



Sweet and Sour Pork

Serving Information

Makes approximately 5 servings
(1 serving = approximately ½ cup)

Ingredients

- 1 lb. boneless pork loin cut into ½ inch cubes
- 1 tsp. vegetable oil
- 3 small unpeeled apples (Granny Smith preferred), cored and sliced into ½ inch wedges
- ¾ c. chicken broth (reduced sodium & fat)
- 1 tsp. brown sugar
- 4 - 5 packets heat stable artificial sweetener
- ¼ c. cider vinegar
- 3 Tbsp. cornstarch
- 2 Tbsp. low-sodium Worcestershire sauce
- ¼ tsp. black pepper

Directions

1. Heat skillet. Add oil. Brown pork on all sides.
2. Add apples, sauté 3 minutes, stirring occasionally.
3. Add ½ c. of broth. Reduce heat and simmer covered for 10 minutes.
4. Mix remaining broth with rest of ingredients. Add to skillet.
5. Cover and cook over medium heat, stirring constantly until sauce thickens.

Nutrition Facts			
Serving Size (225g)			
Servings Per Container			
Amount Per Serving			
Calories 280	Calories from Fat 110		
% Daily Value*			
Total Fat 13g			20%
Saturated Fat 4.5g			23%
Trans Fat 0g			
Cholesterol 65mg			22%
Sodium 150mg			6%
Total Carbohydrate 18g			6%
Dietary Fiber 2g			8%
Sugars 11g			
Protein 22g			
Vitamin A 2%	• 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 WVUES, 2000-present



Talking Points Sweet and Sour Pork

1. Certain cuts of pork like tenderloin are lean if they are trimmed well. This recipe reduces the amount of fat and cholesterol by combining it with lower fat ingredients like the apples. If Granny Smith apples are not available, substitute other cooking or all-purpose apples. Do not peel apples since the peels contain fiber.
2. Small amounts of brown sugar can be used if each serving contains less than one teaspoon of sugar. You may also use brown sugar substitutes.

Talking Points Healthier Hash Brown Casserole

1. Choosing light and reduced-fat products reduces the calories and fat. Choose a reduced-fat creamed soup to lower the fat. More choices are available now in your supermarket. To reduce fat further, omit the margarine.
2. Using oil in place of melted margarine will reduce the saturated fat content yet still aid the browning of the crumb topping.
3. Canned condensed creamed soups are also high in sodium. Choose a reduced-sodium soup to lower the sodium content. More choices are available now in your supermarket.
4. Substitute crushed wheat or bran flakes or no-salt saltines to reduce the sodium as well.
5. Note: This recipe freezes well. It can be divided either before or after baking for a quick and easy dish for a later meal.
6. Recipe alternative note: Frozen hash brown potatoes are sold in 2 pound packages. This recipe can look small in a 9 x 13 pan. If using a 2 pound package of hash browns, double the other ingredients, except for the cream of chicken soup: 1 ½ c. light sour cream, 1 c. reduced-fat cheddar cheese, 2 Tbsp. minced onions, 1 c. crushed saltines, and 2 Tbsp. melted margarine.



Strawberry Dessert



Serving Information

Serves 8

Ingredients

- ½ purchased angel food cake (small)
- 1 box (4 servings) sugar-free strawberry gelatin
- ¾ c. boiling water
- 1 pint fresh strawberries
- 1 packet artificial sweetener
- ¾ c. (½ of 12-oz. can) evaporated skim milk, chilled
- Fresh strawberries for garnish

Equipment

- Mixing bowl
- Blender
- 1½ qt. baking dish

Directions

1. Break angel food cake into bite size pieces in large mixing bowl. Set aside.
2. Dissolve gelatin in boiling water; cool in refrigerator for 30 minutes.
3. Wash strawberries; set aside 8 of the prettiest strawberries, leaving stems intact.
4. Stem and trim blemishes from remaining washed berries. Place in blender with one packet of sweetener, chilled milk, and cooled gelatin. Process until well blended, light and fluffy.
5. Pour mixture over angel food cake pieces in large mixing bowl; fold until cake pieces are coated. Pour into 1½ qt. baking dish. Cover with plastic wrap and chill until serving time.
6. To serve, cut into squares and garnish with strawberry fans made from reserved strawberries.

Nutrition Facts			
Serving Size (105g)			
Servings Per Container 8			
Amount Per Serving			
Calories 90	Calories from Fat 5		
% Daily Value*			
Total Fat 0g			0%
Saturated Fat 0g			0%
Trans Fat 0g			
Cholesterol 0mg			0%
Sodium 220mg			9%
Total Carbohydrate 18g			6%
Dietary Fiber 1g			4%
Sugars 5g			
Protein 4g			
Vitamin A 2%	•	Vitamin C 35%	
Calcium 10%	•	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: Diabetes Education Program WVUES 1999-2000

Talking Points Strawberry Dessert

1. This dessert is light and creamy and low in calories and fat.
2. Strawberry fans are made by using a paring knife and making slices from the bottom of the strawberry to the top without slicing all the through the cap of the berry.