

### **Berry Bowl**

**Ingredients:**

2 egg whites  
¼ t. cream of tartar  
¼ t. salt  
½ t. vanilla  
½ c. sugar

In a large bowl, beat egg whites, cream of tartar, and salt until soft peaks form. Add vanilla, and slowly beat in sugar until very stiff and glossy. Spread mixture into baking dish to form a shell. Bake at 300° for 50 minutes. Turn oven off, and leave meringue in oven for 1 hour. Cool. Top shell with berries and ice cream. Serve immediately.

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Jenna Cates  
Intermediate  
Special Diets  
Carson County

### **Black Beans, Grape Tomatoes, and Lime**

**Ingredients:**

1 cup chopped onions  
1 15-oz can black beans, rinsed and drained  
1/2 cup grape tomatoes, quartered  
1 Tbsp lime juice  
1/2 to 1 tsp ground cumin  
1 Tbsp extra virgin oil  
2 Tbsps chopped cilantro

**Directions:**

Place a large nonstick skillet over medium-high heat until hot. Coat skillet with cooking spray, add the onions, and coat with cooking spray. Cook onions 4 minutes or until beginning to brown, stirring frequently. Stir in the beans, tomatoes, lime juice, and cumin. Cook 1 minute or until heated through, stirring frequently. Remove from heat. Season lightly with salt and pepper, if desired. Drizzle the oil evenly over all, and sprinkle evenly with the cilantro. Do not stir. Cover and let stand 5 minutes to absorb flavors.

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### **Fruit Salad**

Ingredients:

1 cup pomegranate peeled  
1 cup banana chopped  
1 cup strawberry sliced  
1 cup mango peeled and sliced  
1 cup grapes (whole)  
1 cup oranges peeled  
1 cup apples sliced  
1 cup kiwi skinned and sliced  
1 cup melon sliced  
1 cup blueberries  
1 cup peaches peeled and sliced  
1 cup condensed milk diet less sugar  
Sour cream on top

Put all washed fruit into bowl and mix together, then mix in condensed milk. Chill for 1 hour, serve and top with spoonful of sour cream. Serves 12

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Veronica Mata  
Intermediate  
Special Diet  
Deaf Smith County

### **No Sugar Fruit Pizza**

Ingredients:

1 9-inch refrigerated pie crust  
1 package (8 ounces) reduced-fat cream cheese  
1/3 cup sugar or sugar substitute  
1 teaspoon vanilla extract  
2 cups fresh strawberries, halved  
1 cup fresh blueberries  
Glaze:  
5 teaspoons cornstarch  
1 1/4 cups unsweetened pineapple juice  
1 teaspoon lemon juice

Directions:

Place pie crust on pizza pan, bake 10-12 minutes or until very lightly brown.  
In a small bowl, beat the cream cheese, sugar and vanilla until smooth. Spread over crust.  
Arrange the strawberries, blueberries on top. For variety, you can substitute other fresh fruits.  
For glaze, in a small saucepan, combine the cornstarch, pineapple juice and lemon juice until smooth. Bring to a boil; cook and stir.

## Honey-Lime Quinoa Stuffed Sweet Potatoes

Mix all ingredients. Store in air tight container. Makes 4 servings

### Ingredients:

- Preheat oven to 400 degrees. Place sweet potatoes on a baking sheet and bake in preheated oven until tender, about 40 minutes. Meanwhile, in a medium saucepan, bring quinoa and broth to a boil, then reduce heat to low and cover and simmer 15 minutes, or until fluffy. Heat oil in a skillet over medium-high heat. Once hot, add onion and sauté until tender, about 4 minutes, adding in garlic during last 30 seconds of sautéing. Add onion mixture to cooked quinoa, along with black beans, corn, cumin, paprika, coriander, cayenne, lime juice and honey, 3 Tablespoons chopped cilantro and toss mixture. Season with salt and pepper to taste. Cut cooked sweet potatoes in half and scoop out some of the sweet potato flesh to create a bowl shape, while leaving about 1/3 to 1/2-inch of sweet potato intact (reserve scooped out potato in refrigerator for another use). Fill sweet potatoes with quinoa mixture, then sprinkle tops evenly with cheese. Transfer to oven and broil until cheese has melted. Serve warm garnished with cilantro and sour cream if desired.

### **Bean Soup (Gluten Free)**

1 lb. Hamburger Meat (browned and drained)  
1 (16 oz.) can Pinto Beans  
1 (10 oz.) can Black Beans  
1 (10 oz.) can Navy Beans  
1 (10 oz.) can Northern Beans  
1 (10 oz.) can Garbanzo Beans  
1 (8 oz.) can Diced Tomatoes with Green Chilies  
4 TBSP. Homemade Ranch Dressing Mix  
2 cups water

Drain and rinse beans. Add all of the ingredients into a large stock pot. Simmer at medium high heat for 25 minutes. Garnish with avocado and cilantro. Serves 6.

Dry Ranch Dressing Mix:

¼ cup Black Pepper  
½ cup Garlic Salt  
¼ cup Granulated Garlic  
2 TBSP. Dill Weed  
1 ½ cup Parsley Flakes  
2 TBSP. Kosher Salt  
¾ cup Granulated Onion

Combine all ingredients, store in an airtight container. Makes about 3 ½ cups of dry mix.

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Tenia Ellis  
Intermediate  
Special Diets  
Hartley County

### **Diabetic Beef Jerky**

1 1/2 pounds lean boneless beef  
1/2 teaspoon seasoned salt  
1/4 teaspoon pepper  
1/4 teaspoon garlic powder  
1 teaspoon meat tenderizer  
1 teaspoon onion powder  
2 tablespoons Liquid Smoke

Trim off any fat from the meat. Slice meat with the grain, into thin strips. Place strips into shallow marinating dish. Combine all ingredients and pour over meat. Marinate overnight. Cover oven racks with foil. Pre-heat oven to 175 degrees. Lay strips of meat in a single layer on oven racks. Bake 12 hours until dry. Store cooled Jerky in airtight container. This makes about 25 servings. Store up to 2 weeks in a sealed container at room temperature or 3 to 6 months in the refrigerator.

94 calories  
1 gram of carbohydrate  
4 grams fat  
12 grams protein  
28 mg of cholesterol  
398 mg sodium

This is an ultra-low-carb snack that is very high in protein.

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Hanna Kauk  
Intermediate  
Special Diets  
Hemphill County

### **Garbanzo Bean Chocolate Cake (Gluten Free!)**

#### **Ingredients:**

1½ cups semisweet chocolate chips  
1 (19 oz.) can garbanzo beans; rinsed and drained  
4 eggs  
¾ cup white sugar  
½ teaspoon baking powder  
1 Tablespoon confectioner's sugar for dusting

#### **Directions:**

Preheat oven to 350°F(175°C). Grease a 9 inch round cake pan  
Place chocolate chips into a microwaveable-safe bowl. Cook in microwave for about 2 minutes, stirring every 20 seconds after the first minute, until chocolate is melted and smooth. If you have a powerful microwave, reduce the power to 50%.

Combine the beans and eggs in the bowl of food processor. Process until smooth. Add the sugar and the baking powder and pulse to blend. Pour in the melted chocolate and blend until smooth, scraping down the corners to make sure chocolate is completely mixed. Transfer the batter to the prepared cake pan.

Bake for 40 minutes in the preheated oven, or until a knife inserted in the center of the cake comes out clean. Cool in the pan on a wire rack for 10-15 minutes before inverting onto a serving plate. Dust with confectioner's sugar just before serving.

Servings:12

### Greek Battle Yogurt

#### Ingredients:

7 ½ cups Whole Milk  
½ cup Plain yogurt  
1 cup Strawberries  
1 cup Cherries  
4 Tbsp Honey

#### Directions

Remove plain yogurt from fridge to allow to warm to room temp.  
Heat milk on stove to 185F (using thermometer) with constant whisking. Do not allow to boil.  
At 185F, remove milk from heat and allow to cool to 100F.  
Whisk in plain yogurt to the hot milk.  
Pour into large container of yogurt maker. Set timer to 8 hours.  
Yogurt maker keeps mixture warm for duration on timer.  
When culture time is finished (timer goes off), immediately pour the newly made yogurt onto cheese cloth (or fine strainer) over a bowl.  
Place yogurt in fridge while straining for 2 hours. The cheese cloth will strain out the whey, leaving thick Greek –style yogurt in the cloth.  
While yogurt is straining and chilling, puree (or mash with fork) ½ the strawberries and ½ the cherries and set aside.  
Remove yogurt from fridge and collect from the cloth into a large bowl.  
Stir in honey and pureed fruit.  
Garnish with remainder of fresh fruit. (cherries and strawberries)

EAT

Makes 6 servings

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Cayman Ivins  
Intermediate  
Special Diet  
Moore County

### Gumbo

#### Ingredients:

½ cup vegetable oil	9 cups chicken stock
1 lb smoked sausage, shrimp or other meat	4 lb chicken
1 cup flour	1 cup celery, chopped
2 cups onion, chopped	1 cup bell pepper, chopped
1 t salt	3 bay leaves
1 T parsley	
Cajun Seasoning to taste	
Okra, optional	

Directions: In a large Dutch oven, heat oil. If using sausage, add it in and cook until browned. Remove and set aside. Season chicken with Cajun Seasoning and add to oil. Cover and cook until browned. Remove from oil and set aside. Add flour to oil and make a roux. Add vegetables and cook until wilted. Add in reserved sausage and chicken, and bay leaves. Cook about 5 minutes. Slowly add in chicken stock until well combined. Bring to a boil, reduce heat and cook one hour. Remove pot from heat, discard Bay Leaves. Pull the chicken apart and return to pot. You may use different meats, or seasonings according to personal taste.

### **Grape Salad**

2 pounds green grapes  
2 pounds red seedless grapes  
8 ounces cream cheese  
½ cup sugar  
1 teaspoon vanilla

#### **Topping**

1 cup brown sugar  
1 cup chopped pecans

Wash and remove grapes from stems. Combine next 4 ingredients. Pour over grapes and stir until grapes are well coated. Pour into a 9x13 pan. Mix brown sugar and pecans and sprinkle on top. Refrigerate.