lean meat, 1 fat







## Zesty Shrimp & Black Bean Salad

**Makes:** 4 servings, about 1½ cups each

**Active time:** 20 minutes **Total:** 20 minutes

**To make ahead:** Cover and refrigerate for up to 1 day.

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Loaded with fresh tomatoes, peppers and cilantro and seasoned with cumin and chile, this shrimp and black bean salad recipe has all the flavors of a great fresh salsa and is a quick and easy no-cook recipe.

- ¼ cup cider vinegar
- 3 tablespoons extra-virgin olive oil
- 1 tablespoon minced chipotle chile in adobo, *or* more to taste
- 1 teaspoon ground cumin
- ¼ teaspoon salt
- 1 pound peeled and deveined cooked shrimp, cut into ½-inch pieces
- 1 15-ounce can black beans, rinsed
- 1 cup quartered cherry tomatoes
- 1 large poblano pepper *or* bell pepper, chopped
- ¼ cup chopped scallions
- ¼ cup chopped fresh cilantro

Whisk vinegar, oil, chipotle, cumin and salt in a large bowl. Add shrimp, beans, tomatoes, poblano (or bell pepper), scallions and cilantro; toss to coat. Serve room temperature or cold.

**Per serving:** 273 calories; 12 g fat (2 g sat, 8 g mono); 143 mg cholesterol; 19 g carbohydrate; 5 g total sugars; 0 g added sugars; 21 g protein; 6 g fiber; 410 mg sodium; 533 mg potassium.

**Nutrition bonus:** Vitamin C (55% daily value), Folate (20% dv), Potassium & Vitamin A (16% dv).

**Carbohydrate servings:** 1

**Exchanges:** 1 starch, 1 vegetable, 2 lean meat, 2 fat



## Chipotle-Orange Broccoli & Tofu

**Makes:** 4 servings, about 1¼ cups each

**Active time:** 30 minutes **Total:** 30 minutes

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Chipotle peppers add kick to this tofu and broccoli stir-fry recipe. If you're shy about spice, cut back on the amount or leave them out completely.

- 1 14-ounce package extra-firm water-packed tofu**
- ½ teaspoon salt, divided**
- 3 tablespoons canola oil, divided**
- 6 cups broccoli florets**
- 1 cup orange juice**
- 1 tablespoon minced chipotle in adobo (see *Tip*), seeded if desired**
- ½ cup chopped fresh cilantro**

**1.** Drain tofu and pat dry; cut into ½- to ¾-inch cubes. Sprinkle tofu on all sides with ¼ teaspoon salt. Heat 2 tablespoons oil in a large nonstick skillet over medium-high heat. Add tofu and cook in a single layer, stirring every couple of minutes, until golden brown, 7 to 9 minutes total. Transfer to a plate.

**2.** Add the remaining 1 tablespoon oil and broccoli to the pan and sprinkle with the remaining ¼ teaspoon salt; cook, stirring, until the broccoli is bright green, about 1 minute. Add orange juice and chipotle and cook, stirring frequently, until the broccoli is just tender, 2 to 3 minutes more.

**3.** Return the tofu to the pan. Cook, gently stirring, until the tofu is heated through, 1 to 2 minutes. Remove from the heat and stir in cilantro.

**Per serving:** 242 calories; 17 g fat (1 g sat, 11 g mono); 0 mg cholesterol; 14 g carbohydrate; 6 g total sugars; 0 g added sugars; 13 g protein; 4 g fiber; 337 mg sodium; 612 mg potassium.

**Nutrition bonus:** Vitamin C (219% daily value), Vitamin A (69% dv), Folate (28% dv), Calcium (24% dv), Magnesium (22% dv), Potassium (18% dv), Iron (17% dv).

**Carbohydrate servings:** 1

**Exchanges:** ½ fruit, 1 vegetable, 1½ medium-fat meat, 2 fat

**Tip:** Look for the small cans of chipotle chiles in adobo sauce with Mexican foods at large supermarkets.





## Chili-Rubbed Steaks & Pan Salsa

**Makes:** 2 servings

**Active time:** 20 minutes **Total:** 20 minutes

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Any cut of steak will work for this recipe, but we especially like the flavor and texture of rib-eye with these seasonings; look for steak that has been thinly cut.

**8 ounces ½-inch-thick steaks, such as rib-eye, trimmed and cut into 2 portions**

**1 teaspoon chili powder**

**½ teaspoon kosher salt, divided**

**1 teaspoon extra-virgin olive oil**

**2 plum tomatoes, diced**

**2 teaspoons lime juice**

**1 tablespoon chopped fresh cilantro**

1. Sprinkle both sides of steak with chili powder and ¼ teaspoon salt. Heat oil in a medium skillet over medium-high heat. Add the steaks and cook, turning once, 1 to 2 minutes per side for medium-rare. Transfer the steaks to a plate, cover with foil and let rest while you make the salsa.

2. Add tomatoes, lime juice and the remaining ¼ teaspoon salt to the pan and cook, stirring often, until the tomatoes soften, about 3 minutes. Remove from heat, stir in cilantro and any accumulated juices from the steaks. Serve the steaks topped with the salsa.

**Per serving:** 192 calories; 8 g fat (2 g sat, 4 g mono); 81 mg cholesterol; 4 g carbohydrate; 2 g total sugars; 0 g added sugars; 26 g protein; 1 g fiber; 359 mg sodium; 515 mg potassium.

**Nutrition bonus:** Zinc (27% daily value), Vitamin A (20% dv), Vitamin C (15% dv).

**Carbohydrate servings:** 0

**Exchanges:** 1 vegetable, 3 lean meat



## Grilled Salmon with Tomatoes & Basil

**Makes:** 4 servings

**Active time:** 30 minutes **Total:** 30 minutes

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This recipe is so beautiful and yet so simple to prepare—it's perfect for entertaining. You just spread a side of salmon with minced garlic, sprinkle with fresh basil, then layer sliced tomatoes on top. Put it on the grill for 10 minutes and you're done!

- 2 cloves garlic, minced
- 1 teaspoon kosher salt, divided
- 1 tablespoon extra-virgin olive oil
- 1 whole wild salmon fillet (also called a "side of salmon," about 1½ pounds)
- ⅓ cup thinly sliced fresh basil plus ¼ cup, divided
- 2 medium tomatoes, thinly sliced
- ¼ teaspoon freshly ground pepper

1. Preheat grill to medium.
2. Mash minced garlic and ¾ teaspoon salt on a cutting board with the side of a chef's knife or a spoon until a paste forms. Transfer to a small bowl and stir in oil.
3. Check the salmon for pin bones and remove if necessary (see *Tip*). Measure out a piece of heavy-duty foil (or use a double layer of regular foil) large enough for the salmon fillet. Coat the foil with cooking spray. Place the salmon skin-side down on the foil and spread the garlic mixture all over it. Sprinkle with ⅓ cup basil. Overlap tomato slices on top and sprinkle with the remaining ¼ teaspoon salt and pepper.
4. Transfer the salmon on the foil to the grill. Grill until the fish flakes easily, 10 to 12 minutes. Use two large spatulas to slide the salmon from the foil to a serving platter. Serve the salmon sprinkled with the remaining ¼ cup basil.

**Per serving:** 248 calories; 10 g fat (2 g sat, 5 g mono); 80 mg cholesterol; 3 g carbohydrate; 2 g total sugars; 0 g added sugars; 35 g protein; 1 g fiber; 367 mg sodium; 799 mg potassium.

**Nutrition bonus:** Potassium (23% daily value), Vitamin A (22% dv), Vitamin C (18% dv), Magnesium (15% dv).

**Carbohydrate servings:** 0

**Exchanges:** 1 vegetable, 5 lean meat

**Tip:** Depending on how your side of salmon was prepared at the market, small white pin bones may still be in the fillet. We suggest removing them before you cook the fish. To remove the bones, place your hand underneath the fillet to bend it up slightly, exposing the row of bones running down the length—they will poke out of the flesh and point at an angle toward the wider end of the fillet. Grasp each bone with a clean pair of tweezers or needle-nose pliers and gently pull it out in the direction of the wide end of the fillet.





## Peanut Noodles with Chicken & Vegetables

**Makes:** 6 servings, 1½ cups each

**Active time:** 30 minutes **Total:** 30 minutes

**To make ahead:** Cover and refrigerate for up to 2 days. To serve, stir in 2 tablespoons warm water per portion; serve cold or reheat in microwave.

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If you can't find a bagged vegetable medley for this easy noodle bowl, choose 12 ounces of cut vegetables from your market's salad bar and create your own mix.

- 1 pound boneless, skinless chicken breasts**
- ½ cup smooth natural peanut butter**
- 2 tablespoons reduced-sodium soy sauce**
- 2 teaspoons minced garlic**
- 1½ teaspoons chile-garlic sauce, or to taste (see Tip)**
- 1 teaspoon minced fresh ginger**
- 8 ounces whole-wheat spaghetti**
- 1 12-ounce bag fresh vegetable medley, such as carrots, broccoli, snow peas**

- 1.** Put a large pot of water on to boil for cooking pasta.
- 2.** Meanwhile, place chicken in a skillet or saucepan and add enough water to cover; bring to a boil. Cover, reduce heat to low and simmer gently until cooked through and no longer pink in the middle, 10 to 12 minutes. Transfer the chicken to a cutting board. When cool enough to handle, shred into bite-size strips.
- 3.** Whisk peanut butter, soy sauce, garlic, chile-garlic sauce and ginger in a large bowl.
- 4.** Cook pasta in the boiling water until not quite tender, about 1 minute less than specified in the package directions. Add vegetables and cook until the pasta and vegetables are just tender, 1 minute more. Drain, reserving 1 cup of the cooking liquid. Rinse the pasta and vegetables with cool water to refresh. Stir the reserved cooking liquid into the peanut sauce; add the pasta, vegetables and chicken; toss well to coat. Serve warm or chilled.

**Per serving:** 371 calories; 13 g fat (2 g sat, 1 g mono); 42 mg cholesterol; 38 g carbohydrate; 4 g total sugars; 0 g added sugars; 27 g protein; 8 g fiber; 369 mg sodium; 378 mg potassium.

**Nutrition bonus:** Vitamin A (76% daily value), Vitamin C (48% dv), Magnesium (21% dv), Iron (16% dv).

**Carbohydrate servings:** 2

**Exchanges:** 2 starch, 1½ vegetable, 3 lean meat

**Tip:** Chile-garlic sauce (or chili-garlic sauce, or paste) is a blend of ground chiles, garlic and vinegar and is commonly used to add heat and flavor to Asian soups, sauces and stir-fries. It can be found in the Asian section of large supermarkets and keeps up to 1 year in the refrigerator.



## Tilapia with Tomato-Olive Sauce

**Makes:** 4 servings

**Active time:** 20 minutes **Total:** 20 minutes

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Top tilapia fillets with a savory tomato-olive sauce that comes together in just 5 minutes. Look for tapenade near jarred olives in the supermarket.

- 1¼ pounds tilapia**
- ¼ teaspoon salt**
- ¼ teaspoon freshly ground pepper**
- 2 tablespoons extra-virgin olive oil, divided**
- 1 pint grape or cherry tomatoes, halved if large**
- ¼ cup dry white wine**
- 3 cloves garlic, finely chopped**
- 3 tablespoons olive tapenade**

**1.** Sprinkle tilapia with salt and pepper. Heat 1 tablespoon oil in a large nonstick skillet over medium-high heat. Add the fish and cook (in two batches if necessary), turning once halfway through, until golden brown and just opaque in the center, 4 to 6 minutes total. Transfer the fish to a serving platter; tent with foil to keep warm.

**2.** Off the heat, add the remaining 1 tablespoon oil, tomatoes, wine and garlic to the pan. Return to medium heat, cover and cook, stirring occasionally, until most of tomatoes are broken down, 4 to 5 minutes. Stir in olive tapenade and cook for 1 minute more. Serve the fish with the sauce.

**Per serving:** 247 calories; 11 g fat (2 g sat, 6 g mono); 71 mg cholesterol; 4 g carbohydrate; 3 g total sugars; 0 g added sugars; 29 g protein; 1 g fiber; 381 mg sodium; 626 mg potassium.

**Nutrition bonus:** Potassium & Vitamin C (18% daily value)

**Carbohydrate servings:** 0

**Exchanges:** ½ vegetable, 4 lean meat, 2 fat







## Maple-Chili Glazed Pork Medallions

**Makes:** 4 servings

**Active time:** 20 minutes **Total:** 20 minutes

☒ Heart Health ☒ Diabetes ☒ Weight Loss ☒ Gluten Free

Pork medallions are quick and easy to prepare, and are particularly tasty with a maple-chili glaze.

- 1** teaspoon chili powder
- ½** teaspoon salt
- ⅛** teaspoon ground chipotle pepper
- 1** pound pork tenderloin, trimmed and cut crosswise into 1-inch-thick medallions
- 2** teaspoons canola oil
- ¼** cup apple cider
- 1** tablespoon maple syrup
- 1** teaspoon cider vinegar

- 1.** Mix chili powder, salt and ground chipotle in a small bowl. Sprinkle over both sides of pork.
- 2.** Heat oil in a large skillet over medium-high heat. Add the pork and cook until golden, 1 to 2 minutes per side. Add cider, syrup and vinegar to the pan. Bring to a boil, scraping up any browned bits. Reduce the heat to medium and cook, turning the pork occasionally to coat, until the sauce is reduced to a thick glaze, 1 to 3 minutes. Serve the pork drizzled with the glaze.

**Per serving:** 167 calories; 5 g fat (1 g sat, 2 g mono); 74 mg cholesterol; 6 g carbohydrate; 5 g total sugars; 3 g added sugars; 24 g protein; 0 g fiber; 363 mg sodium; 478 mg potassium.

**Carbohydrate servings:** ½

**Exchanges:** ½ other carbohydrates, 3 lean meat

## Crab Cake Burgers

**Makes:** 6 servings

**Active time:** 20 minutes **Total:** 20 minutes

☒ Heart Health ☒ Diabetes ☒ Weight Loss ☐ Gluten Free

These burgers have a true crab flavor that isn't masked by fillers or strong seasoning. This recipe works best with convenient pasteurized crabmeat, usually found in the refrigerated case near the fish counter. If you prefer lump crabmeat, cut it into small, uniform pieces.

- 1 pound crabmeat
- 1 egg, lightly beaten
- ½ cup panko breadcrumbs (*see Tip*)
- ¼ cup light mayonnaise
- 2 tablespoons minced chives
- 1 tablespoon Dijon mustard
- 1 tablespoon lemon juice
- 1 teaspoon celery seed
- 1 teaspoon onion powder
- ¼ teaspoon freshly ground pepper
- 4 dashes hot sauce, such as Tabasco, or to taste
- 1 tablespoon extra-virgin olive oil
- 2 teaspoons unsalted butter

1. Mix crab, egg, breadcrumbs, mayonnaise, chives, mustard, lemon juice, celery seed, onion powder, pepper and hot sauce in a large bowl. Form into 6 patties.
2. Heat oil and butter in a large nonstick skillet over medium heat until the butter stops foaming. Cook the patties until golden brown, about 4 minutes per side.

**Per serving:** 141 calories; 6 g fat (2 g sat, 3 g mono); 83 mg cholesterol; 6 g carbohydrate; 0 g total sugars; 0 g added sugars; 16 g protein; 0 g fiber; 376 mg sodium; 294 mg potassium.

**Nutrition bonus:** Zinc (20% daily value), Vitamin C (15% dv).

**Carbohydrate servings:** ½

**Exchanges:** ½ starch, 2 very lean meat, 1 fat (mono)

**Tip:** Panko breadcrumbs, also known as Japanese breadcrumbs or bread flakes, are coarser in texture than other dried breadcrumbs. They produce a crispy crust and are less likely to become soggy than finely ground breadcrumbs. Look for panko in the Asian food section of large supermarkets and in specialty Asian markets.







## Moo Shu Vegetables

**Makes:** 4 servings, about 1¼ cups each

**Active time:** 20 minutes **Total:** 20 minutes

☒ Heart Health ☒ Diabetes ☒ Weight Loss ☒ Gluten Free

This vegetarian version of the classic Chinese stir-fry, Moo Shu, uses already-shredded vegetables to cut down on the prep time.

- 3** teaspoons toasted sesame oil, divided
- 4** large eggs, lightly beaten
- 2** teaspoons minced fresh ginger
- 2** cloves garlic, minced
- 1** 12-ounce bag shredded mixed vegetables, such as “rainbow salad” or “broccoli slaw”
- 2** cups mung bean sprouts
- 1** bunch scallions, sliced, divided
- 1** tablespoon reduced-sodium soy sauce
- 1** tablespoon rice vinegar
- 2** tablespoons hoisin sauce (see *Tip*)

- 1.** Heat 1 teaspoon oil in a large nonstick skillet over medium heat. Add eggs; cook, stirring gently, until set, 2 to 3 minutes. Remove to a plate.
- 2.** Wipe out the pan and heat the remaining 2 teaspoons oil over medium heat. Add ginger and garlic and cook, stirring, until softened and fragrant, 1 minute. Add shredded vegetables, bean sprouts, half the sliced scallions, soy sauce and vinegar. Stir to combine. Cover and cook, stirring once or twice, until the vegetables are just tender, about 3 minutes. Add the reserved eggs and hoisin; cook, uncovered, stirring and breaking up the scrambled eggs, until heated through, 1 to 2 minutes. Stir in the remaining scallions and remove from the heat.

**Per serving:** 172 calories; 9 g fat (2 g sat, 3 g mono); 186 mg cholesterol; 15 g carbohydrate; 7 g total sugars; 1 g added sugars; 11 g protein; 4 g fiber; 366 mg sodium; 235 mg potassium.

**Nutrition bonus:** Vitamin C (20% daily value), Folate (17% dv).

**Carbohydrate servings:** 1

**Exchanges:** 2 vegetable, 1 medium-fat meat, 1 fat

**Tip:** Hoisin sauce is a dark brown, thick, spicy-sweet sauce made from soybeans and a complex mix of spices. Look for it in the Asian section of your supermarket and in Asian markets.

# About EatingWell

The EatingWell mission is to provide the inspiration and information people need to make healthy eating a way of life.





- We deliver delicious, simple recipes that meet stringent guidelines for taste, nutrition and dependability, recipes easily replicated by home cooks.
- We report on the latest nutrition and health news, providing the practical, science-based answers consumers are looking for.
- We examine the connections among food, its origins and its impact on communities.
- We encourage people to make informed, mindful decisions about how they eat and to celebrate the joys of food.

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We hope you enjoy our recipes and feel informed and inspired to make healthy eating *your* way of life!

## About EatingWell health tags

A recipe checked...

-  **Heart Health** has limited saturated fat.
-  **Diabetes** is low in calories and meets limits for Carbohydrate Servings.
-  **Weight Loss** has reduced calories (and limited saturated fat).
-  **Gluten Free** does not contain wheat, rye, barley or oats.  
(Many processed foods, such as broths, soy sauce and other condiments, may contain hidden sources of gluten. If a recipe calls for a packaged [e.g., canned] ingredient, we recommend that you carefully read the label to make sure you pick a brand that does not contain a hidden source of gluten. Also, please note that while a recipe may be marked “Gluten Free,” the serving suggestions that accompany it may contain gluten.)

*Photography by Ken Burris (pages 1-2, 5-7, 9-11); Peter Ardito (page 4, 8), Bryan McCay (page 3).*

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