



Festive and Fun Holiday Recipes

Red Bean Avocado Salad (8 servings)

1 avocado, medium, fresh (preferably Haas)

1 1/2 cups red kidney beans, canned, rinsed, drained well

1/2 cup Mexican style salsa (any style you prefer)

2 Tbsp fresh cilantro, minced

1 pinch salt and pepper (to taste)

- 1) Halve avocado and remove the pit. Peel and cut into cubes; place in mixing bowl.
- 2) Stir in kidney beans, salsa, and cilantro. Add salt and pepper and serve with baked tortilla chips as a dip, or mixed into salad greens as a side dish. Can also be used to fill half a whole wheat pita bread. 11 gm CHO per serving (salad alone)

Savory Zucchini Stix (4 servings)

Olive oil cooking spray

3 Tbps seasoned dry bread crumbs or Panko crumbs

2 Tbsp grated Parmesan cheese

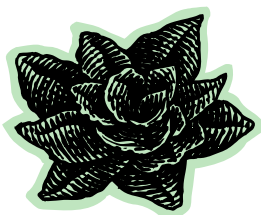
1 egg white

1 tsp lowfat milk

2 small zucchini, cut lengthwise into quarters

1/3-1/2 cup spaghetti or marinara sauce, warmed

- 1) Preheat oven to 350 degrees. Beat together egg white and milk with a fork in a shallow bowl. Combine bread crumbs or Panko and Parmesan cheese in a second shallow bowl. Set aside.
- 2) Dip zucchini sticks first in the egg white mixture, then into the crumbs. Lay out on a cookie sheet that has been coated with the olive oil spray. Spray the zucchini sticks lightly with the olive oil spray.
- 3) Bake zucchini for 20 minutes or until lightly browned and crispy. Serve with warmed marinara sauce as a dip. 8 gm CHO per serving



Toasted Pecan and Broccoli Salad (10 servings)

1/3 cup chopped pecans

1 cup light mayonnaise (OR 3/4 cup fat free mayo + 1/4 cup plain nonfat yogurt)

1/3 cup cider vinegar

1 1/2 lbs fresh broccoli florets, chopped

1/4 cup fresh chopped red onion

1/3 cup dried sweetened cranberries

4 slices reduced-sodium bacon, cooked and crumbled

- 1) Toast chopped pecans in a 350 degree oven for 6-8 minutes, stirring occasionally.
- 2) Whisk together mayonnaise (or mayo and yogurt), sugar, and vinegar. Toss mixture with broccoli, onions, and cranberries in serving bowl. Wrap with plastic wrap and refrigerate 2 hours.
- 3) Top with bacon and nuts just before serving. 12 gm CHO per serving

Tortellini, Olive and Cheese Kabobs (30 skewers/15 servings)

3/4 cup reduced fat Italian dressing

3 Tbsp refrigerated pesto made with basil

2 cups refrigerated cheese-filled tortellini

4 oz pepper Jack cheese

4 oz medium Cheddar cheese

30 olives, black, jumbo pitted (or a mixture of ripe, pimiento stuffed, green, or kalamata olives)

30 whole pickled jalapeno peppers

- 1) For marinade, combine salad dressing and pesto in a small bowl; set aside.
- 2) Cook tortellini according to package directions. Drain, rinse with cool water, drain again.
- 3) Cut each cheese into 30 (1/2"-3/4") cubes. Thread a tortellini, 2 cheese cubes, 1 olive, and 1 pepper onto 6" picks or skewers.
- 4) Place skewers in a 13"x9"x2" baking dish. Brush with about half the marinade; cover and chill for 3-4 hours, brushing with remaining marinade after 2 hours. 5 gm CHO per serving



Vegetable Citrus Salad (10 servings)

1 (8 serving) package sugar-free lime gelatin
2 cups boiling water
1 3/4 cups cold water
1/4 cup vinegar
1 cup fresh chopped celery
1 cup shredded carrots
2 Tbsp chopped red bell peppers
2 Tbsp fresh chopped green onion
Nonstick cooking spray
Fresh romaine leaves (optional)

- 1) Begin by dissolving the gelatin in a large mixing bowl in boiling water. Stir in the cold water and vinegar and then chill the mixture until it is the consistency of an unbeaten egg white.
- 2) Fold in the vegetables and pour the mixture into a 9"x13"x2" baking dish that has been coated with nonstick cooking spray.
- 3) Chill until firm; cut into 10 serving pieces. Serve over lettuce leaf if desired.
1.5 gm CHO per serving

Ultimate Spinach Dip (12 servings/1/4 cup each)

10 oz frozen chopped spinach, thawed and squeezed dry in paper towels
1/2 cup light mayonnaise
1 cup plain nonfat yogurt
1 tsp seasoned salt
1/2 tsp dried dill weed
1/2 fresh lemon, squeezed
1/2 cup chopped fresh parsley
1/2 cup chopped fresh green onion

- 1) Mix together the spinach, mayonnaise, yogurt, seasoned salt, dill weed, lemon juice, parsley and green onion.
- 2) Cover and refrigerate for 1 day before serving for the best flavor. 4 gm CHO per serving



Twice the Salmon and Dill Pate (8 servings/1/4 cup each)

1 cup part skim ricotta cheese

7 1/2 oz canned boneless, skinless salmon, drained

1/4 cup chopped fresh green onion

3 Tbsp fresh dill weed, chopped (or 1 tsp dried dill weed)

2 Tbsp fresh lemon juice

4 oz smoked salmon, cut into thin shreds

- 1) Place first 5 ingredients in a food processor or blender; mix until smooth.
- 2) Place in a bowl and fold in smoked salmon. Serve with cut up veggies and whole grain crackers. 2 gm CHO per serving (pate only)

All recipes were taken for the dlife.com website (<http://www.dlife.com/diabetes>)