

Pumpkin Chowder with Toasted Pepitas



Ingredients

2 lbs. calabaza squash (peeled and chopped)	8 cups water or low-sodium vegetable broth
1 large tomato (chopped)	1 medium onion (chopped)
1 medium green bell pepper (chopped)	1 jalapeno pepper or scotch bonnet chili (seeded and minced)
1 Tbsp ginger root (minced)	8 green onions (scallions) – chopped
3 sprigs fresh thyme (or 1 teaspoon dried)	¼ cup cilantro (chopped)
Juice of 1 lime	Salt to taste
¼ cup toasted pepitas	

Directions

1. Place squash, broth, tomatoes, onion, pepper, ginger root, scallions, and thyme sprigs (or dried thyme) in a large saucepan.
2. Bring to a boil, reduce heat, and simmer, uncovered, for 45 minutes, stirring occasionally, until all ingredients are tender.
3. Add cilantro, lime juice, and salt.
4. Remove thyme stems before serving.
5. Garnish each bowl of soup with pepitas (about ½ Tbsp) before serving. Makes about 2 quarts.

Nutritional Information

Calories	50
Total Fat.....	0g
Saturated Fat.....	0g
Cholesterol.....	0g
Total Carbohydrate.....	12g
Fiber	4g
Protein	2g
Sodium	20mg
Serving size.....	1 cup
Recipes yields.....	8 servings
Prep Time:	10 minutes

Adjusted from:
<https://www.diabetesfoodhub.org/recipes/pumpkin-chowder-with-toasted-pepitas.html>

Mixed Greens and Cranberry Salad



Ingredients

5 cups mixed greens	1 cup fresh cranberries (plus more for garnish)
1 Tbsp. Stevia	2 oranges
2 celery (thinly sliced)	2 Tbsp. lemon juice
1 tsp. fresh ginger (finely grated)	1 tsp. honey
½ tsp. Dijon mustard	¼ cup olive oil
¼ tsp. sea salt	¼ tsp. black pepper
¼ cup red onion (sliced very thin)	

Directions

1. Add the 1 cup of cranberries to a food processor and pulse a few times to coarsely chop, or chop by hand.
2. In a bowl, toss the cranberries with the Stevia sweetener.
3. Peel and section the oranges. Add the oranges and celery to the cranberries and gently toss; set aside.
4. For the dressing: In a small bowl, whisk together the lemon juice, ginger, honey and mustard. Slowly add the oil in a thin stream, whisking to emulsify. Whisk in the salt and pepper.
5. Toss the mixed greens with ¾ of the dressing. Add the greens to a shallow platter. Top the greens with the cranberry-orange mixture, red onions, and, if desired, whole cranberries as a garnish. Drizzle with the remaining dressing.

Nutritional Information

Calories	105
Total Fat.....	7g
Saturated Fat.....	0.5g
Cholesterol.....	0mg
Total Carbohydrate.....	11g
Fiber	2g
Protein	1g
Sodium	95mg
Serving size.....	1 cup
Recipes yields.....	8 servings
Prep Time:	15 minutes

Adjusted from:
<https://www.diabetesfoodhub.org/recipes/mixed-greens-and-cranberry-salad.html>

Thanksgiving Green Beans with Cranberries and Hazelnuts



Ingredients

- 1 ¼ lbs. fresh green beans (trimmed)
- 2 ½ Tbsp. chopped hazelnuts
- 1/8 tsp. salt
- Zest of 1 lemon
- 2 tsp. olive oil
- 2 Tbsp. dried cranberries
- 1/8 tsp. black pepper

Directions

1. In a small bowl, combine the oil, nuts, cranberries, salt and pepper.
2. Top the green beans with the cranberry-nut mixture. Garnish with the lemon zest.
3. Fill a large pot 2/3 full of water and bring to a boiling.
4. Add the green beans, turn off the heat, and let the green beans stand in the water for 3 minutes.
5. Drain the beans and add them to a serving bowl or platter.

Nutritional Information

Calories	35
Total Fat.....	2g
Saturated Fat.....	0g
Cholesterol	0mg
Total Carbohydrate....	4g
Fiber	2g
Protein	1g
Sodium	35mg
Serving size.....	½ cup
Recipes yields.....	10 servings
Prep Time:	10 minutes

Adjusted from:
<https://www.diabetesfoodhub.org/recipes/thanksgiving-green-beans-with-cranberries-and-hazelnuts.html>