



# Eating Delicious, Eating Healthy

**Diabetes Education & Nutrition Clinic**  
UW Medicine | VALLEY MEDICAL CENTER

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# Vegetable Frittata

## INGREDIENTS

- 2 teaspoons olive oil
- 1/2 cup coarsely chopped broccoli florets
- 1/2 cup sliced fresh mushrooms
- 1/2 cup chopped carrot
- 1/4 cup chopped onion
- 6 egg whites
- 3 whole eggs
- 2 tablespoons fresh basil
- 1/4 teaspoon salt (try reducing)
- 1/4 teaspoon ground black pepper
- 1/3 cup shredded part-skim mozzarella cheese

## INSTRUCTIONS

1. Preheat broiler. In a broiler-proof medium skillet, heat oil over medium heat. Add broccoli, mushrooms, carrot and onion; cook for 7 to 8 minutes or until crisp-tender, stirring occasionally. (If vegetables start to overbrown, reduce heat.)
2. Meanwhile, in a medium bowl, whisk together egg whites, eggs, basil, salt and pepper. Pour egg mixture over vegetables in skillet. Cook over medium heat. As mixture sets, run a spatula around edge of skillet, lifting egg mixture so uncooked portion flows underneath. Continue cooking and lifting edge until egg mixture is almost set and surface is just slightly moist. Sprinkle with cheese. Broil 4 inches from the heat about 2 minutes or until top is lightly browned and center is set. Let stand for 5 minutes before serving.

*Serves 4: 141 calories, 5 grams carbs, 8 grams fat, 13 grams protein*



# Oopsie Pancakes

## INGREDIENTS

- 6 egg whites
- 1/2 – 1 cup cottage cheese
- 1 cup oatmeal
- 2 tablespoons psyllium husk (husk or powder, a form of fiber often found in health food section)
- 1 teaspoon vanilla extract
- Sugar substitute (Truvia, Splenda, Swerve, stevia, etc.) to taste
- Cinnamon, optional

## INSTRUCTIONS

1. Mix all ingredients in a blender.
2. Cook on griddle, using 1/4 cup batter per pancake.

*Makes about 10 pancakes: 50 calories each, 7 grams carbs, 1 gram fat, 2 grams fiber, 6 grams protein*



# Breakfast Mug

## INGREDIENTS

- 1 egg, beaten or 1/4 cup egg substitute
- 1 Swiss Laughing Cow wedge (cut into small pieces) or 1 oz. grated cheese
- 1 Jimmy Dean Turkey Sausage patty (crumbled)
- Salt, pepper, onion flakes to taste
- Cooking oil spray

## INSTRUCTIONS

1. Spray microwave safe mug with cooking spray.
2. Mix egg, cheese, pre-cooked turkey sausage patty and seasoning in mug.
3. Microwave for 30 seconds at a time until eggs are firm.

*Serves 1: 125 calories, 1.9 grams carbs, 5.5 grams fat, 15 grams protein*



# Egg Muffins

## INGREDIENTS

3/4 cup cooked and crumbled sweet Italian sausage  
2 small handfuls fresh spinach, chopped  
9 large eggs  
1/3 cup milk  
1/3 cup shredded cheese  
Salt and freshly ground black pepper, to taste  
Salsa

## INSTRUCTIONS

1. Preheat the oven to 350 degrees F. Spray 12 muffin cups with nonstick spray.
2. After cooking the sausage, scoop it into a paper towel-lined bowl to drain and cool, then wipe out the pan with a paper towel. Quickly cook the spinach in the same pan, just until wilted. Let it cool, then squeeze any excess moisture out of it.
3. In a medium bowl, whisk together the cooled sausage and spinach with the eggs and milk. Scoop into the prepared muffin tins almost to the top. Sprinkle cheese on top. Then sprinkle with salt and pepper.
4. Bake 25 to 30 minutes, or until egg is cooked through. Easy way to check the egg: touch the middle of the muffins—if they are still wet and gooey, they'll need a little more time in the oven. They should feel cooked through.
5. Serve egg muffins immediately—with salsa, if desired.

Optional add-ins: Tomatoes, mushrooms, bell peppers, broccoli, green chilies, turkey bacon, chicken sausage

*Makes 12 muffins: 87 calories each, 3 grams carbs, 6 grams fat, .5 gram fiber, 7 grams protein*



# Low Carb Protein Crepe

## INGREDIENTS

1 scoop vanilla protein powder

1/4 cup egg whites

Splash of milk or  
unsweetened almond milk

Sugar substitute to taste  
(Truvia, Splenda, Swerve,  
stevia, etc.)

## INSTRUCTIONS

1. Spray pan with non-stick spray.
2. Blend together protein powder, egg whites and Truvia.
3. Pour batter on pan and cook on low until bubbles appear.
4. Flip or fold in half and cook until done.
5. Top with sliced berries or any nut butter, cinnamon, etc.

*Makes one serving (about six 3.5" mini pancakes): 196 calories, 9 grams carbs, 2.5 grams fat, 35 grams protein*



# Banana Pancake

## INGREDIENTS

1/3 cup oat flour or ground oats

1 scoop of vanilla or unflavored whey protein powder

1/4 cup milk (skim, almond, etc.)

1/2 teaspoon baking powder

1 banana, mashed

1 egg white

1 teaspoon vanilla extract

2 teaspoons granulated sugar substitute (Truvia, Splenda, Swerve, etc.)

## INSTRUCTIONS

1. In a mixing bowl, combine all dry ingredients together with a whisk.

2. In a separate bowl, combine the egg, banana and almond milk.

3. Gently pour the wet ingredients into the dry ingredients while mixing with a rubber spatula until just combined. Do not over-mix.

4. Heat a large skillet over medium heat and coat with cooking spray. Pour 1/4-cup rounds of batter onto the skillet, and cook until bubbles appear on the surface, about 3 minutes. Flip with a spatula, and cook for another 2 – 3 minutes.

*Makes 1 serving: 332 calories, 23.8 grams carbs, 8.7 grams fat, 6.6 grams fiber, 41.9 grams protein*





# Honey Mustard Broccoli Slaw

## INGREDIENTS

- 3 tablespoons light mayonnaise
- 2 tablespoons nonfat plain Greek yogurt
- 2-1/2 tablespoons spicy brown mustard
- 1-1/2 tablespoons apple cider vinegar
- 2 teaspoons honey
- Fresh cracked black pepper, to taste
- 1 12 oz. bag broccoli slaw, about 5 cups
- 1/3 cup green onions, chopped (green part only)

## INSTRUCTIONS

1. In a small bowl, mix together mayonnaise, yogurt, mustard, vinegar and honey. Refrigerate until ready to serve.
2. Just before serving, add broccoli slaw and scallions to a bowl. Toss with dressing.

*Serves 8, 1/2 cup: 40 calories, 5 grams carbs, 2 grams fat, 0.7 grams protein*



# Peanut Broccoli

## INGREDIENTS

- 1 lb. broccoli florets
- 1 carrot, diced
- 2 tablespoons olive oil
- 1/4 cup roasted and chopped peanuts
- 1 small shallot, finely chopped
- 1 teaspoon soy sauce
- 1 green onion (green parts only, thinly sliced)

## INSTRUCTIONS

1. Steam or lightly boil broccoli and carrots 3 – 4 minutes, uncovered.
2. Transfer to bowl of ice water. When cool, dry on paper towel.
3. In skillet, combine oil and peanuts and cook on medium heat 4 – 5 minutes until golden brown.
4. Stir in shallots and cook 1 minute.
5. Stir in broccoli, carrots and low sodium soy sauce, season with pepper to taste.
6. Cook until heated through and broccoli is coated with nut mixture.
7. Garnish with green onion.

*Serves 4, 1 cup each: 179 calories,  
17.3 grams carbs, 5.7 grams fiber,  
10.1 grams fat, 6.8 grams protein*



# Zucchini Bruschetta

## INGREDIENTS

### Zucchini Boats

4 large zucchini

Olive oil spray

A little salt and pepper

Garlic powder

### Tomato Topping

2 cups grape or cherry tomatoes, sliced in half or fours

2 tablespoons balsamic vinegar

1/2 tablespoon extra virgin olive oil

1/2 teaspoon salt

1/2 teaspoon garlic powder

Fresh ground pepper, to taste

### Cheese Topping

8 teaspoons Parmesan cheese

## INSTRUCTIONS

1. Preheat oven to 400 degrees F. Line a baking pan with foil.
2. Cut each zucchini in half. Using a small spoon or melon baller, scoop out middle section of the zucchini halves to form a boat, leaving a thin shell on each half. Cut each piece in half again. This will make 16 pieces.
3. Place on baking sheet. Spray with olive oil spray. Sprinkle each with a little salt, pepper and garlic powder. Bake for 15 – 20 minutes until soft.
4. To prepare the tomato topping: In a medium bowl, toss together all tomato topping ingredients except Parmesan cheese. Mix well. Refrigerate until ready to use. Stir well before stuffing the zucchini boats.
5. When zucchini is baked, stuff each with about 2 tablespoons of tomato topping. Some will take a bit more. Drizzle balsamic mixture over each, using all of it. You can go back to each and drizzle a little more. Sprinkle the top of each piece of zucchini with 1/2 teaspoon grated Parmesan cheese.
6. Place back in oven and bake for 5 minutes.
7. Just like bruschetta, serve these on a little plate. They do fall apart a bit while eating them.

*Makes 16 pieces: 23 calories, 1.3 gram carbs, 1 gram fat, 1 gram fiber*

# Vegetables at Lunch

For low carbohydrate sandwiches, choose small, whole grain bread, tortillas, pitas and rolls, keeping total carbohydrates to 30 grams or less.



## Egg vegetable salad wrap

Cucumber, yellow squash, carrot, red onion, green lettuce



## Curried chicken salad

Green onion, tomato, lettuce or spinach



## Chopped salad in a pita

Cucumber, cauliflower, broccoli, red pepper, red onion, parsley, plum tomatoes



## Tuna salad

Celery, onion, capers, carrots, mixed salad greens



## Shredded pork sandwich

Shredded broccoli (broccoli slaw mix)



## Chicken pockets

Chicken, tomato, onion, lettuce



## Grilled vegetable pita

Mushrooms, red and yellow peppers, tomatoes, greens



## Roasted tofu and veggie

Cucumber, tomato, onion, lettuce



## Tuna and slaw tostada

Broccoli slaw and coleslaw mix



# Turkey Lettuce Wraps

## INGREDIENTS

- 1 tablespoon olive oil
- 1 lb. ground turkey
- Kosher salt and freshly ground black pepper, to taste
- 2 cloves garlic, minced
- 1 red bell pepper, diced
- 1 small onion, diced
- 1/4 cup hoisin sauce
- 2 tablespoons soy sauce
- 1/2 teaspoon freshly grated ginger
- 3 green onions, thinly sliced
- 1 head butter lettuce

## INSTRUCTIONS

1. Heat olive oil in a saucepan over medium high heat. Add ground turkey and cook until browned, making sure to crumble the turkey as it cooks; drain excess fat and set aside.
2. Add garlic, bell pepper and onion to the saucepan. Cook, stirring frequently, until tender, about 3 – 4 minutes.
3. Stir in hoisin sauce, soy sauce, ginger and ground turkey until well combined. Add green onions and gently toss to combine.
4. To serve, spoon several tablespoons of the turkey mixture into the center of a lettuce leaf, taco-style.

*Per 1/3 cup: 71 calories, 5.3 grams carbs, 2.7 grams fat, 0.5 grams fiber, 6 grams protein*

# Lettuce Wraps



Avocado, tomato, turkey



Salmon and avocado



Turkey burger, onion, cucumber, tomato, cheese



Tuna salad, tomato, avocado, onion



Turkey, avocado, tomato



Thai peanut chicken

# Lettuce Wraps



**Chicken, peppers,  
black beans, avocado**



**Chicken, carrots,  
green onions**



**Mango, corn, tomato salsa,  
spicy shrimp, feta cheese**



**Curried broccoli slaw in  
cabbage leaves**



**Chicken, shiitaki mushrooms,  
water chestnuts, shirataki  
noodles**



**Beef, red peppers,  
green onion**



# Black Bean Burgers

## INGREDIENTS

1/2 onion, chopped small

1 15.5 oz. can black beans, well drained

2 slices bread, crumbled

1/2 teaspoon seasoned salt

1 teaspoon garlic powder

1 teaspoon onion powder

1/2 cup flour

Extra salt and pepper to taste

Oil for frying

## INSTRUCTIONS

1. Sauté the onions until soft, about 3 – 5 minutes.

2. In a large bowl, mash the beans until almost smooth.

3. Add the sautéed onions to the beans, along with the crumbled bread, seasoned salt, garlic powder and onion powder, mixing to combine well.

4. Add the flour a few tablespoons at a time and mix to combine well. Your veggie burger mixture will be very thick.

5. Form the black bean mixture into individual patties, approximately 1/2 inch thick. Tip: Roll a handful into a ball, then gently flatten it.

6. Finally, fry your black bean patties in a small amount of oil over medium-low heat until slightly firm and lightly browned on each side, about 3 minutes.

7. If your pan is too hot, your bean burgers will brown too quickly and not be heated through and cooked in the middle, so adjust the heat as needed.

8. Assemble your veggie burgers and enjoy with all the fixings, or eat them on a plate without a bun, with mustard and ketchup.

*Serves 6: 294 calories, 55.3 grams carbs, 11 grams fat, 11.3 grams fiber, 16.8 grams protein*





# Black Bean Soup

## INGREDIENTS

- 1 tablespoon canola oil
- 1 small onion, chopped
- 1 tablespoon chili powder
- 1 teaspoon ground cumin
- 2 15.5 oz. cans black beans, rinsed
- 3 cups water
- 1/2 cup prepared salsa
- 1/4 teaspoon salt
- 1 tablespoon lime juice
- 4 tablespoons reduced-fat sour cream (optional)
- 2 tablespoons chopped fresh cilantro (optional)

## INSTRUCTIONS

1. Heat oil in a large saucepan over medium heat.
2. Add onion and cook, stirring, until beginning to soften, 2 to 3 minutes.
3. Add chili powder and cumin and cook, stirring, 1 minute more.
4. Add beans, water, salsa and salt. Bring to a boil; reduce heat and simmer for 10 minutes.
5. Remove from the heat and stir in lime juice.
6. Transfer half the soup to a blender and puree. (Use caution when pureeing hot liquids.) Stir the puree back into the saucepan. Just before serving, garnish with tomato, onion, sour cream and cilantro, if desired.

**Make Ahead Tip:** Cover and refrigerate for up to 3 days. Garnish with tomato, onion, sour cream and cilantro, if desired.

*Serves 4, 1-1/4 cup each: 191 calories, 31 grams carbs, 4 grams fat, 9 grams fiber, 9 grams protein*



# Low Carb Stuffed Bell Peppers

## INGREDIENTS

- 4 green peppers, cleaned with seeds and tops removed
- 1 tablespoon extra virgin olive oil
- 1/3 cup onion, chopped fine
- 3 garlic cloves, small to medium-sized, minced
- 1/4 cup green onion, chopped fine
- 2 tablespoons green peppers, minced
- 1 lb. ground turkey breast
- Half a 14.5 oz. can diced tomatoes, reserve 1/4 cup of liquid
- 1 tablespoon parsley, chopped
- 1-1/2 teaspoons Italian seasoning
- 1 teaspoon seasoning salt or 1 teaspoon seasoning blend
- 1/4 cup pizza sauce
- 1/4 cup shredded mozzarella cheese
- 1/4 cup shredded Monterey jack cheese

## INSTRUCTIONS

1. Preheat oven to 375 degrees F.
2. Saute onion and garlic in olive oil until onion softens.
3. Add green onions, minced green pepper and saute for about five minutes.
4. Set onion, garlic and green pepper mixture aside.
5. Brown ground turkey breast and cook through.
6. Add onion, garlic, and green pepper mixture. Then add diced tomatoes, parsley, Italian seasoning, and season with salt or seasoning blend.
7. Mix well and cook another five minutes.
8. Stuff mixture inside hollow green peppers.
9. Pour reserved tomato liquid in a baking dish and place peppers in dish.
10. Top each stuffed pepper with about a tablespoon of pizza sauce.
11. Mound each pepper with cheeses.
12. Bake for 20 minutes or until cheese is golden brown.

*Serves 4, each pepper: 323 calories, 18 grams carbs, 5 grams fiber, 17 grams fat, 27.5 grams protein*



# Rolled Chicken & Asparagus

## INGREDIENTS

1 lb. boneless, skinless chicken breasts  
24 to 30 asparagus spears, tough ends snapped off  
2 tablespoons lemon juice  
6 green onions, chopped  
1/4 teaspoon salt  
1/2 teaspoon pepper  
Nonstick cooking spray

## INSTRUCTIONS

1. Preheat oven to 350 degrees F.
2. Cut chicken breasts into 8 or 10 strips.
3. Wrap each strip in a corkscrew fashion around 2 or 3 uncooked asparagus spears. Fasten with toothpicks.
4. Place in a covered baking dish that has been sprayed with nonstick cooking spray.
5. Sprinkle with lemon juice, green onions, salt and pepper.
6. Cover and bake 25 to 30 minutes.

*Serves about 8, each skewer: 120 calories, 3 grams fat, 18 grams protein*



## Chickpea Curry with Tomatoes & Spinach

### INGREDIENTS

- 1 tablespoon vegetable oil
- 1 red onion, sliced
- 2 garlic cloves, chopped
- 1/2 finger length piece fresh ginger root, shredded or jarred
- 2 mild red chilies, thinly sliced
- 1/2 teaspoon turmeric
- 3/4 teaspoon garam masala
- 1 teaspoon ground cumin
- 4 tomatoes, chopped
- 2 teaspoons tomato purée
- 1 can chickpeas, rinsed and drained
- Handful baby spinach leaves

### INSTRUCTIONS

1. Heat oil in a wok and fry the onion over a low heat until softened.
2. Stir in the garlic, ginger and chilies and cook for 5 minutes more until onions are golden and the garlic slightly toasted.
3. Add turmeric, garam masala and cumin, stirring over a low heat for a few seconds. Add chopped tomatoes and tomato purée, then simmer for 5 minutes.
4. Add chickpeas to the pan with water (fill the can three-quarters full.) Simmer for 10 minutes before stirring in the spinach to wilt.

*Per 1-1/4 cup serving: 281 calories, 26.6 grams carbs, 7 grams fat, 6 grams fiber, 28.3 grams protein*



# Vegetable Turkey Meatloaf Muffins

## INGREDIENTS

1-1/4 lb. ground turkey breast  
1/3 cup finely minced mushrooms  
1 medium sized zucchini, shredded  
1/3 cup diced onion  
1/3 cup diced bell pepper (green, orange, red or yellow)  
1 tablespoon minced garlic  
1 whole egg  
1/3 cup salsa  
1 tablespoon chipotle seasoning  
Cooking oil spray

## INSTRUCTIONS

1. Spray 9 spaces in muffin tin and preheat oven to 400 degrees F.
2. Mix all ingredients together, form meatballs and place in muffin tin.
3. Bake about 30 minutes or until done.
4. Drain for 15-20 minutes.
5. Freeze and use as snacks.

*Serves 9, 1 muffin each: 187 calories, 6.6 grams carbs, 1.2 grams fiber, 8.9 grams fat, 19.6 grams protein*



# Spicy Turkey Meatloaf Muffins

## INGREDIENTS

1-1/4 lb. package ground turkey breast  
2 egg whites  
1/2 cup oats  
1/2 teaspoon cumin  
1/4 teaspoon thyme  
1 teaspoon mustard  
1 teaspoon pepper  
1 teaspoon chipotle spice  
1 teaspoon garlic powder  
1/2 cup green onions, finely chopped  
1 celery stalk, finely chopped

## INSTRUCTIONS

1. Preheat oven to 375 degrees F.
2. Spray muffin tins.
3. Mix all ingredients in large bowl.
4. Roll mixture into balls and place in muffin pan.
5. Bake for about 40 minutes. Drain for 20 minutes.
6. Can freeze and use with meals or as a snack.

*Serves 9 , 1 muffin each: 68 calories, 3 grams carbs, 1 gram fat, 13 grams protein*



# Pesto Chicken Pizza with Flax Seed Parmesan Crust

## INGREDIENTS

- 1 cup flax meal (ground flax seeds)
- 1/2 cup finely grated Parmesan cheese
- 2 eggs

### **Toppings:**

- 1 cup spinach leaves
- 1 cup mushroom slices
- 1/2 cup chicken breast strips
- 1/2 cup skim mozzarella cheese
- 1/4 cup pesto sauce

## INSTRUCTIONS

1. Mix the flax meal and Parmesan in a bowl. Add the eggs and stir until a dough is formed. It will be sticky, let it sit for about 5 minutes.
2. Press onto greased cookie sheet in a circle shape about 1/3 inch thick. It should make a 10 inch crust.
3. Bake in a preheated 350 degree F oven for 8 minutes or until it looks set up. Remove.
4. Add toppings. Bake for another 15 minutes at 350 degrees F or until done. Cut into 8 slices.

*Makes 8 slices, 1 slice with toppings:  
295 calories, 12 grams carbs, 19 grams fat,  
8 grams fiber, 17 grams protein*

*Full crust only: 1655 calories, 84 grams carbs,  
104 grams fat, 64 grams fiber, 79 grams protein.*



## Nonfat Cauliflower Mashed “Potatoes”

### INGREDIENTS

- 1 head cauliflower
- 1/3 cup plain nonfat Greek yogurt
- 2 tablespoons light coconut milk
- 1 tablespoon water
- 1/2 teaspoon crushed garlic
- 1/2 teaspoon thyme
- 1 tablespoon chopped chives
- Salt & pepper to taste

### INSTRUCTIONS

1. Cut up the cauliflower head and steam for 10 – 15 minutes or until soft.
2. Transfer into food processor. (You may need to do this in batches.)
3. Add light coconut milk, water, and nonfat Greek yogurt.
4. Pulse until you get the consistency of mashed potatoes.
5. Add thyme, garlic, salt and pepper.
6. Pulse until all is combined and you are happy with the consistency.
7. Transfer to a serving dish and top with fresh chives.

*Serves 6, 1/2 cup each: 39 calories,  
7 grams carbs, 0 grams fat, 4 grams protein*





# Cauliflower “Potato” Salad

## INGREDIENTS

- 1 large head cauliflower
- 6 hardboiled eggs, chopped
- 2 large celery stalks, chopped
- 1/2 red onion, chopped
- 1/2 cup chopped dill pickles
- 1/3 cup light mayonnaise
- 1/3 cup nonfat Greek yogurt
- 1 tablespoon mustard
- Paprika, optional
- Pepper to taste

## INSTRUCTIONS

1. Steam cauliflower until fork tender, about 12 minutes.
2. Run under cold water to stop from cooking. Drain well.
3. Combine cauliflower, eggs, celery, red onion and pickles in a mixing bowl.
4. Whisk together mayonnaise, mustard and yogurt.
5. Pour over cauliflower mixture and chill for at least one hour before serving.

### **Optional ingredients to add extra color:**

Broccoli, chopped sun dried tomatoes, chopped pimentos

*Serves 8: 99 calories, 3 grams carbs, 3 grams protein*



# Cauliflower Faux “Fried Rice”

## INGREDIENTS

1/2 head large cauliflower  
or 1 small head  
1/2 cup edamame  
1/2 cup chopped leeks  
1/2 teaspoon crushed garlic  
1 teaspoon coconut oil  
or sesame oil  
1 egg  
2 tablespoons low sodium  
soy sauce  
Salt and pepper to taste  
1 tablespoon chopped green  
onion (for garnish)

## INSTRUCTIONS

1. Using a food processor or a simple grater, pulse or grate raw cauliflower to “rice” consistency. Should equal approximately 2 cups.
2. Add coconut oil to hot skillet. On medium heat, add edamame, leeks, salt, pepper and any other vegetables you wish to add. Sauté for 5 – 10 minutes while stirring.
3. Add cauliflower, garlic, soy sauce and sauté for 5 minutes.
4. Last, add an egg and scramble it in. Continuously stirring, cook a few more minutes until “fried rice” consistency.
5. Remove from heat and serve. Garnish with green onions.

*Per 1/2 cup serving: 155 calories, 8.7 grams carbs, 9.8 grams fat, 9.5 grams protein*



## Cauliflower “Corn” Muffin

### INGREDIENTS

- 2 cups finely riced, raw cauliflower
- 2 tablespoons minced jalapeno
- 2 eggs, beaten
- 2 tablespoons melted butter
- 1/3 cup grated parmesan cheese
- 1 cup grated mozzarella cheese
- 1 cup grated cheddar cheese
- 1 tablespoon dried onion flakes
- 1/4 teaspoon salt
- 1/4 teaspoon black pepper
- 1/2 teaspoon garlic powder
- 1/2 teaspoon baking powder
- 1/4 cup coconut flour

### INSTRUCTIONS

1. Preheat oven to 375 degrees F.
2. Combine the cauliflower, jalapeno, eggs and melted butter in a medium bowl.
3. Add the grated cheeses and mix well.
4. Stir in the onion flakes, salt, pepper, garlic powder, baking powder and coconut flour until thoroughly combined.
5. Divide the batter evenly among 12 greased muffin cups.
6. Bake for 30 minutes or until golden brown.

*Makes 12 muffins: 110 calories, 2 grams carbs, 8 grams fat, 8 grams protein*

# Cauliflower “Breadsticks”

## INGREDIENTS

1 head of cauliflower	1 teaspoon onion powder
1 teaspoon dried oregano	2 eggs or egg whites
1/2 teaspoon basil	Pepper to taste
	1/2 teaspoon Italian seasoning
	1 cup low fat mozzarella cheese



## INSTRUCTIONS

1. Begin by turning 1 head of cauliflower into “rice.” To do this, wash and clean the cauliflower, remove the core and cut it into chunks. There are several ways to “rice” cauliflower. You can use a food processor and pulse it until it’s a “rice” consistency, or you can use a box grater. Alternatively, you could use a knife to finely chop the cauliflower until it looks like rice. An average head of cauliflower should yield about 4 cups of cauliflower “rice.”
2. In a large saucepan, heat one inch of water until it boils. Add in the cauliflower rice, cover with a lid, and allow it to steam for 4 – 5 minutes.
3. Preheat the oven to 400 degrees F.
4. Use a fine mesh strainer to drain the cauliflower. Allow it to cool for a few minutes, then place the cauliflower “rice” in a clean dish towel and squeeze as hard as you can to remove any excess water. It may look like all the water is removed, but definitely don’t skip this step as there is hidden excess water.
5. Once the cauliflower rice is drained really well, dump it into a large bowl. To the cauliflower rice, add 1/2 cup mozzarella cheese, 2 eggs slightly beaten, 1 teaspoon dried oregano, 1/2 teaspoon dried basil, and 1 teaspoon onion powder.
6. Stir the mixture well.
7. Line a rimmed baking sheet with parchment paper and spray it lightly with cooking spray. Spoon the cauliflower mixture onto the pan and use your hands to form it into a 8 1/2 x 11 inch rectangle (eyeball it—think piece-of-paper size.)
8. Place in the oven for 35 – 40 minutes, or even longer, until the crust is golden brown and firm.
9. Remove the crust from the oven and allow it to cool for about 10 minutes. Then top the crust with 1/2 cup shredded mozzarella cheese, and 1/2 teaspoon Italian seasoning.
10. Return the pan to the oven and bake for another 7 – 10 minutes, or until the cheese is melted.
11. Cut into “breadsticks” and serve with warm marinara sauce for dipping.

*1 breadstick: 53 calories, 4 grams carbs, 2 grams fiber, 2 grams fat, 5 grams protein*



# Oopsie Bread

## INGREDIENTS

3 large eggs,  
separated

Pinch of cream of  
tartar, about 1/8  
teaspoon

3 oz. cream cheese  
(do not soften)

1/8 teaspoon salt

*Serves 6, 1 biscuit  
each: 94 calories,  
0.7 grams carbs,  
8.3 grams fat,  
4.4 grams protein*

## INSTRUCTIONS

1. Preheat oven to 300 degrees F. Line a cookie sheet with parchment paper and lightly spray with nonstick spray.
2. Separate the eggs, making sure no yolk gets into the whites and placing the whites in a clean, non-greasy bowl.
3. Using a clean, non-greasy electric whisk, whip the egg whites and the cream of tartar until stiff.
4. In a separate bowl, use the same whisk to whisk together the yolks, cream cheese and salt, until smooth.
5. Using a spatula, carefully fold the egg whites into the cream cheese mixture, working in batches. Work by placing a mound of egg whites on top of the yolk mixture, then gently fold the yolk mixture from under and over the egg whites, rotating the bowl, again and again until the mixture is incorporated. Use this folding technique to keep the air bubbles intact in the egg whites.
6. Spoon 6 large mounds of the mixture onto the prepared baking sheet. Gently press with a spatula on the top of each mound to flatten just slightly.
7. Bake 30 – 40 minutes until golden brown.
8. Cool a couple of minutes on the cookie sheet, then gently transfer to a wire rack to cool completely. Store leftovers in a slightly open Ziploc bag in the fridge for a couple of days.



# Spaghetti Squash

## INGREDIENTS

1 spaghetti squash, cut  
in half lengthwise

## INSTRUCTIONS

1. Preheat oven to 350 degrees F.
2. Spray a baking sheet.
3. Place squash halves, cut side down, on the baking sheet.
4. Bake squash 35 minutes, or until a knife can be easily inserted.
5. Remove from oven and cool.
6. Shred inside of squash gently with a fork.
7. Add salt and pepper to taste and feel free to sprinkle with your favorite dried or fresh herbs.

*Per 1 cup serving: 42 calories, 10 grams carbs,  
0.5 grams fat, 2.2 grams fiber, 1 gram protein*



## Grilled Summer Squash & Zucchini

### INGREDIENTS

3 summer squash, a combination of zucchini and yellow squash

1 garlic clove, minced

1/2 teaspoon paprika

1/2 teaspoon cumin

1 – 2 tablespoons olive oil

1 tablespoon lemon juice

### INSTRUCTIONS

1. Halve each squash, do not peel.
2. Combine all other ingredients for sauce.
3. Place squash on rack over medium hot coals. Baste with some of the sauce.
4. Grill for 5 minutes on each side, basting frequently with sauce.

*Serves 6, 1/2 zucchini each: 29 calories, 2 grams carbs, 2 grams fat, 2 sodium*



## Cabbage Toss

### INGREDIENTS

- 1 cup sliced bok choy cabbage
- 1 cup sliced green cabbage
- 1 cup sliced Napa cabbage
- 1/2 cup Dijon mustard
- 3 tablespoons lite soy sauce
- 1 teaspoon sugar
- 2 tablespoons rice vinegar

### INSTRUCTIONS

1. In large pot of boiling water, add sliced cabbages and cook for one minute.
2. Drain and splash cabbage with cold water.
3. Mix the sauce.
4. Add the cabbage and toss well.
5. Serve chilled.

Goes well with a fish entrée, like fish tacos.

*Per 1/2 cup serving: 30 calories. 4 grams carbs, 1 gram fat, 550 mg sodium*







# Roasted Asparagus

## INGREDIENTS

One bunch thin asparagus spears, tough ends snapped off

Olive oil for drizzling

1-1/2 tablespoon grated Parmesan cheese

1 clove garlic, minced

1 teaspoon sea salt (optional)

1/2 teaspoon ground black pepper

1 tablespoon lemon juice

## INSTRUCTIONS

1. Preheat oven to 425 degrees F.
2. Place the asparagus into a mixing bowl and drizzle with the olive oil.
3. Toss to coat the spears, then sprinkle with Parmesan cheese, garlic, (salt), and pepper.
4. Arrange the asparagus onto a baking sheet in a single layer.
5. Bake 12 to 15 minutes depending on thickness.
6. Sprinkle with lemon juice just before serving.

*Per 1/2 cup serving: 92 calories, 6.4 grams carbs, 2.5 grams fiber, 7 grams fat, 3 grams protein*



# Low Carb Chocolate Chip Cookies

## INGREDIENTS

- 1-1/4 cup almond flour
- 3 tablespoons coconut flour
- 1/2 teaspoon baking soda
- 1/2 teaspoon salt
- 1 teaspoon vanilla extract
- 1 egg, room temperature
- 1/4 cup butter, room temperature
- 1/2 cup granulated sugar substitute (Truvia, Splenda, Swerve, etc.)
- 1/3 cup chocolate chips or high % cacao chocolate (could use sugar free)
- Water as needed

*Serving size, 1 cookie:  
145 calories, 7 grams carbs,  
2.2 grams fiber, 12.2 grams fat,  
3.7 grams protein*

## INSTRUCTIONS

1. Preheat the oven to 350 degrees F. Line one large baking sheet with parchment paper.
2. In a bowl, sift together almond flour, coconut flour, baking soda and salt.
3. In a large bowl, using an electric mixer on low-medium speed, cream butter, sweetener, egg, and vanilla until smooth.
4. Add the flour mixture and mix until evenly mixed, adding a little water as needed to make a firm dough. Stir in chocolate chips.
5. Drop 1 – 2 tablespoon-sized mounds of dough onto baking sheet, spacing the mounds at least 2 inches apart. Using the palm of your hand or the bottom of a clean cup, flatten the cookies to the desired size and thickness.
6. Bake cookies for 10 – 12 minutes, or until slightly golden around the edges. Cool the cookies on the baking sheets for 2 – 3 minutes, then transfer to a wire rack to cool completely.



# Peanut Butter Cookies

## INGREDIENTS

- 1-3/4 cup natural peanut butter
- 2 eggs
- 2 tablespoons coconut flour
- 1 teaspoon vanilla extract
- 1/2 teaspoon baking powder
- 1-1/3 cup granulated sugar substitute (Truvia, Swerve, Splenda)
- 1/4 cup sugar-free strawberry (or other) preserves

## INSTRUCTIONS

1. Preheat oven to 350 degrees F.
2. Combine all of the cookie ingredients, except for the jelly, in a medium sized bowl. Stir well until fully combined.
3. Roll into twenty 1 inch balls and place on a parchment covered cookie sheet.
4. Press a well into the center of each cookie with your thumb.
5. Place about 1/2 teaspoon of preserves in each center. Bake for 11 minutes. Don't bake too long or they'll dry out.

*Serves 20, 1 cookie each: 158 calories, 12 grams fat, 3 grams carbs, 6 grams protein*



# Chocolate Pudding/Ice Cream

## INGREDIENTS

1 ripe, peeled banana  
1 tablespoon  
unsweetened  
cocoa powder  
1/4 teaspoon  
vanilla extract  
Half a pinch salt

## INSTRUCTIONS

1. Mash banana with a fork until big lumps are gone.
2. Mix in unsweetened cocoa powder and vanilla, stirring until smooth and chocolatey throughout.
3. Eat right away for pudding or put in freezer for about 1 hour and enjoy “ice cream.”

*Serves 1, 56 calories, 12 grams carbs, 1 gram fat, 1 gram protein*



## Apple Crisp with Macadamia Nuts

### INGREDIENTS

- 1/4 cup whole wheat flour
- 2 tablespoons SPLENDA® Brown Sugar Blend
- 4 tablespoons macadamia nuts, chopped (or nut of your choice)
- 1/8 teaspoon ground cinnamon
- 2-1/2 tablespoons butter
- 5 cups peeled apple slices
- Cooking spray

### INSTRUCTIONS

1. Preheat oven to 375 degrees F. Coat 8" x 8" baking dish with cooking spray or butter and set aside.
2. In large bowl, mix flour, sugar, nuts and cinnamon. Using pastry blender or two knives, cut in butter until coarse crumbs are made. Set aside.
3. Arrange apples in prepared baking dish. Top with flour mixture. Bake for 35 minutes or until golden.

*Serves 8, 120 calories, 15 grams carbs, 7 grams fat*



# Cocoa Crisp Cookies

## INGREDIENTS

1 tablespoon butter  
1/2 oz. unsweetened  
baking chocolate  
1/4 cup SPLENDA®  
Sugar Blend  
for Baking  
1 egg white  
1 teaspoon  
vanilla extract  
2 tablespoons white  
all-purpose flour  
1 tablespoon  
unsweetened  
cocoa powder  
1 pinch salt  
1 pinch  
powdered sugar

## INSTRUCTIONS

1. Preheat oven to 300 degrees F.
2. Line baking sheet with parchment paper.
3. Melt butter in small saucepan over medium heat. Swirl pan until butter is lightly browned, about 1 minute.
4. Transfer butter to medium bowl.
5. Return pan to stove top and melt unsweetened baking chocolate in hot pan over low heat, about 1 minute.
6. Add melted chocolate to bowl with butter and mix until incorporated.
7. Add sugar and whisk briskly. Add egg white, vanilla, flour, cocoa powder and salt, and whisk until smooth.
8. Drop batter by teaspoons, about 2 inches apart, onto prepared baking sheet.
9. Bake until set in center, 12 to 15 minutes.
10. Using spatula, immediately transfer cookies to cooling rack. (If cookies begin to stick before all are removed, return pan briefly to oven.)
11. Dust cookies with powdered sugar.

*Serves 18, 1 cookie each: 29 calories, 3.7 grams carbs, 1.1 grams fat, 15 grams protein*



# Strawberry Shortcake

## INGREDIENTS

- 8 eggs, separated
- 8 oz. cream cheese
- 1 teaspoon vanilla extract
- 1/8 teaspoon cream of tartar
- 1/2 cup granulated sugar substitute (Truvia, Swerve, Splenda)
- 1 scoop protein powder
- 2 cups fresh strawberries, sliced + sugar substitute to taste (Truvia, Splenda, Swerve, stevia, etc.)

## INSTRUCTIONS

1. Preheat oven to 300 degrees F.
2. Whip the egg whites with cream of tartar until stiff peaks form, about 5 minutes.
3. In a separate bowl, combine cream cheese with egg yolks, vanilla extract, protein powder, sweetener and salt.
4. Gently fold the whites into the yolk mixture until combined. Spread the batter evenly (this batter doesn't level out—it retains its shape (so if you leave it lumpy and bumpy, it's going to stay lumpy and bumpy) on a sheet cake pan covered with parchment paper.
5. Bake for 30 minutes. Let cool 15 minutes with a damp dish towel on top to keep cake from drying out.
6. Cut cake into 8 equal sections.
7. Top with fresh fruit, like sliced berries.

*Serves 8, 1 slice each: 291 calories, 9 grams carbs, 1 gram fiber, 22 grams fat, 11 grams protein*



# High Protein Cinnamon Cake Bars

## INGREDIENTS

1 cup oat flour  
1/2 cup buckwheat flour  
2 scoops vanilla whey protein powder  
1 tablespoon baking powder  
1/2 teaspoon salt  
1/4 cup granulated sugar substitute (Truvia, Swerve, Splenda)  
1/2 teaspoon cinnamon  
1 egg  
1 cup unsweetened almond milk  
1/3 cup unsweetened applesauce  
1/4 cup plain Greek yogurt  
1/2 teaspoon vanilla extract  
2 tablespoons sugar +  
1 teaspoon cinnamon,  
set aside

## INSTRUCTIONS

1. Preheat oven to 350 degrees F and grease an 8 x 8 cake pan.
2. Combine dry ingredients (first 7) in a large bowl.
3. In a small separate bowl, whisk together remaining ingredients (except cinnamon sugar).
4. Pour wet ingredients into dry and mix until fully incorporated.
5. Pour half the batter into the baking dish.
6. Sprinkle half of the cinnamon sugar mixture over the batter until the entire surface is covered.
7. Pour remaining batter on top and sprinkle with remaining cinnamon sugar mixture.
8. Take a knife and gently swirl batter around to mix the cinnamon sugar into the cake.
9. Bake for about 25 minutes or until toothpick inserted in the center of the cake comes out clean.

*Serves 9, 165 calories, 18 grams carbs,  
4 grams fat, 20 grams protein*





# Low Carb Lemon Cake

## INGREDIENTS

- 1 cup oat flour
- 2 scoops vanilla whey protein powder
- 1/4 teaspoon salt
- 1/2 teaspoon baking soda
- 1 tablespoon lemon zest
- 4 egg whites
- 1/2 cup granulated sugar substitute (Truvia, Splenda, Swerve, etc.)
- 8 oz. applesauce, unsweetened
- 4 oz. water

## INSTRUCTIONS

1. Preheat oven to 350 degrees F.
2. Mix oat flour, vanilla whey protein powder, salt, baking soda and Crystal Light in large bowl.
3. Add wet ingredients to dry ingredients and mix together.
4. Spray 8" x 8" pan and pour ingredients into dish.
5. Bake 20 – 25 minutes.
6. Cut into 16 squares.

Variation: Use chocolate protein powder and add unsweetened cocoa powder.

*Serves 16, 100 calories, 5 grams carbs, 3 grams fat, 10 grams protein*



## Smart Snacks

Salad greens, any kind  
Tomatoes, cucumber, peppers  
1 small apple

1/2 can tuna with lemon juice,  
black pepper  
Red onion and peppers  
6 whole wheat crackers

Turkey breast  
Avocado slice  
1 whole wheat bread  
Mustard, lettuce greens

1/2 small (3 oz.) sweet potato  
1/2 cup cottage cheese

Raw veggies  
2 tablespoons hummus

Light, non-fat or plain yogurt  
(sweetened with fruit of choice)  
1 tablespoon ground flaxseed

1/4 cup unsalted nuts



1 whole wheat low carb tortilla  
Hummus and avocado, add vegetables

Plum, peach, pear or 1/2 grapefruit

1 cup bean soup

1/3 cup brown rice or quinoa  
1/2 cup black beans  
1 – 2 oz. chicken

1/2 cup low fat cottage cheese  
and veggies

1 corn taco, chicken, lettuce, salsa



## More Smart Snacks

1/2 piece fruit and cheese  
(skim or low fat is fine)

1/2 apple or celery and peanut  
butter/tahini/almond butter

Hard-boiled egg

8 oz. latte with nonfat or 1% milk

Soy crisps

1/4 – 1/2 cup wasabi dried peas

Single-serving pouches of tuna or  
salmon mixed with light mayo on  
whole wheat crackers or Wasa cracker

1 yellow corn tortilla with 1/4 cup  
beans and salsa

1/2 cup shelled edamame (green  
Japanese soy beans)





## Zucchini Noodles, Chips, & Fries

### INSTRUCTIONS

Cut zucchini into desired shape. Spray with olive oil spray. Toss with your choice of:

- Dried rosemary & thyme
- Dried basil and parsley
- Ground cumin and smoked paprika



### INSTRUCTIONS

**For chips and fries**, bake on baking sheet for 2 hours at 225 degrees F until browned and crisp.

**For noodles**, bake in oven at 200 degrees F for 20 – 30 minutes or boil for 15 – 20 minutes or saute for 6 – 7 minutes.





# Roasted Garbanzo Beans

## INGREDIENTS

1 15.5 oz. can garbanzo beans, drained and rinsed

Cooking oil spray

### Seasoning options:

Cajun seasoning

Garlic and onion powders

Cayenne

Cumin

Paprika

## INSTRUCTIONS

1. Preheat oven to 350 degrees F.
2. In mixing bowl, toss drained and rinsed beans with seasonings of your choice.
3. Spray baking sheet with cooking oil spray. Roast beans in a single layer for 30 – 40 minutes until the beans are a deep golden brown and crunchy. Make sure that the beans do not burn.

*5 oz. serving, 127 calories, 24 grams carbs, 1 grams fat, 5 grams protein*



# Kale Crisps

## INGREDIENTS

One bunch of kale (stems removed)

1 tablespoon olive oil

1/3 teaspoon salt

Seasoning options:

Garlic powder

Onion powder

Cinnamon

## INSTRUCTIONS

1. Preheat oven to 400 degrees F.

2. Wash and dry kale.

3. Drizzle with olive oil and salt, and any seasoning options you want to try.

4. Bake for 8 – 12 minutes, turning pan halfway through.

*1 cup serving: 121 calories, 14.2 grams carbs, 0.8 grams fiber, 5.73 grams fat, 4 grams protein*



# Green Smoothies

## Step 1: Liquid

1 cup unsweetened soy/almond milk or coconut water

## Step 2: Greens

1 – 2 handfuls baby kale, spinach, bok choy, Swiss chard

## Step 3: Frozen fruit

1/2 cup

## Step 4: Creamy fruit

1 banana or avocado

## Step 5: Healthy fat

2 tablespoons nuts or nut butters, seeds, flax oil

*Serves 2, 1 serving using 1/2 cup fruit, banana, almond milk: 150 calories, 25 grams carbs, 6 grams fat, 5 grams protein (nutrition content will vary based on ingredients)*

## Tips

Spinach and Swiss chard are the most mild tasting greens. Baby kale is more mild than mature kale.

Frozen fruit will make smoothie thicker and replace need for ice.

# Resources for Menus, Recipes & Carb-counting Tips

## WEBSITES

[alldayidreamaboutfood.com](http://alldayidreamaboutfood.com)  
[calorieking.com](http://calorieking.com)  
[cleaneatingmag.com](http://cleaneatingmag.com) (recipes and great source for ready-made meal plans)  
[cookinglight.com](http://cookinglight.com)  
[diabetes.org](http://diabetes.org) (American Diabetes Association)  
[diabeticlivingonline.com](http://diabeticlivingonline.com)  
[dlife.com](http://dlife.com)  
[eatingwell.com](http://eatingwell.com) (great recipes)  
[healthykids.com](http://healthykids.com)  
[hearthealthyonline.com](http://hearthealthyonline.com)  
[myfitnesspal.com](http://myfitnesspal.com) (online food journal)  
[sparkpeople.com](http://sparkpeople.com)  
[superhealthykids.com](http://superhealthykids.com)  
[vegetariantimes.com](http://vegetariantimes.com)  
[vegkitchen.com](http://vegkitchen.com)

## RECIPE CALCULATORS

[recipes.sparkpeople.com/  
recipe-calculator.asp](http://recipes.sparkpeople.com/recipe-calculator.asp)  
[myfitnesspal.com/recipe/calculator](http://myfitnesspal.com/recipe/calculator)

## APPS

MyFitnessPal  
CalorieKing Food  
WebMD Diabetes  
iCookbook Diabetic  
Diabetes in Check

*Thank you to the websites listed above for the recipes and recipe inspiration collected in this cookbook.*

**Diabetes Education & Nutrition Clinic**  
UW Medicine | VALLEY MEDICAL CENTER

425.656.5377 ■ [valleymed.org/diabetes](http://valleymed.org/diabetes)