



EATING HEALTHY TO REACH YOUR D5 GOALS

Healthy eating – eating more grains, fruits, and vegetables, and less meat, sweets, and fats – is key to reaching your D5 goals. Make changes gradually because it takes time to accomplish lasting goals. Try recipes like this one to get you on your way. Talk with your doctor about how you can make more healthy changes in your diet.

RICE WITH CHICKEN, SPANISH STYLE

This is a good way to get vegetables into the meal plan. Serve with a mixed green salad and some whole wheat bread. Serves 4.

- 1 Tbsp. olive oil
- 1 onion, chopped
- 2 garlic cloves, minced
- 1 stalk celery, diced
- 1 red or green pepper, cut into strips
- 1 cup uncooked rice
- 1 ½ lb. chicken, skin removed
- ½ tsp. salt (optional)
- 1 ¾ cups low-sodium chicken broth
- 1 cup water
- 2 tomatoes, chopped
- Saffron or paprika, for color (optional)
- 1 ½ cups frozen mixed vegetables

NUTRITION INFORMATION:

Serving size: 1 cup
Calories: 330 Carbohydrate: 24 grams
Protein: 27 grams Fat: 14 grams

DAILY SERVINGS ACCORDING TO DIABETES FOOD GUIDE PYRAMID:

GROUP	SERVINGS
Grains/Beans/Starchy Vegetable	1
Vegetable	1
Meat	1
Fat	1

Recipe adapted from The National Diabetes Education Program: www.ndep.nih.gov

1. Heat the oil over medium heat in a nonstick pot. Add the onion, garlic, celery and green pepper. Cook over medium heat, stirring often, for about 3 minutes or until tender.
2. Add the rice and sauté for 2-3 minutes, stirring constantly until it begins to brown.
3. Add the chicken, salt, chicken broth, water, tomatoes, and saffron or paprika (if desired). Bring to a boil, then reduce heat to medium-low and let simmer.
4. Cover the pot and let simmer until the water is absorbed and rice is tender, about 20 min.
5. Stir in the frozen vegetables and cook for 8-10 minutes. When everything is hot the casserole is ready to serve.