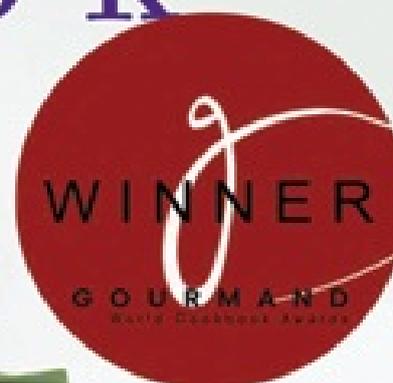
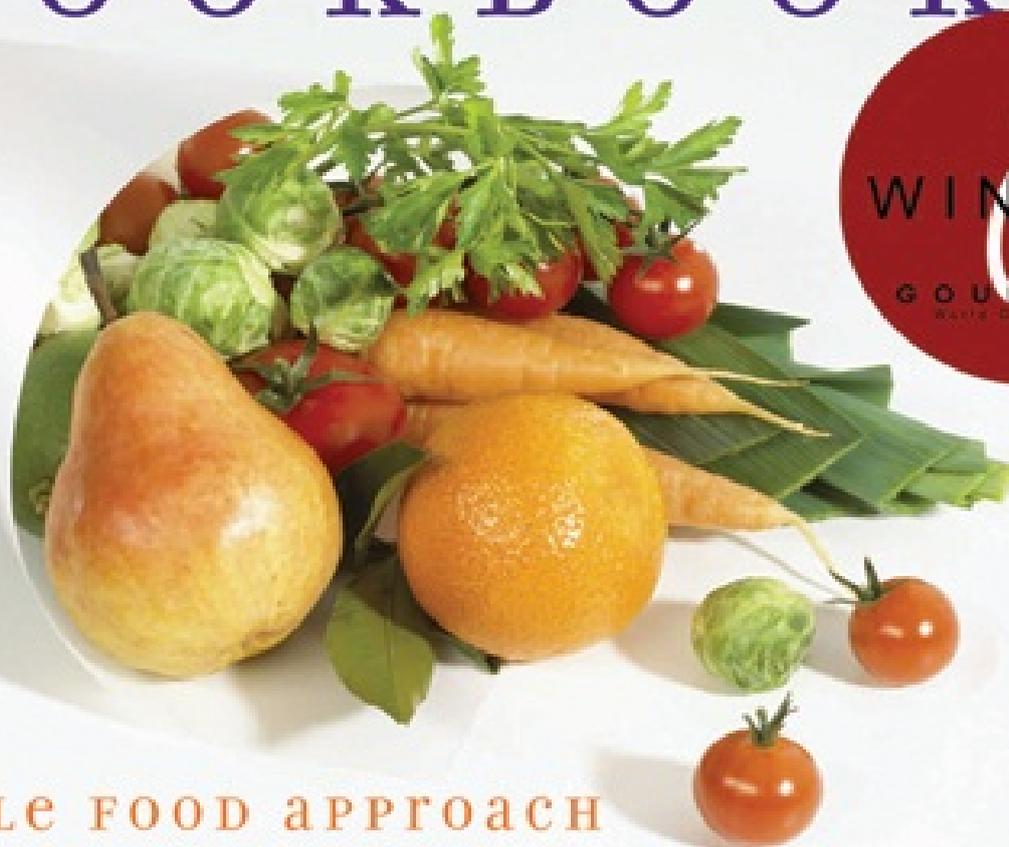


JACKIE NEWGENT, RD



the

ALL-NATURAL
DIABETES
COOKBOOK



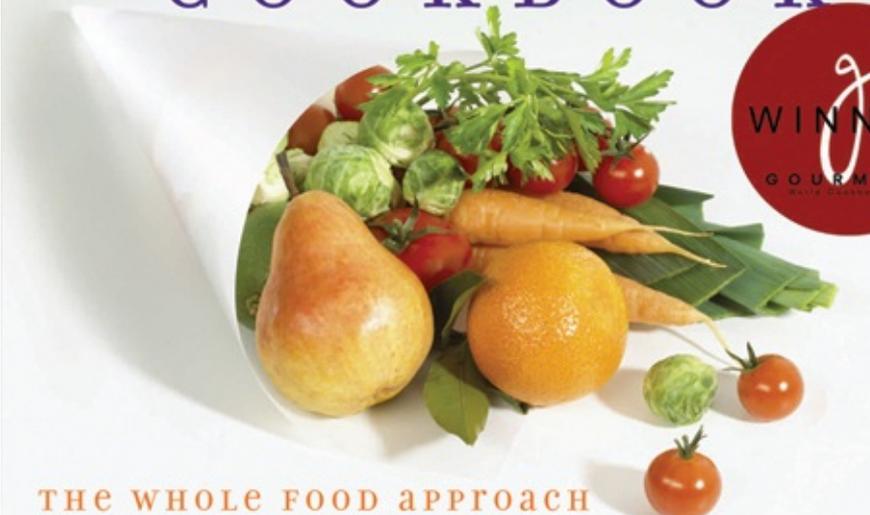
THE WHOLE FOOD APPROACH
TO GREAT TASTE AND HEALTHY EATING

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A L L - N A T U R A L
D I A B E T E S
C O O K B O O K

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 **American Diabetes Association.**
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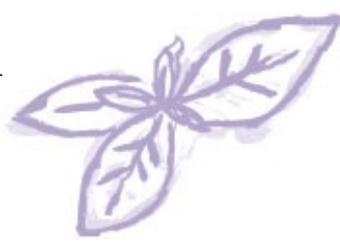
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For my father, who has diabetes.

For my mother, who does most of his cooking.

CONTENTS

Preface

Acknowledgments

Introduction

The Natural Recipe Collection

Rise 'n' Shine

Hip Dips

Spatizers & Small Plates

Tossed

Bowlful

Between The Bread

Elegant & Easy Entrées

On the Side

Refreshers

Sweet Endings

Resources

PREFACE

When I was a child, I loved to eat—and loved to eat often. I still do. My mother was a caterer and taught me about the importance of high-quality ingredients and the art of good cooking. Most of my earliest memories involve me, my mom, and food. Our house always had some marvelously savory aroma wafting about. Still, my favorite food was potato chips for quite a few years—high-quality ones, of course. Thankfully, I did enter adulthood with some healthful eating habits and amazing cooking and food lessons. I feel privileged to have learned so much about what “real food” is ... and fortunate to realize how eating can and should be a pleasurable and important part of life. Today, my mother is still known by most in my hometown as being the best cook around. However, with no kids at home, just herself and my dad to cook for, and relaxing into her “wise” years, her cooking style at home has, frankly, become a bit less wise. Her food choices have become simpler and more convenient. And, though the finished recipes are still delicious, some ingredients that she’s using aren’t as “real” or “natural” as they once were. I wasn’t overly worried about that until my father was diagnosed with diabetes.

Then, since my dad’s health became a priority, I knew it was my job to help my mother whip up some new magic in the kitchen simply, conveniently, and naturally. I needed to create delicious recipes with ingredients my family loved. Finished dishes needed to be diabetes-friendly for my dad, while meeting my mother’s high expectations for great taste and ease of preparation. And I wanted to share what I had learned about the importance of choosing natural and organically grown foods. The end result: *The All-Natural Diabetes Cookbook: The whole food approach to great taste and healthy eating*.

Making healthier food choices is an obstacle for some people with diabetes. One big reason: people don’t want to give up flavor to eat better. But they shouldn’t have to. *The All-Natural Diabetes Cookbook* provides everyday favorites for everyday people with the addition of whole food nutrition and flavor, not subtraction of taste. More and more people are realizing they don’t have to give up eating deliciously to eat nutritiously. They’re learning how to choose natural, unprocessed foods. It’s a trend that’s growing, since using the freshest, least processed foods provides a way for people with diabetes (and their families) to eat healthfully, naturally, and deliciously—finally!

Today, natural cooking is a true passion of mine. So, whether you’re just now learning diabetes-friendly cooking or have years of experience with it, I encourage you to take a taste tour with *The All-Natural Diabetes Cookbook*. I hope that natural cooking becomes a passion of yours—or at least an enjoyable part of your food life. I know you’ll find these recipes enjoyable for everyone you know, with or without diabetes. I’m so pleased to have this opportunity to pass them on to my family—and to yours.

Jackie Newgent, RD

ACKNOWLEDGMENTS

I have many people to thank for their generous time, energy, and support of this project—and for helping me fully pursue my passion for great taste and healthy eating.

I'm grateful to:

My mother, for all she taught me about the importance of high-quality foods and the love of fine cooking.

My father, the true inspiration for this cookbook.

My bighearted sister, Rebecca Newgent, for her help in retesting several of the book's recipes, and my generous brother, Jim Newgent, for his creative, strategic thinking.

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My fabulous friends in New York for being so supportive—and understanding when I made my cookbook a priority. Tremendous thanks to Lisa Drayer, MA, RD; Lori Ferme; Leah McLaughlin; Patrick Kruchten; Alyssa Gelbard; Marnie Lobel; Jacinthe Babin; Yanick Desmarais; Erika and Scott Pintoff; Rachel Sanzari, MS, RD; and May Musk, MS, RD.

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Beth Shepard, my agent—and cheerleader.

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Thanks so much to all!



INTRODUCTION

The overriding food philosophy of *The All-Natural Diabetes Cookbook* is “fresh best.” I’ll show you how to use natural ingredients, whole foods, and plenty of seasonal fresh fruits, vegetables, and herbs in your cooking, as well as fresh meats, seafood, and poultry. The primary focus of these recipes is on taste and nutrition. I also keep in mind that most people want recipes to be as fast and easy to make as possible. “Natural” convenience foods, like prepackaged salad greens or organic canned beans, help save time. Most recipes serve four and can be easily halved to serve two. Plus, nutritional facts accompany the recipes to help you fit them into your healthy meal plan.

ALL FOODS CAN FIT

It’s time to change the “good vs. bad” food philosophy a little. Overly processed, artificial, and saturated fat-laden foods are still not healthy. But you can include many more of your former favorites in a healthy meal plan than you once thought. Surprisingly, sugar, butter, and high-fat cheese are all used in this cookbook! When enjoyed in moderation, these foods can be part of a balanced, nutrient-rich meal plan for people with diabetes. And they can add so much enjoyment to healthful eating. I’ll show you how to include great-tasting ingredients in just the right quantities, using cooking techniques that maximize their flavor. Your job is to make sure you choose the most natural ingredients you can. An “all foods can fit” approach is at the heart of these recipes. It’s the most realistic philosophy when it comes to healthy eating for a lifetime.

INGREDIENT HIGHLIGHTS

Since flavor is so important to me, I use ingredients differently than in the typical cookbook for people with diabetes. Here are some highlights.

- I use foods with “good” fats, such as extra virgin olive oil, avocados, and almonds, in the Mediterranean style. That means they’re used more liberally than in typical low-fat diets. All my recipes have zero trans fat.
- I include butter and regular cheeses in small amounts when needed to make a dish rich and flavorful.
- I keep reduced-fat and other nutrient-modified foods to a minimum. I’ll use them when they contain nothing artificial and when the dish’s overall flavor appeal isn’t affected by their use.
- I almost always use whole grains and other unrefined versions of foods. Occasionally I’ll include naturally refined grains and refined grain products, such as ciabatta bread, for better taste, texture, or tradition. And I balance them with other ingredients to help them fit well into a healthy meal plan.
- I use honey and sugar in small amounts, since people with diabetes can enjoy sweets when they plan to include them.
- I call for plenty of fresh fruit and other nutritious, naturally sweet foods in the

recipes.

- I don't use any artificial or nonnutritive sweeteners, keeping the recipes as natural as possible.
- I encourage the use of organic products. They're grown with fewer pesticides and chemicals, and are usually fresher and taste better. You can find organic versions of most foods and beverages these days.

BONUS FEATURES

You'll notice some bonus features throughout the recipes, too. There are easy-to-identify recipe symbols used throughout the cookbook to assure there's something to fit everyone's needs.



is for quickest-to-fix dishes; they generally require 20 minutes or less to prepare —from start to finish.



means the recipe is vegetarian—eggs and dairy may be included. Some are suitable for vegans, too—no animal products included.

Each recipe may also have tips on choosing ingredients, cooking techniques, timesaving tricks, and party planning. These tips include:

- Fresh Fact
- Food Flair
- Fast Fix
- More Than Four?

WHAT'S NATURAL?

There's currently no standardized definition for the term "natural" that applies to all foods and beverages. The USDA has one for meat and poultry products: they can only be "natural" if they contain no artificial or synthetic ingredients and are minimally processed. While we wait for other products to be defined similarly, don't be misled by "natural" marketing gimmicks. My own goals in writing this book are that ingredients

- Contain no artificial or synthetic ingredients, flavors, or colors, including naturally "bleached" ingredients
- Be no more than minimally processed
- Contain no hydrogenated fats and zero grams trans fat
- Contain no meat, poultry, eggs, or dairy products from animals given antibiotics
- Contain no swordfish, shark, tilefish, king mackerel, or other fish with a high mercury content *Choose products from animals raised without added growth hormones, if possible. However, by federal law, hormones aren't allowed to be given to poultry and hogs. So U.S. poultry (chicken and turkey) and pork are already free of added hormones.

WHAT'S ORGANIC?

Organic food is produced by farmers who emphasize the use of renewable resources and the conservation of soil and water to enhance environmental quality. It's produced without using most conventional pesticides; fertilizers made with synthetic ingredients or sewage sludge; bioengineering; or ionizing radiation. Organic meat, poultry, eggs, and dairy products come from animals that are given no growth hormones or antibiotics.



Look for the word “organic” and this seal to indicate organic packages of meat, cartons of milk or eggs, cheese, fresh produce, and other single-ingredient foods. (You might see a sign above organic produce sections. For foods with more than one ingredient, you’ll probably see percentages of organic ingredients included, such as “made with at least 70% organic ingredients.”)

The USDA Organic seal on food labels tells you that a product is either 100% organic or 95–100% organic. Though organic foods can be more costly than conventionally produced foods, I think you’ll find them worth any added expense. You’ll notice that I call for organic canned foods in this cookbook. That’s a good place to start. Later, try adding organic frozen foods ... organic produce can be next. Set a personal goal to make half of your food and beverage choices organic, if possible. Your body and taste buds will thank you.

NATURAL VS. ORGANIC

“Natural” and “organic” aren’t the same thing. Organic refers to an agricultural growing method, not a health claim. Organic food differs from conventional produced food in how it’s grown, handled, and processed, but that doesn’t mean it’s always preservative-free or all-natural. Natural products are ideally free of added chemicals and preservatives, are minimally processed, and may have organic ingredients.

The idea is to aim to eat as naturally as possible. This will help assure that your body is getting the nutrients it needs, not the chemicals, calories, and fat it doesn’t. Read all food labels carefully. When shopping for natural foods, don’t automatically assume that you need to head to a health food store. The best-tasting products may come from small, local farmers who grow products and raise animals organically. Shop at nearby farmers’ markets regularly. You’ll have the highest quality ingredients at fair prices and wonderfully fresh, seasonal fruits, vegetables, herbs, meats, cheese, and more.

Buy natural foods whenever you can. Buy organic foods selectively and whenever you can afford them. We’ll all have more sustainable communities and more delicious, nutritious food on our plates. (For more information on buying natural foods, visit my website, jackienewgent.com.)

BEWARE OF THE DIRTY DOZEN

The USDA doesn't claim that organically produced food is more nutritious or safer than conventionally produced food. However, according to the Environmental Working Group (EWG), it's best to go organic when buying certain fruits and vegetables, as research finds it can reduce your exposure to chemicals found in conventionally produced food. The EWG has a list of the "dirty dozen," which is based on pesticide residues. So, try to choose organic when buying apples, bell peppers, celery, cherries, imported grapes, lettuce, nectarines, peaches, pears, potatoes, spinach, and strawberries.

ACHIEVING HIGH-FLAVOR DISHES NATURALLY

One of the missing components in many diabetes cookbooks is great flavor. Luckily, that's the highlight of *The All-Natural Diabetes Cookbook*. Below are 20 techniques that will help you love your food. Most of these tips are already incorporated into the cookbook, but use these suggestions at home to give your own recipes a high-flavor makeover.

- 1 Be liberal with herbs.** Herbs are in the vegetable category, after all. For the freshest, most flavor, add fresh herbs toward the end of the cooking process or just before serving a dish.
- 2 Spice it up.** Kick up flavors one spice at a time. Begin by adding 1/4 tsp of your spice per recipe—and increase it from there.
- 3 Marry in marinade.** Marinating ingredients to be cooked can help boost nutrition, texture, and taste. If you're marinating at room temperature, marinate for no more than two hours. For marinating poultry in buttermilk or yogurt.
- 4 Go nuts—and seeds.** Nuts and seeds add rich flavor, texture, visual appeal, and, well, nuttiness. Go for even more flavor by pan-toasting nuts and seeds first. Scatter roasted sunflower seeds or toasted almonds onto nearly any salad.
- 5 Get saucy with it.** Even when recipes don't call for it, plop in a few drops of sauce, like hot sauce. It heightens flavor—and you might be able to cut out added salt. Sprinkle a few drops of Worcestershire, hot pepper, or naturally brewed soy sauce into low-sodium soups and stews.
- 6 Drizzle and sizzle.** Experiment with aromatic oils, like toasted sesame, truffle, or hot chili. A little healthy fat can go a long way in added flair. Instead of butter or sour cream, drizzle truffle oil onto baked, roasted, or mashed potatoes.
- 7 Say "cheese, please."** Top healthful dishes with high-flavored, high-fat ingredients, such as cheese. When it's so flavorful, very little is needed, making it easy to create a dish that's both healthful—and more enjoyable. Stir crumbled blue cheese or feta cheese into plain yogurt to use as a sandwich condiment.
- 8 Use the yolk occasionally.** The yolk is the most nutrient-packed part of the egg—and the tastiest. Many mixed dishes will be a bit richer by adding an egg or by using one whole egg instead of two egg whites. Enrich lean ground chicken or turkey burger mixture with a beaten egg.

-
- 9 Splash with acid.** Balance and uplift flavors with citrus juices, vinegars, or wines. Try matching by color. Lemon pairs well with fish; orange with chicken; red wine with beef. Add a few splashes of aged balsamic or red wine vinegar into bottled spaghetti sauce when serving or to fresh tomato slices when serving.
- 10 Reduce and seduce.** Reductions magnify flavor and can create thickness for a more satisfying mouth feel. Simmer a creamy, low-sodium, low-fat carrot, butternut squash, or other vegetable soup until it's extra thick. Use it as a sauce instead of a soup.
- 11 Grill with flair.** Charcoal grilling is a popular cooking technique. It's healthful since no added fat is required. Make it more flavorful by adding woods, herbs, and spices to the coals. Grill boneless, skinless chicken breasts over aromatic woods, such as mesquite. Add rosemary, thyme, or cinnamon sticks, too.
- 12 Brown it.** The browning of vegetables is called caramelization. Besides adding rich color, it adds a savory sweetness, too. Caramelize onions and serve on top of lean burgers, stir-fry, or steamed rice, or add to plain broth to make onion soup.
- 13 Boost the beans.** Beans add good nutrition, fiber, and texture to meals. They're versatile. Plop canned beans into pasta sauce, soups, stews, salads, and stir-fry dishes. Use beans in hummus, as a lovely sandwich spread. Mash cooked black beans and serve as a "bed" for entrées, like roast pork loin. (There's no need to rinse canned beans—which can remove a small amount of nutrients—unless you need to watch your sodium intake. In that case, rinse well away—it can reduce the sodium content of the beans by 50%!)
- 14 Be big with veggies.** Along with nutritional goodness, vegetables add texture, visual appeal, and natural savoriness (and sometimes sweetness) to meals. Enjoy veggies as entrées or sides often. Pile sandwiches high with raw or grilled veggies. Use low-sodium vegetable oil or juice for preparation of whole wheat couscous, bulgur wheat, or brown rice.
- 15 Flavor with fruit.** Fruits add texture, visual appeal, and natural sweetness—plus antioxidants and nutrition. If a fruit is out of season, use frozen fruit since it's healthful, too. Serve salads with sliced pears or apples. Puree berries or other fruit with equal parts oil and vinegar for a fruit vinaigrette. Make a salsa with diced peaches, onion, red bell pepper, and mint; serve with grilled fish or chicken.
- 16 Make it hot, hot, hot.** A touch of "heat" takes flavor appeal to the next level. It adds excitement and enjoyment to foods—especially those that are low in fat or sodium. Top grilled fish or poultry or meat with spicy salsas. Puree jalapeño pepper into hummus or other bean dips. A hot sauce can brighten the flavors of soups and most other savory foods.
- 17 Whip it good.** Whipping up soft silken tofu in a blender creates a velvety smooth, soy-based flavor carrier and volume extender for sauces, salad dressings, dips, and more. While whisking, add other flavorful ingredients, like balsamic vinegar and fresh basil, and use as a sandwich spread, condiment, dip, or salad dressing.
- 18 Eat tea.** Brew tea and use in vinaigrettes or as a poaching or other cooking liquid. It adds a unique flavor and golden color. Use tea as the main ingredient in a marinade to help chicken breast develop a golden color.
- 19 Up the umami.** Umami is considered the fifth taste. It adds scrumptious savoriness to dishes. Be sure to stock your kitchen with naturally rich, high-umami foods—and be sure to use them (see sidebar).
- Allow overnight mingling.** Cooking in advance and refrigerating overnight allows flavors to mingle in many mixed dishes. And it saves time on the day you plan to serve the food.

UPPING UMAMI ... NATURALLY

Umami is one of the five basic tastes (the others are sweet, salty, sour, and bitter). Umami is derived from the Japanese words *umai*, which means “delicious,” and *mi*, which means “essence.” Many people describe its taste as “meaty” or “savory.” By including high-umami ingredients in healthful cooking, you’ll naturally be adding savory satisfaction. Stock your kitchen with these foods rich in umami. Be sure to pick natural varieties of these foods, too.

- Aged balsamic vinegar
- Aged cheeses, including blue and Parmigiana–Reggiano cheese
- Beef
- Black beans
- Broth/stock, chicken and beef (reduced-sodium)
- Eggs
- Mushrooms, fresh and dried, such as morel, shiitake, and portabella
- Peas, fresh or frozen
- Red wine
- Sea vegetables (seaweeds)
- Seeds and nuts, including sunflower seeds and almonds
- Sauces, like Worcestershire, black bean, soy, and Asian fish sauces
- Shellfish and dark-fleshed fish, including salmon and anchovies
- Soy products, including miso and tofu
- Tomatoes and tomato products
- Truffle oil

33 NATURAL, NO-FUSS COOKING AND BAKING TIPS

Some people are worried that cooking more healthfully will take more time. It doesn't have to! Most recipes in *The All-Natural Diabetes Cookbook* are already quick to fix. And here are 33 suggestions you can use at home to make your own recipes speedier and easier to prepare.

Gather your *mis en place* [MEEZ ahn plahs]. This is a French cooking term that means “everything in its place.” Measuring or portioning ingredients in advance, and organizing them in the order that you need them, will make your efforts more efficient and enjoyable. I do this for me!

1

Pick nonstick. Using nonstick cookware can help prevent foods from sticking, making cleanup and clean-up less stressful. Natural cooking spray can help, too. Make your own cooking spray if you can—you'll need to buy a pump-spray bottle and select the oil. And for best results, consider spraying the food, not the pan, when you can.

2

- 3** **Skinny-size it.** The skinnier the ingredients to be cooked, the speedier the cooking process. For instance, ~~make paillards by pounding pieces of poultry, meat, or firm fish until very thin~~—quicker sautéing or grilling—and more plate coverage. Choose skinny, pencil-like asparagus stalks instead of those as thick as your thumb.

Mix it up. Create pancake, cookie, muffin, or spice mixes when you have a spare moment; you'll save time when ready to fix. Create several batches at once, too. Make your own oatmeal cookie mix by measuring flours, baking powder, and salt; make oatmeal cookie mix by measuring oats, flour, baking powder, and salt. Label, date, and store each mix in a well-sealed plastic bag or jar for weeks.
- 5** **Freeze for ease.** When fruits, like raspberries, aren't in season, or you don't want to mess with peeling or slicing whole fruit, use frozen fruits. They're a nutritious substitute for fresh. The same applies to veggies like peas or corn, also.

Love your leftovers. Even when recipes call for freshly prepared ingredients, leftovers often work perfectly—and be speedier. Chicken salad, for instance, tastes wonderful with roasted chicken leftovers. If it's already seasoned, just adjust other seasonings in the recipe accordingly. Also, a grilled veggie sandwich is delicious made with vegetables grilled 10 minutes, two hours, or two days in advance.
- 7** **Don't kick the can.** Use organic canned beans, tomatoes, or corn to save time. These are best when canned when in-season, at their peak of ripeness, nutritional value, and flavor. When going organic, there's usually just water and sometimes salt or sea salt added. So, it's still nutritious. And it can be more nutritious than fresh produce that's out of season—or had to travel hundreds of miles to reach you.
- 8** **Befriend your butcher.** Befriend your fish monger, too. He or she can cut roasts and steaks "to order" for you. All of the guesswork and trimming time is taken care of for you. It'll also save you the need for an extra cutting board at prep time, as well.
- 9** **Similar-size it.** When ingredients are about the same size, they can be cooked about the same length of time. That's true from cookies to kebabs and poultry to potatoes. One example: if you're roasting baby potatoes, but some aren't baby-sized, cut them into similar-size pieces or halve the largest ones. This'll provide more even—and faster—cooking.
- 10** **Do it yourself.** Don't spend too much time hunting at the supermarket for specialty ingredients. Make your own versions. For instance, add a few drops of hot pepper sauce to regular Dijon mustard to create spicy mustard. Stir a little honey into regular mustard to create honey mustard.
- 11** **Use utensils wisely.** Use a chef's knife instead of dirtying a food processor for small tasks. Choose a small ice cream or cookie scoop for forming perfectly sized meatballs. Use a grapefruit spoon for super-easy tomato or melon scooping.
- 12** **Don't do it yourself.** A growing number of prepackaged, prewashed, presliced, and preportioned food choices are now available. They're ideal when time is of the essence. Be sure to buy those that are natural, too. Prepackaged baby spinach, pregrilled chicken breasts, and single-serve milk cartons and yogurt containers are all popular time-savers.
- 13** **Give into commercials.** Some major food companies have natural foods. So, don't judge a food just by company name. Foods that are TV commercial stars may be healthful, too. These can help expand the array of choices available to you—and save specialty shopping time.

Fill the fridge. Many ingredients, parts of recipes, and entire recipes can be made one to three days in advance. Bake potatoes, wrap, and chill. They're ready for reheating or use.

14 mashed potato recipe any time for the next couple of days. Slice or dice veggies, like bell peppers, onions, and zucchini, up to a day before you need them. Keep well sealed and refrigerated. Prepare and refrigerate soups, sauces, and stews uncovered, overnight. Fat solidifies or separates when chilled—which you can then remove.

15 **Mix 'n' mingle.** Some foods are actually tastiest when cooked ahead of time and refrigerated overnight. It allows for flavors to mingle—and frees up your time the day you plan to cook the food. Sauces, spreads, and dips are good examples. It's true of pasta, tuna, and chicken salad, too. Be sure to add any crunchy items, like nuts, just before serving.

16 **Chill out.** Baked goods are generally good candidates for freezing. And when you package them individually, it'll be easier to eat just one serving instead of being tempted by more. Bake and freeze muffins, cookies, cupcakes, brownie squares, and cake slices. Place one packaged serving on the counter at room temperature in the morning and it'll be ready to eat in the evening.

17 **Cheat!** Go ahead and take it easy on yourself when cooking—cheating's not always a bad thing. Grab a rotisserie chicken from the grocery store, remove the skin, and pull the chicken from the bone to use in a quick-cooking recipe.

18 **Let it lie.** Having a lazy, stay-at-home Sunday? If so, take a few minutes and prepare items that can be stored in airtight containers and kept on the counter for the week. Pan-toast nuts, homemade granola. Premix dry ingredients for pancakes, muffins, and more.

19 **Marinate in minutes.** Often a marinade is mostly for flavoring, not tenderizing. When that's the case, use half of it to marinate in minutes, rather than hours. Use the other half as a basting liquid during cooking or dipping sauce at the table. (Just make sure you never reuse marinade the meat's been soaking in.)

20 **Procrastinate.** When a recipe seems lengthy, do some of it today and save some of it for tomorrow. Review the recipe first to determine what can be done in advance.

21 **Grill in.** Too cold outside, no gas in the tank, or no desire to mess with charcoal briquets? Grill inside, not out. There are indoor electric and gas grills, grill pans, and panini-style grills from which to choose. Whichever you use depends on what you plan to grill. Broiling is a speedy alternative, too.

22 **Have a two-way.** Grain dishes are often tasty served hot or cold. Couscous, quinoa, and other side dishes are prime examples. Serve it hot the first day, then chill the leftovers. The next day, squirt the dish with fresh lemon juice and serve it as a cool side salad.

23 **Be boring.** Variety isn't always the spice of life. When a recipe calls for four types of beans, three types of bell peppers, or two types of berries, it's often for color variety. But the recipes will still taste good with one type of bean, bell pepper, or berry. It'll save shopping time, prep time, and maybe money, too.

24 **Spend money, save minutes.** If you put a dollar value on your time, it can be cheaper in the long run to purchase certain specialty products. For instance, instead of making homemade yogurt cheese, spend the extra few dimes on store-bought Greek yogurt—no straining required.

25 **Thaw while you sleep.** When a recipe calls for a frozen item to be thawed, don't wait until you're preparing the recipe to do so. Zapping it in the microwave can create a partially thawed, partially still-frozen mess. And thawing on the counter is unsafe for many foods. Instead, thaw items overnight in the fridge while you're dreaming. It'll help pre-

potential nightmare at prep time.

-
- 26 Do two (or three) things at once.** Make good use of your time when cooking. Review in advance to determine what should be done first, what can wait for last, and what can be done at the same time. Often while something is cooking, other parts of a recipe or meal can be gathered, measured, and prepped.
- 27 Take a shortcut.** Why buy two ingredients when you can buy one? When a recipe calls for salsa and jalapeño chili pepper, skip the jalapeño and use a spicy salsa instead. If a recipe suggests a mixture of white and dark meat, just use white—and save some calories, too.
- 28 Make more.** If you're a fan of a certain food, make extra one day to have available for the next day or two. If you're a pasta fan, for instance, cook double the noodles. Serve half of it at dinner; toss the other half with a little olive or canola oil, loosely cover, and chill for a pasta salad for lunch or another pasta dish for dinner the next day.
- 29 Eat outside the box.** Don't always think of eggs or oatmeal as breakfast food, or pasta as dinner food. Mix things up. Eggs are easy to fix—and can be part of an absolutely delicious dinner. Leftover pasta can be a balanced breakfast for those willing to think outside the traditional meal box.
- 30 Go off-recipe.** For baked dessert recipes, you need to be pretty precise with measurements. For most other recipes don't usually need to be followed to a tee. For instance, if you can't find heirloom tomatoes, go with vine-ripened beefsteak tomatoes. If you don't like olives, substitute them with sun-dried tomatoes. If you need to limit salt, don't add all of the salt called for in the recipe—up the herbs instead. Make each recipe your own. And have fun in the process.
- 31 Think outside the recipe.** A soup can also be a gravy. An appetizer can be a salad. And a creamy chestnut soup is a delicious soup, but it's a unique gravy for turkey or mashed potatoes. Serve some beef or chicken satays as appetizers, then cube some of the satays and serve in a salad. When one recipe works as two, it saves time—and can add intrigue to your meals.
- 32 Make it a family affair.** Have the entire family pitch in to prepare meals. Kids are more likely to eat healthful foods when they have a role in preparation, too. It's a fun activity. And it provides more time to be together as a family—during meal preparation and at mealtimes.
- 33 Outsource your cooking.** If you have cash to spare, hire a personal chef. Request recipes you'd like her to make from *The All-Natural Diabetes Cookbook*, too. That's called fun cooking, for sure!



THE ALL-NATURAL, DIABETES-FRIENDLY SUBSTITUTION LIST

To make a recipe healthier, ingredient substitutions for cooking or baking are not necessarily tasty substitutions. For instance, using fat-free mayonnaise instead of regular mayonnaise will decrease fat, but will also decrease flavor satisfaction. And unfortunately, these changes can add preservatives or other not-so-real ingredients that your body doesn't need.

Below is a sampling of 10 simple, yet succulent swaps to try at home—naturally! Most of these swaps (and many more) are already used within the recipes of *The All-Natural Diabetes Cookbook*.

INSTEAD OF

TRY

1/4 cup sour cream	1/4 cup low-fat or fat-free plain Greek yogurt (or yogurt cheese; see recipe)
2 Tbsp mayonnaise (for salads)	1 Tbsp mayonnaise + 1 Tbsp plain, low-fat or fat-free Greek or regular yogurt + pinch of lemon zest or splash of hot pepper sauce
2 Tbsp mayonnaise (on sandwiches)	1 Tbsp guacamole or mashed avocado 2 Tbsp hummus or bean dip
1 Tbsp butter (in baking or sautéing)	1 1/2 tsp canola, olive, or other heartfriendly oil + 1 tsp butter
1 cup sugar (in baking)	3/4 cup turbinado sugar + pinch of sweet spice, such as ground cinnamon, and/or extra 1/4 tsp vanilla extract
1 oz regular cheese	3/4 oz high-flavored regular cheese, such as extra sharp cheddar instead of mild cheddar cheese
1 oz chocolate	3 Tbsp unsweetened natural cocoa powder + 1 Tbsp canola oil
1 cup bleached all-purpose flour (in baking)	1/2 cup unbleached all-purpose + 1/3 cup whole wheat flour
1 tsp salt	1/2 tsp sea salt + up to twice the amount of herbs or spices already in recipe
1/4 cup vinaigrette	1/4 cup natural low-fat vinaigrette or puree of 1/4 cup cubed fruit + 1 Tbsp oil + 1 Tbsp vinegar



WHAT'S IN SEASON?

When produce is in season, it's at its peak of ripeness, nutritional value, and flavor. (It's usually least expensive then, too!) While you can find most produce all year long, different varieties of fruits and vegetables peak at different times of the year. . . seasonality and availability will vary in different parts of the country, too.

Keep in mind, if you're having difficulty finding a certain fresh fruit or vegetable, it may be out of season in your area. When out of season locally, it's often better to purchase frozen, not fresh. Frozen produce is picked and frozen at its peak of ripeness, nutritional value, and flavor. See [Resources](#) to find the best time to purchase many popular picks fresh—and at their seasonal best.

FRESH HERB MATCHES

Fresh herbs can add lovely flavor, nutrition, and overall appeal to a dish, but only if you match them well with foods. By using the freshest herbs, you'll be able to use less fat or sodium in a dish. Try some of my all-time favorite herb pairings below.

- Basil** Beans, bread (savory), cheese, eggs, fish, fruits, lamb, pasta, poultry, rice
Vegetables: asparagus, broccoli, cauliflower, celery, cucumbers, eggplant, green onions, parsnips, peas, potatoes, salad greens, spinach, tomatoes
- Cilantro** Avocado, chili
Vegetables: corn, salad greens, tomatoes
- Chives** Beef, cheese, eggs, fish, ham, poultry, rice, soups/stews
Vegetables: asparagus, beets, Brussels sprouts, carrots, corn, cucumbers, potato greens, summer squash, tomatoes
- Dill** Bread (savory), fish, poultry, seafood
Vegetables: asparagus, beets, broccoli, carrots, cabbage, corn, cucumbers, green peas, potatoes, tomatoes, summer squash
- Mint** Chocolate, lamb, pork
Vegetables: corn, cucumbers, green beans, peas, potatoes, tomatoes
- Oregano** Beans, beef, bread (savory), fish, lamb, pasta, rabbit, soups/stews
Vegetables: asparagus, broccoli, corn, eggplant, green beans, mushrooms, onion potatoes, summer squash, tomatoes
- Beans, cheese, eggs, fish, lamb, pasta, pork (including ham), poultry, rice, seafood soups/stews

Parsley	<i>Vegetables:</i> artichokes, beets, cabbage, carrots, celery, corn, cucumbers, mushrooms, onions, parsnips, peas, potatoes, salad greens, summer squash, tomatoes, turnips
Rosemary	Beans, bread (savory), poultry, fish, lamb, pasta <i>Vegetables:</i> broccoli, corn, green beans, parsnips, peas, potatoes, turnips, summer squash
Sage	Cheese, lamb, poultry, rice, soup/stews, venison <i>Vegetables:</i> Brussels sprouts, corn, eggplant, sweet potatoes, tomatoes, winter squash Cheese, eggs, fish, lamb, pasta, pears, pork (including ham), poultry, rice, seafood, soups/stews
Tarragon	<i>Vegetables:</i> asparagus, carrots, cauliflower, celery, corn, dark leafy greens, eggplant, green beans, mushrooms, peas, potatoes, salad greens, summer squash, tomatoes, winter squash Beans, beef, eggs, fish, pork, poultry, soups/stews
Thyme	<i>Vegetables:</i> asparagus, carrots, cauliflower, celery, corn, cucumbers, dark leafy greens, eggplant, onions, summer squash, sweet potatoes, tomatoes, winter squash

SPICE IS NICE

While it's always fun to experiment with spices in cuisine, too much spice can kill a dish—and your taste buds. So try one spice, about 1/4 tsp at a time. Next time, go for more of the same spice—or try using two. Here are some of my favorite spices, along with the foods they go with best.

Allspice	Bread (sweet), fruits (especially apple, cherries), meats, poultry <i>Vegetables:</i> cabbage, carrots, parsnips, peas, sweet potatoes, tomatoes, turnips, winter squash
Cardamom	Bread (sweet), fruits (especially apple, cherries), ham <i>Vegetables:</i> cabbage, mushrooms, sweet potatoes, winter squash
Chili powder	Avocado, chili, eggs, rice <i>Vegetables:</i> corn, cauliflower, green beans, tomatoes
Cinnamon	Bread (sweet), chili, fruit (especially apple, cherries), meats, oats, rice <i>Vegetables:</i> beets, carrots, corn, sweet potatoes, winter squash Beans, beef, cheese, eggs, fish, ham, pasta, poultry, rice, seafood, soups/stews
Cumin	<i>Vegetables:</i> cabbage, corn, cucumbers, eggplant, green beans, sweet potatoes, tomatoes, winter squash
Curry powder	Eggs, poultry, ham, pasta, rice, seafood <i>Vegetables:</i> broccoli, cabbage, carrots, cauliflower, parsnips, peas
Fennel seed	Bread (savory/sweet), cheese, eggs, fish, onions, pasta, pork, rice <i>Vegetables:</i> cabbage, celery, onions, peas, potatoes
Ginger	Bread (sweet), fish, fruits (especially apple, orange, peach), pork (including ham), poultry, rice <i>Vegetables:</i> asparagus, beets, cabbage, carrots, sweet potatoes, tomatoes, winter squash Beef, bread (savory/sweet), cheese, fruits (especially apple, cherries), pork (including ham), poultry
Mace	<i>Vegetables:</i> beets, broccoli, Brussels sprouts, cabbage, cauliflower, carrots, celery

	dark leafy greens, eggplant, parsnips, sweet potatoes, turnips, winter squash
Nutmeg	Bread (sweet), cheese, fruits (especially apple, cherries), pork, poultry <i>Vegetables:</i> asparagus, broccoli, cabbage, cauliflower, dark leafy greens, eggplant, green beans, mushrooms, onions, parsnips, potatoes, sweet potatoes, tomatoes, squash
Saffron	Beans, bread (savory/sweet), fish, pasta, poultry, rice, seafood, soups/stews <i>Vegetables:</i> corn, cucumbers

MARVELOUS MENUS: 16 SIMPLE, SEASONAL, AND SCRUMPTIOUS MEALS

Pick your season . . . then pick a menu. Many are ideal for special occasions. But don't feel you need to stick to the meal theme. Sit down to a holiday dinner any day. Celebrate Fat Tuesday on a Wednesday. Have a Super Bowl feast while watching the Academy Awards. Each deliciously easy menu includes one serving of a fabulous recipe from this cookbook.



Lovely Ladies Luncheon

This is ideal to serve for Mother's Day—but men will enjoy this beautifully balanced meal, too.

- **Caramelized Anjou Pear, Sage, and Gorgonzola Quesadilla**
- 3 oz roasted chicken breast
- 1 cup each steamed broccoli and cauliflower florets

Spring Break Breakfast

Take a vacation from your breakfast routine with this sunny start to your day—even if it's a not-so-sunny day.

- **Blanco Huevos Rancheros**
- 1 fresh peach
- 1/4 cup organic low-fat cottage cheese

Cinco de Mayo Fiesta

Celebrate this spring holiday with a little sangria, too.

- 2 cups baby spinach salad with 1–2 Tbsp natural low-fat raspberry or other fruit vinaigrette
- **Tequila–Lime Chicken with Spinach Fettucine in Creamy Jalapeño Sauce**

- 1 cup cooked sliced red or yellow bell peppers
-

Memorial Day Dinner

Add worldly flair to your next meal with a bountiful bowl of interesting flavors, colors and textures. Don't forget the chopsticks. And, if you can, sip a spirit with your soba.

- 2 cups baby arugula or field green salad with 1–2 Tbsp natural low-fat balsamic vinaigrette
- [Asian Sesame Soba Noodle Bowl with Bell Peppers and Snow Peas](#)
- 2 oz grilled lean filet mignon, thinly sliced and served on top of the noodles



Beach Bag Lunch

Headed to the beach? You'll be refreshed by this light Mediterranean lunch. No utensils are required.

- [Stuffed Lemony Hummus Pita](#)
- 1 cup English (hothouse) cucumber slices with skin
- 1/2 cup cherry or grape tomatoes
- 10 unsalted almonds or 1/2 oz nut mixture
- 1 fresh plum or fig

Red, White, & Blue Cookout

Celebrate your Independence Day with fireworks for your palate.

- 1-oz slice low-fat blueberry bread or muffin
- 3 oz spice-rubbed grilled wild salmon
- 10 grilled cherry tomatoes on skewers
- 10 grilled white onion wedges on skewers, brushed with 1 tsp extra virgin olive oil
- [Balsamic Strawberries](#)

It's Too Hot to Cook

Who needs soup and salad—or sandwich and salad? How about salad and salad? Better yet, try this salad, salad and salad!

- [Bow Tie Macaroni Salad](#)
- 2 cups baby field green salad with 1–2 Tbsp natural low-fat balsamic or raspberry vinaigrette
- 1 cup mixed berries fruit salad

Right-Sized Bikini and Swim Trunk Meal

Need to squeeze into that bathing suit? Just dive into these light, yet luscious bites and

you won't need to fret about its itsy-bitsy-ness.

- 1/2 cup shelled edamame
- **Fresh Tarragon Chicken Salad with Almonds on Marble Rye**
- 15 red seedless grapes



Fall Fruit Harvest Breakfast

Savor a fresh fall fruit in each bite. Kids will even give this brightly flavored meal a “A” as their back-to-school breakfast favorite.

- **Granny Smith Breakfast Sausage Patties**
- 1 piece whole wheat toast with 1 Tbsp mashed banana
- 1/2 cup plain, fat-free yogurt stirred with 3 Tbsp mashed banana and 1/2 cup blueberries

Spooky Halloween Supper

Here's a scary, yet lip-smacking dinner for this trick-filled holiday.

- **Simple Gazpacho** (call it “Chilled Blood Sipper”)
- 1 boiled egg, halved, lightly drizzled with 2 tsp organic ketchup (call it “Screaming Eyeballs”)
- 1 cup organic low-fat vegetarian chili, served with a cinnamon stick (call it “Witch's Goulash”)
- 5 large black olives (for your fingertips!)

Election Night Nibbles

Go vote! Then plan on a no-cook dinner that's ideal for grazing, tapas-style throughout the exciting (or frustrating) election night news coverage.

- 6 cooked, chilled, large shrimp with 2 Tbsp cocktail sauce
- 1/2 oz soy chips or crisps, flavor of choice, or plantain chips
- 1 cup raw veggie sticks, such as jicama and mixed bell peppers
- 1 small apple or pear
- 1 oz unsalted nut mixture
- **Pomegranate Martini** (to toast the winners—or losers!)

Thanksgiving Dinner Anytime

Thanksgiving is such a delicious day. Enjoy its flavors any time you wish, with family or friends you're thankful to have.

- **Creamy Chestnut Soup**
- 3 oz roasted, sliced turkey breast with 2 tsp cranberry sauce
- 1/2 cup mashed pumpkin or sweet potato with 1/2 tsp butter

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