

Eat Well, Live Healthy!

Healthy recipes from our
community to your kitchen



Forward

The Prevent Diabetes workgroup was formed in 2013 to actively implement best practices that are known to work in communities statewide to stop the progression of pre-diabetes to diabetes.

Enjoy these recipes from our kitchens to yours! These recipes were created for a tasty way to enjoy healthy foods that prevent chronic disease.

Pumpkin Smoothie



Ingredients:

- 1 15-oz can or 2 cup pumpkin puree
- 2 cup low-fat nondairy milk
- 2 cup ice
- 2 tbsp maple syrup, or to taste
- 3 tsp vanilla extract, or to taste
- 3 tsp pumpkin pie spice, or use a combination of cinnamon, nutmeg, and allspice

Serves 6

Instructions:

- Combine all ingredients in blender.
- Blend for 1 to 2 minutes until everything is incorporated. Adjust amounts as needed.

Note: Pumpkin is a wonderful source of vitamin A and beta-carotene, making it a tasty and healthy addition to your diet.

Old Fashioned Oatmeal



Ingredients:

- 1/4 cup dry rolled oats
- 1/3 cup unsweetened low-fat nondairy milk
- 1/4 cup blueberries or berries of choice
- 1/4 cup strawberries or fruit of choice (e.g., banana)

Instructions:

- Prepare the oats per the instructions. You can use water instead of plant milk, if preferred. Any fruit can be added, including bananas or raisins, or even frozen berries.

Note: Top your oatmeal with berries to add disease-fighting antioxidants to your breakfast! Fiber from the oats promotes gut health and will keep you fuller for longer.

Yogurt Parfait



Ingredients:

- 1/2 cup yogurt of choice
- 1/2 cup mixed berries of choice (frozen mixed berries work well)
- 1/4 cup nuts or granola of choice

Instructions:

- Layer the yogurt with berries and nuts/granola.

Note: Nuts contain healthy fats and berries contain powerful antioxidants that help fight against chronic illness. Choose non-dairy (almond, soy, oat) yogurt for a cholesterol-free version.

Breakfast Potato Hash



Ingredients:

- 2 red or white potatoes, washed
- 1 onion, thinly sliced
- 4 tsp soy sauce
- 1/2 tsp sweet paprika or chili powder
- 1/2 tsp oregano, dried
- 1 poblano pepper, cut into thin strips
- 5-6 cherry tomatoes, cut
- 2 green onions, sliced

Instructions:

- Wash and cut the potatoes into 1/2-inch cubes and steam until just tender, about 10 minutes. Remove from heat.
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- Heat 1/4 c of water in a large nonstick skillet and add the onion. Cook, stirring frequently, until the water has evaporated and the onion begins to stick to the pan. Scrape the pan while adding another 1/4 c (60 mL) of water, and then cook until the onion begins to stick again. Repeat this process until the onion is golden brown and sweet. This will take approximately 15 minutes.
- Add the potatoes and poblano pepper and sprinkle with the soy sauce, the dried oregano, the sweet paprika, and the chili powder. Cook, stirring carefully with a spatula, until the potatoes are well browned. Top with tomatoes and onions, if desired.

Note: Nuts contain healthy fats and berries contain powerful antioxidants that help fight against chronic illness.

Breakfast Sweet Potato Pudding



Ingredients:

- 1/3 cup rolled oats
- 1/2 cup nondairy milk of choice
- 1 cup cooked sweet potato or yam
- 1 tbsp maple syrup
- 1/4 tsp cinnamon

Instructions:

- Bake or microwave sweet potato or yam until soft. Then, combine all ingredients together in a blender.
- Top with more cinnamon, if desired.

Note: Sweet potatoes are an excellent source of vitamin A and fiber, which will keep you full throughout the morning.

Fantastic Fruit Smoothie



Ingredients:

- 1 frozen or fresh banana, broken into chunks
- 1 1/2 cup unsweetened fruit juice, any kind
- 1/2 cup sliced fresh or frozen unsweetened fruit or berries
- 1/2 cup plain, vanilla, or fruit-flavored non-dairy yogurt

Instructions:

- Combine all ingredients in blender and process until very smooth and creamy. Serve immediately.

Note: Frozen fruit makes smoothies extra thick and creamy. If you don't like icy cold beverages, use fresh fruit instead. Experiment with a variety of juices and fruit, depending on what is in season.

Ranch Coleslaw



Ingredients:

- 1/2 small head green cabbage (about 12 oz), cored and thinly sliced
- 2 Persian cucumbers, cut into matchsticks (if regular cucumbers peel first)
- 4 oz. sugar snap peas, thinly sliced on a bias
- 1/2 c. ranch dressing
- 2 small carrots, cut into matchsticks
- 2 scallions, thinly sliced on a bias
- 1 bunch radishes, cut into matchsticks
- Chopped fresh dill, for serving

Instructions:

- In large bowl, toss cabbage, cucumbers, and sugar snap peas with ranch dressing to coat.
- Toss with carrots, scallions, and radishes.
- Serve sprinkled with dill if desired.

Fresh Leafy Salad



Ingredients:

- Romaine lettuce
- Manzanilla Olives or Olives of your choice
- 1/2 cup garbanzo beans
- 1 ripe avocado (use instead of salad cream)
- Any other veggies of your choice! Great additions include sliced cucumber, tomatoes, arugula, spring mix, carrot shreds, sliced radishes, green onions, or mushrooms.

Instructions:

Wash the Romaine Lettuce, drain the water and cut it into sizes into a bowl. Add olives of your choice. Cut the ripe avocado into pieces and add to the salad.

Enjoy!

Guacamole Lettuce Wraps



Ingredients:

- Lettuce , rinsed
- Two ripe avocados
- Two green onions, finely chopped
- Two tomatoes, diced (optional)
- Jalapeño or serrano pepper, diced (optional)
- Pinch of salt (to taste)
- Pinch of garlic powder

Instructions:

- In a medium-sized bowl, mash the avocado.
- Add the remaining ingredients and stir until well-mixed.
- Spread guacamole onto lettuce leaves.
- Enjoy!

Mediterranean-Style Salad



Ingredients

Salad

- 2 cups fresh greens (lettuce, spinach, kale, chard or a combination!)
- 1-2 sweet peppers
- 1/2 cup pitted black, green, or Kalamata olives
- 2 tbsp red onion, diced
- Optional: 1 can chickpeas, drained and rinsed

Lemon Juice Dressing

- 2 tbsp olive oil or other oils you have at home
- 1/4 cup lemon juice
- 1 clove garlic, minced
- Salt and pepper to taste

Instructions:

- Rinse greens to remove any dirt. If using chard or kale, separate the leaves from the stems, using a knife or your hands. Slice the stems into 1/4-inch pieces and chop the leaves into 1/2-inch strips. For other greens, chop or tear into bite-size pieces.
- Cut the top of the sweet peppers off and take out the stem with seeds. Then, cut sweet peppers into strips.
- Slice the olives into 1/4-inch slices. Toss greens, sweet pepper, olives, red onion, and chickpeas in a large bowl. Set aside.
- Measure and pour lemon juice, garlic, and oil in a small bowl, add a few pinches of salt and pepper as needed.
- Whisk the dressing until mixed.
- Dip a green leaf in the dressing, and taste to make sure you like the flavor.
- Drizzle the dressing and sprinkle the chickpeas on the top of the salad. Toss and enjoy!

Leek and Root Vegetable Mash



Ingredients:

- 3 leeks, cut
- 2 chopped carrots
- 1 turnip, peeled and chopped
- Veggie broth powder
- 1 tbsp Olive oil
- Salt and pepper

Instructions:

- Cook the veggie broth powder with one cup of water
- Add the vegetables and cook until tender.
- Blend the vegetables and broth until smooth.
- Add olive oil, season with salt and pepper to taste.
- Enjoy!

Note: This recipe is excellent for people who need a diet with modified textures.

Different types of vegetables give this recipe different necessary nutrients like fiber and vitamins A, K, and B6.

Watercress Salad with Yogurt Dressing



Ingredients:

- 2 cup watercress, stems trimmed
- 2 radishes, sliced into coins
- 1 avocado, diced
- 1 egg + small bowl of ice water
- 1/2 cup plain yogurt
- 1 orange
- 1 clove garlic, grated
- 2 tbsp olive oil
- 1 tsp agave syrup
- 1/2 tsp Salt

Instructions:

- Put the egg in a small pot and add cold water so the egg is covered by an inch of water. Bring to a boil. Cover. Turn off heat and let sit for 10-15 minutes.
- Place egg in ice water to cool. Peel and slice.
- In a bowl, whisk yogurt with oil, salt, and garlic. Grate the orange peel into the mix and add 2-4 tbsp orange juice and 1 tsp agave.
- Toss watercress, radish, avocado, and egg in a salad bowl and top with dressing.
- Enjoy!

Note: Swap dairy yogurt for a plant-based yogurt and egg for chickpeas or tofu for a cholesterol-free version.

Zucchini Quinoa



Ingredients:

- 4 zucchini
- 1 medium onion
- 3 garlic cloves
- 1/2 cup quinoa
- 2 carrots
- Chopped cilantro to taste
- 2 tablespoons oil
- Juice of a lemon
- Salt and pepper

Instructions:

- Heat the oil in a skillet.
- Cut the zucchini and carrot into slices and the onion and garlic into half moons. Put them in the oil with little salt and cook them for 20 minutes.
- Wash the quinoa very well in the water jet. Put it to cook in a cup and a half of water with little salt with maximum heat until it begins to boil. Then lower the heat and let it boil for 10 minutes.
- When it is already cooked, drain the excess water if it remains. Let it cool a little and add it to the pan with the zucchini.
- Stir everything together. Turn off the heat and add the lemon juice and the chopped cilantro.

Note: Quinoa is an excellent source of plant-based protein as well as fiber and phosphorus (an essential mineral for the care of bones and other body tissues).

Tomato Green Beans



Ingredients:

- 3 cups chopped and well-washed green beans
- 1/2 medium onion, chopped
- 1 garlic clove, chopped
- 1 1/2 medium tomato, chopped
- 1 tablespoon grapeseed oil

Instructions:

- Put the oil in a pan with the green beans.
- Simmer until tender.
- Add the tomatoes, cover and let cook until the tomatoes become soft.

Note: Green beans are high in vitamins A and K, fiber and folic acid. Eating green vegetables can help prevent diabetes and heart disease.

Swiss Chard Soup



Ingredients:

- 2 cups chopped Swiss chard
- 3 potatoes, peeled and diced
- 1 onion, chopped
- 2 carrots, peeled and chopped
- 1 1/2 cups cooked beans
- 1 tablespoon olive oil
- Salt and pepper to taste
- 2 quarts of veggie broth

Instructions:

- Add veggie broth to a pot with olive oil.
- Cook the potatoes, carrots, and onion until tender.
- Add beans and chard to pot, cook until chard is wilted.
- Add salt and pepper to taste.

Note: Swiss chard is a good source of vitamins A, C, and K, and full of antioxidants. Try this recipe with other leafy vegetables such as cabbage or kale!

Nopales Salad



Ingredients:

- 2 cups nopales cut into strips
- 1/2 onion, cut into thin strips
- 2 tablespoons chopped cilantro
- 1 jalapeño or serrano pepper, chopped in half moons
- 1 scoop of oregano, salt, and pepper to taste
- 1 avocado

Instructions:

- Cook the nopales and onion with a splash of water until tender. Drain the nopales in a strainer to remove excess slime. Add to a large bowl.
- Add the onion, cilantro, chili, and stir so that everything is combined, seasoned with oregano, salt and pepper. This dish is excellent served as an accompaniment to tacos or corn tortillas.
- Top with sliced avocado.
- Enjoy!

Note: Nopales contain good amounts of antioxidants that help fight arterial inflammation. Nopales are low in calories and high in potassium, calcium, and fiber. This nopales salad is delicious and combines the essentials in fiber and healthy fats.

Easy Bean Salad



Ingredients:

- 3/4 c cooked or canned kidney beans, rinsed and drained
- 3/4 c cooked or canned pinto beans, rinsed and drained
- 3/4 c cooked or canned black-eyed peas, rinsed and drained
- 3/4 c frozen lima beans, thawed; or cooked or canned lima beans, rinsed and drained
- 1/2 c frozen corn, thawed, or cooked fresh corn, chilled
- 1 large red bell pepper, diced
- 1/2 medium red onion, diced
- 1/2 c low-fat or fat-free Italian salad dressing
- 1 tsp iodized salt
- 1 tsp ground black pepper

Instructions:

- Combine all of the ingredients in a large bowl and toss gently. Serve cold or at room temperature. Stored in a covered container in the refrigerator, leftover Easy Bean Salad will keep for up to 3 days.