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## Diabetic Recipes



## Diabetic Recipes

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## DUCK BREASTS EN CASSEROLE

CASSEROLE

### Ingredients

3 lg. duck breasts  
1/4 cup flour  
1 1/2 teaspoon salt  
2 teaspoon paprika  
1/4 cup butter melted  
1 (10 oz.) can whole mushrooms  
drained reserve liquid  
2 beef bouillon cubes  
1 (14 oz.) can tomato sauce  
1/2 cup green pepper chopped  
1/4 cup celery chopped  
1/4 cup onion chopped  
Dry red wine (opt.)

### Instructions

Cut breast halves into 8 pieces. Shake in a bag with flour salt and paprika. Use all the flour mixture or sauce will be thin.

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Brown breasts in butter. Place in casserole. Dissolve bouillon cubes in 2 cups hot water plus mushroom liquid. Pour over duck.

Add scrapings from browning pan. Bake at 300 degrees for 1 hour.

Blend tomato sauce green pepper celery onions and mushrooms. Add to the casserole and stir well. Bake another hour or more stirring occasionally. Add more liquid if necessary. Here it comes dry red wine is best. Serves 6.

## ZUCCHINI BROWNIES

### COOKIES

#### Ingredients

1/2 cup milk  
1 teaspoon lemon juice  
1/2 cup oleo  
1/2 cup oil  
1 3/4 cup sugar  
2 eggs  
1 teaspoon vanilla  
2 1/2 cup flour  
1 1/2 teaspoon baking powder

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4 teaspoon cocoa  
2 cup grated zucchini  
3 1/2 to 4 oz. coconut  
6 oz. chocolate chips  
1/2 cup chopped nuts

Instructions

Add lemon juice to milk; let stand 15 minutes. Cream together next 5 ingredients and sour milk in mixer. Sift together flour baking powder and cocoa. With wooden spoon mix into creamed mixture add zucchini. Mix well. Grease a 10x13x2 inch pan. Sprinkle coconut in pan; pat down. Pour batter over coconut. Top with chocolate chips and nuts. Bake in 325 degree oven for 30 minutes or until it tests done. Cool 2 hours before cutting.

## QUICK QUICHE

MEALS

Ingredients

3 eggs  
1 1/2 cup milk  
1/2 cup margarine melted

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1/2 cup Bisquick  
1/4 teaspoon salt Dash pepper  
1 cup Swiss cheese shredded  
1/2 cup bacon crumpled (Bacos)  
1/8 cup onion chopped  
1/2 teaspoon parsley  
Instructions

Blend in blender eggs margarine milk Bisquick salt and pepper. Pour into 9-inch pie plate. Sprinkle remaining ingredients on top. Bake at 350 degrees for 40 to 45 minutes. Variation: Add shrimp crab or 1 package frozen spinach defrosted and drained.

## GARLIC CHEESE BREAD

BAKED GOODS

Ingredients

1 loaf French bread  
1/2 teaspoon Accent  
1/2 teaspoon paprika  
1/4 cup Mozzarella cheese  
1/4 cup grated American cheese  
1 tablespoon Parmesan cheese

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1/2 cup butter  
1/4 teaspoon oregano  
1 teaspoon parsley flakes  
1/4 teaspoon garlic powder  
1/4 cup oil

Instructions

Spread over bread. Drizzle oil on last. Bake at 350 degrees for  
2025 minutes until cheese melts.

## BROCCOLI CASSEROLE

CASSEROLE

Ingredients

2 boxes chopped broccoli  
1 can mushroom soup  
1/2 cup mayonnaise  
1 med. chopped onion  
2 eggs beaten  
1 cup grated cheese

Instructions

Mix above together. Melt 1 stick butter and pour over 1/2

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small

package Pepperidge Farm dressing. Put on the above mixture and bake at 350 degrees for 30 minutes.