

Fall Diabetic Recipes

By: Anne Sydney Francisco, MU Dietetic Intern

Apple and Thyme Chicken

Ingredients

4 boneless, skinless chicken breasts
Cooking spray, canola, with butter flavor
1 pinch salt and pepper (to taste)
1 cup Granny Smith or other tart green apple
1 medium shallot, minced
1 tbsp fresh thyme or 1 tsp dried thyme
¼ cup balsamic vinegar
1 pinch fresh thyme for garnish

Directions

1. Preheat oven to 375 F.
2. Rinse chicken breasts and pat dry with paper towels.
3. Spray a baking dish lightly with cooking spray.
4. Sprinkle chicken breasts with salt (if using) and pepper. Place in single layer in prepared baking dish.
5. Arrange thin apple slices over and around chicken breast.
6. Sprinkle with shallot and thyme leaves; pour on balsamic vinegar.
7. Bake for about 15-20 minutes, until chicken is dense throughout.
8. Arrange cooked breasts on a platter. Spoon apples and cooking juices on top. Garnish with thyme.

Nutrition Facts: Makes 4 servings: Amount per serving:

Calories: 152.8 Total Carbohydrate: 7g
Total Fat: 1.5g Sodium: 83.7mg
Saturated Fat: 0.4g Protein: 26.5g

Traditional Pumpkin Pie

Ingredients

1 frozen 9" pie crust 1 tsp ground cinnamon
16 oz canned pumpkin ¼ tsp ground ginger
12 fl oz. evaporated skim milk ¼ tsp ground nutmeg
3 eggs ¼ tsp salt
¾ cup Splenda no calorie sweetener (or Equal spoonful)
2 tbsp whipped topping (optional)
1 tsp vanilla extract

Directions

1. Preheat oven to 400 F.
2. Beat pumpkin, evaporated milk, and eggs in mixing bowl on medium speed of mixer until well combined. Blend in remaining ingredients. Pour over pie shell.
3. Bake 35-40 minutes or until knife inserted into center comes out clean. Cool on wire rack. Serve warm or at room temperature. Garnish with light whipped topping, if desired.

Nutrition Facts: Makes 8 slices: Serving Size: 1 slice

Calories: 127.1
Total Carbohydrate: 17.4g
Total Fat: 6.2g
Saturated Fat: 2.1g
Protein: 5.2g
Sodium: 190.3mg

Cauliflower Potato Soup

Ingredients

2 teaspoons vegetable oil ½ teaspoon salt, or to taste
1 cup chopped onion ¼ teaspoon freshly ground white or black pepper
1 clove garlic, minced 2 teaspoons horseradish
1 (10 oz.) package frozen cauliflower flowerets or 3 ½ cups ½ cup Glucerna Homemade Vanilla Shake
1 medium potato, peeled and diced (1 cup) Chopped chives and parsley, garnish
2 ½ cups low-sodium, low-fat chicken stock

Directions

1. In a medium saucepan, heat oil and sauté onions and garlic over medium heat for 3-5 minutes until onions are translucent.
2. Add cauliflower, potato, chicken stock, salt and pepper. Bring to a simmer, reduce heat to low, cover with a lid, and continue to cook at a low simmer for 15-18 minutes until vegetables are very tender (fresh cauliflower will take longer to cook).
3. Working in batches, transfer the soup to a food processor or jar of a blender and puree until smooth.
4. Return soup to pan, add horseradish and Glucerna Homemade Vanilla Shake, and stir until hot. (Do not bring to a boil.)
5. Serve with a sprinkle of chopped chives/parsley.

Nutrition Facts: Serving size: 1 cup

Calories: 140 Sodium: 430mg
Total Fat: 4.5g Total Carbohydrate: 18 g
Saturated Fat: 0.5g Protein: 7g
Cholesterol: 15mg

Stress and Diabetes

How Does Stress Affect Diabetes?

-Stress can alter blood glucose levels in 2 ways:

1. People under stress may not take good care of themselves. They may forget, or not have time, to check their glucose levels or plan good meals.
2. Stress hormones can alter blood glucose levels directly.

-In type 1 diabetes, the effects are more mixed.

-In type 2 diabetes, mental stress often raises blood glucose levels.

-Physical stress (illness or injury) causes elevated blood glucose levels in those with either type of diabetes.

-Relaxation therapy seems to help in those with type 2 diabetes because in this type, stress blocks the body from releasing insulin. Cutting stress may be helpful for these people.

-People with type 1 diabetes don't make insulin so stress reduction does not have the same effect in them. However, reducing stress can help people with type 1 take better care of themselves.

How to Find Out If Stress Affects Your Glucose Control

Before checking your glucose levels, write down a number rating your mental stress level on a scale of 1 to 10. Then write down your glucose level next to it. After a week or two, look for a pattern. Are your glucose levels higher when there is a higher level of stress and vice versa?

Ways to Relax

1. **Breathing Exercises:** sit or lie down and uncross arms and legs. Take in a deep breath and push out as much air as you can. Keep breathing and relaxing for 5 to 20 minutes at a time. Do at least once a day.
2. **Relaxation Therapy:** use a clinic or audio tape. Tense muscles and then relax them.
3. **Exercise:** 3 ways to loosen up through movement are circling, stretching and shaking parts of body. Use music.
4. **Replace bad thoughts with good ones:** purposefully think of something that makes you happy or proud.