

Delicious Dining

Eating Well With Diabetes

Can changing how you eat change your life? If you're one of the nearly 75 million Americans who have diabetes or pre-diabetes, it can.

According to the Centers for Disease Control (CDC) diabetes is a group of diseases marked by high levels of blood glucose resulting from the body not producing or properly using insulin, a hormone that converts sugar, starches and other food into energy needed for daily life. The good news is that diabetes can be managed with diet, exercise and medication (if needed). Some easy-to-follow meal planning tips include:

- **Veg Out:** Choose from the rainbow of colors available to maximize vegetable variety.
- **Fiber Up:** Look for foods that are fiber-rich, such as oatmeal, fruit and fiber-enriched pasta.
- **Eat Lean:** Choose skinless turkey or chicken breast, fish and lean cuts of meat (identified by "loin" or "round").
- **Drink Free:** Drink water and calorie-free beverages instead of those sweetened with sugar.

■ **Be Consistent:** Three meals with an occasional healthy snack help keep blood glucose regulated and prevent overeating.

"Keeping blood glucose levels as close to normal as possible is the main goal for people with diabetes. And food choices certainly play a significant role in that," said Tami Koss, RD, LD, CDE and 2008 Diabetes Care and Education Diabetes Educator of the Year. "The good news is that there are more food products on the market than ever before to help people with diabetes in their quest to maintain blood glucose levels without sacrificing taste."

One such product is Dreamfields pasta, which has twice the fiber, fewer digestible carbohydrates and a 65 percent lower glycemic index than traditional pasta. Its delicious taste and nutritional benefits make it a flavorful, nourishing pasta that's good for the entire family.

To create a healthful eating plan for your individual needs, consult with a qualified health care professional such as a registered dietitian or certified diabetes educator. For more information on diabetes visit www.diabetes.org. For delicious pasta recipes, visit www.dreamfieldsfoods.com.

No-Boil Lasagna

Preparation Time: 30 minutes
Cook Time: 50 minutes
Standing Time: 15 minutes
Makes 8 main dish servings

- 1 pound 90% lean ground beef
- 2 cups sliced mushrooms
- 1/2 cup chopped onion
- 2 cloves garlic, minced
- 1 jar (26 ounces) no-fat-added marinara sauce
- 1 can (14.5 ounces) diced tomatoes with basil, garlic and oregano, undrained
- 1/4 cup water
- 1 container (15 ounces) no-fat ricotta cheese
- 1/4 cup egg substitute OR 1 egg, beaten
- 1/2 teaspoon salt (optional)
- 1/2 teaspoon ground black pepper
- 10 uncooked Dreamfields lasagna noodles
- 1/2 cup shredded Parmesan cheese
- 1 1/2 cups shredded part-skim mozzarella cheese

- Preheat oven to 375°F. Heat large skillet over medium heat. Brown ground beef until no longer pink, about 7 minutes, stirring to break up beef; drain. Add mushrooms, onion and garlic; cook 3 minutes, stirring occasionally. Stir in marinara sauce, diced tomatoes and water; simmer, uncovered, 10 minutes.
- In medium bowl stir together ricotta, egg substitute, salt and pepper.
- In deep (12 x 10 x 2 1/2-inch) lasagna pan, or baking dish, spread 2 1/2 cups meat sauce. Place 4 noodles lengthwise and one noodle crosswise (break to fit) in a single layer, pressing noodles lightly. Spread half of ricotta mixture over noodles. Sprinkle with 1/4 cup Parmesan and 1/2 cup mozzarella. Spread 2 1/2 cups meat sauce over cheese. Layer remaining noodles, ricotta mixture and Parmesan. Spread with remaining meat sauce.
- Cover with aluminum foil. Bake at 375°F for 40 minutes. Uncover; sprinkle with remaining mozzarella. Continue baking 10 minutes. Let stand 15 minutes.

Nutrition information per serving (1/8 of recipe): 405 calories, 31 g protein, 22 g digestible carbohydrates*, 11 g total fat, 5 g saturated fat, 49 mg cholesterol, 855 mg sodium, 6 g total dietary fiber
*If traditional pasta is used in this recipe there are a total of 44 g carbohydrates.



Mexican Spaghetti Pie

Preparation Time: 30 minutes
Cook Time: 25 minutes
Standing Time: 5 minutes
Makes 4 main dish servings

- 8 ounces uncooked Dreamfields Spaghetti
- 1 tablespoon canola oil
- 1/4 cup egg substitute OR 1 egg, beaten
- 1/2 pound 90% lean ground beef or ground turkey breast
- 1/2 cup chopped green bell pepper
- 1 cup prepared salsa
- 1 cup frozen whole kernel corn
- Nonstick cooking spray
- 1/2 cup shredded reduced-fat Cheddar cheese
- Cherry tomatoes, cut up (optional)
- Fresh cilantro (optional)

- Preheat oven to 350°F. Cook spaghetti according to package directions; drain. Return to warm pan; toss with oil. Stir in egg substitute.
- Meanwhile, heat medium skillet over medium heat. Brown ground beef and bell pepper until beef is no longer pink and pepper is tender, stirring to break up beef; drain. Stir in salsa and corn.
- Coat 9-inch deep dish pie plate with cooking spray. Press spaghetti mixture onto bottom and up sides of pie plate. Top with beef mixture.
- Bake in 350°F oven 25 to 30 minutes or until heated through. Top with cheese. Let stand 5 to 10 minutes. Serve with cherry tomatoes and cilantro, if desired.

Nutrition information per serving (1/4 of recipe): 414 calories, 27 g protein, 19 g digestible carbohydrates*, 13 g total fat, 4 g saturated fat, 44 mg cholesterol, 583 mg sodium, 7 g total dietary fiber
*If traditional pasta is used in this recipe there are a total of 56 g carbohydrates.

Nearly 6 million people don't know they have diabetes.

Symptoms include:

- Excessive thirst
- Extreme hunger
- Frequent urination
- Unplanned weight loss
- Increased fatigue
- Irritability
- Blurry vision

If you feel you are at risk, see your doctor right away.

Types of diabetes

Type 1 diabetes

The body fails to produce insulin, the hormone that "unlocks" the cells of the body, allowing glucose to enter and fuel them.

Type 2 diabetes

This results from the body's inability to properly use insulin, combined with relative insulin deficiency. Some can control type 2 diabetes with diet, weight loss and exercise. Others take one or more medications, including insulin.

Pre-diabetes

Blood glucose levels are higher than normal but not high enough for a diagnosis of diabetes.



Garlic-Cream Penne and Chicken

Preparation Time: 30 minutes
Cook Time: 12 minutes
Makes 4 main dish servings

- 4 medium skinless, boneless chicken breast halves (about 1 pound total)
- 1/4 teaspoon salt
- 1/8 teaspoon ground black pepper
- 8 ounces (about 2 cups) uncooked Dreamfields Penne Rigate
- 1 tablespoon olive oil
- 1 large zucchini (10 to 12 ounces), halved lengthwise and sliced
- 2 cups sliced mushrooms
- 2 to 3 cloves garlic, minced
- 1 cup reduced-sodium chicken broth
- 1 tablespoon all-purpose flour
- 1/2 of 8-ounce tub fat-free cream cheese
- 1/4 cup dried tomatoes (not packed in oil), chopped
- 1 to 2 tablespoons snipped fresh parsley
- 2 tablespoons shredded Parmesan cheese (optional)

- Sprinkle chicken with salt and pepper. Grill chicken on rack of uncovered grill over medium heat 12 to 15 minutes until chicken is no longer pink (170°F), turning once.
- Cook pasta according to package directions; drain. Return to pan; cover and keep warm.
- Meanwhile, heat oil in large skillet over medium heat. Cook zucchini, mushrooms and garlic 5 minutes or until vegetables are crisp-tender, stirring occasionally. Add to pasta.
- In small bowl whisk together broth and flour. Add to warm skillet with cream cheese. Whisk until smooth and bubbly. Cook and stir 1 minute. Stir in tomatoes. Add pasta to pan; toss to coat. Divide pasta mixture among four plates. Cut chicken into thin slices; arrange over pasta. Sprinkle with parsley and Parmesan cheese, if desired.

Note: Chicken can be broiled instead of grilled.

Nutrition information per serving (1/4 of recipe): 425 calories, 43 g protein, 14 g digestible carbohydrates*, 8 g total fat, 2 g saturated fat, 77 mg cholesterol, 620 mg sodium, 7 g total dietary fiber
*If traditional pasta is used in this recipe there are a total of 51 g carbohydrates.