

apple-onion pork chops

Nutrition Facts: 1 pork chop with 1/2 cup apple mixture equals 291 calories, 11 g fat (3 g saturated fat), 55 mg cholesterol, 414 mg sodium, 25 g carbohydrate, 2 g fiber, 23 g protein.

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

cheese ravioli with pumpkin alfredo sauce

Nutrition Facts: 1 cup equals 420 calories, 16 g fat (6 g saturated fat), 29 mg cholesterol, 662 mg sodium, 50 g carbohydrate, 4 g fiber, 19 g protein.

festive rice pilaf

Nutrition Facts: 3/4 cup equals 308 calories, 10 g fat (1 g saturated fat), 0 cholesterol, 308 mg sodium, 49 g carbohydrate, 4 g fiber, 7 g protein.

lemon-olive chicken with orzo

Nutrition Facts: 1 serving equals 346 calories, 17 g fat (3 g saturated fat), 76 mg cholesterol, 784 mg sodium, 22 g carbohydrate, 5 g fiber, 26 g protein. **Diabetic Exchanges:** 3 lean meat, 2 fat, 1 starch.

mexican turkey hash brown bake

Nutrition Facts: 1-1/3 cups equals 330 calories, 12 g fat (6 g saturated fat), 80 mg cholesterol, 799 mg sodium, 35 g carbohydrate, 4 g fiber, 23 g protein. **Diabetic Exchanges:** 3 lean meat, 2 starch, 1 fat.

mustard brussels sprouts

Nutrition Facts: 1 cup equals 121 calories, 5 g fat (3 g saturated fat), 16 mg cholesterol, 316 mg sodium, 16 g carbohydrate, 5 g fiber, 6 g protein. **Diabetic Exchanges:** 2 vegetable, 1 fat.

polenta veggie casserole

Nutrition Facts: 1 serving equals 352 calories, 7 g fat (2 g saturated fat), 11 mg cholesterol, 1,029 mg sodium, 56 g carbohydrate, 11 g fiber, 17 g protein.

slow cooker turkey breast

Nutrition Facts: 4 ounces cooked turkey equals 174 calories, 2 g fat (trace saturated fat), 101 mg cholesterol, 172 mg sodium, trace carbohydrate, trace fiber, 37 g protein.

Diabetic Exchange: 4 lean meat.