

Holiday menu for diabetics

A free leaflet containing menus and recipes to help diabetics have worry-free holiday dining is being offered by the Michigan Affiliate of the American Diabetes Association (ADA). It can also aid hostesses who will be entertaining a guest with diabetes.

According to dietitian Barbara Logquist, director of program at ADA, the recipes would be valuable for everyone.

"If everyone ate foods good for diabetics, they would be healthier," she said.

The Diabetic meal plan is based on a number of items from each type of food diabetics should have at each meal. The foods in each list are equal. Within a list they can choose, or exchange any food.

Some foods are called free. That's because they have so few calories they don't have to count as an item in a meal plan.

The ADA suggest that a hostess talk to the diabetic guest about how the foods have been prepared.

Below are a few recipes that are included in the ADA leaflet:

CRANBERRY PUNCH
Mix low calorie cranberry juice with an equal amount of club soda or a diet soda (Fresca, 1 cal Ginger Ale) 1/4 cup free.

BREED DRESSING
Use your own favorite recipe or one of the convenient packaged mixes, omitting the butter. Diabetic diet exchanges: 1/4 cup - 1 bread exchange.

MASHED SQUASH WITH CRANBERRIES
1 1/2 cups cooked mashed winter squash (or 1 12-ounce package frozen Hubbard squash, thawed)
1 egg, beaten
1/4 cup coarsely chopped cranberries
1/4 teaspoon salt
dash pepper
1 tablespoon margarine, melted
dash nutmeg

Preheat oven to 400 degrees. Combine squash with egg. Stir in cranberries, salt and pepper. Turn into 1 1/2 quart casserole. Drizzle melted margarine over top. Sprinkle with nutmeg. Bake for 35-40 minutes. Makes 2 cups. Diabetic exchanges: 1/4 cup 1 bread and 1 fat exchange.

LAYERED SALAD
1 envelope raspberry gelatin dessert (Dixie or Featherweight brand, artificially sweetened)
1 envelope lime gelatin dessert, as above
1 carton 8 ounce, plain unflavored low fat yogurt or sour cream

Dissolve gelatin in separate bowls according to package directions. Pour 1/4 cup of green gelatin into pan, about 11 x 7. Refrigerate until set, leaving unused gelatin at room temperature. When firm, carefully spread 1/4 cup of yogurt or sour cream then green gelatin, yogurt/sour cream and red gelatin layers, letting gelatin set before next addition. Refrigerate until serving time. Makes 8 servings. For diabetics, this may be considered a Free Food if made with yogurt; or 1 fat exchange if made with sour cream.

STRAWBERRY SHORTCAKE
Prepare homemade or frozen baking powder biscuits. Thaw unsweetened frozen strawberries (found in your grocer's freezer section, often in plastic bags.) If berries are too tart, sweeten to taste with a few packets Equal, or a very small amount of free sweetener which has no aftertaste. Serve over biscuits.

ANGEL CAKE WITH CHERRY SAUCE
Angel cake, homemade or purchased
2 tablespoons cornstarch
1 can red tart pie cherries
1/4 teaspoon almond extract
4 - 6 packets Equal, according to your taste
few drops red food coloring, if desired

Drain juice from cherries into measuring cup. Add enough water to make 1 1/4 cup of liquid. In sauce pan dissolve cornstarch in the liquid. Bring to a boil and cook 1 minute, stirring constantly. Remove from heat. Stir in almond extract, Equal, and food coloring if desired. Serve slightly warm over slices of angel cake. Serves 8-8. Diabetic exchanges: small slice of cake (count 1 ounce 1 bread exchange) 1/4 cup sauce 1/4 fruit exchange.

FRESH FRUIT CUP
Almost any fruits can be used for a refreshing blend of flavors and colors. A few combinations: orange and grapefruit sections with a few pomegranate seeds, melon balls, one or more kinds, with a lime or lemon wedge, orange sections, sliced banana, and seeded grapes. Diabetic exchange: 1/4 cup 1 fruit exchange.

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