

# Diabetes Month Tips and Recipes



## *From Our Kitchen To Yours*

We at Mediterranean Wellness are glad to share with you some of our favorite recipes that are diabetic friendly, nutritious, and delicious!

The recipes included were chosen as they can complement a variety of other dishes you serve at meals. We do hope you enjoy them.

Bon Appétit!

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# Tips for Managing Diabetes

## Choose the Real Deal

- Free your body of chemicals. Avoid the use of artificial sweeteners such as sucralose (Splenda) and aspartame (Nutra Sweet).
  - If you are severely sugar intolerant Stevia, which is derived from an herb, may be a sweetener you would want to try.
- Every so often, allow yourself to have a dessert made of real ingredients. Serve yourself a sensible portion and take your time with the dessert.
- Try these low sugar diabetic friendly desserts:
  - Roasted nuts and dark chocolate chips
  - Fresh sliced fruit with a dollop of homemade whipped cream

## Veggies are our Friends

- Try to incorporate a non-starchy vegetable into as many meals as possible.

## Exercise... Every Little Bit Does Count

- Incorporate short bursts of exercise in throughout your day.
  - 10 minutes of strength training in the morning.
  - 10 minute walk on your lunch break.
  - 10 minutes of a combination of strength training and stretching while dinner is in the oven.

## Stifle the Stress

- Manage your stress. We all have it; we just have to manage it.
  - Take time to practice simple deep breathing exercises.
  - Try not to over commit.
  - Focus on talking through things vs. letting feelings build up.
  - Laugh a lot!

# Starters, Sides, and Complements

## Roasted Cauliflower

*\*Vegetarian, Gluten- Free*

The simple and amazing technique of roasting a vegetable or fruit with some olive oil or butter or a combination of the two is a wonderful way to enhance the flavor of the food.

### You'll Need

- 1 head cauliflower, cut into, 2-inch pieces
- ¼ to 1/3 cup olive oil
- 1 teaspoon salt
- 1/4 teaspoon pepper
- ½ teaspoon cumin (more if you'd like)
- Chopped parsley for garnish



### Directions

- Heat the oven to 425° F.
- Place the cauliflower florets in a large roasting pan and toss with the olive oil (enough to coat), salt, pepper, and cumin.
- Roast until cauliflower is tender and lightly browned, stirring once during roasting process, approximately, 35 to 40 minutes.

### Play with your Food

- This recipe is wonderful just with cauliflower, but you can add other veggies if you would like. Sliced onions and carrots work well with the cauliflower.
- You can use this recipe as a template and simply choose other vegetables to roast. Just make sure to adjust the amount of olive oil, seasonings, and cooking time appropriately.
- Be creative and switch up the seasonings you choose to use. Curry is a spectacular spice to enjoy with roasted carrots. Go ahead give it a try.

### A Nutrition Nugget

Cauliflower is a low carb veggie containing about 2.5 carbs per half cup cooked serving. It's also such a satisfying vegetable that can be used in a variety of ways.

In addition, cauliflower is a fantastic source of vitamin C. Current research demonstrates that a diet high in vitamin C decreases the cardiovascular disease risks that are associated with diabetes.

Sounds like some super flower power!

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# Starters, Sides, and Complements

## Brussels Sprouts Braised in Chicken Stock

*\* Gluten-Free*

This is a simple way to make these little power houses of health. Try them crunchy or soft and this will determine the amount of time you cook them in the broth. Also use veggie broth to make it a vegetarian dish.

### You'll Need

- 1 pound Brussels sprouts, cut up into halves along stem
- Olive Oil
- Chicken stock
- Salt and pepper
- 1 tablespoon butter

### Directions

- In a frying pan on low-medium heat, add a drizzle of olive oil and butter. Let butter slightly melt then add Brussels sprouts.
- Make sure that the Brussels sprouts all lay flat.
- Brown Brussels on bottom, add salt and pepper.
- Once browned, add just enough chicken stock to coat the bottom of the pan. Cover pan. Set heat to low and let cook.



### Play with Your Food

- Add some cooked onion.
- Add some chopped dried cranberries.
- Use vegetable stock instead of chicken stock.

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### A Nutrition Nugget

As one with diabetes is more prone to cardiovascular issues, it is crucial for the diabetic to care for this facet of health.

So, it can be beneficial to consume cruciferous veggies such as Brussels sprouts, cabbage, kale, etc., as part of one's diet.

Cruciferous vegetables may aid in helping to prevent cardiovascular complications like atherosclerosis.

Atherosclerosis is the hardening of artery walls and is a major cause of heart attack and stroke.

Food is medicine! When possible, incorporate cruciferous veggies into your diet at least 3 times a week.

# Starters, Sides, and Complements

## Mushrooms & Onions

*\*Vegetarian and Gluten-Free*

This is a very versatile dish. It can be served as a side or a sandwich topping. Vary the mushrooms to your liking.

### You'll Need

- 2-4 tablespoons butter
- 1 onion
- Sliced Mushrooms
- Salt & Pepper to taste

### Directions

- Slice onion thinly.
- Heat pan and add 2 tablespoons butter. Once butter is melted, add onions.
- Let onions cook in butter for about 5 minutes so they start to caramelize.
- Once onions are a little caramelized, add mushrooms. If needed, add some more butter.
- Let cook and add salt and pepper as needed.

### Play with your Food

- Add other fresh vegetables such as zucchini or peppers.
- Add some other spices such as garlic.



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### A Nutrition Nugget

Don't cry...

All types of onions contain flavonoids which are plant based compounds that are beneficial for our health. They have been shown to aid in cancer prevention and they work to decrease inflammation in the body which is a big bonus for diabetes management.

Here's the deal, the majority of the flavonoids are found in the outermost layer directly under the paper like cover. So for optimal benefit, when peeling an onion try to preserve and utilize this first layer as much as possible.



# Soup

## Chicken Tortilla Soup

\* *Gluten-Free*

This recipe will take a little bit of time but it is worth it! The flavors you develop in the stock takes this soup to the next level, but if in a rush you can use premade stock.

### You'll Need for the Stock

- 1 roasted chicken
- 4 carrots, chopped (about 2 cups)
- 4 stalks celery, chopped (about 2 cups)
- 1 large onion, chopped (about 2 cups)
- 1 tablespoon salt
- 1/2 tablespoon peppercorn
- 4-5 cloves of garlic, crushed
- Fresh ginger sliced to your liking
- Rosemary
- 3-4 quarts of water



### You'll Need for the Soup

- 1 medium onion cubed into small pieces
- 2 tablespoons butter
- Extra virgin olive oil
- 1 habanero, finely minced
- 1 can of corn, drained
- 1 large can of diced tomatoes
- 1 small can of chopped chilies
- 2 tablespoons white wine vinegar
- 2 tablespoons oregano
- Chicken from roasted chicken, chopped
- Salt and pepper
- 1 avocado
- 1 lime
- Corn tortillas

### A Nutrition Nugget

The MIGHTY monounsaturated fat has shown to do wonders for heart health. In addition, it also aids in the way the body utilizes insulin and assists with healthy blood sugar control.

Monounsaturated fats can be found in many foods such as: avocados, poultry, olive oil, and nuts.

Make monounsaturated rich foods a staple portion of your diet.

### Directions

- Roast 1 chicken separate the meat from the carcass. Place carcass in pot and set meat aside to use at a later point.
- Add chopped onion (for the stock), celery, and carrots to pot. Add about the same amount of water as ingredients to pot. Add salt and peppercorn.

## Chicken Tortilla Soup continued...

- Add 4 - 5 crushed garlic cloves, ginger, and rosemary to pot. Put lid on pot, let come to a boil and then reduce heat to medium and let simmer for 1 hr. After 1 hr, remove lid and let simmer for an additional 3 hrs.
- Once stock is done, drain stock into another pot as to keep only the liquid.
- Take cubed onion and add to frying pan. Add butter and let saute until onions are browned.
- While onions are browning, take corn and drain water. Add to an empty frying pan. Take habanero pepper and cut into quarters, remove veins and seeds. Add to frying pan. Turn heat on and let corn and pepper roast. Once roasted remove habanero from pan. Take roasted habanero and finely mince it.
- In the pot with the stock, add tomato, chili, white wine vinegar, oregano, sautéed onion, corn, habanero, and chopped chicken. Add salt and pepper to taste and let simmer with lid on for an hour.
- Add olive oil to a frying pan so that it coats the bottom. Take a corn tortilla and place in pan and let cook in pan until browned on both sides. When browned, remove from pan and place on a plate with a paper towel. Pat dry. Slice tortilla into pieces.
- Once tortilla soup has finished, chop 1 avocado up and add to soup and take 1 lime and squeeze juice on top of soup. Spoon into bowl, top with tortilla chips, and enjoy!

### Play with Your Food

- Use chicken stock from the store instead of making your own.
- Use a different pepper than a habanero.

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# Main Course

## Tuna Mushroom Melt

*\*Gluten-Free*

This recipe gets creative and replaces the standard bread option with a portabella capped mushroom.

### You'll Need

- Can of Tuna: Chunk Light in water
- Salt and Pepper
- EVOO (Extra Virgin Olive Oil)
- White Wine Vinegar
- Tarragon
- Capers
- Brown Mustard
- Portobello Mushroom
- Tomato minced
- Sharp Cheddar Cheese



### Directions

- Drain tuna. Add pepper, salt, EVOO, white wine vinegar, tarragon, capers, brown mustard, and tomatoes. Mix together and taste. Add seasonings as needed.
- Clean Portobello mushroom and then add tuna mixture to bowl side of mushroom.
- Slice some sharp cheddar as thinly as possible and add to top of tuna.
- Broil on high for about 10 - 15 minutes.

### Play With Your Food

- Incorporate different herbs such as basil or oregano.
- Top with feta cheese instead of cheddar.

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### A Nutrition Nugget

Mushrooms are magnificent!

The condition of diabetes can be exacerbated as a result of excess inflammation occurring in the body.

New research demonstrates that mushrooms contain anti-inflammatory properties which could aid in the management of diabetes and may help decrease a person's risk of heart disease.

# Main Course

## Salmon Patties

Quick to make, very nutritious and quite delicious! That pretty much sums up these salmon patties. Try experimenting with making a sauce to complement these or incorporate in different herbs and spices. This is a great dish to make with leftover fresh, cooked salmon too. This recipe is designed to taste so add amounts to meet your liking.

### You'll Need

- 14.5 ounce Can of Salmon
- Salt and Pepper
- EVOO (Extra Virgin Olive Oil)
- White Wine Vinegar
- Oregano
- Cayenne
- 1 egg
- Lemon Slice



### Directions

- Drain salmon. Flip can over into bowl and lift can. Remove skin and bones from salmon.
- Add egg. Add EVOO (approximately ½ to 1 tablespoon) and about 1/2 as much white wine vinegar. Add oregano, cayenne, salt and pepper. Mix together.
- Take mixture and form "hockey puck" sized patties and place on paper towel. If patty falls apart, squeeze excess water out of it and form patty again. Place a paper towel over the patties and pat them dry.
- Add EVOO to frying pan, just enough to coat the bottom and turn the stove to Medium/Medium high. Let the pan heat up.
- Once the pan has heated, add patties. Turn them once the bottoms have browned. Cook until both sides browned.
- Squeeze a lemon slice on patties once they are finished.

### Play With Your Food

- Add breadcrumbs
- Change up the spices

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### A Nutrition Nugget

Salmon is super!

Salmon is a good source of omega-3 fatty acids.

Research from the University of Maryland Medical Center shows that a diet rich in omega-3 fatty acids may help lower triglycerides and apo-proteins (markers for diabetes), both which tend to be elevated in someone with diabetes.

# Main Course

## Frittata

*\*Vegetarian, Gluten-Free*

A frittata is an egg-based dish that is baked and is similar to a quiche with no crust. It also kind of resembles an omelet. Frittatas are flexible! Switch up the vegetables, herbs and cheeses. They work well for breakfast, lunch, or dinner. And a little goes a long way.

### You'll Need

- 2 tablespoons olive oil
- 1 small yellow onion, finely chopped
- 1 clove garlic, crushed
- 3 sundried tomatoes, finely chopped
- 1 medium zucchini, chopped
- 6 eggs
- 1/8 teaspoon black pepper
- 1/2 teaspoon salt
- 1/4 teaspoon dried basil
- 1/4 teaspoon dried oregano
- 1/3 cup grated Parmesan cheese



### Directions

- Preheat oven to 350.
- In a frying pan, heat the oil over medium heat.
- Add onion, garlic, and zucchini; cook, stirring occasionally, until vegetables are soft (about 5 minutes).
- Remove from heat and mix in sundried tomatoes and let cool slightly.
- In a bowl, beat eggs lightly with, salt, pepper, basil, and oregano.
- Stir in cheese and vegetables.
- Pour into a greased 9-inch pie pan.
- Bake for 25 to 30 minutes or until puffed and brown.
- Serve hot or at room temperature.

### Play with Your Food

- These vegetables are just suggestions to use. Alter the use of vegetables based upon what is available to you and what's in season. For example try broccoli or spinach.
- Substitute with fresh herbs when you can.
- Switch up or leave out the cheese.
- You can easily double this recipe and then bake it in a 9x13 baking dish.
- Try also baking the frittata in muffin tins and provide people with individual servings.

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### Nutrition Nugget

#### Let's Bust the Myth!

A person with diabetes should never eat eggs. Never!?!? Now that is quite a stretch.

In fact, the American Diabetes Association suggests that having a few eggs a week is a fine amount to safely consume.

# Dessert

## Whipped Cream

*\*Vegetarian, Gluten-Free*

An easy dessert is to cut up fresh fruit or thaw frozen fruit and top with a dollop of whipped cream.

### You'll Need

- 2 cups of heavy cream
- 1 tablespoon of sugar (or less)

### Directions

- Then with an electric beater, beat cream on high until it starts to fluff.
- Then add the sugar.
- You'll know it's done when the whipped cream gently clings to the lifted beaters. Just be careful not to overbeat or you'll end up making sweetened butter.



### Play with Your Food

- Add a dash of vanilla
- Add a pinch of cocoa powder

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### A Nutrition Nugget

Many prepackaged whipped cream toppings are loaded up with partially hydrogenated oils, high fructose corn syrup, and other excess sugars and additives. YIKES!

This recipe is low in sugar and works wonderfully as a topping for fresh sliced fruit.

So take your time and savor every bite!