



Over 350,000 Free Food and 9,000 Drink Recipes

## Diabetic Recipes



## Diabetic Recipes

We have hundreds of diabetic recipes in our database. Choose the ingredients and diabetic category to find the perfect recipe for your diabetic needs. Simply enter the ingredient(s) you want to use and the recipes that use those ingredients and are for diabetics will display. The diabetic recipes are also available in The Weekend Chef Diabetic Cookbook.

## Your Diabetic Recipe Selection

Search for:

Recipes from The Weekend Chef (<http://theweekendchef.com>)



Over 350,000 Free Food and 9,000 Drink Recipes

## WHITE FRUIT CAKE

FRUIT

### Ingredients

1/2 cup butter

1 1/2

c. white sugar

7 eggs

1 tsp.

each vanilla lemon almond  
and rum flavoring

2 1/2

c. flour

1 1/2

tsp. baking powder

1/2 c.

fruit juice

1 1/4

lb. each candied cherries

candied pineapple and shelled nuts

Instructions

Recipes from The Weekend Chef (<http://theweekendchef.com>)



Over 350,000 Free Food and 9,000 Drink Recipes

Cream butter and sugar until light and fluffy. Add eggs one at a time and beat with each egg. Fold in flavorings. Sift flour and baking powder together; reserve 1 cup. Alternately flour and liquid into mixture. Mix the rest of the flour and fruit and nuts in with the creamed mixture. Line tube pan with brown paper or 2 thicknesses of waxed paper; grease well.

Cake will rise about 1 inch.

Bake in 250 degree oven for 2 to 3 hours. Insert toothpick to test for doneness.

## INSPIRATION CAKE

CAKES

Ingredients

2 sqs. Bakers chocolate grated and reserved

Recipes from The Weekend Chef (<http://theweekendchef.com>)



Over 350,000 Free Food and 9,000 Drink Recipes

2 1/2 cup flour  
1 1/2 cup sugar  
4 teaspoon baking powder  
1 teaspoon salt  
2/3 cup shortening  
1 1/4 cup milk  
1 teaspoon vanilla  
2/3 cup unbeaten egg whites  
1 cup chopped walnuts

Sift together flour sugar baking powder and salt. Add shortening milk and vanilla. Beat together with electric mixer for about 1 1/2 minutes. Add egg whites and again beat for 1 1/2 minutes. Grease and lightly flour two 9 inch spring form baking pans. Sprinkle bottom of pans with chopped walnuts. Then spoon 1/4 of batter into pans on top of nuts. Sprinkle grated chocolate reserve over batter in pans. Then add remaining batter to pans spreading evenly over chocolate layer. Bake 40-45 minutes at 350 degrees. CHOCOLATE FROSTING:  
2 sqs. unsweetened chocolate

1/2 cup sugar

Instructions

Cook over low heat until melted and thickened. Remove from heat

Recipes from The Weekend Chef (<http://theweekendchef.com>)



Over 350,000 Free Food and 9,000 Drink Recipes

and add 4 egg yolks beat in and cool. Cream together in separate

bowl: 1/2 cup bu

## CANADIAN PORK PIE

MEAT

### Ingredients

French Canadians traditionally serve this pie following midnight Mass on Christmas Eve.

### Instructions

1 pound ground pork 1/2 pound ground beef 1 medium onion chopped

1 clove garlic chopped 1/2 cup water 1 1/2 teaspoons salt 1/2 teaspoon dried thyme leaves 1/4 teaspoon ground sage 1/4 teaspoon

pepper 1/8 teaspoon ground cloves Egg Pastry Heat all ingredients

except Egg pastry to boiling stirring constantly; reduce heat. Cook stirring constantly until meat is light brown but still moist about 5 minutes. Prepare Egg Pastry. Preheat oven to 425 degrees F. Pour meat mixture into pastry-lined pie plate.

Recipes from The Weekend Chef (<http://theweekendchef.com>)



Over 350,000 Free Food and 9,000 Drink Recipes

Cover

with top crust; seal and press firmly around edge with fork dipping flour into flour occasionally to prevent sticking.

Cover

edge with 3-inch strip of aluminum foil; remove foil during last

15 minutes of baking. Bake until crust is brown 35 to 40 minutes.

Let stand 10 minutes before cutting. Yields 8 servings. Egg

Pastry 2/3 cup plus 2 tablespoons shortening 2 cups

all-purpose flour 1 teaspoon salt 1 egg slightly beaten 2 to 3 tablespoons cold water Cut shortening into flour and salt until

particles are size of small peas. Mix egg and 2 tablespoons water; stir into flour mixture until flour is moistened adding remaining tablespoon water if needed. Gather pastry into a ball;

divide into halves and shape into 2 flattened rounds. Place one

round on lightly floured cloth-covered rolling pin. Fold pastry

into quarters; unfold and ease into plate. Turn filling into pastry-lined pie plate. Trim overhanging edge of pastry 1/2 inch

Recipes from The Weekend Chef (<http://theweekendchef.com>)



Over 350,000 Free Food and 9,000 Drink Recipes

from rim of plate. Roll other round of pastry. Fold into quarters; cut slits so steam can escape. Place over filling and

unfold. Trim overhanging edge of pastry 1 inch from rim of plate.

Fold and roll top edge under lower edge pressing on rim to seal

securely.

## ONION BREAD

BAKED GOODS

### Ingredients

1 env. onion soup mix (dry)

2 cup water

2 tablespoon sugar

1 teaspoon salt

2 tablespoon shortening

1 pkg. (1 tbsp.) dry yeast

1/4 cup warm water

6 cup flour

Instructions

Recipes from The Weekend Chef (<http://theweekendchef.com>)



Over 350,000 Free Food and 9,000 Drink Recipes

Mix the dry soup with the 2 cups water. Let it simmer for 10 minutes. Add the sugar salt and shortening. Let this mixture cool. Dissolve yeast in 1/4 cup water. Add yeast mixture and flour mixture to first mixture. Knead well and let rise. Punch down and let rise again. Shape into 2 long loaves and place on cookie sheet sprinkled with corn meal. Slash the top 1/8 - 1/4 inch deep. Cover and let rise until double. Bake at 375 degrees

for 20 minutes. Beat 1 egg white and 1 tablespoon water and brush over loaves. Bake 10-15 minutes longer.

## OLD - FASHIONED TOMATO BISQUE

OLD FASHION

### Ingredients

2 cans tomatoes  
1 tablespoon sugar  
1 teaspoon onion powder  
1/4 teaspoon white pepper  
1/2 cup oleo  
4 cup skim milk  
2 beef bouillon cubes  
2 teaspoon salt

Recipes from The Weekend Chef (<http://theweekendchef.com>)





Over 350,000 Free Food and 9,000 Drink Recipes

1/4 teaspoon basil leaves

1 bay leaf

1/2 cup flour

Instructions

Chopped parsley