

WHAT'S COOKING?

SUMMER BARBEQUE

Teriyaki Marinade

1-cup soy sauce (may use low sodium)
 1-3/4 cup water
 1/4 cup sesame oil
 1/3 cup sugar
 1/4 cup cooking sherry
 1/4 cup white vinegar
 1 clove garlic
 1/2 tsp. Ginger

Make 3 1/2 cups.
 (Enough to marinate 2-3 lb. chicken or beef)



This month's "What's Cooking?" recipes were contributed by **Rene Brand**, a registered dietician. If you would like to submit a recipe, please mail to Diabetes, Incorporated, P.O. Box 9368, Rapid City, SD 57709 or email carlsonj@dock47.com. Please include carbohydrate count and exchange, if possible. Thank you!

GRILLED TERIYAKI KABOBS

Kabobs

1 lb. marinated chicken or beef
 1 green pepper
 1 large tomato
 1 small onion
 1 small package fresh mushrooms

Place on 4 skewers alternating meat with tomato, green pepper, onion wedges and mushrooms.

1 Kabob – 3 oz. Meat, 1 vegetable
 5 gms Carbohydrate

Serve kabob over rice or add whole new potatoes for additional carbohydrate servings.

BERRY CREAM PIE

1-cup light whipped topping
 1 cup nonfat artificially sweetened vanilla flavored yogurt
 1 12 oz. Pkg. Frozen Berry Mix (may substitute frozen strawberries)
 1/2 T. cornstarch
 1 9oz. Graham Cracker Ready Crust

Thaw berries and add cornstarch. Simmer over medium heat until mixture thickens. Cool in refrigerator.

Fold yogurt and berry mixture into whipped topping. Pour into crust and chill to set. Garnish with fresh strawberries. Cut into 10 wedges.

Serving size: 1/10 of pie
 Carbohydrate exchanges: 2 (25 grams carbohydrates)
 Calories: 180 Fat: 6 gm Protein: 2 gm