

# Diabetic Recipes



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# Introduction:

I am not diabetic, but sadly, I have met many people through the years who became Type II Diabetics, and were struggling to manage their diabetes. Since cooking has always been such a huge interest of mine, I became inspired to develop a collection of good tasting diabetic recipes for my various acquaintances with Type II diabetes. I am not a nutritionist, but I have educated myself about what a diabetic friendly diet should consist of. Most of the recipes would work well for Type I diabetes as well.

I also want to issue a warning. I have examined a lot of magazines in grocery store racks claiming to offer "diabetic recipes", hoping to add to my collection of recipes. I think the creators of most of these magazines should be arrested. The recipes in these magazines contain way too many refined carbs and sugar to qualify as appropriate food for diabetics. So beware, and educate yourself about what a diabetic diet should and should not contain. I believe a diabetic diet should consist mostly of lean meats and fish, vegetables, nuts and seeds, dairy products, salads, and only a small amount of high fiber grains. Some legumes are fine in moderation because, though they are higher in carbs than meat or fish, they are low fat and have good fiber. White bread and other white flour products should be avoided, including all white pasta. Even whole grain pasta should be eaten only occasionally, in very small portions. Potatoes and rice should basically be eliminated from your diet.

Desserts are something you should only eat as a special treat. It's best to make your own desserts using Splenda. You can make your own frozen yogurt with chocolate or fruit sauce. You can also make your own chocolate and nut candies for occasional treats. You really cannot make low carb cakes or pies, they both contain too much grain. Fruit should be considered a dessert too, and eaten in very small portions.

If you are willing to invest time and energy cooking your own diabetic friendly meals, you can still enjoy a rich array of flavors, and successfully manage your disease. Lastly let me add, even the best diabetic diet needs to be supplemented with ample daily exercise.

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Most people have their breakfast habits established. But, if you want to spice up your regular routine with some new options, try these great ideas!

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# Desserts:

## Note:

Realistically, if you intend to control your diabetes well, desserts have to be very infrequent. Most desserts contain one or two ENTIRE meals worth of carbs between the grains, fruits, or sugar. I racked my brain to come up with ideas for low carb desserts, and even using Splenda, these are all I could come up with. I will try to add to this collection as I have time to experiment. However, if you eat a wide selection of well prepared, gourmet, diabetic meals with lots of fresh ingredients, you really will not miss desserts as much as you might think.

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# Breakfasts



# Blueberry, Pecan & Cream Cheese Toast

## Ingredients:

1 piece high fiber low carb bread  
About 25 fresh blueberries  
1½ tablespoon butter  
4 tablespoons cream cheese

About 20 pecans  
½ teaspoon cinnamon  
packet of Splenda

## Directions:

- 1) Melt butter in small frying pan.
- 2) Add pecans, cinnamon, and 2/3 the Splenda.
- 3) Cook 2-3 minutes on medium heat.
- 4) Add remaining Splenda to cream cheese, stir.
- 5) Warm cream cheese in microwave for 10 seconds.
- 6) Toast bread.
- 7) Spread cream cheese on toast.
- 8) Top toast with pecans including the melted butter from pan.
- 9) Place blue berries on toast.
- 10) Eat immediately.

# Raspberry Smoothie

(Serves 1)

## Ingredients:

1/3 cup frozen\* unsweetened raspberries

1/2 teaspoon Splenda

1/4 cup Redi-Whip

1 1/4 cup full-fat yogurt

dash vanilla

\*Do not thaw

## Directions:

- 1) Place frozen raspberries in blender first.
- 2) Then add yogurt, vanilla, and Splenda.
- 3) Blend until smooth.
- 4) Pour into glass. Top with Redi-Whip



# Arugula/Smoked Turkey Breakfast Sandwich

## Ingredients:

1 Sandwich Thin	1 slice Havarti cheese
1½ tablespoon full-fat French Dressing	handful arugula
4 thin slices smoked turkey lunchmeat	olive oil

## Directions:

- 1) Remove stems from arugula. Set aside.
- 2) Sear turkey slices in olive oil in frying pan. Set aside.
- 3) Toast Sandwich Thin in olive oil in frying pan. Remove from pan.
- 4) Place turkey on Sandwich Thin bottom.
- 5) Place cheese on top of turkey.
- 6) Warm in microwave for a few seconds just to melt cheese.
- 7) Place arugula on top of cheese.
- 8) Spread French dressing on top bun.
- 9) Serve immediately.

# Scrambled Eggs w/ Bacon & Shitake Mushrooms

(Serves 1)

The secret to making good scrambled eggs is using a small pan. If you do not own a small 8" Teflon frying pan you should invest in one. And a rubber spatula! You can use the pan for 2 egg omelets too!

## Ingredients:

2 med fresh shitake mushrooms	2 tablespoons minced onion
2 strips bacon	3 tablespoons butter
2 tablespoons full-fat sour cream	2 large or ex-large eggs
Good quality soy sauce*	black pepper

## Directions:

- 1) Mince onion. Set aside.
- 2) Remove stems from mushrooms and chop fairly small. Add to onions.
- 3) Fry bacon until fairly crisp. Pat dry and chop into small pieces.
- 4) Place 1½ tablespoons butter in your 8" frying pan. Turn to med heat.
- 5) Add onions and mushrooms, sprinkle with soy sauce. Cook 2-3 minutes.
- 6) Remove from pan. Set aside. Wipe out pan, no need to wash it.
- 7) Beat sour cream into eggs.
- 8) Add rest of butter to 8 " pan. Turn to med low.
- 9) Add eggs to pan. Stir constantly. Have other ingredients very handy.
- 10) When the eggs look about half done, add bacon, mushrooms & onions.
- 11) Keep stirring constantly until they look done. Do not overcook.
- 12) Add pepper, serve immediately, with a slice of whole wheat toast.

\*Do NOT use La Choy soy sauce in any of my recipes. It is not authentic soy sauce and will ruin a good dish! Use good brands like Eden or Kikkomen.

# Greek/Italian Omelet

(Serves 2)

## Ingredients:

4 eggs

$\frac{1}{2}$  cup fresh basil

$\frac{1}{4}$  cup red onion

Salt & pepper

$\frac{1}{3}$  cup feta cheese

1 med ripe tomato

olive oil

## Directions:

- 1) Beat eggs with whisk. Set aside.
- 2) Remove stems from basil and chop. Set aside.
- 3) Mince onion.
- 4) Chop tomato fairly small. Set aside.
- 5) Crumble Feta cheese, set aside.
- 6) Get olive oil hot in a 8" pan. Medium heat. Do not use a bigger pan.
- 7) Sauté onion in oil until just soft. Remove from pan. Add more oil.
- 8) Pour egg mixture in pan.
- 9) As egg cooks, make slits in the cooked eggs so raw eggs seep down.
- 10) When egg mixture is about half cooked, add all ingredients.
- 11) Cook until eggs starts to get brown. Do not overcook.
- 12) Fold omelet.
- 13) Cook 1 minute in microwave to finish. Serve immediately.

# Arugala & Sausage Omelet

(Serves 2)

## Ingredients:

4 eggs	1 link Adeille's Apple Chicken Sausage
2/3 cup arugula	1/2 cup Gruyere cheese
olive oil	salt & pepper
3 tablespoons red onion	

## Directions:

- 1) Grate cheese. Set aside.
- 2) Cut sausage into 1/3 inch slices. Fry in olive oil until crispy. Set aside.
- 3) Pat grease off sausage. Chop sausage into small pieces. Set aside.
- 4) Remove stems from arugula, chop fairly finely. Set aside.
- 5) Mince onion.
- 6) Sauté onion in olive oil. When soft, remove from pan.
- 7) Wipe pan out a little. Add a little more olive oil to pan. Turn to med low.
- 8) Beat eggs in small bowl.
- 9) Add eggs to pan. Cook slowly.
- 10) \*I often cut slits in the middle of the pan & tip raw eggs towards slits.
- 11) When about half cooked, add sausage, cheese and arugula.
- 12) Fold omelet in half. Place on plate.
- 13) Cook 45 seconds or so in microwave to "finish".

# Lunches & Dinners



# Asparagus & Canadian Bacon Mini Sandwiches

(w/ Chipotle mayo) (Serves 2)

Note: Soak the dried Chipotle peppers\* in water the night before.

## Ingredients:

8 thin slices Canadian bacon  
4 medium slices whole wheat bread  
1/3 cup mayo  
1 tablespoon olive oil

About 20 fresh asparagus  
½ cup cream cheese  
6 dried chipotle chili peppers

\*These are smoky more than hot.

## Directions:

- 1) Slice the peppers lengthwise and remove seeds.
- 2) Soak in water overnight. (Start with very hot water)
- 3) Next day: Microwave 1 minute then mince the peppers finely.
- 4) Drain off water and smash in a small bowl.
- 5) Add mayo and stir well.
- 6) Sear the Canadian bacon in a frying pan in the olive oil.
- 7) Pat dry and set aside.
- 8) Steam asparagus until just tender, rinse with cold water, set aside.
- 9) Cut bottom 1/3 off asparagus and toss out. Cut into 1½ inch lengths.
- 10) Toast the bread.
- 11) Spread 1/8 cup cream cheese on each slice of bread.
- 12) Cut the bread slices into quarters.
- 13) Cut bacon in quarters & place equal parts bacon on each bread piece.
- 14) Place equal parts asparagus on each piece of bread.
- 15) Place equal parts chipotle mayo on top of asparagus.
- 16) Serve immediately.

Note: These are a little challenging to eat, but so yummy that it is worth the mess!

# Greek Salad w/ Grilled Chicken

(Serves 2)

\*Note: This requires a "George Foreman" Type Grill. I think it is worth purchasing one, because they really help make meat taste flavorful.

## Ingredients:

(2) medium sized chicken breasts	1½ teaspoons oregano
½ teaspoon basil	3 tablespoons bread crumbs
1 teaspoon Lawry's Seasoning Salt	olive oil
1 package salad mixed greens	good quality Greek Salad Dressing*
1/3 cup Feta cheese	8 cherry tomatoes

\*I think the best place to buy good Greek salad dressing is at a Greek Coney Island restaurant such as Leo's Coney Island.

## Directions:

- 1) Rinse salad greens. Pat dry.
- 2) Place two handfuls of the greens on each plate.
- 3) Cut tomatoes in half and place ½ on each plate of salad greens.
- 4) Place ½ feta cheese on each plate of salad greens.
- 5) Rinse chicken breasts. Then pat dry.
- 6) Warm up grill.
- 7) Combine basil, oregano, bread crumbs, & seasoning salt in mixing bowl.
- 8) Mix well.
- 9) Coat the chicken breasts with olive oil.
- 10) Immediately coat with the spice mixture and place on grill.
- 11) Press grill down firmly. Cook until crispy.
- 12) Cut chicken into large bitesize pieces and place on salads.
- 13) Top with dressing.

Serve with whole wheat bread.

# Pesto, Gouda & Egg Open-Faced Sandwiches

(Serves 2)

## Ingredients:

4 slices whole wheat bread	$\frac{1}{2}$ cup pesto (room temp)
4 slices smoked gouda cheese	3 eggs
1 bunch romaine lettuce	1 large tomato
butter	salt & pepper

## Directions:

- 1) Slice tomato thinly into four slices.
- 2) Beat eggs in small bowl.
- 3) Fry beaten eggs in large frying pan on med-low heat, so you end up with the egg mixture being about  $\frac{1}{8}$  thick. Keep lifting the pan so that the uncooked eggs flow out from the middle of the pan to the edges. Sprinkle with salt and pepper.
- 4) While eggs are cooking, toast the bread.
- 5) After bread is toasted, place slice of cheese on each slice. Place in micro wave for just long enough to melt cheese.
- 6) Cut the cooked egg into pieces that will fit on the toast and place on the toast.
- 7) Spread  $\frac{1}{4}$  pesto on each piece of toast.
- 8) Add ample lettuce, then a tomato slice.



# Chicago Style Shrimp

(Serves 4)

These are my attempt to imitate the great "shrimp on a stick" sold at the Chicago Blues Festival.

Note: You will need skewers to cook the shrimp.

## Ingredients:

1 $\frac{1}{2}$ pounds medium, raw de-veined shrimp	$\frac{3}{4}$ stick butter
4 tablespoons dried oregano	1 tablespoon gran garlic
1 tablespoon dried basil	$\frac{1}{4}$ teaspoon cayenne powder
4 tablespoons paprika	2 teaspoons chili powder

## Directions:

- 1) Mix all spices together in a bowl. Mix well.
- 2) Peel shrimp.
- 3) Place on skewers.
- 4) Melt butter in a small bowl in microwave.
- 5) Brush shrimp liberally with melted butter.
- 6) Sprinkle liberal amount of spice mixture on shrimp.
- 7) Place skewers on cookie sheet.
- 8) Broil for about five minutes.
- 9) Turn skewers over. Broil an additional 2 minutes.
- 10) Sprinkle with salt.

## Serving Suggestions:

Shrimp are normally served with a big portion of various kinds of rice dishes; rice pilaf, Spanish rice, etc. Rice is way too high carb. So, I suggest serving these with whole wheat garlic bread and a salad.

# Ratatouille

(Serves 3)

## Ingredients

1 large green pepper	1 large eggplant
2 large zucchini	2 medium onions
2 teaspoons dried basil	(1) 14 oz pkg smoked sausage
6 large cloves garlic	28 ounce can stewed tomatoes
pinch thyme	1 teaspoon oregano
salt and pepper	1/2 cup olive oil
1/8 cup olive oil	8 ounce can tomato sauce
1 teaspoon vegetable bouillon	

## Directions

- 1) Chop onions and mince garlic. Set aside together in a bowl.
- 2) Dice egg plant, chop pepper, & slice zucchini. Set aside in large bowl.
- 3) Slice the sausage about  $\frac{1}{4}$  thick.
- 4) Place 1/4 cup oil in large frying pan. After oil is hot, fry sausage until browned.
- 5) Remove and set aside.
- 6) In another large pan pour remaining 1/4 cup olive oil. Sauté the garlic and onion several minutes.
- 7) Add all other vegetables, basil, bouillon and spices. Cook 3-4 minutes.
- 8) Add tomato sauce and stewed tomatoes. Add sausage to vegetable pan.
- 9) Cook on med heat until vegetables are tender about 12-15 minutes.

# Martha's Exotic Chicken Salad

(Serves 5)

## Dressing Ingredients

2 tablespoons sesame oil	4 tablespoons salad oil
2½ tablespoons fresh lemon juice	2 teaspoons Dijon mustard
1 tablespoon mayonnaise	1 clove garlic minced
2 teaspoons dried basil*	

## Salad Ingredients

2 large chicken breast (1 1/4 pounds)	black pepper to taste
2 tablespoons butter	2 large stalks celery
2 tablespoons fresh lemon juice	1 cup cherry tomatoes
7 slices turkey bacon	

## Directions

- 1) Mix all dressing ingredients together and let stand 1/2 hour.
- 2) Cut chicken into bit size chunks. Heat butter in pan, add the chicken and sprinkle with lemon juice. Allow to get crispy golden brown. Remove and cool.
- 3) Fry turkey bacon in small amount of oil. Allow to get as crispy as possible without burning. Drain on paper towels.
- 4) Chop celery in large bit-size pieces.
- 5) Cut bacon in bite-size pieces.
- 6) Combine all ingredients in large bowl. Add dressing. Toss well and sprinkle with black pepper.

\*When fresh basil is in season substitute 1½ cup fresh basil leaves for the dried basil.

# Sausage & Marinated Vegetable Salad

## Ingredients

(1) 14 oz package smoked sausage	1 bunch broccoli
1 small head cauliflower	1 yellow pepper
1 med red onion	2 stalks celery
4 sticks mozzarella cheese sticks	1½ tablespoon toasted sesame oil
4 tablespoons vegetable oil	

## Marinade Ingredients

½ cup red wine vinegar	½ cup light olive oil
2 teaspoons honey mustard	2 teaspoons Splenda
½ teaspoon black pepper course	

## Directions

- 1) Cut broccoli into large bite size pieces.
- 2) Blanch in boiling water for 90 seconds.
- 3) Rinse/drain immediately with cold water, place in large mixing bowl.
- 4) Cut cauliflower into large bite size pieces. Boil until just tender.
- 5) Rinse with cold water and add to bowl.
- 6) Slice sausage 1/3 inch thick. Fry until browned. Blot off grease.
- 7) Cut slices in half, add to bowl.
- 8) Slice celery 1/3 inch thick. Add to bowl.
- 9) Cut onion into medium thin slices.
- 10) Cut pepper into large bite size pieces.
- 11) Get 2 tablespoons vegetable oil hot in ex-large frying pan.
- 12) Add the yellow pepper and onion. Drizzle with sesame oil.
- 13) Sear for a few minutes until just tender. Add to bowl.
- 14) Whisk together all marinade ingredients.
- 15) Add to salad ingredients just before serving.

# Tilapia Fish Spread

(Serves 3 when using as a meal.)

(Serves 8-10 if using as an appetizer.)

## Ingredients:

1 12 oz package frozen Tilapia filets

Lawry's Seasoning Salt

$\frac{1}{4}$  cup celery

$\frac{1}{2}$  teaspoon prepared yellow mustard

$\frac{1}{4}$  cup minced fresh parsley

2 tablespoons melted butter

3 green onions

scant  $\frac{1}{4}$  cup full-fat mayonnaise

black pepper

whole wheat bread

## Directions:

- 1) Place thawed Tilapia filets on cookie sheet.
- 2) Pour melted butter over them.
- 3) Immediately sprinkle liberally with Lawry's Seasoning Salt.
- 4) Bake in 400 degree oven for about 10-12 minutes. Let cool.
- 5) Chop celery finely. Place in mixing bowl.
- 6) Mince parsley, add to bowl.
- 7) Chop onions finely, add to bowl.
- 8) When fish is cool crumble into bowl.
- 9) Add black pepper to taste.
- 10) Add mayo and mustard. Mix well.
- 11) Serve on whole wheat toast.

Serve with a salad for a meal.

# Salmon, Green Bean & Pasta Salad

(Serves 3)

In general diabetics should avoid pasta. But this recipe uses just a small amount of whole wheat pasta, and the pepper and green beans stretch the pasta so it is still pretty low carb. And every bit as yummy as regular pasta salad.

## Ingredients:

2 large handfuls fresh green beans  
1 med yellow pepper  
1½ stalk celery  
2/3 cup dry whole wheat spirals  
1 teaspoon yellow mustard  
scant 1/3 cup mayonnaise

1 pound fresh salmon  
3 tablespoons fresh dill  
1 clove garlic  
salt and pepper  
1 tablespoon red onion

## Directions:

- 1) Trim green beans. Fill a large pot with water, bring to boil.
- 2) Cook beans 2-3 minutes. DO NOT OVERCOOK. Rinse w/ cold water.
- 3) Bake salmon at 400 degrees for about 15 minutes. Set aside.
- 4) Prepare pasta as directed on box. Rinse w/ cold water. Set aside.
- 5) Chop celery. Place in large mixing bowl.
- 6) Remove stems from dill and mince. Add to bowl.
- 7) Chop yellow pepper, add to bowl.
- 8) Mince garlic and onion, add to bowl.
- 9) Add pasta to bowl.
- 10) Remove skin from salmon, crumble into bowl.
- 11) Cut green beans in about thirds. Add to bowl.
- 12) When you are ready to serve your salad, add mayo and mustard.
- 13) Mix gently. Add salt and pepper.

# Basic Chicken Salad

(Serves 2-3)

## Ingredients

(1) large whole chicken breast	$\frac{1}{2}$ cup green olives
$\frac{1}{4}$ cup parsley	2 green onions
$1\frac{1}{2}$ stalks celery	$\frac{1}{2}$ red bell pepper (optional)

## Dressing Ingredients

$\frac{1}{2}$ cup mayonnaise	pinch granulated garlic
2 tablespoons olive oil	salt & pepper
1 teaspoon prepared yellow mustard	

## Directions

- 1) Cut raw chicken into large bite size pieces.
- 2) Drop into boiling water.
- 3) While chicken is cooking, chop all veggies and mince parsley.
- 4) Cook chicken about 7 minutes, then drain.
- 5) Sauté chicken in olive oil on med high flame until it gets golden brown, stirring occasionally.
- 6) Remove chicken from pan, let cool. Then add chicken to bowl.
- 7) Mix dressing ingredients together in small bowl. Add to chicken and veggies.

Serve with whole wheat bread or toast.

# Maurice Salad

(Serves 4)

Note: You can eat two servings one night, and two the next, if you are just feeding two people. Only put the dressing on the part you are eating right away.

## Ingredients:

$\frac{1}{2}$ lb deli ham sliced 1/3 inch thick	3 hard boiled eggs
$\frac{1}{2}$ lb smoked turkey, sliced	4 slices Swiss cheese
1/3 cup green olives w/ pimentos	$\frac{1}{2}$ cup firmly packed parsley
4 platefuls romaine lettuce (about 6 cups)	

## Dressing Ingredients:

3 tablespoons water	2 teaspoons minced onions
5 tablespoons sweet pickle relish*	1 2/3 teaspoon lemon juice
1 2/3 teaspoon Dijon mustard	2/3 cup full-fat mayonnaise
$\frac{1}{2}$ teaspoon Splenda	black pepper to taste

\*No sugar added type of relish.

## Directions:

- 1) Boil eggs. Peel. Chop and place in large mixing bowl.
- 2) Cube ham. Add to bowl. Chop turkey, add to bowl.
- 3) Cut cheese into large bites, add to bowl. Mince parsley, add to bowl.
- 4) Chop olives, add to bowl.
- 5) Chop romaine. Add to bowl. Mix well.
- 6) Place all dressing ingredients in a mixing bowl. Whisk until smooth.
- 7) Add dressing to lettuce/meat mixture and serve immediately.

Serve with whole wheat toast.



# Ham & Mushroom Bruschettas

(Makes 10)

Bruschettas are normally made with white bread and eaten with pasta. But by adding ham, and using whole wheat bread, they can become a reasonably low-carb meal by themselves.

## Ingredients:

4 slices whole wheat bread  
 $\frac{1}{2}$  cup red onion  
natural soy sauce  
1 package good quality deli ham

$\frac{1}{3}$  cup cheap green olives  
 $\frac{1}{2}$  pound mushrooms  
olive oil (about  $\frac{1}{2}$  cup)

## Directions:

- 1) Chop onion fairly small, but not minced. Set aside.
- 2) Chop mushrooms small. Place in separate bowl.
- 3) Chop olives small, place in separate bowl.
- 4) Get 3 tablespoons olive oil hot in large frying pan. Add mushrooms.
- 5) Sprinkle liberally with soy sauce. Fry on med-high heat about 2 minutes.
- 6) Add onions. Cook another 1-2 minutes.
- 7) Add olives and  $\frac{1}{2}$  cup more olive oil.
- 8) Place slices of bread on a cookie sheet.
- 9) Place liberal amount of olive oil/veggie mixture with juice on each slice.
- 10) Make sure bread is saturated.
- 11) Broil until golden brown. Watch closely, they can burn quickly.
- 12) Place a teaspoon or so of olive oil in a large frying pan. Get hot.
- 13) Place 8 slices of ham in pan. Sear the ham on both sides about 3 min.
- 14) Pat grease off ham. Slice into large slivers.
- 15) Top bruschettas with slivered ham.

Serve with a small salad.

# Yuppie Tuna

If tuna fish, is an unpleasant childhood memory, try this variation. It bears no resemblance to the typical "Mom" tuna fish of the 1950's. This tastes like those dishes you see at fancy "yuppie" delis for \$13.99 a pound! It's cheap and easy to make.

## Ingredients:

3 small cloves garlic	1 tablespoon fresh parsley
2 tablespoons balsamic vinegar	juice from 1/2 fresh lemon
2 good size ripe tomatoes	2 tablespoons red onion
4 tablespoons olive oil	large pinch dried basil
1 lg can tuna packed in water	

## Directions:

- 1) Drain liquid from tuna. Place tuna in bowl and mash with fork.
- 2) Chop onion very finely, add to tuna.
- 3) Mince garlic, add to bowl.
- 4) Pick parsley and mince, add to bowl.
- 5) Add all other ingredients, except tomatoes. Mix well.
- 6) Slice tomatoes.
- 7) Pack tuna mixture into a large ice cream scoop & place on tomato slices.

**Serve with whole wheat toast.**

Invite your mother for lunch.

# Pesto Chicken Nuggets

(Serves 2)

## Ingredients:

$\frac{3}{4}$  pound chicken breasts  
 $\frac{1}{4}$  cup dried bread crumbs

$\frac{2}{3}$  cup pesto  
oil for frying

## Directions:

- 1) Cut chicken into  $1\frac{1}{2}$  inch by  $1\frac{1}{2}$  inch pieces about  $\frac{1}{3}$  inch thick.
- 2) Rinse with cold water.
- 3) Place  $\frac{1}{4}$  inch cooking oil in large frying pan, get hot.
- 4) Coat chicken pieces with bread crumbs.
- 5) Fry on medium heat with lid on pan until golden brown on both sides.
- 6) Blot off excess grease with paper towel.
- 7) Divide chicken into two portions.
- 8) Divide pesto into two parts. Place in small dipping bowl for each person.
- 9) Dip chicken in pesto for a delicious combination that is low carb.

Serve with whole wheat garlic toast and a salad.

# Shrimp & Spinach Dinner Salad

(Serves 2)

## Ingredients:

1 bag fresh spinach	$\frac{1}{2}$ lb mushrooms
$\frac{1}{2}$ cup roasted sunflower seeds	$\frac{1}{2}$ head cauliflower
$\frac{3}{4}$ pound large deveined raw shrimp	3 tablespoons butter
2 medium carrots	2 tablespoons olive oil

## Dressing Ingredients:

1 lime	1 inch piece fresh ginger
4 tablespoons olive oil	2 lg pinches black pepper
2 cloves fresh garlic	2 tablespoons water
2 lg pinches salt	2 pinches onion powder
2 packets Splenda	

## Dressing Directions:

- 1) Mince garlic and ginger. Place in mixing bowl.
- 2) Add all other ingredients in bowl and whisk thoroughly.

## Salad Directions:

- 1) Remove stems from spinach leaves. (Optional- some people don't.)
- 2) Cut cauliflower into bite size pieces.
- 3) Cut carrots into fairly thin slices.
- 4) Steam carrots & cauliflower until just tender. Place in mixing bowl.
- 5) Slice mushrooms thinly.
- 6) Place olive oil in frying pan. Set heat at med-high. Get oil hot.
- 7) Sauté mushrooms until crunchy. Add to bowl.
- 8) Sauté shrimp in butter until just tender on med heat. Stir constantly.
- 9) Add shrimp to bowl, then, spinach. Add sunflower seeds. Mix.
- 10) Add dressing, mix well.
- 11) Serve immediately.

# Pork Chops with Wheat Berry Pilaf

(Serves 2)

One of the hardest things about a diabetic friendly diet is avoiding common grains that are such a staple of a normal diet. White rice should be completely avoided. Even brown rice can shoot up blood sugar levels. But a diet without any grains feels very restrictive. So for a splurge, try this wheat berry pilaf. Wheat berries have a lower glycemic index than rice, even though they are higher carb. You only get a half cup (cooked) though, because even that is 27 net carbs.

## Ingredients:

½ cup soft wheat berries  
1 small onion  
2 cloves garlic  
3-4 tablespoons olive oil  
black pepper

1 stalk celery  
1/3 cup minced parsley  
8 good sized mushrooms  
natural soy sauce

## Directions:

- 1) Soak the wheat berries in 1½ cups water at least 8 hours.
- 2) Add an additional ½ cup water to the soaking water and berries.
- 3) Boil with a pan protector under the pan for one hour, med-low heat.
- 4) Leave berries in pan with lid for additional 15 minutes.
- 5) Slice mushrooms thinly, set aside.
- 6) Chop celery and onion, and mince garlic. Set aside.
- 7) Remove stems from parsley and mince, set aside.
- 8) Add 2-3 tablespoons to frying pan. Get hot. Add mushrooms.
- 9) Sprinkle w/ soy sauce, fry until crunchy. Add 2 more tablespoons oil.
- 10) Add celery, onions, garlic. Cook until just tender. Add wheat berries.
- 11) Mix well. Garnish with parsley before serving.

Cook your pork chops either in the oven or on an outdoor grill or a George Forman Grill with a nice spicy rub.

# Thai Steak Salad

(Serves 3)

## Ingredients: (Salad)

2/3 pound flank steak  
1 small red onion  
greens

1 large cucumber  
6 cups romaine or mixed salad

## Ingredients: (Marinade)

4 tablespoons Splenda  
8 tablespoons chopped cilantro  
 $\frac{1}{4}$  teaspoon black pepper  
6 large cloves garlic  
 $\frac{1}{3}$  cup olive oil

8 tablespoons fish sauce  
 $\frac{1}{2}$  teaspoon salt  
 $\frac{1}{3}$  cup dried basil  
1 Hungarian pepper, minced

## Directions:

- 1) Mix all marinade ingredients together.
- 2) Cut flank steak in thin bitesize strips.
- 3) Place in glass or plastic bowl.
- 4) Pour  $\frac{1}{2}$  marinade over meat, mix thoroughly.
- 5) Save other half of marinade for dressing.
- 6) Marinade for several hours or overnight.
- 7) Place steak on skewers or lay on cookie sheet.
- 8) Broil until just brown then turn and brown on other side. Do not overcook.
- 9) Chop cucumber place in large bowl
- 10) Slice red onions, place in bowl.
- 11) Place salad greens in the bowl.
- 12) Add remaining marinade toss salad thoroughly.
- 13) Place on plate, put steak on top.

# Cebiche

(Serves 6)

Marinated fish is a part of many cuisines. This particular one is of Mexican origin. The lime juice "cooks" the fish, it's quite fascinating to see the raw fish turn soft white and tender, with absolutely no cooking!

## Ingredients:

1½ pound frozen Orange Roughy fish  
1½ cups stewed tomatoes  
2 tablespoons pickled jalapeno  
½ teaspoon oregano

10 fresh limes  
¼ cup olive oil  
2 large cloves garlic  
salt and pepper to taste

## Directions:

- 1) Partially defrost the fish.
- 2) When it is thawed enough to easily cut it, cut it into bite size pieces.
- 3) Place fish in a glass or ceramic bowl.
- 4) Squeeze all the juice out of the limes onto the fish.
- 5) Cover and allow to marinate 24 hours in refrigerator.
- 6) Drain. (You can freeze the lime juice and re-use it.)
- 7) Add all other ingredients.
- 8) Toss and serve.

Serve with whole wheat bread.

# Creamed Chicken & Mushrooms Over Toast

(Serves 3)

## Ingredients:

2/3 pound chicken breast	1 pound mushrooms
1 cup full fat sour cream	$\frac{1}{2}$ cup frozen peas
1 med small onion	3 large slices whole wheat bread
2 tablespoons olive oil	3 tablespoons vegetable oil
course ground black pepper	3 tablespoons natural soy sauce

## Directions:

- 1) Cut chicken into pieces about the size of half a man's thumb.
- 2) Slice the mushrooms into pieces about the size of a man's thumbnail.
- 3) Fill a small sauce pan 2/3 full with water. Bring to boil.
- 4) Add the chicken. Boil 3 minutes. Rinse w/ cold water & drain.
- 5) Cut the chicken pieces in thirds. Set aside.
- 6) Mince onion, set aside.
- 7) Put 3 tablespoons cooking oil in large frying pan.
- 8) Turn to med-high heat. Get oil hot.
- 9) Add mushrooms. Sprinkle liberally with soy sauce. Stir.
- 10) Cook 3 minutes. Add onions. Cook 2 minutes more. Set aside w/grease.
- 11) Cook peas as directed. Rinse and set aside.
- 12) Add 2 tablespoons olive oil to medium frying pan, med heat. Add chicken.
- 13) Sprinkle w/ black pepper and a little soy sauce. Cook 2 minutes.
- 14) Add mushroom/onion mixture with cooking grease. Add peas.
- 15) Reduce to simmer. Add sour cream and  $\frac{1}{4}$  cup water. Stir.
- 16) Remove from heat.
- 17) Toast your bread slices.
- 18) Pour generous portion of creamed chicken on toast. Enjoy!



# Anti-Pasta Salad

## Salad Ingredients:

1 small green pepper

$\frac{1}{2}$  cup green olives

$\frac{1}{4}$  pound fresh grated parmesan

1  $\frac{1}{2}$  cup romaine lettuce

4 green onions

$\frac{1}{2}$  pound good quality salami

4 slices Swiss cheese

## Dressing Ingredients:

$\frac{1}{2}$  cup mayonnaise

2 tablespoons lemon juice

1 tablespoon olive oil

1 $\frac{1}{2}$  teaspoon Dijon mustard

1/8 cup water

2 cloves garlic minced

## Directions:

- 1) Mince the olives. Place in large mixing bowl.
- 2) Mince the pepper and green onions, add to bowl.
- 3) Chop the salami into small pieces, add to bowl.
- 4) Slice the Swiss cheese into small pieces, add to bowl.
- 5) Slice the romaine about the size of your baby finger, add to bowl.
- 6) Add the grated parmesan cheese to bowl.
- 7) Whisk all dressing ingredients together in small mixing bowl.

Toss salad with dressing just before serving.

# Beef Kafta with Sautéed Eggplant

(Serves 2)

## Kafta Ingredients:

3/4 pound ground beef  
4 cloves garlic  
olive oil  
 $\frac{3}{4}$  teaspoon cumin  
 $\frac{1}{4}$  teaspoon cayenne  
salt & pepper

1 medium onion  
 $\frac{1}{4}$  cup parsley  
 $\frac{3}{4}$  tablespoon coriander  
 $\frac{1}{3}$  teaspoon allspice  
 $\frac{1}{4}$  teaspoon ground ginger

Note: If you do not keep these spices on hand, you can buy them in bulk at a store like Whole Foods or a Food Co-op. Just put them all in one bag and charge the price of the highest item and it will cost less than 50 cents total.

## Kafta Directions:

- 1) Mince parsley, onions and garlic. Place in mixing bowl.
- 2) Add all other ingredients, mix well.
- 3) Grease a cookie sheet with olive oil. Form meat mixture into logs.
- 4) Roll in olive oil then bake in oven for about 20-25 minutes.

## Tahini Sauce Ingredients:

3 cloves garlic  
Salt  
juice from one lemon

$\frac{2}{3}$  cup refined tahini  
 $\frac{1}{2}$  cup water

## Tahini Sauce Directions:

Whisk all ingredients in a bowl. Place sauce in 2 small bowls for dipping the Kafta.

## Eggplant Ingredients

1 med-large eggplant  
Salt

3 tablespoons olive oil

\*Eggplant is a great substitute for potatoes or rice if you are diabetic. Eggplant has way less carbs and is delicious just sautéed with olive oil and salt.

## Eggplant Directions

- 1) Cut eggplant into bite size cubes.
- 2) Get oil hot in large frying pan.
- 3) Add eggplant and salt.
- 4) Fry for about five minutes stirring occasionally.
- 5) Serve as a side dish with the Kafta as a substitute for rice.

Dip Kafta in tahini sauce as you eat it.  
Serve with a salad.

# Deviled Eggs with Artichoke Bruschettas

(Serves 2)

## Ingredients:

## (Deviled Eggs)

4 large eggs

$\frac{1}{4}$  cup full fat mayonnaise

$\frac{1}{2}$  teaspoon prepared yellow mustard

paprika

black pepper

## Ingredients:

## (Bruschettas)

4 slices yummy whole wheat bread

$\frac{1}{2}$  med red onion

$\frac{3}{4}$  cup canned artichokes hearts\*

4 teaspoons grated parm cheese

2 tablespoons natural soy sauce

olive oil (about  $\frac{1}{2}$  cup)

## Directions:

- 1) Place eggs in small pan of cold water. Water should be  $1\frac{1}{2}$  inch above eggs.
- 2) Boil uncovered about 12 minutes.
- 3) When cooked, IMMEDIATELY, place in cold running water. Peel eggs.
- 4) Remove yolks gently from eggs, place yolks in mixing bowl.
- 5) Add mayo and mustard and sprinkle with black pepper. Stir well.
- 6) Place mixture carefully in egg whites. Sprinkle with paprika. Set aside.
- 7) Slice onion thinly, then chop in half.
- 8) Drain artichokes, chop in large pieces.
- 9) Place 3 tablespoons olive oil in frying pan. Get hot. Add onions.
- 10) Sprinkle with soy sauce. Cook 2 minutes.
- 11) Add artichokes and remaining olive oil.
- 12) Place slices of bread on cookie sheet.
- 13) Place  $\frac{1}{4}$  olive oil/veggie mixture on each slice.
- 14) Make sure bread is saturated.
- 15) Broil until golden brown. Watch closely, they can burn quickly
- 16) Sprinkle teaspoon grated parm cheese on each slice.

\*\* Packed in water.

# Tofu, Kale, Tomato & Cashew Salad

## Ingredients:

$\frac{3}{4}$ pond firm tofu	12 cherry tomatoes
1 bunch kale	18 roasted cashew halves
natural soy sauce	5 tablespoons refined sesame oil
$\frac{1}{2}$ teaspoon toasted sesame oil	

## Dressing Ingredients:

1 lime	2 packets Splenda
3 cloves garlic	1 inch piece fresh ginger
2 tablespoons light olive oil	1 tablespoon water

## Directions:

- 1) Slice tofu  $\frac{1}{4}$  inch thick. Cut into pieces about  $1\frac{1}{2}$  x  $1\frac{1}{2}$  inches.
- 2) Place 3 tablespoons refined sesame oil in frying pan and  $\frac{1}{2}$  teaspoon toasted sesame oil. Sprinkle tofu with soy sauce.
- 3) Fry tofu on both sides on med high heat until crispy and dark golden brown. Pat off grease. Set aside. When cool, cut pieces in half.
- 4) Chop kale into large bite size pieces. Steam until just tender--about ten minutes. Rinse with cold water and then squeeze out the water.
- 5) Place 2 tablespoon refined sesame oil in frying pan. Get oil hot. Sauté kale for 2-3 minutes.
- 6) Mince the garlic and ginger. Place in small mixing bowl. Add all other dressing ingredients and whisk together.
- 7) Cut cherry tomatoes in half. Place in large mixing bowl. Add kale, tofu and cashews.
- 8) Add dressing just before serving and mix well. Serve with whole wheat bread..

# Goat Cheese Salad

With Balsamic Vinaigrette Dressing

(Serves 2)

## Salad Ingredients:

(2) 4 ounce packages goat cheese

$\frac{1}{2}$  pound fresh mushrooms

1 med yellow onion

2 tablespoons natural soy sauce (aka shoyu or tamari)

4 cups mixed salad greens

3 tablespoons olive oil

## Dressing Ingredients:

1 tablespoons honey

$\frac{1}{2}$  tablespoon granulated garlic

$\frac{1}{2}$  teaspoon dry yellow mustard

$\frac{1}{2}$  teaspoon basil

$\frac{1}{4}$  teaspoon crushed red pepper

$\frac{1}{2}$  cup olive oil

$\frac{1}{2}$  tablespoon onion powder

2 teaspoons white pepper

$\frac{1}{8}$  teaspoon thyme

2 teaspoons oregano

$\frac{1}{8}$  cup water

scant  $\frac{1}{2}$  cup balsamic vinegar

## Directions:

- 1) Place all dressing ingredients in a large bowl. Whisk until blended.
- 2) Slice the onions and mushrooms thinly.
- 3) Get olive oil hot in a large skillet. Add the mushrooms and onions. Stir to coat with oil. Sprinkle with soy sauce. Cook until a little crunchy.
- 4) Slice goat cheese about  $\frac{1}{2}$  inch thick. Place on a plate. Warm in microwave for 20 seconds, no more.
- 5) Place salad greens on dinner plate. Layer with mushrooms and onions.
- 6) Place slices of goats cheese around the plate on top of the veggies. Add dressing, serve immediately with whole wheat bread.

# Bacon, Lettuce & Tomato Sandwich (BLT)

(Serves 1)

People do not think of BLT's as being particularly healthy. But if you use low carb, high fiber whole wheat bread and double the lettuce, they are actually a pretty decent diabetic meal.

## Ingredients:

5 slices bacon

1 small tomato

3 large romaine leaves

2 slices whole wheat bread

1 tablespoon mayonnaise

## Directions:

- 1) Fry bacon. Pat off grease.
- 2) Toast bread.
- 3) Add mayo, lettuce and tomato.

# Snacks





# Apples with Peanut Butter

In general fruit is not a good low carb snack. However, if you eat half an apple with peanut butter it will give you some protein and can then serve as a more substantial snack. I recommend Granny Smith apples.

# Hemp Seed Spread

(Serves 2)

A bag of these little seeds is quite expensive, but you get quite a lot of servings out of one bag because 2 tablespoons will fill you up!. The protein content is amazing, and they are very, very low carb. So I think they are worth the price. You can usually find them in the health food section of grocery stores or of course in a health food store like Whole Foods. Keep them refrigerated. Serve this on high fiber crackers like Wheat Thins or Triscuit. Crackers are high carb, so limit how many you eat to 10 carbs worth. The spread itself is less than 3 carbs per serving.

## Ingredients:

1/3 cup hemp seeds

1/4 cup celery

1 green onion

2 tablespoons full fat mayonnaise

1/3 teaspoon prepared yellow mustard

2 tablespoons fresh parsley

black pepper

## Directions:

- 1) Chop celery finely. Place in small mixing bowl.
- 2) Mince parsley and onion, add to bowl.
- 3) Add all other ingredients to bowl. Mix well.

# Blanched Broccoli w/ Ranch Dip

For years and years I hated broccoli. I hated it cooked and I hated it raw. Then a man I was dating went on a low carb diet and came up with the idea of just blanching the broccoli for 1-2 minutes and dipping it in Ranch dressing. I was amazed at how good it was. You have to use a gourmet brand of ranch dressing. I recommend Marzetti, it is sold in the produce section of grocery stores. Now this is my favorite thing to bring to pot-luck dinners and people love it. DO NOT OVERCOOK IT.

## Ingredients:

1 bunch broccoli

$\frac{1}{2}$  jar Marzetti\* Ranch dressing

\*Or other gourmet brand

## Directions:

- 1) Cut stems off broccoli. Cut into large bitesize pieces.
- 2) Bring large pot of water to a boil.
- 3) Place broccoli in water. Stir several times.
- 4) ONLY COOK FOR 1-2 MINUTES.
- 5) REMOVE IMMEDIATELY AND RINSE THOROUGHLY WITH COLD WATER.
- 6) Pat dry.
- 7) Place on serving platter with small dish of dressing.

# Strawberries/Raspberries with Cheese Stick

In general, fruit is not a good low carb snack. But it is good to have a little fruit in your diet. By combining it with cheese sticks you make it a substantial snack with some protein.

# Store Bought Snack Bars

Store bought snack bars can be a great low carb snack or a very high carb bad choice. You have to read the labels very carefully. Look for bars that have at least 6 grams of protein and less than 18 carbs. Here are the best ones I've seen in stores:

KASHI Honey Almond Flax Snack Bar  
KASHI Dark Mocha Almond Snack Bar  
NATURE VALLEY Pnut, Almd & Dark Choc Snack Bar  
NATURE VALLEY PROTEIN Coconut Almd Snack Bar  
FIBER ONE PROTEIN Pnut Butter Snack Bar

It is good to keep a supply of these in your purse or car so you can resist the temptation to buy high carb snacks when you are out and about. Most anything you would buy on the fly would have three times the carbs and less protein.

# Salad Dressings



# Mike Burns' Famous Balsamic Vinaigrette

## Ingredients

2 tablespoons honey	1 tablespoon onion powder
1 tablespoon granulated garlic	1 teaspoon dry yellow mustard
1 tablespoon white pepper	1/4 teaspoon thyme
1 teaspoon basil	2 teaspoons oregano
1/2 teaspoon crushed red pepper	1/4 cup water
1 cup olive oil	7/8 cup balsamic vinegar
1 lemon	

## Directions

- 1) Squeeze juice from lemon into small bowl. Remove the seeds.
- 2) Transfer to large bowl.
- 3) Place all other ingredients in the bowl.
- 4) Whisk until blended.

# Mike's Special Caesar Dressing

Serves 4-6

## Ingredients

1 cup olive oil	2 lg. cloves garlic minced
2 egg yolks	1 teaspoon dry mustard
4 drops Tabasco hot sauce	2 tablespoons Worcestershire sauce
2 teaspoons white vinegar	1 teaspoon lemon juice
4 tablespoons parmesan cheese	
small handful green olives (chopped small)	

## Directions

- 1) Combine all ingredients in a bowl and stir vigorously with a fork several minutes.
- 2) If you refrigerate the dressing, let it stand at room temperature to take the chill off chill before serving.

## Storage

This will keep at about 7--10 days in refrigerator. Store in a small container to avoid extra air space.



# Other Salad Dressings

For other salad dressings, such as Bleu Cheese, I recommend buying them, rather than making them homemade. **HOWEVER, IT IS WORTH THE MONEY TO BUY GOURMET BRANDS RATHER THAN CHEAP BRANDS LIKE KRAFT.**

Gourmet brands of salad dressings are found in the produce section of grocery stores, not the condiment aisle. I particularly recommend Marzetti brand, but I do not know if it is available nationally.

# Desserts

Realistically, if you intend to control your diabetes well, desserts need to be very infrequent. Most desserts contain one or two ENTIRE meals worth of carbs between the grains, fruits, or sugar. I racked my brain to come up with ideas for low carb desserts, and even with using Splenda, these are all I could come up with. I will try to add to this collection as I have time to experiment. However, if you eat a wide selection of well prepared, gourmet diabetic meals with lots of fresh ingredients, you really will not miss desserts as much as you might think.



# Chocolate Dipped Strawberries

(Serves 2)

## Ingredients:

8 good sized strawberries

$\frac{1}{2}$  teaspoon Splenda

1 oz\* unsweetened baker's chocolate

$1\frac{1}{2}$  tablespoons butter

$\frac{1}{4}$  teaspoon vanilla

\*(4 little squares)

## Directions:

- 1) Wash strawberries. Do not remove leaves.
- 2) In a small sauce pan (on simmer) melt butter and chocolate, keep stirring.
- 3) Add Splenda and vanilla, mix well.
- 4) Coat strawberries with chocolate.

They can be eaten immediately with warm soft sauce (my preference) or chilled.

# Frozen Yogurt Sundae with Chocolate Sauce

(Serves 2)

## Ingredients: (Frozen Yogurt)

1 cup full-fat plain yogurt\*  
(2) paper cups

$\frac{1}{2}$  teaspoon Splenda

## Directions: (Day or days before)

- 1) Mix Splenda into yogurt
- 2) Put  $\frac{1}{2}$  yogurt into each cup.
- 3) Freeze

## When you are ready to eat it:

- 1) Tear away paper cup. Thaw for about  $\frac{1}{2}$  hour. Then cut each "scoop" in half. Thaw another  $\frac{1}{2}$  hour to get it close to the consistency of ice cream. While yogurt is thawing, make the chocolate sauce.

## Ingredients: (Chocolate Sauce)

2 tablespoons butter  
 $\frac{3}{4}$  teaspoon Splenda

$\frac{1}{4}$  teaspoon vanilla

1 $\frac{1}{2}$  oz unsweetened bakers chocolate (6 little squares)

## Directions:

- 1) Melt butter and chocolate in sauce pan on simmer.
- 2) Add vanilla and Splenda. Mix well.
- 3) While hot, pour over frozen yogurt.

\*I like to use Stoneyfield brand

# Crunchy Mango Parfait

(Serves 4)

## Ingredients:

2 heaping tablespoons dried mango	1/8 cup water
1 tablespoon butter	2 tablespoons sesame seeds
1 tablespoon almond butter	1 cup full-fat yogurt*
2/3 teaspoon Splenda	1½ tablespoon unsweetened coconut
6 good sized brazil nuts	8 tablespoons Redi-Whip

\*I recommend Stoneyfield or Brown Cow

## Directions:

- 1) Melt butter in small glass microwaveable bowl.
- 2) Add 1/8 cup water.
- 3) Chop mango finely. Place in bowl. Stir. Microwave about 30 seconds.
- 4) Let stand 10-15 minutes.
- 5) Grind Brazil nuts in a blender. Place in a separate small mixing bowl.
- 6) Add sesame seeds, almond butter, Splenda, coconut.
- 7) After the 10 minutes have passed, combine the two mixtures. Stir well.
- 8) Place a very small amount of cooking oil in a baking dish.
- 9) Plop mixture into dish, press into a square about 5" x 5" by 1/3 inch thick.
- 10) Bake 15 minutes at 400 degrees.
- 11) Remove and stir up to make large crumbles.
- 12) Place ¼ cup yogurt into (4) small dessert bowls.
- 13) Place warm (not hot) fruit/nut mixture on top of yogurt.
- 14) Top each bowl with 2 tablespoons Redi-Whip
- 15) Serve immediately.