

*Mary and Dick Allen Diabetes Center
Presents
Sweet Life Cooking Demo Series*

“It’s Not Just About the Turkey”



Thanksgiving Celebration Recipes

November 19th, 2013

Pumpkin and Roasted Red Pepper Soup

- Yield: 6 Servings

Ingredients

- 2 teaspoons extra virgin olive oil
- 3 large carrots, peeled and chopped
- 1 large onion, chopped
- 2 garlic cloves, chopped
- 1/2 teaspoon ground cumin
- 1/2 teaspoon ground coriander
- 5 to 5 1/2 cups low sodium vegetable or chicken broth
- 1 cup roasted red peppers from a jar, drained and chopped
- 1/2 teaspoon kosher salt
- 1/4 teaspoon freshly ground pepper
- 1 (15-ounce) can pumpkin (not pumpkin pie filling)
- 2 tablespoons lemon juice



Preparation

1. Heat a large pot over medium heat. Add the oil and tilt the pan to coat the bottom evenly. Add the carrots and onion and cook, stirring often, until the vegetables are softened, 5 minutes. Add the garlic, cumin, and coriander and cook, stirring constantly, until fragrant, 30 seconds.
2. Add 5 cups of the stock, the bell pepper, salt, and ground pepper and bring to a boil over high heat. Cover, reduce the heat to low, and simmer until the vegetables are very tender, 15 to 20 minutes.
3. Place the vegetable mixture in a food processor or blender in batches and process until smooth. Return the soup to the saucepan and stir in the pumpkin. Add the remaining 1/2 cup of broth a few tablespoons at a time, if needed, to reach the desired consistency. Cook over medium heat, stirring often, until heated through. Remove from the heat and stir in the lemon juice. Ladle into bowls and serve at once. The soup can be refrigerated, covered, for up to 4 days or frozen for up to 3 months

Calories: 80

Fat: 2g

Carbohydrate: 16g

Sodium: 324mg

Saturated fat: 0g

Fiber: 4g

Protein: 2.0g

Harvest Pork roast with Vegetables

Yields: 6-8 servings

Ingredients

- 3 pounds pork loin roast
- 1 (0.7-oz) package dry Italian salad dressing mix
- 1-1/2 teaspoons ground cumin
- 1-1/2 teaspoons dried oregano leaves
- 8 cups fall vegetables, (carrots, sweet potatoes, parsnips, onions, bell peppers) cut into 1 to 1 1/2-inch chunks

Preparation

1. Heat oven to 350 degrees F. Place pork in shallow roasting pan. Blend Italian salad dressing mix, cumin and oregano in small bowl. Sprinkle half of seasoning mixture over pork; cook uncovered for 1 hour or until internal temperature on a thermometer reads 145 degrees F. Remove roast from oven; let rest about 10 minutes.
2. While pork is cooking, coat a separate baking dish with vegetable cooking spray and add vegetables. Sprinkle remaining seasoning over vegetables. Cover and roast in oven for 30 minutes. Remove cover, stir and continue roasting 15 to 30 minutes until vegetables are tender.
3. Slice roast and serve with vegetables

Nutritional Information: Amount per serving: Calories: 182

Fat: 4.0g

Protein: 12.0g

Carbohydrate: 27 g

Sodium: 65mg



“Mock” Garlic Mashed potatoes

Yield: 4 servings Total: 25 Minutes

Ingredients

- 1 medium head cauliflower
- 1 tablespoon cream cheese, softened
- 1/4 cup grated Parmesan
- 1/2 teaspoon minced garlic
- 1/8 teaspoon straight chicken base or bullion (may substitute 1/2 teaspoon salt)
- 1/8 teaspoon freshly ground black pepper
- 1/2 teaspoon chopped fresh or dry chives, for garnish
- 3 tablespoons unsalted butter

Preparation

1. Set a stockpot of water to boil over high heat.
2. Clean and cut cauliflower into small pieces. Cook in boiling water for about 6 minutes, or until well done. Drain well; do not let cool and pat cooked cauliflower very dry between several layers of paper towels.
3. In a bowl with an immersion blender, or in a food processor, puree the hot cauliflower with the cream cheese, Parmesan, garlic, chicken base, and pepper until almost smooth.
4. Garnish with chives, and serve hot with pats of butter.
5. Hint: Try roasting the garlic and adding a little fresh rosemary for a whole new taste.

Nutritional Information: Amount per serving: Calories: 149

Fat 11.5 g Protein: 5.0g Carbohydrate: 8 g Cholesterol: 31mg Sodium: 170 mg Fiber: 4g



Asparagus with Red Pepper Sauce

Yield: 2 servings

Ingredients

- 1/2 pound asparagus stalks
- 1-1/2 large red peppers
- 1-3/4 tablespoons olive oil
- 1/2 tablespoon balsamic vinegar
- 1/4 teaspoon fresh thyme leaves
- Salt & pepper

Preparation

1. Directions

1. Peel the asparagus if necessary and cook the stalks in lightly salted water for 4 to 8 minutes, until fork tender.
2. Drain under cold water and set the stalks aside.
3. Broil the peppers on all sides until lightly scorched.
4. Place the cooked peppers in a paper bag for 10 minutes.
5. Remove the peppers and peel off the skin.
6. Cut open the peppers and remove the stem, seeds and white flesh.
7. Puree the peppers in the food processor.
8. Mix in the olive oil, balsamic vinegar and thyme.
9. Taste for seasoning and add salt and pepper if desired.
10. Place equal amount of the puree on 2 serving dishes.
11. Top with equal amounts of asparagus.

Nutritional Information: Amount per serving: Calories: 73

Fat: 3 g

Protein: 3g

Carbohydrate: 5g



Cinnamon Pumpkin Torte

Yield: 24 servings

Ingredients

- Nonstick cooking spray
- 1 (18.25 oz) pkg low-fat yellow cake mix
- 1/4 cup low-fat margarine, melted
- 1 egg, slightly beaten (or 1/4 cup egg substitute)
- 1 (30-ounce) can pumpkin pie mix (with spices already added)
- 2 eggs, beaten (or 1/2 cup egg substitute)
- 2/3 cup canned evaporated skim milk
- 2 Tbsp sugar
- 1 tsp cinnamon

Preparation

1. Preheat oven to 350F. Coat a 9 x 13-inch cake pan with cooking spray.
2. Set aside 1 cup of yellow cake mix for topping.
3. Mix margarine and one egg and add to remaining cake mix. Press slightly dry mixture into bottom of pan to form a crust.
4. Combine pumpkin pie mix, two eggs, and evaporated skim milk. Pour over prepared bottom crust.
5. Mix the reserved cake mix, sugar and cinnamon and sprinkle over pumpkin filling.
6. Bake 40 to 45 minutes

Nutritional Information: Amount per serving: Calories: 163

Fat: 3 g

Sodium : 256 mg

Carbohydrate: 31 g



Sugar Free Spice Cookies

Yield: 24 servings

Ingredients

- 1 ¼ cups water
- 1/3 cup shortening
- 1 cup raisins
- 2 tsp ground cinnamon
- ½ tsp ground nutmeg
- 2 eggs
- ½ tsp salt
- 1 tsp baking soda
- 2 tsp liquid artificial sweeteners
- 2 tbsp water
- 1 tsp baking powder
- 2 cups all-purpose flour



Preparation

1. Combine the dry ingredients in a mixing bowl.
2. In a blender, combine the juice concentrate and the raisins. Mix on high until raisins are chopped. Add the egg whites and beat on slow speed just until combined.
3. Slowly add the juice mixture and the oil to the dry ingredients and mix until combined.
4. Wrap the somewhat soft dough in waxed paper and chill for 2 hours.
5. Preheat oven to 375 degrees F (190 degrees C).
6. Wet your hands and shape dough into balls 1 1/2 inches in diameter. Place on nonstick cookie sheet and flatten with fork. Bake 8 to 10 minutes until just done. Don't overbake! Cool on wire rack

Nutritional Information: Amount per serving: Calories: 89
Fat: 3.4 g Protein: 1.8g Carbohydrate: 13.4g