

DIABETES & HEART-HEALTHY RECIPES



DELICIOUS AND BODY-CONSCIOUS

BREAKFAST LUNCH DINNER DESSERT SNACKS



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Diabetes-Friendly Recipes





By: Lisa Longley
Simple Joy

Ingredients

- 1 1/2 cups all purpose flour
- 1/2 teaspoon salt
- 2 teaspoons baking powder
- 1/4 cup honey
- 1/4 cup apple sauce
- 1 tablespoon olive oil
- 1 egg
- 1/3 cup milk
- 1 teaspoon vanilla extract
- 1 cup frozen blueberries

Directions

1. Preheat your oven to 425 degrees. Line your muffin tin with cupcake liners in 6 spots. Fill the rest of the muffin holes with a small amount of water.
2. Whisk together the flour, salt, and baking powder in a large bowl.
3. Add the apple sauce, oil, honey, milk, egg, and vanilla extract. Only stir until there are no streaks of flour left. The batter will be very thick.
4. Gently fold in the frozen blueberries.
5. Fill six muffin cups to the rim of the muffin liners.
6. Bake at 425 for 13 minutes. DO NOT OPEN YOUR OVEN. Reduce the heat to 325 degrees and bake for 12 to 14 more minutes or until a toothpick inserted in the center of a muffin comes out with just a few crumbs. (It is okay to check on your muffins about 6 minutes after you turn the temperature down to 325 degrees.)



Microwave French Toast in a Mug

By: Mary Ellen Phipps, MPH, RDN, LD
Milk & Honey Nutrition

Ingredients

- 1 slice whole wheat sandwich bread use gluten-free if needed
- 1 large egg
- 1 ½ Tbsp milk use water if desired
- 1 Tbsp peanut butter
- ¼ tsp vanilla extract
- 1 tsp honey
- ¼ tsp ground cinnamon
- 1 pinch baking powder

Directions

1. In a microwave-safe mug, whisk together the egg, milk, peanut butter, vanilla, honey, cinnamon, and baking powder until combined.
2. Tear the bread into 1-inch pieces and put into the mug.
3. Stir the bread into the egg mixture until it has soaked up the liquid.
4. Microwave for 1-2 minutes or until the egg is cooked through.
5. Serve with your favorite toppings and enjoy



*Sheet-Pan
Balsamic-
Parmesan Roasted
Chickpeas &
Vegetables*

Ingredients

- 1 (15 ounce) can no-salt-added chickpeas, rinsed
- 8 ounces multicolored baby carrots with tops, trimmed and peeled
- 2 bunches spring onions, tops removed and bulbs halved lengthwise
- 6 tablespoons extra-virgin olive oil, divided
- $\frac{1}{4}$ teaspoon salt, divided
- 8 ounces of asparagus, cut into 2-inch pieces
- $\frac{1}{2}$ cup grated Parmesan cheese
- 2 tablespoons balsamic vinegar
- 1 teaspoon honey
- $\frac{1}{2}$ teaspoon Dijon mustard
- $\frac{1}{2}$ teaspoon ground pepper
- 1 teaspoon fresh thyme leaves

Directions

1. Place a large, rimmed baking sheet on the middle rack of the oven; preheat to 400 degrees F. Line another baking sheet with paper towels. Spread chickpeas on the paper towels; rub with more paper towels to remove skins; discard skins.
2. Transfer the chickpeas to a large bowl. Add carrots, spring onions, three tablespoons oil, and $\frac{1}{8}$ teaspoon salt; toss to coat. Spread in an even layer on the hot baking sheet. Roast until the vegetables are golden brown and tender, about 30 minutes, tossing halfway through and adding asparagus during the last 10 minutes of cooking. Sprinkle Parmesan evenly over the vegetable mixture and continue roasting until the cheese is melted, about 5 minutes.
3. Meanwhile, whisk vinegar, honey, mustard, pepper and the remaining three tablespoons of oil and $\frac{1}{8}$ teaspoon salt in a small bowl. Drizzle the balsamic dressing over the vegetable mixture, sprinkle with thyme leaves. Serve immediately.



***Baked Ziti
with
Vegetables***

Ingredients

- 2/3 cup uncooked ziti (about 2 ounce²)
- 1 can (14 ounces) of low-sodium tomatoes, drained (reserve 1/2 cup of the juice)
- 1/2 cup sliced carrots
- 1 cup chopped broccoli
- 1/2 cup diced green bell pepper
- 1/4 cup sliced mushrooms
- 2 garlic cloves, minced
- 1 teaspoon dried basil
- 1 teaspoon dried oregano
- 1/2 teaspoon ground black pepper
- 1/2 cup reduced-fat shredded mozzarella cheese
- 1/2 cup grated Parmesan cheese

Directions

1. Heat the oven to 375 F. Lightly coat a baking dish with cooking spray.
2. Fill a large pot 3/4 full of water and bring to a boil. Add the pasta and cook until al dente (tender), 10 to 12 minutes, or according to the package directions. Drain the pasta thoroughly.
3. In a nonstick frying pan over medium heat, add the reserved juice from the canned tomatoes. Stir in the carrots, broccoli, and green pepper. Saute the vegetables until tender, about 5 minutes. Add the mushrooms and garlic and cook for another 5 minutes. Add the tomatoes, basil, oregano, and black pepper to the vegetable mixture. Cook over low heat for 3 to 5 minutes.
4. Transfer the cooked vegetables to a large bowl. Add the cooked pasta and shredded mozzarella cheese. Toss gently to mix. Spoon the mixture into the prepared baking dish. Sprinkle with the grated Parmesan cheese. Cover with aluminum foil and bake until the mixture is hot and bubbly, about 30 minutes. Remove the aluminum foil after 15 minutes. Divide the pasta among warmed individual bowls. Serve immediately.



Chicken Enchilada Skillet Casserole

By: Andrea Kirkland, M.S., RD
EatingWell

Ingredients

- 2 tablespoons olive oil
- 1 cup fresh or frozen corn kernels
- ½ cup diced green bell pepper
- ½ cup diced red bell pepper
- ½ cup diced onion
- 1 5-ounce package of baby spinach
- 2 ½ cups shredded cooked chicken breast
- 1 8-ounce pouch of red or green enchilada sauce, such as Frontera
- 1 ¼ cups prepared fresh salsa
- 8 5- or 6-inch corn tortillas, cut into 1-inch-thick strips
- 1 ½ cups shredded reduced-fat Cheddar cheese
- 1 cup coarsely chopped grape tomatoes
- ¼ cup chopped fresh cilantro
- ¼ cup matchstick-cut radishes

Directions

1. Preheat oven to 350°F.
2. Heat oil in a large ovenproof skillet, such as cast iron. Add corn, green and red peppers, and onion; cook, stirring occasionally, until charred, 7 to 10 minutes. Gradually add spinach in batches; cook, stirring frequently, until wilted, 1 to 2 minutes.
3. Stir in chicken, enchilada sauce, and salsa until combined. Gently stir in tortilla strips. Sprinkle with cheese. Transfer to the oven and bake until bubbly, about 15 minutes.
4. Top the casserole with tomatoes, cilantro, and radishes.



Slow-Cooker Chicken Chili

By: Liv Dansky
EatingWell

Ingredients

- 2 cups unsalted chicken broth
- 1 (28 ounce) can no-salt-added crushed tomatoes
- 2 (15 ounce) cans of no-salt-added dark kidney beans, rinsed
- 1 medium yellow onion, chopped
- 1 medium red bell pepper, chopped
- 6 cloves garlic, chopped
- 1 tablespoon finely chopped chipotle pepper in adobo, plus 1 tablespoon adobo sauce
- 2 teaspoons ground cumin
- 1 teaspoon ground coriander
- 1 teaspoon dried oregano
- 1 teaspoon salt
- 1 ½ pounds boneless, skinless chicken breasts
- 3 tablespoons fresh lime juice
- ¾ cup shredded sharp Cheddar cheese
- 2 medium avocados, chopped
- ⅓ cup chopped fresh cilantro

Directions

1. Stir broth, tomatoes, beans, onion, bell pepper, garlic, chipotle, adobo sauce, cumin, coriander, oregano, and salt together in a 5-quart slow cooker. Nestle chicken breasts into the vegetable mixture until fully covered. Cover and cook until an instant-read thermometer inserted into the thickest portion of chicken registers 165°F, about 3 hours on High or 4 to 5 hours on Low.
2. Transfer the chicken to a cutting board. Let cool for 5 minutes. Shred using two forks. Return the shredded chicken to the cooker; stir in lime juice.
3. Divide the chili among eight bowls. Top with cheese, avocado and cilantro.



Chocolate Banana Pops

By: MyNutriCounter
AllRecipes

Ingredients

- 4 banana, halved
- 3 ½ ounces dark chocolate

Directions

1. Stick bananas with a lollipop stick; place on a baking sheet and place in the freezer for 1 hour.
2. Place chocolate on top of a double boiler over simmering water. Stir frequently, scraping down the sides with a rubber spatula to avoid scorching, until chocolate is melted, about 5 minutes.
3. Coat frozen bananas with melted chocolate

TIP - Fruits such as strawberries can also be used for this recipe! Toppings such as nuts, and coconut flakes can also be added.



Air Fryer Plantain Chips

By: Yoly
AllRecipes

Ingredients

- 1 green plantain
- avocado oil spray
- 1 pinch salt

Directions

1. Preheat an air fryer to 350 degrees F (175 degrees C).
2. Cut both ends of the plantain and score along the side through the skin only. Peel the skin off and cut the plantain in half. Peel into strips using a vegetable peeler.
3. Spray the air fryer basket with avocado oil. Place plantain strips in the basket, making sure they do not touch. Spray the top of the plantain strips with oil.
4. Cook in the preheated air fryer for 7 to 9 minutes. Use tongs to turn each strip over, and continue frying until crispy, an additional 3 to 5 minutes. Immediately sprinkle with salt



Low Sugar Chocolate Chip Cookie Dough Bites

By: Mary Ellen Phipps, MPH, RDN, LD
Milk & Honey Nutrition

Ingredients

- 1 1/2 cups oats
- 1 cup almond flour
- 1 can low-sodium garbanzo beans (rinsed and drained)
- 2 tsp vanilla extract
- 1/4 tsp salt
- 1/2 tsp cinnamon
- 1/3 cup maple syrup
- 1/2 cup chocolate chips

Directions

1. Add the oats and almond flour to the bowl of a large food processor with the S-blade inserted.
2. Process until a fine powder is formed (about 60 seconds).
3. Add all the remaining ingredients, except the chocolate chips, and process until smooth and a batter has formed. It will look almost exactly like cookie dough at this point. (You may need to stop the food processor about halfway through to scrape down the sides of the bowl. If the mixture appears too dry, add 1-2 Tbsp water.)
4. Carefully transfer the mixture to a bowl and stir in the chocolate chips by hand.
5. Roll the dough into balls using a cookie scoop or tablespoon measure, and refrigerate for at least 4 hours. Enjoy!
6. Store in an airtight container in the refrigerator for up to 2 weeks



No-Bake Lemon Cheesecake Bites

By: Mary Ellen Phipps, MPH, RDN, LD
Milk & Honey Nutrition

Ingredients

- ½ cup coconut flour
- ½ cup rolled oats use gluten free if needed
- 8 oz. plain cream cheese
- 2 Tbsp maple syrup
- ½ tsp vanilla extract
- ½ tsp almond extract
- Zest of 1/2 of a lemon
- Shredded coconut and extra lemon zest for rolling

Directions

1. Add your coconut flour and oats to the bowl of a large food processor and process until a fine powder is formed (about 30-45 seconds).
2. Add the remaining ingredients (cream cheese, maple syrup, vanilla extract, almond extract, and lemon zest) to the food processor and process until smooth.
3. Using a small cookie scoop, scoop the batter onto a parchment-lined pan or container. Sprinkle the bites with additional lemon zest and/or shredded coconut if desired.
4. Refrigerate the bites for 2 hours to allow them to harden. And enjoy!
5. You can store your No-Bake Lemon Cheesecake Bites in the fridge in a sealed container for up to 2 weeks. Or freeze for up to 3 months.

Heart-Healthy Recipes





Oat Avocado Berry Breakfast Bars

American Heart Association

Ingredients

- Cooking spray
- 1 3/4 cups low-fat granola
- 1 1/2 cups whole-wheat flour
- 2 tablespoon brown sugar
- 1 teaspoon ground cinnamon
- 1/4 teaspoon salt
- 1/2 cup fat-free sour cream
- 2 tablespoon canola oil
- 1/2 cup pitted dates
- 1/2 cup avocado
- 1 cup frozen blueberries
- 1 tablespoon grated orange zest
- 1 teaspoon cornstarch

Directions

1. Preheat oven to 350°F. Spray a 13 x 9 x 2 in baking pan with cooking spray.
2. Put the granola in a food processor. Pulse to break apart the large pieces. Transfer the granola to a large bowl. Stir in the flour, brown sugar, cinnamon, and salt. Add the sour cream and oil.
3. Mix until it resembles pea-size crumbs.
4. Set aside half of the granola mixture. Press the other half into the pan to form a crust.
5. Bake the crust for 20 minutes. Transfer to a rack and cool to room temperature.
6. Meanwhile, in a food processor, process the dates until smooth. Add the avocado. Add the blueberries, orange zest, and cornstarch, processing until smooth.
7. Spread the filling onto the crust. Sprinkle the reserved granola over the filling. Bake for 15 minutes.
8. Let cool on rack. Cut into 15 bars.



Raspberry- Mango Parfaits

American Heart Association

Ingredients

- 2 cups fresh or frozen unsweetened raspberries, thawed if frozen
- 1 medium mango, diced
- 24 ounces fat-free plain yogurt
- 1 tablespoon sugar
- 1/2 teaspoon ground cinnamon

Directions

1. In each of four parfait glasses or wine goblets, spoon 2 tablespoons raspberries, 2 tablespoons mango, and a heaping 1/3 cup yogurt. Repeat the layers, using all the remaining yogurt.
2. In a food processor or blender, process the remaining raspberries and mango with the sugar and cinnamon until smooth. Spoon over each serving.

Fun fact! Each parfait costs about \$2.30 per parfait.



Tuna Melt with Sweet Potato Chips

American Heart Association

Ingredients

Sweet Potato Chips

- Cooking Spray
- 2 medium sweet potatoes, cut into 1/8 in thick slices
- 1 tbsp canola or corn oil
- 1/4 tsp pepper
- 2 5-oz cans low sodium albacore tuna
- 1 6.4 oz pouch chunk light tuna
- 2 tbsp light mayonnaise
- 1 1/2 tbsp chopped red onion
- 1 1/2 tbsp chopped green onion
- 1 tsp fresh lemon juice
- 1/2 tsp dried dillweed, crumbled
- 4 slices whole-wheat bread
- 2 medium tomatoes, sliced
- 1/2 cup shredded cheddar cheese

Directions

1. Preheat the oven to 400° F.
2. Line 2 large baking sheets with aluminum foil. Spray with cooking spray.
3. In a large bowl, toss together sweet potato chips, oil, and pepper until the chips are coated. Transfer the chips to the baking sheets, arranging in a single layer.
4. Bake for 15-25 minutes, rotating the baking sheets halfway through. Remove from the oven. Let cool.
5. Preheat the broiler.
6. In a small bowl, stir together tuna, mayonnaise, red onion, lemon juice, and dillweed.
7. Place the bread slices on a baking sheet lined with foil. Spread the tuna mixture on each slice. Top with tomato. Broil for 1-2 minutes. Sprinkle cheddar over the tuna. Broil for 1 minute.
8. Serve tuna melt with sweet potato chips.



American Heart Association

Ingredients

- 6 small ripe tomatoes, peeled
- 2 cups low-sodium tomato juice
- 2 14.5 oz cans no-salt-added tomatoes, undrained
- 1 medium cucumber, peeled
- 3 medium ribs of celery, chopped
- 1 medium bell pepper, chopped
- 1 small red onion, finely chopped
- 2 medium green onions, chopped
- 1/4 cup red wine vinegar
- 2 tablespoons fresh parsley
- 2 teaspoons dried parsley
- Juice from 1 medium lemon
- 1 medium garlic clove, chopped
- 1/2 teaspoon minced garlic
- 1/4 teaspoon pepper
- 1/4 teaspoon dried Italian seasoning, crumbled

Directions

1. In a food processor or blender, process all the ingredients until combined, but slightly chunky.
2. Transfer the soup to an airtight container. Refrigerate for up to 2 hours to overnight before serving.



Baked Chicken Breasts with Squash

American Heart Association

Ingredients

Baked Chicken Breast

- Nonstick cooking spray
- 4 oz boneless, skinless, halved chicken breasts
- 1/3 cup fat-free Italian dressing

Microwave-Steamed Squash

- 3 medium squash
- 1 small tomato
- 1 teaspoon Italian seasoning
- 3 tablespoons water

Directions

Baked Chicken Breast

1. Preheat oven to 350°F. Lightly spray a 9 x 13 baking dish with cooking spray.
2. Trim visible fat from chicken
3. Place chicken breast halves in a baking dish, spoon half of the dressing evenly over the chicken. Flip chicken with a fork and spread remaining dressing evenly over the chicken.
4. Bake uncovered at 350°F for 25-30 minutes until chicken is tender and no longer pink.

Microwave-Steamed Squash

1. Wash squash and tomato, remove ends of squash with a knife. Slice squash in 1/4 inch-thick slices. Dice tomato.
2. Add water to a microwave-safe covered dish. Add squash and tomato and sprinkle with Italian seasoning.
3. Microwave covered on high 5-7 minutes until vegetables reach desired softness.



Sweet Potato Hash with Eggs

American Heart Association

Ingredients

- 2 tablespoons canola oil
- 1/2 medium onion, chopped
- 4 medium sweet potatoes
- 1/2 medium bell pepper
- 2/3 cup fat-free vegetable broth
- 2 teaspoons minced garlic
- 2 teaspoons smoked paprika
- 1 teaspoon ground cumin
- 1/2 teaspoon dried thyme
- 1/2 teaspoon pepper
- 1/8 teaspoon salt
- 4 large eggs

Directions

1. Heat the oil in the pressure cooker on sauté. Cook the onion for 3 minutes, or until soft, stirring frequently. Turn off the pressure cooker.
2. Stir in the potatoes, bell peppers, broth, garlic, paprika, cumin, thyme, pepper, and salt. Secure the lid. Cook on high pressure for 3 minutes. Quickly release the pressure. Turn off the pressure cooker.
3. Remove the lid of the pressure cooker. Crack one egg into a small bowl. Using the back of a spoon, make a small well in the potatoes, pushing the potatoes aside. Slip the egg into the well. Repeat with the remaining 3 eggs, making a separate well for each. Secure the lid with the pressure vent open. Cook on sauté for 2 minutes. If the eggs are not cooked to the desired consistency, re-cover the pressure cooker. Let stand on keep warm for 2 minutes, or until the eggs are cooked to the desired consistency. Serve the hash sprinkled with a dash of hot pepper sauce.



Orange Vanilla Frozen Yogurt

American Heart Association

Ingredients

- 1 cup plain Greek yogurt
- 1 small banana
- 2 teaspoons orange zest
- 1 tablespoon lemon juice
- 1/4 teaspoon ground nutmeg
- 1 teaspoon stevia sweetener
- 2 stevia sweetener packets
- 5 drops vanilla creme-flavored liquid stevia sweetener
- 5 drops orange-flavored stevia sweetener
- 2 small oranges, squeezed

Directions

1. In a food processor or blender, process the yogurt, banana, 1 teaspoon orange zest, orange juice, lemon juice, and 1/8 teaspoon nutmeg for 1 to 2 minutes, or until smooth, scraping the sides as needed. Add the stevia sweetener and both flavors of the liquid stevia sweetener. Process the mixture for 30 seconds, or until all the ingredients are well blended.
2. Pour the mixture into an electric ice cream maker. Freeze according to the manufacturer's directions. Or, put the mixture in the freezer in a 1-quart bowl., covered, for 4 to 6 hours, or until frozen, stirring every hour.
3. Garnish with the remaining 1 teaspoon orange zest and 1/8 teaspoon nutmeg.



Chocolate Avocado Chia Pudding

American Heart Association

Ingredients

- 2 medium ripe avocados, peeled
- 1/2 cup almond milk
- 1/4 cup cocoa powder
- 1/4 cup fat-free, plain Greek yogurt
- 3 Medjool dates
- 1 teaspoon vanilla extract
- 2 tablespoons chia seeds
- 1/4 cup unsalted, chopped almonds (optional)

Directions

1. In a food processor or blender, process all the ingredients except the almonds until smooth.
2. Transfer the pudding to serving dishes. Cover and refrigerate for at least 1 hour to allow the chia seeds to thicken.
3. Just before serving, sprinkle with the almonds if desired.

Fun Fact! This recipe contains 5 g of fiber per serving!



Almond Snack Mix

American Heart Association

Ingredients

- 1/3 cup whole, unsalted almonds
- 2/3 cup whole-grain cereal squares
- 1/2 cup low-fat granola (without raisins)
- 1/4 cup dried apricot halves, cut into pieces
- 1/4 cup golden raisins
- 1/4 cup sweetened, dried cranberries

Directions

1. Preheat the oven to 350°F. Spread the almonds in a single layer on an ungreased baking sheet. Bake for 5 to 10 minutes, or until lightly toasted, stirring once or twice to ensure even baking. Transfer to a plate to cool completely.
2. Meanwhile, in a large bowl, stir together the remaining ingredients. Stir in the cooled almonds.

Tip:

Use golden raisins instead of dried apricots if the mix won't be eaten all in one day.



Greek Seven-Layer Dip

American Heart Association

Ingredients

- 1 1/2 6-inch pita pockets
- Cooking spray
- 1 cup chickpeas, rinsed, drained
- 1 Tbsp. fresh lemon juice
- 2 Tbsp. water
- 1/8 tsp. pepper
- 1 cup baby spinach
- 1/8 tsp. dried oregano
- 1/2 medium tomato, chopped
- 1/4 medium cucumber chopped
- 1 Tbsp. chopped mint
- 2 Tbsp. crumbled feta cheese

Directions

1. Preheat the oven to 400°F. Arrange the pita wedges in a single layer on a large baking sheet without overlapping the wedges. Lightly spray the tops of the wedges with cooking spray.
2. Bake for 5 minutes, or until lightly browned and slightly crisp.
3. Meanwhile, in a food processor or blender, process the chickpeas until coarsely chopped. With the food processor running, slowly pour in the lemon juice and process until blended. Add the water and pepper. Process until smooth.
4. Arrange the spinach on a serving plate. Gently spread the chickpea mixture on top, leaving a border of the spinach. Sprinkle the oregano over the spread. Arrange the tomato on the spread. Top, in order, with the cucumber, mint, and feta. Serve with the pita wedges.

SOURCES

DIABETES-FRIENDLY:

- [HTTPS://WWW.MAYOCLINIC.ORG/HEALTHY-LIFESTYLE/RECIPES](https://www.mayoclinic.org/healthy-lifestyle/recipes)
- [HTTPS://WWW.SIMPLEJOY.COM/](https://www.simplejoy.com/)
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