

Defeating Diabetes **Recipes**



Citrus Fruit Salad

Ingredients:

- 1/3 cup orange juice
- 2 tablespoons lemon juice
- 1 1/2 tablespoons dark honey
- 1/4 teaspoon ground ginger
- Dash of nutmeg
- 5 oranges
- 2 red apples, cored and diced
- 2 cups whole red grapes
- 1 banana, halved lengthwise, peeled and sliced crosswise

Prepare citrus syrup: Combine orange juice, lemon juice, honey, ginger and nutmeg. Mix well and set aside. Working with one orange at a time, cut a thin slice off the top and the bottom, exposing flesh. Stand orange upright and, using a sharp knife, thickly cut off the peel, following the contour of the fruit removing all the white pith and membrane. Holding the orange over a bowl, carefully cut along both sides of each section to free it from the membrane. As you work, discard any seeds and let the sections fall into the bowl. Repeat with remaining oranges. In a large bowl, combine the oranges, apples, grapes, and banana. Pour syrup over fruit mixture. Toss gently to mix well. Divide fruit among individual serving bowls. Serve immediately.

Yield: 8 servings

- Calories 125
- Total carbohydrates 31g



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Mediterranean Quinoa Salad

Ingredients:

- 1 cup uncooked quinoa, rinsed well
- 2 cloves garlic, chopped
- ¼ cup extra virgin olive oil
- ¼ cup lemon juice (freshly squeezed is best)
- ½ teaspoon Himalayan or Celtic salt
- ¼ teaspoon freshly ground black pepper
- ½ cup finely chopped scallions (white and green parts)
- 1 cup cherry tomatoes, chopped
- 1 cup cucumber, chopped into small cubes
- ½ cup radish, finely chopped
- ¼ cup red or yellow peppers, finely chopped
- 1 cup arugula, finely chopped
- 2 tablespoons fresh mint, finely chopped
- 2 tablespoons cilantro, finely chopped
- 1 cup parsley, finely chopped
- ¼ cup pitted kalamata olives, finely chopped
- ¼ cup organic crumbled feta cheese

Bring 2 cups of water to a boil, add the quinoa, and reduce to medium heat. Let simmer about 20 minutes until all of water is absorbed and the quinoa is tender. Transfer to a mixing bowl and let cool to room temperature. You can put it in the refrigerator to cool it more quickly. While the quinoa cooks, mix garlic, olive oil, lemon juice, salt and pepper in a small bowl and let sit, allowing the garlic to infuse the dressing. Chop the veggies and rest of the ingredients. Add all ingredients and dressing to the bowl of quinoa and toss until thoroughly mixed. Refrigerate for at least 30 minutes before serving to allow the flavors to combine. Tip: Take this salad from a side dish to the main event by boosting the protein and adding 1 cup canned garbanzo beans, drained and rinsed.

Yields: 6 servings

Amount per serving:

- Calories 227
- Fat 13g
- Carbohydrates 16g
- Protein 6.5g

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Greek Pasta Salad

Ingredients:

Dijon Vinaigrette

- ¼ cup rice wine vinegar
- 2 tablespoons Dijon mustard
- 1 clove garlic, minced
- Pinch of salt
- Black pepper, to taste
- 3 tablespoons olive oil
- 3 tablespoons water

Pasta Salad

- 1 pound whole wheat pasta
- 2 medium zucchini, chopped
- 1 medium yellow bell pepper, chopped
- 10 ounces cherry tomatoes, halved
- ½ cup chopped kalamata olives
- ½ cup crumbled feta cheese

Prepare vinaigrette by mixing all ingredients together. Store in container with lid. Bring 1 gallon water to boil. Add pasta and boil using package times (about 10 minutes). Drain thoroughly (do not rinse) and pour onto baking sheet. Set aside to cool. Once pasta has cooled, put vegetables, pasta, and remaining ingredients (except dressing) in a bowl. To serve, add dressing, toss to coat.

Yields: 14 servings

Amount per serving:

- Calories 189
- Fat 6g
- Carbohydrates 30g
- Protein 6g

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Grilled Portobello Mushrooms

Ingredients:

- 1 package pre-sliced portobello mushrooms (approx. 14 slices)
- ½ cup Paul Newman's Own® Light Balsamic Vinaigrette Salad Dressing

Marinate mushrooms in salad dressing for about 30 minutes. Grill for 8 to 10 minutes. Serve and enjoy!

Yields: 4 servings

Amount per serving:

- Calories 60
- Fat 4g
- Carbohydrates 6g
- Protein 2g