

# What's for Dinner?

## Healthy Recipe Resources

**American Diabetes Association:** [www.diabetesfoodhub.org](http://www.diabetesfoodhub.org)

Over 700 healthy recipes for people with and without diabetes. You can create a free profile to save recipes and get a tailored homepage, however creating a profile is not required to use the site. There's even a meal planner and grocery list feature. All recipes have nutrition facts information.

**Ellie Krieger:** [www.elliekrieger.com/recipes](http://www.elliekrieger.com/recipes)

Ellie Krieger is a famous Registered Dietitian Nutritionist that can be found on the Food Network and PBS. She is quoted in newspapers and magazines regularly. She is a cookbook author, but has free recipes on her website as well. All recipes have nutrition facts information.

**Cooking Light:** [www.cookinglight.com/food](http://www.cookinglight.com/food)

The site can be a little hard to navigate with a lot of ads, but there are a LOT of recipes available. Pinterest users may prefer finding Cooking Light recipes on that social media platform. All recipes have nutrition facts information.

**American Heart Association:** [recipes.heart.org](http://recipes.heart.org)

Browse and search heart healthy recipes. All recipes have nutrition facts information.

**USDA Mixing Bowl:** [whatscooking.fns.usda.gov/search/recipes](http://whatscooking.fns.usda.gov/search/recipes)

Search recipes by course, nutrients, food groups, cuisine or even cooking equipment needed! All recipes have nutrition facts information and even how much of each food group a serving contains.

*AMS  
Nutrition  
Counseling*

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