New Best of dLife TV

Dining with Diabetes

Delicious Recipes for a Diabetes Lifestyle
If you have diabetes, your healthy eating meal plan should include a wide variety of delicious and nutritious foods. In fact, the concept of a restrictive “diabetic diet” is only myth. Many folks think of the word “diet” as a temporary way of eating, and the idea of following a “diabetic diet” as having to follow a strict and unforgiving meal plan.

The good news is that the best way to eat when you have diabetes is really the same way everyone should eat. Like the general population, people with diabetes need to focus on whole foods that are high in fiber, lean protein, healthy fats and chock full of nutrients. This includes virtually all plant foods, most low fat dairy products, lean meat and poultry, unsalted nuts and fish. On the other hand, we all need to stay away from highly processed foods, which are usually full of refined grains, added sugar and sodium, and unhealthy man-made (hydrogenated and trans) fats.

A diagnosis of diabetes presents a unique opportunity to shift your diet and lifestyle in a positive direction. Whether you’re a trained chef or a toast-burning kitchen klutz, try preparing some diabetes-friendly dishes like those in this book, and commit to learning more about healthy eating. Your body will thank you — not only with better blood glucose numbers and improved diabetes management, but with how you look and feel each day. Bon appetit!

-- Susan Weiner, MS, RDN, CDE, CDN
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dLife-ful Berry Smoothie

A healthy and delicious blend of blueberries, banana, and tofu.

**Ingredients**
- 1/2 cup low fat milk (can substitute soy milk or rice milk)
- 6 oz silken tofu (or 6 oz plain low fat yogurt)
- 1 cup frozen blueberries (do not thaw)
- 1/2 small banana
- 1/2 tsp almond extract
- 1 tsp ground flax seed
- 1/2 tsp no-calorie sweetener (sugar substitute)
- 4 ice cubes

**Instructions**
1. Mix all of the ingredients in a blender until well blended.
2. Pour and enjoy.

**Per Serving**
- Calories 77; Total Carbs 10g; Dietary Fiber 2g; Sugars 6g; Total Fat 3g; Saturated Fat 1g; Unsaturated Fat 1g; Trans Fat 0g; Potassium 108mg; Protein 4g; Sodium 12mg

**Dietary Exchanges**
- 1/2 Fat, 1/2 Fruit, 1/2 Meat, 1/2 Milk
Asparagus-Gruyère Frittata

A protein-rich breakfast frittata with asparagus and cheese.

Prep Time: 10 minutes | Cook Time: 15 minutes | Servings: 6 | Difficulty: Easy

Ingredients
2 tsp olive oil
1 small onion, chopped
1/4 tsp salt
1 pinch black pepper
1/2 lb fresh asparagus, tough stem ends snapped off and spears cut diagonally into 1-inch lengths
4 eggs, lightly beaten
1 cup shredded Gruyère cheese

Instructions
1. Preheat broiler.
2. Rinse asparagus. Snap off tough ends of asparagus and discard. Cut remains into 1-inch pieces. Set aside.
3. In small bowl, whisk eggs and pepper. Set aside.
5. Add onion and salt, and stir until onion is softened but not browned, about 3 minutes.
6. Add asparagus, reduce heat to medium-low, and cook covered 6 to 8 minutes until asparagus is barely tender.
7. Pour in eggs and cook until almost set but still runny on top, about 2 minutes.
8. Sprinkle cheese over eggs and broil until cheese is melted and browned, 3 to 5 minutes.

Additional Information
Serve with a simple green salad for lunch or dinner.

Per Serving
Calories 137; Total Carbs 3g; Dietary Fiber 1g; Sugars 1g; Total Fat 10g; Saturated Fat 4g; Unsaturated Fat 5g; Trans Fat 0g; Potassium 143mg; Protein 10g; Sodium 263mg

Dietary Exchanges
1 1/2 Fat, 1 Vegetable, 1 Meat
Crabmeat Quiche

A light and cheesy quiche made with crabmeat.

Ingredients
3 whole eggs
2 egg whites
1 cup half & half
1 tbsp fresh tarragon
1/4 tsp salt
1/8 tsp hot red pepper flakes
1/2 cup shredded Swiss cheese
1 frozen 9-inch pie crust
8 oz cooked crab
1 pinch fresh tarragon
1 pinch paprika

Instructions
1. Preheat oven to 350°F.
2. Bake frozen pie crust in preheated oven for 5 minutes. Remove from oven and place on baking sheet.
3. Mince fresh tarragon.
4. In large bowl, whisk eggs, egg whites, half & half, tarragon (1 tbsp), salt, and red pepper flakes until well blended.
5. Add cheese, whisk.
6. Arrange crabmeat in bottom of pie shell. Pour egg mixture on top.
7. Place gently in oven, bake until set and until toothpick inserted in the center comes out clean, 35 to 40 minutes.
8. Let cool at least 20 minutes. Garnish with a pinch of fresh tarragon and paprika.

Per Serving
Calories 119; Total Carbs 3g; Dietary Fiber 0g; Sugars 2g; Total Fat 6g; Saturated Fat 3g; Unsaturated Fat 3g; Trans Fat 0g; Potassium 207mg; Protein 12g; Sodium 338mg

Dietary Exchanges
1 1/2 Fat, 1/2 Meat, 1 Other Carbs, 1 Lean Meat
Cajun Deviled Eggs

Classic deviled eggs made spicy with a bit of cayenne.

Ingredients
6 eggs
2 tbsp mayonnaise
1 tsp Dijon mustard
1/4 tsp ground black pepper
1/8 tsp ground cayenne (red pepper)

Instructions
1. Place eggs in a medium saucepan and cover with cold water. Bring water to a rolling boil for 5 minutes.
2. Cover and let eggs stand in hot water for 5 minutes. Drain hot water and run under cold water for 5 minutes. Peel. Rinse any remaining shell off eggs.
3. Slice eggs in half lengthwise. Remove yolks and place in a medium bowl.
4. Set egg whites aside on serving platter. Add mayonnaise, Dijon mustard, and black pepper to the egg yolks. Mash with fork until creamy.
5. Fill hollowed egg white halves with the yolk mixture. Dust with cayenne pepper, adjusting the amount to taste.
6. Cover and chill until ready to serve.

Per Serving
Calories 46; Total Carbs 1g; Dietary Fiber 0g; Sugars 0g; Total Fat 3g; Saturated Fat 1g; Unsaturated Fat 2g; Trans Fat 0g; Potassium 34mg; Protein 3g; Sodium 62mg

Dietary Exchanges
1/2 Fat, 1/2 Meat
Avocado Pear Dip

*Prep Time: 10 minutes | Cook Time: 0 minutes | Servings: 10 | Difficulty: Easy*

*A nutritious, high-fiber dip spiced with jalapeño peppers and green onions.*

**Ingredients**
- 1 whole jalapeño pepper
- 2 fresh avocados, peeled, pitted, and quartered
- 1 large ripe pear, cored and quartered
- 1/2 cup chopped green onion
- 3 tbsp fresh lemon juice
- 1 pinch salt

**Instructions**
1. Slice jalapeño lengthwise, remove seeds and stem, and discard.
2. Combine all ingredients into food processor and process until smooth. Scrape sides at least once.
3. Transfer to bowl, cover with plastic wrap. Refrigerate for 30 minutes to allow flavors to blend. Serve chilled.

**Additional Information**
Serve with low carb, whole-grain chips or sliced raw vegetables. Wear gloves and avoid touching eyes while working with jalapeño peppers. If you prefer your dip chunky, leave avocados out of the food processor and hand mash them, then fold in blended ingredients.

**Per Serving**
- Calories 81; Total Carbs 8g; Dietary Fiber 4g; Sugars 3g; Total Fat 6g; Saturated Fat 1g; Unsaturated Fat 5g; Trans Fat 0g; Potassium 236mg; Protein 1g; Sodium 42mg

**Dietary Exchanges**
- 1 1/2 Fat, 1/2 Fruit
Slow Cook Beef & Barley Soup

Hearty, healthy version of the classic.

Ingredients
1 1/2 lb top sirloin steak
28 oz low sodium beef broth, canned
14 1/2 oz canned stewed tomatoes
1 1/2 cup sliced carrots, 1-inch pieces
2 medium onions, chopped
1/2 cup barley, pearl
1/2 cup cold water
1 bay leaf
1 tsp ground thyme
2 medium garlic cloves

Instructions
1. Remove excess fat from meat. Cut meat into 3/4” pieces.
2. In 6-quart slow cooker, combine meat, beef broth, undrained tomatoes, carrots, onions, barley, water, bay leaf, thyme, and peeled, whole garlic cloves.
3. Cover and cook on low heat setting for 9 to 11 hours, or set on high heat setting for 4-1/2 to 5-1/2 hours. Remove and discard bay leaf when done.

Per Serving
Calories 178; Total Carbs 10g; Dietary Fiber 2g; Sugars 2g; Total Fat 9g; Saturated Fat 3g; Unsaturated Fat 4g; Trans Fat 0g; Potassium 313mg; Protein 14g; Sodium 140mg

Dietary Exchanges
1 Fat, 1 Vegetable, 2 Meat, 1/2 Starch
**Low Carb Chili**

*Prep Time: 30 minutes | Cook Time: 3 hours | Servings: 9 | Difficulty: Easy*

*A savory beef chili with a hint of sweetness.*

**Ingredients**
- 2 lb lean ground beef (10% fat)
- 4 cups cold water
- 1 tsp cinnamon, ground
- 1 tsp ground cumin
- 1 medium onion, diced
- 1 tsp Worcestershire sauce
- 2 medium garlic cloves, peeled and whole
- 3/4 tsp salt (if desired)
- 2 tbsp chili powder
- 1 tsp black pepper
- 1/2 tsp hot red pepper flakes
- 1/2 tsp ground allspice
- 6 oz tomato paste
- 3 bay leaves
- 4 oz canned mushroom slices, drained and rinsed
- 3/4 chopped green bell pepper

**Instructions**
1. In large stockpot, brown meat, drain fat.
2. Add water, cinnamon, cumin, onions, Worcestershire sauce, garlic cloves (peeled, whole), salt (if desired), chili powder, black and red pepper, allspice, tomato paste, bay leaves, mushrooms, and green peppers. Bring to a boil.
3. Reduce to simmer. Cover and cook 3 hours, stirring occasionally. Remove bay leaves before serving.

**Per Serving**
Calories 158; Total Carbs 9g; Dietary Fiber 2g; Sugars 3g; Total Fat 4g; Saturated Fat 1g; Unsaturated Fat 2g; Trans Fat 0g; Potassium 59mg; Protein 21g; Sodium 329mg

**Dietary Exchanges**
1 Vegetable, 2 1/2 Meat
Southwestern Turkey Burger

Prep Time: 10 minutes | Cook Time: 10 minutes | Servings: 2 | Difficulty: Easy

This zesty, bunless burger is moist and flavorful.

Ingredients
8 oz ground turkey (7% fat)
1 oz silken tofu
1/2 tsp ground cumin
1/4 tsp minced garlic
Cooking spray
4 lettuce leaves, each about the size of a burger
2 tbsp salsa
2 tbsp sour cream
1/2 medium avocado, 6 slices

Instructions
1. Preheat oven to 350°F.
2. In mixing bowl, combine ground turkey, tofu, cumin, and garlic. Mix well. Form two patties.
3. Heat ovenproof skillet over medium. Mist both sides of each burger with cooking spray. Cook 3-1/2 minutes per side.
4. Transfer skillet to oven and bake 5-7 minutes or until internal temperature reaches 165°F.
5. Let stand 5 minutes to cool slightly. Place each burger on 2 pieces of lettuce. Garnish each burger with 1 tablespoon salsa, 1 tablespoon of sour cream, and three slices of avocado. Top with remaining lettuce leaves.

Per Serving
Calories 285; Total Carbs 8g; Dietary Fiber 5g; Sugars 2g; Total Fat 18g; Saturated Fat 5g; Unsaturated Fat 5g; Trans Fat 0g; Potassium 410mg; Protein 25g; Sodium 152mg

Dietary Exchanges
1 Fat, 1/2 Vegetable, 4 Meat
Mexican Pizza

Satisfy your pizza craving with this healthier version.

Ingredients
1 low carb tortilla (8-inch)
Canola oil cooking spray
2 tbsp low fat refried black beans
1 tbsp cold water
3 tbsp salsa
1/4 cup low fat, shredded mozzarella cheese

Instructions
1. Preheat oven to 375°F.
2. Place an 8- to 10-inch skillet over medium heat until hot. Lightly spray each side of the tortilla with oil.
3. Place the tortilla in the hot pan and cook 30 seconds to 1 minute or until lightly browned. Turn the tortilla over and repeat.
4. Remove from the pan and transfer to baking sheet.
5. In small bowl, combine the refried beans and water, and mix. Use a rubber or plastic spatula to spread the bean paste over the tortilla. Be careful to leave 1/4 to 1/2 inch of tortilla uncovered at the outer edge.
6. Gently spread the salsa evenly over the bean paste and sprinkle with the mozzarella cheese. Place in oven for 5 to 7 minutes or until the cheese is melted.
7. Slice in half and serve.

Additional Information
Enjoy as is or garnish with a dab of sour cream or Greek yogurt, and fresh cilantro.

Per Serving
Calories 84; Total Carbs 14g; Dietary Fiber 7g; Sugars 1g; Total Fat 2g; Saturated Fat 0g; Unsaturated Fat 0g; Trans Fat 0g; Potassium 41mg; Protein 5g; Sodium 409mg

Dietary Exchanges
1/2 Fat, 1/2 Vegetable, 1 Meat, 1 1/2 Starch
Seven Season Salmon

Prep Time: 15 minutes | Cook Time: 12 minutes | Servings: 6 | Difficulty: Easy

A blend of seven different flavors perks up broiled salmon.

Ingredients
2 tbsp maple syrup
1 1/2 tbsp unsweetened apple juice
1 1/2 tbsp fresh lemon juice
2 tsp hoisin sauce
1 1/2 tsp fresh ginger root
1 1/2 tsp dijon mustard
1/4 tsp Chinese 5-spice powder
1 1/2 lb salmon fillet, cut into 6 4-oz fillets
Cooking spray

Instructions
1. Peel and mince ginger.

2. In large resealable bag, add maple syrup, apple juice, lemon juice, hoisin sauce, ginger, mustard, and 5-spice powder. Add salmon, seal bag, and shake well to coat. Marinate in refrigerator for 15-30 minutes.


4. Place salmon, skin side down on broiler pan. Place broiler pan 5 inches from heat source. Broil 12 minutes or until fish flakes easily with a fork.

5. Let stand 5 minutes and serve.

Per Serving
Calories 169; Total Carbs 5g; Dietary Fiber 0g; Sugars 4g; Total Fat 5g; Saturated Fat 1g; Unsaturated Fat 3g; Trans Fat 0g; Potassium 433mg; Protein 24g; Sodium 167mg

Dietary Exchanges
4 1/2 Meat, 1/2 Other Carbs
Pecan Crusted Flounder

Prep Time: 15 minutes | Cook Time: 15 minutes | Servings: 4 | Difficulty: Easy

Moist and delicious flounder baked with Creole seasoned pecans.

**Ingredients**
- 1/4 cup whole wheat bread crumbs
- 3 tbsp chopped pecans
- 1/4 tsp onion powder
- 1/4 tsp garlic powder
- 1/4 tsp paprika
- 1/8 tsp salt
- 1/8 tsp cayenne pepper
- 1 lb flounder fillet (4 4-oz servings)
- 2 tbsp regular mayonnaise
- 1/2 tsp fresh lemon juice
- Cooking spray

**Instructions**
1. Preheat oven to 450°F.
2. In a food processor fitted with steel blade, grind pecans. Add bread crumbs, onion powder, garlic powder, paprika, salt, and cayenne pepper. Pulse until mixed.
4. In a small bowl, mix mayonnaise and lemon juice. Brush mixture on top of fish.
5. Sprinkle crumb mixture evenly on top of fish, one side only.
7. Bake until internal temperature reaches 145°F, about 15 minutes.

**Per Serving**
- Calories 156; Total Carbs 7g; Dietary Fiber 1g; Sugars 1g; Total Fat 8g; Saturated Fat 1g; Unsaturated Fat 6g; Potassium 176mg; Protein 13g; Sodium 452mg

**Dietary Exchanges**
- 2 Fat, 1/2 Starch, 3 1/2 Lean Meat
Baby Meatloaves

Prep Time: 15 minutes  |  Cook Time: 30 minutes  |  Servings: 8  |  Difficulty: Easy

Moist, flavorful miniature meatloaves seasoned with thyme & Worcestershire sauce.

Ingredients
1 tsp olive oil  
1/2 medium onion, diced  
2 tsp fresh thyme  
1 lb lean ground beef (10% fat)  
2 eggs, beaten  
1 cup tomato sauce, low sodium  
1 tbsp tomato paste  
2 tsp Worcestershire sauce  
3/4 cup bread crumbs  
1 medium garlic clove, minced  
1/8 tsp black pepper  
1/8 tsp salt  
1/4 cup unsweetened ketchup

Instructions
1. Preheat oven to 375°F.
2. Dice onion.
3. In small skillet, heat olive oil over medium heat. Add diced onions. Cook about 3 minutes until softened and translucent.
4. Line roasting pan with foil.
5. In large bowl, with hands, mix olive oil, onions, thyme, beef, beaten eggs, 1/2 cup tomato sauce, tomato paste, Worcestershire sauce, bread crumbs, garlic, pepper, and salt.
6. Divide meat mixture into 4 portions. Form into loaves. Place on prepared roasting pan. Bake 20 minutes.
7. While loaves are baking, in small saucepan, heat ketchup and remaining tomato sauce. Simmer over low heat for 5 minutes, stirring frequently.
8. Remove roasting pan from oven. Brush tomato-ketchup mixture over each meatloaf. Bake for 10 more minutes until meat thermometer reads 160°F.
9. Remove from oven. Let rest for 5 minutes. Cut each loaf in half and serve.

Per Serving
Calories 179; Total Carbs 12g; Dietary Fiber 1g; Sugars 3g; Total Fat 8g; Saturated Fat 3g; Unsaturated Fat 4g; Trans Fat 0g; Potassium 341mg; Protein 15g; Sodium 211mg

Dietary Exchanges
1/2 Fat, 1/2 Vegetable, 2 Meat, 1/2 Other Carbs, 1/2 Starch
Oven “Fried” Parmesan Chicken

**Prep Time:** 15 minutes  |  **Cook Time:** 1 hour  |  **Servings:** 8  |  **Difficulty:** Easy

**Ground almonds, whole wheat breadcrumbs, and cheese combine to make a delicious crust.**

**Ingredients**
- 2 lbs boneless, skinless chicken breasts
- 6 oz plain yogurt, whole milk
- 1/4 cup fresh lemon juice
- 1 1/2 tbsp dijon mustard
- 1 tsp minced garlic
- 1/2 tsp oregano leaves
- Cooking spray
- 1 cup whole wheat breadcrumbs
- 1 cup ground almonds
- 1/4 cup grated Parmesan cheese
- 2 tbsp butter, melted

**Instructions**
1. Cut chicken breast into 4-oz pieces.
2. In mixing bowl, combine yogurt, lemon juice, mustard, garlic, and oregano.
3. Place chicken in mixing bowl, turning to coat. Cover and marinate 2 hours or overnight.
5. Lightly coat baking sheet with cooking spray.
6. Combine breadcrumbs, ground almonds, melted butter, and cheese. Dredge chicken through breadcrumb mixture to coat.
7. Place chicken on tray, cover and refrigerate 30-60 minutes.
8. Preheat oven to 350°F.
9. Remove chicken from refrigerator. Bake 45-60 minutes, until internal temperature reaches 165°F.

**Per Serving**
- Calories: 299
- Total Carbs: 13g
- Dietary Fiber: 3g
- Sugars: 2g
- Total Fat: 14g
- Saturated Fat: 4g
- Unsaturated Fat: 7g
- Trans Fat: 0g
- Potassium: 284mg
- Protein: 29g
- Sodium: 299mg

**Dietary Exchanges**
- 2 Fat, 1/2 Milk, 4 Lean Meat
Cheesy Beef Casserole

Flavorful dish made with a secret, healthy ingredient.

Ingredients
Olive oil cooking spray
1 small russet potato
1 cup shredded mozzarella cheese
1 lb extra lean ground beef (7% fat)
1 yellow onion, chopped
2 medium garlic cloves, minced
14 1/2 oz canned unsalted diced tomatoes
1 tbsp chili powder (to taste)
16 oz fresh shredded cabbage
1 pinch salt
1 pinch black pepper, freshly ground (to taste)
2 tbsp taco sauce (to taste)
6 slices jalapeño peppers

Instructions
1. Preheat oven to 375˚ F. Lightly coat a 2-quart casserole dish with cooking spray.
2. Peel and grate the potato into a bowl. Stir in 1/4 cup of the mozzarella. Spread evenly over the bottom of the prepared casserole. Bake for 15 to 20 minutes, until potato is browned and crispy. Remove from oven.
3. In large skillet, brown ground beef, onion, and garlic, breaking up the beef with a wooden spoon as it browns. Drain any excess fat.
4. Add the tomatoes with their juice, taco sauce, chili powder, and the cabbage. Season with salt and pepper to taste. Carefully stir and cook for about 1 minute.
5. Spoon beef mixture on top of potatoes. Top with remaining cheese and jalapeño slices. Bake for 25 to 30 minutes, until casserole is hot and bubbly. Serve immediately.

Additional Information
Garnish with fresh lettuce, tomato, salsa, and cheddar cheese.

Per Serving
Calories 217; Total Carbs 16g; Dietary Fiber 3g; Sugars 4g; Total Fat 8g; Saturated Fat 5g; Unsaturated Fat 2g; Trans Fat 0g; Potassium 335mg; Protein 22g; Sodium 442mg

Dietary Exchanges
1/2 Fat, 2 Vegetables, 2 1/2 Meat, 1/2 Starch
Eggplant Mushroom Lasagna

Prep Time: 30 minutes | Cook Time: 55 minutes | Servings: 8 | Difficulty: Intermediate

**Eggplant replaces traditional pasta in this quick and easy lasagna.**

**Ingredients**
Olive oil cooking spray
2 whole eggplants
1 tsp powdered garlic
1 pinch salt
8 oz fresh mushrooms, sliced
1 medium garlic clove, minced
2 cups low sodium marinara sauce
6 oz shredded, low fat, mozzarella cheese

**Instructions**
3. Lightly mist eggplant with olive oil spray. Place on medium nonstick baking sheet. Sprinkle both sides with garlic powder and salt.
4. Place baking sheet 6 inches under broiler for 3 to 5 minutes per side, or until eggplant is tender. Remove from broiler. Set aside.
5. Reduce heat to 350°F.
7. Cook, stirring occasionally, for 8 to 10 minutes, or until there is no liquid remaining and mushrooms start to brown.
8. Place half of eggplant, in single layer, in bottom of prepared baking dish.
9. Top with half of mushroom mixture, half of marinara sauce, and half of cheese.
10. Layer remaining eggplant, mushrooms, sauce, and cheese. Cover with aluminum foil.
11. Bake 25 minutes. Remove foil. Bake additional 10 to 15 minutes, or until hot and cheese is bubbly.
12. Remove and let stand 10 minutes. Cut into 8 equal portions. Serve immediately.

**Per Serving**
Calories 116; Total Carbs 14g; Dietary Fiber 5g; Sugars 6g; Total Fat 4g; Saturated Fat 2g; Unsaturated Fat 0g; Trans Fat 0g; Potassium 444mg; Protein 9g; Sodium 243mg

**Dietary Exchanges**
1/2 Fat, 2 Vegetables, 1 1/2 Meat, 1/2 Other Carbs
Sugar Free Cheesecake

A rich and creamy, crustless cheesecake made without sugar.

Ingredients

**Cheesecake**
- Grape seed oil cooking spray
- 7 eggs (3 whole eggs, 4 egg whites)
- 1/2 cup no-calorie sweetener, granulated
- 1 tsp fresh lemon juice
- 1 pinch salt
- 3 cups cream cheese
- 1/2 tsp fresh lemon peel

**Topping**
- 1/3 cup sour cream
- 2 tbsp no-calorie sweetener, granulated
- 2 tsp vanilla extract

Instructions

**Cheesecake**
2. Preheat oven to 400°F. Line the bottom of a 9-inch springform pan with baking paper. Lightly coat baking paper and sides with grapeseed oil cooking spray.
3. In small bowl, beat 7 egg whites and salt with electric mixer until stiff peaks form. Set aside.
4. In separate mixing bowl, beat no-calorie sweetener and 3 egg yolks until thick. Add lemon juice.
5. With mixer on low-medium setting, beat in cream cheese, a little at a time, until fluffy.
6. Add grated lemon peel, if desired, and mix in gently.
7. Gently fold egg white mixture into cream cheese mixture a little at a time, pulling egg whites up through cream cheese mixture.
8. Pour mixture into pan. Shake gently to level batter.
9. Bake 10 minutes at 400°F. Reduce temperature to 300°F and bake for another 40 minutes. When top of cake is set, turn off oven and keep oven door closed. Allow to cool for another hour in oven*. Remove and continue to cool on a wire rack.

**Topping**
In small bowl, whisk all ingredients for topping. Spread on top of cheesecake when completely cooled.

Additional Information

Garnish with berries or use almond extract instead of vanilla in topping, and garnish with toasted almonds.
While we recognize the saturated fat in this recipe is a little higher than preferred, we also recognize the importance of balancing these foods in your regular dieting plan.

*Allowing to cool slowly in the oven helps prevent the top of the cake from developing deep cracks.

Per Serving
Calories 165; Total Carbs 7g; Dietary Fiber 0g; Sugars 4g; Total Fat 11g; Saturated Fat 7g; Unsaturated Fat 1g; Trans Fat 0g; Potassium 35mg; Protein 7g; Sodium 347mg

Dietary Exchanges
4 1/2 Fat, 1/2 Meat
Flourless Chocolate Cake

A rich, sugar free version of the classic.

Ingredients
Butter-flavored cooking spray
5 egg whites
3 1/2 oz semisweet baking chocolate, chopped
3 tbsp unsweetened cocoa powder
1/2 cup ground walnuts (can also try almonds or hazelnuts)
1/2 cup sugar substitute, granulated
1/2 cup sour cream
2 eggs
1/2 tsp vanilla extract
2 tbsp powdered sugar

Instructions
1. Preheat oven to 350˚ F.
2. Coat a 9-inch springform pan with butter-flavored cooking spray.
3. In bowl with an electric mixer, beat egg whites on high until stiff, glossy peaks form.
4. Microwave chocolate in microwave-safe bowl on high for 2 to 3 minutes. Stir until smooth.
5. Scrape into a medium mixing bowl.
6. Stir in cocoa, nuts, sugar substitute, sour cream, eggs, and vanilla extract.
7. With a spatula, fold in egg whites.
8. Spoon batter into prepared springform pan and gently smooth top.
9. Bake for 30 minutes and let stand to cool.
10. Loosen edges of pan and remove cake. Cake will deflate.
11. Dust with powdered sugar, and serve.

Additional Information
Serve warm with ice cream or whipped cream, or simply garnish with any remaining nuts or dust with powdered sugar.

Per Serving
Calories 169; Total Carbs 14g; Dietary Fiber 2g; Sugars 10g; Total Fat 11g; Saturated Fat 5g; Unsaturated Fat 4g; Trans Fat 0g; Potassium 149mg; Protein 6g; Sodium 55mg

Dietary Exchanges
1 Bread, 2 Fat
Nutty Chocolate Meltaways

Prep Time: 30 minutes  |  Cook Time: 0 minutes  |  Servings: 50  |  Difficulty: Easy

These chocolate coconut hazelnut truffles will melt in your mouth.

Ingredients
6 oz semisweet chocolate chips
6 oz dark chocolate bar, 70% to 85% cacao, broken into small chunks
12 oz heavy whipping cream
2 tbsp agave nectar, all natural
1 3/4 cup hazelnuts, skin removed, chopped finely
1 3/4 cup unsweetened coconut, shredded

Instructions
1. Add 1 cup water to bottom of double boiler. Replace top pan. Bring water to boil then reduce heat to simmer.
2. Combine chocolate and heavy cream in top pan of double boiler. Heat 5 minutes, stirring constantly until chocolate is melted and cream is mixed in.
3. Add agave nectar, 1 cup of hazelnuts, and 1 cup of coconut. Stir until well mixed.
4. Remove from heat and lift top pan out of water. Cool mixture to room temperature, cover and refrigerate for 2-3 hours (until mixture is solid but pliable).
5. Line 2 baking sheets with parchment paper.
6. Scoop chocolate balls (about 1 inch in diameter) onto baking sheets. Roll into smooth balls with hands.
7. In small shallow bowl, combine remaining coconut and hazelnuts. Roll each truffle in mixture, coating completely. Place on baking sheet. Cover with plastic wrap and place in freezer for 3-4 hours.
8. Store truffles in airtight container in refrigerator for up to 1 week or in freezer for up to 1 month.

Per Serving
Calories 106; Total Carbs 7g; Dietary Fiber 1g; Sugars 5g; Total Fat 9g; Saturated Fat 4g; Unsaturated Fat 4g; Trans Fat 0g; Potassium 80mg; Protein 1g; Sodium 12mg

Dietary Exchanges
1 1/2 Fat, 1/2 Other Carbs

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