

## Jalapeno Caesar Salad with Blackened Chicken Breast

SERVES 4 - SERVING SIZE 3 cups salad

1 pound boneless, skinless chicken breasts	¼ cup grated parmigiano-reggiano cheese
1 ½ teaspoons extra-virgin olive oil, divided	2 tablespoons dijon mustard
1 teaspoon freshly ground black pepper, divided	1 ½ tablespoons worcestershire sauce
1 small jalapeño pepper, with some of the seeds, quartered	4 ounces organic silken tofu, drained (1/2 cup)
3 large cloves garlic	1 large (18-ounce) bunch romaine lettuce, roughly chopped and chilled

- Preheat the broiler. Pound the chicken with a kitchen mallet until it's about 1/2 inch thick. Rub the chicken with 1/2 teaspoon of the oil and sprinkle with 3/4 teaspoon of the pepper. Broil the chicken breasts on a baking pan until done, about 8 minutes, turning once. Let the cooked chicken rest for at least 5 minutes, then slice into thin (1/4-inch-wide) strips.
- Add the jalapeño, garlic, cheese, mustard, worcestershire sauce, tofu, and the remaining 1/4 teaspoon black pepper to a blender and purée. Add the remaining 1 teaspoon oil and blend until smooth.
- Toss the dressing with the blackened chicken strips and lettuce, and serve. (If you toss while the chicken is hot, serve immediately so the lettuce doesn't wilt.) Alternatively, serve the dressing on the side so everyone can add their own.

Calories:	210	Total Fat:	7 g	Total Carbohydrate:	9 g
Calories from Fat:	60	Saturated Fat:	2 g	Fiber:	4 g
Cholesterol:	65 mg	Trans Fat:	0.0 g	Sugars:	3 g
Sodium:	380 mg	Potassium:	600 mg		

From *The All-Natural Diabetes Cookbook, 2nd Edition*, by Jackie Newgent, RDN, CDN

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## Take-Away Thai Chicken Tortilla Roll-Up

SERVES 4 - SERVING SIZE 1 roll-up

¼ cup bottled all-natural Thai-style peanut sauce	2 cups fresh mung bean sprouts
4 (10-inch) whole-wheat or other whole-grain flour tortillas	3 scallions, green and white parts, thinly sliced
2 ½ cups bite-size roasted chicken breast pieces, chilled (12 ounces)	2 tablespoons finely chopped fresh cilantro

- Spread the peanut sauce over the entire surface of each tortilla. Top with chicken, sprouts, scallions, and cilantro.
- Tightly roll each tortilla and serve.

**Cook's Tip:** Try this recipe with any plain roasted or grilled poultry or fish leftovers. Or if you want to stick with chicken, pick up a rotisserie chicken from your local market. Remove the skin from the breasts and shred the meat off the bones with your fingers.

Calories:	390	Total Carbohydrate:	45 g	Cholesterol:	70 mg
Calories from Fat:	60	Fiber:	6 g	Sodium:	490 mg
Total Fat:	7 g	Sugars:	7 g	Phosphorus:	380 mg
Saturated Fat:	1.5 g	Protein:	38 g		

**Choices/Exchanges:** 2 starch, 1 vegetable, 4 lean protein

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## Tarragon Chicken, Garbanzo, and Kale Salad

SERVES 4 - SERVING SIZE 1 ¼ cup

2 cups cooked diced chicken breast meat	2 teaspoons Dijon mustard
1 (15-ounce) can no-salt-added garbanzo beans, rinsed and drained	½ teaspoon dried tarragon leaves
½ cup diced red onion	¼ teaspoon salt
1 cup finely chopped kale	¼ teaspoon black pepper
2 tablespoons canola oil	1 ¼ ounce reduced-fat blue cheese or reduced-fat feta, crumbled
1 tablespoon balsamic vinegar	

- Combine all ingredients in a large bowl. Serve as is or on equal amounts of spring greens.
- Serve immediately for peak flavors.

**Cook's Tip:** If not serving immediately, add an additional 1 tablespoon vinegar to the recipe.

Calories:	340	Protein:	31 g	Phosphorus:	320 mg
Calories from Fat:	115	Cholesterol:	65 mg	Total Carbohydrate:	23 g
Total Fat:	13.0 g	Sodium:	390 mg	Fiber:	6 g
Saturated Fat:	2.5 g	Potassium:	470 mg	Sugars:	5 g

**Choices/Exchanges:** 1 Starch, 1 Nonstarchy Vegetable, 4 Lean Protein, 1 Fat

From *Two-Step Diabetes Cookbook* by Nancy S. Hughes

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## White Bean and Pearl Couscous Main Salad

SERVES 4 - SERVING SIZE 1 ¼ cup

1 ¼ cups water	2 ½ ounces small pimiento-stuffed olives, coarsely chopped
4 ounces uncooked whole-wheat Israeli pearl couscous or regular couscous	2 ounces part-skim mozzarella cheese, diced
½ (15.8-ounce) can reduced-sodium Great Northern beans, rinsed and drained	2 ½ to 3 tablespoons cider vinegar
1 medium cucumber, diced	2 tablespoons extra virgin olive oil
1 cup grape tomatoes, quartered	1 teaspoon dried basil leaves
½ cup diced red onion	1 medium garlic clove, minced
	½ teaspoon salt

- Bring the water to a boil in a medium saucepan, add the couscous, cover, and cook on medium-low heat for 8–10 minutes or until tender. Drain in a fine-mesh sieve and run under cold water until cooled completely, shaking off excess liquid.
- Place couscous in a medium bowl with the remaining ingredients and toss until well blended.

Calories:	295	Total Carbohydrate:	37 g	Cholesterol:	10 mg
Calories from Fat:	110	Fiber:	5 g	Sodium:	470 mg
Total Fat:	12 g	Sugars:	4 g	Potassium:	460 mg
Saturated Fat:	2.8 g	Protein:	11 g	Phosphorus:	180 mg

**Choices/Exchanges:** 1 Nonstarchy Vegetable, 2 Starch, 1 Lean Protein, 1 ½ Fat

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