



Dijon-Crusted Chicken Breasts

- 1/3 cup dry bread crumbs
- 1 tablespoon grated Parmesan cheese
- 1 teaspoon Italian seasoning
- 1/2 teaspoon dried thyme
- 1/4 teaspoon salt
- 1/4 teaspoon pepper

- 4 boneless skinless chicken breast halves (4 ounces each)
- 2 tablespoons Dijon mustard
- 1 teaspoon olive oil
- 1 teaspoon reduced-fat margarine

Place the first six ingredients in a shallow bowl. Brush chicken with mustard; roll in crumb mixture

In a large skillet, cook chicken in oil and margarine over medium heat for 5 - 6 minutes on each side or until juices run clear.

Yield: 4 servings, Prep time 25 min.

Nutrition Facts: 1 chicken breast half equals 169 calories, 5 g fat (1 g saturated fat), 63 mg cholesterol, 380 mg sodium, 6 g carbohydrate, trace fiber, 24 protein.

Diabetic Exchanges: 3 very lean meat, 1/2 starch, 1/2 fat.

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Whipped Autumn Vegetables

- 2 pounds sweet potatoes, peeled and cubed (about 3 large)
- 3 medium parsnips peeled and sliced
- 1/2 cup chopped dried apricots
- 1 cup apple cider or unsweetened apple juice
- 2 tablespoons butter, melted
- 1/2 teaspoon salt
- 1/8 teaspoon pepper



Place the sweet potatoes, parsnips and apricots in a large saucepan; cover with water. Bring to a boil. Reduce heat; cover and cook for 10 - 15

minutes or until vegetables are tender.

Meanwhile, in a small saucepan, bring apple cider to a boil; cook until reduced to 1/4 cup.

Drain vegetable mixture; cool slightly. Transfer to a food processor. Add the butter, salt, pepper and reduced cider. Cover and process for 1-2 minutes or until blended.

Yield: 9 servings, Prep time 30 min.

Nutrition Facts: 1/2 cup equals 159 calories, 3 g fat (2g saturated fat), 7 mg cholesterol, 163 mg sodium, 33 g carbohydrate, 5 g fiber, 2 g protein.

Diabetic Exchange: 2 starch

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Apple Cranberry Delight

- 1 - 1/2 cups fresh or frozen cranberries
- 1 - 3/4 cups unsweetened apple juice, divided
- 1 package (3 ounce) sugar-free cranberry gelatin
- 2 cups chopped peeled Golden Delicious apples

In a small saucepan, combine cranberries and 1 cup apple juice. Bring to a boil. Reduce heat; cover and simmer for 10-15 minutes or until the berries pop. Stir in gelatin until dissolved. Remove from the heat; stir in apples and remaining apple juice.

Pour into a 4 - cup mold coated with cooking spray. Refrigerate for 4 hours or until firm. Unmold onto a serving plate.

Yield: 6 servings, Prep time 25 min. + chilling

Nutrition Facts: 1/2 cup equals 70 calories, trace fat (trace saturated fat), 0 cholesterol, 42 mg sodium, 16 g carbohydrate, 2 g fiber, 1 g protein.

Diabetic Exchange: 1 fruit