

& sweet & savory

with California Dates

Heart healthy.
Diabetes friendly.
Simply delicious recipes.



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The Power of California Dates

California Dates are a naturally sweet, nutrient-packed whole fruit.

What they provide:

- 6 essential B vitamins (thiamin, riboflavin, niacin, vitamin B6, biotin, and pantothenic acid) that help the body release energy from food and support everyday metabolism.
- 7 essential minerals, including potassium, magnesium, copper, manganese, zinc, calcium, and iron, which contribute to heart, muscle, nerve, and overall health.
- Naturally occurring dietary fiber and antioxidant polyphenols that support digestive health and help temper everyday oxidative stress.
- A balance of natural sugars and fiber that helps provide both immediate and sustained energy and supports a slower, more gradual impact on blood glucose when dates are eaten in moderation as part of a healthy, balanced diet.

Heart healthy. Diabetes friendly.

- California Dates are certified by the American Heart Association and meet the Association's criteria for a heart-healthy food when eaten as part of an overall healthy eating pattern. This certification applies to California Dates themselves, not to the recipes in this booklet.



- All recipes in this collection were created for California Dates by Registered Dietitians or by a physician certified in culinary medicine and were approved by the American Diabetes Association® Diabetes Food Hub.



Cooking with California Dates

California Dates bring clean, whole-food flavor to the kitchen. They are naturally sweet and rich with notes of caramel, butterscotch, molasses, and honey. Their remarkable versatility makes them an easy choice for professional chefs and home cooks looking to replace refined sugar and avoid artificial sweeteners in recipes without sacrificing flavor.

Flavor & Versatility: The Ultimate Ingredient

- California Dates are available in multiple formats, including whole dates, date pieces, date syrup, date paste, and date sugar, making them easy to use across different culinary applications.
- Their flavor works beautifully in both sweet and savory dishes, from breakfast bowls, smoothies, snacks, and baked goods to sauces, dressings, appetizers, mains and desserts.
- They are a clean, whole food with no added sugar or artificial ingredients and can be used in many recipes as a 1:1 replacement for refined sugar.

- Within the category of natural sweeteners, they offer a uniquely rich flavor and greater nutritional value.
- They are heart-healthy and diabetes-friendly when enjoyed in moderation as part of an overall healthy eating pattern.
- All recipes in this collection were created for California Dates by Registered Dietitians or by a physician certified in culinary medicine and were approved by the American Diabetes Association® Diabetes Food Hub.

Recipes

- 4 Apple, Cranberry, & California Date Oatmeal Bake
- 6 California Date & Acorn Squash Salad
- 8 California Date & Cashew Chicken Stir Fry
- 10 California Date Chocolate Truffles
- 12 California Date & Harissa Salmon
- 14 California Date & Nut Bars
- 16 California Date, Pear, & Mozzarella Pizza
- 18 California Dates & Avocado Pudding
- 20 Lentil Soup with California Dates & Spinach
- 22 Stuffed Chicken Breasts with California Dates, Spinach & Herbed Ricotta

For more California Date recipes visit
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Apple, Cranberry, & California Date Oatmeal Bake

This Apple, Cranberry, and Date Oat Bake is a hearty recipe perfect for any time of year. Made with old-fashioned oats, apples, and the natural sweetness of California Dates, this bake delivers a nutrient-rich dish that has no added sugar. This can be breakfast, a side dish, snack, or dessert. Plus, this oat bake is packed with fiber to keep you full and energized.

This recipe was created by a Registered Dietitian for California Dates and approved by the American Diabetes Association® Diabetes Food Hub.

Nutrition Facts

8 servings	
Serving size	1 square (114g)
Amount per serving	
Calories	170
% Daily Value*	
Total Fat 4.5g	6%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 50mg	17%
Sodium 160mg	7%
Total Carbohydrate 28g	10%
Dietary Fiber 4g	14%
Total Sugars 17g	
Includes 0g Added Sugars	0%
Protein 5g	
Vitamin D 1mcg	6%
Calcium 104mg	8%
Iron 1mg	6%
Potassium 259mg	6%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

10 min. prep time
35 min. cook time
8 servings
Serving size: 1 square

Ingredients

1 cup old-fashioned oats
1 cup skim milk
1 ½ large apples (cored and chopped)
½ cup cranberries, frozen
About 6 medium California Dates
(140 grams), pitted and chopped
¼ cup pecans
1 tablespoon all-purpose flour
2 large eggs
1 teaspoon cinnamon
½ tsp nutmeg
1 teaspoon vanilla extract
1 teaspoon baking powder
¼ teaspoon salt

Directions

1. Preheat the oven to 350 degrees F and lightly grease an 8x8 baking dish.
2. In a large bowl, combine the oats, California Dates, chopped apples, cranberries, cinnamon, nutmeg, baking powder, and salt until well incorporated.
3. Whisk in the eggs, milk, and vanilla extract.
4. Pour the mixture into the prepared baking dish and spread evenly.
5. Bake for 35–40 minutes, or until the oatmeal is set and golden brown on top.
6. Let it cool for a few minutes before serving.
7. Cut into 8 equal squares.
8. Refrigerate for up to five days for meal prep.



California Date & Acorn Squash Salad

The sweetness of the California Dates pairs beautifully with the spiciness of the arugula and the Indian spice blend, garam masala, adds depth of flavor to this enticing side dish.

Keeping the skin on the acorn squash adds texture and fiber to the dish as well. Feel free to swap out the acorn squash with other winter varieties, such as delicata squash.

This recipe was created by a Registered Dietitian for California Dates and approved by the American Diabetes Association® Diabetes Food Hub.

Nutrition Facts

6 servings

Serving size 2/3 cup

Amount per serving

Calories 190

% Daily Value*

Total Fat 9g 12%

Saturated Fat 1g 5%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 330mg 14%

Total Carbohydrate 25g 9%

Dietary Fiber 4g 14%

Total Sugars 15g

Includes 0g Added Sugars 0%

Protein 5g

Vitamin D 0mcg 0%

Calcium 96mg 8%

Iron 2mg 10%

Potassium 551mg 10%

*The % Daily Value tells you how much a nutrient in a

serving of food contributes to a daily diet. 2,000 calories a

day is used for general nutrition advice.

15 min. prep time
35 min. cook time
6 servings
Serving size: 2/3 cup

Ingredients

1 acorn squash, sliced into ½-inch thick slices
1 tablespoon extra-virgin olive oil
1 teaspoon kosher salt, divided
¾ teaspoon garam masala, divided
2 tablespoons fresh squeezed orange juice
1 tablespoon apricot jam
¼ teaspoon ground black pepper
¾ cup (5 each) California Dates, pitted and cut into quarters
5 cups arugula
1/3 cup toasted nuts of choice, such as pistachios, pecans, walnuts, or almonds

Directions

1. Preheat the oven to 425 degrees F and line a baking sheet with foil or parchment paper.
2. In a large bowl, add squash, oil, ½ teaspoon salt, and ½ teaspoon garam masala and mix together well. Place the squash on the baking sheet in a single layer and roast for 20 minutes, turning over pieces halfway.
3. In same bowl, add juice, jam, ground black pepper, and remaining ½ teaspoon salt and ¼ teaspoon garam masala. Whisk together well.
4. Add cooked squash and dates to bowl and toss together.
5. Place arugula in a large serving bowl or platter. Add squash and dates. Top with toasted nuts.



California Date & Cashew Chicken Stir Fry

This easy chicken stir fry pairs well with the sweetness from California Dates and a touch of heat from red pepper flakes.

For a spicier dish, chop up a fresh chili pepper and add it with the scallions. Pair with a whole grain, and you've got a complete meal full of lean protein, fiber, and complex carbohydrates that is sure to be a crowd pleaser.

This recipe was created by a Registered Dietitian for California Dates and approved by the American Diabetes Association® Diabetes Food Hub.

Nutrition Facts	
4 Servings	
Serving Size	1 cup
Amount per serving	
Calories	350
% Daily value*	
Total Fat 14g	18%
Saturated Fat 2g	10%
Cholesterol 50mg	17%
Sodium 420mg	18%
Total Carbohydrate 34g	12%
Dietary Fiber 5g	18%
Total Sugars 21g	
Added Sugars 0g	0%
Protein 26g	

15 min. prep time
15 min. cook time
4 servings
Serving size: 1 cup

Ingredients

2 tablespoons vegetable oil
2 tablespoons minced ginger
4 cloves garlic, minced
3 scallions, white and light green parts
chopped
¼ to ½ teaspoon red pepper flakes
12 ounces boneless, skinless chicken breast,
cut into 1-inch pieces
1 bell pepper, julienne
1 small head broccoli, cut into
bite-sized pieces (~2 cups)
1/3 cup rice vinegar
2 tablespoons low sodium soy sauce
6 California Dates, pitted and thinly sliced
Optional: 2-4 tablespoons water
1 cup cilantro, chopped
1 cup basil, chiffonade or chopped
Juice of 1 lime
1/3 cup cashews, toasted

Directions

1. In a wok or high-sided sauté pan over medium-high heat, add oil. Add ginger, garlic, and scallions and cook approximately 2 minutes.
 2. Add red pepper flakes and chicken, cook approximately 4 minutes, stirring occasionally. Remove chicken from pan and set aside.
 3. Add bell pepper and broccoli to the pan and cook, stirring occasionally, 2 to 3 minutes.
 4. Add chicken back to the pan. Add rice vinegar, soy sauce, and dates and mix well throughout the pan. Reduce heat to medium-low and bring liquid to a simmer and reduce until thicker or more syrupy. If a thinner sauce is desired, add 2 to 4 tablespoons of water. Allow to simmer approximately 5 minutes.
 5. Remove pan from heat. Mix in cilantro, basil, and lime juice. Garnish with toasted cashews.
 6. Optional: serve with brown rice or another grain.
- Note: can swap out bell pepper and/or broccoli for other vegetables.



California Date Chocolate Truffles

These California Date Chocolate Truffles are perfect for satisfying your sweet tooth in a healthier way. The dates provide natural sweetness and fiber, while the cocoa powder adds a rich, chocolatey flavor. With no added sugars and heart-healthy fats from the almond butter, they're a treat that can be enjoyed as part of a balanced diabetes-friendly meal.

This recipe was created for California Dates by Caroline Thomason, RD, LDN, CDCES, and is approved by the American Diabetes Association® Diabetes Food Hub.

Nutrition Facts

8 truffles per recipe	
Serving size	1 truffle
Amount per serving	
Calories	110
% Daily Value*	
Total Fat 5g	
Saturated Fat 0.5g	
Trans Fat 0g	
Cholesterol 8mg	
Sodium 15mg	
Total Carbohydrate 16g	
Dietary Fiber 3g	
Total Sugars 13g	
Includes 0g Added Sugars	
Protein 2g	
Vitamin D 0mcg	0%
Calcium 28mg	3%
Iron 0.6mg	3%
Potassium 210mg	5%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

50 min. prep time
8 servings
Serving size: 1 truffle

Ingredients

1 cup (150g) California Medjool Dates, pitted
1/4 cup unsweetened cocoa powder
2 Tablespoons almond butter (or any nut butter)
2 Tablespoons unsalted butter
1/2 teaspoon vanilla extract
Optional: 1/4 teaspoon sea salt

Directions

1. Soak the pitted California Dates in warm water for 10 minutes to soften, then drain well.

(Tip: Microwave for 1 minute to soften California Dates.)

2. Add the California Dates to a food processor along with the cocoa powder, almond butter, butter, vanilla extract, and sea salt. Blend until the mixture is fully incorporated.

3. It should look a little crumbly, but moldable if you press it. If you want more texture to hold the balls together, add 1 tsp of nut butter at a time.

4. Scoop out the mixture into 2-tablespoon servings and roll into balls using your hands. A 2-tablespoon (1-ounce) cookie scoop works well here for uniform sizes.

5. Optional: Coat the truffles with cocoa powder for a deeper, rich chocolate flavor.

6. Place the truffles on a plate or in an airtight container and refrigerate for at least 30 minutes to firm up before serving.



California Date & Harissa Salmon

The natural sweetness of California Dates balances the smoky heat of harissa in this flavorful salmon dish while adding fiber, antioxidants, and essential nutrients. Harissa is a North African chili paste made with roasted red peppers and spices. If you can't find it, you can substitute chipotles in adobo for a similar smoky kick. Herbs and spices are an excellent way to enhance the flavor of your dishes without adding extra fat, sodium, or sugar. This very-low-carb recipe is also heart-healthy.

This recipe was created for California Dates by Dr. Sonali Ruder (The Foodie Physician) and is approved by the American Diabetes Association® Diabetes Food Hub.

Nutrition Facts	
servings per container	
Serving size	1 salmon (4-oz) fillet
Amount per serving	
Calories	260
% Daily Value*	
Total Fat 14g	18%
Saturated Fat 2g	10%
Trans Fat 0g	
Cholesterol 60mg	20%
Sodium 180mg	8%
Total Carbohydrate 10g	4%
Dietary Fiber 1g	4%
Total Sugars 6g	
Includes 0g Added Sugars	0%
Protein 23g	
Vitamin D 0mcg	0%
Calcium 20mg	2%
Iron 1.2mg	6%
Potassium 640mg	15%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

10 min. prep time
10-14 min cook time
4 servings
Serving size: 1 salmon (4-oz) fillet

Ingredients

5 California dates, pitted
3 tablespoons water
2 tablespoons olive oil
1 tablespoon harissa or hot chili paste
1 tablespoon fresh lime juice
3 cloves garlic, finely chopped
½ teaspoon ground cumin
½ teaspoon ground coriander
¼ teaspoon kosher salt
4 (4-oz) salmon fillets
2 tablespoons chopped cilantro
1 lime (cut into 4 wedges) for serving

Directions

1. Preheat oven to 400°F.
2. Roughly chop 3 dates and place them in a small bowl with the water. Chop the remaining 2 dates and set them aside for later.
3. Microwave the bowl of dates for 45 seconds to 1 minute until softened. Carefully remove the bowl and mash the dates with a fork to form a thick paste. Add the olive oil, harissa paste, lime juice, garlic, cumin, coriander, and salt, and stir together until combined.
4. Place the salmon fillets in a large baking dish coated with nonstick spray. Spoon the date & harissa sauce on top of the salmon, spreading it to cover the salmon completely.
5. Sprinkle the remaining chopped dates on top.
6. Bake for 10-14 minutes, or until the salmon is cooked through and flakes easily with a fork. Remove from oven and top the salmon with chopped cilantro.
7. Serve each piece of salmon with a lime wedge on the side to squeeze on top.



California Date & Nut Bars

These bars are perfect for a grab-and-go breakfast or snack. Chock full of nutrient-dense ingredients like California Dates, oats, and chia seeds, they are sure to be a crowd pleaser. And better yet, the bars can be individually wrapped, stacked in an airtight container, and placed in the freezer for up to six months. Just remove each bar and allow to thaw at room temperature before eating.

This recipe was created for California Dates by a Registered Dietitian and is approved by the American Diabetes Association® Diabetes Food Hub.

Nutrition Facts	
16 Servings	
Serving Size	1 bar
Amount per serving	
Calories	160
% Daily value*	
Total Fat 9g	12%
Saturated Fat 1g	5%
Trans Fats 0g	
Cholesterol 0mg	0%
Sodium 130mg	6%
Total Carbohydrate 18g	7%
Dietary Fiber 3g	11%
Total Sugars 10g	
Added Sugars 3g	6%
Protein 3g	
Potassium 132mg	3%

15 min. prep time
30 min. cook time
16 servings
Serving size: 1 bar

Ingredients

1 cup (165 grams) pitted and chopped California Dates
1 ¼ cup quick cooking rolled oats
3 tablespoons whole wheat flour (OR buckwheat flour if gluten free preferred)
2 tablespoons wheat germ
2 tablespoons ground flax seed
1 tablespoon chia seeds
½ cup chopped pecans
1 teaspoon kosher salt
½ teaspoon ground cinnamon
¼ cup creamy peanut butter
¼ cup neutral oil such as vegetable or avocado oil
¼ cup maple syrup
1 teaspoon orange zest
¼ teaspoon vanilla extract

Directions

1. Preheat the oven to 350 degrees F and line an 8x8 inch square pan with parchment paper.
2. In a bowl, add dates, oats, flour, wheat germ, flax, chia, pecans, salt, and cinnamon and mix together well. Be sure to break up the dates and mix throughout.
3. In a small saucepan over low heat, add peanut butter, oil, and maple syrup. Whisk together until well combined and remove from heat. Whisk in zest and vanilla.
4. Pour wet ingredients into dry ingredients and stir until everything is evenly coated.
5. Continue to break up dates and mix them throughout.
6. Spread mixture into the pan evenly, being sure to press it firmly into the sides and corners.
7. Bake for 30 minutes until golden at the edges.
8. Place the pan on a cooling rack and cool completely before removing the mixture and cutting. To speed cooling, the pan may be placed in the refrigerator.



California Date, Pear, & Mozzarella Pizza

This California Date, Pear, & Mozzarella Pizza is a unique and delicious entrée with no added sugar. Using a cauliflower pizza crust, this recipe keeps things light while delivering indulgent flavors. Topped with mozzarella, caramelized California Dates, and sweet sliced pears, it's a perfect blend of savory and sweet, making it ideal for entertaining or a quick weeknight meal.

Plus, it's a vegetarian-friendly entree too.

This diabetes-friendly recipe was created for California Dates by Caroline Thomason, RD, LDN, CDCES, and is approved by the American Diabetes Association® Diabetes Food Hub.

Nutrition Facts	
Per Slice	
Serving size	1/5 pizza
Amount per serving	
Calories	200
	% Daily Value*
Total Fat 8g	10%
Saturated Fat 2g	10%
Trans Fat 0g	
Cholesterol 15mg	5%
Sodium 190mg	8%
Total Carbohydrate 28g	10%
Dietary Fiber 2g	7%
Total Sugars 11g	
Includes 0g Added Sugars	0%
Protein 5g	
Vitamin D 0mcg	0%
Calcium 107mg	8%
Iron 1mg	6%
Potassium 121mg	2%
*The % Daily Value tells you how much a nutrient in a	

10 min. prep time
25 min. cook time
5 servings
Serving size: 1 slice

Ingredients

1 11-ounce Cauliflower pizza crust
(or similar low-carb option)

2 oz low-fat mozzarella cheese

2 tablespoons of pesto

½ medium pear, thinly sliced

3 California Medjool Dates,
pitted and chopped

4 leaves fresh sage

⅓ teaspoon sea salt and freshly
cracked black pepper

Directions

1. Preheat your oven according to the instructions on the cauliflower pizza crust package.
2. Place the pizza crust on a baking sheet and evenly distribute the mozzarella cheese over the top.
3. Layer the sliced pears and chopped California Dates over the cheese, and season with a pinch of sea salt and black pepper.
4. Bake according to the instructions on the pizza package, or until the cheese is melted and the crust is golden brown. We baked the pizza for 12 minutes. Tip: Broil for 1-2 minutes at the end to get the cheese a bit more browned and bubbling and to caramelize the California Dates.
5. Remove from the oven and sprinkle with fresh sage. Tip: Quickly pan-fry your sage for even more of a savory flavor.
6. Slice into 5 even slices and serve warm.



California Dates & Avocado Pudding

This velvety pudding is a nutrient-rich special treat made with whole food ingredients like ripe avocado and naturally sweet dates—no added sugar needed. An excellent source of fiber with heart-healthy fats, it's a better-for-you swap for traditional chocolate pudding. Best of all, it comes together in just 10 minutes!

This recipe was created for California Dates by Dr. Sonali Ruder (The Foodie Physician) and is approved by the American Diabetes Association® Diabetes Food Hub.

Nutrition Facts

servings per container	
Serving size	1/2 cup
Amount per serving	
Calories	200
% Daily Value*	
Total Fat 12g	15%
Saturated Fat 1.5g	8%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 100mg	4%
Total Carbohydrate 27g	10%
Dietary Fiber 9g	32%
Total Sugars 10g	
Includes 0g Added Sugars	0%
Protein 2g	
Vitamin D 0.3mcg	2%
Calcium 80mg	6%
Iron 3.5mg	20%
Potassium 770mg	15%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

10 min. prep time
2 servings
Serving size: 1/2 cup
Vegan | Vegetarian | Gluten-Free

Ingredients

4 California dates, pitted and chopped
1 ripe California avocado, pitted
¼ cup unsweetened almond milk
2½ tablespoons + 1/16 teaspoon
unsweetened cocoa powder (divided)
1 teaspoon vanilla extract
¼ teaspoon ground cinnamon
1/16 teaspoon sea salt
6 fresh raspberries, for topping

Directions

1. Soak the dates in warm water for 5 minutes to soften, then drain. Set aside a few small pieces to garnish the dish.
2. In a food processor or high-speed blender, combine the remaining dates, avocado, almond milk, 2 ½ tablespoons of cocoa powder, vanilla, cinnamon, and sea salt. Blend until completely smooth and creamy, stopping to scrape down the sides if needed.
3. Spoon into 2 small bowls or jars and top with raspberries. Garnish with the reserved chopped dates and cocoa powder. Enjoy the pudding immediately or refrigerate for 30 minutes before serving for a thicker, mousse-like texture.



Lentil Soup with California Dates & Spinach

This hearty soup is inspired by comforting Moroccan flavors, delivering warmth and nutrition in every spoonful. Smoky lentils and fresh spinach create a satisfying base, while naturally sweet California dates add a subtle, balanced flavor. This low-fat vegetarian soup is an excellent source of fiber.

For a creamier texture, you can blend part of the soup before serving.

This recipe was created for California Dates by Dr. Sonali Ruder (The Foodie Physician) and is approved by the American Diabetes Association® Diabetes Food Hub.

Nutrition Facts	
servings per container	
Serving size	1 cup (377g)
Amount per serving	
Calories	170
% Daily Value*	
Total Fat 3g	4%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 310mg	13%
Total Carbohydrate 28g	10%
Dietary Fiber 6g	21%
Total Sugars 6g	
Includes 0g Added Sugars	0%
Protein 8g	
Vitamin D 0mcg	0%
Calcium 40mg	4%
Iron 2.2mg	10%
Potassium 440mg	10%
*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	

10 min. prep time
35 min. cook time
6 servings
Serving size: 1 cup
Vegan | Vegetarian | Gluten-Free

Ingredients

1 tablespoon olive oil
 $\frac{3}{4}$ cup diced yellow onion
 $\frac{1}{2}$ cup diced carrots
 $\frac{1}{2}$ cup diced celery
3 garlic cloves, minced
2 teaspoons ground cumin
2 teaspoons ground coriander
1 teaspoon smoked paprika
 $\frac{3}{4}$ cup dry lentils, rinsed
1 can (14.5-ounce) no-salt-added diced tomatoes
4 cups unsalted vegetable broth
2 cups water
1 teaspoon salt
 $\frac{1}{2}$ teaspoon black pepper
2 cups fresh baby spinach
2 pitted California dates, finely chopped
1 tablespoon fresh lemon juice

Directions

1. In a large pot, heat the olive oil over medium heat. Add the onion, carrots, and celery. Sauté for 3–4 minutes until they begin to soften.
2. Add the garlic, cumin, coriander, and paprika. Cook for another 30 seconds until fragrant.
3. Stir in the lentils, tomatoes, vegetable broth, and water. Bring to a boil, then reduce heat and simmer for 25–30 minutes, with lid slightly open, until the lentils are tender. Stir in the salt and pepper.
4. Stir in the spinach and dates. Cook for 2–3 minutes until the spinach wilts.
5. Stir in the fresh lemon juice. Serve the soup warm.



Stuffed Chicken Breasts with California Dates, Spinach & Herbed Ricotta

Stuffed chicken is a delicious way to add a special touch to weeknight dinners or impress guests when entertaining. This elegant yet simple, recipe features lean chicken breasts filled with creamy herbed ricotta, baby spinach, and naturally sweet California Dates.

This is a low-fat, low-carb main dish that's full of flavor and balanced with protein and healthy fats.

The recipe is written for 4 small chicken breasts (about 5 ounces each), but if you're using larger ones, simply slice them in half after cooking.

Each half makes a perfect portion.

This recipe was created for California Dates by Dr. Sonali Ruder (The Foodie Physician) and is approved by the American Diabetes Association® Diabetes Food Hub.

Nutrition Facts	
4 Servings	
Serving Size	1 (5 ounce) chicken breast
Amount per serving	
Calories	270
	% Daily value*
Total Fat 8g	10%
Saturated Fat 2g	10%
Trans Fats 0g	
Cholesterol 110mg	37%
Sodium 210mg	9%
Total Carbohydrate 13g	5%
Dietary Fiber 1g	4%
Total Sugars 5g	
Added Sugars 2g	4%
Protein 35g	
Potassium 690mg	15%

20 min. prep time

25 min. cook time

4 servings

Serving size: 1 (5-ounce) chicken breast

Ingredients

½ cup frozen, chopped spinach

½ cup light ricotta cheese

1 teaspoon lemon zest

1 clove garlic (finely chopped)

½ teaspoon dried thyme

¼ teaspoon kosher salt, divided use

¼ teaspoon black pepper, divided use

¼ cup chopped California dates

4 small boneless, skinless chicken breasts
(5-oz each)

½ teaspoon paprika

1 tablespoon olive oil

1 teaspoon salt

½ teaspoon black pepper

2 cups fresh baby spinach

2 pitted California dates, finely chopped

1 tablespoon fresh lemon juice

Directions

1. Preheat the oven to 400°F.

2. Defrost the spinach and squeeze out all the water.

3. In a medium bowl, mix the spinach, ricotta, lemon zest, garlic, thyme, 1/8 teaspoon salt, and 1/8 teaspoon pepper. Stir in the chopped dates.

4. Cut a horizontal slit along the side of each chicken breast at the thickest part of the breast to form a pocket (don't cut all the way through). Spoon the filling evenly into each pocket. Secure with toothpicks, if needed.

5. Season chicken with the remaining 1/8 teaspoon salt, 1/8 teaspoon pepper, and the paprika. Heat olive oil in a large nonstick or cast-iron skillet over medium-high heat. Sear chicken for 2–3 minutes per side, until lightly golden.

6. Transfer the skillet to the oven. Bake for 15–20 minutes, until the internal temperature reaches 165°F.

7. Remove the toothpicks before serving.



To learn more about the nutritional power and culinary creativity of California Dates
visit californiadates.com and follow [@DatesAreGreat](https://twitter.com/DatesAreGreat)

Access the digital cookbook here:

