

# Breakfast

## Zucchini Carrot Muffins

### INGREDIENTS

- $\frac{3}{4}$  cup rolled oats
- 2  $\frac{1}{2}$  cups whole-wheat flour
- $\frac{2}{3}$  cup nonfat milk
- $\frac{1}{2}$  cup ground flax seed
- 3 tsp. baking powder
- $\frac{3}{4}$  cup Splenda
- 1 tbsp. ground cinnamon
- 2 tsp. ground nutmeg
- 3 tbsp. Smart Balance Omega oil
- 3 egg whites, beaten
- 1 cup carrots, finely shredded
- $\frac{1}{2}$  cup zucchini, stemmed and grated



### DIRECTIONS

Preheat oven to 350 degrees. Combine all ingredients and mix well; pour into muffin liners in muffin pans. Bake for about one hour. Let cool for about 30 minutes before removing.

## Western Omelet

### INGREDIENTS

- 2 large eggs
- 2 tbsp. smart balance light margarine
- 4 oz. extra- lean, lower-sodium ham, cooked, sliced, and diced
- $\frac{1}{2}$  cup diced onion
- $\frac{1}{2}$  cup diced bell pepper



### DIRECTIONS

Make each omelet individually. Whisk eggs together. Place margarine in a skillet and melt. When it just begins to brown, the skillet is the right temperature. Pour a single portion of egg into the skillet and cook quickly. Fold the ham, onions, and peppers into the omelet and cover. Repeat for additional omelets.

# Meals

## Sweet Apple Pork Chops

### INGREDIENTS

- 1 ½ cups apple cider
- ¼ cup lemon juice
- 2 tbsp. light soy sauce
- 2 tbsp. honey
- 1 clove garlic minced
- ¼ tsp. pepper
- 1 tsp. cinnamon
- ¾ lb. boneless sirloin pork chops (trimmed of visible fat)

### DIRECTIONS

1. Combine all ingredients except pork; mix well. Place pork in shallow dish; pour marinade over pork. Cover and refrigerate six to 24 hours.



2. Prepare a covered grill with drip pan in the center. Grill chops for 20-25 minutes, turning once and basting occasionally with marinade.

## Citrus Grilled Shrimp with Spring Greens

### INGREDIENTS

- Cooking spray
- 2 clementine oranges, juiced
- 1 lime, juiced
- Dash of hot sauce
- 1 clove garlic, minced
- ¼ tsp. pepper
- 16 large shrimp, raw
- 4 cups spring mix salad

### DRESSING INGREDIENTS

- 2 clementine oranges, juiced
- 2 tbsp. olive oil



### DIRECTIONS

In a medium bowl, whisk together orange and lime juice, hot sauce, garlic and pepper. Add shrimp to bowl and place in refrigerator to marinate for 20 minutes. Heat grill to medium and spray with cooking spray. Place shrimp on skewers and grill for 2-3 minutes on each side or until shrimp is cooked. Serve on top of spring mix salad with clementine slices. Whisk together dressing ingredients and combine with salad. Serve immediately.

## Skinny Cheesy Scalloped Potatoes

### INGREDIENTS

- 5 cups sliced potatoes
- 3 tbsp. butter
- 3 tbsp. all-purpose flour
- 1 ½ cups almond milk or other milk substitute
- 1 tsp. cayenne pepper
- 1 tsp. minced garlic
- 1 ½ cups shredded reduced-fat cheddar cheese
- Parsley to top

### DIRECTIONS

Preheat oven to 350 degrees. Spray casserole dish with cooking spray. Melt butter in a saucepan over medium heat and gradually add flour until smooth. Add almond milk while continuing to



whisk. Add garlic, salt and cayenne pepper. Continue to cook, stirring often until smooth and boiling. Remove from heat and add 1 cup of cheese to pan. Stir until smooth. Layer half of the sliced potatoes in the casserole dish and add half the cheese sauce over potatoes. Repeat until casserole dish is full. Top with a half cup of cheese and bake for one hour or until potatoes are tender.

## Budget-Friendly Roasted Veggie Tacos

### INGREDIENTS

- Cooking spray
- 2 medium zucchini, diced
- 5 large carrots, diced
- 1 small onion, diced
- 1 red bell pepper, diced
- 1 ½ tbsp. olive oil
- 1 garlic clove, minced
- 1 tomato, diced
- 1 15 oz. can pinto beans, rinsed
- 1 ¼ tbsp. chili powder
- 1 tsp. cumin
- ¾ tsp. black pepper
- (8) 6 inch corn tortillas
- 1 cup shredded lettuce
- ½ cup queso fresco cheese



### DIRECTIONS

Preheat oven to 400 degrees and spray baking sheet with cooking spray. Place zucchini, carrots, onions, and red pepper on baking sheet. Add olive oil and garlic and toss evenly over vegetables. Bake for 15-18 minutes and remove from oven. Heat a medium sized pan over medium heat and coat with cooking spray. Add tomatoes and sauté for 1 minute. Add beans, chili powder, cumin, and pepper. Sauté for 2 minutes and add cooled vegetables to mix. Serve half a cup of vegetables per tortilla and then top with lettuce and cheese.

# Dessert

## Cherry Crisp Dessert

### INGREDIENTS

- 1 (20-oz) can light cherry pie filling
- 3/8 tsp. almond extract
- 3 1/2 tbsp. smart balance margarine, melted
- 2 cups rolled oats, dry
- 1/4 cup Splenda

### DIRECTIONS

Place pie filling and almond extract in a baking dish that has sides about 2 inches high. Stir until blended; set aside. Place melted margarine in a small bowl; add oats and Splenda. Stir until well mixed. Spoon mixture evenly over pie filling. Bake at 350 F for about 30 minutes. Serve warm.



## Fruit and Crème Parfait

### INGREDIENTS

- 1 cup fat-free whipped topping
- 1 cup fat-free plain yogurt
- 1/4 cup Splenda
- 2 cup berries
- 1 cup low-fat granola cereal

### DIRECTIONS

Place whipped topping, yogurt, and Splenda in medium bowl. Stir until thoroughly blended into a crème. To make each parfait, place a layer of each of the following in a parfait glass in the order listed: 1/4 cup crème, 1/4 cup berries, 3 tbsp. granola, 3 tbsp. crème, 1/4 cup berries, 1 tbsp. crème, and finish with 1 tbsp. granola. Serve immediately or place in the refrigerator up to 2 hours before serving.



*Find these recipes and more in The Ultimate Diabetes Meal Planner by Jaynie Higgins and David Groetzinger.*

MeridianComplete is a health plan that contracts with both Medicare and Illinois Medicaid to provide benefits of both programs to enrollees.

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