



EAT HEALTHY, EAT HAPPY

Delicious Diabetes-Friendly Recipes
from BetterHealthKare.com



Living with diabetes...

doesn't have to mean living with bland, tasteless meals!

At BetterHealthKare.com, we believe that there is absolutely NO reason why you shouldn't be able to enjoy meals that are flavorful, full of variety and good for you, too! This collection of easy-to-follow recipes provides palate-pleasing ideas that cover breakfast, lunch, dinner and everything in between – from appetizers and salads, to side dishes, main dishes, soups and stews, and desserts. Each recipe is designed to maximize flavor by incorporating lean proteins, heart-healthy fats and balanced carbohydrates that bolster energy levels and minimize blood sugar elevation.

In creating this book, our primary goal was to compile recipes that enhance healthy eating by using ingredients with a low glycemic index, for a slower glucose release. The glycemic index classifies carbohydrates based on how quickly and how high they boost your blood sugar. Remember – the slower that carbs are processed in your body, the better for your blood glucose levels and your overall health.

So don't let your diabetes come between you and your enjoyment of food - use these recipes to ensure healthier blood glucose levels for you and your family, and enjoy a satisfying meal every time!

Breakfasts



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Breakfast Scones



Yield 10 servings

Ingredients

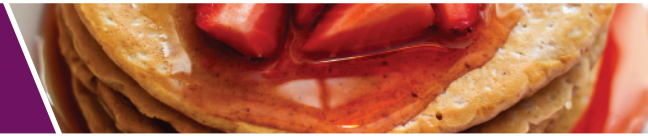
- 2 cups all-purpose flour
- 1/4 tsp salt
- 2 tsp baking powder
- 1/4 tsp baking soda
- 1 tsp ground cinnamon
- 1/4 tsp ground nutmeg
- 2/3 cup toasted wheat germ
- 1/3 cup margarine
- 1-1/4 cups finely-chopped apple
- 1/2 cup skim milk
- 1/4 cup honey

TOPPINGS: 1 tbsp toasted wheat germ, 1/4 tsp ground cinnamon, 1 tbsp sugar substitute

Instructions

- 1** Preheat oven 400° F. Lightly spray a large cookie sheet with non-stick cooking spray. Combine flour, wheat germ, baking powder, spices, baking soda & optional salt. Cut in the margarine until mixture resembles coarse crumbs. Add combined apple, milk, and honey, mixing until dry ingredients are moistened.
- 2** Turn dough out onto lightly-floured surface; knead gently 5-6 times. Pat dough into a 9-inch circle. Mix together topping ingredients (1 tbsp wheat germ, 1/4 tsp cinnamon, and 1 tbsp sugar). Sprinkle over dough.
- 3** Cut dough into 10 wedges. Place 1/2-inch apart on prepared cookie sheet. Bake 16-18 minutes, or until golden brown.

Pancakes



Yield 5 servings

Ingredients

1½ cups (375 mL) low-fat milk
1 egg
2 tbsp (25 mL) canola oil
1 tsp (5 mL) vanilla extract
2 ½ cups (625 mL) Oat Cinnamon Pancake Mix

OAT CINNAMON PANCAKE MIX:

2 2/3 cups (650 mL) whole wheat flour
1½ cups (375 mL) large-flake rolled oats
1/4 cup (50 mL) brown sugar
1/4 cup (50 mL) granular low-calorie sweetener with sucralose
2 tbsp (25 mL) baking powder
2 tsp (10 mL) cinnamon
1/2 tsp (2 mL) salt

Instructions

- 1** In bowl, combine flour, oats, sugar, sweetener, baking powder, cinnamon and salt. Store in tightly sealed container for up to 1 month.
- 2** TO MAKE PANCAKES: Whisk together milk, egg, oil and vanilla. Place pancake mix in bowl; pour egg mixture into dry mixture and stir just until dry ingredients are moistened.
- 3** Heat large non-stick skillet over medium heat until hot. Spray with non-stick cooking spray. Drop batter by ¼ cup (50 mL) measure onto pan. Cook pancakes for 3 minutes, or until bubbles break on top and underside is golden brown; flip and cook other side until golden.

Appetizers



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Vegetable Guacamole



Yield 8 servings

- Ingredients**
- 2 Tbsp (30 mL) canola oil, divided (plus more for the grill)
 - 1 small zucchini, cut lengthwise in 3 long strips
 - 1 red bell pepper, cored, seeds removed, sliced in half
 - 1 just ripe avocado, peeled, sliced in half
 - 1/2 small red onion, sliced in half
 - juice of 1 lime
 - 1/4 cup (60 mL) cilantro, minced

Instructions

- 1** Prepare grill by brushing with canola oil. Preheat grill to medium-high.
- 2** Lightly brush both sides of vegetables with 1 Tbsp (15 mL) of the canola oil. Place zucchini strips, bell pepper, avocado halves and onion on the grill for about 3 to 4 minutes per side.
- 3** Remove from grill. Finely dice zucchini, pepper and onion. Place in large bowl. Add avocado and mash in.
- 4** Stir in remaining canola oil, lime juice and cilantro. Refrigerate until serving.

Hummus



Yield 4 servings

Ingredients 15-ounce of can black beans, rinsed and drained
2 teaspoons lemon juice
1 tablespoon dried basil
1 teaspoon garlic, minced

Instructions

- 1** Process the black beans, lemon juice, basil and garlic together in a food processor until thick.
- 2** Chill for 1/2 hours, then serve.

Soups & Stews



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Cauliflower Soup



Yield 3 cups

Ingredients

Blender, food processor or immersion blender
2 cups (500 mL) cauliflower florets
1/2 cup (125 mL) chopped celery
1½ cups (375 mL) reduced-sodium chicken broth
1 cup (250 mL) evaporated 2% milk
Pinch freshly ground white pepper
1 green onion, thinly sliced

Instructions

- 1** In a saucepan, combine cauliflower, celery and broth. Bring to a boil over high heat. Reduce heat and simmer for 10 minutes or until vegetables are tender.
- 2** Working in batches, transfer soup to blender (or use immersion blender in saucepan) and puree until smooth. Return soup to saucepan (if necessary) and stir in milk and white pepper. Heat over medium heat, stirring occasionally, until hot (do not let boil).
- 3** Ladle into warmed bowls and garnish with green onion.

Notes

In place of store-bought chicken broth, you can use homemade chicken stock. You may need to add up to ¼ tsp (1ml) salt to bring out the flavors of the soup. Taste the finished soup and add just enough salt to perk up the flavor. Heat milk-based soups just to a simmer. If they are allowed to boil, they may curdle.

Chili con Carne



Yield 8 servings

Ingredients

- 1 lb (500g) lean ground beef
- 1 cup (250 mL) chopped onion
- 1 clove garlic, crushed
- 3 cups (750 mL) finely-shredded cabbage
- 2 cups (500 mL) thinly sliced-celery
- 1/2 cup (125 mL) chopped sweet green pepper
- 1 can (28 oz/796 mL) diced tomatoes, undrained
- 1 can (7.5 oz/213 mL) tomato sauce
- 1 can (19 oz/540 mL) kidney beans, drained and rinsed
- 1 tbsp (15 mL) chili powder
- 1 tsp (5 mL) dried oregano
- 1/4 tsp (1 mL) hot pepper sauce

Instructions

- 1** Cook beef until brown and crumbly In a large, non-stick skillet over medium-high heat. Drain fat and discard. Add onion and garlic; cook for 5 minutes.
- 2** Add cabbage, celery, green pepper, tomatoes with juice, tomato sauce, kidney beans, chili powder, oregano and hot pepper sauce. Reduce heat to medium-low, cover and simmer, stirring occasionally, for 45 minutes or until vegetables are tender.

Notes To freeze extra chili, portion it into single-serving plastic containers.

Salads



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Spinach Salad



Yield 4 servings

Ingredients

- 6 cups (1.5 L) lightly-packed baby spinach
- 1 large sweet onion (Spanish, Vidalia or other mild onion) cut into rings
- 1 large orange
- Unsweetened orange juice
- 1 clove garlic, finely-chopped
- 1/4 tsp (1 mL) salt
- 1/4 tsp (1 mL) freshly ground black pepper
- 2 tsp (10 mL) vegetable oil

Instructions

- 1** In a salad bowl, combine spinach and onion.
- 2** Peel orange and cut into sections. Cut each section in half and add to the spinach mixture.
- 3** Squeeze juice from remaining orange membranes into a measuring cup and pour in enough orange juice to make 1/4 cup (60 mL). Stir in garlic, salt, pepper and oil.
- 4** Pour dressing over salad and toss to coat. Cover and refrigerate for 4 to 6 hours to let the flavors mellow.

Waldorf Salad



Yield 4 servings

Ingredients

2 cups (500 mL) coarsely shredded cabbage
1/2 cup (125 mL) sliced celery
2 tbsp (25 mL) each finely chopped raisins and walnuts
1/4 cup (50 mL) low-fat plain yogurt
2 tbsp (25 mL) light mayonnaise
1/2 tsp (2 mL) fresh lemon juice
2 cups (500 mL) chopped apples (2 medium)
Salt and freshly ground pepper

Instructions

- 1** In bowl, combine cabbage, celery, raisins and walnuts.
- 2** In small bowl, whisk together yogurt, mayonnaise and lemon juice; stir into cabbage mixture. Season with salt and pepper to taste.
- 3** Cover and refrigerate for at least 30 minutes, then stir in apples just before serving.

Main Dishes



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Pan-Fried Trout



Yield 6 servings

Ingredients

- 2 lbs (1 kg) whole fresh trout fillets
- 2 Tbsp (30 mL) whole wheat or all-purpose flour
- 1/4 tsp (2 mL) freshly ground pepper
- 2 Tbsp (30 mL) milk
- 2 Tbsp (30 mL) canola oil
- lemon and parsley, optional garnishes

Instructions

- 1** On a plate, mix flour with pepper for dredging the fish.
- 2** Place milk in bowl, dip trout in milk and then place on plate to coat with flour on both sides.
- 3** In large saucepan, heat canola oil to medium-high. Place fish in pan and fry for approximately 4 – 5 minutes per side or until golden brown.
- 4** Allow fish to stand in pan for about 10 minutes before slicing and serving. Garnish with a wedge of lemon and serve with baked potatoes and steamed vegetables, if desired.

MARINATED

Chicken & Rosemary Kebabs



Yield 8 servings

Ingredients

- 1½ lb boneless, skinless chicken breasts, trimmed and cut into 2-inch (5-cm) pieces (750 g)
- 3 tbsp olive oil (50 mL)
- 3 tbsp lemon juice (50 mL)
- 2 tbsp fresh rosemary leaves (25 mL)
- Freshly ground black pepper

Instructions

- 1** Thread the chicken onto metal skewers and lay in a shallow dish.
- 2** Mix the oil, lemon juice, rosemary and pepper together in a small bowl and pour the marinade over the kebabs. Cover and refrigerate 2 hours.
- 3** Preheat broiler. Arrange kebabs in a baking pan. Broil kebabs about 10 to 15 minutes or until the chicken is cooked through, brushing with the marinade during the first 5 minutes, turning frequently. Serve hot.

Side Dishes



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Stuffed Tomatoes



Yield 4 servings

Ingredients

6- or 12-cup muffin pan
4 firm tomatoes
1/4 cup (60 mL) finely-chopped celery
1 tbsp (15 mL) finely-chopped onion
1 tbsp (15 mL) finely-chopped green bell pepper
1/2 tsp (2 mL) curry powder
1 cup (250 mL) rinsed and drained canned brown lentils
1 tbsp (15 mL) freshly grated Parmesan cheese

Instructions

- 1** Preheat oven to 400° F (200° C). Core tomatoes and cut a thin slice from the top of each. Scoop pulp and juice into a skillet and mash pulp. Place tomato shells cut side down on a paper towel to drain.
- 2** Add celery, onion, green pepper and curry powder to tomato pulp and juice. Cook, stirring, over medium heat for about 5 minutes, or until vegetables are tender. Add lentils and cook, stirring, until mixture is thickened.
- 3** Spoon lentil mixture into tomato shells. Sprinkle with Parmesan. Place stuffed tomatoes in 4 muffin cups. Set muffin pan on a baking sheet. Bake in preheated oven for 10 minutes or until heated through.

Notes

The amount of salt in canned legumes varies from brand to brand, so be sure to check the sodium value in the Nutrition Facts table. Draining and rinsing them before use removes about 50% of the sodium.

Sauteed Greens



Yield 4 servings

Ingredients

- 1 tbsp (15 mL) vegetable oil
- 1 clove garlic, minced
- 6 cups (1.5 L) lightly packed chopped Swiss chard
or 8 cups (2 L) trimmed spinach
- 1 cup (250 mL) shredded cabbage
- 1 tsp (5 mL) grated lemon zest
- 1/4 tsp (1 mL) salt
- 1/4 tsp (1 mL) freshly ground black pepper
- 1½ tsp (7 mL) freshly squeezed lemon juice
- 2 tbsp (30 mL) sliced almonds, toasted

Instructions

- 1** In a large, deep skillet or wok, heat oil over medium-high heat. Sauté garlic for 30 seconds or until fragrant. Add Swiss chard, cabbage, lemon zest, salt and pepper; sauté for about 2 minutes or until chard is slightly wilted.
- 2** Stir in 1 tbsp (15 mL) water, cover and boil, stirring occasionally, for about 2 minutes or until vegetables are just tender.
- 3** Stir in lemon juice and sauté, uncovered, for 1 to 2 minutes or until vegetables are tender and most of the water has evaporated. Serve sprinkled with almonds.

Notes

Wash greens well in a colander under cold running water. Drain, leaving the water clinging to the leaves. There's no need to spin or pat them dry. One medium bunch of Swiss chard or an 8-oz (250 g) package of fresh spinach is just the right amount for this recipe. Avoid baby spinach, as it's too tender and cooks too quickly – save it for salads.. Toast almonds in a small dry skillet over medium heat, stirring constantly, for about 3 minutes or until golden and fragrant.

Desserts



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Lemongrass Cheesecake



Yield 12 slices

Ingredients

2 Tbsp (30 mL) canola oil
2/3 cup (150 mL) graham wafer crumbs
1/2 cup (125 mL) skim milk
1 stalk fresh lemongrass, chopped
or 3 tbsp. (45 mL) dried lemongrass
2 cups (500 mL) low fat cottage cheese
8 oz (250 g) 1 pkg. light cream cheese, at room temperature
2 eggs
1 Tbsp (15 mL) sucralose brown sugar blend
1 Tbsp (15 mL) cornstarch
1 can (10 ounces/284 mL) mandarin oranges,
packed in juice, drained

Instructions

- 1** Preheat oven to 325°F (165°C). Place parchment paper in the bottom of a 9 inch (23 cm) springform pan. Sprinkle graham crumbs into the pan and add canola oil.
- 2** In a small saucepan, heat milk on medium. Add lemongrass and stir well. Bring mixture to low boil.
- 3** Remove from heat and allow to stand for at least 20 minutes. Strain to remove lemongrass. Save milk.
- 4** In a blender or food processor, blend cottage cheese until smooth. Add cream cheese, milk, eggs, brown sugar and cornstarch and blend until smooth. Pour over crust.
- 5** Bake for 45 minutes or until set. Allow to cool, then refrigerate for 4 hours. Remove from pan. To serve: slice and garnish with mandarin orange segments and lemongrass, if desired.

CREAMY

Fruit Salad



Yield 8 servings

Ingredients

1 apple, cored and diced
2 tsp (10 mL) freshly squeezed lemon juice
1 can (14 oz/398 mL) pineapple tidbits, packed in juice, drained
1 can (10 oz/284 mL) mandarin orange sections, drained
1 cup (250 mL) halved seedless grapes
1 cup (250 mL) mini marshmallows
3/4 cup (175 mL) of 1% or 2% orange or pineapple-flavored yogurt
2 medium bananas

Instructions

- 1** In a large bowl, toss diced apple with lemon juice to prevent browning. Add pineapple, mandarin oranges, grapes and marshmallows.
- 2** Drizzle with yogurt and toss gently until fruit and marshmallows are evenly coated. Refrigerate for at least 1 hour or for up to 8 hours to blend flavors.
- 3** Just before serving, slice bananas and stir into fruit mixture.