



Mini Meatloaves with Barbecue Sauce



Serving Information

Makes approximately 12 servings

Ingredients

- 2½ lbs. extra lean ground beef
- 1 c. quick oats
- ¾ c. minced onion
- ½ c. dry bread crumbs or cracker crumbs
- 1 (12-oz.) can evaporated skim milk
- 2 eggs
- 2 Tbsp. chili powder
- ½ tsp. garlic powder
- ¼ tsp. salt
- ¼ tsp. black pepper
- 6 Tbsp. barbecue sauce

Equipment

- Large mixing bowl
- Mixing spoon
- 12-cup muffin pan
- Measuring cups and spoons

Directions

1. Preheat oven to 375°F. In a large bowl combine all ingredients except the barbecue sauce. Mix until ingredients are just combined. Using your hands works best but thoroughly wash hands before and after mixing.
2. Divide mixture evenly among each muffin cup, pressing mixture lightly.
3. Spoon approximately 1½ tsp. barbecue sauce over each muffin.
4. Bake for 30-35 minutes or until centers reach the safe internal temperature of 160° F.

Source: Dining with Diabetes WVUES, 2000-present

Nutrition Facts	
Serving Size (152g)	
Servings Per Container	
Amount Per Serving	
Calories 210	Calories from Fat 60
% Daily Value*	
Total Fat 7g	11%
Saturated Fat 3g	15%
Trans Fat 0g	
Cholesterol 85mg	28%
Sodium 210mg	9%
Total Carbohydrate 15g	5%
Dietary Fiber 1g	4%
Sugars 6g	
Protein 21g	
Vitamin A 10%	• Vitamin C 2%
Calcium 10%	• Iron 15%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories 2,000 2,500
Total Fat	Less Than 65g 80g
Saturated Fat	Less Than 20g 25g
Cholesterol	Less Than 300mg 300 mg
Sodium	Less Than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

Talking Points Mini Meatloaves with Barbecue Sauce



1. Over mixing the ingredients will make the meatloaf dry and tough. Mix just until ingredients are evenly distributed. Using your hands is often easier than using a spoon.
2. Try adding diced celery, peppers, or shredded carrot to the mixture for variety in flavor and texture.
3. The eggs will help bind the mixture and keep the meatloaves from crumbling when serving.
4. Using extra lean ground beef makes these meatloaves lower in fat and calories and higher in protein. A serving of this meat-loaf provides 24 grams of high quality protein and 6g of total fat. Compare that to a traditional serving of meatloaf (the same size) which provides 16 grams of protein and 12 grams of total fat.
5. Using the muffin pan helps control portion size.
6. The brand of barbecue sauce does not matter. Use whatever kind you like or have on hand. Some stores carry reduced-sodium barbecue sauce which will help further reduce the sodium content of the recipe. Diabetics should also check the carbohydrate content of the sauce.



Apple Slaw



Serving Information

Makes approximately 4 servings
(1 servings = 1/2 c.)

Ingredients

- 1/4 c. fat-free vanilla yogurt
- 1 Tbsp. orange juice
- 1 Tbsp. Splenda, granulated
- Dash of cinnamon
- 1 small red apple, diced
- 2 c. shredded green cabbage
- 1/2 c. broccoli florets, chopped
- 1 small green bell pepper, diced

Equipment

- Medium bowl
- Measuring cups and spoons
- Cutting board & sharp knife

Directions

1. Combine apple and vegetables in medium-sized mixing bowl.
2. Mix yogurt, orange juice, Splenda and cinnamon together in small bowl.
3. Pour over salad and toss.
4. Serve immediately or refrigerate until ready to serve.

Nutrition Facts

Serving Size 1/2 cup (108g)	
Servings Per Container 4	
Amount Per Serving	
Calories 45	Calories from Fat 0
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 25mg	1%
Total Carbohydrate 10g	3%
Dietary Fiber 2g	8%
Sugars 7g	
Protein 2g	
Vitamin A 8%	• Vitamin C 60%
Calcium 6%	• Iron 2%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories 2,000 2,500
Total Fat	Less Than 65g 80g
Saturated Fat	Less Than 20g 25g
Cholesterol	Less Than 300mg 300 mg
Sodium	Less Than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

Source: Dining with Diabetes—West Virginia University Extension Service, 2003

Talking Points Apple Slaw



1. This is an easy recipe to make and is crunchy and colorful.
2. Using pre-packaged coleslaw mix in place of shredded cabbage will reduce prep time, but may result in a drier product.
3. The cinnamon adds a nice touch but may be omitted.
4. Research has indicated that cruciferous vegetables may help to protect against certain types of cancers, by protecting against “free-radicals.” Cabbage is one cruciferous vegetable. Others include cauliflower, broccoli, Brussels sprouts, and bok choy.
5. The word “cruciferous” refers to the cross-shaped flower in the stem of these plants. We are encouraged to eat several of this type of vegetable each week.
6. Fiber is important to the diet, especially for those with diabetes because fiber helps slow the entry of glucose into the blood stream.
7. By using an unpeeled apple in the recipe, you receive extra fiber, vitamins, and minerals. Apples contain both soluble and insoluble fiber. Soluble fiber reduces cholesterol absorption and insoluble fiber plays an important role in regulating bowel function. Choose the apple color to complement the salad.
8. When Momma said “an apple a day keeps the doctor away” she may not have known why this was true, but as research now indicates, there was a lot of truth in what she said.
9. The combination of yogurt, orange juice, and cinnamon makes a delicious fat-free dressing which could also be used with other salads such as apple Waldorf.

LET'S COOK!

Servings:

Ingredients:



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Servings:

Ingredients:



Directions:

Nutrition Information:

K-STATE
Research and Extension



This material was funded by USDA's Supplemental Nutrition Assistance Program (SNAP) through a contract awarded by the Kansas Department for Children and Families. USDA is an equal opportunity employer and provider. SNAP provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more call 1-800-221-5689.

Directions:

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Green Beans, Cranberries and Nuts



Serving Information

Makes approximately 2 servings
(1 serving = 2/3 c.)

Ingredients

- 1 c. canned or frozen green beans or 1 c. fresh green beans, trimmed and cut into 4 inch pieces
- 2 tsp. canola or olive oil
- 2 Tbsp. dried cranberries, or ½ c. fresh or frozen cranberries
- 2 Tbsp. chopped nuts (walnuts, pecans, or almonds)
- ½ Tbsp. honey
- Lemon pepper, dill, or seasoning blend of your choice to taste

Equipment

- Medium saucepan
- Colander
- Measuring spoons

Directions

1. Drain and rinse canned green beans.
2. If using frozen or fresh, cook until crisp-tender and drain.
3. Heat oil in saucepan; add cranberries and nuts. Cook, stirring often.
4. Once cranberries are softened, stir in green beans; cook until beans are heated through.
5. Add honey and stir well. Serve beans hot, sprinkled with choice of seasoning(s).

Nutrition Facts

Serving Size 2/3 cup (114g)
Servings Per Container 2

Amount Per Serving

Calories 130 **Calories from Fat** 70

% Daily Value*

Total Fat 8g **12%**

Saturated Fat 1g **5%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 240mg **10%**

Total Carbohydrate 15g **5%**

Dietary Fiber 3g **12%**

Sugars 11g

Protein 2g

Vitamin A 8% • Vitamin C 8%

Calcium 2% • Iron 6%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

		Calories	2,000	2,500
Total Fat	Less Than	65g	80g	
Saturated Fat	Less Than	20g	25g	
Cholesterol	Less Than	300mg	300 mg	
Sodium	Less Than	2,400mg	2,400mg	
Total Carbohydrate		300g	375g	
Dietary Fiber		25g	30g	

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

Source: Dining with Diabetes—West Virginia University Extension Service, 2003

Talking Points

Green Beans, Cranberries and Nuts

1. Recipe is very tasty and looks festive. It would make a great side dish to serve with dinner during the holiday season.
2. Dried cranberries were used in the nutritional analysis. Dried cranberries (and other dried fruits) are a concentrated source of sugar, therefore, it is important to follow the recipe accordingly.
3. In fact, dried cranberries contain six times the amount of calories compared to that of fresh (all from carbohydrates). If fresh or frozen cranberries are available, use the amount called for in the recipe and you can still significantly reduce the amount of carbohydrate listed on the analysis.
4. Chopped pecans were used for the nutritional analysis. You can substitute another type of nut without significantly affecting the nutritional content.
5. Draining and rinsing canned green beans can help reduce sodium somewhat, but a better choice would be no salt- added green beans, or fresh or frozen.