

Week Three Recipes

Recipe 1: White chicken chili

6 servings

Recipe courtesy of the Food as Health Alliance

Ingredients	Instructions
<ul style="list-style-type: none">• 1 tablespoon olive oil• 1lb chicken breast, diced• 1 green bell pepper, diced• ½ medium sweet onion, diced• 15 ounce can low sodium chicken broth• 7 ounce can diced green chilis• 2 cans low sodium white beans, drained and rinsed well• 1 ½ cups skim milk• 1 tablespoon cumin• 1 teaspoon garlic powder• 1 teaspoon black pepper• 1 lime, cut into wedges	<ol style="list-style-type: none">1. In a large pot, heat oil over medium heat2. Add in diced chicken, green pepper, and onion and cook for 10 minutes3. Add the chicken broth, diced chilis and 1 can of the white beans4. Using a fork, gently mash the other can of beans before adding to the pot5. Using a whisk or large spoon, stir well to incorporate the mashed beans and thicken the chili6. Add the spices, bring to a boil, then simmer for 15 minutes7. Remove from heat and add the milk8. Serve with a lime wedge

You can spice things up by topping with diced fresh jalapenos or by adding 1 teaspoon of crushed red pepper to the pot. This chili will keep in a tightly sealed container in the fridge for 3-4 days or in the freezer for up to 6 months. Reheat in a pot or in the microwave, adding a splash of stock or water to reach the desired consistency.

Recipe 2: Cajun catfish

4 servings

Recipe courtesy of the Food as Health Alliance

Ingredients	Instructions
<ul style="list-style-type: none">• 4 catfish fillets thawed and patted dry with a paper towel• 1 tablespoon olive oil	<ol style="list-style-type: none">1. Preheat oven to 400 degrees2. Bring 4 cups of water to a boil then slowly pour in the grits, whisking constantly

<ul style="list-style-type: none"> • 1 tablespoon Cajun seasoning, divided • 1 lemon • 1 cup grits or polenta • 2 teaspoons dried parsley • 1 bunch green onions 	<ol style="list-style-type: none"> 3. Continue to stir for about 5 minutes until the grits start to thicken 4. Turn the heat to low, cover, and allow to cook for 25 minutes, stirring every 5 minutes to prevent lumps 5. Drizzle the catfish with olive oil and rub gently to fully coat 6. Sprinkle 1/2 of the Cajun seasoning evenly over the 4 filets 7. Squeeze juice from 1/2 lemon over the top 8. Bake the fish for 20 minutes or until it is flaky 9. When the grits are almost done, chop the green onions and add them to the pot, reserving 1 tbsp for garnish 10. Stir in the other half of the Cajun seasoning and the parsley 11. Serve the fish on top of the grits and top with a sprinkle of parsley, green onion and a squeeze of lemon
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This recipe is simple to adapt for 1-4 servings. Just portion out how many catfish fillets you need and freeze the rest in tightly wrapped individual foil packs for up to 4 months. Make enough grits so that each person receive approximately ½ cup cooked grits.

Recipe 3: Hobo stew

4 servings

Recipe courtesy of the Food as Health Alliance

Ingredients	Instructions
<ul style="list-style-type: none"> • 1lb extra lean ground beef • 1 package French onion soup mix • ½ onion, cut into strips • ½ bag baby carrots, cut into chunks (about 3 chunks per carrot) • 1lb small red potatoes, cut into quarters 	<ol style="list-style-type: none"> 1. Preheat oven to 400 degrees 2. Place ground beef in a large bowl and season with ½ of the French onion soup packet 3. Divide beef into 4 equal portions and pat into patties 4. Place patties on individual squares of aluminum foil, about 6 x 6 inches 5. Place the chopped veggies into the same bowl used for the hamburger, and combine with the other half of the soup mix

	<ol style="list-style-type: none"> 6. Top beef patties with veggies and begin to close foil into packets 7. Before fully closing, add 1 tablespoon of water to each packet, then seal tightly 8. Place the packets seam side down on a baking sheet and cook for 15 minutes 9. Flip and continue to cook for 15 more minutes or until veggies are soft and burgers are cooked though
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Baby carrots make an excellent snack! Seal them in an airtight container in the fridge for 3-4 days and give them a try when you're craving something crunchy and a little sweet.

Recipe 4: Ham and greens

4 servings

Recipe courtesy of the Food as Health Alliance

Ingredients	Instructions
<ul style="list-style-type: none"> • 1 tablespoon olive oil • 1 large bunch turnip greens, rinsed well, stems removed and roughly chopped • 4 smoked center ham steaks, fat trimmed • ½ cup water • 1 tablespoon apple cider vinegar • 1 teaspoon brown sugar • 1 teaspoon onion powder • 1 teaspoon garlic powder • ½ teaspoon each salt and black pepper 	<ol style="list-style-type: none"> 1. Preheat oven to 350 degrees 2. Heat the oil in a large sided sauté pan or wok 3. Add the greens and cook for 5-7 minutes or until they start to soften 4. While the greens cook, line a pan with foil and heat the ham steak in the oven for about 10 minutes, turning halfway 5. Add the water, vinegar, sugar, and spices to the greens and stir well 6. Bring to a simmer and allow the water to cook out completely 7. Serve ham and greens with extra vinegar on the side

By adding only a teaspoon of brown sugar, we are highlighting the sweetness of the greens while still keeping the meal diabetes friendly.

Recipe 5: Chicken Tortilla Bake

4 servings

Recipe adapted from American Diabetes Association

Ingredients	Instructions
<ul style="list-style-type: none">• 1 tablespoon olive oil• 1/2 white onion, diced• 1lb chicken breast cut into bite sized pieces• Nonstick spray• ½ teaspoon black pepper• 1 can diced tomatoes• 1 can low-sodium black beans, drained and rinsed well• 2 teaspoons chili powder• 1 teaspoon cumin• ½ teaspoon garlic powder• 2/3 cup shredded reduced-fat cheddar cheese• 1 ½ ounces baked tortilla chips, crushed (about 25 chips)	<ol style="list-style-type: none">1. Preheat the oven to 375 degrees2. Spray a medium sized baking dish with cooking spray and set aside3. Heat 1 tablespoon olive oil in a pan over medium heat4. Add your onion and chicken to the hot pan and cook for about 8 minutes5. Add the black pepper, diced tomatoes, black beans, chili powder, cumin and garlic powder to the pan6. Reduce the heat to low and simmer for 5 minutes7. Pour the chicken mixture into the baking dish8. Sprinkle cheese on top and then top with the crushed tortilla chips9. Bake 12 minutes or until the cheese is melted

Make it your own while staying diabetes friendly by adding hot sauce, chopped green onion, pickled jalapeños, or fresh pico de gallo