

# DIABETICALLY DELICIOUS RECIPES



## ARUGULA SALAD WITH LEMON VINAIGRETTE

**HIGH SOURCE OF VITAMINS A, C, AND HEALTHY FATS**

**NUTRITIONAL INFORMATION (WITH 2 TABLESPOONS DRESSING):**  
Calories 176; Fat 16g; Carbohydrates 4g; Sodium 234mg; Fiber 1g; Protein 4g

## AVOCADO AND GARBANZO BEAN QUINOA

**HIGH IN PROTEIN AND FIBER**

**NUTRITIONAL INFORMATION**  
Calories 328; Fat 17g; Saturated Fat 4g; Sodium 378mg; Cholesterol 10mg;  
Carbohydrate 34g; Fiber 7g; Protein 11g

## RASPBERRY COCONUT ICE CREAM

**GOOD SOURCE OF VITAMIN C**

**NUTRITIONAL INFORMATION PER ½ CUP SERVING:**  
Calories 105; Fat 6g; Carbohydrates 13g; Sodium 11mg; Fiber 3g; Protein 1g;  
Cholesterol 0mg



## ARUGULA SALAD WITH LEMON VINAIGRETTE – SERVES 4

### INGREDIENTS:

#### DRESSING:

- ¾ cup extra virgin olive oil
- ⅓ cup lemon juice (approximately 2 fresh lemons)
- 2 tablespoons minced shallots
- 1 tablespoon rice vinegar
- 1 tablespoon Dijon mustard
- 1 teaspoon honey
- ¾ teaspoon salt
- ¼ teaspoon ground pepper

#### SALAD:

- 8 cups arugula
- 1 cup cherry tomato halves
- ¼ cup shredded or shaved parmesan cheese

### PREPARATION:

1. In a small bowl or mason jar, whisk together the olive oil, lemon juice, shallot, rice vinegar, Dijon mustard, honey, salt, and pepper.
2. In a large bowl, toss together the arugula, tomatoes, and parmesan cheese. Drizzle with dressing and toss to combine.

NOTE: Store leftover dressing in an airtight container in the fridge. Use on salads, grain bowls, or veggies.

## AVOCADO AND GARBANZO BEAN QUINOA – SERVES 6

### INGREDIENTS:

- 1 cup uncooked quinoa, rinsed
- 1 can (15-ounces) garbanzo beans or chickpeas, drained and rinsed
- 2 cups cherry tomatoes, halved
- 1 cup crumbled feta cheese
- 1/2 medium ripe avocado, pitted, peeled and cubed
- 4 green onions, sliced (about 1/2 cup)

### DRESSING:

- 3 tablespoons white wine vinegar
- 1 teaspoon Dijon mustard
- 1/4 teaspoon kosher salt
- 1/4 teaspoon garlic powder
- 1/4 teaspoon freshly ground pepper
- 1/4 cup extra virgin olive oil

### PREPARATION:

1. Cook quinoa according to package directions, transfer to a large bowl and cool slightly.
2. Add beans, tomatoes, cheese, avocado and green onions to quinoa; gently stir to combine. In a small bowl, whisk the vinegar, mustard, salt, garlic powder, and ground pepper. Gradually whisk in oil until blended. Drizzle over salad; gently toss to coat. Refrigerate leftovers.



## RASPBERRY COCONUT ICE CREAM – SERVES 4

### INGREDIENTS:

- ½ cup canned unsweetened coconut milk solids (see Tip)
- 2 cups frozen raspberries
- 1 tablespoon maple syrup

### PREPARATION:

1. Scrape the coconut cream solids from the can into a blender or food processor. The cream should have separated from the coconut juice. Set the remaining coconut liquid aside.
2. Add the raspberries and maple syrup to the blender and blend until smooth and creamy, occasionally scraping down the sides. Add 1 tablespoon of coconut water at a time (from the can) if the blender gets stuck.
3. Scoop into a bowl and enjoy immediately as soft serve or for a firmer ice cream, place in an airtight freezer-safe container and freeze for at least 1 hour before scooping.

TIP: Look for coconut milk that does not contain guar gum, as this can prevent the solids from separating. If you shake the can, it should make no noise. Store can upside down overnight in your pantry or the refrigerator. Open the can right side up and scrape off the coconut cream solids. Reserve the liquid to use in coffee or smoothies.

### EQUIPMENT NEEDED

- 2 small mixing bowls or mason jars
- 2 large mixing bowls
- Whisk
- Blender or food processor

### INGREDIENTS

#### Produce

- 1 shallot
- 8 cups arugula
- 3 cups cherry tomatoes
- ½ ripe avocado
- 1 bunch green onions (scallions)

#### Dairy

- ½ cup shredded or shaved parmesan cheese
- 1 cup feta cheese crumbles

#### Freezer

- 2 cups frozen raspberries

#### Baking, Canned, and Non-perishables

- 1 cup extra virgin olive oil
- ⅓ cup lemon juice (approximately juice of 2 fresh lemons)
- 1 tablespoon rice vinegar
- 3 tablespoons white wine vinegar
- 1 tablespoon + 1 teaspoon Dijon mustard
- 1 (14-ounce) can unsweetened coconut milk
- 1 tablespoon maple syrup
- ¼ teaspoon garlic powder
- Black Pepper
- Salt

### MISE EN PLACE

*Cooking along? Have the following items prepped in advance of the demo. Arrange all other ingredients at your workspace so they are readily accessible and have measuring utensils and equipment handy.*

*PRO TIP! Arrange your ingredients from left to right in order they appear in the recipe*

### ARUGULA SALAD WITH LEMON VINAIGRETTE:

- Mince the shallot and slice cherry tomatoes in half

### AVOCADO AND GARBANZO BEAN QUINOA

- Cook quinoa according to packing instructions
- Drain and rinse garbanzo beans
- Slice cherry tomatoes in half and slice green onions

### RASPBERRY COCONUT ICE CREAM:

- Place the can of coconut milk upside down in your pantry or the refrigerator overnight

