

COMPLIMENTARY



Menu Makeovers

25 Delicious dFriendly Recipes



This content is selected and reviewed by dLife and is brought to you in part courtesy of SPLENDA® No Calorie Sweetener.

Foreword

Do you sometimes find yourself in a menu rut, eating the same handful of meals over and over? Could your blood sugar control be better? If you are looking to get your diabetes management on track, why not start by making some diet changes? This *Menu Makeovers* eCookbook contains better-for-you versions of many of your favorite breakfasts, lunches, and dinners — even apps, sides, beverages, and desserts. Whether you're a regular Emeril-type wiz at the stove or a toast-burning kitchen klutz, take a stab at preparing some of these diabetes-friendly dishes and make the time to learn more about healthy eating. Your body will thank you every which way — how you look, how you test at home and in the doctor's office, and how you feel every day.

From the dLife Team

Although sometimes it seems like it, a healthy, carb-conscious diet doesn't have to mean giving up all your favorite treats. Nor does it mean you have to eat differently from your family and friends. Everyone, with diabetes or without diabetes, should eat a nutritious diet. And everyone should work to reduce the amount of added sugars they consume in desserts, candy, breakfast foods, fruit drinks, and sodas. Avoiding those added sugars will automatically lighten your carbohydrate load. It doesn't mean you have to give up everything sweet, though; you can replace sugar with SPLENDA® No Calorie Sweeteners — in packets, granulated, or with a small boost of fiber.

As you scroll through the recipes in this cookbook, we bet you'll be surprised to see the versatility of SPLENDA® No Calorie Sweetener Products, so start your menu makeover today!

From the makers of SPLENDA® No Calorie Sweetener Products.

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Asparagus Gruyere Frittata

Prep Time: 10 minutes | Cook Time: 10 minutes | Servings: 6

A protein-rich, cheesy breakfast frittata with tender asparagus.

Ingredients

- 2 tsp olive oil
- 1 small onion, thinly sliced
- ½ tsp salt, to taste
(optional, not included in nutrition info)
- 1 lb fresh asparagus, tough stem ends snapped off and spears cut diagonally into 1-inch lengths
- 4 eggs, lightly beaten
- 1 cup shredded Gruyere or Swiss cheese
- 1 pinch freshly ground black pepper



Instructions

1. Preheat broiler. Pour olive oil into a 10-inch ovenproof frying pan over medium-high heat.
2. Add onion and salt and stir until onion is softened but not browned, about 3 minutes.
3. Add asparagus, reduce heat to medium-low, and cook covered until asparagus is barely tender, 6 to 8 minutes.
4. Pour in eggs and cook until almost set but still runny on top, about 2 minutes.
5. Sprinkle cheese over eggs and broil until cheese is melted and browned, 3 to 4 minutes.
6. Slide frittata onto a serving platter and cut into wedges.

Nutritional Information

Per Serving—Calories 160, Total Carbs 5g, Dietary Fiber 2g, Saturated Fat 5g, Sodium 110mg, Total Fat 11g, Cholesterol 161mg, Sugars 3g, Protein 12g

** This recipe was not tested by the SLENDA® Product test kitchen team.*

Homemade Whole Wheat Pancakes

Prep Time: 10 minutes | Cook Time: 8 minutes | Servings: 12 Pancakes

Whole grain pancakes sweetened with SLENDA® No Calorie Sweetener, topped with sugar free fruit preserves.

Ingredients

- 1 cup whole wheat flour
- 1 tbsps SLENDA® No Calorie Sweetener, Granulated
- 1 tsp baking powder
- ½ tsp baking soda
- ⅛ tsp salt
- 1 medium egg
- ½ cup plain, whole milk yogurt
- 1 cup low fat buttermilk
- 2 oz any flavor sugar free preserves



Instructions

1. In small mixing bowl, combine flour, SLENDA® Granulated Sweetener, baking powder, baking soda, and salt.
2. In medium bowl, beat egg with yogurt; add buttermilk. Blend in dry ingredients until moist.
3. Heat large, nonstick skillet over medium. Measure ¼ cup batter into skillet; cook until browned, about 2 minutes. Flip and cook about 1 minute on other side, until browned.
4. Serve with sugar free preserves.

Nutritional Information

Per Serving (1 pancake)—Calories 58, Total Carbs 11g, Dietary Fiber 1g, Saturated Fat 1g, Sodium 154mg, Total Fat 1g, Cholesterol 18mg, Sugars 2g, Protein 3g

** This recipe was not tested by the SLENDA® Product test kitchen team.*

Oatmeal & Apple Mini Muffins

Prep Time: 15 minutes | Cook Time: 10 minutes | Servings: 24 Muffins

Tasty muffins made with fresh apples and oatmeal, finished with a crumbly cinnamon and brown sugar topping.

Ingredients

Muffins

- 1 cup white whole wheat flour
- 1 cup whole wheat flour
- 2 tsp low sodium baking powder
- ½ tsp baking soda
- ½ tsp cream of tartar
- 2 tsp ground cinnamon
- ½ tsp ground nutmeg
- ¼ tsp salt
- 1 egg
- 1 egg white
- ½ cup low fat buttermilk
- ½ cup unsweetened applesauce
- ¾ cup SLENDA® No Calorie Sweetener, Granulated
- 1 cup peeled, grated apples
- 2 tbsp canola oil (or grapeseed oil)



Topping

- 2 tbsp white whole wheat flour
- 4 tbsp old fashioned rolled oats
- 2 tbsp SLENDA® Sugar Blend
- 1 tbsp brown sugar (optional, not included in nutrition info)
- ½ tsp ground cinnamon
- 2 tsp butter

Instructions

Muffins

1. Preheat the oven to 375°F. Place mini muffin liners in two, 12 count mini muffin pans.
2. In a large bowl, mix flours, baking powder, baking soda, cream of tartar, nutmeg, cinnamon, and salt.
3. In medium bowl, beat egg, egg white, and buttermilk, until foamy.
4. Add applesauce, SLENDA® Granulated Sweetener, grated apple, and oil.
5. Gently stir apple mixture into flour mixture until moist. Do not overmix.
6. Spoon batter into each muffin tin and add topping (see below).
7. Bake 10 minutes, until fork inserted into center of one comes out clean.

Topping

1. In small bowl, mix flour, rolled oats, SLENDA® Sugar Blend, brown sugar, and cinnamon.
2. With pastry blender or fork cut in butter.
3. Add topping to each muffin.

Nutritional Information

Per Serving (1 muffin)—Calories 75, Total Carbs 12g, Dietary Fiber 2g, Saturated Fat 1g, Sodium 64mg, Total Fat 2g, Cholesterol 10mg, Sugars 2g, Protein 2g

** This recipe was not tested by the SLENDA® Product test kitchen team.*

Cheddar & Sausage Crustless Quiche

Prep Time: 10 minutes | Cook Time: 45 minutes | Servings: 8

Baked egg pie with sausage and cheddar cheese.

Ingredients

Cooking spray
8 oz fresh mushroom slices
½ cup fresh chopped onion
12 oz pork sausage
4 eggs
8 egg whites
¼ cup shredded cheddar cheese
½ cup whole milk
¼ tsp salt
¼ tsp black pepper



Instructions

1. Preheat oven to 350°F.
2. Lightly coat skillet with cooking spray. Heat over medium-high.
3. Add mushrooms and onions. Cook, stirring occasionally, until onions are translucent, about 8 minutes.
4. Move onions and mushrooms from skillet to mixing bowl.
5. In separate bowl, lightly beat eggs. Set aside.
6. In separate bowl, lightly beat egg whites. Set aside.
7. Place sausage in skillet and cook until easily crumbled and no longer pink, about 8 minutes.
8. With slotted spoon, move sausage from skillet to paper towels to drain.
9. Combine sausage, eggs, egg whites, cheese, milk, salt, and pepper with mushroom mix in bowl.
10. Lightly coat 10" pie plate with cooking spray. Spoon mixture into pie plate.
11. Bake 30 minutes, until completely set. Allow to rest 5 minutes. Cut into 8 slices, serve warm.

Nutritional Information

Per Serving—Calories 252, Total Carbs 3g, Dietary Fiber 1g, Saturated Fat 7g, Sodium 480mg, Total Fat 20g, Cholesterol 146mg, Sugars 2g, Protein 15g

** This recipe was not tested by the SLENDA® Product test kitchen team.*

Creamy Tomato Soup with Fresh Spinach

Prep Time: 5 minutes | Cook Time: 10 minutes | Servings: 6

Simple tomato soup, with basil and spinach, sprinkled with Parmesan cheese.

Ingredients

- 1 tbsp olive oil (or grapeseed oil)
- 1 large onion, chopped
- 2 lbs fresh plum tomatoes, chopped
- 2 tbsp fresh basil, minced
- 2 cups low sodium chicken broth
- 1 cup fresh spinach, chopped
- ½ tsp salt, to taste (optional, not included in nutrition info)
- ¼ tsp freshly ground black pepper
- 2 tbsp grated Parmesan cheese



Instructions

1. In large saucepan, heat oil over medium high. Add onion and sauté until softened, about 4 minutes.
2. Stir in tomatoes and basil. Cook until tomatoes are tender, about 5 minutes.
3. Transfer mixture to blender or food processor. Purée until smooth, return to pot.
4. Add broth, bring to boil.
5. Add spinach, cook until wilted, about 1 minute.
6. Season with salt and pepper. Ladle into serving bowls and garnish with Parmesan cheese.

Nutritional Information

Per Serving—Calories 64, Total Carbs 7g, Dietary Fiber 2g, Saturated Fat 1g, Sodium 237mg, Total Fat 3g, Cholesterol 3mg (2.5mg), Sugars 4g, Protein 3g

** This recipe was not tested by the SLENDA® Product test kitchen team.*

Warm Toasted Sesame Chicken Salad

Prep Time: 12 minutes | Cook Time: 7 minutes | Servings: 6

Bites of chicken sautéed with lemon, ginger, coriander, and toasted sesame seeds.

Ingredients

- ¼ cup sesame seeds
- 3 boneless skinless chicken breasts
- 1 tbsp olive oil (or grapeseed oil)
- 1 cup fresh chopped green onion
- ½ cup low sodium chicken broth
- ¼ cup fresh lemon juice
- 1 tbsp fresh ginger root, minced
- 1 tbsp Asian mustard
- ½ tsp salt (optional, not included in nutrition info)
- 1 tsp SLENDA® No Calorie Sweetener, Granulated
- 1 tsp ground coriander
- 1 head green lettuce



Instructions

1. Preheat oven to 350°F.
2. On small baking sheet, spread sesame seeds in single layer. Bake 2 minutes, or until golden.
3. Wash and dry chicken. Cut into 1" cubes.
4. In large skillet, heat olive oil over medium. Add chicken. Sauté 5 minutes, until chicken is cooked.
5. Add half of sesame seeds, onions, broth, lemon juice, ginger, mustard, salt, SLENDA® Granulated Sweetener, and coriander. Cook 2 minutes over medium heat.
6. Arrange lettuce on serving plate. Spoon chicken mixture on top. Sprinkle with remaining sesame seeds.

Nutritional Information

Per Serving—Calories 129, Total Carbs 3g, Dietary Fiber 1g, Saturated Fat 1g, Sodium 151mg, Total Fat 6g, Cholesterol 33mg, Sugars 1g, Protein 15g

** This recipe was not tested by the SLENDA® Product test kitchen team.*

Thai Lemon Lime Shrimp Salad

Prep Time: 20 minutes | Cook Time: 30 minutes | Servings: 4

Shrimp mixed with apples, lemon and lime juices, shallots, and herbs, served over lettuce leaves.

Ingredients

- 1 Granny Smith apple, peeled, cored and cut into slivers
- 3 tbsp fresh lemon juice
- 3 tbsp fresh lime juice
- 2 medium shallots, thinly sliced
- 1 ½ tbsp fresh cilantro, chopped
- ½ oz fresh mint, chopped (or 1 tbsp dried mint)
- 2 tsp fish sauce (or low sodium soy sauce)
- 2 medium garlic cloves, finely chopped
- ¼ tsp hot red pepper flakes (or to taste)
- 2 scallions, thinly sliced
- 4 cups tap water
- 1 lb raw medium shrimp, peeled, halved lengthwise and deveined
- 2 heads Boston lettuce, washed and dried
- 4 sprigs fresh peppermint, for garnish



Instructions

1. In large mixing bowl, toss apple slivers with lemon and lime juices, shallots, cilantro, mint, fish (or soy) sauce, garlic, pepper flakes, and scallions. Set aside.
2. In medium pan, bring water to a boil. Add shrimp and cook 1 minute, or until shrimp is pink in color. Drain and add to apple mixture.
3. Toss gently, cover and refrigerate at least 30 minutes.
4. Serve on lettuce leaves and garnish with mint sprig.

Nutritional Information

Per Serving—Calories 195, Total Carbs 14g, Dietary Fiber 3g, Saturated Fat 1g, Sodium 438mg, Total Fat 3g, Cholesterol 196mg, Sugars 6g, Protein 28g

** This recipe was not tested by the SLENDA® Product test kitchen team.*

Brie and Mango Quesadillas

Prep Time: 12 minutes | Cook Time: 7 minutes | Servings: 12

A fruity twist on a classic quesadilla.

Ingredients

½ cup fresh red onion, chopped
4 oz canned green chile peppers, diced
6 low carb tortillas (10-inch)
10 oz Brie cheese, sliced
1 fresh mango, peeled and diced
½ cup fresh green onion, chopped
½ cup tomato, chopped
Cooking spray



Instructions

1. Preheat oven to 425°F.
2. Lightly coat baking sheet with cooking spray. Set aside.
3. Coat skillet with cooking spray and heat over medium. Add onion and cook 5 minutes.
4. Remove from heat and stir in green chile peppers.
5. Arrange 3 tortillas on prepared baking sheet. Top each tortilla with equal amounts brie, mango, tomato, red onion mixture, and green onions. Top each with another tortilla.
6. Bake 6 - 8 minutes or until cheese melts. Use pizza cutter or sharp knife to slice into quarters. Serve warm.

Nutritional Information

Per Serving—Calories 102, Total Carbs 14g, Dietary Fiber 6g, Saturated Fat 2g, Sodium 395mg, Total Fat 4g, Cholesterol 9mg, Sugars 1g, Protein 8g

** This recipe was not tested by the SLENDA® Product test kitchen team.*

Tasty Teriyaki Chicken

Prep Time: 30 minutes | Cook Time: 1 hour | Servings: 12

*A much requested chicken recipe!
Easy to double for a large group.*

Ingredients

- 1 tbsp cornstarch
- 1 tbsp cold water
- ½ cup SLENDA® No Calorie Sweetener, Granulated
- ½ cup soy sauce
- ¼ cup cider vinegar
- 1 clove garlic, minced
- ½ tsp ground ginger
- ¼ tsp ground black pepper
- 12 chicken breast halves, skinless, boneless



Instructions

1. In a small saucepan over low heat, combine the cornstarch, cold water, SLENDA® Granulated Sweetener, soy sauce, vinegar, garlic, ginger and ground black pepper. Let simmer, stirring frequently, until sauce thickens and bubbles.
2. Preheat oven to 425°F.
3. Place chicken pieces in a lightly greased 9x13 inch baking dish. Brush chicken with the sauce. Turn pieces over, and brush again.
4. Bake in the preheated oven for 30 minutes. Turn pieces over, and bake for another 30 minutes, until no longer pink and juices run clear. Brush with sauce every 10 minutes during cooking.

Nutritional Information

Per Serving—Calories 140, Total Carbs 3g, Dietary Fiber 0g, Saturated Fat 1g, Sodium 660mg, Total Fat 3g, Cholesterol 65mg, Sugars 1g, Protein 25g

Oven “Fried” Parmesan Chicken

Prep Time: 15 minutes | Cook Time: 1 hour | Servings: 8

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

Ingredients

6 oz plain yogurt
 ¼ cup fresh lemon juice
 1 ½ tbsp Dijon mustard
 1 tsp minced garlic
 ½ tsp oregano leaves
 8 boneless skinless chicken breasts
 1 cup whole wheat breadcrumbs
 ¼ cup grated Parmesan cheese
 2 tbsp margarine (trans-fat-free)
 1 cup ground almonds



Instructions

1. Rinse chicken under cool water. Pat dry with paper towels and place in large dish.
2. In mixing bowl, combine yogurt, lemon juice, mustard, garlic, and oregano.
3. Pour mixture over chicken, turning to coat. Cover and marinate 2 hours, or overnight.
4. Drain marinade from chicken. Discard marinade.
5. Lightly coat baking sheet with nonstick cooking spray.
6. Combine breadcrumbs, ground almonds, and cheese. Coat chicken with mixture.
7. Place chicken on tray, cover and refrigerate 1 hour.
8. Preheat oven to 350°F.
9. In small saucepan, melt margarine.
10. Drizzle margarine over chicken; bake 45 - 60 minutes, or until juices run clear when pierced with fork.

Nutritional Information

Per Serving—Calories 267, Total Carbs 8g, Dietary Fiber 2g, Saturated Fat 3g, Sodium 293mg, Total Fat 11g, Cholesterol 78mg, Sugars 3g, Protein 32g

** This recipe was not tested by the SLENDA® Product test kitchen team.*

Cashew Topped Asian Beef

Prep Time: 10 minutes | Cook Time: 15 minutes | Servings: 4

Spicy beef sautéed with red bell peppers and mushrooms, topped with crunchy cashews.

Ingredients

- 1 lb extra lean ground beef (95% lean)
- 1 medium garlic clove, minced
- ½ small onion, chopped
- ½ large red bell pepper, julienned
- ¼ cup low sodium soy sauce
- 8 oz fresh, brown mushrooms, sliced
- ¼ cup fresh basil, chopped
- ½ tsp hot red pepper flakes
- 2 tbsp unsalted cashews, chopped



Instructions

1. Cook beef, garlic, and onion over medium-high heat five minutes, until meat is browned and onion tender. Drain.
2. Add bell peppers and soy sauce. Sauté five minutes or until tender.
3. Add mushrooms and basil. Sauté five to seven minutes.
4. Sprinkle with red pepper flakes and top with cashews. Heat thoroughly.

Nutritional Information

Per Serving—Calories 195, Total Carbs 7g, Dietary Fiber 1g, Saturated Fat 2g, Sodium 455mg, Total Fat 6g, Cholesterol 60mg, Sugars 2g, Protein 28g

** This recipe was not tested by the SLENDA® Product test kitchen team.*

Grilled Fish with Orange Chile Salsa

Prep Time: 10 minutes | Cook Time: 10 minutes | Servings: 4

Orange roughy topped with a refreshing, zesty salsa.

Ingredients

- 3 medium oranges, peeled and sectioned
- ¼ small red, green, or yellow bell peppers, finely diced
- 3 tbsp fresh cilantro, chopped, divided
- 3 tbsp fresh lime juice, divided
- 1 tbsp honey
- 1 tsp serrano chile peppers, seeded and minced
(or 1 tablespoon minced jalapeno pepper)
- 1 ¼ lb orange roughy fillet (or other firm white fish)
- 1 medium lime, sliced
- 1 medium zucchini, sliced and cooked
- 1 tbsp olive oil



Instructions

1. Prepare orange chile salsa by combining orange segments, bell pepper, 2 tablespoons cilantro, 2 tablespoons lime juice, honey, and serrano pepper. Stir, set aside.
2. Preheat grill to medium. Lightly oil grill grates with olive oil.
3. Season fish with remaining 1 tablespoon cilantro and 1 tablespoon lime juice.
4. Place fish on grill, cover and cook 5 minutes.
5. Turn and top with lime slices, if desired.
6. Grill about 5 minutes until fish flakes easily with fork.
7. Garnish with zucchini slices and serve with orange chile salsa.

Nutritional Information

Per Serving—Calories 224, Total Carbs 21g, Dietary Fiber 7g, Saturated Fat 0g, Sodium 122mg, Total Fat 5g, Cholesterol 96mg, Sugars 12g, Protein 28g

** This recipe was not tested by the SLENDA® Product test kitchen team.*

Citrus Glazed Chicken with Almonds

Prep Time: 20 minutes | Cook Time: 30 minutes | Servings: 4

A fabulous sweet and sour citrus glaze for chicken, with fresh herbs and toasted almonds.

Ingredients

- 4 (4 ounce) boneless, skinless chicken breasts
- 3 tablespoons orange juice concentrate, thawed
- 2 tablespoons fresh lemon juice
- ½ cup chicken broth
- 3 tablespoons SLENDA® No Calorie Sweetener, Granulated
- 1½ teaspoons cornstarch
- 1 tablespoon unsalted butter
- 1 tablespoon chopped fresh chives
- 1 tablespoon chopped fresh parsley
- ¼ cup almond slices, toasted



Instructions

1. Preheat oven to 425 degrees F. Place chicken breasts on an ungreased baking sheet. Brush with one tablespoon of orange juice concentrate (reserve remaining concentrate for sauce). Bake in oven 15-20 minutes or until cooked through.
2. Place remaining orange juice concentrate, lemon juice and chicken broth in a small saucepan. Blend together SLENDA® No Calorie Sweetener, Granulated and cornstarch in a small bowl. Stir cornstarch mixture into broth. Heat over medium-high heat and simmer 8-10 minutes or until the sauce starts to thicken slightly. Remove from heat. Whisk butter into sauce. Add chives and parsley. Pour sauce over chicken breasts. Sprinkle almonds over breasts and serve.

Nutritional Information

Per Serving—Calories 220, Total Carbs 9g, Dietary Fiber 1g, Saturated Fat 3g, Sodium 220mg, Total Fat 7g, Cholesterol 75mg, Sugars 7g, Protein 28g

Grilled Salmon with Cucumber Relish

Prep Time: 80 minutes | Cook Time: 10-15 minutes | Servings: 4

This cucumber relish is a show-stopper. Serve it with grilled salmon or any other type of fish you like.

Ingredients

2 cups chopped cucumber
¼ cup finely chopped red onion
¼ cup diced tomato
2 tablespoons chopped fresh basil
¼ teaspoon salt
¼ teaspoon black pepper
2 tablespoons olive oil
2 tablespoons white vinegar
3 tablespoons SLENDA® ESSENTIALS™ No Calorie Sweetener, 1 Gram of Fiber, Granulated
4 (6 ounce) salmon fillets (grilled to desired doneness)



Instructions

1. Combine all ingredients except salmon in a medium size bowl. Refrigerate at least 1 hour.
2. Grill salmon to desired doneness and top with relish.

Nutritional Information

Per Serving—Calories 280, Total Carbs 6g, Dietary Fiber 3g, Saturated Fat 2g, Sodium 260mg, Total Fat 13g, Cholesterol 90mg, Sugars 2g, Protein 35g

Baked Custard with Raspberry Sauce

Prep Time: 10 minutes | Cook Time: 45 minutes | Servings: 6

Oven-baked custard drizzled with fresh raspberry purée.

Ingredients

Baked Custard

- 3 eggs, slightly beaten
- ½ cup SLENDA® No Calorie Sweetener, Granulated
- 1 tsp vanilla extract
- 1 pinch salt
- 2 ½ cups whole milk, very warm
- 1 pinch ground nutmeg

Raspberry Sauce

- 1 cup fresh raspberries (or frozen raspberries, thawed & drained)
- 1 tbsp cold water
- 1 tsp agave nectar (or honey)



Instructions

Baked Custard

1. Heat oven to 350°F.
2. In medium bowl, mix eggs, SLENDA® Granulated Sweetener, vanilla, and salt. Slowly stir in milk.
3. Pour into six 6-ounce custard cups. Sprinkle with nutmeg.
4. Place cups in 13" x 9" x 2" baking dish, on oven rack. Pour very hot water into pan to within ½ inch of tops of cups.
5. Bake 45 minutes or until knife inserted halfway between center and edge comes out clean. Remove cups from water. Let cool 30 minutes. Unmold and serve warm with fresh Raspberry Sauce.

Raspberry Sauce

1. Place raspberries, water, and agave nectar (or honey) in food processor or blender. Cover and process until smooth. Press through food sieve to remove seeds, if desired.

Nutritional Information

Per Serving—Calories 120, Total Carbs 10g, Dietary Fiber 1g, Saturated Fat 3g, Sodium 105mg, Total Fat 6g, Cholesterol 120mg, Sugars 7g, Protein 7g

** This recipe was not tested by the SLENDA® Product test kitchen team.*

Easy Strawberry Sherbet

Prep Time: 10 minutes | Freeze Time: 2-3 hours | Servings: 4

Homemade sherbet made with whole milk and fresh fruit.

Ingredients

- 1 cup whole milk
- ¼ cup SLENDA® No Calorie Sweetener, Granulated (to taste)
- 1 cup fresh sliced strawberries, chilled

Instructions

1. Pour milk into divided ice cube trays and freeze until solid, approximately 2 to 3 hours.
2. Remove frozen milk cubes from freezer and let stand at room temperature for 5 minutes.
3. In food processor, pulse frozen milk cubes until broken, then puree until smooth.
4. Add SLENDA® Granulated Sweetener and strawberries, ⅓ cup at a time. Continue adding berries and pulsing until the mixture is smooth.
5. Spoon sherbet into dishes and serve immediately, or cover and place in freezer until desired firmness is reached.

Nutritional Information

Per Serving—Calories 57, Total Carbs 8g, Dietary Fiber 1g, Saturated Fat 1g, Sodium 32mg, Total Fat 2g, Cholesterol 9mg, Sugars 5g, Protein 2g



Nutty Chocolate Meltaways

Prep Time: 20 minutes | Servings: 50 Truffles

Chocolate-coconut-hazelnut truffles that melt in your mouth.

Ingredients

- 1 $\frac{3}{4}$ cups hazelnuts, skin removed, finely chopped, divided
- 6 oz dark chocolate bar, 70% to 85% cacao, shaved or small chunks
- 12 oz heavy whipping cream
- 1 $\frac{3}{4}$ cups flaked unsweetened coconut, divided
- 6 oz semi-sweet chocolate chips
- 2 tbsp agave nectar, all natural



Instructions

1. Add 1 cup water to bottom of double boiler. Replace top pan. Bring water to boil over high and reduce heat to medium.
2. Combine chocolate and heavy cream in top pan of double boiler. Heat 5 minutes, stirring constantly until chocolate is melted and cream 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. Allow mixture to come to room temperature. Cover and refrigerate for 1 to 2 hours, until chocolate mixture is solid, but pliable.
5. Line 2 baking sheets with parchment paper.
6. Using small ice cream scooper or melon baller, scoop chocolate balls (about 1 inch in diameter) onto baking sheets. Roll into smooth balls with hands.
7. In small shallow bowl, combine the remaining coconut and hazelnuts. Roll each truffle to coat completely, and replace on baking sheet. Cover with plastic wrap, and place in freezer for 3 to 4 hours.
8. Store truffles in airtight container in refrigerator for up to 1 week or in freezer for up to 1 month.

Nutritional Information

Per Serving—Calories 92, Total Carbs 6g, Dietary Fiber 1g, Saturated Fat 4g, Sodium 2mg, Total Fat 7g, Cholesterol 2mg, Sugars 2g, Protein 1g

** This recipe was not tested by the SLENDA® Product test kitchen team.*

Homemade Chai

Prep Time: 10 minutes | Cook Time: 10 minutes | Servings: 3

Enjoy the exotic flavor of Chai tea without leaving the comfort of your own home with this easy recipe.

Ingredients

3 slices fresh ginger, peeled
3 packets SLENDA® No Calorie Sweetener
12 black peppercorns
3 whole cloves
2 cardamom pods
1 cinnamon stick, 3 inch
2 cups water
2 Darjeeling tea bags
½ cup 2% reduced-fat milk



Instructions

1. Combine first 7 ingredients in a small saucepan. Bring to a boil. Remove from heat. Add teabags, cover and steep 5 minutes. Remove spices and tea bags with a slotted spoon and discard.
2. Add milk and cook over medium heat until thoroughly heated. Do not boil. Serve immediately.

Nutritional Information

Per Serving—Calories 40, Total Carbs 7g, Dietary Fiber 2g, Saturated Fat 1g, Sodium 30mg, Total Fat 1g, Cholesterol 5mg, Sugars 2g, Protein 2g

Hot Spiced Tea

Prep Time: 5 minutes | Servings: 1

Warm up with this speedy variation of spiced tea.

Ingredients

1 cup water
1 regular-size tea bag
½ cinnamon stick
4 whole cloves
3 packets SLENDA® No Calorie Sweetener
1 tbs fresh orange juice
1 tsp fresh lemon juice
Lemon and orange slices (Optional Garnishes)



Instructions

1. Bring water to a boil. Pour over tea bag, cinnamon stick and cloves in a teapot; cover and steep 5 minutes. Remove tea bag, squeezing gently. Stir SLENDA® Granulated Sweetener, orange juice, and lemon juice into tea. Pour tea through a wire-mesh strainer into cups, discarding spices.
2. To make 4 servings: Bring 4 cups water to a boil. Pour over 3 regular-size tea bags, 2 cinnamon sticks, and ½ teaspoon whole cloves in a teapot; cover and steep 5 minutes. Remove tea bags, squeezing gently. Stir 12 packets SLENDA® Granulated Sweetener, ¼ cup orange juice and 1½ teaspoons fresh lemon juice into tea. Pour tea through a wire-mesh strainer into cups, discarding spices.

Nutritional Information

Per Serving—Calories 35, Total Carbs 8g, Dietary Fiber 2g, Saturated Fat 0g, Sodium 20mg, Total Fat 0g, Cholesterol 0mg, Sugars 4g, Protein 1g

Apricot Tea Sparkler

Prep Time: 10 minutes | Servings: 6

A sparkling and refreshing combination of green tea and apricot.

Ingredients

2 cups green tea, prepared and cooled
⅔ cup canned apricot nectar juice drink
1 ⅓ cups sparkling water
8 oz ice cubes
1 mint sprig (as garnish)

Instructions

1. In a large pitcher, combine green tea, apricot nectar, and sparkling water.
2. Pour into ice-filled glasses and serve with a mint sprig.

Nutritional Information

Per Serving—Calories 49, Total Carbs 12g, Dietary Fiber 0g, Saturated Fat 0g, Unsaturated Fat 0g, Sodium 5mg, Total Fat 0g, Cholesterol 0mg, Sugars 12g, Protein 0g

** This recipe was not tested by the SLENDA® Product test kitchen team.*



Fruity Spinach Salad

Prep Time: 10 minutes | Servings: 6

Baby spinach leaves, ripe grapefruit, and crisp apples tossed in a red wine vinaigrette.

Ingredients

3 tablespoons SLENDA® ESSENTIALS™ No Calorie Sweetener, 1 Gram of Fiber, Granulated
2 tablespoon red wine vinegar
3 tablespoons olive oil
12 ounce bag baby spinach
1 (4½ ounce) can grapefruit sections, drained
1 medium size apple, sliced
¼ cup red onion, sliced



Instructions

1. Mix SLENDA® ESSENTIALS™ Granulated Sweetener with Fiber and vinegar in a small size bowl. Whisk in olive oil.
2. Toss dressing with remaining ingredients in a large size bowl.

Nutritional Information

Per Serving—Calories 110, Total Carbs 14g, Dietary Fiber 5g, Saturated Fat 1g, Sodium 90mg, Total Fat 7g, Cholesterol 0mg, Sugars 5g, Protein 2g

Three Bean Salad

Prep Time: 20 minutes | Servings: 12

Italian dressing mix is the secret ingredient in this healthy salad that makes a great side dish or snack.

Ingredients

- 1 can (14 ½ oz) green beans, drained
- 1 can (16 oz) can kidney beans, drained
- 1 can (15 ½ oz) garbanzo beans, drained
- ½ cup green pepper, chopped
- ½ cup red onion, chopped
- 1 tbsp garlic, minced
- 3 tbsp olive oil (or grapeseed oil)
- ¼ cup cider vinegar
- 3 tbsp SLENDA® ESSENTIALS™ No Calorie Sweetener, 1 Gram of Fiber, Granulated
- 1 packet (.7 oz) dry Italian dressing mix



Instructions

1. Combine all ingredients in a medium size mixing bowl. Mix and refrigerate until ready to serve.

Nutritional Information

Per Serving (½ cup)—Calories 130, Total Carbs 20g, Dietary Fiber 6g, Saturated Fat 1g, Sodium 380mg, Total Fat 4g, Cholesterol 0mg, Sugars 2g, Protein 5g

Cucumber Yogurt Salad

Prep Time: 10 minutes | Servings: 4

Diced cucumbers mixed into Indian-spiced yogurt.

Ingredients

4 oz plain yogurt (Greek style)
 1 oz fresh mint, chopped
 ¾ tsp ground cumin
 ½ tsp salt, to taste (optional,
 not included in nutrition info)
 ⅛ tsp ground coriander
 ⅛ tsp ground cayenne pepper
 ½ medium cucumber



Instructions

1. In a medium bowl, whisk together yogurt, mint, cumin, salt, coriander, and cayenne pepper.
2. Peel and dice cucumber.
3. Add cucumber to yogurt mixture. Stir until well mixed.
4. Serve immediately. Can be covered and refrigerated for up to 4 days.

Nutritional Information

Per Serving—Calories 26, Total Carbs 3g, Dietary Fiber 1g, Saturated Fat 0g, Sodium 31mg, Total Fat 0g, Cholesterol 1mg, Sugars 3g, Protein 2g

** This recipe was not tested by the SLENDA® Product test kitchen team.*

Chicken Almond Puffs

Prep Time: 15 minutes | Cook Time: 25 minutes | Servings: 12

Bite-sized baked pastries, made with chicken and almonds.

Ingredients

12 oz cooked chicken breast, finely chopped
 ½ cup whole almonds, toasted and chopped
 1 cup low sodium chicken broth
 ½ cup vegetable oil (or grapeseed oil)
 2 tsp Worcestershire sauce
 1 tbsp dried parsley
 1 tsp seasoned salt
 1 tsp celery seeds
 ⅛ tsp ground cayenne pepper
 1 cup white whole wheat flour
 4 eggs



Instructions

1. Preheat oven to 450°F.
2. Combine chicken and almonds. Set aside.
3. In large saucepan, combine chicken broth, vegetable oil, Worcestershire sauce, parsley, seasoned salt, celery seed, and cayenne pepper.
4. Bring to boil. Add flour, stir to form smooth ball.
5. Remove from heat and let stand for 5 minutes.
6. Add eggs, one at a time, beating well after each. Beat until smooth.
7. Add chicken and almonds, stir.
8. Drop heaping teaspoonfuls onto greased baking sheets.
9. Bake 12 to 14 minutes or until golden brown. Serve warm.

Nutritional Information

Per Serving—Calories 231, Total Carbs 14g, Dietary Fiber 2g, Saturated Fat 3g, Sodium 349mg, Total Fat 16g, Cholesterol 83mg, Sugars 1g, Protein 8g

** This recipe was not tested by the SLENDA® Product test kitchen team.*

Spinach and Water Chestnut Dip

Prep Time: 10 minutes | Servings: 18

Garlic and green onions add robust flavor to this creamy, crunchy dip.

Ingredients

- 10 oz frozen chopped spinach, thawed
- ½ cup sliced water chestnuts, drained
- 3 fresh green onions
- 2 medium garlic cloves
- ½ cup sour cream
- ½ cup plain whole milk yogurt
- ½ tsp spicy brown mustard
- 1 pinch salt (optional, not included in nutrition info)
- 1 pinch black pepper (optional, not included in nutrition info)



Instructions

1. Spread spinach on clean dish towel. Place second dish towel on top. Roll and wring to absorb excess water.
2. In food processor fitted with chopping blade, finely chop water chestnuts, green onions, and garlic.
3. Add spinach. Process for 10 seconds.
4. Add sour cream, yogurt, mustard, salt, and pepper. Process for 30 seconds, or until smooth.
5. Transfer to serving bowl. Cover and refrigerate for at least 1 hour before serving.

Nutritional Information

Per Serving—Calories 30, Total Carbs 3g, Dietary Fiber 0g, Saturated Fat 1g, Sodium 32mg, Total Fat 1g, Cholesterol 5mg, Sugars 1g, Protein 1g

** This recipe was not tested by the SLENDA® Product test kitchen team.*

4 Menu Makeover Tips

1. Eat foods in their natural state

Mother Nature is no dummy — the edible skins, pulp, and membranes of fruits and vegetables contain nutrients that promote health. Animal foods like meat, fish, poultry, and dairy are all best consumed in their natural state, without additives and processing. Do the best you can to eat like our ancestor farmers and foragers did — eat foods the way they're packaged by Mother Nature.

2. Use grapeseed oil

Olive oil is the reigning star of cooking oils because of all the research done on the Mediterranean diet and its cardiovascular benefits. But the far less well known grapeseed oil has also been shown to have positive effects on cholesterol, and it's rich in antioxidants to boot. The other good thing about grapeseed oil is that it has a higher smoke point than olive oil (425 degrees F versus 325 degrees F). This difference means you can safely set your burner to medium-high versus medium. Grape seed oil has a very mild flavor so can be used in almost any culinary endeavor from sautéing to baking. Try mixing it with a flavored vinegar and use as a dressing for green or three-bean salads.

3. Eat low glycemic

The glycemic index is a measurement of the carbohydrate action of foods. Foods that have a gram-for-gram equivalent quantity of carbohydrates may impact blood glucose levels differently. Foods that have a low glycemic index (GI), such as beans, raise blood glucose at a slower and steadier level than those with a high GI (such as potatoes and pasta), which can cause a dramatic spike in blood glucose levels. Pick up a guide, such as *The New Glucose Revolution* by Drs. Jennie Brand Miller and Thomas Wolever, the authoritative printed guide to the GI.

4. Up your intake of omega-3 oils

Research has shown that the omega-3 fatty acids in cold water fish like salmon have potent health benefits, all of which are especially important for people with diabetes. To get more omega-3s into your diet, try using canned salmon to make salmon salad or salmon cakes. Not only is it more convenient and shelf-stable, the salmon that's canned is almost always wild salmon, which contains significantly lower levels of environmental pollutants than farmed salmon — and a better overall nutrient profile.