

## Marinated Cheese Buttons

1 tablespoon red wine vinegar

2 tablespoons chicken stock

1 teaspoon canola oil

1 teaspoon dried oregano

1 teaspoon dried basil or thyme 1 teaspoon coarse mustard

freshly ground black pepper, to taste

½ cup nonfat yogurt cheese

6 slices French bread, halved

In a 9 inch glass pie plate, whisk together the vinegar, stock, oil, oregano, basil or thyme, mustard, and pepper.

Roll well rounded teaspoons of the yogurt cheese between your hands to form smooth balls. If the balls become sticky, wet your hands a bit with the marinade. Flatten the balls slightly and place in the marinade. Use a spoon to drizzle marinade over them.

Cover the dish and refrigerate for 30 minutes. Serve slightly chilled or at room temperature on pieces of bread.

## Cheese Stuffed Potatoes

2 large potatoes, baked

1/3 cup dry curd cottage cheese 3 tablespoons buttermilk

1 small carrot, grated

½ tablespoon minced fresh parsley teaspoon dried thyme

pinch of ground paprika

1 tablespoon grated Parmesan cheese

Slice the potatoes in half lengthwise. Scoop out the centers with a spoon, leaving inch shells. In a medium bowl, mash the potato flesh roughly with a fork. Add the cottage cheese, buttermilk, carrot, parsley, thyme, and paprika. Mix well. Spoon the filling into the shells. Sprinkle with the Parmesan. Place the potatoes on a broiler pan and broil until lightly browned and warmed through, about 4 to 5 minutes.

## How To Appease A Sweet Tooth

Yet many people still insist that they have a sweet tooth. And furthermore, they feel that if they don't get their sweets, they'll feel deprived. If they won't settle for a banana or a nectarine, I offer advice that usually surprises them: "Fine. Then have your sugar straight up, without the fat." What does that mean? Toss the cheesecake and replace it with a light, low fat, angel food cake. Say No, thanks! to the afternoon doughnut and have a couple of plain low fat gingersnaps instead. You'll have the sweets you desire, without unwanted side effects of fat.

## About the Author

For more information on [diabetes types](#), refer authors site. There are mainly two types of diabetes - [Type 2 Diabetes](#) and Type 1 Diabetes.