
THE DIABETES REVERSAL COOKBOOK

100 DIABETES-FRIENDLY RECIPES
YOU CAN TRY AT HOME!



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Introduction

Diabetes is one of the most difficult health conditions to manage. You must change your lifestyle to ensure the disease remains under control. Your blood sugar level has to be managed to ensure it does not go above a certain level. But it is next to impossible for you to achieve this without proper meal planning.

You have to take care of yourself when suffering from diabetes. Even minor irregularity in your blood sugar level could lead to major symptoms. The condition will only deteriorate if you don't act in time. Therefore, it is imperative you watch what you eat. Few people know that the foods you eat as part of your daily diet can be prepared in a way that makes them suitable for diabetics.

That is the purpose of this cookbook. You will find 100 different recipes, all of them diabetes-friendly. You can prepare them at home and enjoy them without any risk of your blood sugar spiking; you can eat the things you like but without causing your condition to worsen.

Barring the odd exceptions, the recipes described in this cookbook look exactly the same after preparing as they do when made the traditional way. At least the visual stimulus you receive when you view the food won't make it hard for you to eat the foods you make! The recipes fall under different categories. From sauces to dressings, sides to main courses, there are plenty of options from which to choose.

Try the recipes you like and tantalize your taste buds while staying within the limits.

The Recipes

Sauces, Dressings and Condiments

1. Thousand Island Dressing

This is a really easy recipe. While you cannot eat Thousand Island dressing on its own, it does complement whatever you cook. No wonder it is one of the most popular dressings.

Ingredients

- 2 tablespoons vinegar
- 1/2 teaspoon dry mustard
- 4 ounces tomato juice
- Garlic salt, to taste
- 1 teaspoon Worcestershire sauce
- 1/2 teaspoon salt
- 1/4 cup chopped green pepper
- 2 teaspoons minced parsley
- 1/4 teaspoon liquid sugar substitute
- 3 tablespoons diced pimento
- 3 tablespoons diced dill pickle



Preparation

Add all ingredients to blender and blend well. Refrigerate after preparing. Your Thousand Island dressing is ready!

2. Mayonnaise

Ingredients

- 1 teaspoon salt
- Lemon juice (1 lemon)
- 1 egg
- 1/2 teaspoon dry mustard
- 3/4 cup unsaturated oil

Preparation

Place all ingredients except oil in a bowl. Using a beater or whisk, mix ingredients until smooth. Add oil 1 tablespoon at a time. Continue beating mixture while adding oil. Beat till smooth. Your mayonnaise is ready!

3. Chocolate Sauce

Who says you can't enjoy a sweet treat from time to time? This might prove to be a little complicated compared to the first two recipes. Still, it is only chocolate sauce.

Ingredients

- 1 tablespoon butter
- 3 tablespoons cocoa
- 1/8 teaspoon salt
- 4 teaspoons cornstarch
- 2 teaspoons vanilla extract
- 1/3 cup almond milk
- 10 grams artificial sweetener



Preparation

Blend milk, cocoa, salt and cornstarch in a saucepan. Add a little water and beat mixture until smooth.

Place saucepan over low heat. Add butter and stir. Bring mixture to a boil and boil 2 to 3 minutes, stirring continuously.

Remove saucepan from heat. Add sweetener and vanilla extract to mixture and mix well.

Pour sauce into a container and refrigerate.

Once chocolate sauce is ready, use it on desserts, ice-cream and cake without spiking your blood sugar level!

4. Barbecue Sauce

From chocolate to something tangy, here is a recipe for diabetic barbecue sauce:

Ingredients

- 8 ounces tomato sauce
- 1/8 teaspoon garlic
- 2 cups water
- 2 teaspoons paprika
- 1/4 cup wine vinegar
- 1 minced onion
- 1/2 teaspoon cinnamon
- 2 teaspoons chili powder
- 1/4 cup Worcestershire sauce
- Salt (optional)

Preparation

Place all ingredients in a saucepan. Over medium heat, bring mixture to a boil and let simmer 20 minutes. Remove from heat and let cool before using.

5. Spaghetti Sauce

If you are in the mood for spaghetti, top it off with diabetic spaghetti sauce. This recipe is surprisingly simple.

Ingredients

- 6 ounces tomato paste
- 1 teaspoon pepper
- 8 ounces tomato paste
- 1 teaspoon olive oil
- 1 teaspoon oregano
- $\frac{1}{4}$ lean ground beef
- 4 cups water
- $\frac{1}{4}$ teaspoon salt
- Garlic, to taste



Preparation

Place onions in a skillet and brown over low heat. Add meat and brown thoroughly. Drain fat from skillet and add all other ingredients. Over medium heat, simmer 1 hour. Your spaghetti sauce is ready to eat!

6. Salad Dressing

If you feel your salads are too drab, add some zing by using this recipe.

Ingredients

- $\frac{1}{4}$ teaspoon oregano
- $\frac{1}{4}$ packet Equal or any artificial sweetener
- 46 ounces V8 juice
- $\frac{1}{2}$ teaspoon onion powder
- 1 tablespoon wine vinegar
- $\frac{1}{4}$ teaspoon garlic powder

Preparation

Mix all ingredients in a bowl and let mixture cool. That's it!

Breakfast

7. Blueberry Jam

Ingredients

- 1/8 teaspoon salt
- 2 tablespoons lemon juice
- 2-1/2 cups frozen and thawed blueberries
- 1-1/2 teaspoon arrowroot
- 3 teaspoons unflavored gelatin
- 2 cups sweetener equivalent

Preparation

In a saucepan, combine arrowroot, lemon juice, salt and gelatin. Add blueberries to mixture.

Over medium heat, bring mixture to a boil, stirring constantly. Continue boiling until mixture thickens, usually 4 to 5 minutes.

Remove from heat and mix in sweetener.

Pour mixture into a container and let cool. Store in sealed jars or any other containers.

8. French Toast

How about a traditional breakfast favorite? Here's how to make diabetic friendly French toast:



Ingredients

- 8 slices whole grain bread
- 8 teaspoons slivered almonds
- 1 egg
- 2 ounces coconut milk
- 1 tablespoon artificial sweetener
- 4 tablespoons cream cheese, softened
- 8 teaspoons fruit preserves (any flavor you like)

Preparation

Spread cream cheese on four bread slices and fruit preserves on the other four bread slices and combine to make sandwiches.

In a bowl, whisk together sweetener, milk and egg.

Spray skillet with cooking spray and place on medium heat.

Dip sandwich pairs in egg mixture, ensuring both sides are covered, and place in skillet. Cook until golden brown (about 3 minutes).

Place French toast on a plate, sprinkle almonds on top and serve!

9. Whole Wheat Pancakes

Ingredients

- 1/2 cup whole wheat flour
- 10 ounces coconut milk
- 1/2 cup all-purpose flour
- 4 tablespoons pancake syrup
- 1 teaspoon baking powder
- 4 teaspoons Canola-based butter
- 2 teaspoons artificial sweetener
- 1 egg
- 1/4 cup toasted wheat germ

Preparation

In a medium bowl, combine baking powder, sweetener, the two flours and the wheat germ. Stir together until smooth.

In a small bowl, whisk milk and egg.

Add egg mixture to flour mixture and stir until combined well.

Spray skillet with cooking spray and place on medium-high heat.

Pour 1/4 cup batter into skillet. Turn pancakes over when bubbles appear. Remove pancake from skillet when bottom is light brown.

Apply butter and syrup proportionally over pancakes and enjoy!

10. Apple & Carrot Muffins

Not a regular breakfast option but Apple and Carrot Muffins do the trick.

Ingredients

- 1 apple, cored and shredded
- 1 carrot, peeled and grated
- 1/4 cup chopped pecans
- 1 tablespoon baking powder
- 1 egg
- 1/4 cup raisins
- 1 cup whole wheat flour
- 1 cup all-purpose flour
- 2 tablespoons Canola oil
- 8 ounces unsweetened apple juice
- 1/3 cup unsweetened apple sauce
- 1/2 teaspoon salt
- 1 cup toasted wheat germ



Preparation

Preheat oven to 375 °F.

Coat muffin cups with cooking spray or use paper muffin cups.

In a large bowl, combine baking powder, flours, salt and wheat germ.

In a separate bowl, mix together applesauce, egg, oil and apple juice.

Create hole in middle of flour mixture and pour in egg mixture. Mix well. Add carrot, apple and pe-
cans to mixture.

Pour batter into muffin cups about 3/4 full and bake 25 minutes or until golden brown. Muffins are
done when toothpick inserted into muffin comes out clean.

Remove from oven and let cool before eating.

11. Breakfast Pizza

Ingredients

- 1 tablespoon peanut butter
- 1/2 cup strawberries
- 1 toasted English muffin
- 1 tablespoon strawberry preserves

Preparation

Cut muffin in half and toast.

Apply preserves and peanut butter to each half and top it off with strawberries.

12. Strawberry Shake

Strawberry shake is another tasty and nutritious breakfast option to try.



Ingredients

- 1/2 cup frozen strawberries
- 1/2 cup low-fat plain yogurt
- 1 packet artificial sweetener
- 1/2 cup almond milk
- 1/2 teaspoon vanilla extract

Preparation

Blend all ingredients in blender or food processor until smooth.
That's it!

13. Sugarless Banana Bread

Banana bread is not the ideal diabetic food but you can eat it if it's made without sugar.

Ingredients

- 2 mashed bananas
- 1/2 teaspoon salt
- 1 teaspoon vanilla extract
- 1/4 cup butter, melted
- 2 teaspoons baking powder
- 2 eggs, beaten
- 1/4 teaspoon baking soda
- Liquid sweetener
- 1-3/4 cups cake flour

Preparation

Preheat oven to 350 °F and coat loaf pan with cooking spray.

In a large bowl, combine baking powder, soda, flour and salt.

Add remaining ingredients except bananas and mix until moist. Mix in mashed bananas.

Pour into loaf pan and bake 1 hour. Bread is done when toothpick inserted comes out clean.

Remove from pan and let cool. Cut into slices and serve.

14. Granola

Granola packs a healthy punch when eaten for breakfast. It gives the energy you need to get through the day.

Ingredients

- 1/3 cup olive oil
- 4 cups rolled oats
- 1 cup chopped peanuts
- 1/2 cup raisins
- Granulated sugar
- 1/2 cup wheat germ
- 1/2 cup Grape Nuts cereal

Preparation

Preheat oven to 350 °F.

Spread oats on baking sheet and bake 10 minutes.

Place all ingredients except wheat germ and raisins on a separate baking sheet and bake 20 minutes.

Add raisins, wheat germ and baked oats into second mixture. Let cool and put into containers. Seal properly and refrigerate until ready to eat.



15. Fried Corn and Sausage

For those who like a big breakfast, try this recipe.

Ingredients

- 2 cups frozen yellow corn
- 8 ounces low-sodium chicken broth
- 1/4 teaspoon garlic powder
- 1 teaspoon hot pepper sauce
- 1 teaspoon olive oil
- 2 teaspoons black pepper
- 1 yellow onion, chopped
- 2 ounces almond milk
- 4 ounces turkey sausages, chopped

Preparation

Preheat oven to 425 °F.

In a mixing bowl, combine garlic powder, chicken broth, black pepper, almond milk and hot pepper sauce.

Over medium heat, cook sausages in a skillet. Drain and place sausages on a plate.

Add oil to skillet. Add onion and cook until soft.

Add corn to onions and bring to a sizzle. Add sausages and chicken broth mixture.

Cover skillet and reduce heat. Simmer for 5 minutes.

Uncover skillet and bake in oven 15 to 20 minutes. Serve.



Soups & Salads

16. Tuna Salad

Ingredients

2 chopped hard-boiled eggs
2 tablespoons low-calorie mayonnaise
1 can tuna
1/4 cup chopped celery
Lettuce, optional

Preparation

In a large bowl, combine all ingredients except lettuce. Refrigerate for a few hours. Serve on a lettuce leaf if desired.



17. Egg Salad

Ingredients

1 teaspoon mustard
3 hardboiled eggs, finely chopped
1 tablespoon dill cubes
3 ounces cottage cheese
Chopped celery
Salt and pepper to taste

Preparation

In a large bowl, add all ingredients and mix thoroughly. Serve with seasoning of your choice.

18. Fruit Salad

If you have a thing for fruit, this salad will be perfect for you. This is a great recipe for non-diabetics also.



Ingredients

8 ounces whipped topping
3 cups almond milk
18 ounces sugar-free vanilla pudding mix
6 cups fresh fruit (peaches, oranges, pineapple, strawberries, grapes, etc.)

Preparation

In a large bowl, combine milk, topping and pudding mix.

In a separate bowl, place half the fruit. Pour mixture over fruit. Top it off with remaining fruit.

19. Split Pea Soup

Ingredients

- 1 bay leaf
- 1 cup chopped onion
- 1 teaspoon dried Thyme
- 3 chopped celery stalks
- 1 teaspoon dried oregano
- 1 cup chopped carrot
- 2 cups water
- 3 cups chicken broth
- 1/4 teaspoon black pepper
- 12-ounce bag split peas

Preparation

Combine all ingredients in a large pot and bring to a boil over medium heat.

Cover and simmer over low heat for a few minutes.

Uncover and continue cooking 45 minutes or until peas are tender.

20. Greek Chicken Salad

Here is an interesting take on the traditional recipe.

Ingredients

- 1/2 sliced cucumber
- 1/2 cup dried oregano
- 6 cups romaine lettuce
- 1/4 cup chopped red onions
- 1/4 teaspoon black pepper
- 2 ripe tomatoes, cored and diced
- 3 tablespoons lemon juice
- 1 tablespoon red wine vinegar
- 3/4 cup shredded boiled chicken breast
- 1 teaspoon olive oil
- 2 cups boiled lentils (drained)



Preparation

In a salad bowl, toss together cucumbers, tomatoes, onions and lettuce.

Add remaining ingredients and mix. Refrigerate until ready to eat it.

Top it off with seasoning of your choice.

21. Dill and Potato Salad

It's time to learn how to make potato salad with a twist of dill.

Ingredients

- 1/3 cup nonfat yogurt
- 2 red potatoes, unpeeled and diced
- 1 tablespoon chopped dill leaves
- 1/2 cup diced red bell pepper
- 1 cup halved green beans (no stems)
- 1/3 cup nonfat mayonnaise

Preparation

Place potatoes in a saucepan and add enough water to cover. Bring to a boil and then simmer on low heat until potatoes are tender, usually around 15 minutes.

Add green beans to potatoes and cook 3 to 5 minutes.

Drain water from saucepan and rinse potatoes and green beans under cold water.

Combine remaining ingredients in a mixing bowl and add green beans and potatoes. Toss and mix well. Cool before eating.

22. Chunky Tomato Veggie Soup

This is tomato-free Chunky Tomato Veggie Soup:

Ingredients

- 1/2 cup rolled oats
- 1 chopped onion
- 2 teaspoons chopped garlic
- 1/4 teaspoon ground black pepper
- 1 chopped carrot
- 1/4 teaspoon dried basil
- 1 tablespoon Canola oil
- 2 cups low-sodium vegetable broth
- 2 cups vegetable juice

Preparation

In a skillet, toast oats over medium heat, making sure they don't burn. Place in a bowl.

Pour oil into pan and sauté onion, garlic and carrot.

Add remaining ingredients to skillet, along with the toasted oats.

Simmer mixture until oats are tender enough to eat. This should not take more than 15 minutes.



23. Barley and Lentil Soup

Barley and Lentil soup is one of the most nutritious recipes in this cookbook.

Ingredients

- 3 cups water
- 1 cup sliced onion
- 1/4 teaspoon black pepper
- 15-ounce can diced stewed tomatoes
- 1/2 cup Scotch barley
- 1 teaspoon minced garlic
- 1 teaspoon dried basil
- 1 cup lentils
- 1 cup sliced carrots
- 1 teaspoon dried oregano
- 1 cup sliced celery
- 3 cups low-fat chicken broth
- 1/2 teaspoon dried thyme



Preparation

Coat a large saucepan with cooking spray and place over medium-high heat.

Sauté garlic and onion in saucepan until golden brown.

Combine remaining ingredients and bring mixture to a boil.

Reduce heat and cover saucepan. Let simmer 60 to 90 minutes until lentils and barley are tender. Serve warm.

24. Asian Vegetable Salad

A great salad option, this recipe takes less than 5 minutes to prepare.

Ingredients

- 1 tablespoon olive oil
- 1 teaspoon red wine vinegar
- 1 pound stir-fry vegetables
- 8 cups spinach salad
- 2 tablespoons light soy sauce

Preparation

Spray a skillet with cooking spray and place over medium-high heat.

Add vegetables to skillet and sauté until tender and crispy, about 5 minutes.

Add soy sauce and oil, stirring continuously.

Add spinach salad to vegetables and toss. Turn off heat and top mixture off with vinegar before eating. Delicious!

25. Carrot Salad

Carrots are great for your eyes. You can make them more appetizing in a Carrot Salad.

Ingredients

- 1/3 cup mayonnaise
- 1 cup raisins
- 1/4 teaspoon salt
- 1-1/2 cups grated carrots
- 1/2 cup sliced celery
- 1/2 cup chopped nuts

Preparation

Combine all ingredients in a bowl and enjoy.

26. Cabbage Salad

Ingredients

- 1/4 teaspoon dill seeds
- 1 teaspoon salt
- 1 chopped green pepper
- 3 cups shredded cabbage
- 1 shredded carrot
- 1 shredded turnip

Preparation

In a bowl, apply salt to cabbage and refrigerate for at least 45 minutes.

Wash cabbage and drain water. Add all ingredients to cabbage and toss to get the perfect flavor.



27. Chicken Salad

Ingredients

- 1-1/2 teaspoons lime juice
- 1/2 cup chopped celery
- 1/4 cup low-calorie salad dressing
- 12 ounces sliced chicken
- 1/4 cup shredded carrots
- Salt and pepper to taste

Preparation

In a bowl, add carrots, celery and chicken.

In another bowl, mix remaining ingredients together.

Pour mixture over chicken mixture and toss. Your chicken salad is ready!

Beverages

28. Cappuccino

Who knew? Cappuccino for diabetics!

Ingredients

- 1/8 teaspoon cocoa powder
- 1-1/4 cups hot coffee
- 1/8 teaspoon ground cinnamon
- 1/4 cup almond milk

Preparation

Place milk in a closed container, seal and shake until milk becomes frothy. Add frothy milk to coffee. Add remaining ingredients and drink up!



29. Blackberry Iced Tea

Iced tea is a refreshing beverage, especially in the hot summer months.

Ingredients

- 6 cups water
- 1 cup crushed ice cubes
- 1 teaspoon minced ginger
- 1 cup unsweetened cranberry juice
- 12 herbal blackberry teabags
- 8 cinnamon sticks
- Artificial sweetener, to taste

Preparation

Heat water in saucepan, being careful to not let it boil. Add ginger, cinnamon sticks and teabags to water and let steep for a few minutes.

Over a pitcher, run tea through a sieve.

Add juice to water in pitcher and sweeten to taste. Let cool. Add crushed ice cubes before drinking.

30. Green Smoothie

A smoothie is a great substitute for breakfast. You can drink this healthy beverage whenever you feel like it.

Ingredients

- 1/2 cup strawberries
- 1 cup cold water
- 4 tablespoons lemon juice
- 1 tablespoon fresh mint
- 1 banana
- 1/2 cup berries (blackberries, blueberries, etc.)
- 2 cups baby spinach

Preparation

Combine all ingredients in food processor and puree until smooth. Drink up!



31. Iced Espresso Latte

If cappuccino doesn't cut it for you, try an Iced Espresso Latte.

Ingredients

- 2 tablespoons sugar-free almond syrup
- 1 cup fat-free whipped topping
- 1-1/2 cups coconut milk
- 2 cups cooled decaf espresso coffee
- Ice cubes
- 2 tablespoons golden brown sugar
- 1 teaspoon ground espresso beans

Preparation

Combine all ingredients, except topping, ice cubes, and beans, in a pitcher. Refrigerate until cool. Top off with ice cubes, beans and topping before enjoying a cup.

32. Punch

If you aren't allowed near the punch bowl, why don't you make your own punch?



Ingredients

- 1 can unsweetened pineapple juice
- 1 packet blueberry Kool-Aid
- 1 bottle 2-liter diet Sprite

Preparation

Pour all ingredients in a bowl and let chill!

33. Strawberry Smoothie

You can boost the nutritional qualities of a strawberry smoothie by adding flaxseed.

Ingredients

- 1/2 cup almond milk
- 3 teaspoons flaxseeds
- 1/2 cup nonfat yogurt
- 1 cup fresh strawberries
- 1/2 teaspoon ground cinnamon

Preparation

Blend all ingredients at high speed until smooth. You can drink it right away!



Fast Food

It's hard to resist the craving for fast food from time to time. But keeping your condition in mind, it is important you exercise caution. The best option is to make your own fast food in a healthy, diabetes-friendly manner.

34. Hot Dog

Ingredients

- 1 hot dog bun
- 1 slice processed cheese
- 1 cooked sausage
- 1 strip bacon (semi-cooked)

Preparation

Roll sausage in slice of cheese. Roll bacon around cheese and sausage roll. Use toothpicks to keep in place.

Broil rolls for a couple of minutes and place on heated bun.

35. Chicken and Lettuce Wrap

This is an easy to make and tasty recipe.

Ingredients

- 1 chopped tomato
- 1 whole-wheat tortilla
- 1 cup shredded romaine lettuce
- 1 teaspoon light mayonnaise
- 1/4 cup cubed and cooked chicken breast

Preparation

Place tortilla in microwave for 10 seconds ONLY.

Spread mayonnaise and place chicken, tomato and lettuce on top.

Roll tortilla like a taco and enjoy.



36. Pita Pizza

If you have a thing for pizza, why not go for the veggie variety?

Ingredients

- 3 ounces fresh zucchini
- 4 ounces part-skim mozzarella
- 2 large whole-wheat pitas
- 8 black olives, chopped
- 1 medium tomato, chopped
- 1 yellow onion, chopped
- 8 fresh mushrooms, chopped
- 1/4 teaspoon dried basil
- 1/4 teaspoon garlic powder
- 4 tablespoons prepared spaghetti sauce
- 1/4 teaspoon dried oregano



Preparation

Preheat oven to 425 °F.

Cut off edge of pita bread and bake on a baking sheet for a couple of minutes.

Combine vegetables in a bowl.

Add garlic powder, basil and oregano to chopped vegetables and mix.

Spread spaghetti sauce to your pita rounds. Layer vegetable mixture and 1 ounce cheese on each round.

Bake 7 minutes or until cheese melts completely.

37. Vegetable Burger



Ingredients

- 4 vegetable burger patties
- 2 tomatoes, sliced
- 4 tablespoons no-salt ketchup
- 4 whole-grain rolls
- 1/2 cup sliced red onion
- 2 cups shredded dark green lettuce

Preparation

Heat patties for 1 minute each in microwave or toaster oven.

Cut whole-grain rolls in half and heat if desired. Place veggie patty on bottom part of roll. Divide remaining ingredients evenly between each burger. Eat right away!

38. Eggplant Burger

Surely eggplant burger is fast food you may not have tried before.

Ingredients

- 2 medium tomatoes
- 1 pound eggplant
- 6 pieces lettuce leaves
- 6 ounces low-fat cheddar cheese
- 1 tablespoon trans-fat free butter
- 6 hot dog buns

Preparation

Peel and slice each eggplant into 6 thin slices and microwave for 5 minutes.

Melt butter in a skillet over medium-high heat. Add eggplant slices and sauté each side until toasted.

Place 1 ounce cheese on each slice and cook until cheese melts over eggplant.

Place eggplant slice on bun and add tomato slice and lettuce leaf before eating.

39. Sloppy Joes

Enough of the veggie stuff, don't you think? Now it's time for a beefy Sloppy Joe!

Ingredients

- 1 chopped large onion
- 1 chopped large green bell pepper
- 6 whole wheat hamburger buns
- 1 pound ground beef
- 1-1/2 cans tomato soup

Preparation

Combine meat and vegetables in a large frying pan over medium heat. Cook until meat is brown and veggies are tender, 7 to 10 minutes.

Drain liquid from mixture and add tomato soup. Stir well and let simmer for 10 minutes.

Spoon 2/3 cup mixture onto each bun and enjoy!



40. Chicken Burritos

Ingredients

- 8 ounces precooked chicken breast
- 1 red bell pepper, chopped
- 1 yellow onion, chopped
- 1 jalapeno pepper, chopped
- 4 whole wheat tortillas
- 2 ribs celery, chopped
- 2 tablespoons fresh oregano
- 1/2 cup shredded cheddar cheese
- 2 tablespoons cumin seeds
- 2 cups shredded green cabbage
- 2 garlic cloves, chopped
- 1 pint grape tomatoes
- 1 teaspoon olive oil



Preparation

Heat olive oil in a large skillet over medium-high heat. Add celery, onions, peppers and cumin and sauté until brown, which takes around 15 minutes.

Add garlic, tomatoes and oregano. Continue sautéing until tomatoes break open. This will take a further 10 minutes.

Transfer sautéed ingredients to blender and puree until smooth.

Dip chicken in mixture and arrange pieces on tortillas. Top off with cabbage, cheese and sauce before rolling them up.

Vegan

In this section, we will be looking at some healthy vegan diabetic-friendly recipes.

41. Grilled Asparagus

Ingredients

- 1 pound fresh asparagus
- 1 teaspoon balsamic vinegar
- 1 tablespoon olive oil
- 1/2 teaspoon ground black pepper

Preparation

Cut off bottom part of asparagus. Apply a light coating of olive oil to spears.

Grill asparagus until tender. Sprinkle with vinegar and black pepper and serve.



42. Potato Primavera

If you like potatoes, you will love this recipe.

Ingredients

- 4 raw potatoes, peeled and pierced
- 4 cups frozen mixed vegetables (carrots, peas, cucumber, etc.)
- 1-1/4 cups fat-free sour cream
- 1/2 teaspoon dried basil
- 1/2 teaspoon dried oregano
- 1/4 teaspoon black pepper

Preparation

Microwave potatoes for 4 minutes or until tender.

Heat mixed vegetables.

Combine remaining ingredients in a small bowl.

Cut potatoes in half. Place vegetables on each potato half and top it off with sour cream mixture.

43. Veggie Platter

If you are not in the mood to cook, go for a raw Veggie Platter.

Ingredients

- 1 cup radishes
- 4 fresh celery stalks
- 1 cup broccoli florets
- 2 cups carrot sticks
- 1 cup cucumber
- 1 cup cauliflower florets
- 1 cup cherry tomatoes

Preparation

Wash and peel all vegetables and cut into thin strips or slices.

Arrange vegetables neatly on a platter. Use your creativity and make it look appetizing.

Serve with salad dressing or hummus.



44. Lemon Tofu Stir-Fry

Is it possible to have a cookbook without at least one tofu recipe? We don't think so!

Ingredients

- 1 cup cubed silken tofu
- Lemon juice and zest from 1 lemon
- 1 teaspoon olive oil
- 1 tablespoon minced garlic
- 1 cup diced eggplant
- 1 cup sliced mushrooms
- 1 zucchini, diced
- 1 yellow squash, diced
- 1 tablespoon grated ginger
- 1 tablespoon light soy sauce
- 3 cups cooked brown rice

Preparation

Combine tofu and lemon juice and zest in a bowl. Refrigerate until ready to make the stir-fry.

Heat olive oil in a large skillet over medium-high heat. Sauté garlic in skillet and add the other vegetables.

Cook vegetables until tender and add ginger and soy sauce.

Heat tofu and serve with vegetables over rice.

45. Stuffed Eggplant

Ingredients

1 medium sized eggplant
6 ounces boneless, skinless chicken breast, cut into 1/4-inch wide x 2-inch long strips
1 tablespoon olive oil
1 cup water
1 cup canned, unsalted tomatoes, with 1/4 of juice
1/4 cup chopped onion
1/4 cup chopped bell peppers
1/4 cup chopped celery
1/2 cup sliced fresh mushrooms
1 cup whole grain bread crumbs
Freshly ground black pepper



Preparation

Preheat oven to 350 °F, and lightly coat baking dish with cooking spray.

Cut off ends of eggplant and slice in half. Scoop out contents with a spoon. Place empty shells in baking dish and add water.

Chop contents of eggplant into small cubes and set aside.

Heat olive oil in a large nonstick skillet over medium high heat. Sauté chicken strips 5-6 minutes until lightly brown in color.

Add eggplant cubes, tomatoes with their juice, onion, peppers, celery and mushrooms to skillet. Reduce heat and let vegetables tenderize, about 10 minutes.

Add bread crumbs and black pepper to eggplant mixture.

Scoop mixture into eggplant shells. Bake 30-40 minutes until eggplant is tender.

46. Veggie Lasagna

Ingredients

- 3 cups chopped tomatoes
- 1 cup sliced mushrooms
- 1 minced garlic clove
- 1 tablespoon parsley flakes
- 1-1/3 cups cottage cheese
- 5 ounces mozzarella cheese
- 1 cup chopped carrots
- 1/4 teaspoon dried rosemary
- 1/2 teaspoon basil
- 1 cup chopped onions
- 1/2 teaspoon oregano
- 3 ounces grated Romano cheese
- 1/2 teaspoon chili powder
- 1/2 cup diced green peppers



Preparation

Preheat oven to 375° F.

In a skillet, combine peppers, tomatoes, mushrooms, carrots and onions and sauté over medium heat until tender.

Lower heat and add chili powder, peppers, basil, parsley, rosemary and oregano and to vegetables; simmer 15 minutes.

In a bowl, mix the three cheeses.

In an 8x12-inch baking dish, layer ingredients, starting with sauce, and bake for 30 minutes.

47. Spaghetti Squash Parmesan

Ingredients

- 1/2 cup whole grain bread crumbs
- 2 pounds spaghetti squash
- 1/4 cup grated parmesan cheese
- 1 cup nonfat ricotta cheese
- 1 teaspoon dried Italian seasoning
- 10 ounces frozen chopped spinach
- 2 cups low-sodium pasta sauce
- 1 teaspoon garlic powder

Preparation

Heat oven to 350°F.

Thaw and drain spinach.

Halve the spaghetti squash. Remove pulp and seeds. Place on a microwave-safe tray, inverted, and cook in microwave for 15 minutes.

Separate squash from its shell. Arrange squash strands on a baking sheet coated with cooking spray.

Combine ricotta cheese, seasonings, crumbs and spinach in a large bowl and mix until blended.

Apply mixture over squash. Sprinkle with parmesan cheese and add pasta sauce.

Bake 40 minutes. Let sit for a few minutes before cutting and eating.

48. Mac and Cheese Primavera

Ingredients

- 1 cup water
- 1 cup cooked macaroni
- 2 cups frozen mixed vegetables
- 1 cup prepared macaroni and cheese mix
- 1/2 cup coconut milk

Preparation

In a microwavable container, add water and frozen vegetables. Cover with plastic wrap and heat for 4 minutes. Combine with remaining ingredients and tuck in!

49. Macaroni and Cheese

Ingredients

- 1 ounce cheese
- 1 egg (white and yolk separated)
- Paprika, salt, pepper, cayenne and mustard, to taste
- 1/2 almond milk
- 1 ounce whole grain bread

Preparation

Preheat oven to 350°F.

In a saucepan, heat milk over low heat, being careful not to boil it.

Add seasoning, bread and cheese. Continue simmering until cheese has melted.

Beat egg white and yolk separately. Add yolk to mixture and then the white.

Bake for 30 minutes.



50. Parsley Hummus

Ingredients

- 1 tablespoon olive oil
- 1/2 cup chopped parsley
- 15-ounce can garbanzo beans, rinsed and drained
- 2 minced garlic cloves
- 1/4 cup water
- 2 tablespoons lemon juice

Preparation

Combine all ingredients except parsley in a blender and puree until smooth.

Stir in parsley.

You can use the hummus as a spread or dip and enjoy with crackers, bread and even crisps!



51. Apple and Rice Stuffing

This recipe takes quite some time to prepare but is definitely worth the effort.

Ingredients

- 1 tablespoon butter
- 3 cups diced celery
- 3 cups diced onions
- 3 cups diced apples
- 3 cups cooked brown rice
- 1 cup low-sodium broth
- 4 cups stuffing

Preparation

Preheat oven to 350°F.

In a large skillet, melt butter over medium heat and sauté onions, apples and celery.

Add rice, broth and stuffing once the celery, apples and onions are tender. Mix and remove to a baking dish.

Bake 45 minutes.

52. Blue Cornbread

Have you ever eaten blue bread? Well, here's your chance.

Ingredients

- 1 cup whole-wheat flour
- 1 cup almond milk
- 1/3 cup olive oil
- 2 tablespoons sugar
- 1/4 cup egg whites
- 1 cup whole blue cornmeal
- 1 tablespoon baking powder

Preparation

Preheat oven to 375° F.

Coat baking pan with cooking spray.

Combine all ingredients in a large bowl and blend together. Pour mixture into baking pan and bake for 30 minutes.



Beef

Moving on from the Vegan fiesta, we will now look at a few beefy recipes. Diabetic-friendly food can be meaty!

53. Roast Beef Sandwich

Ingredients

- 3 ounces diced roast beef
- 1/2 medium-sized tomato
- 1/8 teaspoon chopped chives
- 2 tablespoons chopped celery
- 1 teaspoon diet mayonnaise
- 1/2 tablespoon lemon juice
- 1/2 teaspoon salt
- 1/4 teaspoon pepper
- 2 slices thin sprouted bread
- Lettuce



Preparation

In a large bowl, add all ingredients, leaving out the bread and lettuce, and mix well. Spread mixture on one slice of bread and place lettuce and second slice on top. Eat away!

54. Beef and Cabbage Roll

Ingredients

- 2 Pepperidge Farm shells
- 1 pound hamburger, cooked
- 1/2 head cabbage, sautéed
- 1 onion, chopped and sautéed
- Dijon mustard
- 1/2 teaspoon salt
- 1/4 teaspoon pepper

Preparation

Preheat oven to 400°F.

Roll out shells to 4 x 18 inch size.

In a large bowl, mix all ingredients with hamburger. Pour mixture over rolls and bake 20 minutes.

Reduce heat to 350°F and bake for another 15 minutes.

Eat with mushroom sauce and gravy to enhance the flavor.

55. Cincinnati Chili

This is an exotic but incredibly tasty recipe.

Ingredients

- 1 yellow onion, peeled and chopped
- 1 garlic clove, peeled and minced
- 4 tablespoons chopped green onion
- 12 black olives
- 1 pound extra lean beef
- 1/8 teaspoon ground cayenne pepper
- 8 ounces spaghetti pasta
- 1 teaspoon apple cider vinegar
- 1 cup no-salt tomato sauce
- 1 cup cooked kidney beans
- 1/8 teaspoon Worcestershire sauce
- 4-1/2 teaspoons chili powder
- 1/8 teaspoon black pepper
- 2 ounces low-fat cheddar cheese
- 1/8 teaspoon ground cinnamon

Preparation

In a nonstick skillet, brown beef, along with garlic and onion, over medium-high heat.

Move contents of skillet to a saucepan and stir in seasonings. Simmer mixture for 1 hour.

40 minutes after leaving meat mixture to simmer, boil water in a large saucepan and cook pasta. Drain and put aside.

To serve, place pasta onto plate, pour meat mixture over it and top off with beans, green onions, olives and cheese.

56. Beef Stew

This age-old favorite gets the diabetic-friendly treatment in this recipe.

Ingredients

- 1 pound cubed lean beef
- 2 tablespoons Worcestershire sauce
- 1 cube beef bouillon
- 1 cup canned tomatoes
- 3 small-sized onions, quartered
- 4 medium-sized potatoes, cubed
- 3 medium-sized carrots, sliced
- 2 cups boiling water
- 1/2 teaspoon salt
- 1/4 teaspoon oregano
- 1/8 teaspoon allspice
- 10 ounces frozen peas



Preparation

Place beef in a bowl and pour Worcestershire sauce on top, coating well. Refrigerate and marinate several hours.

Brown marinated beef in nonstick skillet. Add salt, allspice and oregano to skillet and cook for a few minutes.

Place bouillon cube in 2 cups boiling water until it dissolves and pour mixture into marinated beef.

Add tomatoes and simmer over low heat for 1-1/2 to 2 hours.

Add onions, carrots and potatoes to skillet and cook for another 30 minutes. Add peas and simmer for 15 minutes to give it the final touch.

57. Meat Loaf



Ingredients

- 1 pound ground chuck beef
- 1 tablespoon dehydrated onion flakes
- 1 tablespoon Worcestershire sauce
- 1/2 cup chopped celery
- 1/2 teaspoon salt
- 1/8 teaspoon garlic salt
- 1/4 teaspoon pepper
- 1/4 teaspoon sage
- 1/4 teaspoon dry mustard
- 1 cup almond milk

Preparation

Preheat oven to 350°F.

Combine all ingredients in a large bowl and mix together with your hands; shape into a loaf.

Place meatloaf on a rack and bake 1 to 1-1/2 hours.

58. Pot Roast

Ingredients

- 2 pounds boneless chuck beef
- 1/2 teaspoon salt
- 1/4 teaspoon pepper
- 1 teaspoon whole pepper berries
- 1 medium-sized sliced onion
- 1/2 cup water
- 1/2 cup vinegar
- 1 bay leaf

Preparation

Preheat oven to 350°F.

Place beef in a glass bowl and pour salt and pepper on top, rubbing meat to incorporate the salt and pepper.

Add whole pepper berries, bay leaf and onion to glass bowl.

Pour in water and vinegar and marinate meat for 24 hours.

Drain and store liquid elsewhere. Sear beef well in a roasting pan and add 3 tablespoons of the vinegar mixture to the pan.

Cover pan and bake for 1-1/2 hours.

59. Meat Balls

Ingredients

- 2 tablespoons olive oil
- 1 pound ground lean beef
- 1/2 cup minced onion
- 2 teaspoons prepared horseradish
- 2 teaspoons Worcestershire sauce
- 1/2 cup chili sauce
- 1/2 teaspoon salt

Preparation

Heat oil in a saucepan over medium heat.

Mix all ingredients in a large bowl and stir well. Roll mixture into small balls and place in heated pan.

Cook meatballs until cooked well; and transfer them to a paper towel-clad plate to drain oil.



60. Beef Tenderloin

Ingredients

- 1-1/4 pounds raw beef tenderloin
- 1 teaspoon extra-virgin olive oil
- 1/4 teaspoon black pepper

Preparation

Cut off any traces of fat from beef tenderloin and slice into 4 pieces of equal size.

Placing beef in a bowl, rub with pepper and oil on both sides, coating well.

Heat an uncovered grill and cook steaks directly on top over medium heat, turning occasionally to cook well on each side.

61. Beef Fajitas

A Mexican twist makes this recipe unique.

Ingredients

- 12 ounces beef sirloin, cut into 1/2-inch wide, 2-inch long strips
- 1 tablespoon chili powder
- 1/2 teaspoon ground oregano
- 1/4 teaspoon garlic powder
- 1/2 teaspoon paprika
- 1/8 teaspoon salt
- Ground black pepper to taste
- 1 stripped red onion
- 1 stripped green bell pepper
- 4 whole wheat tortillas
- 1/2 cup salsa
- 1/4 cup shredded cheddar cheese
- 2 medium sized tomatoes, diced
- 2 cups shredded lettuce

Preparation

In a small bowl, combine salt, pepper, garlic powder, chili powder, oregano and paprika. Place beef strips into bowl to coat them with mixture.

Cook beef strips in a nonstick pan over medium heat until they turn pink, approximately 8 minutes. Add onion and green pepper to pan and cook for another 5 minutes.

Warm the tortillas in microwave. On each tortilla, place an equal portion of cooked meat and top with cheese, tomatoes, lettuce and salsa. Roll tortillas over filling, and eat away.

62. Swiss Steak

How can a chapter on beef recipes be complete without more steak?



Ingredients

- 1-1/2 pounds lean round steak, cut into bite size pieces, removing fat
- 2 tablespoons flour
- 1/2 teaspoon seasoned salt
- 1/8 teaspoon paprika
- Vegetable cooking spray
- 1/2 cup vegetable juice
- 1/2 cup beef broth
- 1/4 teaspoon dried thyme
- 1 medium-sized onion, sliced
- 2 carrots, thinly stripped
- 2 stalks celery, thinly stripped
- 1 tablespoon parsley

Preparation

In a mixing bowl, combine flour, paprika and salt, and place the steak in it, coating well. Pound steak with mallet.

Preheat skillet on medium heat. Cover steak with cooking spray and place in skillet. Cook steak on both sides until well browned. Remove cooked steak and place on paper towels to drain oil.

Clean skillet and place vegetable juice, beef broth and thyme in it. Boil mixture and place cooked steak in it, followed by onions. Cover pan with a lid. Reduce heat to low and let simmer for 1 hour.

Add celery and carrots to dish and let simmer uncovered for another 15 minutes. Your dish is ready to be eaten!

63. Italian Spaghetti

Ingredients

- 1/2 pound ground lean beef
- 2/3 cup water
- 2-1/4 teaspoon Italian seasoning
- 1/2 cup tomatoes
- 1/3 cup tomato paste
- 1/2 small-sized chopped onion
- 1/2 teaspoon onion powder
- 1/4 teaspoon garlic powder
- 1/4 teaspoon oregano
- 1/8 teaspoon pepper
- 1 small bay leaf
- 2 cups cooked drained spaghetti

Preparation

In a nonstick skillet, brown onion and ground beef together over medium heat. Drain fat.

Add remaining ingredients, except spaghetti, and simmer for 60 to 90 minutes.

Place spaghetti in a large mixing bowl and pour sauce over it. The ratio is 1 cup sauce over 1 cup spaghetti. Enjoy!

64. Orzo

Let's learn how you can make Orzo with a twist.

Ingredients

- 1 tablespoon extra-virgin olive oil
- 3 minced garlic cloves
- 1 yellow onion, peeled and chopped
- 6 ounces ground extra lean sirloin beef
- 1/4 teaspoon black pepper
- 1/4 teaspoon dried oregano
- 1/4 teaspoon dried mint



1/8 teaspoon ground cinnamon
1/4 teaspoon ground thyme
2 cups crushed canned tomatoes
1 cup tomato sauce
10 ounces pasta orzo
2 ounces low-fat feta cheese

Preparation

Fill large saucepan with water and bring to a boil over high heat.

Heat oil in a large skillet over medium-high heat. Add onions and garlic and sauté for 5 minutes. Add meat and cook for 3 more minutes, ensuring meat is not pink at all. Add water if mixture gets too dry.

Stir in herbs and spices and cook for 30 seconds, stirring continuously.

Add tomatoes and tomato sauce and bring mixture to a boil. Turn heat down and simmer for 10 minutes.

Boil pasta in the meantime. Drain and transfer to a serving bowl.

Mix meat sauce with pasta and top off with cheese before eating.

65. Tacos

How about a Mexican treat now? Its Taco time!

Ingredients

5 ounces lean beef
1/4 teaspoon paprika
1 teaspoon chili powder
1/4 teaspoon onion powder
1 teaspoon dehydrated onion
1/4 teaspoon salt
1 slice whole grain bread
2 tablespoons vinegar
Artificial sweetener, to taste
7-ounce jar pimento, drained
1/2 cup shredded lettuce
1 tablespoon pimento dressing
2 tablespoons prepared mustard
Red hot sauce



Preparation

Spray a skillet with cooking spray. Brown beef in skillet.

Add all seasonings to meat and cook for 5 minutes. Transfer mixture to a bowl.

Toast slice of bread and cut in half. Spread meat mixture over half the slice. Fold slice in half and fix in place using a toothpick.

Mix together lettuce, pimento, mustard, vinegar and sweetener and blend until mixture is smooth. Dip taco in mixture and enjoy!

66. Steak and Potato Stew

Ingredients

- 1 teaspoon garlic powder
- 6 ounces boneless beef sirloin steak
- 1 cup water
- 15-ounce can kidney beans
- 30 ounces stewed tomatoes
- 1 teaspoon chili powder
- 2 potatoes, cubed and unpeeled
- 1 chopped onion
- 1 cup beef broth
- 1 teaspoon ground cumin

Preparation

Coat a large saucepan with cooking spray and heat over medium-high heat. Cook beef and onion until both are lightly brown.

Add remaining ingredients and bring mixture to a boil. Reduce heat and let it simmer.

Continue cooking until potatoes are tender, around 25 minutes.

67. Filet Mignon with Mushrooms

Ingredients

- 1 teaspoon black pepper
- 1/2 teaspoon dried marjoram
- 2 teaspoons artificial sweetener
- 1 pound raw beef tenderloin, cut into 4 pieces
- 1 tablespoon olive oil
- 3 ounces fresh mushrooms, sliced
- 1 yellow onion, sliced
- 1 tablespoon cornstarch
- 8 ounces beef broth



Preparation

Combine pepper, marjoram and sweetener. Add beef to pepper mixture.

Heat oil in a nonstick skillet on medium heat and cook beef for 5 minutes or until brown. Transfer to a serving platter.

Cook mushrooms and onion and in skillet for 2 minutes.

Mix broth and cornstarch and add to skillet, mixing with mushrooms and onion. Bring to a boil. Let cook for 1 minute after boiling.

Pour mixture over beef and enjoy.

Seafood

Now that we have covered several beef recipes, it is time for a change. This chapter focuses on seafood and the diabetic-friendly recipes you can make with fish, shrimp, etc.

68. Herbed Salmon Sandwich



Ingredients

- 7 ounces salmon
- 1 tablespoon chopped green onion
- 1 tablespoon fresh parsley
- 3 tablespoons fat-free sour cream
- 1 tablespoon low-fat mayonnaise
- 1/4 teaspoon ground thyme
- 1/4 teaspoon fresh dill weed
- 8 slices sprouted bread

Preparation

Flake salmon with a fork and place in bowl. Combine onion and parsley with salmon.

Add remaining ingredients, except bread. Spread mixture on bread slices, dividing evenly.

69. Tuna Casserole

This is a convenient recipe you can make on a busy day.

Ingredients

- 6-ounce can tuna, drained
- 1 cup asparagus, chopped
- 2 ounces grated cheese
- 2 ribs celery, chopped
- 1 egg

Preparation

Preheat oven to 350°F.

Combine all ingredients in a large bowl. Transfer contents to a baking pan and bake until casserole is dry.

70. Baked Fish

Baked fish is an all-time classic. Here is the diabetic-friendly version:

Ingredients

- 1/4 cup butter
- 1/4 teaspoon basil
- 1/4 teaspoon ground pepper
- Fish fillet of your choice
- 1 tablespoon lemon juice
- 1 cup bread crumbs

Preparation

Preheat oven to 400 °F.

Melt butter in a skillet over medium heat. Add all ingredients, except fish and bread crumbs.

Spoon mixture over fish. Roll fish in bread crumbs and move to baking pan.

Bake for 15 minutes or until fish is flaky.

71. Salmon

You will find a number of salmon recipes here. This one is the simplest.

Ingredients

- 6 ounces salmon
- 1/4 teaspoon horseradish
- 1/4 teaspoon onion flakes
- 1 tablespoon diet French dressing
- 1 tablespoon chopped green pepper
- 3 ounces Swiss cheese
- 6 slices tomatoes
- Bread

Preparation

Combine green pepper, salmon, dressing, horseradish and onion flakes and mix well.

Spread mixture onto three slices of bread and top with cheese and tomatoes.

Broil until cheese starts bubbling.



72. Fish Stew with Rice

Ingredients

- 1 cup cooked brown rice
- 2 baked potatoes, chopped into quarters
- 1 yellow onion, chopped
- 1/2 cabbage, chopped
- 2 cups diced tomatoes
- 1/4 teaspoon black pepper
- 1/8 teaspoon red pepper
- 1 tablespoon paprika
- 2 minced garlic cloves
- 1/4 teaspoon garlic powder
- 1/2 teaspoon chili powder
- 1-1/2 teaspoons dried oregano
- 1 pound cooked flounder
- 2 tablespoons chopped green onions

Preparation

In a saucepan, add potatoes and yellow onion, along with tomatoes and 2 cups of water. Bring mixture to a boil. Reduce heat and cook for 10 minutes.

Add cabbage and bring to a boil again. Cook on low heat for 5 minutes.

Combine remaining ingredients, i.e. the herbs and spices. Cut flounder into thin strips and apply to herb mixture.

Move fish to saucepan and simmer for 5 minutes with vegetables.

Ladle stew over rice and sprinkle green onion on top.

73. Cracked Pepper Salmon

Ingredients

- 1-1/2 pounds fresh wild salmon
- 8 fluid ounces fat-free chicken broth
- 2 tablespoons extra-virgin olive oil
- 1/2 cup white wine
- 1/4 cup Worcestershire sauce
- 1 yellow onion, thinly sliced
- 1/4 teaspoon salt
- 2 tablespoons black pepper
- 4 cups chopped fresh spinach



Preparation

Rinse salmon and cut it into 4 equal pieces.

In a plastic Ziploc bag, mix wine, Worcestershire sauce, onion slices, salt and chicken stock; add salmon and shake well to mix ingredients. Refrigerate bag for 30 minutes.

Sprinkle black pepper on a large plate and place marinated salmon on it, coating both sides with pepper. Do not discard marinade.

Heat olive oil in a large skillet over medium heat; place onions from bag into oil. Cook onions until soft; set aside.

Turn up heat a notch and place salmon into skillet, cooking until crispy, approximately 4 minutes each side.

When salmon is cooked, transfer to a paper towel-clad plate to drain oil.

Place spinach in skillet and cook until it starts to turn limp, then transfer it to a serving plate. Place salmon on top of spinach.

Cook marinade for 4 to 6 minutes, or until it is half in volume, and pour over salmon. The dish is ready to eat.

74. Chipotle Spiced Shrimp

This is an interesting shrimp recipe you will surely enjoy.

Ingredients

- 1/2 pound uncooked shrimp
- 1/2 teaspoon extra virgin olive oil
- 1-1/2 teaspoons water
- 2 tablespoons tomato paste
- 1/2 teaspoon fresh oregano
- 1/2 teaspoon minced garlic
- 1/2 teaspoon chipotle chili powder



Preparation

Peel and de-vein the shrimp, and rinse with cold water. Pat dry and place on a plate.

In a small bowl, whisk together water, tomato paste and oil, and add garlic, oregano and chili powder. Mix well until incorporated.

Spread mixture on both sides of shrimp, using a brush or spoon, and refrigerate for 20 to 30 minutes.

Heat up a gas grill or broiler, and coat grill rack with cooking spray. Set rack on grill, 5 to 6 inches away from heat.

Skewer shrimp and place them on grill. Cook on each side for 3 to 5 minutes, turning occasionally. When cooked, transfer shrimp to a plate and eat immediately.

75. Grilled Salmon Pepper Steaks

Ingredients

2 pounds fresh wild salmon
Salt
1 tablespoon olive oil
2/3 cup white rice vinegar
2 tablespoons Dijon mustard
1/4 teaspoon cornstarch
2 tablespoons lemon juice
2 tablespoons black pepper
1/4 teaspoon salt
4 peeled and minced garlic cloves



Preparation

Rinse salmon and pat dry with paper towel. Cut it into 4 pieces of equal size.

Sprinkle salt on fish and coat evenly. Next, sprinkle black pepper and make sure both sides are well coated with the seasonings.

Coat a baking dish with cooking spray and place salmon in dish.

In a small bowl, combine vinegar, oil, mustard, lemon juice, garlic and salt and stir well. Pour mixture over salmon.

Cover baking dish and refrigerate and marinate for 1 hour, turning salmon occasionally.

Heat grill and transfer marinated salmon to grill rack, reserving marinade for later. Grill salmon on both sides for 5 minutes, continuously basting with marinade.

In a saucepan, whisk together remaining marinade and cornstarch and bring to a boil, cooking 1 minute while stirring consistently.

When salmon is ready, transfer to a serving plate and pour equal amounts of prepared sauce on each piece.

76. Grilled Sea Bass

Ingredients

1 tablespoon lemon juice
1/4 teaspoon herbed seasoning blend
1 teaspoon minced garlic
2 4-ounce sea bass fillets
Black pepper to taste

Preparation

Place grill at least 4 inches away from heat. Preheat.

Coat a baking pan with baking spray. In the pan, combine sea bass and remaining ingredients.

Broil fish until it is opaque. This takes around 10 minutes. Serve.



Chicken

We have covered beef and seafood. Now it's time for chicken recipes.

77. Cajun Chicken Fingers

Time to bring some spicy Mexican flavor into the mix.

Ingredients

- 3 tablespoons paprika
- 1/2 teaspoon garlic powder
- 1 teaspoon ground cumin
- 8 raw boneless and skinless chicken breasts
- 1 teaspoon salt
- 1 teaspoon cayenne pepper
- 2 tablespoons brown sugar
- 1 teaspoon ground allspice

Preparation

Cut chicken breasts into long, thin strips, making at least 4 strips from each breast.

Combine all ingredients, except chicken, in a large bowl.

Add chicken strips.

Coat a broiler pan with cooking spray.

Elevate oven rack a few inches above heat. Arrange strips on broiler pan and broil for up to 8 minutes. Make sure chicken is brown.

78. Sweet N Sour Chicken

Ingredients

- 1 teaspoon olive oil
- 1/2 cup chopped carrots
- 2 tablespoons vinegar
- 1 cup pineapple juice
- 1/4 teaspoon ground pepper
- 1/2 cup chopped green pepper
- 1 cup drained pineapple chunks
- 2 tablespoons low-sodium soy sauce
- 3/4 cup lite catsup
- 1/2 teaspoon garlic powder
- 1/4 cup brown sugar twin
- 1/2 cup chopped onions
- Ground ginger, to taste
- 3 pounds skinned chicken parts



Preparation

Preheat oven to 400°F.

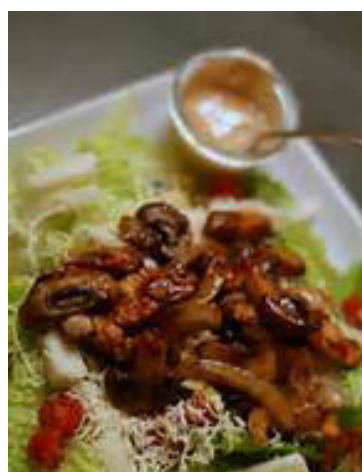
Heat olive oil in a skillet over medium heat. Add onions, carrots and green pepper and sauté for 5 minutes, or until vegetables are tender.

Stir in remaining ingredients, except pineapple chunks and chicken. Bring to a boil. Remove from heat and add pineapple chunks.

In a baking pan, line up chicken parts. Pour contents of skillet over chicken. Wrap pan in foil and bake for 45 minutes.

You can eat sweet n sour chicken as it is or enjoy it with rice!

79. Barbecue Chicken



Ingredients

- 1 can tomato juice
- 1 teaspoon chili powder
- 1 onion, chopped
- 1 pound chicken breast, chopped, boned, boiled and skinned
- 1 tablespoon mustard
- Oregano, garlic powder and sweetener, to taste
- 1/4 cup vinegar

Preparation

Prepare barbecue sauce by combining and blending all ingredients together, except chicken.

Dip chicken in sauce and eat as is or simmer chicken in sauce for a few minutes.

80. Chicken Loaf

Ingredients

- 4 ounces chopped carrots
- 1 teaspoon lemon pepper
- 1 can chopped pimento
- 1 teaspoon salt
- 1 tablespoon dehydrated onions
- 16 ounces cooked, chopped chicken
- 1 cup chopped raw celery
- 4 tablespoons diet mayonnaise
- 1 teaspoon garlic salt
- 1/2 teaspoon pepper
- 2 tablespoons mustard
- 3 envelopes unflavored gelatin
- 2 packets cubed chicken bouillon
- 1-1/2 cups water



Preparation

Combine all ingredients, except gelatin, bouillon and water, in a bowl and mix well.

Mix bouillon in 1 cup water until it dissolves completely.

Mix gelatin in 1/2 cup water until it dissolves completely.

Boil bouillon mixture and add gelatin mixture to it.

Add bouillon and gelatin mixture to remaining ingredients and pour contents into a loaf pan.

Refrigerate until it chills. Cut, slice and eat!

81. Teriyaki Chicken

Teriyaki chicken has to be one of the easiest diabetic-friendly chicken recipes.

Ingredients

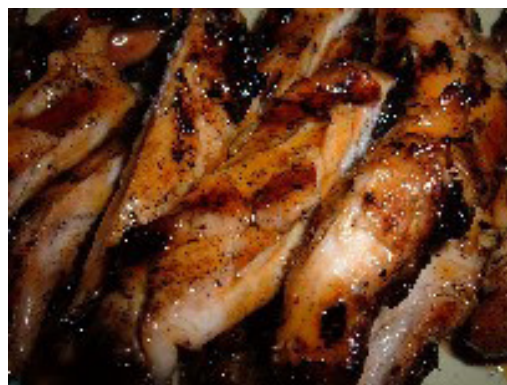
- 6 chicken breast halves
- 1/4 cup light soy sauce
- 1/2 cup sliced green onion
- 8-ounce can pineapple in syrup

Preparation

Preheat oven to 350°F.

In a bowl, combine onion, pineapples and soy sauce. Add chicken and mix well. Refrigerate and marinate chicken 1 hour.

Bake chicken for 20 minutes.



82. Baked Parmesan Chicken

Ingredients

- 1 teaspoon paprika
- 1 cup nonfat plain yogurt
- 2 tablespoons all-purpose flour
- 1/8 teaspoon cayenne pepper
- 1 pound raw boneless, skinless chicken breast
- 3/4 cup bread crumbs
- 4 tablespoons parmesan cheese

Preparation

Combine chicken and yogurt and refrigerate.

Preheat oven to 425°F and coat a baking sheet with cooking spray.

In a bowl, combine remaining ingredients.

Dip chicken in mixture and arrange on baking sheet. Bake for 20 minutes until meat is tender.

83. Spicy Grilled Chicken

Ingredients

- 1 pound boneless, skinless chicken breast
- 2 tablespoons extra-virgin olive oil
- 3 garlic cloves, peeled and minced
- 3 tablespoons hot sauce
- 1 tablespoon sugar substitute
- 1/2 teaspoon black pepper
- 1/4 teaspoon salt
- 1/2 teaspoon cayenne pepper

Preparation

Cut chicken breasts into 3 pieces lengthwise.

In a small bowl, combine oil, hot sauce, cayenne, black pepper, salt, garlic and sugar substitute.

Place chicken in a plastic bag, pour 2 tablespoons of spice mixture on chicken and seal bag. Refrigerate for 30 minutes. Reserve unused mixture for later use.

Meanwhile, preheat a grill. When the time is up, remove chicken from bag and discard the marinade.

Place chicken pieces on heated grill and cook for 10 to 12 minutes, or until chicken loses its pink color. Keep brushing chicken with reserved marinade as it is cooking.



Miscellaneous

Here are some additional recipes for your palate.

84. Honey & Orange Pork

Ingredients

- 1 pound raw boneless pork sirloin chop
- 1 tablespoon honey
- 4 fluid ounces orange juice
- 4 fluid ounces pineapple juice
- 2 tablespoons soy sauce
- 2 peeled and minced garlic cloves
- 1 tablespoon cornstarch
- 1/8 teaspoon black pepper



Preparation

Trim any traces of fat from surface of sirloin.

Prepare marinade by mixing juices, soy sauce, honey, pepper and garlic in a shallow baking dish.

Add pork to dish and coat with mixture. Refrigerate 6 to 8 hours.

After time is up, remove pork from marinade and reserve marinade for later use.

Place meat on rack of broiler, and set it 4 to 5 inches from heat source. Broil pork for 12 to 15 minutes, until it is no longer pink.

Cook marinade in a saucepan and stir cornstarch, letting mixture bubble up.

Serve sirloin with prepared sauce.

85. Pork Chops



Ingredients

- 5 pork chops
- 1/4 cup water
- 1 box croutons, for stuffing

Preparation

Cook pork chops in skillet until brown.

Prepare stuffing using ingredients of box of croutons and water.

Enjoy the delicious pork chops with stuffing.

86. Chinese Fried Rice

Chinese Fried Rice is a great option if you want to go a rice-based dish for dinner.

Ingredients

- 3/4 cup rice
- 1-1/3 cups water
- 3 tablespoons coconut oil
- 1/2 cup frozen peas
- 1/2 cup finely chopped green bell pepper
- 4 green onions (tops intact), chopped
- 2 carrots, finely chopped
- 1/4 teaspoon salt
- 1 egg
- 1/4 cup chopped parsley
- 2 tablespoons low-sodium soy sauce
- 1 tablespoon olive oil



Preparation

In saucepan, boil rice in water. Simmer for 20 minutes or until rice absorbs water and is tender enough to eat.

In a large wok, heat coconut oil and sauté rice until slightly golden.

Add peas, peppers, carrots, onions and salt. Stir-fry vegetables until crispy, around 5 minutes.

Make a hole in the middle of rice and vegetable mixture. Add olive oil to spot and fry egg in it. Scramble egg until cooked. Mix egg with rice and vegetables. Mix in soy sauce. Top with chopped parsley and serve.

87. Philly Steak Sandwich

Ingredients

- 1/4 cup shredded cheddar cheese
- 1/2 thinly sliced green pepper
- 2 whole wheat buns
- 1/2 thinly sliced small onion
- 6 ounces shaved lean roast beef

Preparation

Preheat oven to 350°F.

Coat both a frying pan and baking pan lightly with cooking spray. In frying pan, add pepper and onion and sauté until soft.

Add meat and continue sautéing for a couple of minutes.

Divide meat in two parts and layer on each bun. Sprinkle cheese on top.

Place sandwiches in oven for 2 to 4 minutes, until cheese melts completely.

Desserts and Sweet Treats

88. Raspberry Mousse

Ingredients

- 1/8 teaspoon cream of tartar
- 1/2 cup whipping cream
- 2/3 cup raspberry fanciful (or any flavor desired)
- 2 egg whites

Preparation

Combine cream of tartar with egg whites and beat well.

Add whipping cream and raspberry fanciful, mixing completely.

Freeze mixture before serving.



89. Date and Raisin Cookies

If you like to keep a snack on hand at all times, cookies are a great option.



Ingredients

- 1 cup water
- 1 cup raisins
- 1/4 cup chopped dates
- 1/2 cup shortening
- 2 beaten eggs
- 1 cup flour
- 1 teaspoon soda
- 3 teaspoons sweetener
- 1 teaspoon vanilla

Preparation

Preheat oven to 350°F.

Combine water, raisins and dates in a saucepan. Bring to a boil.

Add shortening to boiled mixture and let cool.

Add remaining ingredients, starting with eggs and mix thoroughly.

Pour mixture onto cookie sheet and bake no longer than 12 minutes.

90. Fruit Cake

Ingredients

2 cups water
2 cups raisins
2 eggs
1 cup unsweetened apple sauce
2 tablespoons liquid artificial sweetener
3/4 cup cooking oil
2 cups plain flour
1 teaspoon soda
1/2 teaspoon nutmeg
1-1/4 teaspoon cinnamon
1 teaspoon vanilla



Preparation

Preheat oven to 350°F.

In a saucepan, combine water and raisins and place over high heat. Let simmer until water evaporates.

Add eggs, sweetener, apple sauce and oil to raisins and mix.

Sift all other ingredients, except vanilla, together. Add raisin mixture.

Pour into baking pan and bake 1 hour.

91. Brownies

Brownies and diabetes seem to be antonyms but that doesn't mean you cannot enjoy them once in a while.



Ingredients

2 squares unsweetened chocolate, melted
1/2 cup butter
3 teaspoons liquid artificial sweetener
2 eggs
1 teaspoon baking powder
3/4 cup sifted flour
1/2 cup chopped walnuts
1 teaspoon vanilla

Preparation

Preheat oven to 350°F.

Beat chocolate, butter and sweetener together in a mixing bowl.

Add remaining ingredients, mixing well.

Pour into 8x8 inch baking pan and bake 30 minutes. Your diabetic brownies are ready!

92. Fudge Cake

Like brownies, fudge cake is another no-no for diabetics. Unless you know how to make it the diabetes-friendly way!

Ingredients

- 1 square unsweetened chocolate
- 1/3 cup butter
- 2 eggs
- 2 tablespoons vanilla
- 2 tablespoons liquid artificial sweetener
- 1 cup walnuts
- 1 cup cake flour
- 1/2 teaspoon salt

Preparation

Preheat oven to 325°F.

Combine butter and chocolate in a saucepan and simmer over low heat until both ingredients melt into liquid.

Remove from heat and add eggs, sweetener and vanilla. Mix well.

Add remaining ingredients before folding in walnuts.

Pour into 9-inch baking pan and bake 20 to 25 minutes.

93. Pumpkin Pie

Moving on from chocolaty treats, it's time for Pumpkin Pie!

Ingredients

- 1 cup sugar twin
- Cinnamon and nutmeg, to taste
- 2 egg whites
- 1 can almond milk
- 1 can pumpkin

Preparation

Preheat oven to 425°F.

Combine all ingredients in a large bowl.

Pour into baking pan or pie shell and bake 15 minutes.

Reduce temperature to 350°F and bake for 1 hour.



94. Maple and Pecan Scones

If you like scones, here is a recipe you will love to try.

Ingredients

- 3/4 cup trans-fat free butter
- 1 cup chopped pecans
- 3 cups all-purpose flour
- 1-1/4 tablespoons baking powder
- 1/3 cup almond milk
- 1/2 cup maple syrup

Preparation

Preheat oven to 375°F.

In a mixing bowl, combine butter, pecans, flour and baking powder. Mix by hand until butter breaks into small pieces.

Add remaining ingredients.

Roll mixture onto dough board. Cut it into 2-inch squares.

Arrange squares on nonstick baking tray and bake for 20 minutes. Eat warm to get the perfect flavor!

95. Cherry Cheese Tart

Ingredients

- 3/4 cup graham cracker crumbs
- 2 low-fat, strawberry-filled cereal bars
- 1/2 teaspoon ground cinnamon
- 1 cup nonfat sour cream
- 8 ounces cream cheese
- 1 tablespoon vanilla extract
- 3/4 cup sugar
- 2 cups thawed frozen cherries
- 1 cup egg whites

Preparation

Preheat oven to 350°F.

Grind graham cracker crumbs, cinnamon and cereal bars in blender or food processor.

Spray baking pan with cooking spray. Mold crumbs on sides and bottom of pan.

Blend cream cheese well.

Combine all ingredients, except cherries, in a bowl and mix together well.

Arrange cherries in baking pan. Pour mixture over cherries.

Bake for 45 minutes. Perform toothpick test to be sure tart is properly baked.



96. Chocolate Gingerbread Cookies

Ingredients

8 tablespoons fat-free butter
1/2 cup brown sugar
1-1/4 teaspoons ground ginger
1/4 teaspoon ground nutmeg
1 tablespoon cocoa powder
1 tablespoon grated ginger root
1/2 cup unsulfured molasses
1 teaspoon baking soda
1-1/2 cups all-purpose flour
1 teaspoon ground cinnamon
1/4 teaspoon ground cloves
7 ounces chocolate chips
1/4 cup granulated sugar



Preparation

Preheat oven to 325°F.

In a mixing bowl, beat ginger, butter and brown sugar.

Add all ingredients, except chocolate chips and granulated sugar, mixing well.

Add chocolate chips and stir.

Pat dough to an inch thick and freeze for a couple of hours.

Form 1-1/2-inch balls with dough and place on baking sheet at least 2 inches apart. Refrigerate for 20 more minutes.

Sprinkle granulated sugar on cookies and bake 10 to 12 minutes.

97. Blueberry Yogurt Parfait

Here is a recipe for one of the simplest and easiest to make sweet treats.



Ingredients

1/4 cup sliced almonds
1 cup nonfat strawberry yogurt
1 tablespoon frozen fat-free whipped topping
1/2 cup fresh blueberries

Preparation

Simply layer yogurt and blueberries in a glass. Top off with almonds and cream and the parfait is ready to eat.

98. Berries & Cream

This is one recipe you cannot help loving, not to mention it is also incredibly nutritious.

Ingredients

- 1 cup blueberries
- 3 tablespoons fat-free sour cream
- 1 cup sliced fresh strawberries
- 1/2 cup raspberries
- 3 tablespoons nonfat vanilla yogurt

Preparation

In a mixing bowl, add sour cream and yogurt and mix well.

Add berries to mixture and stir.

Top off with raspberries when ready to serve.



99. Sugar-free Apple Pie

Ingredients

- 6 ounces sugarless apple juice
- 6 peeled and sliced red apples
- 1/4 teaspoon nutmeg
- 1/2 teaspoon cinnamon
- 2 tablespoons cornstarch
- Pie pastry

Preparation

Preheat oven to 400°F.

Pour apple juice into a saucepan and toss in apples. Simmer mixture for 5 minutes.

In a small bowl, pour some water and mix in spices and cornstarch.

Add second mixture to first and bring to a boil.

Mold pastry into a pie plate. Add apple mixture and cover with crust edges from pastry.

Bake until crusts are golden brown (15 minutes?).

Blueberries can be used instead of apples for a sugar-free blueberry pie!

100. Gingerbread

Ingredients

1/2 teaspoon ginger
1/2 teaspoon cinnamon
1/2 teaspoon salt
1/2 teaspoon baking soda
1 cup unsifted flour
3 tablespoons butter
1/2 cup molasses
1 egg
6 tablespoons boiled water

Preparation

Preheat oven to 325 °F.

In a bowl, mix ginger, cinnamon, salt, baking soda and flour.

In a separate bowl, beat butter until fluffy. Add molasses, eggs and water while continuing to beat mixture.

Combine the two mixtures and pour into an 8-inch baking pan.

Bake until fully cooked.



Conclusion

As promised in the first chapter, we have covered no less than 100 diabetic-friendly recipes. With 100 recipes to choose from, you can select the ones you love.

Since most of these recipes are what you would usually eat for dinner if you didn't have diabetes, this cookbook helps you stick to your usual diet just by changing the way you prepare them.

All in all, this is a wonderful way to get started on a diabetic-friendly diet. You don't have to eat foods you don't like and avoid all the things you love to eat. Try the recipes one by one. There are options for everything, from breakfast to dinner, from beef-based recipes to desserts. Bon appétit!

