



Public Radio and Television for South Florida

Latest News In Research And Diabetes Management with Linda Gassenheimer

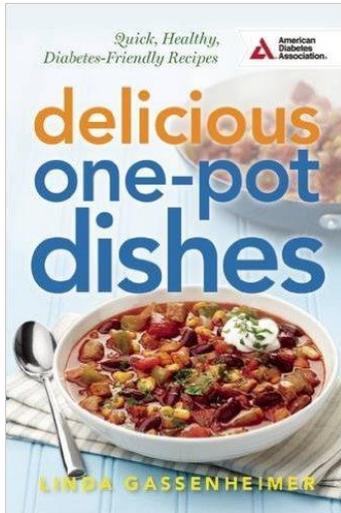
By JOSEPH COOPER, BONNIE BERMAN, LINDA GASSENHEIMER, RICHARD IVES & PAUL LEARY
APR 7, 2016



04/07/16 - Thursday's **Topical Currents** discusses diabetes, with **Linda Gassenheimer**. She's the author of numerous books about the disorder, especially concerning nutrition--and how to create satisfying meals. Even desserts! She'll also visit with Lory Gonzalez of the University of Miami's Diabetes Research Institute, for the latest news in research and diabetes management. Plus, special wine correspondent **Fred Tasker** gives his wine suggestions. That's **Topical Currents** . . .Thursday at 1pm.

~~Dinner in Minutes~~

From *Delicious One-Pot Dishes* by Linda Gassenheimer, published by the American Diabetes Association.



This pork and bean chili can be made in 25 minutes. I find the great thing about chili is that some like it hot, some like it mild, but almost everyone likes it. The degree of heat is up to you. Add more chili powder or fresh chili peppers to suit your taste.

Serve this chili with a side of rice and bowls of sour cream and chopped fresh cilantro as garnishes.

Recipes

Mexican Pork and Bean Chili

2 teaspoons olive oil

3/4 pound pork tenderloin, cut into 1/2-inch cubes (about 1 cup)

1 cup frozen chopped onion

1 cup frozen chopped green bell pepper

1 cup canned low-sodium red kidney beans, rinsed and drained

2 cups canned low-sodium, no-sugar-added diced tomatoes

1/2 cup frozen corn kernels

2 tablespoons chili powder

2 teaspoons ground cumin

For garnish:

1/2 cup nonfat sour cream

1/2 cup chopped fresh cilantro

Heat oil in a large nonstick skillet over high-heat. Add the pork, onion, and green pepper to the skillet. Sauté 5 minutes, tossing to brown meat on all sides. Add beans, tomatoes, corn, chili powder, and ground cumin. Lower heat to medium, cover with a lid and simmer 15 minutes. Serve chili in large bowls. Place the sour cream and cilantro in small bowls and pass with the chili. Makes 2 servings.

Nutrition Information Mexican Pork and Bean Chili: Choices/Exchanges: 2 starch, 4 vegetable, 4 1/2 lean protein, 1 fat Per serving: Calories 510, Calories from Fat 100, Total Fat 11 g, Saturated Fat 2 g, Monounsaturated Fat 5 g, Cholesterol 110 mg, Sodium 540 mg, Potassium 2180 mg, Total Carbohydrate 57 g, Dietary Fiber 14 g, Sugars 13 g, Protein 51 g, Phosphorus 745 mg Shopping List

Here are the ingredients you'll need for tonight's Dinner in Minutes.

To buy: 3/4 pound pork tenderloin, 1 package frozen chopped onion, 1 package frozen chopped green bell pepper, 1 can low-sodium, red kidney beans, 1 can low-sodium, no-sugar-added diced tomatoes, 1 package frozen corn kernels, 1 bottle chili powder, 1 bottle ground cumin, 1 carton nonfat sour cream, 1 bunch cilantro

Staples: Olive oil

Helpful Hints

- Diced or chopped onion and green bell pepper found in the produce section of the market can be used instead of the frozen versions.

Countdown:

- Prepare ingredients.
- Make the dish.

Copyright © Linda Gassenheimer

*Linda Gassenheimer is the author of 20 books including her newest, **The Flavors of the Florida Keys and Fast** and **Flavorful: Great Diabetes Meals from Market to Table**. Follow Linda on Twitter: [@LGassenheimer](#), Facebook: [Linda Gassenheimer](#)*