



# Made From Scratch

## Diabetes-friendly recipes

November is National Diabetes Month — a time to raise awareness about diabetes and the importance of prevention and early detection. We're showing our support with these diabetes-friendly recipes. Give one of them a try this month!

### Pumpkin-banana muffins

#### Ingredients

- 1 1/2 cup white whole wheat flour
- 1/3 cup brown sugar
- 1 tsp baking soda
- 1/2 tsp salt
- 2 tsp pumpkin spice
- 2 eggs
- 1 cup pumpkin puree
- 3 Tbsp canola oil
- 1 small banana, mashed
- 1 tsp vanilla extract
- 1/4 cup walnuts, finely chopped

#### Directions

1. Preheat the oven to 350° and line a muffin tin with liners.
2. Mix flour, sugar, baking soda, salt, and pumpkin pie spice in a large bowl.
3. Mix the eggs, pumpkin puree, oil, banana, and vanilla in a small bowl.
4. Pour the wet ingredients into the dry ingredients and stir to combine. Gently fold in the walnuts.
5. Scoop the batter into muffin tins and bake for 18-20 minutes until a toothpick comes out clean.



**Servings:** 12 | **Serving size:** 1 muffin | **Nutrition facts per serving:** Calories 140; Total fat 6g; Saturated fat 0.5g; Sodium 220mg; Carbohydrates 20g; Fiber 3g; Protein 3g

*Did you know?* Pumpkin is low in calories and high in fiber. Fiber can help you to feel full for longer, reduce appetite, and food intake, and lower blood sugar and cholesterol levels.

### Homemade instant soup jars

#### Ingredients

- 1/2 cup cooked brown rice
- 1/2 cup frozen chopped veggie mix
- 1/2 cup shredded cabbage
- 1 Tbsp shredded carrots
- 1 tsp coconut aminos
- 1 tsp sesame oil
- 1/2 tsp fresh grated ginger
- 1/2 tsp garlic powder
- 1 pinch crushed red pepper flakes, optional
- 1 hard-boiled egg

#### Directions

1. Layer rice, frozen vegetables, cabbage, and carrot in a 16 oz glass jar with lid.
2. Mix coconut aminos, sesame oil, ginger, garlic powder, and red pepper flakes in a small bowl. Pour over rice and vegetables. Top with a lid and refrigerate.
3. Remove jar from refrigerator at least 15 minutes before you are ready to eat.
4. Pour 5 oz boiling water into the jar, close lid, and shake to combine. Remove the lid and steep in the jar for 2 minutes.
5. Peel and slice hard-boiled egg and add to the soup. Pour contents from jar into a bowl, or enjoy straight from the jar!



**Servings:** 1 | **Serving size:** 1 soup jar with 1 hard-boiled egg | **Nutrition facts per serving:** Calories 270; Total fat 11g; Saturated fat 2.5g; Sodium 190mg; Carbohydrates 32g; Fiber 4.6g; Protein 10g

*Recipe note:* Coconut aminos is gluten-free substitute for soy sauce with lower sodium (only 90 mg per tsp).

## Roasted chicken with vegetables and cranberries

### Ingredients

- 2 large boneless, skinless chicken breasts, sliced thinly into fillets
- 1/4 tsp salt
- 1 Tbsp olive oil, divided
- 1 small yellow onion, diced
- 2 cloves garlic, minced
- 1 Tbsp fresh rosemary, chopped
- 1 cup carrots, chopped
- 1 1/2 Tbsp maple syrup
- 1/2 cup white wine
- 1 cup fresh cranberries
- 1/4 cup flat-leaf parsley, chopped



### Directions

1. Preheat the oven to 400°.
2. Season chicken breasts with salt.
3. Heat a large Dutch oven or large ovenproof skillet over medium-high heat. Add 1/2 Tbsp of olive oil, then add the chicken. Sear until golden brown on both sides (but not cooked through). Remove chicken to a plate.
4. With the skillet on medium heat, add other 1/2 Tbsp of oil. Add onion, garlic, rosemary, and carrots and cook until onion is translucent, about 4–5 minutes.
5. Add syrup and white wine and cook until reduced by half, about 3–4 minutes. Stir in the cranberries.
6. Add the chicken to the skillet and nestle it between the vegetables and cranberries.
7. Cover with a lid and bake for 10–15 minutes until the chicken is cooked through and the vegetables are tender.
8. Serve with a sprinkle of parsley.

**Servings:** 4 | **Serving size:** 1 fillet and about 1/2 cup vegetables | **Nutrition facts per serving:** Calories 230; Total fat 6g; Saturated fat 1.3g; Sodium 230mg; Carbohydrates 16g; Fiber 3g; Protein 25g

**Did you know?** Your body breaks down carbohydrates into a simple sugar called glucose, the body's fuel. Most of the natural sugars in cranberries are already in the form of glucose. Also, about a third of the carbohydrates in cranberries are fiber. Fiber isn't digested easily, so it stays mostly whole and helps other foods pass smoothly through your body.

## Oven-baked sweet plantains

### Ingredients

- Nonstick cooking spray
- 2 very ripe plantains with black skin, peeled and cut diagonally into 1/2-inch thick slices

### Directions

1. Preheat the oven to 400°.
2. Line a small baking pan with foil. Spray the foil with nonstick spray.
3. Place the plantain slices in one layer on the baking pan and spray the tops with nonstick spray. Bake until softened, about 12 minutes.
4. Turn the slices, spray with nonstick spray, and bake until the plantains are tender, about 6 minutes longer.



**Servings:** 6 | **Serving size:** about 4 slices | **Nutrition facts per serving:** Calories 60; Total fat 0g; Saturated fat 0g; Sodium 0mg; Carbohydrates 15g; Fiber 1g; Protein 0g; Potassium 230mg

**Recipe note:** Baking plantains is much easier than frying them, and it brings out all their natural sugars. Plantains are one of the better carbohydrates you can consume because they're filled with potassium, help regulate digestion, and boost the immune system.