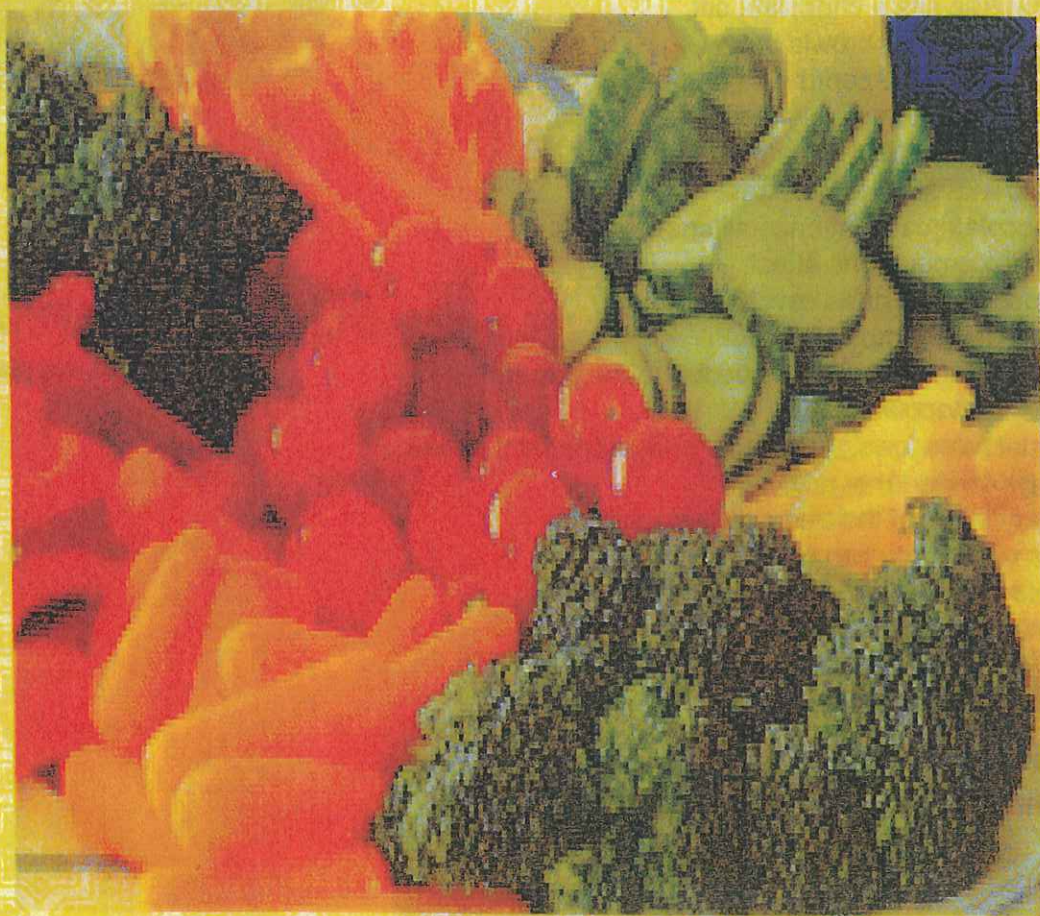


Diabetes Education

Healthy Cooking for People with Diabetes

Create Your Plate



Utah State University Extension
Carolyn Washburn, Professor
carolyn.washburn@usu.edu
Washington County



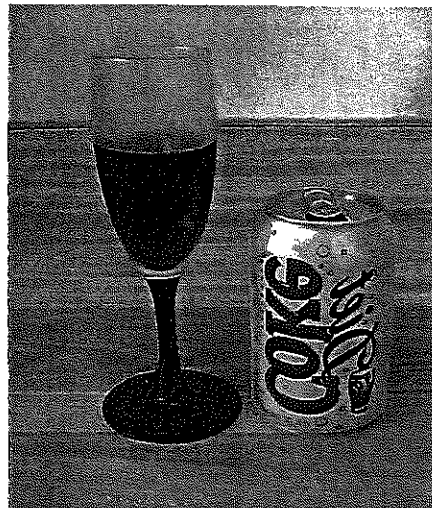
Have you ever heard of the Sugar-Plum Tree?

'T is a marvel of great renown!
It blooms on the shore of the Lollipop sea
In the garden of Shut-Eye Town;
The fruit that it bears is so wondrously sweet
(As those who have tasted it say)
That good little children have only to eat
Of that fruit to be happy next day.
When you 've got to the tree, you would have a hard time
To capture the fruit which I sing;
The tree is so tall that no person could climb
To the boughs where the sugar-plums swing!
But up in that tree sits a chocolate cat,
And a gingerbread dog prowls below- -
And this is the way you contrive to get at
Those sugar-plums tempting you so:
You say but the word to that gingerbread dog
And he barks with such terrible zest
That the chocolate cat is at once all agog,
As her swelling proportions attest.
And the chocolate cat goes cavorting around
From this leafy limb unto that,
And the sugar-plums tumble, of course, to the ground- -
Hurrah for that chocolate cat!
There are marshmallows, gumdrops, and peppermint canes,
With stripings of scarlet or gold,
And you carry away of the treasure that rains
As much as your apron can hold!
So come, little child, cuddle closer to me
In your dainty white nightcap and gown,
And I 'll rock you away to that Sugar-Plum Tree
In the garden of Shut-Eye Town.

Eugene Field

Haiku

Drinking my Coke
Without sugar-
No difference.



Create Your Plate-Diabetes Education Lesson Plan

Diabetes is a complex disease that requires daily self-management-making healthy food choices, staying physically active, monitoring your blood sugars, and taking medications as prescribed by your doctor.

- 26.5% of Americans over the age of 65 have Type II diabetes.
- Fastest age group of new Type II diabetics-youth over 12 years old

Objective: Provide awareness of health issue for individuals with diabetes and prevention measures quality of life.

Knowledge and understanding of diabetes
Glycemic index and glycemic load
Diabetic Terms: Glossary
Healthy food choices and sugar/fat alternatives
MyPlate for diabetes
Portion size
Low sugar products and usage
Healthy lifestyles choices
Exercise

Increase fiber: Increase fiber to 30 grams a day with 7-9 fruits and vegetables. For diabetics-increase vegetables to 6 with 2-3 fruits. Increase fiber with all whole grain products

Lower sugar intake: Lower sugar intake with sugar free, no sugar added and lower sugar foods. Modification of favorite recipes to decrease sugar consumption.

Lower fat intake: Reduce fats with fat free and low fat products.

Monitor sugar levels: Maintain doctor checkups, daily sugar monitoring, positive attitude and stress reduction.

Increase exercise: 20-30 minutes of daily exercise; walking, swimming, exercise, biking, etc.

Procedure:

- DVD for overview
- Activities:

Food Production:

Sugar free chocolate chip cookies
Kale chips
Sardine Spread
Black bean salsa

Sugar Bingo Game: To reinforce the amounts of sugar in food products

- Sugar poem or Haiku
- Review: Sugar Quiz
- Songs: Sugar, Sugar –The Archies

Evaluation:

1. Awareness for life.
2. Increased fiber with fruits, vegetables and whole grains.
3. Decreased sugar consumption.

Diabetes Education Evaluation: Mark from 1-5 (with 5 being the highest level of learning)

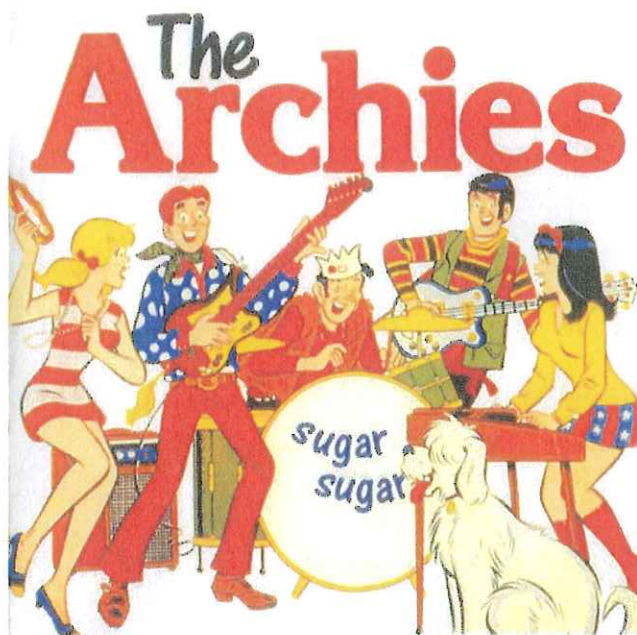
	1 (little or none)	2	3	4	5 (very much)
1. Did my awareness and understanding of diabetes increase?					
2. Will I increase daily amounts of fiber with fruits and vegetables and whole grains					
3. Will I decrease daily amounts of sugar consumption?					
4. Will I increase my exercise levels?					
5. If applicable: Will I monitor my sugar levels?					

DAILY PLAN:

1. How will I increase my daily fiber amounts? _____
2. How will I decrease my daily sugar consumption? _____

Sugar, Sugar

Sugar, ah honey honey
You are my candy girl
And you've got me wanting you.
Honey, ah sugar sugar
You are my candy girl
And you've got me wanting you.
I just can't believe the loveliness of loving you
(I just can't believe it's true)
I just can't believe the one to love this feeling to.
(I just can't believe it's true)
Ah sugar, ah honey honey
You are my candy girl
And you've got me wanting you.
Ah honey, ah sugar sugar
You are my candy girl
And you've got me wanting you.
When I kissed you, girl, I knew how sweet a kiss
could be
(I know how sweet a kiss can be)
Like the summer sunshine pour your sweetness over me
(Pour your sweetness over me)
Sugar, pour a little sugar on it honey,
Pour a little sugar on it baby
I'm gonna make your life so sweet, yeah yeah yeah
Pour a little sugar on it oh yeah
Pour a little sugar on it honey,
Pour a little sugar on it baby
I'm gonna make your life so sweet, yeah yeah yeah
Pour a little sugar on it honey,
Ah sugar, ah honey honey
You are my candy girl
And you've got me wanting you.
Oh honey, honey, sugar sugar. – The Archies



Sugar Songs:

Sugar, Sugar- The Archies
Sugar Shack –Jimmy Glimer
Candy Man – Sammy Davis Jr.
Good Ship Lolipop – Shirley Temple
Big Rock Candy Mountain – Harry McClintock



Create Your Plate



Meals

Calories Snacks

Sunday	Breakfast		
	Lunch		
	Dinner		
Monday	Breakfast		
	Lunch		
	Dinner		
Tuesday	Breakfast		
	Lunch		
	Dinner		
Wednesday	Breakfast		
	Lunch		
	Dinner		
Thursday	Breakfast		
	Lunch		
	Dinner		
Friday	Breakfast		
	Lunch		
	Dinner		
Saturday	Breakfast		
	Lunch		
	Dinner		





Diabetes

MYPLATE

DAIRY

Get your calcium-rich foods

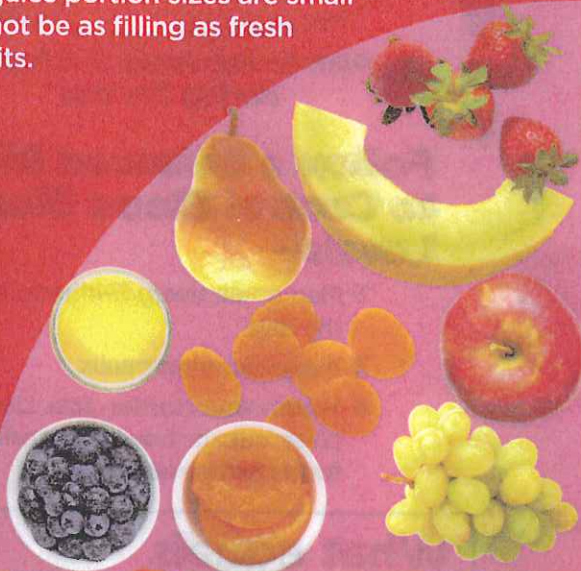
- Choose fat-free or low-fat milk or yogurt.
- Choose calcium-fortified foods if you can't eat dairy products.



FRUITS

Focus on fruits

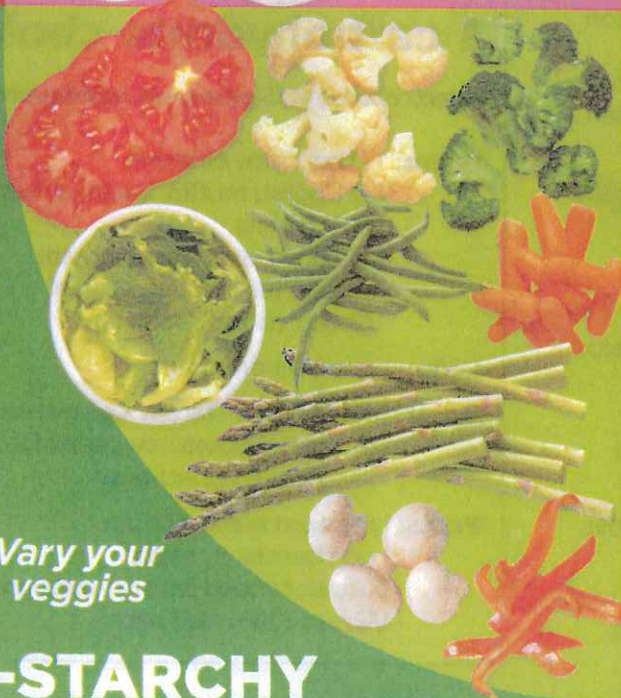
- Choose whole or cut-up fruit over fruit juice.
- Select canned fruits in 100% juice or water, not syrup.
- Dried fruit or juice portion sizes are small so they may not be as filling as fresh or canned fruits.



*Vary your
veggies*

NON-STARCHY VEGETABLES

- Buy fresh vegetables in season – keep frozen on hand, too.
- Plan meals around a vegetable main dish, such as a vegetable stir-fry.
- Keep cut-up vegetables handy for quick snacks.



STARCHY VEGETABLES GRAINS | LEGUMES

Choose high fiber carbohydrate choices

- Substitute a whole-grain product for a refined one.
- Choose foods that list a whole grain first on the label — color is not an indication.
- Starchy vegetables are great sources of vitamins, minerals, and fiber.
- Include dried beans and peas at meals.



*Go lean
with protein*

PROTEIN

- Start with lean choices, and remove visible fat and skin.
- Use fish and poultry more often.
- Try grilling, broiling, poaching, or roasting — these methods do not add extra fat.

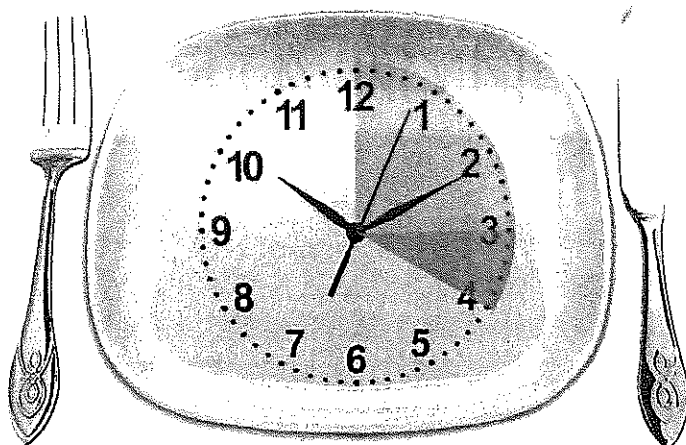
Healthy Eating with Diabetes

What is Diabetes?

Your body and brain need sugar from the foods you eat. Diabetes is a medical condition where you have too much sugar in your blood (called blood glucose). Eating well, getting regular physical activity, maintaining a healthy weight, and taking prescribed medicines can help manage diabetes.

Foods that contain carbohydrate are changed into blood glucose when you eat. These include:

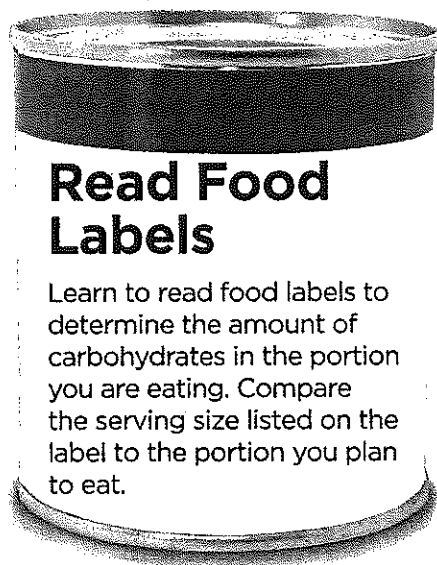
- » Plant-based foods like grains, dried beans and peas, starchy vegetables, fruit, and fruit juice
- » Dairy-based foods like milk and yogurt
- » Sweets like sugar, honey, jellies, candy, syrup, and regular sodas
- » Baked goods like cakes, cookies, and pies



Plan to eat every 3-4 hours during the day

Diabetes Diet Tips

- Eat meals and snacks at about the same time every day, eating every 3-4 hours.
- Eat a consistent amount of foods that contain carbohydrate at each meal and snack.
 - » 2-3 carbohydrate choices for meals
 - » 1-2 carbohydrate choices for snacks
 - » Get specific recommendations for you from a registered dietitian or certified diabetes educator.
- Focus on fiber from whole grains and vegetables. Fiber helps control blood glucose levels.
- Protein foods like beef, chicken, and fish do not contain carbohydrate and don't make blood glucose go up. Select lean cuts of meat and trim visible fat and skin.
- Eat as many vegetables as you want **except** for starchy ones. Limit these portions 1/2 to 1 cup (less than the size of your fist).
- Choose water, unsweetened coffee, tea, or diet soft drinks.



Read Food Labels

Learn to read food labels to determine the amount of carbohydrates in the portion you are eating. Compare the serving size listed on the label to the portion you plan to eat.

Follow a Balanced Diet to Control Blood Glucose Levels -

- » Plan to eat every 3-4 hours during the day.
- » Avoid skipping meals.
- » Watch your portion size. Use a smaller plate, cup, or bowl and portion out foods before eating.

What equals 1 carbohydrate choice?

1 carb choice = 15 grams of carbohydrate

Grains: 1 (1 oz.) slice of bread
1/2 English muffin, bagel, or bun (1oz.)
1 (6") tortilla
1/3 cup cooked rice or pasta
3/4 cup ready-to-eat cereal
1/2 cup cooked cereal

Dairy: 1 cup milk or yogurt

Vegetables: 1/2 cup starchy vegetable: corn, peas, potato, sweet potato, yams, cooked dried beans

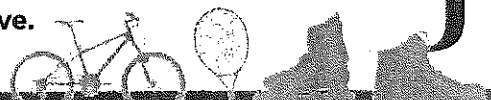
Fruits: 1 medium piece of fruit
1 cup berries or melon
1/2 cup canned fruit (in water or juice)
1/2 cup 100% fruit juice



Cut back on foods high in solid fats, added sugars, and salt

Be physically active your way

Pick activities that you like and start by doing what you can, at least 10 minutes at a time. Every bit adds up, and the health benefits increase as you spend more time being active.





Sugar Substitutes: Artificial Sweeteners and Sugar Alcohols

Carolyn Washburn, Extension Associate Professor, with
Nedra Christensen, Extension Nutrition Specialist

Most people enjoy the sweet taste of food. Artificial sweeteners and sugar alcohols can provide the sweet flavor and be beneficial for people with diabetes or those choosing to avoid sugars because they contain lower calories and carbohydrates than regular sugars. These products are also beneficial in that they do not cause tooth decay.

Sugar substitutes are food additives that duplicate the taste of sugar in food, but do not supply food energy or calories. Some sugar substitutes are natural and others are synthetically produced. These synthetically produced sweeteners are generally called artificial sweeteners.

In the United States, there have been six sugar substitutes approved for use by the United States Food and Drug Administration (FDA). The six products are: aspartame, sucralose, neotame, acesulfame potassium, saccharin and stevia (approved as a supplement and GRAS-generally safe and natural products do not need FDA approval). There is some controversy over the safety of artificial sweeteners, but they have been approved by the FDA. To date, the FDA has not been presented with scientific information that would support a change in conclusions about the safety of these approved high-intensity sweeteners. These conclusions of the FDA are based on a large review of information, including hundreds of toxicological and clinical studies.

Names and Characteristics of Artificial Sweeteners

Aspartame (Equal, NutraSweet,) contains 4 calories per gram, but it is 160 to 220 times sweeter than table sugar, so it provides negligible calories. Aspartame is made from two amino acids (protein building blocks); aspartic acid and phenylalanine. It is not heat stable so it is not recommended for cooking. Aspartame safety has been evaluated by several agencies including the Food and Drug Administration and has been approved. In the 20 years it has been available there have been no adverse effects reported. People with phenylketonuria (PKU), a rare genetic disorder, cannot use Aspartame, because it contains phenylalanine.

Acesulfame K (Sunett and Sweet One) has no caloric value and is 200 times sweeter than table sugar. It is heat stable and blends with other sweeteners. No safety concerns have been raised about it, and it is safe for all individuals.

Saccharin (Sweet and Low) is 200 to 700 times sweeter than table sugar and has no caloric value. It is heat stable. People have been concerned about the safety of this product due to the publicized research results found in the 1970s linking it to bladder tumors in laboratory

rats. Studies have now documented that saccharin is safe for humans.

Sucralose (Splenda) is 600 times sweeter than table sugar. It is made directly from sugar, but is not a natural product. It has been approved for use in the US since 1998. It was developed in 1976 and has undergone intensive testing for the past 25 years with Food and Drug Administration (FDA) and several national medical, scientific and regulatory organizations. All entities have found sucralose to be a safe food product. Individual packages contain less than 1 gram of carbohydrate. Sucralose is heat stable and may be used in cooking and baking.

Neotame (NutraSweet) is 7,000 to 13,000 times as sweet as table sugar. It has very little aftertaste that is associated with other sweeteners. Neotame is made from two amino acids, aspartic acid and phenylalanine. However, unlike aspartame, it does not carry a warning for individuals with PKU because the metabolism reduces the availability of phenylalanine. Neotame is heat stable and can be used in beverages, dairy products, and baked goods.

Stevioside (Truvia and RureVia) is 250 to 300 times sweeter than table sugar. It is extracted from the leaf of a stevia plant which is native to South America. It can be used in a variety of foods and is heat stable. From the information submitted by the industry, the FDA has concluded there is no basis to object to the use of certain refined stevia preparations in food. The FDA has issued a "no objection" for the use of the Truvia and RureVia which are derivatives of the leaf stevia. The stevia plant has not been approved for use as a food additive. Its refined product called rebaudioside A is the approved food product.

Sugar alcohols (also called polyols) are considered as sugar substitutes. Sugar alcohols are manufactured carbohydrates (made by adding hydrogen atoms to sugar) that occur naturally in certain fruits and vegetables. Sugar alcohols contain calories and have some natural sweetness. Sugar alcohols are lower in calories and convert to glucose more slowly than sugars. Though they are listed as sugar alcohols, they are not alcoholic. They

do not contain ethanol, which is found in alcoholic beverages.

Sugar alcohols are: erythritol, hydrogenated starch hydrolysates, isomalt, lactitol, maltitol, sorbitol, and xylitol.

The FDA regulates sugar alcohols as food additives. They are labeled GRAS (generally recognized as safe and do not require FDA approval).

Few health concerns are associated with sugar alcohols. Large amounts (usually more than 50 grams) can have a laxative effect, causing bloating, intestinal gas and diarrhea. FDA requires a laxative effect warning on products containing over 50 grams of a sugar alcohol.

Sugar alcohols are generally not used for home cooking, but used in manufactured baked goods, candy, gum, toothpaste, and fruit spreads. Sugar alcohols keep foods moist and add volume to the product. These sugar substitutes are "bulky" and generally equal the amounts of sugar.

Names and Characteristics of Sugar Alcohols

Erythritol occurs naturally in fruits such as pears, melons and grapes, as well as foods such as mushrooms and fermentation-derived foods such as wine, soy sauce and cheese. Since 1990, erythritol has been commercially produced and added to foods and beverages to provide sweetness, as well as enhance their taste and texture.

Hydrogenated starch hydrolysates (HSH) are products found in a variety of foods. These sugar alcohols serve a number of functional roles, including use as a bulk sweetener, adding viscosity or body to foods, and serving as sugar-free carriers for flavors and colors. HSH products have been used by the food industry for many years, especially in confectionery products. HSH are produced by the partial hydrolysis of corn, wheat or potato starch. The end product is an ingredient composed of sorbitol, maltitol and higher hydrogenated saccharides.

Isomalt is a substitute sugar made from the sugar sucrose. Isomalt is unique among replacement sugars because it retains almost all of the physical properties of real sugar. Isomalt absorbs little water, so products do not become sticky which is an added benefit for sugar artists, cake decorators and pastry chefs.

Lactitol is currently used as a bulk sweetener in calorie-controlled foods. Due to its stability, solubility and similar taste to sucrose, lactitol can be used in a variety of low-calorie, low-fat and/or sugar-free foods such as ice cream, chocolate, hard and soft candies, baked goods, sugar reduced preserves, chewing gums and sugar substitutes.

Maltitol is about 90% as sweet as sugar, noncariogenic, and has half the calories of sugar. Maltitol is useful in the production of sweets, including sugarless hard candies, chewing gum, chocolates, baked goods and ice cream.

Mannitol is about 50% as sweet as sugar. It is manufactured for use in food and pharmaceuticals and is found naturally in mushrooms and trees. It is often used as a dusting powder for chewing gum products.

Sorbitol is a bulk sweetener found in numerous food products. Sorbitol is about 60 percent as sweet as sucrose with one-third fewer calories. It has a sweet, cool and pleasant taste and feels smooth in your mouth. It is non-carcinogenic. Sorbitol is found naturally in fruits and berries. Sorbitol has been safely used in processed foods for almost half a century.

Xylitol is a white crystalline powder that is gaining increasing acceptance as an alternative sweetener due to its role in adding sweetness to foods and in reducing the development of dental caries (cavities). Xylitol occurs naturally in many fruits and vegetables and is even produced by the human body during normal metabolism. It is commercially produced from plants such as birch and other hard

Utah State University is committed to providing an environment free from harassment and other forms of illegal discrimination based on race, color, religion, sex, national origin, age (40 and older), disability, and veteran's status. USU's policy also prohibits discrimination on the basis of sexual orientation in employment and academic related practices and decisions.

Utah State University employees and students cannot, because of race, color, religion, sex, national origin, age, disability, or veteran's status, refuse to hire; discharge; promote; demote; terminate; discriminate in compensation; or discriminate regarding terms, privileges, or conditions of

wood trees. Xylitol is approved as a direct food additive for use in foods for special dietary uses.

Artificial sweeteners and sugar substitute products add sweetness and flavors to food while being safe alternatives for reduction of sugars and calories in daily diets. Substitutes may be helpful, in reasonable amounts, for controlling diabetes, weight, and tooth decay. The American Diabetes Association recommends that these products should not be used in excess.

References

American Diabetes Association. <http://www.diabetes.org/>. Accessed May 2012.

Calorie Control Council. 2012. <http://www.caloriecontrol.org/sweeteners-and-lite/polyols>. Accessed May 2012.

Healthletter. Center for Science in the Public Interest. 31(4). http://www.cspinet.org/nah/05_04/sweet_nothings.pdf. Accessed May 2012.

Hermann, Janice, PH.D (2010). Dietary sugar and alternative sweeteners. Oklahoma Cooperative Extension Service, T3157. <http://pods.dasnr.okstate.edu/docushare/dsweb/Get/Document/2397/T-3157web.pdf>. Accessed May 2012.

Mayo Clinic Staff, (2010, February 20). Artificial sweeteners: Understanding these and other sugar substitutes. Mayo Foundation for Medical Education and Research, Publisher <http://www.mayoclinic.com/health/artificialsweeteners/MY00073/METHOD>. Accessed May 2012.

Samour, P.Q. & King, K. (2012). Pediatric Nutrition - 4th Edition. Jones and Bartlett Publishers.

Schardt, D. (2004, May). Sweet nothings- not all sweeteners are created equal. Nutrition Action

U.S. Food and Drug Administration, Food Ingredients & Packaging. <http://www.fda.gov/Food/FoodIngredientsPackaging/default.htm>. Accessed May 2012.

employment, against any person otherwise qualified. Employees and students also cannot discriminate in the classroom, residence halls, or in on/off campus, USU-sponsored events and activities.

This publication is issued in furtherance of Cooperative Extension work, acts of May 8 and June 30, 1914, in cooperation with the U.S. Department of Agriculture, Noelle E. Cockett, Vice President for Extension and Agriculture, Utah State University.

Your Sugar Knowledge on Sweet Nothings

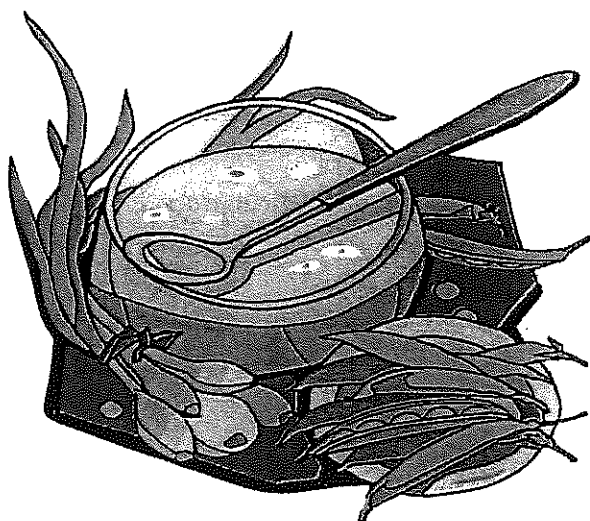


1. Which of these foods is hiding the most sugar per $\frac{1}{2}$ cup serving
 - Spaghetti sauce
 - Salsa
 - Tomato Soup
2. The difference in calories between a "fun size" and regular size Snickers bar is?
 - 13 calories
 - 49 calories
 - 78 calories
3. Reduced-fat packaged foods often have:
 - Less sugar than the full-fat version
 - More sugar than the full-fat version
 - The same amount of sugar as the full-fat version
4. The difference in sugar between a 12 ounce glass of orange juice and an orange is:
 - 8 grams of sugar (32 calories)
 - 13 grams of sugar (52 calories)
 - 16 grams of sugar (64 calories)
5. Does Jam have more or less sugar than jelly?
 - Less, jam has real fruit chunks and less sugar
 - Jam has more than jelly
6. The average adult eats how many teaspoons of added sugar each day?
 - 3 teaspoons (48 calories)
 - 17 teaspoons (272 calories)
7. Can eating too much sugar cause diabetes?
 - Yes, eating sugar causes unstable blood sugar levels and triggers diabetes
 - No, the problem is eating too many calories, which add lead to obesity –a risk factor
 - Maybe, studies are inconclusive
8. One 12 ounce can of soda contains how many grams of sugar?
 - 20
 - 38
 - 55
9. Which of these breakfast cereals has the MOST sugar per 1 cup serving?
 - Lucky Charms
 - Raisin Bran
 - Captain Crunch
10. Natural sugars, like honey, have fewer calories than refined sugar.
 - True, honey has few calories
 - False, honey has the same amount as refined sugar
 - False, honey has more calories than sugar

*** 1 gram sugar = 4 calories; 1 teaspoon sugar = 4 grams; 1 teaspoon sugar = 16 calories

1 cup chopped celery
 1 cup shredded carrots
 ¼ cup diced green onion
 2 small cans of shrimp
 Garlic and seasoning salt to taste.

Mix juice, sugar, salt, lemon juice,
 and Worchester sauce until dissolved.
 Add remaining ingredients.
 Chill for 24 hours.



Jicama "Fries" and Sauce

Slice jicama into "fry" shaped strips. Dip
 into berry sauce.

Berry Sauce:
 Blend 5 oz frozen raspberries, 1 squeeze of
 lemon juice,
 1-3 Tbsp sugar (Splenda).

Easy Brown Rice and Beans

¼ cup brown rice
 ¾ cup water
 7 oz can stewed tomatoes
 1 stalk of chopped celery
 ½ chopped onions
 ½ chopped green pepper
 7 oz can red kidney beans (drained and
 rinsed)
 Pinch of garlic powder
 2 drops hot sauce
 Dash of Pepper

Cook rice in water until water is absorber
 and rice is tender.
 In skillet cook chopped celery, onion and
 green peppers slowly over low heat about 10
 minutes.
 Add drained canned beans, stewed tomatoes
 and seasoning.
 Bring to a boil, and then simmer uncovered
 about 10 minutes. Add cooked rice and mix.

Quick and Easy Lentil Joes

2 cups cooked lentils
 1 cup cooked brown rice
 1 can Sloppy Joe mix
 Whole wheat hamburger buns

Add ingredients and summer for 15 minutes.
 Taste for seasoning, add additional barbeque
 sauce if desired. If mixture is too thick, add
 water to thin slightly. Serve on toasted
 hamburger buns. Top with grated cheese if
 desired.

“Super Foods” Recipes

Sardine Egg Salad

2 cans of sardines
Onions, chopped
2 or 3 boiled eggs, chopped
Mayonnaise and mustard
Mix well and season with salt and pepper.
Serve with crackers or on bread.

Edamame and Corn salad

10 ounces frozen edamame, shelled
2 tablespoons extra virgin olive oil
1 white onion, chopped
1 red bell pepper, chopped
1 (16 ounce) can corn kernels, drained
2 green onions, thinly sliced
1 garlic clove, minced
1 tablespoon fresh basil, minced
1 tomato, diced
salt and pepper to taste
1/2 cup crumbled feta cheese

Sauté edamame in olive oil for a few seconds, then add onion and cook until translucent.

Add red pepper, corn, leeks, and garlic and sauté until vegetables are just tender. Spoon vegetable mixture into a bowl and stir in basil, tomato, and salt and pepper. Top with feta cheese and chill until ready to serve.

One Warm Serving of Quinoa

1/2 cup water
1/4 cup organic quinoa, rinsed very well
1/2 cup frozen, thawed berries
1/2 teaspoon ground cinnamon
1 tsp grated fresh ginger
1 tsp honey, to taste

Combine water and quinoa in a medium saucepan.

Bring to a boil over high heat; reduce heat to medium-low.

Cover and simmer 15 minutes, then let stand, covered, 5 minutes.

Stir in berries (with their juices), cinnamon and ginger.

Drizzle with honey and serve.

Quinoa and Pomegranate Salad

1 1/2 cups quinoa, rinsed in cold water 3 times
6 cups water
1 1/2 teaspoons kosher salt
1/2 cup thinly slice green onions
1/2 bunch flat-leaf chopped parsley
1 cup pomegranate seeds
1/2 cup toasted sliced or slivered almonds
1 tablespoon virgin olive oil
1 teaspoon red wine vinegar
1 teaspoon granulated sugar
Kosher salt and ground black pepper to taste

In a large pot, add the 1/2 salt to the 6 cups of water, and bring to a boil. Add the quinoa, and cook until tender (about 8 minutes). Drain well. Cool and refrigerate. Mix the parsley, onion greens, pomegranate seeds, olive oil, red wine vinegar and sugar in a bowl. Add the quinoa, and season with salt and pepper, to taste. To serve, top with the toasted almonds.

Kale Salad

1 small bunch of kale, stems removed, cut or torn into small pieces (or 1 pkg)
1/4 cup pecans, toasted and chopped
1 green onion, chopped
1 pear, peeled and sliced
Salt and pepper
2 tablespoons balsamic vinegar
3 tablespoons extra-virgin olive oil

Crumbled blue cheese, for garnish
Toss kale, pecans, green onion, and pear together in a medium bowl. Sprinkle with salt and pepper. Drizzle vinegar then oil over the top. Toss and serve with a sprinkling of cheese.

Baked Kale Chips

1 bunch kale
1 tablespoon olive oil
1 teaspoon seasoned salt

Preheat an oven to 350 degrees F. Line a non insulated cookie sheet with parchment paper.

Carefully remove the kale leaves from the thick stems and tear into bite size pieces. Wash and thoroughly dry kale with a salad spinner. Drizzle kale with olive oil and sprinkle with seasoning salt.

Bake until edges are brown but not burnt (10-15 minutes)

Flax Rice Crispy Treats

1/2 cup (1 stick) butter
1 1/2 bags (15 oz) Marshmallows
1 tsp Vanilla
9 1/2 cups rice crispy
1/2 cup ground or whole flaxseed

In a large bowl, add rice crispy and flax -no need to mix.

Melt the butter and marshmallows together in a saucepan over low-medium heat - stirring frequently. Add vanilla.

Add the marshmallow mixture to the rice crispy and stir until all rice crispy and flax are coated.

Spread into a 9x13" pan.

Cheesy Cauliflower Nachos

1/2 cup chicken broth
4 oz cheddar cheese (grated)
1/2 of a 10 oz. box of frozen cauliflower (defrosted)
1/4-1/2 cups of favorite salsa
Corn chips

Heat cauliflower with broth, boil and then simmer until tender. Cool and blend. Add the cauliflower, cheese and salsa - heat until blended. Dip the corn chips in.

Pretty and Pink Pancakes

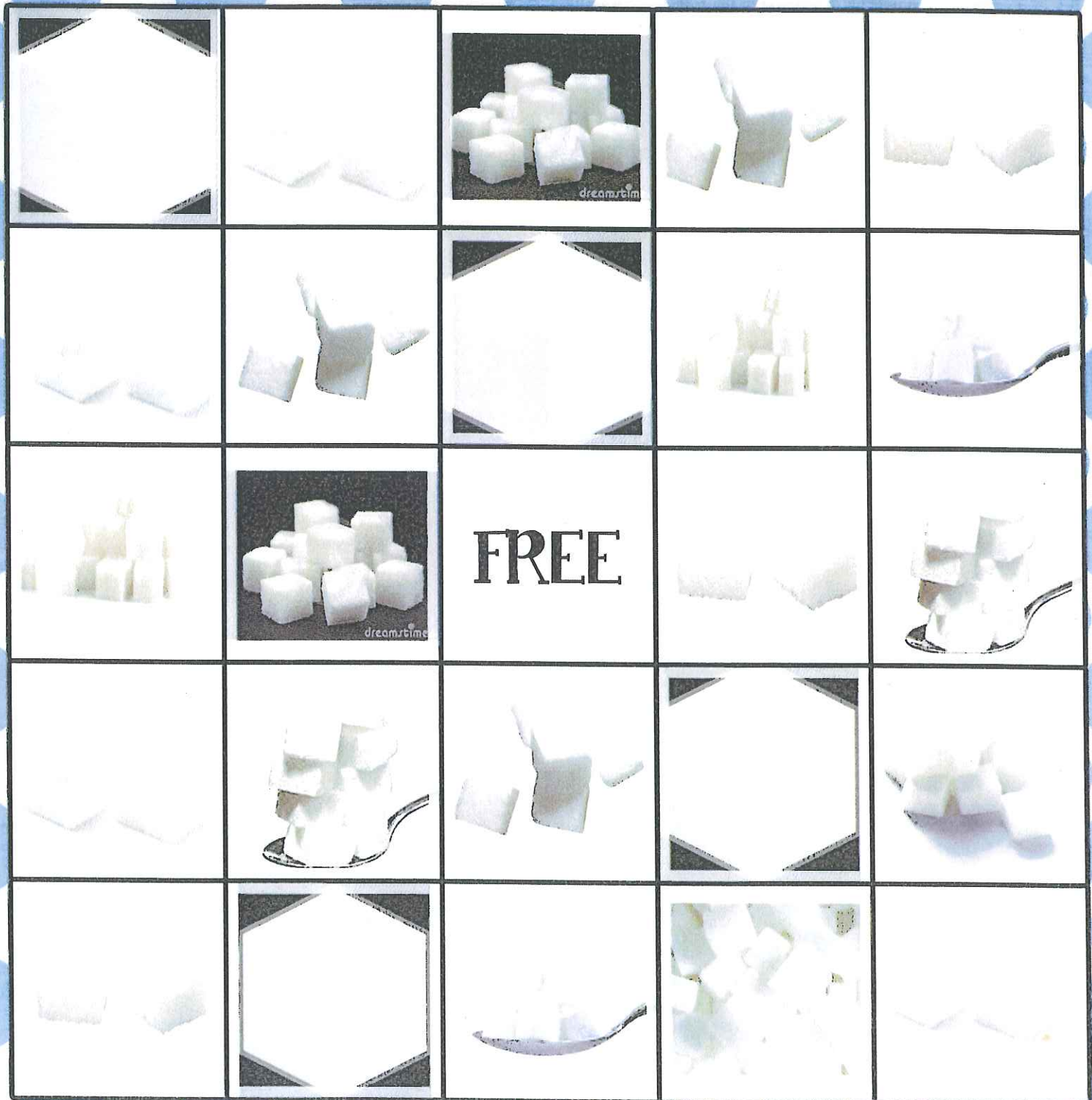
3/4 cup water
1/2 cup cottage cheese
1/4 cup beet puree
1 tsp vanilla
1/2 tsp cinnamon
1 cup pancake mix
1/4 cup grated apple
1 Tbsp canola oil
Syrup or jam for topping

Blend or mix the ricotta or cottage cheese, beet puree, vanilla, cinnamon and water together. Add the pancake mix and the apple. Do not over mix (batter should be lumpy). Cook on hot griddles with small amount of oil. Serve with syrup or fruit.

Cold Gazpacho Soup

1 large can of V8 Juice
1/2 cup Splenda
1 1/4 tsp salt
Pepper to taste
2 Tbsp lemon juice
1 Tbsp Worcestershire sauce
32 oz diced bottled tomatoes (or 3 fresh)
1 cucumber peeled and diced
1 green pepper diced

Sugar BiNgo



EXTENSION
Utah State University

Created by Carolyn Washburn
carolyn.washburn@usu.edu

Utah State University is an affirmative action/equal opportunity institution