

DIABETES DIET



DIABETIC RECIPES FOR HEALING DIABETES

Tommi Pryor & Health Research Staff

DIABETES DIET : DIABETIC RECIPES FOR HEALING DIABETES

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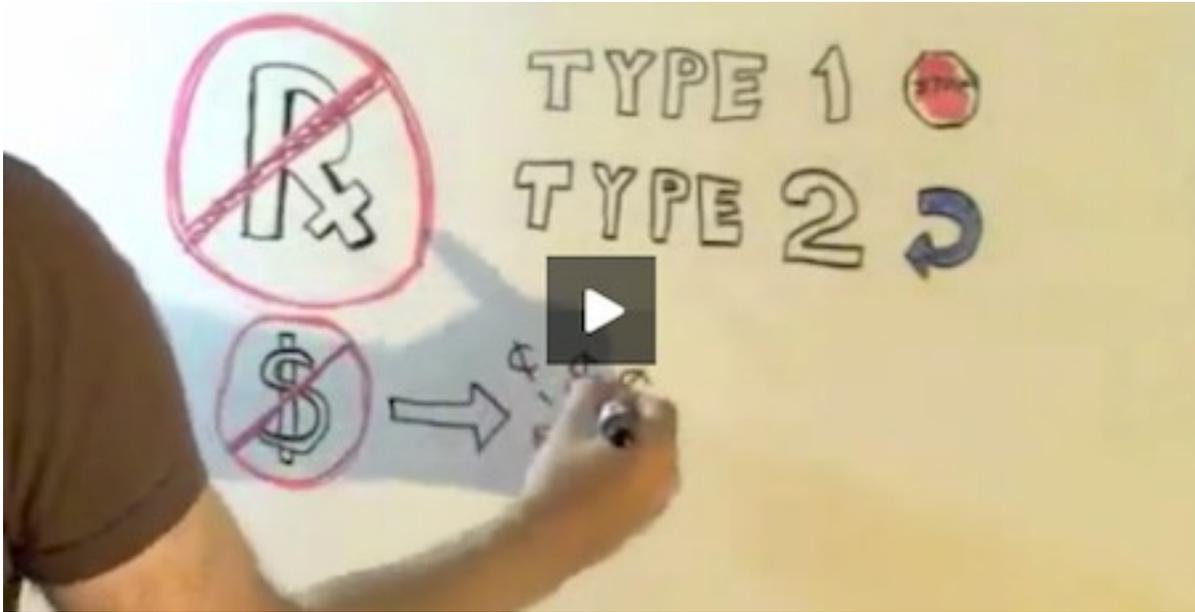
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Foreword

I was inspired to write this book because five members of my immediate family including myself are Type II diabetics. I know the serious complications that can develop if blood sugar is not well controlled or due to the side effects of diabetes medicines.

I have personally gone through the worry over findings about certain medications I had taken for years that have now become the subject of black box warnings on prescription labels. This led me to doing research about foods with immune boosting and curative properties. I was unprepared for the abundance of foods known or believed to bring blood sugar into normal levels and to even cure Type II diabetes and diseases that diabetics are at higher risk of.

What was most amazing to me is that there are so many common and delicious foods with these properties as I had always assumed that a curative diet would consist of nothing but soy products (not that I don't enjoy them), seaweed and strange foods I had never heard of. To my surprise, I discovered that many of my favorite foods such as shrimp, avocados, basil, blueberries, cinnamon and mushrooms all have properties that help with diabetes management or may be able to reverse it altogether.

With a love for cooking, I began to experiment with substituting these "curative" foods for less healthy foods in recipes. With good reviews from family and friends on these meals, I focused on modifying old standbys as well as creating original recipes that combined several of these foods in each dish.

This first volume includes family favorites that are simple to make but sumptuous enough to serve at a dinner party. It includes soups, salads and seafood dishes. The next volume will include main dishes focused on proteins as well as side dishes and desserts.

If you haven't already, I can't wait for you to experience the ease and satisfaction of preparing meals that you can take confidence in being as good for you as they are good tasting. If you already integrate healing and curative foods into your daily meal plan, then I hope this recipe book series will help you to expand your culinary repertoire.

As they say in "Food Mecca", Bon Appetit!

Tommi

1 Healing Recipes from the Garden

Cornucopia Salad

This delicious entrée salad offers a virtual cornucopia of foods with healing or curative properties.

Makes 4 servings.

INGREDIENTS

1/2 cup jicama, peeled and chopped
1/2 cup seedless cucumber, peeled, quartered and sliced
4 cups romaine lettuce leaves, torn including hearts
2 cups, cooked chicken breast, chopped
1.5 cup fresh strawberries, hulled and sliced
1/2 cup fresh blueberries
1/4 cup walnuts, crumbled
1-ounce feta cheese, crumbled (may substitute blue cheese if preferred)
1/2 teaspoon fresh ground pepper

DRESSING

1/4 cup balsamic vinegar
1/8 to 1/4 teaspoon Spoonable Stevia to taste (natural sugar substitute)
1 Tablespoon garlic, chopped
1/2 teaspoon salt
1/2 teaspoon freshly ground black pepper
3/4 cup olive oil
1 Tablespoon fresh mint or basil, snipped

DIRECTIONS

1. Combine dressing ingredients in covered salad dressing shaker or zip locked food storage bag. Shake until thoroughly blended and chill.
2. In a large bowl, toss together romaine, chicken, berries, nuts, and feta cheese. Transfer to salad plates. Dress with vinaigrette and season with cracked fresh pepper to taste.

SUPERFOODS & FOODS THAT HEAL IN THIS RECIPE

- Romaine lettuce and iron-rich red leaf lettuce are rich in chromium which helps metabolize glucose and stabilize blood sugar levels. They also combat the damage done by free radicals and help prevent heart disease, a common complication of diabetes.
- Olive oil helps lower “bad” lipoproteins, improves blood sugar control and enhances insulin sensitivity.
- Research shows that adding two Tablespoons of vinegar to any meal including complex carbohydrates can reduce their glycemic index by 20%.
- Chicken and turkey breasts are low in saturated fat, which raises “bad” cholesterol and may increase insulin resistance. By removing skin and fat layer, calories and fat are further reduced.
- Strawberries have substances that can help reduce your blood sugar levels after you eat a meal high in starches while also helping to break down the starches.
- The American Diabetes Association refers to blueberries as diabetes “superfood.” Packed with nutrients, antioxidants and fiber, blueberries may help the body to process glucose more efficiently while increasing its sensitivity to insulin.
- Garlic is thought to help stimulate the pancreas to secrete insulin without inducing weight gain. It is also known to tie up chemical receptors in diabetics that would otherwise deactivate insulin, the hormone that controls sugar usage.
- Omega-3 fatty acids in nuts can help lower triglycerides and raise HDL. Eating roughly 2 ounces of nuts daily in place of carbohydrates may help lower LDL cholesterol levels and improve blood sugar control in Type II diabetics.
- Jicama is a good source of soluble fiber known help lower cholesterol and stabilize blood sugar levels while helping to manage a healthy weight.

Turkey with Grapefruit and Pomegranate Salad

This refreshing salad is rich in nutritious foods with healing properties. It is elegant enough to serve for a luncheon yet simple enough to serve your family any time.

Makes 4 servings.

INGREDIENTS

2 cups fresh watercress
6 ounces cooked turkey breast, skin removed and cubed
2 large ruby grapefruit, peeled, pith removed and divided into sections
1 small avocado, skinned, pitted and chopped
1/3 cup pomegranate seeds

DRESSING

Champagne Pomegranate Vinaigrette:

1/4 cup champagne vinegar
1 teaspoon Dijon mustard
1/2 teaspoon garlic, minced
1 Tablespoon lime juice, freshly squeezed
1/4 teaspoon black pepper, freshly cracked
3 Tablespoons olive oil
2 Tablespoons pomegranate juice
1 teaspoon grated orange juice
1 Tablespoon fresh lime juice

DIRECTIONS

1. Combine dressing ingredients in covered salad dressing shaker or zip locked food storage bag. Shake until thoroughly blended then chill.
2. Toss washed watercress, grapefruit sections and avocado with the dressing in a large bowl. Fold in the chopped turkey breast. Transfer to individual salad plates and top with pomegranate seeds.

SUPERFOODS & FOODS THAT HEAL IN THIS RECIPE

- Watercress has a healing effect on the pancreas and contains more sulphur than any other vegetable, except horseradish. It also helps the body absorb protein.

- Olive oil helps lower “bad” lipoproteins, improves blood sugar control and enhances insulin sensitivity.
- Research shows that adding two Tablespoons of vinegar to any meal including complex carbohydrates can reduce their glycemic index by 20%.
- Chicken and turkey breasts are low in saturated fat, which raises “bad” cholesterol and may increase insulin resistance. By removing skin and fat layer, calories and fat are further reduced.
- Grapefruit slows down carbohydrate absorption and inhibits the presence of sugar in the blood.
- High in monounsaturated fats, avocados can help control blood sugar and other conditions associated with diabetes.
- Fresh citrus juices have natural properties that change the rate of how carbohydrates are processed by the body. This can aid in blood sugar control.
- Garlic is thought to help stimulate the pancreas to secrete insulin without inducing weight gain. It is also known to tie up chemical receptors in diabetics that would otherwise deactivate insulin, the hormone that controls sugar usage.
- The seed and flower of the pomegranate fruit may possess properties capable of lowering blood sugar. A 2006 pilot study suggested that the fruit might also lower cholesterol in diabetics.

Beet, Orange and Fennel Salad

This colorful salad is a delightful mix of flavors and textures that will satisfy any palate while offering many healthful benefits.

Makes 4 servings.

INGREDIENTS

3 large beets, roasted
1 bulb fennel, thinly sliced
2 small oranges, peeled and cut into sections
1/3 C walnuts, chopped
1/4 cup Gorgonzola cheese, crumbled
1 teaspoon orange zest for garnish

DRESSING

2 crushed cloves garlic, minced
1 Tablespoon lemon juice
1 Tablespoon balsamic vinegar
1/4 cup fresh basil, finely chopped
1 teaspoon Dijon mustard
1/4 teaspoon coarse sea salt
1/4 teaspoon ground black pepper
1/3 cup olive oil
1 teaspoon orange zest
1 Tablespoon fresh lime juice

DIRECTIONS

1. Trim the tops off the beets then place with skins on, leaving the skin on. Rub liberally with olive oil and place into a baking dish that is just large enough to hold them. Arrange so the beets are not touching one another.
3. Cover loosely with foil and place in oven pre-heated to 400 degrees. Roast for about 75 minutes, or until the beets can be pierced with a knife tip. Remove from oven and set aside to cool.
3. While the beets are roasting, prep the washed fennel by simply cutting the white base away from the green area with a knife. Peel away and toss the outer leaves as they can be somewhat

tough. Then cut the bulb into quarters, remove the inner core and cut each quarter into thin slices against the grain. Set aside.

4. Peel and section the oranges.

5. Slip the skins off the cooled beets, rinse and slice into quarters.

6. To make the dressing whisk together the vinegar, citrus juices, mustard, garlic, 1 teaspoon of the orange zest, basil, salt and pepper in a small bowl, then add the oil in a slow stream and continue whisking until smooth and somewhat creamy.

7. Toss the beets, fennel and orange sections in the vinaigrette and plate

8. Garnish each salad serving with a sprinkling of the reserved orange zest, walnuts and gorgonzola cheese.

SUPERFOODS & FOODS THAT HEAL IN THIS RECIPE

- Beets are a great source of the antioxidant lipoic acid shown by research to be helpful in healing nerve damage in people with diabetes. They are also high in vitamin C and folate.
- Fennel is good source of several nutrients and has a low glycemic index. A study with lab animals found fennel combined with the other natural ingredients reduced blood glucose level, insulin and reduced insulin resistance.
- Olive oil helps lower “bad” lipoproteins, improves blood sugar control and enhances insulin sensitivity.
- Mustard contains magnesium, which is a mineral that helps keep blood cholesterol and blood sugar levels normal. It also contains many other vitamins, minerals and antioxidants necessary to maintaining healthy blood sugar levels.
- Eating roughly 2 ounces of nuts daily in place of carbohydrates may help lower LDL cholesterol levels and improve blood sugar control in Type II diabetics.
- Fresh citrus juices have natural properties that change the rate of how carbohydrates are processed by the body. This can aid in blood sugar control.
- Adding two Tablespoons of vinegar to any meal containing complex carbohydrates can reduce their glycemic index by 20% according to a new study from The Annals of Nutrition and Metabolism.
- Gorgonzola cheese has less than one gram of carbohydrate per one ounce of cheese. Due to this low sugar content, it has little effect on blood insulin levels, a benefit for diabetics.
- Omega-3 fatty acids in nuts can help lower triglycerides and raise HDL. A recent study showed that adding walnuts to the daily diet of Type 2 diabetics for two months significantly improved blood vessel health.
- Garlic is thought to help stimulate the pancreas to secrete insulin without inducing weight gain. It is also known to tie up chemical receptors in diabetics that would otherwise deactivate insulin, the hormone that controls sugar usage.
- Basil is a natural anti-inflammatory and has anti-oxidant properties. It contains cinnamamic acid, which has been found to enhance circulation and stabilize blood sugar.

Berry, Cucumber and Cracked Pepper Salad

The very refreshing combination of fresh strawberries and cucumbers gets a surprise kick from fresh cracked pepper in this light vinaigrette.

Makes 4 servings.

INGREDIENTS

2 large cucumbers, peeled with centers hulled
1/2 pint fresh strawberries, cleaned and quartered lengthwise
1/2 pint fresh blueberries, rinsed
1/2 teaspoon cracked Black Pepper

DRESSING

1/2 cup red wine vinegar
3 1/2 Tablespoons lemon juice
1/2 teaspoon Spoonable Stevia to taste
2 teaspoons salt
1/4 teaspoon pepper
1 cup olive oil

DIRECTIONS

1. Peel cucumber and slice lengthwise into two halves.
2. Scoop out center with seeds by running a melon scoop or spoon tip through middle from end to end.
3. Place the cucumber halves flat side down and slice into 1/4 inch half-rounds.
3. Toss the cucumbers and berries in the vinaigrette and season with pepper to taste.

SUPERFOODS & FOODS THAT HEAL IN THIS RECIPE

- Strawberries have substances that can help reduce your blood sugar levels after you eat a meal high in starches while also helping to break down the starches.
- The American Diabetes Association refers to blueberries as diabetes “superfood.” Packed with nutrients, antioxidants and fiber, blueberries may help the body to process glucose more efficiently while increasing its sensitivity to insulin.
- Cucumbers are low in carbohydrates and sugar content making them ideal for diabetics. They also have healing properties for skin infections and diseases, which Diabetics are prone to.

- Citrus fruit, vinegar, and other acidic foods have natural properties to change the rate of how carbohydrates are processed and can also affect your body's blood sugar control.
- Olive oil helps lower "bad" lipoproteins, improves blood sugar control and enhances insulin sensitivity.
- Research shows that adding two Tablespoons of vinegar to any meal including complex carbohydrates can reduce their glycemic index by 20%.
- Cracked black pepper has anti-inflammatory and antioxidant properties. It contains vanadium, which is being researched for its potential benefits in improving insulin sensitivity and blood sugar levels in Type II diabetics.
- Garlic is thought to help stimulate the pancreas to secrete insulin without inducing weight gain. It is also known to tie up chemical receptors in diabetics that would otherwise deactivate insulin, the hormone that controls sugar usage.

Tangy Chopped Salad

This crispy salad blends spring and fall flavors in this tangy vinaigrette dressing. Add chopped cooked chicken breast, turkey breast or chilled broiled shrimp to serve as an entrée.

Makes 4 servings.

INGREDIENTS

1 head crisp romaine lettuce, chopped into bite-size pieces

2 peeled jicama, chopped into small cubes

2 peeled green apples, large dice

1 large avocado, peeled and cubed

1 small red onion, diced

1 large cucumber, peeled, large dice

1 cup feta cheese, crumbled

OPTIONAL: Add chopped cooked chicken breast, turkey breast or broiled shrimp

DRESSING

3/4 cup light olive oil

1/3 cup apple cider vinegar

1/4 cup water

1/2 teaspoon sea salt

1/2 teaspoon black pepper

3/4 teaspoon garlic

1/2 teaspoon Spoonable Stevia, to taste

1 teaspoon Dijon mustard

1 teaspoon fresh parsley, chopped

DIRECTIONS

1. Add dressing ingredients to a shaker or mixing bowl.
2. Shake or whisk vigorously until thoroughly blended
3. Toss with salad vegetables and chill.

SUPERFOODS & FOODS THAT HEAL IN THIS RECIPE

- Romaine lettuce is rich in vitamins, minerals, phytonutrients and dietary fiber. It is also loaded with chromium and helps metabolize glucose and stabilize blood sugar levels.
- Jicama is a good source of soluble fiber known help lower cholesterol and stabilize blood sugar levels while helping to manage a healthy weight.
- Green apples are a rich source of soluble fiber, which helps to slow down the rate of sugar absorption while also helping to keep blood glucose levels stable.
- High in monounsaturated fats, avocados can help control blood sugar and other conditions associated with diabetes.
- Onions are one of the top food sources for the trace mineral chromium that research shows helps your body use insulin more efficiently while helping to maintain healthy blood sugar levels.
- Cucumbers are low in carbohydrates and sugar content making them ideal for diabetics. They also have healing properties for skin infections and diseases that Diabetics are prone to.
- Mustard contains magnesium, which is a mineral that helps keep blood cholesterol and blood sugar levels normal. It also contains many other vitamins, minerals and antioxidants necessary to maintaining healthy blood sugar levels.
- Olive oil helps lower “bad” lipoproteins, improves blood sugar control and enhances insulin sensitivity.
- Research shows that adding two Tablespoons of vinegar to any meal including complex carbohydrates can reduce their glycemic index by 20%.
- Cracked black pepper has anti-inflammatory and antioxidant properties. It contains vanadium, which is being researched for its potential benefits in improving insulin sensitivity and blood sugar levels in Type II diabetics.

Greek Salad with Broiled Shrimp

A classic Greek salad that captures the flavors of the Mediterranean is paired with sumptuous broiled shrimp.

Makes 4 servings.

INGREDIENTS

- 2 cups plum tomatoes, chopped
- 1 cup cucumber, chopped
- 1/2 cup bell pepper, chopped
- 1/4 cup red onion, chopped
- 1/2 teaspoon fresh basil, snipped
- 1 teaspoon fresh oregano, snipped
- 2 Tablespoons white balsamic vinegar
- 2 Tablespoons olive oil
- 1 dozen medium to large shrimp, deveined, shelled and broiled
- 2 teaspoons capers

DIRECTIONS

1. Pre-heat oven to broil
1. Remove shells from shrimp then using tip of sharp knife, slit top of the shrimp along the vein, remove and discard.
2. Brush each shrimp with a light coating of olive oil and place on broiler pan
3. Place on broiler pan 7 inches from heat and broil 3 minutes per side or until shrimps turn pink and start to curl. When done, remove from oven and place in an ice bath.
4. In a large bowl gently toss together tomatoes, cucumber, sweet pepper, red onion, fresh herbs, capers and chilled shrimp.
5. In a separate bowl whisk together balsamic vinegar and olive oil. Pour over salad mixture, tossing gently to coat.

SUPERFOODS & FOODS THAT HEAL IN THIS RECIPE

- Bell peppers are considered a fat burning food, which can help diabetics keep their weight in check. They are also a rich source of antioxidants that help protect cells from damage.
- Onions are one of the top food sources for the trace mineral chromium that research shows helps your body use insulin more efficiently while helping to maintain healthy blood sugar levels.

- Tomatoes are loaded with the mineral chromium, which helps diabetics to keep their blood sugar level under control.
- Basil is a natural anti-inflammatory and has anti-oxidant properties. It contains cinnamic acid, which has been found to enhance circulation and stabilize blood sugar.
- Studies suggest that oregano may enhance the insulin sensitivity of the receptors on cells, leading to reduced levels of blood sugar.
- Adding two Tablespoons of vinegar to any meal containing complex carbohydrates (such as whole grains, brown rice and beans) can reduce their glycemic index by 20% according to a new study from The Annals of Nutrition and Metabolism.
- Olive oil helps lower “bad” lipoproteins, improves blood sugar control and enhances insulin sensitivity.
- Shrimp is very high in protein and Omega-3 fats but contains virtually no carbohydrates. Omega 3 fats reduce insulin resistance and inflammation in diabetics.
- Quercetin is found to be highly effective against Type 2 diabetes and is found in the highest concentration in capers of all plants.

Beet Salad with Chicken and Fruit Flavors

A colorful salad with the layered flavors of farm fresh fruits and vegetables combined with a favorite lean protein, chicken breast.

Makes 4 servings.

INGREDIENTS

- 1 small bunch beets, steamed. (Should yield about 3 cups.)
- 1/4 cup red wine vinegar
- 1/4 cup green apple, chopped
- 1/4 cup celery, chopped
- 3 Tablespoons balsamic vinegar
- 1 Tablespoon olive oil
- 1 Tablespoon orange juice, pulp free
- 2 cups red leaf lettuce, torn
- Freshly ground pepper
- 3 Tablespoons chopped walnuts
- 1/4 cup Gorgonzola cheese, crumbled
- 1 Tablespoon shallots, minced
- 1 cup seedless red grapes, halved
- 1 1/2 ounce cooked boneless, skinless chicken breast

DIRECTIONS

1. Chop the greens off of the whole beets and place the unpeeled bulbs in a saucepan with enough water to cover. Steam until you can easily pierce with knife tip.
2. Drain the water and slip the skins of the beets when cool enough to handle. Rinse in cold water and slice into rounds.
3. Rinse the grapes, remove from stems and slice in half lengthwise.
4. Rinse and chop the celery, peeled shallots, apple and walnuts.
5. Wash the lettuce and pat dry with paper towels or use a salad spinner to get rid of excess water. Tear into pieces
6. Chop or shred the cooked chicken.
7. In a small glass or ceramic salad bowl or mixing bowl, toss the beets in the red wine vinegar (beet juice stains so wooden or plastic vessels are not recommended). Add the celery, shallots, green apples and grapes and gently toss together.

8. In a large bowl, add remaining liquid ingredients and stir quickly until mixed. Add the lettuce and chicken, toss and dish onto individual salad plates.
9. Top with sliced beet mixture, Gorgonzola cheese, salt and pepper.
10. Garnish with the chopped walnuts.

SUPERFOODS & FOODS THAT HEAL IN THIS RECIPE

- Beets are a great source of the antioxidant lipoic acid shown by research to be helpful in healing nerve damage in people with diabetes. They are also high in vitamin C and folate.
- Iron-rich red leaf lettuce is loaded with chromium, helps metabolize glucose and stabilizes blood sugar levels. It also combats the damage done by free radicals and helps prevent heart disease, a common complication of diabetes.
- Chicken and turkey breasts are low in saturated fat, which raises “bad” cholesterol and may increase insulin resistance. By removing skin and fat layer, calories and fat are further reduced.
- Red and black grapes contain substances known as phenolic acids that can protect cells from diabetic neuropathy. This is a complication of diabetes, in which high blood sugar levels damage the nerves leading to pain, loss of sensation and other medical issues.
- Omega-3 fatty acids in nuts can help lower triglycerides and raise HDL. A recent study showed that adding walnuts to the daily diet of Type 2 diabetics for two months significantly improved blood vessel health.
- Apples are a rich source of soluble fiber, which helps to slow down the rate of sugar absorption while also helping to keep blood glucose levels stable.
- Fresh citrus fruits and juices have natural properties that change the rate of how carbohydrates are processed by the body. This can aid in blood sugar control.
- Shallots are in the onion family; one of the top food sources for the trace mineral chromium that research shows helps your body use insulin more efficiently while helping to maintain healthy blood sugar levels.
- Olive oil helps lower “bad” lipoproteins, improves blood sugar control and enhances insulin sensitivity.
- Research shows that adding two Tablespoons of vinegar to any meal including complex carbohydrates can reduce their glycemic index by 20%.
- Gorgonzola cheese has less than one gram of carbohydrate per one ounce of cheese. Due to this low sugar content, it has little effect on blood insulin levels, a benefit for diabetics.

Pear and Arugula Salad

The rich flavors of fresh ripe pears, sherry vinegar, walnuts, peppery arugula and Gorgonzola cheese combine in this refreshing salad.

Makes 4 servings.

INGREDIENTS

2 Tablespoons sherry vinegar
3 ripe Anjou pears
2 teaspoons lemon juice
1 Tablespoon walnut oil
4 loosely packed cups Arugula leaves
1 ounce crumbled Gorgonzola cheese
1/2 cup chopped walnuts
1/4 teaspoon Dijon mustard
Fresh ground black pepper to taste

DIRECTIONS

1. Trim off arugula stems.
2. Soak arugula in water bath, place in salad spinner or pat dry with paper towels and tear into pieces.
3. Wash pears, then slit lengthwise, core and slice very thin lengthwise.
4. Whisk or shake lemon juice, walnut oil, sherry vinegar, mustard and salt and pepper vigorously until thoroughly mixed.
5. Toss pear slices and arugula in dressing mixture.
6. Transfer to individual serving plates and top with crumbled cheese and chopped nuts.

SUPERFOODS & FOODS THAT HEAL IN THIS RECIPE

- Research shows that adding two Tablespoons of vinegar to any meal including complex carbohydrates can reduce their glycemic index by 20%.
- Fresh citrus juices have natural properties that change the rate of how carbohydrates are processed by the body. This can aid in blood sugar control.
- Gorgonzola cheese has less than one gram of carbohydrate per one ounce of cheese. Due to this low sugar content, it has little effect on blood insulin levels, a benefit for diabetics.

- Mustard contains magnesium, which is a mineral that helps keep blood cholesterol and blood sugar levels normal. It also contains many other vitamins, minerals and antioxidants necessary to maintaining healthy blood sugar levels.
- Omega-3 fatty acids in nuts can help lower triglycerides and raise HDL. Eating roughly 2 ounces of nuts daily in place of carbohydrates may help lower LDL cholesterol levels and improve blood sugar control in Type II diabetics.
- One medium pear contains 5 grams of fiber, which slows the absorption of carbohydrates into the bloodstream and slows the rise in blood glucose over a longer period of time. This reduces the chance of a spike in blood glucose.
- Because of their high magnesium content and low glycemic index, green leafy vegetables like arugula are also valuable for persons with Type 2 diabetes. An increase of 1 serving/day of green leafy vegetables was associated with a 9 percent lower risk of diabetes.
- Walnut oil is an excellent source of alpha linolenic acid, which may assist diabetics with the management of their condition.

Mixed Bean Confetti Salad

The colorful beans and vegetables in this vibrant salad are loaded with nutrients, antioxidants and healing properties.

Makes 4 servings.

INGREDIENTS

1 3/4 cups Edamame, frozen and shelled
15 ounce can white cannellini beans, rinsed and drained
15 ounce can garbanzo beans, rinsed and drained
15 ounce can black beans, drained and rinsed
1/4 cup red bell pepper, diced
1/4 cup capers, drained
4 garlic cloves, minced
4 medium shallots, minced
1/4 cup fresh parsley, chopped
1/8 cup red bell pepper, diced

DRESSING

1/2 cup white wine vinegar
2 Tablespoons extra virgin olive oil
1/3 teaspoon powdered Spoonable Stevia (natural sugar substitute)

DIRECTIONS

1. Cook frozen, shelled edamame according to package directions. Drain, rinse and cool.
2. While the edamame is cooking, briskly whisk together the oil, vinegar and Spoonable Stevia.
3. Mince the fresh parsley leaves and garlic cloves and add to bowl with cooled edamame and all the drained canned beans.
4. Dice the red bell pepper and shallots and add to bowl.
5. Add the vinegar, olive oil and capers and toss until well mixed (if oil and vinegar have separated, give it a brisk stir with a fork first).
6. Refrigerate for a minimum of three hours to allow the flavors to meld.

SUPERFOODS & FOODS THAT HEAL IN THIS RECIPE

- Edamame as a soyfood has low glycemic index which help keep blood sugar stable.
- Beans are high in dietary fiber; slowing digestion and making you feel fuller faster. Beans also keep blood sugar from spiking after a meal aiding in lowering overall blood sugar.
- Bell peppers are considered a fat burning food, which can help diabetics keep their weight in check. They are also a rich source of antioxidants that help protect cells from damage.
- Capers are the highest source of quercetin, a powerful polyphenol. Studies have found that quercetin can prevent diseases such as diabetes through its ability to reduce the level of blood sugar.
- Garlic is thought to help stimulate the pancreas to secrete insulin without inducing weight gain. It is also known to tie up chemical receptors in diabetics that would otherwise deactivate insulin, the hormone that controls sugar usage.
- Shallots can lower blood sugar levels in people with diabetes by preventing the degradation of insulin and increasing metabolism of glucose.
- Parsley has proven beneficial in improving blood glucose levels in animal subjects with diabetes.
- Research shows that adding two Tablespoons of vinegar to any meal including complex carbohydrates can reduce their glycemic index by 20%.
- Olive oil helps lower “bad” lipoproteins, improves blood sugar control and enhances insulin sensitivity.

Frisée and Warm Mushroom Salad

This recipe is a take off on the popular French Salad Lyonnaise but minus the poached eggs. The deep flavors of the sautéed mushrooms and sweetness of the sherry vinegar creates a great contrast with the cold, crisp frisée lettuce.

Makes 4 servings.

INGREDIENTS

8 ounces fresh mixed variety mushrooms; cleaned, trimmed and coarsely chopped
1 head frisée, washed and dried
2 Tablespoons Sherry Wine Vinegar
4 Tablespoons low-sodium chicken or vegetable broth
1/2 cup flat leaf parsley, rough chopped
1 clove garlic, smashed and peeled
1 Tablespoons shallots, finely chopped
4 teaspoons olive oil
1 teaspoon Dijon mustard
Salt and pepper to taste

DIRECTIONS

1. Wash the frisée, then cut bottom off and discard. Dry in salad spinner or gently pat dry between layers of paper towel.
 2. Wipe mushrooms with damp cloth or paper towel, cut off and discard stems and rough chop mushroom tops (if using Enoki, only cut off very bottom of stems).
 3. Mince the smashed garlic and finely dice the shallots.
 4. Add half the vinegar and half the broth to hot skillet.
 5. Drop in the garlic and shallots stirring constantly for about one minute being careful not to burn.
 6. Add the mushrooms continuing to stir often. Cook until soft, 1-7 minutes depending on mushroom variety and size. Add salt and pepper to taste, cover and remove from heat.
 7. Place remaining vinegar, oil and the mustard into a salad dressing shaker. Add salt and pepper to taste then cap and shake until blended thoroughly.
 8. Tear frisée into medium size pieces and place in salad bowl. Add the chopped parsley then the dressing coating the greens on both sides.
 9. Portion frisée onto four individual salad plates and top with warm mushroom mixture.
- TIP:** Make certain you remove mushrooms from heat before they start releasing liquid.

SUPERFOODS & FOODS THAT HEAL IN THIS RECIPE

- Frisée is a type of escarole. Research studies suggest that high inulin and fiber content in escarole helps reduce high glucose in diabetics.
- Parsley has proven beneficial in improving blood glucose levels in animal subjects with diabetes.
- Garlic is thought to help stimulate the pancreas to secrete insulin without inducing weight gain. It is also known to tie up chemical receptors in diabetics that would otherwise deactivate insulin, the hormone that controls sugar usage.
- Shallots can lower blood sugar levels in people with diabetes by preventing the degradation of insulin and increasing metabolism of glucose.
- Mushrooms contain natural insulin and enzymes. These help break down sugar or starch in food and are known to contain compounds, which help proper functioning of liver, pancreas and the other endocrinal glands. This promotes formation of insulin and its proper flow. Crimini mushrooms in particular have a high level of zinc, which helps stabilize blood sugar levels and the body's metabolic rate.
- Mustard contains magnesium, which is a mineral that helps keep blood cholesterol and blood sugar levels normal. It also contains many other vitamins, minerals and antioxidants necessary to maintaining healthy blood sugar levels.
- Research shows that adding two Tablespoons of vinegar to any meal including complex carbohydrates can reduce their glycemic index by 20%.
- Olive oil helps lower “bad” lipoproteins, improves blood sugar control and enhances insulin sensitivity.

2 Healing Recipes from the Kettle

Middle Eastern Chicken and Root Vegetable Stew

This savory stew layers the exotic flavors of the Middle East in a healthy and delicious one-pot dish.

Makes 4 servings.

INGREDIENTS

4 medium size parsnips, chopped into fourths.
2 sweet potatoes, peeled and cut into chunks
1 large yellow onion, chopped into large dice
2 zucchini squash, cut into thick slices
5 medium tomatoes, quartered
15 ounce can of Garbanzo beans, with liquid
1/2 cup bulgur wheat (couscous or quinoa can be substituted)
1/4 cup golden raisins (can substitute dark raisins if not available)
1 teaspoon ground coriander
1/2 teaspoon ground turmeric
1/2 teaspoon ground cinnamon
1/2 teaspoon ground ginger
1 Tablespoon cilantro, finely minced
3 cups low fat chicken broth
4 chicken breasts, boneless, skinless
1 medium peeled apple, diced large
2 Tablespoons olive oil

DIRECTIONS

1. Heat the olive oil in a large saucepan.
2. Brown the chicken breasts on both sides, then remove and drain out the excess oil.
3. Add one-third of the broth, and then add the chicken back into the pan. Cover and simmer 30 minutes.
4. Prep the vegetables.

5. Add remaining ingredients to saucepan and simmer uncovered for an additional 30 minutes or until vegetables are tender.
6. Garnish with sprig of fresh cilantro and serve with Naan or crusty bread.

SUPERFOODS & FOODS THAT HEAL IN THIS RECIPE

- Parsnips are rich in fiber and are a good source of complex carbohydrates. They help keep blood sugar levels normal while also lowering cholesterol.
- Sweet potatoes have been shown in studies to help stabilize blood sugar levels and lower insulin resistance.
- Onions are one of the top food sources for the trace mineral chromium. Studies have shown that chromium helps your body use insulin more efficiently and to maintain healthy blood sugar levels.
- Many of the nutrients in zucchini help prevent atherosclerosis and diabetic heart disease. It is also a powerful disease-fighting food because of its anti-oxidant and anti-inflammatory properties.
- Tomatoes are loaded with the mineral chromium, which helps to keep blood sugar levels under control.
- Beans are an excellent source of dietary fiber. This slows digestion resulting in feeling fuller faster. Beans also keep blood sugar from spiking after a meal, which contributes to lowering overall blood sugar.
- The American Diabetes Association lists bulgur, a type of whole grain, as one of the best choices of whole-grain foods for Diabetics. Whole grains are considered a diabetes superfood.
- White raisins have 1.5 grams of fiber to each 1/4-cup, which helps control blood sugar and cholesterol, offering protection from both heart disease and diabetes.
- Coriander seeds are recognized for having anti-diabetic benefits as they stimulate the production of insulin. This helps in regulating blood glucose levels.
- Cinnamon is high in polyphenols, which may help lower glucose levels in those who have Type I and Type II diabetes. It is also thought to reduce the risk of developing heart disease, important to diabetics who are at higher risk for the disease.
- Ginger has pungent components that improve diabetes by enhancing insulin secretion and glucose clearance while also preventing other diabetes-related disorders.
- Recent studies suggest that curcumin, the active ingredient in turmeric, may lower the body's resistance to insulin along with inflammation caused by obesity leading to improvements in Type II diabetes.
- In some parts of Europe, cilantro is known as the “anti-diabetic plant” due to its effectiveness in lowering blood sugar. It is also has anti-inflammatory benefits.
- Apples are a rich source of soluble fiber, which helps to slow down the rate of sugar absorption while also helping to keep blood glucose levels stable.

- Chicken and turkey breasts are low in saturated fat, which raises “bad” cholesterol and may increase insulin resistance. By removing skin and fat layer, calories and fat are further reduced.
- Olive oil helps lower “bad” lipoproteins, improves blood sugar control and enhances insulin sensitivity.

Squash and Carrot Soup with Curry

A creamy, aromatic soup that perfectly blends savory and sweet.

Makes 4 servings.

INGREDIENTS

- 2 Tablespoons olive oil
- 3 cups butternut squash (about 1 small squash), peeled and diced
- 2 cups carrots (4 medium carrots), thinly sliced
- 3/4 cup leeks, thinly sliced (or chopped onion)
- 4-6 cups reduced-sodium chicken broth
- 1/4 teaspoon ground white pepper
- 1/4 teaspoon nutmeg
- 1/2 cup reduced fat coconut milk
- Few sprigs of fresh cilantro for garnish
- 2 teaspoons fresh ginger
- 2 teaspoons curry powder
- 1 Tablespoon toasted coconut

DIRECTIONS

1. Place ginger, carrot squash and leeks to a large saucepan pan.
2. Add in broth and coconut milk and bring to a boil stirring frequently. Reduce heat and simmer on low heat stirring occasionally for about 25 minutes or until vegetables are tender. Season with salt and pepper to taste.
4. Use an immersion blender to puree soup. Alternatively, let the soup cool slightly and carefully puree in batches in a traditional blender then reheat.
5. Pour into individual serving bowls and garnish each with the toasted coconut and a sprig of cilantro.

SUPERFOODS & FOODS THAT HEAL IN THIS RECIPE

- Olive oil helps lower “bad” lipoproteins, improves blood sugar control and enhances insulin sensitivity.
- The polysaccharides in this squash are insulin regulating and have anti-inflammatory properties that are beneficial to diabetics.
- Onions are one of the top food sources for the trace mineral chromium that research shows helps your body use insulin more efficiently while helping to maintain healthy blood sugar levels.

- Carrots are good for blood sugar regulation. They contain carotenoids, which inversely affect insulin resistance and thus lower blood sugar.
- Recent research has discovered that not eating enough fat can contribute to you becoming fat. However, by including more healthy fats in your diet, such as coconut milk, it was found that people eat less. It also promotes heart health.
- Some studies suggest that curry powder may be a way to reduce the damage to your body caused by diabetes and to alleviate some of the symptoms.
- The major pungent components of ginger enhance insulin secretion, glucose clearance and prevention of other diabetes-related disorders as well as improving diabetes itself.

Asian Chicken Soup

The flavors of the orient make this chicken soup something very special. Your family and guests will clamor for more.

Makes 4 servings.

INGREDIENTS

Nonstick olive oil spray
12 ounces of chicken medallions, skinless
2 cups fresh shiitake mushrooms, sliced
2 cloves garlic, minced
1 carton low-sodium chicken broth
2 Tablespoons dry sherry
2 Tablespoons reduced-sodium soy sauce
2 teaspoons grated fresh ginger
Splash chili oil
2 cups Napa cabbage, thinly sliced
1 green onion, thinly sliced including bulb and greens
1/4 cup raw carrots, julienned thin
1 teaspoon Chinese Five Spice

DIRECTIONS

1. Pre-heat saucepan lightly coated with cooking spray over medium heat. Cook chicken medallions until done, about 3 minutes per side.
2. Remove chicken medallions from pan, cover with foil and set aside.
3. Add carrots, mushrooms and garlic to pan cooking until tender.
4. Stir in liquid ingredients, remaining spices and chili oil. Slowly bring up to a boil stirring occasionally.
5. Add cabbage, chicken and green onion and simmer 3 to 4 minutes. Reserve enough green onion to use as garnish on soup servings.
6. Pour into serving vessels and garnish with raw green onion slices

DIABETIC & OTHER SUPERFOODS

- Shiitake mushrooms have been shown to boost the immune system, and to lower blood pressure and cholesterol. The protein content in shiitake mushrooms is about 4 percent of the 25 g FDA daily value, important for sustaining energy and regulating blood glucose.
- Carrots are good for blood sugar regulation. They contain carotenoids, which inversely affect insulin resistance and thus lower blood sugar.
- Chicken and turkey breasts are low in saturated fat, which raises “bad” cholesterol and may increase insulin resistance. By removing skin and fat layer, calories and fat are further reduced.
- The major pungent components of ginger enhance insulin secretion, glucose clearance and prevention of other diabetes-related disorders as well as improving diabetes itself.
- Onions are one of the top food sources for the trace mineral chromium. Research shows that chromium helps your body use insulin more efficiently while helping to maintain healthy blood sugar levels.
- Regular consumption of chilies reduces the amount of insulin required by the body and hence, helps lower blood sugar levels after consuming a meal.

Easy Russian Borscht

The rich sweetness of the roasted beets and balsamic vinegar in this rustic soup pair perfectly with creamy Greek yogurt and savory spices. Can be served hot or cold.

Makes 8 servings.

INGREDIENTS

- 1 clove garlic, minced
- 6 fresh whole beets, roasted, peeled and set aside to cool.
- 3-1/4 cups low sodium vegetable broth
- 1/2 cup Greek yogurt
- 4 Tablespoons balsamic vinegar
- 3/4 cup fresh dill weed, chopped
- 1 small head red cabbage, shredded
- 2 medium carrots, julienned and cooked until tender
- 8 teaspoons Greek yogurt for garnish
- 4 sprigs fresh dill for garnish

DIRECTIONS

1. Prep the beets by chopping off the greens from the bulbs leaving around an inch of stem. Wash the beets and place in a baking pan with at least 1-inch sides. Add 1/4 inch of water to the pan. Cover with foil and roast at 400-450 degrees or until you can easily pierce the bulbs with a fork or knife tip.
2. Once the beets have cooled, you will be able to easily peel the skin away. As the juice can stain, we recommend doing this in a shallow pan in your sink under cool running water.
3. Cut the cooked and peeled beets into 2" cubes.
4. Microwave the shredded cabbage and julienned carrots until tender or sauté in a small amount of the vegetable broth.
5. Using immersion (stick) blender or food processor, purée beets, half the carrots, vegetable broth, balsamic vinegar, yogurt and spices until smooth.
6. Divide the mixture into four soup bowls; add the cooked cabbage and other 1/2 of the carrots. Garnish with a spoonful of the reserved yogurt and a sprig of dill.
7. Serve with crusty peasant bread. (Soup can be served at room temperature, hot, or cold.)

SUPERFOODS & FOODS THAT HEAL IN THIS RECIPE

- Beets are a great source of the antioxidant lipoic acid shown by research to be helpful in healing nerve damage in people with diabetes. They are also high in vitamin C and folate.
- Carrots are good for blood sugar regulation. They contain carotenoids, which inversely affect insulin resistance and thus lower blood sugar.
- Rich in Vitamin D, unsweetened Greek yogurt is protein-rich and stabilizes blood sugar. It also soothes inflammation and reduces stress on the overall immune system.
- Red cabbage contains anthocyanins which Scientists are discovering may have health benefits including improving heart and blood vessel health, vision, diabetes, relieving inflammation.
- Research shows that adding two Tablespoons of vinegar to any meal including complex carbohydrates can reduce their glycemic index by 20%.

Roasted Plum Tomato Soup

The naturally sweet flavors of the vegetables coupled with the fresh herbs in this soup will certainly become a go to meal.

Makes 8 servings.

INGREDIENTS

- 2 Tablespoons olive oil
- 1/2 cup onion, finely diced
- 1/2 cup parsnip, finely diced
- 1/2 cup carrot, finely diced
- 2 teaspoons garlic, minced
- 3 whole garlic cloves
- 4 cups homemade vegetable or chicken stock or canned broth (low sodium)
- 1/4 cup tomato paste
- 24 plum tomatoes with their juices (yielding about 3 cups after roasting)
- 1/4 cup fresh basil leaves, firmly packed
- 1/4 cup fresh parsley, chopped
- 1 teaspoon oregano, chopped
- 2 Tablespoons fresh thyme leaves
- 1/4 teaspoon smoked paprika
- 1 large red bell pepper, seeded and quartered

DIRECTIONS

1. Halve the tomatoes lengthwise and brush with olive oil on all sides. Place skin side down on a baking sheet lined with parchment paper or lightly brushed with olive oil or cooking spray. Top each with light sprinkling of the chopped garlic, oregano, thyme, basil, salt and pepper.
2. Set-up a second baking sheet also lined with parchment paper or lightly glazed with olive oil. Place the red pepper skin side down on the pan along with the carrot, turnip garlic cloves and quartered onion. Brush liberally with the olive oil and season lightly with sea salt and pepper.
3. Place both sheet pans in a pre-heated 375-degree oven and bake about 45 minutes or until the tomatoes start to collapse and the onions start to brown and caramelize. Check the onions and garlic starting halfway through the cooking time turning the onions if they start becoming overly brown on the bottom. Once the garlic cloves are soft and creamy inside, they should be removed from the oven and set aside.
4. Peel the garlic and transfer them with all but 4 of the roasted tomatoes to a large mixing bowl. Rough chop the carrot and turnip and add to the mixture along with the onion and red pepper

quarters. Add the remaining herbs and spices then puree with an immersion (stick) blender or place into a food processor or blender and puree in small batches.

5. Rough chop the reserved tomatoes and add to a saucepan along with the pureed mixture, tomato paste and stock. Add additional salt, pepper and paprika to taste.

6. Bring the soup up to a simmer and serve. Garnish each serving with a sprig of fresh basil or float a single basil leaf on the top of each.

SUPERFOODS & FOODS THAT HEAL IN THIS RECIPE

- Tomatoes are loaded with the mineral chromium, which helps diabetics to keep their blood sugar level under control.
- Garlic is thought to help stimulate the pancreas to secrete insulin without inducing weight gain. It is also known to tie up chemical receptors in diabetics that would otherwise deactivate insulin, the hormone that controls sugar usage.
- Olive oil helps lower “bad” lipoproteins, improves blood sugar control and enhances insulin sensitivity.
- Carrots are good for blood sugar regulation. They contain carotenoids, which inversely affect insulin resistance and thus lower blood sugar.
- Parsnips are rich in fiber and are a good source of complex carbohydrates. They help in bringing down cholesterol levels and keeping blood sugar levels normal for diabetics.
- Basil is a natural anti-inflammatory and has anti-oxidant properties. It contains cinnamic acid, which has been found to enhance circulation and stabilize blood sugar.
- Onions are one of the top food sources for the trace mineral chromium that research shows helps your body use insulin more efficiently while helping to maintain healthy blood sugar levels.
- Thyme is believed to help prevent diabetes in the body while reducing cholesterol, important to diabetics who are at higher risk of heart disease.
- Studies suggest that oregano may enhance the insulin sensitivity of the receptors on cells, leading to reduced levels of blood sugar.
- Bell peppers are considered a fat burning food, which can help diabetics keep their weight in check. They are also a rich source of antioxidants that help protect cells from damage.

Quick Peasant Gazpacho

The simple soup will become a favorite for its fresh flavor and the ease of making it.

Makes 8 servings.

INGREDIENTS

1 small can garbanzo beans, drained
3 medium tomatoes, seeded and coarsely chopped
1 small cucumber, peeled and sliced
1/3 cup red onion, diced
2 ribs celery, coarsely chopped
1/2 small green bell pepper, seeded and diced
1/2 small yellow bell pepper, seeded and diced
1 cup vegetable juice cocktail
3 Tablespoons red wine vinegar
1 Tablespoon olive oil
1 clove garlic, minced
1 teaspoon salt
1/4 teaspoon freshly ground pepper
1 Tablespoon carrots, shredded
1 Tablespoon cilantro, finely snipped
Dash hot pepper sauce
1 Tablespoon fresh basil, minced
1/2 Tablespoon fresh oregano, minced

DIRECTIONS

1. Core, seed and rough chop the tomatoes, peppers and celery stalks. Add the diced red onion and cucumber. Set aside.
2. Combine all remaining ingredients in a mixing bowl except for half the shredded carrots and half the cilantro. Pour mixture over the chopped vegetables.
3. Cover the bowl and refrigerate for 4 hours.
4. Pour the gazpacho into individual serving bowls and garnish with the shredded carrot and snipped cilantro.

TIP: *If you prefer a smoother Gazpacho, use an immersion hand blender on the mixture before serving, being carefully not to puree or over process.*

SUPERFOODS & FOODS THAT HEAL IN THIS RECIPE

- Beans are an excellent source of dietary fiber. This slows digestion resulting in feeling fuller faster. Beans also keep blood sugar from spiking after a meal, which contributes to lowering overall blood sugar.
- Tomatoes are loaded with the mineral chromium, which helps to keep blood sugar levels under control.
- Cucumbers are low in carbohydrates and have low sugar content making them ideal for diabetics. They also have healing properties for skin infections, which Diabetics are prone to various skin diseases.
- Onions are one of the top food sources for the trace mineral chromium that research shows helps your body use insulin more efficiently while helping to maintain healthy blood sugar levels.
- Bell peppers are considered a fat burning food, which can help diabetics keep their weight in check. They are also a rich source of antioxidants that help protect cells from damage.
- Research shows that adding two Tablespoons of vinegar to any meal including complex carbohydrates can reduce their glycemic index by 20%.
- Olive oil helps lower “bad” lipoproteins, improves blood sugar control and enhances insulin sensitivity.
- Garlic is thought to help stimulate the pancreas to secrete insulin without inducing weight gain. It is also known to tie up chemical receptors in diabetics that would otherwise deactivate insulin, the hormone that controls sugar usage.
- Carrots are good for blood sugar regulation. They contain carotenoids, which inversely affect insulin resistance and thus lower blood sugar.
- In some parts of Europe, cilantro is known as the “anti-diabetic plant” due to its effectiveness in lowering blood sugar. It is also has anti-inflammatory benefits.
- Basil is a natural anti-inflammatory and has anti-oxidant properties. It contains cinnamic acid, which has been found to enhance circulation and stabilize blood sugar.
- Studies suggest that oregano may enhance the insulin sensitivity of the receptors on cells, leading to reduced levels of blood sugar.

Tuscan Spinach and Cannellini Soup

This hearty soup is rich with the flavors of Tuscany including cannellini beans, fresh spinach, tomato puree, rich balsamic vinegar and shaved Parmesan.

Makes 6 servings.

INGREDIENTS

5-1/2 cups of vegetable broth (recommend 48 oz. re-sealable carton)
15 ounce can tomato puree
15 ounce can cannellini beans, rinsed and drained
1/2 cup long grain and wild rice
1/2 cup onion, finely chopped
2 cloves garlic, minced
1 teaspoon dried basil, crushed
1/4 teaspoon oregano
1/4 teaspoon salt
1/4 teaspoon ground black pepper
8 cups fresh spinach, coarsely chopped
6 thin curls of shaved Parmesan cheese, 2-3 inches in length as garnish for each serving.
Drizzle balsamic vinegar for each serving

DIRECTIONS

1. Cook long grain and wild rice according to package directions
2. In a 3-1/2- or 4-quart slow cooker combine all remaining ingredients except the spinach and Parmesan cheese shavings. Cook for 5 to 7 hours on Low setting or 2-1/2 to 3-1/2 hours on High setting
3. When ready, stir the fresh spinach and cooked wild rice into the soup. Stir and let stand 3 to 5 minutes.
4. Dish into 6 individual servings bowls and garnish with Parmesan shavings.

SUPERFOODS & FOODS THAT HEAL IN THIS RECIPE

- Tomatoes are loaded with the mineral chromium, which helps to keep blood sugar levels under control.
- Beans are an excellent source of dietary fiber. This slows digestion resulting in feeling fuller faster. Beans also keep blood sugar from spiking after a meal, which contributes to lowering overall blood sugar.

- Onions are one of the top food sources for the trace mineral chromium that research shows helps your body use insulin more efficiently while helping to maintain healthy blood sugar levels.
- Garlic is thought to help stimulate the pancreas to secrete insulin without inducing weight gain. It is also known to tie up chemical receptors in diabetics that would otherwise deactivate insulin, the hormone that controls sugar usage.
- Basil is a natural anti-inflammatory and has anti-oxidant properties. It contains cinnamic acid, which has been found to enhance circulation and stabilize blood sugar.
- Studies suggest that oregano may enhance the insulin sensitivity of the receptors on cells, leading to reduced levels of blood sugar.
- Spinach is high in immune-boosting antioxidants as well as magnesium which studies show plays a role in regulating blood sugar.
- Common whole-grain sources to help diabetes include wild rice, which contains healthy doses of fiber, minerals, phytonutrients and vitamins. Fiber slows the rate sugar is released into the bloodstream.
- Research shows that adding two Tablespoons of vinegar to any meal including complex carbohydrates can reduce their glycemic index by 20%.

Creamy Edamame and Shitake Soup

The two stars of this delicious soup are both superfoods loaded with many health benefits including help keeping blood sugar stable.

Makes 4 servings.

INGREDIENTS

3 teaspoon Sesame oil, divided
3/4 cup fresh shitake mushroom, rinsed, patted dry and sliced lengthwise
1 Tablespoon butter
2 Tablespoons scallions (bulbs and greens), thinly sliced
2 cloves of garlic, crushed
1 ½ Tablespoons fresh ginger
1 16 oz. package frozen edamame (soy beans)
3 cups low-sodium, low fat chicken broth
1-1/2 Tablespoon low sodium soy sauce
1 teaspoon lemon juice, freshly squeezed
Smoked Salt
Fresh cracked Pepper

DIRECTIONS

1. Heat 2 teaspoons of the oil in a medium skillet over high heat for 1½ minutes. Add the sesame oil and sliced mushrooms. Shake the skillet quickly to coat the mushrooms with the oil. Allow the mushrooms to brown for about 2 minutes without moving them. Turn them gently with a spatula allowing them to cook for another 1 to 2 minutes or until golden brown on both sides. Season with a pinch of sea salt and move pan off heat. Set aside.
2. Reserve a few scallion slices for garnish. In another pan sauté the rest along with the garlic and ginger in the butter and remaining sesame oil over medium heat until soft and golden. Set aside.
3. Place edamame, chicken broth and soy sauce in a pan. Simmer until the edamame are soft, around 20 minutes. Add additional broth if the soup has boiled down more than desired.
4. Turn burner off and puree using an immersion (stick) blender, conventional blender or food processor.
5. Place the mushrooms out onto a plate and season with the smoked salt. Warm the soup over medium heat, stirring often, then divide among bowls. Squeeze a few drops of lemon juice over each serving, top with smoky mushrooms, season with fresh cracked pepper and serve.

SUPERFOODS & FOODS THAT HEAL IN THIS RECIPE

- Edamame as a soyfood has low glycemic index which help keep blood sugar stable.
- Onions are one of the top food sources for the trace mineral chromium that research shows helps your body use insulin more efficiently while helping to maintain healthy blood sugar levels.
- Shiitake mushrooms have been shown to boost the entire immune system. They have also been shown to lower blood pressure and cholesterol, important to diabetics who are at higher risk of heart disease. The protein in shitake mushrooms can help aid in sustaining energy and regulating blood glucose.
- In addition to other health benefits, a report in the Journal of Medicinal Foods labeled sesame oil as helping to lower glucose levels.
- Garlic is thought to help stimulate the pancreas to secrete insulin without inducing weight gain. It is also known to tie up chemical receptors in diabetics that would otherwise deactivate insulin, the hormone that controls sugar usage.
- The major pungent components of ginger enhance insulin secretion, glucose clearance and prevention of other diabetes-related disorders as well as improving diabetes itself.
- Many soyfoods are high in dietary fiber, and fiber also helps stabilize blood sugar levels. Soyfoods can provide additional benefits for controlling one of the most prevalent complications of diabetes - heart disease

Healthy Tortilla Soup

This healthy version of Tortilla Soup is colorful and delicious. It is sure to become a family favorite.

Makes 4 servings.

INGREDIENTS

3-1/2 cups low-sodium chicken broth

14.5 ounce can diced tomatoes, including liquid

2 boneless chicken breast halves, cooked and cut into bite-sized pieces

2 cups fresh red, yellow and red bell peppers, seeded and diced

3 cloves garlic, minced

1 teaspoon cayenne pepper

1 teaspoon dried oregano

15 ounce can black beans, rinsed and drained

1/4 cup chopped fresh cilantro, and 4 sprigs of cilantro for garnish

2 Tablespoons green onions, chopped; plus about 4 teaspoons of fresh raw scallions chopped into rings for garnish

4 Tablespoons avocado, chopped

8 oven baked tortilla chips, broken

DIRECTIONS

1. Sauté onion, garlic and peppers in oil until soft in large Dutch oven or medium stockpot. Stir in spices, chicken broth and tomatoes including juice. Bring mixture to a boil, and simmer for 5 to 10 minutes.
2. Add drained beans, chopped cilantro and chicken. Simmer on medium low for 30 minutes stirring occasionally.
3. Ladle soup into individual soup bowls and top with avocado, crushed tortilla chips, reserved raw green onion slices and sprig of fresh cilantro. Serve at once.

SUPERFOODS & FOODS THAT HEAL IN THIS RECIPE

- Tomatoes are loaded with the mineral chromium, which helps diabetics to keep their blood sugar level under control.
- Bell peppers are considered a fat burning food, which can help diabetics keep their weight in check. They are also a rich source of antioxidants that help protect cells from damage.

- Recent studies in laboratory animals suggest that capsaicin found in chili peppers, from which cayenne powder is derived, may help cure diabetes. An earlier study with human subjects involved in the study needed less insulin to lower glucose levels after eating a meal with chili peppers than those eating the meal without chili peppers.
- Beans are an excellent source of dietary fiber, slowing digestion while making you feel fuller faster. Beans also keep blood sugar from spiking after a meal aiding in lowering your overall blood sugar.
- Cilantro is known in some parts of Europe as the “anti-diabetic plant” due to its role in lowering blood sugar. It is also known for its anti-inflammatory benefits and for fighting cholesterol.
- Onions are one of the top food sources for the trace mineral chromium that research shows helps your body use insulin more efficiently while helping to maintain healthy blood sugar levels.
- Chicken and turkey breasts are low in saturated fat, which raises “bad” cholesterol and may increase insulin resistance. By removing skin and fat layer, calories and fat are further reduced.
- High in monounsaturated fats, avocados can help control blood sugar and other conditions associated with diabetes.
- Studies suggest that oregano may enhance the insulin sensitivity of the receptors on cells, leading to reduced levels of blood sugar.

Provence Artichoke Bisque

This luscious soup is a gourmet's delight. Not only are artichokes a special ingredient, they are a diabetic superfood!

Makes 4 servings.

INGREDIENTS

3 shallots, peeled and minced

1 garlic clove, minced

1 small thin skinned potato (White Rose, Yukon Gold), peeled and chopped

8 ounce package frozen artichoke hearts, thawed and drained

2 cups low sodium chicken stock or vegetable stock

2 Tablespoons dry sherry

1/2 teaspoon kosher salt

1/4 teaspoon ground white pepper

2 Tablespoons low-fat Neufchatel (cream cheese)

2 Tablespoons Greek yogurt

2 Tablespoons parsley, minced for garnish

DIRECTIONS

1. In a large stockpot or Dutch oven, heat olive oil over medium heat. Add the shallots and garlic and stir until the shallots start to turn translucent. Add the chopped potato and cook until tender, stirring often.
2. Rough chop the artichoke hearts then add to pot along with stock, sherry, salt and pepper.
3. Simmer on medium low for 20-30 minutes or until the potato and artichoke hearts are tender.
4. Place the cream cheese and 1 Tablespoon of the yogurt in a small bowl and blend with immersion (stick) blender until it starts to become creamy. Add to the soup mixture and use the immersion blender to puree entire mixture.
5. Distribute the soup into individual serving bowls garnishing each with a dollop of Greek yogurt and snip of parsley.

SUPERFOODS & FOODS THAT HEAL IN THIS RECIPE

- Shallots can lower blood sugar levels in people with diabetes by preventing the degradation of insulin and increasing metabolism of glucose.

- Garlic is thought to help stimulate the pancreas to secrete insulin without inducing weight gain. It is also known to tie up chemical receptors in diabetics that would otherwise deactivate insulin, the hormone that controls sugar usage.
- Studies suggest that fiber-rich artichokes help control blood sugars in diabetics and lower cholesterol levels. High fiber foods slow down digestion and absorption of sugar into the bloodstream, which may help to regulate blood sugar.
- Rich in Vitamin D, unsweetened Greek yogurt is protein-rich and stabilizes blood sugar while soothing inflammation. It also reduces stress on the overall immune system.
- Parsley has proven beneficial in improving blood glucose levels in animal subjects with diabetes.

3 Healing Recipes from the Sea

Arctic Char on Spinach Bed

Arctic char, a flavorful pink-fleshed fish, is highly prized for its sweetness and tenderness. Some feel that it tastes like a cross between salmon and trout, which may be substituted in this recipe. The creaminess and tang of the yogurt topping make this dish truly memorable.

Makes 4 servings.

INGREDIENTS

- 1 Tablespoon extra-virgin olive oil
 - 1 large shallot, thinly sliced
 - 1 cup reduced-sodium vegetable broth
 - 1/4 cup water
 - 1 bag of fresh spinach, pre-prepped, rinsed; or two large bunches
 - 1 pound of skinned Arctic char
 - 1/2 grind of kosher salt (yields about 1/4 teaspoon)
 - 1/4 teaspoon white pepper (can substitute with any freshly ground pepper)
 - 1/4 cup Greek yogurt
 - 1 teaspoon grainy mustard
 - 1 Tablespoon fresh dill, chopped; or 1 teaspoon dried
- Garnish with fresh lemon slices and parsley

DIRECTIONS

1. Chop the shallot into thin slices while heating the oil over medium heat. Sauté the shallots for about two minutes until they begin to soften.
2. Add the liquid ingredients and half the spinach. Cook until the spinach is slightly wilted, stirring occasionally.
3. Cut the fish into four portions then season with salt and pepper and place atop the semi-wilted spinach.
4. Continue cooking on medium heat for about 6 minutes or just until the fish is cooked through.
5. Combine the Greek yogurt, grainy mustard and dill in a bowl and lightly whisk.
6. Serve each portion of fish on a bed of the spinach and top with the yogurt sauce
7. Garnish with lemon wedges and sprigs of fresh dill if on hand.

SUPERFOODS & FOODS THAT HEAL IN THIS RECIPE

- Heart-healthy Omega 3 fats found in the fish reduce insulin resistance and inflammation.
- Unsweetened Greek yogurt, rich in Vitamin D, is protein-rich and stabilizes blood sugar while soothing inflammation. It also reduces stress on the overall immune system.
- Spinach is high in immune-boosting antioxidants as well as magnesium which studies show plays a role in regulating blood sugar.
- Mustard contains magnesium, which is a mineral that helps keep blood cholesterol and blood sugar levels normal. It also contains many other vitamins, minerals and antioxidants necessary to maintaining healthy blood sugar levels.

Asian Wild Salmon with Quinoa

Grilled salmon packages with Asian spices and rich flavors will make this meal a family favorite.

Makes 4 servings.

INGREDIENTS

6 oz. fresh wild salmon
2 teaspoons light soy sauce
2 teaspoons extra virgin olive oil
1 teaspoons balsamic vinegar
1/8 cup carrots, julienned
1 medium scallion, trimmed and sliced
1/8 cup shitake mushrooms, sliced
1/8 cup ginger, grated
1/8 teaspoon pepper to taste
1/2 cup Edamame, steamed or microwave warmed
3/4 cup quinoa, cooked
Dash cayenne pepper

DIRECTIONS

1. Create a marinade by combining the liquid ingredients, ginger and pepper. Divide into two small bowls.
2. Marinade the fish in one bowl and the vegetables in the other for about 15 minutes.
3. Turn the salmon and vegetables at the halfway point.
4. Remove the fish from the marinade using a slotted spatula to drain off the excess marinade then move to a sheet of non-stick aluminum foil. Place the fish on the non-stick side of the foil.
5. Remove the vegetables from the marinade and drain off excess over bowl. Top the fish with the vegetables.
6. Create a sealed package with the foil around the fish and vegetables.
7. Place packets on grill with fish side down for about 12 minutes, turning the packets over halfway through the grilling time.
8. Cook the Quinoa according to package instructions (you may substitute wild rice, couscous or brown rice if preferred).
9. Dish out the Quinoa servings and place foil packets next to the Quinoa on each plate. Open each packet at the top for serving.

SUPERFOODS & FOODS THAT HEAL IN THIS RECIPE

- Wild salmon is rich in omega-3 fats and high in protein. It has been reported that omega-3 fats may help diabetics to control blood sugar levels while reducing the risk of heart disease.
- Vitamin and mineral rich quinoa has the highest protein of any grain (it's actually a seed).
- Ginger's pungent qualities enhance insulin production and glucose clearance.
- Immune-boasting shitake mushrooms are high in protein necessary to regulate blood sugar.

Grilled Tuna Steaks with Rosemary and Mustard

Fresh grilled tuna steaks with savory seasonings are perfect for cooking on the “Barbie” or on your indoor grill.

Makes 4 servings.

INGREDIENTS

- 4 one-inch thick tuna steaks (about 1-3/4 lbs.)
- Freshly ground pepper to taste
- 2 Tablespoons extra virgin light olive oil
- 3 large sprigs Rosemary (or 1 teaspoon dried)
- 2 teaspoons minced garlic
- 2 teaspoons lemon juice
- 1 teaspoon French style or whole grain mustard
- 1/8 teaspoon cayenne pepper

DIRECTIONS

1. Mix the oil and other liquid ingredients in a zip lock type storage bag. Add the dried rosemary or the leaves from two of the sprigs; minced garlic, mustard and cayenne pepper then shake well. Shake well then pour half the mixture into a second food storage bag.
2. Remove the skin from the tuna steaks and season with salt and pepper on both sides.
3. Place the tuna steaks into one of the two food storage bags containing the marinade. Gently turn the bag until all sides of the fish have been coated thoroughly. (Do not place the raw tuna steaks into the other bag of marinade to avoid cross-contamination, as this will be used later on the cooked tuna steaks.)
4. Refrigerate the two storage bags.
5. While the fish is marinating, pre-heat your indoor or outdoor grill after brushing lightly with olive oil or spraying with non-stick cooking spray.
6. After 12-15 minutes, remove fish from the marinade.
7. Spray a few water droplets on the grill to determine if it is hot. The water droplets should sizzle and quickly evaporate.
8. Place the tuna steaks fatty side down directly on the hot grilling surface turning often. Cook them for around 5-7 minutes.
9. Transfer the cooked tuna steaks to the reserved marinade, coating them on both sides. Shake off excess marinade and place on cutting board or serving platter. Cut into thin slices on an angle and garnish platter with the remaining fresh Rosemary sprig.

SUPERFOODS & FOODS THAT HEAL IN THIS RECIPE

- Fresh tuna is rich in Vitamin D and heart-healthy Omega 3 fats, which may improve insulin resistance.
- Garlic is thought to help stimulate the pancreas to secrete insulin without inducing weight gain. It is also known to tie up chemical receptors in diabetics that would otherwise deactivate insulin, the hormone that controls sugar usage.
- Olive oil helps lower “bad” lipoproteins, improves blood sugar control and enhances insulin sensitivity.
- Mustard contains magnesium, which is a mineral that helps keep blood cholesterol and blood sugar levels normal. It also contains many other vitamins, minerals and antioxidants necessary to maintaining healthy blood sugar levels.

Zesty Lemon and Basil Halibut

This is a light dish featuring Alaskan Halibut kissed with the flavors of basil, lemon and garlic.

Makes 2 servings.

INGREDIENTS

- 1 Tablespoon olive oil
- 2 Tablespoons fresh lemon juice
- 1 clove garlic, minced (or 1 teaspoon prepared minced garlic)
- 1 Tablespoon fresh basil, finely chopped
- 1/8 teaspoon salt
- 1/4 teaspoon white pepper
- 1 teaspoon dried parsley
- Dash of cayenne pepper
- 2 halibut fillets (3 ounces each)
- 1 teaspoon of lemon Zest

DIRECTIONS

1. Rinse the fresh basil and finely chop.
2. Zest the skin of a fresh lemon and put aside.
3. Add the liquid ingredients and spices to a bowl and whisk together.
4. Lightly coat each side of the halibut with the marinade and refrigerate for one hour.
5. Place the halibut on grill pre-heated to medium high. Brush on any leftover marinade.
6. Grill for around 5 minutes on each side until the halibut flakes when tested with a fork.
7. Plate and garnish with a sprig of basil and the lemon zest.

SUPERFOODS & FOODS THAT HEAL IN THIS RECIPE

- Heart-healthy halibut is rich in Omega-3 fats, which may improve insulin resistance.
- Fresh citrus juices have natural properties that change the rate of how carbohydrates are processed by the body. This can aid in blood sugar control.
- Basil is a natural anti-inflammatory and has anti-oxidant properties. It contains cinnamamic acid, which has been found to enhance circulation and stabilize blood sugar.
- Garlic is thought to help stimulate the pancreas to secrete insulin without inducing weight gain. It is also known to tie up chemical receptors in diabetics that would otherwise deactivate insulin, the hormone that controls sugar usage.

Basil Prawns with Couscous

Basil, lemon, garlic and cayenne pepper add zest to succulent grilled prawns served with couscous.

Makes 4 servings.

INGREDIENTS

1 Tablespoon olive oil
1-1/2 Tablespoons butter, melted
Juice of 1/2 a large lemon
1 Tablespoon coarse-grain prepared mustard
1 ounce fresh basil, minced (approximately 1 cup)
1 clove garlic, minced
Pinch cayenne pepper
1 pound medium fresh prawns, peeled and deveined
Cooking spray
1-1/2 cups of couscous
1 teaspoon lemon zest

DIRECTIONS

1. Combine all wet ingredients, spices and the lemon zest in a mixing bowl.
2. Peel and devein prawns removing head, feet and tail. Cut into 2 to 2-1/2 inch pieces
3. Pour the marinade into a food storage bag, add the prawns and shake gently to coat.
4. Place the marinating shrimp in the refrigerator for one hour.
5. Soak wooden skewers in cool water.
6. Coat grill grate with cooking spray and heat to medium high heat..
7. Thread the prawn pieces onto the wooden skewers.
8. Start the couscous and cook according to package instructions.
9. Place skewers on grill spaced apart with at least one inch between skewers. Baste with the remaining marinade.
10. Cook for 2-3 minutes per side or until the flesh of the prawns turns opaque.
11. Transfer couscous to a serving platter and arrange the skewers on top. Garnish with a sprig of basil and a sprinkle of lemon zest.

SUPERFOODS & FOODS THAT HEAL IN THIS RECIPE

- Shrimp is very high in protein and Omega-3 fats but contains virtually no carbohydrates. Omega 3 fats reduce insulin resistance and inflammation in diabetics.
- Fresh citrus juices have natural properties that change the rate of how carbohydrates are processed by the body. This can aid in blood sugar control.
- Basil is a natural anti-inflammatory and has anti-oxidant properties. It contains cinnamamic acid, which has been found to enhance circulation and stabilize blood sugar.
- Garlic is thought to help stimulate the pancreas to secrete insulin without inducing weight gain. It is also known to tie up chemical receptors in diabetics that would otherwise deactivate insulin, the hormone that controls sugar usage.
- Mustard contains magnesium, which is a mineral that helps keep blood cholesterol and blood sugar levels normal. It also contains many other vitamins, minerals and antioxidants necessary to maintaining healthy blood sugar levels.

Drunken Mussels

Mussels in a tangy broth with wine, shallots, garlic and a kiss of mustard.

Makes 4 servings.

INGREDIENTS

2 pounds mussels in the shell, preferably green-lipped.

2 Tablespoons butter

1/4 cup shallots or leek, chopped

2 cloves garlic, minced

1 cup dry white wine

2/3 cup reduced-sodium chicken broth

1/2 teaspoon freshly ground pepper

2 Tablespoons fresh parsley, chopped; preferably flat-leaf (Italian) parsley

1/2 teaspoon of grainy mustard

1/3 cup of dry vermouth

1-1/2 teaspoons of fresh tarragon, minced

1 Tablespoon celery, finely chopped

DIRECTIONS

1. Debeard the mussels after rinsing and soaking in cold salted water for a half-hour.
2. Add the butter and olive oil to a deep skillet and let the butter melt slowly on low heat.
3. Sauté the shallots, garlic and celery for about 5 minutes until the shallots start to become translucent and the celery is tender.
4. Add the tarragon, parsley, salt and pepper and bring to a simmer.
5. Add the broth, wine and vermouth. Gently stir in mustard until well mixed.
6. Turn the heat up to a high simmer and add the mussels. Cover and steam until the mussels open (4-8 minutes).
7. Once all of the mussels have opened, dish the mussels and wine sauce into soup bowls.
8. Garnish with sprig of flat parsley and serve with crustini or toast points brushed lightly with olive oil.

SUPERFOODS & FOODS THAT HEAL IN THIS RECIPE

- High concentration of omega-3 and omega-6 fatty acids in mussels limit inflammation while their antioxidants boost the body's immune system.

- Mustard contains magnesium, which is a mineral that helps keep blood cholesterol and blood sugar levels normal. It also contains many other vitamins, minerals and antioxidants necessary to maintaining healthy blood sugar levels.
- Garlic is thought to help stimulate the pancreas to secrete insulin without inducing weight gain. It is also known to tie up chemical receptors in diabetics that would otherwise deactivate insulin, the hormone that controls sugar usage.

Curry Shrimp with Sugar Snap Peas

This fragrant shrimp dish is chock full of exotic flavors.

Makes 4 servings.

INGREDIENTS

1-1/2 cups couscous, cooked
1 cup sugar snap peas, fresh or frozen, julienned and cooked
1/2 cup bean sprouts
1/4 cup basil leaves, cut chiffonade style (into thin ribbons)
1 Tablespoon peanut oil (substitute with coconut oil in case of peanut allergy)
3 Tablespoons lime juice, fresh squeezed (bottled may be substituted using equivalents chart)
Pinch each of salt and pepper
14-ounce low fat coconut milk (available by the carton)
1-1/2 Tablespoons of Thai red curry paste
1-1/2 pounds of large shrimp, deveined, fresh or frozen
4 limes, cut into 8 wedges
1/8 cup coconut, shredded
1/2 cup steamed carrots, julienned

DIRECTIONS

1. Julienne the fresh sugar snap peas and carrots, steam until tender crisp and set aside.
2. Roll your basil leaves into a log shape and run your knife across the log every 1/4-inch. This will create strips of basil (a chiffonade chop)
3. Peel and devein the shrimp and place in refrigerator until needed.
4. Whisk the coconut milk, curry paste and salt and pepper together in a large saucepan. Bring to a boil and reduce to a simmer.
5. Prepare the couscous according to package directions and set aside. Keep covered.
6. While waiting for the coconut milk mixture to come to an initial boil, add the basil, snow peas, carrots, bean sprouts, peanut oil and one-third of the lime juice to a bowl, lightly toss and set aside.
7. Once the coconut milk mixture has been reduced to a simmer, add the peeled, deveined shrimp to the mixture stirring gently with a rubber spatula.
8. Simmer for about 3 minutes or until the shrimp have a pink color and start to curl being careful not to overcook. Add the lime juice and remove from burner.

9. Dish out the couscous onto a serving platter and pour coconut curry and shrimp mixture on top of the couscous. Top with the vegetable and herb mixture. Garnish with the shredded coconut and lime wedges.

SUPERFOODS & FOODS THAT HEAL IN THIS RECIPE

- Substituting peanut oil for other fats in your diet can help lower bad cholesterol and triglyceride levels, while reducing the risk of heart disease. As part of a moderate fat diet, the substitution of peanut oil may also help with weight loss.
- Recent research has discovered that not eating enough fat can contribute to you weight gain and obesity. Healthy fats found in Coconut Milk help the body feel full and satiate the brain receptors that control appetite. It also promotes heart health, important to diabetics.
- Bean sprouts are a great source of vitamin C important to the immune system and are also a source of six of the eight B vitamins. They are high in folate, which is important to heart health, a concern for all diabetics.
- Thai Red Curry Paste has been shown to reduce blood glucose and to protect from liver damage in a study with lab animals.
- Sugar snap peas contain many vitamins that benefit the entire body including folate, which helps to improve heart health, important to diabetics who are at high risk of cardiac events.
- Basil is a natural anti-inflammatory and has anti-oxidant properties. It contains cinnamamic acid, which has been found to enhance circulation and stabilize blood sugar.
- Shrimp is very high in protein and Omega-3 fats but contains virtually no carbohydrates. Omega 3 fats reduce insulin resistance and inflammation in diabetics.

Salmon Sliders

This low-calorie, delicious twist on the classic slider is rich in health Omega -3 fatty acids.

Makes 4 servings.

INGREDIENTS

1.5 pounds of fresh salmon steaks, deboned, skinned and gently pulsed in a food processor to a canned salmon consistency.

1 medium egg, beaten

2 large cloves of garlic, minced

2 teaspoons of chives, minced

1 teaspoon of fresh dill

1/2 cup whole grain breadcrumbs

1 medium shallot, chopped fine

2 teaspoons horseradish

1 Tablespoon lemon juice, fresh squeezed

1 teaspoon lemon zest

4 romaine leaves

1 teaspoon kosher salt

1/8 teaspoon white pepper

8 whole-wheat slider buns

SAUCE

1/2 cup of plain Greek yogurt

2 teaspoons lemon juice

2 teaspoons dill

1 Tablespoon capers

1 clove minced garlic

DIRECTIONS

1. Pre-heat oven to broil setting.
2. Combine all salmon patty ingredients in mixing bowl and divide into eight portions. Roll each portion into the size of a medium meatball then flatten into slider-sized patties.
3. Combine all sauce ingredients in a small mixing bowl.

4. Place the slider patties on a baking sheet lined with non-stick foil, non-stick side up.
5. Put baking sheet into oven 4 inches from broiler coil and bake without turning until the patties are golden brown on top. This will take 4 to 6 minutes depending on the thickness of your patty.
6. When done, remove baking sheet and allow patties to rest for 2 to 3 minutes.
7. Place slider patties on the slider buns, top with sauce and 1/2 leaf of the Romaine lettuce.

SUPERFOODS & FOODS THAT HEAL IN THIS RECIPE

- Salmon is rich in omega-3 fats and high in protein. It has been reported that omega-3 fats may help diabetics to control blood sugar levels while reducing the risk of heart disease.
- Rich in Vitamin D, unsweetened Greek yogurt is protein-rich and stabilizes blood sugar while soothing inflammation. It also reduces stress on the overall immune system.
- Garlic is thought to help stimulate the pancreas to secrete insulin without inducing weight gain. It is also known to tie up chemical receptors in diabetics that would otherwise deactivate insulin, the hormone that controls sugar usage.
- Capers are the highest source of quercetin, a powerful polyphenol. Studies have found that quercetin can prevent diseases such as diabetes and heart disease through its ability to reduce the level of blood sugar.
- Romaine lettuce and iron-rich red leaf lettuce are loaded with chromium and help metabolize glucose while stabilizing blood sugar levels. They also combat the damage done by free radicals and help prevent heart disease, a common complication of diabetes.
- Fresh citrus juices have natural properties that change the rate of how carbohydrates are processed by the body. This can aid in blood sugar control.

Island Shrimp Salad

A delightful salad that will transport you to the islands with its ocean fresh shrimp and Caribbean flavors.

Makes 4 servings.

INGREDIENTS

1/2 lb. medium shrimp
2 large plum tomatoes, seeded and chopped
1 cup canned black beans, rinsed and drained
1/2 papaya, chopped
1/3 cup red onion, chopped
1/2 cup fresh orange juice
1 Tablespoon fresh lime juice
Salt and freshly ground black pepper
6 large rinsed romaine lettuce, leaves torn into pieces
1/8 teaspoon Cayenne pepper
1/8 teaspoon cinnamon powder

DIRECTIONS

1. Add deveined shrimp to two quarts of rapidly boiling water and cook 3 to 4 minutes until they turn pink and curl.
2. Drain and peel shrimp and place in ice water bath until cold being careful not to freeze.
3. Place a medium size-mixing bowl in freezer for about 10 minutes or until chilled.
4. Combine all remaining ingredients except for the lettuce into the chilled bowl to make a salsa and add the drained shrimp.
5. Tear lettuce into bite sized pieces and individually plate. Top each lettuce helping with the salsa mixture and garnish with a lemon wedge.

SUPERFOODS & FOODS THAT HEAL IN THIS RECIPE

- Shrimp is very high in protein and Omega-3 fats but contains virtually no carbohydrates. Omega 3 fats reduce insulin resistance and inflammation in diabetics.
- Tomatoes also have plenty of the mineral chromium, which helps diabetics to keep their blood sugar level under control.

- Beans are an excellent source of dietary fiber, slowing digestion while making you feel fuller faster. Beans also keep blood sugar from spiking after a meal aiding in lowering your overall blood sugar.
- Papaya is a rich source of antioxidant nutrients such as carotenes, vitamin C and flavonoids that are beneficial to diabetics.
- Onions are one of the top food sources for the trace mineral chromium that research shows helps your body use insulin more efficiently while helping to maintain healthy blood sugar levels.
- Romaine lettuce and iron-rich red leaf lettuce are rich in chromium which helps metabolize glucose and stabilize blood sugar levels. They also combat the damage done by free radicals and help prevent heart disease, a common complication of diabetes.
- Fresh citrus juices have natural properties to change the rate of how carbohydrates are processed and can also affect your body's blood sugar control.
- Cracked black pepper has anti-inflammatory and antioxidant properties. It contains vanadium, which is being researched for its potential benefits in improving insulin sensitivity and blood sugar levels in Type II diabetics.

Broiled Swordfish with Cuban Salsa

The simplicity of this delicious grilled or broiled fish is complimented by the rich blend of healthy and exotic flavors that make up its salsa topping.

Makes 4 Servings.

INGREDIENTS

1 Tablespoon extra-virgin olive oil
2 garlic cloves, minced
1/2 cup fresh lime juice
4 (1/2-inch thick) swordfish steaks, each about 4 ounces
Salt and freshly ground black pepper
1 lime, quartered
1/8 teaspoon cumin
1/8 teaspoon cinnamon

SALSA

1 cup firm tomatoes, diced
1/2 cup mango, diced
1/4 cup avocado
2 Tablespoons fresh cilantro, minced
1 Tablespoon fresh lime juice
1/4 cup of canned black beans
1/8 cup red onion, diced
1 mild jalapeno pepper, rinsed with seeds removed and finely diced
1 clove garlic, minced
1/8 teaspoon salt
1/8 teaspoon ground black pepper

DIRECTIONS

1. Using an immersion hand blender, pulse the oil with garlic and lime juice until blended.
2. Place the swordfish steaks inside a zip type food storage bag. Pour oil, garlic and lime juice marinade over swordfish making sure all sides of the fish are coated. Allow to marinate about 30 minutes in the refrigerator, turning fish once after 15 minutes.

3. Prepare the grill by spraying with non-stick cooking spray or brushing the grate lightly with olive oil. If using a broiler, begin the pre-heating process.
4. After removing the swordfish steaks from the marinade, pat dry and season with the cumin, cinnamon, salt and pepper.
5. Grill the fish about 4 to 5 minutes per side until fish is opaque in the center and flakes when tested with a fork.
6. Top with salsa and serve each portion with a wedge of fresh lime.

SUPERFOODS & FOODS THAT HEAL IN THIS RECIPE

- Swordfish is high in heart-healthy Omega 3 fats that reduce insulin resistance and inflammation.
- Tomatoes also have plenty of the mineral chromium, which helps diabetics to keep their blood sugar level under control.
- Beans are an excellent source of dietary fiber, slowing digestion while making you feel fuller faster. Beans also keep blood sugar from spiking after a meal aiding in lowering your overall blood sugar.
- Mango is a rich source of antioxidant nutrients such as carotenes, vitamin C and flavonoids that are beneficial to diabetics.
- Onions are one of the top food sources for the trace mineral chromium that research shows helps your body use insulin more efficiently while helping to maintain healthy blood sugar levels.
- Fresh citrus juices have natural properties to change the rate of how carbohydrates are processed and can also affect your body's blood sugar control.
- Cilantro is known in some parts of Europe as the "anti-diabetic plant" due to its role in lowering blood sugar. It is also known for its anti-inflammatory benefits and for lowering cholesterol.
- Garlic is thought to help stimulate the pancreas to secrete insulin without inducing weight gain. It is also known to tie up chemical receptors in diabetics that would otherwise deactivate insulin, the hormone that controls sugar usage.
- High in monounsaturated fats, avocados can help control blood sugar and other conditions associated with diabetes.
- Cracked black pepper has anti-inflammatory and antioxidant properties. It contains vanadium, which is being researched for its potential benefits in improving insulin sensitivity and blood sugar levels in Type II diabetics.

4 Postscript

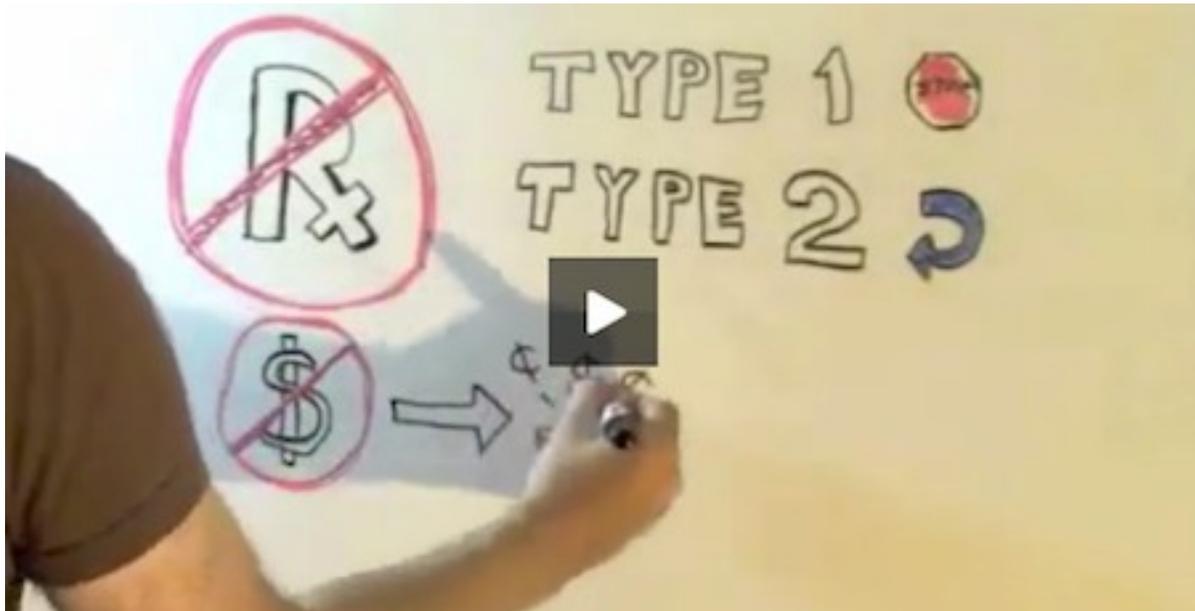
I hope you and your family enjoy these recipes as much as my family has. I also hope that they help you in planning and preparing meals that will help you to control your blood sugar and to enjoy optimum health.

Again, be on the lookout for Vol. 2, which will include healing recipes for poultry and meat dishes, side dishes and, yes, even desserts!

To your health,

Tommi

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