

Defeating Diabetes Recipes



Chicken Avocado Tostadas with Chipotle Cauliflower Rice

Ingredients:

- 2½ tablespoons extra-virgin olive oil, divided
- 3 tablespoons fresh lime juice
- 2 teaspoons ground cumin
- ¼ teaspoon sea salt such as Celtic or Himalayan
- 1 cup fresh tomato, diced
- ½ cup white onion, finely chopped
- 2 heaping tablespoons fresh cilantro, chopped
- 1 large avocado, peeled and diced
- 4 6-inch tortillas of choice such as grain-free, non-GMO corn, low carb or whole wheat
- 2 cups shredded green leaf lettuce
- 1 15-ounce can black beans, rinsed and drained
- 2 cups shredded organic chicken breast (optional swap: rotisserie chicken)
- ¼ cup crumbled queso fresco cheese or Siete® queso cheese alternative

In a medium bowl, whisk together 1½ tablespoons olive oil, lime juice, cumin and salt. Add tomato, onion, cilantro and avocado tossing gently to coat. Next, heat 1 teaspoon oil in large skillet, over medium heat, then swirl to coat bottom of pan. Add 1 tortilla to pan; cook 1 minute on each side or until browned. Repeat with three remaining tortillas and rest of oil. Place one tortilla on each of four plates then layer each with ½ cup lettuce, ½ cup beans, ½ cup chicken, ¼ cup avocado salsa, and top with 1 tablespoon queso cheese. Serve with side of chipotle rice.



Chipotle Cauliflower Rice

Ingredients:

- 1 package frozen cauliflower rice
- 1 tablespoon grass-fed or pastured butter or can sub extra virgin olive oil
- 1 tablespoon minced chipotle chile
- ⅛ teaspoon sea salt
- 1 tablespoon cilantro, chopped

Cook rice according to package directions, adding in butter, chile and salt. After cooking, stir in cilantro being sure all ingredients are combined.

Serving size: 4

Nutritional information:

- (including rice): 546
(will vary depending on tortilla choice)

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Linda's Cherry Salad

Ingredients:

- 1 tall can pineapple tidbits, drained
- 1 can of Lite Cherry Pie Filling
- ½ teaspoon almond extract
- 1 8-ounce container of lite whipped topping
- ½ cup fat-free condensed milk
- ¼ cup pecans, chopped

In a bowl, mix pineapple tidbits and light cherry pie filling. Add almond extract and mix well. Fold in Cool Whip and condensed milk. Add nuts and fold in. Chill until ready to serve.

Serving size: 12

Nutritional information:

- Calories 157
- Total fat 4g
- Total carbohydrates 30g



Pistachio Salad

Ingredients:

- 1 8-ounce can crushed pineapple packed in its own juice
- 1 box sugar free pistachio instant pudding mix
- 1 8-ounce container lite whipped topping
- ⅔ cup lite Greek vanilla yogurt
- 1 cup mini marshmallows
- Crushed pecans or walnuts (optional)

Mix crushed pineapple with juice and pistachio pudding mix. Fold in whipped topping, yogurt and marshmallows. Refrigerate and enjoy.

Serving size: 10

Nutritional information:

- Calories 96
- Total fat 2.5g
- Total carbohydrates 12g



Raspberry Bars

Ingredients:

- 1 cup self-rising flour
- 1 cup quick oats
- 1 teaspoon of baking powder
- ½ cup of brown sugar
- ½ cup of margarine (Country Crock)
- ¾ cup Smucker's Simple Fruit Jelly
 - Raspberry (or Blackberry or Blueberry)

Mix dry ingredients in a mixing bowl. Add margarine and mix until ingredients begin to crumble. Press ⅔ of mixture into 9x13 glass baking dish. Pack it down and smooth out evenly. Spread fruit jelly evenly over crust. Sprinkle with remaining crumbs and bake at 325 degrees for 20 to 30 minutes.

Serving size: 24

Nutritional information:

- Calories 79
- Total fat 2g
- Total carbohydrates 14g