

Southern Black-Eyed Pea Salad

Black-eyed peas boost the fiber in this quick vegetable side salad. Serve this diabetic-friendly salad with grilled meats or chicken.

Diabetic Living Magazine

Active: 20 mins

Total: 4 hrs 20 mins

Servings: 8



Ingredients

2 tablespoons cooking oil

4 small yellow summer squash, quartered lengthwise and thinly sliced (about 4 cups)

2 to 4 fresh jalapeno peppers, seeded, if desired, and chopped

4 cloves garlic, minced

1 teaspoon cumin seeds, crushed

2 (15 ounce) cans black-eyed peas, rinsed and drained

¼ cup sliced green onions

2 tablespoons snipped fresh cilantro or parsley

½ teaspoon salt

2 cups chopped tomatoes

Directions

In a large skillet, heat oil over medium heat. Add squash, peppers, garlic, and cumin; cook for 5 to 6 minutes or until squash is crisp-tender, stirring occasionally. Remove from heat; cool.

In a large bowl, combine squash mixture, black-eyed peas, green onions, cilantro, and salt. Cover and chill until serving time.

To serve, toss pea mixture with tomato.

Tips

To make ahead: Prepare as directed through Step 2. Cover and chill in an airtight container for up to 24 hours.

Nutrition Facts

Serving Size: 3/4 cup

Per Serving: 161 calories; protein 9.1g; carbohydrates 23.8g; dietary fiber 6.9g; sugars 3.1g; fat 4.6g; saturated fat 0.5g; vitamin a iu 761.3IU; vitamin c 20.5mg; folate 29.3mcg; calcium 51.3mg; iron 0.9mg; magnesium 19.3mg; potassium 326.8mg; sodium 458mg.

Exchanges: 1 fat, 1 starch, 1 vegetable, 1/2 lean protein



Taste of Home

Kale Salad

TOTAL TIME: Prep/Total Time: 15 min.

YIELD: 8 servings.

I love making meals that wow everyone. The flavor and nutrition in this kale salad set it apart from other 30-minute creations. —Gina Myers, Spokane, Washington

Ingredients

10 cups sliced kale (about 1 bunch)

1 medium apple, thinly sliced

3 tablespoons olive oil

2 tablespoons lemon juice

1 teaspoon salt

1/2 teaspoon pepper

1/4 cup crumbled feta cheese

1/4 cup salted pumpkin seeds or pepitas

Directions

1. Place kale in a large bowl. With clean hands, massage kale until leaves become soft and darkened, 2-3 minutes; stir in apple.
2. In a small bowl, whisk oil, lemon juice, salt and pepper until blended. Drizzle over salad; toss to coat. Sprinkle with cheese and pumpkin seeds.



Orange Pomegranate Salad with Honey

TOTAL TIME: Prep/Total Time: 15 min.

YIELD: 6 servings.

Taste of Home

I discovered this fragrant salad in a cooking class. If you can, try to find orange flower water (also called orange blossom water), which perks up the orange segments. But orange juice adds a nice zip, too! —Carol Richardson Marty, Lynwood, Washington

Ingredients

5 medium oranges or 10 clementines

1/2 cup pomegranate seeds

2 tablespoons honey

1 to 2 teaspoons orange flower water or orange juice

Directions

1. Cut a thin slice from the top and bottom of each orange; stand orange upright on a cutting board. With a knife, remove peel and outer membrane from oranges. Cut crosswise into 1/2-in. slices.
2. Arrange orange slices on a serving platter; sprinkle with pomegranate seeds. In a small bowl, mix honey and orange flower water; drizzle over fruit.



Grilled Ground Turkey Burgers

TOTAL TIME: Prep/Total Time: 30 min.

YIELD: 6 servings.

These juicy, tender patties on whole wheat buns make a wholesome, satisfying sandwich. We especially like to grill this turkey burger recipe, but you could also pan-fry them. —Sherry Hulsman, Elkton, Florida

Ingredients

- 1 large egg, lightly beaten
- 2/3 cup soft whole wheat bread crumbs
- 1/2 cup finely chopped celery
- 1/4 cup finely chopped onion
- 1 tablespoon minced fresh parsley
- 1 teaspoon Worcestershire sauce
- 1 teaspoon dried oregano
- 1/2 teaspoon salt
- 1/4 teaspoon pepper
- 1-1/4 pounds lean ground turkey
- 6 whole wheat hamburger buns, split

Directions

1. In a small bowl, combine the egg, bread crumbs, celery, onion, parsley, Worcestershire sauce and seasonings. Crumble turkey into bowl and mix lightly but thoroughly. Shape into 6 patties.
2. On a greased grill, cook, covered, over medium heat or broil 4 in. from the heat for 5-6 minutes on each side or until a thermometer reads 165° and juices run clear. Serve on buns.



Pan-Roasted Chicken and Vegetables

TOTAL TIME: Prep: 15 min. Bake: 45 min.

YIELD: 6 servings.

This one-dish roast chicken with vegetables tastes as if it took hours of hands-on time to put together, but the simple ingredients can be prepped in mere minutes. The rosemary gives it a rich flavor, and the meat juices cook the veggies to perfection. It's unbelievably easy!
—Sherri Melotik, Oak Creek, Wisconsin

Ingredients

2 pounds red potatoes (about 6 medium), cut into 3/4-inch pieces

1 large onion, coarsely chopped

2 tablespoons olive oil

3 garlic cloves, minced

1-1/4 teaspoons salt, divided

1 teaspoon dried rosemary, crushed, divided

3/4 teaspoon pepper, divided

1/2 teaspoon paprika

6 bone-in chicken thighs (about 2-1/4 pounds), skin removed

6 cups fresh baby spinach (about 6 ounces)

Directions

1. Preheat oven to 425°. In a large bowl, combine potatoes, onion, oil, garlic, 3/4 teaspoon salt, 1/2 teaspoon rosemary and 1/2 teaspoon pepper; toss to coat. Transfer to a 15x10x1-in. baking pan coated with cooking spray.

2. In a small bowl, mix paprika and the remaining salt, rosemary and pepper. Sprinkle chicken with paprika mixture; arrange over vegetables. Roast until a thermometer inserted in chicken reads 170°-175° and vegetables are just tender, 35-40 minutes.

3. Remove chicken to a serving platter; keep warm. Top vegetables with spinach. Roast until vegetables are tender and spinach is wilted, 8-10 minutes longer. Stir vegetables to combine; serve with chicken.

Baked Beans with Ground Beef



Upgrade baked beans from classic side dish to a meaty main meal by adding lean ground beef.

The final result, a superfast hearty casserole, is an easy and fast dinner option. Ground turkey or even sausage would work nicely in this dish.

Just watch the sodium.

Hilary Meyer

Active: 25 mins

Total: 25 mins

Servings: 6



Ingredients

1 tablespoon extra-virgin olive oil

1 medium onion, chopped

1 pound lean ground beef

2 (15 ounce) cans no-salt-added navy beans, rinsed

1 cup water

$\frac{3}{4}$ cup ketchup

$\frac{1}{4}$ cup molasses

1 teaspoon Dijon mustard

$\frac{1}{2}$ teaspoon garlic powder

$\frac{1}{4}$ teaspoon salt

$\frac{1}{4}$ cup chopped fresh chives for garnish

Directions

Heat oil in a large saucepan over medium-high heat. Add onion and ground beef. Cook, stirring and crumbling beef with a wooden spoon, until the onion has softened and the beef is no longer pink, about 5 minutes. Add beans, water, ketchup, molasses, mustard, garlic powder and salt; bring to a simmer. Reduce heat to medium and cook, stirring, until the mixture is bubbling and slightly thickened, 5 to 8 minutes. Garnish with chives, if desired.

Tips

To make ahead: Refrigerate for up to 2 days. Reheat on the stovetop or in the microwave.

Nutrition Facts

Serving Size: scant 1 cup

Per Serving: 346 calories; protein 22.8g; carbohydrates 41.3g; dietary fiber 7.5g; sugars 18g; fat 10g; saturated fat 3.3g; cholesterol 49.1mg; vitamin a iu 227.2IU; vitamin c 3.9mg; folate 45.3mcg; calcium 129mg; iron 4.3mg; magnesium 115.1mg; potassium 869.6mg; sodium 525.1mg; thiamin 0.2mg; added sugar 16g.

Exchanges: 3 lean protein, 1 1/2 other carbohydrate, 1 starch, 1/2 fat, 1/2 vegetable

Coffee-Rubbed Salmon with Orange Salsa



Brown sugar, coffee and coriander are the base for the delicious rub in this healthy baked salmon recipe. Serve with brown rice pilaf or a farro salad.

Julia Clancy

Active: 40 mins

Total: 40 mins

Servings: 6



Ingredients

2 tablespoons light brown sugar

2 teaspoons ground coffee

2 teaspoons ground coriander

1 teaspoon smoked paprika

1 teaspoon kosher salt, divided

½ teaspoon cayenne pepper

1 ½ pounds salmon fillet, cut into 6 portions

1 small shallot, thinly sliced

2 tablespoons sherry vinegar or red-wine vinegar

2 large navel oranges

2 tablespoons extra-virgin olive oil

2 tablespoons chopped fresh parsley

Directions

Position a rack in lower third of oven; preheat to 450 degrees F.

Combine brown sugar, coffee, coriander, paprika, ¾ teaspoon salt and cayenne in a small bowl. Place salmon on a baking sheet and rub with the spice mixture.

Roast on the lower rack until just cooked through and still opaque in the middle, 6 to 8 minutes.

Meanwhile, combine shallot, vinegar and the remaining ¼ teaspoon salt in a small bowl. Let stand for 5 minutes. Zest the oranges. Cut off and discard the peel and white pith; coarsely chop the fruit. Add the zest, chopped oranges, parsley and oil to the shallot and stir to combine. Serve the salsa with the salmon.

Nutrition Facts

Serving Size: 3 oz. salmon & ¼ cup salsa

Per Serving: 228 calories; protein 23.4g; carbohydrates 12.2g; dietary fiber 1.8g; sugars 8.8g; fat 9.2g; saturated fat 1.7g; cholesterol 53mg; vitamin a iu 635.1IU; vitamin c 31mg; folate 32.1mcg; calcium 76mg; iron 1mg; magnesium 41.8mg; potassium 551.3mg; sodium 379.9mg; added sugar 4g.

Exchanges: 1/2 fruit, 1/2 other carbohydrate, 3 lean protein, 1 fat

Chickpea Pasta with Mushrooms & Kale



Loading up your pasta with vegetables like the kale and mushrooms here is not only delicious, it also makes the meal more satisfying.

Active: 30 mins

Total: 30 mins

Servings: 4



Greg DuPree

Ingredients

- 8 ounces chickpea rotini or penne (see Tip)
- ¼ cup extra-virgin olive oil
- 2 large cloves garlic, sliced
- Pinch of crushed red pepper
- 8 cups chopped kale
- 8 ounces cremini mushrooms, quartered
- ½ teaspoon dried thyme
- ½ teaspoon salt
- Grated Parmesan cheese for serving (optional)

Directions

Cook pasta according to package directions. Reserve 1 cup of the cooking water, then drain.

Meanwhile, heat oil in a large skillet over medium heat. Add garlic and crushed red pepper; cook, stirring once, until fragrant, about 1 minute. Add kale, mushrooms, thyme and salt; cook, stirring occasionally, until the vegetables are soft, about 5 minutes.

Stir in the pasta and enough of the reserved water to coat; cook, stirring, until combined and hot, about 1 minute more. Serve topped with Parmesan, if desired.

Tip:

We chose chickpea pasta for this dish instead of whole-wheat because it's packed with tons of fiber, protein and nutrients—some brands provide more than 40% of your daily recommended fiber, plus 20 grams of protein per serving. Look for it with other gluten-free pastas.

Nutrition Facts

Serving Size: 1 1/2 cups

Per Serving: 340 calories; protein 17g; carbohydrates 38g; dietary fiber 10g; sugars 7g; fat 18g; saturated fat 2g; sodium 366mg; potassium 717mg.

Coconut Brown Rice

The secret to the maxed-out flavor of this coconut brown rice dish? Coconut in three forms—milk, oil and shredded.

Active: 15 mins

Total: 1 hr 5 mins

Servings: 6



Jacob Fox

Ingredients

1 tablespoon coconut oil

2 medium shallots, sliced into rings

¼ cup unsweetened shredded coconut

Pinch of salt plus 1/2 teaspoon, divided

1 cup long-grain brown rice, rinsed

1 (14 ounce) can light coconut milk

½ cup water

Directions

Heat oil in a medium saucepan over medium heat. Add shallots and cook, stirring often, until starting to brown, 4 to 6 minutes. Add coconut and cook, stirring often, until golden brown, about 2 minutes. Transfer to a plate with a slotted spoon and sprinkle with a pinch of salt.

Add rice to the pot and stir to coat. Add coconut milk, water and the remaining 1/2 teaspoon salt. Bring to a boil. Reduce heat to maintain a low simmer, cover and cook until the rice is tender and most of the liquid is absorbed, 40 to 45 minutes. Remove from heat and let stand, covered, for 10 minutes. Fluff with a fork. Serve the rice topped with the toasted coconut and shallots.

Nutrition Facts

Serving Size: 1/2 cup

Per Serving: 233 calories; fat 9g; sodium 240mg; carbohydrates 34g; dietary fiber 3g; protein 5g; sugars 3g; niacin equivalents 11mg; saturated fat 8g; vitamin a iu 1IU; potassium 178mg.



Sautéed Broccoli

TOTAL TIME: Prep/Total Time: 20 min.

YIELD: 10 servings.

I invented this sauteed broccoli recipe while looking for a different way to cook broccoli that was lower in fat and sodium. Quick, colorful and tasty, it makes a quick and easy accompaniment to a variety of meals.—Jim MacNeal, Waterloo, New York

Ingredients

1 cup chopped onion

1 cup julienned sweet red pepper

1/4 cup olive oil

12 cups fresh broccoli florets

1-1/3 cups water

3 teaspoons minced garlic

1/2 teaspoon salt

1/2 teaspoon pepper

Directions

1. In a Dutch oven, saute onion and red pepper in oil for 2-3 minutes or until crisp-tender. Stir in the broccoli, water, garlic, salt and pepper. Cover and cook over medium heat for 5-6 minutes or until broccoli is crisp-tender.



Stir-Fried Green Beans

TOTAL TIME: Prep/Total Time: 20 min.

YIELD: 2 servings.

In no time at all, Lapeer, Michigan's Heidi Wilcox stir-fries everyday green beans with garlic and a variety of herbs and spices for this well-seasoned side dish.

Ingredients

1 tablespoon butter

1/2 pound fresh green beans, trimmed

1 garlic clove, minced

1 teaspoon minced fresh parsley

1/2 teaspoon dried basil

1/4 teaspoon salt

1/4 teaspoon dried oregano

1/8 teaspoon cayenne pepper

Directions

1. In a large nonstick skillet, melt butter over medium heat; add beans. Cook and stir until crisp-tender, 5-7 minutes. Add garlic; cook and stir 1 minute longer. Stir in parsley, basil, salt, oregano and cayenne.

Quinoa with Latin Flavors



Cilantro, lime and scallions lend a bright finish to delicate quinoa. This versatile side pairs well with seafood, poultry or pork.

Patsy Jamieson

Total: 45 mins

Servings: 6



Ingredients

- 1 cup quinoa, (see Note)
- 2 teaspoons canola oil
- 1 medium onion, chopped
- 1 4-ounce can chopped green chiles
- 2 cloves garlic, minced
- 1 14-ounce can reduced-sodium chicken broth, or vegetable broth
- 1/4 cup pepitas, toasted (see Note)
- 3/4 cup coarsely chopped fresh cilantro
- 1/2 cup chopped scallions
- 2 tablespoons lime juice
- 1/4 teaspoon salt

Directions

Toast quinoa in a large dry skillet over medium heat, stirring often, until it crackles and becomes aromatic, 3 to 5 minutes. Transfer to a fine sieve and rinse thoroughly.

Heat oil in a large saucepan over medium heat. Add onion and cook, stirring often, until softened, 2 to 3 minutes. Add chiles and garlic; cook, stirring, for 30 seconds. Add the quinoa and broth; bring to a simmer. Reduce heat to maintain a gentle simmer, cover and cook until the quinoa is tender and most of the liquid has been absorbed, 20 to 25 minutes.

Add pepitas, cilantro, scallions, lime juice and salt to the quinoa; mix gently and fluff with a fork.

Tips

Notes: Quinoa, a delicately flavored grain that was a staple in the ancient Incas' diet, is available in most natural-foods stores and the natural-foods sections of many supermarkets. Toasting the grain before cooking enhances the flavor, and rinsing removes any residue of saponin, quinoa's natural, bitter protective coating.

Tips

Hulled pumpkin seeds, also known as pepitas, are dusky green and have a delicate nutty flavor. They can be found in the health-food or bulk sections of many supermarkets.

Tips

To toast nuts & seeds on the stovetop: Toast in a small dry skillet over medium-low heat, stirring constantly, until fragrant and lightly browned, 3 to 5 minutes.

Nutrition Facts

Serving Size: 2/3 cup

Per Serving: 170 calories; protein 7.2g; carbohydrates 23.1g; dietary fiber 3.3g; sugars 2.7g; fat 6g; saturated fat 0.8g; vitamin a iu 266.3IU; vitamin c 12.4mg; folate 79.1mcg; calcium 37.9mg; iron 2.3mg; magnesium 94.1mg; potassium 355.3mg; sodium 330mg; thiamin 0.1mg.

Exchanges: 1.5 starch, 1 fat