

# Cooking Around the World

*Healthy recipes for a healthy lifestyle*







## Introduction

Let's face it, having diabetes isn't easy. It takes a lot of organisation, attention, and effort. Knowing how to create a new normal, especially after diagnosis, requires support.

We are here to support you in your health journey. Preparing your own healthy meals at home puts you in control of what you put into your body. In this cookbook, we want to create meals that use simple ingredients, are easy to prepare, and are enjoyable for the whole family. Here are a few recipes to help you get started.

Let's create a new normal together—your partner in information.

United we manage diabetes better.



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**VIEW RECIPE VIDEOS**



## Avocado Toast

Serving size: 1

Total time: 10 minutes



## Bacon & Broccoli Quiche

Serving size: 6

Total time: 60 minutes



## Banana Pancakes

Serving size: 3 to 4

Total time: 30 minutes



## Morning Green Drink

Serving size: 1 to 2

Total time: 10 minutes



## Southwestern Omelet

Serving size: 1 to 2

Total time: 20 minutes







# Avocado Toast

Total Time: 10 minutes | Serves: 1 | Breakfast



## INGREDIENTS

1 slice whole grain bread  
1/2 avocado  
1 tbsp red onion, minced  
1/4 tsp salt  
1/4 tsp pepper  
1/4 tsp smoked paprika  
1/4 tsp garlic powder  
5 cherry tomatoes, quartered  
1/4 tsp red pepper flakes  
1 tsp balsamic glaze (may substitute balsamic vinegar)

## DIRECTIONS

1. Toast bread.
2. Peel and mash avocado in a bowl.
3. Mix minced onion, salt, pepper, smoked paprika, and garlic powder into avocado mash.
4. Spread avocado mixture on toasted bread and top with quartered tomatoes and crushed red pepper.
5. Drizzle with balsamic glaze.



# Bacon & Broccoli Quiche

Total Time: 60 minutes | Serves: 6 | Breakfast



## INGREDIENTS

1 small broccoli crown (240 g;  
2 c), chopped  
120 g (1/4 lb) bacon  
3 eggs  
240 ml (1 c) milk  
2 cloves garlic, minced  
1/2 tsp salt  
1/2 tsp pepper  
1/2 red onion, diced  
60 g (1/2 c) Gouda, grated  
60 g (1/2 c) cheddar, grated  
Cooking spray

## TIP

For a healthier option, substitute 180 ml (3/4 c) egg whites for the eggs.

## DIRECTIONS

1. Preheat oven to 177°C (350°F).
2. Steam broccoli in a small amount of water and cook bacon until crisp. Drain and chop bacon, then set aside.
3. Whisk eggs, milk, minced garlic, salt, pepper, and onion until incorporated. Set aside about 1 tbsp of each type of grated cheese. Add remaining cheese to egg mixture and stir to combine.
4. Lightly spray baking dish with cooking spray, then pour in egg mixture.
5. Sprinkle in broccoli and bacon and top with remaining cheese.
6. Bake for 45 to 50 minutes.





# Banana Pancakes

Total Time: 30 minutes | Serves: 3 to 4 | Breakfast



## INGREDIENTS

135 g (1 1/2 c) old-fashioned rolled oats  
3 tbsp ground flaxseed  
1 1/2 tsp baking powder  
1 tsp ground cinnamon  
1/4 tsp salt  
1/8 tsp ground nutmeg (optional)  
2 ripe bananas, sliced  
235 ml (1 c) non-dairy milk  
33 g (1/3 c) walnuts, coarsely chopped  
Cooking spray

## GARNISH (OPTIONAL)

80 g (1/2 c) berries or  
1 tbsp low-sugar preserves

## DIRECTIONS

1. Combine dry ingredients and 2 sliced bananas in bowl. Add non-dairy milk and walnuts, then mash with fork. Mix batter until incorporated.
2. Puree mixture in a blender or food processor until the batter is smooth.
3. Lightly spray skillet with cooking spray, then pour the batter into small pancakes, about the size of your palm.
4. Turn pancakes once lightly browned.
5. Top with sliced bananas and serve with fresh berries or low sugar preserves.

## TIPS

- If the batter is too thick, add more milk.
- Pancake edges should be slightly firm before turning.
- Keep pancakes in warm oven while cooking remaining batter.



# Morning Green Drink

Total Time: 10 minutes | Serves: 1 to 2 | Breakfast



## INGREDIENTS

1 banana, peeled and frozen  
40 g (2 c) baby spinach  
20 g (1 c) baby kale  
60 ml (1/4 c) orange juice  
2 tbsp almond butter  
235 ml (1 c) oat milk  
1/8 tsp cinnamon  
1/2 tsp fresh ginger, grated

## DIRECTIONS

Place all ingredients in a blender and combine until smooth.

### TIP

Add a few ice cubes for a thicker, more frozen texture.





# Southwestern Omelet

Total Time: 20 minutes | Serves: 1 to 2 | Breakfast



## INGREDIENTS

1 Roma tomato, diced  
6 asparagus spears, sliced into bite-size pieces  
1/4 red onion, diced  
1 tsp olive oil  
1/4 tsp salt  
1/4 tsp pepper  
1/4 tsp garlic powder  
1 egg\*  
2 egg whites  
1 tsp Non-dairy milk (unsweetened oat or almond)  
2 tbsp feta cheese, crumbled  
1/2 avocado, sliced  
2 tbsp salsa  
Cooking spray

## DIRECTIONS

1. Sauté tomato, asparagus, and onion in pan with olive oil, salt, pepper, and garlic powder, until onions are slightly translucent. Set aside.
2. While vegetables cook, whisk together egg, egg whites, and milk.
3. Lightly spray skillet with cooking spray and add egg mixture.
4. Sprinkle cooked vegetables and 1 tbsp feta cheese on top of half of eggs.
5. To prevent tearing, wait until eggs are almost fully cooked before folding omelet. Carefully fold egg half without vegetables over the vegetables. Cook until eggs set.
6. Serve topped with avocado, salsa, remaining feta cheese, and additional salt and pepper to taste.

\*For a healthier option, substitute egg whites for the whole egg.



## Blackened Salmon with Brown Rice

Serving size: 4

Total time: 45 minutes



## Chimichurri Chicken Kabobs

Serving size: 4

Total time: 45 minutes



## Chicken Nuggets for the Kids

Serving size: 4 to 6

Total time: 1 hour and 50 minutes



## Lemon Herb Roast Chicken

Serving size: 4

Total time: 1 hour and 45 minutes



## Pad Thai

Serving size: 4

Total time: 45 minutes







# Blackened Salmon with Brown Rice

Total Time: 45 minutes | Serves: 4 | Main Dish



## SALMON INGREDIENTS

- 1 tbsp paprika
- 2 tsp smoked paprika
- 2 tsp garlic powder
- 2 tsp onion powder
- 1 tsp dried oregano
- 1 tsp brown sugar
- 1 tsp dried thyme
- 1/2 tsp ground cumin
- 1/4 tsp cayenne pepper (to taste)
- 1/4 tsp black pepper
- 1/2 tsp salt
- 1 tbsp vegetable or olive oil
- 565 g (1 1/4 lbs) Salmon, with skin

## BROWN RICE INGREDIENTS

- 200 g (1 c) brown rice
- 240 ml (1 c) water
- 240 ml (1 c) vegetable or chicken broth
- 17 g (1/4 c) sliced almonds
- 32 g (1/4 c) dried cranberries
- 2 to 3 Green onions, sliced

## DIRECTIONS

1. Thoroughly mix all seasoning ingredients and rub seasoning evenly on both sides of the salmon.
2. Combine brown rice, water, and vegetable broth. Follow package instructions to cook rice.
3. Add oil to skillet on medium-high heat. When oil is hot, add salmon and sear 4 minutes on each side or until cooked.
4. While salmon cooks, toast sliced almonds in dry skillet over low heat until golden.
5. Plate salmon and portion rice into bowls. Top rice with toasted almond slices, dried cranberries, green onions, and salt and pepper to taste, then serve.

## TIPS

- Watch almonds closely to prevent burning and remove from pan as soon as they turn golden.
- Space salmon evenly in the skillet to ensure uniform cooking.



# Chimichurri Chicken Kabobs

Total Time: 45 minutes | Serves: 4 | Main Dish



## CHIMICHURRI INGREDIENTS

- 1 jalapeño (remove seeds to reduce heat if desired)
- 2 garlic cloves, peeled
- 1 shallot
- 8 g (1/2 c) fresh cilantro leaves
- 8 g (1/2 c) fresh flat leaf parsley
- 2 tbsp fresh oregano
- 60 ml (1/4 c) red wine vinegar
- 60 ml (1/4 c) olive oil
- 1/2 tsp salt
- 1 tbsp fresh lemon juice
- 254 mm (10 in) wooden skewers

## CHICKEN KABOB INGREDIENTS

- 3 boneless, skinless chicken breasts
- 2 tbsp olive oil
- 1 clove garlic, minced
- 1 tsp smoked paprika
- 1 lemon, zested
- 2 tbsp fresh lemon juice
- Salt and pepper, to taste
- 1 red bell pepper
- 1 yellow bell pepper
- 1 orange bell pepper
- 1 red onion
- 1 zucchini

## DIRECTIONS

1. Cover and soak skewers in water and set aside.
2. Preheat grill to 220°C (425°F) and allow it to preheat for 10-15 minutes.
3. Mix chimichurri ingredients in a food processor until evenly blended and set aside.
4. Cut chicken into 25 mm (1 in) chunks. Place in a bowl and toss with olive oil, garlic, smoked paprika, lemon zest, lemon juice, salt, and pepper. Set aside.
5. Cut bell peppers, onion, and zucchini into 25 mm (1 in) pieces.
6. Assemble kabobs by sliding chicken and cut vegetables onto skewers. Alternate between assorted vegetables and chicken.
7. Place on grill and turn occasionally until chicken is cooked.
8. Serve kabobs with chimichurri.





# Chicken Nuggets for the Kids

Total Time: 1 hour and 50 minutes | Serves: 4 to 6 | Main Dish



## INGREDIENTS

3 boneless, skinless chicken breasts, cut into bite-size pieces  
500 ml (2 c) pickle juice  
65 g (1/2 c) almond flour  
55 g (1/2 c) panko breadcrumbs  
1 tsp garlic powder  
1/2 tsp smoked paprika  
1 tsp pepper  
1 tsp salt  
1 egg  
Cooking spray

## DIRECTIONS

1. Place chicken pieces in pickle juice and marinate in refrigerator for minimum of 1 hour (preferably overnight).
2. When ready to cook, preheat oven to 204°C (400°F).
3. In small bowl, mix flour, breadcrumbs, spices, and salt and pepper. In another bowl, beat egg.
4. Lightly spray baking sheet with cooking spray or place cooling rack on baking sheet for crispier pieces.
5. Working with one piece of chicken at a time, remove chicken from pickle juice, dredge in egg wash, and cover in flour mixture.
6. Place chicken on baking sheet and bake for 22 to 28 minutes.

## TIP

Dip in honey mustard or barbecue sauce.



# Lemon Herb Roast Chicken

Total Time: 1 hour 45 minutes | Serves: 4 | Main Dish



## INGREDIENTS

1 whole chicken, 1.4 to 1.8 kg  
(3 to 4 lbs)  
1 sprig thyme  
3 sprigs rosemary  
1 lemon, halved  
4 cloves garlic, 1 minced,  
3 crushed  
1 tsp salt  
1 tsp pepper  
2 tbsp butter, softened  
2 sprigs oregano  
2 shallots, quartered  
1 sprig parsley, chopped  
2 tbsp lemon juice for serving  
(optional)  
Kitchen twine

## DIRECTIONS

1. Preheat oven to 204°C (400°F).
2. Wash chicken, pat dry with paper towels, and tie legs with kitchen twine.
3. Coarsely chop thyme and 1 rosemary sprig and juice half a lemon.
4. Mix chopped thyme and rosemary, minced garlic, salt, pepper, lemon juice, and butter until smooth. Set aside.
5. Place oregano, shallots, 2 rosemary sprigs, crushed garlic cloves, and remaining lemon half inside chicken.
6. Rub butter mixture onto chicken.
7. Bake chicken for 20 minutes. Cover with foil and bake an additional 70 minutes.
8. Once cooked, remove chicken from oven and let rest for 10 minutes.
9. Drizzle with lemon juice and garnish with chopped parsley before serving.





# Pad Thai

Total Time: 35 minutes | Serves: 4 | Main Dish



## GRILLED CHICKEN INGREDIENTS

450 g (1 lb) boneless, skinless chicken breasts

1 lime, juiced

1 tsp onion powder

1/2 tsp garlic powder

1 tbsp fresh ginger, grated

1 tsp sesame oil

1/2 tsp salt

1/2 tsp freshly ground black pepper

1/2 tsp red pepper flakes (optional)

## PAD THAI INGREDIENTS

4 egg whites

227 g (8 ozs) Thai rice noodles

1 shallot, diced

2 cloves garlic, minced

1 tsp sesame oil

60 ml (1/4 c) soy sauce

2 tbsp rice vinegar

1 tbsp fish sauce

2 tbsp tamarind concentrate

1 tbsp lime juice

## PAD THAI INGREDIENTS CONTINUED

1 tbsp peanut butter

1 tbsp sriracha

25 g (1 1/2 c) matchstick carrots

370 g (2 c) bean sprouts

36 g (1/2 c) unsalted peanuts, chopped

5 g (1/3 c) cilantro, coarsely chopped

## DIRECTIONS

1. Preheat grill to 177°C (350°F).
2. Combine all grilled chicken ingredients in a large bowl and mix until chicken is coated.
3. Grill chicken breasts for 10 minutes or until internal temperature is 75°C (165°F).
4. Scramble eggs and set aside.
5. Prepare rice noodles according to package directions.
6. Sauté shallots, garlic, and sesame oil in skillet over medium heat until slightly transparent, about 2 minutes.
7. Add soy sauce, vinegar, fish sauce, tamarind, lime juice, peanut butter, and sriracha, and mix.
8. Quickly add rice noodles to skillet, then add carrots and bean sprouts. Gently stir to combine.
9. Arrange noodles and grilled chicken on plate. Top with scrambled eggs, cilantro, and peanuts and serve.

## TIPS

- Make sure the pad thai sauce is cooked before adding noodles to prevent overcooked noodles.
- For a spicier option, add more sriracha.
- Try shrimp instead of chicken.



## Chicken & Rice Soup

Serving size: 5 to 6

Total time: 60 minutes



## Classic Minestrone

Serving size: 4 to 6

Total time: 45 minutes



## Vegetarian Chili

Serving size: 6

Total time: 60 minutes







# Chicken & Rice Soup

Total Time: 60 minutes | Serves: 5 to 6 | Soups, Stews & Chili



## INGREDIENTS

1 liter (5 c) water  
3 boneless, skinless chicken breasts  
2 tsp salt, divided  
3 sprigs fresh dill  
1 tsp olive oil  
1 onion, diced  
2 cloves garlic, minced  
1 tsp freshly ground black pepper  
1/2 tsp thyme  
2 celery stalks, diced  
2 large carrots, peeled & diced  
960 ml (4 c) chicken broth  
210 g (1 c) uncooked brown rice  
4 sprigs fresh parsley, divided

## DIRECTIONS

1. Bring water to a boil, then add chicken breasts, half the salt, and 2 sprigs of dill to water and cook for 5 to 7 minutes.
2. Once cooked, discard dill and set chicken aside to cool. Save chicken water.
3. In large pot, sauté onion, garlic, pepper, and remaining salt in olive oil for 5 minutes or until onion is translucent.
4. Shred chicken and add to pot along with thyme, celery, carrots, chicken broth, chicken water, rice, and remaining sprig of dill.
5. Coarsely chop 3 sprigs parsley and add to pot (reserve some for garnish, if desired).
6. Cover and simmer 20 to 30 minutes.
7. Garnish with remaining parsley and serve.



# Classic Minestrone

Total time: 45 minutes | Serves: 4 to 6 | Soups, Stews & Chili



## INGREDIENTS

- 1 yellow onion, diced
- 4 cloves garlic, minced
- 2 ribs celery stalks, sliced
- 1 large carrot, peeled and sliced
- 240 g (2 c) green beans, cut into bite-size pieces
- 1 tsp salt
- 1 tsp red pepper flakes (optional)
- 1 tsp olive oil
- 1 large can (830 ml; 28 ozs) diced tomatoes
- 1 tsp dried thyme
- 1 tbsp dried oregano
- 70 g (1/4 c) tomato paste
- 1.4 liters (6 c) vegetable broth
- 1 large zucchini, cubed
- 1 bay leaf
- 1 parmesan rind (optional)

## GARNISH INGREDIENTS (OPTIONAL)

- 1 tbsp fresh cilantro, coarsely chopped
- 60 g (1/2 c) parmesan cheese, grated

## DIRECTIONS

1. In a large pot on medium heat, sauté onion, garlic, celery, carrots, green beans, salt, and red pepper flakes in olive oil until onion is translucent, about 5 minutes.
2. Add tomatoes, thyme, oregano, tomato paste, bay leaf, and vegetable broth. Stir to combine. Continue cooking until carrots and celery are tender.
3. Add zucchini, bay leaf and parmesan rind (optional). Salt and pepper to taste.
4. Cover and simmer an additional 20 to 30 minutes.
5. Remove cheese rind before serving. Portion into bowls and garnish with cilantro and grated parmesan, if desired.





# Vegetarian Chili

Total Time: 60 minutes | Serves: 6 | Soups, Stews & Chili



## INGREDIENTS

2 tbsp olive oil  
4 large cloves garlic, minced  
2 medium carrots, peeled and chopped  
2 ribs celery stalks, chopped  
1 large red bell pepper, diced  
1 red onion, diced  
2 tsp cumin  
2 tsp smoked paprika  
1 tsp dried oregano  
1/4 tsp cayenne pepper (optional)  
1/2 tsp salt  
1 large can (830 ml; 28 oz) diced tomatoes  
1 can each (444 ml; 15 oz) black beans, pinto beans, and garbanzo beans, drained and rinsed  
500 ml (2 c) vegetable broth  
1 tbsp lime juice  
1 tbsp red wine vinegar  
1 bay leaf

## GARNISH INGREDIENTS (OPTIONAL)

2 tbsp fresh cilantro, chopped  
1/2 avocado  
1 tbsp cotija cheese\*

\*Cotija cheese is a dry pungent Hispanic cheese; if this cheese is unavailable, substitute with feta cheese

## DIRECTIONS

1. In a large pot on medium heat, sauté garlic, carrots, celery, bell pepper, onion, cumin, smoked paprika, oregano, cayenne, and salt in olive oil until onion is translucent, about 7 minutes.
2. Add tomatoes and beans and stir.
3. Add broth, lime juice, red wine vinegar, and bay leaf and stir.
4. Simmer for 30 minutes.
5. Remove from heat and serve with cilantro, avocado, and a spoonful of cotija cheese, if desired.



## Butternut Squash & Arugula Lasagne

Serving size: 4

Total time: 60 minutes



## Cauliflower Baja Tacos with Mango Salsa

Serving size: 4 to 6

Total time: 45 minutes



## Cauliflower Fried Rice

Serving size: 4 to 6

Total time: 40 minutes



## Chickpea Tikka Masala with Rice

Serving size: 4 to 5

Total time: 35 minutes



## Vegetable Curry

Serving size: 6

Total time: 40 minutes







# Butternut Squash & Arugula Lasagne

Total Time: 60 minutes | Serves: 4 | Vegetarian



## INGREDIENTS

6 lasagne pasta sheets  
2 small butternut squash, peeled and cubed (800 g or 1 3/4 lbs butternut cubes)  
1 1/2 tsp vegetable bouillon powder  
200 ml (4/5 c) water  
1 1/2 tsp salt  
Freshly ground black pepper to taste  
100 g (3 1/2 c) fresh arugula leaves, or baby spinach leaves  
30 g (1 oz) pecans, coarsely chopped  
120 g (1 c) low-fat mozzarella cheese, shredded  
1/4 tsp ground nutmeg  
Cooking spray

## TIP

For a complete meal, serve on a bed of mixed greens.

## DIRECTIONS

1. Preheat oven to 204°C (400°F).
2. Place lasagne sheets in a single layer on a large, rimmed baking sheet and cover with boiling water.
3. While the pasta softens, place butternut squash in microwave-safe bowl and sprinkle with vegetable bouillon. Add water, cover with microwave-safe lid and microwave for 15 minutes on high or until tender enough to mash (squash can also be boiled in pan on stove until tender). Do not drain.
4. Mash squash and season lightly with salt and pepper. The mixture should be soft and spreadable; if not, add a little boiling water.
5. Spoon 1/3 squash mixture into lightly greased 30x15 cm (2 qt) baking dish.
6. Remove lasagne sheets from water and pat dry. Place two sheets of softened pasta on top of squash, and top with a layer of fresh arugula (about half of arugula).
7. Spoon another third of squash over lasagne, add two sheets of pasta and sprinkle with half of chopped pecans. Top with remaining arugula, then remaining pasta.
8. Spread remaining squash over pasta and sprinkle with remaining pecans.
9. Cover and place in oven for 10 minutes.
10. Remove lasagne from oven, top evenly with shredded mozzarella cheese, and sprinkle with nutmeg. Turn oven to broil and place the lasagne back in oven until cheese is lightly browned.



# Cauliflower Baja Tacos with Mango Salsa

Total Time: 40 minutes | Serves: 6 | Vegetarian



## MANGO SALSA INGREDIENTS

1 mango, cut into bite-size pieces  
2 tbsp lime juice  
1 tbsp cilantro, coarsely chopped  
1/4 tsp salt  
1/4 red onion, minced  
1 jalapeño, minced (seeds removed)

## TACO INGREDIENTS

90 g (1 c) unsweetened shredded coconut  
90 g (1 c) panko breadcrumbs  
2 tsp smoked paprika, divided  
2 tsp salt, divided  
2 tsp ground cumin, divided  
1/4 tsp cayenne (optional)  
360 ml (1 1/2 c) coconut cream  
1 tsp garlic powder  
1 head cauliflower, broken into bite-size pieces  
12 corn tortillas, warmed  
Cooking spray

## CILANTRO SAUCE INGREDIENTS

60 ml (1/4 c) low-fat sour cream  
60 ml (1/4 c) low-fat Greek yogurt  
3 tbsp cilantro, minced  
1 tbsp lime juice  
1/2 tsp salt

## DIRECTIONS

1. Heat oven to 220°C (425°F).
2. Combine salsa ingredients, cover, and refrigerate until ready to serve.
3. In a bowl, combine shredded coconut and panko with 1 tsp each paprika, salt, and cumin, and 1/4 tsp cayenne.
4. In another bowl, whisk coconut cream, garlic powder, and remaining smoked paprika and cumin until incorporated.
5. Lightly spray baking sheet with cooking spray or place cooling rack on baking sheet for crispier pieces.
6. Thoroughly dip individual cauliflower pieces in coconut cream, then dredge in panko mixture until evenly coated.
7. Once coated, place cauliflower pieces on baking sheet and bake for 22 to 25 minutes.
8. While the cauliflower bakes, mix sour cream, yogurt, cilantro, lime juice, and salt to create cilantro sauce.
9. Remove cauliflower from the oven and assemble tacos with mango salsa and cilantro sauce, then serve.





# Cauliflower Fried Rice

Total Time: 40 minutes | Serves: 4 to 6 | Vegetarian



## INGREDIENTS

1 head cauliflower, leaves and excess stem removed  
4 cloves garlic, minced  
1 tsp sesame oil  
150 g (1 c) frozen peas  
150 g (1 c) carrots, shredded  
2 tbsp rice vinegar  
4 tbsp soy sauce\*  
1 tbsp gochujang\*\*  
2 cloves garlic, minced  
3 egg whites  
1 green onion, minced (garnish)

\*For gluten-free, substitute liquid aminos for soy sauce

\*\*Gochujang is a Korean red chili paste that is savory, sweet, and spicy

## DIRECTIONS

1. Halve the cauliflower head and pulse each half in food processor until cauliflower is rice sized. If you do not have a food processor, grate the cauliflower head on a cheese grater until rice sized.
2. On medium-high heat, sauté garlic in sesame oil, then add riced cauliflower, peas, carrots, rice vinegar, soy sauce, gochujang, and garlic.
3. Allow mixture to brown in pan, undisturbed, for 5 minutes.
4. Beat egg whites, then scramble in separate pan.
5. Gently stir cauliflower mixture for 8 minutes until thoroughly cooked. Lightly fold in scrambled eggs, garnish with green onions, and serve.



# Chickpea Tikka Masala with Rice

Total Time: 35 minutes | Serves: 4 to 5 | Vegetarian



## INGREDIENTS

1 kg (4 c) rice  
1 large onion, diced  
3 garlic cloves, minced  
2 tbsp olive oil  
2 cans (each 444 ml; 15 oz) diced tomatoes with juice (or 4 tomatoes, chopped)  
2 tbsp tomato paste  
1/2 tsp salt  
1 heaping tsp garam masala  
1/2 tsp cayenne pepper (optional)  
1 tsp cumin  
2 tbsp fresh ginger, minced or grated  
1 1/2 tsp turmeric  
2 cans (each 444 ml; 15 oz) chickpeas (garbanzo beans), drained and rinsed  
60 ml (1/4 c) vegetable broth  
1 can (444 ml; 15 oz) coconut milk or cream  
3 sprigs fresh cilantro, coarsely chopped for garnish (optional)

## DIRECTIONS

1. Prepare rice according to package instructions.
2. Meanwhile, sauté onion and garlic in olive oil in large skillet for 5 to 7 minutes or until onion is slightly translucent.
3. Add diced tomatoes, tomato paste, salt, garam masala, cayenne, cumin, ginger, turmeric, chickpeas, and vegetable broth, then stir until thoroughly mixed.
4. Simmer 5 minutes.
5. Add coconut milk and stir to incorporate, then cover and simmer for 15 minutes.
6. Serve with rice and garnish with cilantro, if desired.





# Vegetable Curry

Total Time: 40 minutes | Serves: 6 | Vegetarian



## INGREDIENTS

- 1 tsp canola or olive oil
- 1 medium onion, chopped
- 2 tsp garlic, crushed
- 1 1/2 tbsp fresh ginger, grated
- 2 tsp cumin
- 2 tsp coriander
- 2 tsp curry powder
- 1/4 tsp crushed chili (optional)
- 1/2 tsp salt
- 125 ml (1/2 c) water
- 1 large potato, cubed, skin remaining
- 500 ml (2 c) pumpkin, cubed
- 115 g (1 c) cauliflower florets
- 800 g (28 oz) canned crushed tomatoes
- 1 can (444 ml; 15 oz) chickpeas (garbanzo beans), rinsed and drained
- 1 red pepper, thickly sliced
- 4 small zucchini, thickly sliced
- 3 sprigs fresh cilantro, coarsely chopped
- 1.5 kg (6 c) cooked basmati rice

## CREAMY SAUCE INGREDIENTS

- 1 tsp “light” margarine
- 1/2 vegetable bouillon cube, dissolved in 250 ml (1 c) boiling water
- 125 ml (1/2 c) low-fat evaporated milk
- 4 tsp flour

## DIRECTIONS

1. Heat oil in large saucepan and sauté onion and garlic until soft, about 5 minutes.
2. Add spices and cook for 1 minute.
3. Add water, potato, pumpkin, cauliflower, tomatoes, and chickpeas. Simmer for 20 minutes.
4. Add red pepper and zucchini and simmer for an additional 10 minutes.
5. While the vegetables finish cooking, make the sauce. Melt margarine in a small saucepan. Add vegetable broth and milk and stir.
6. In glass bowl, mix flour with 3 tbsp water to form a smooth paste.
7. Pour half of milk mixture into flour paste and stir well.
8. Pour combined flour and milk back into saucepan with remaining milk mixture and bring to a boil while stirring constantly. Cook until thick and creamy.
9. Pour sauce over curried vegetables. Add cilantro and mix gently.
10. Serve over basmati rice.

## TIP

This dish can be made up to 3 days in advance and served cold as a “salad”.



## Mashed Celeriac

Serving size: 4

Total time: 30 minutes



## Salad with Beets & Toasted Pistachios

Serving size: 4

Total time: 1 hour and 30 minutes



## Roasted Winter Squash

Serving size: 6

Total time: 55 minutes

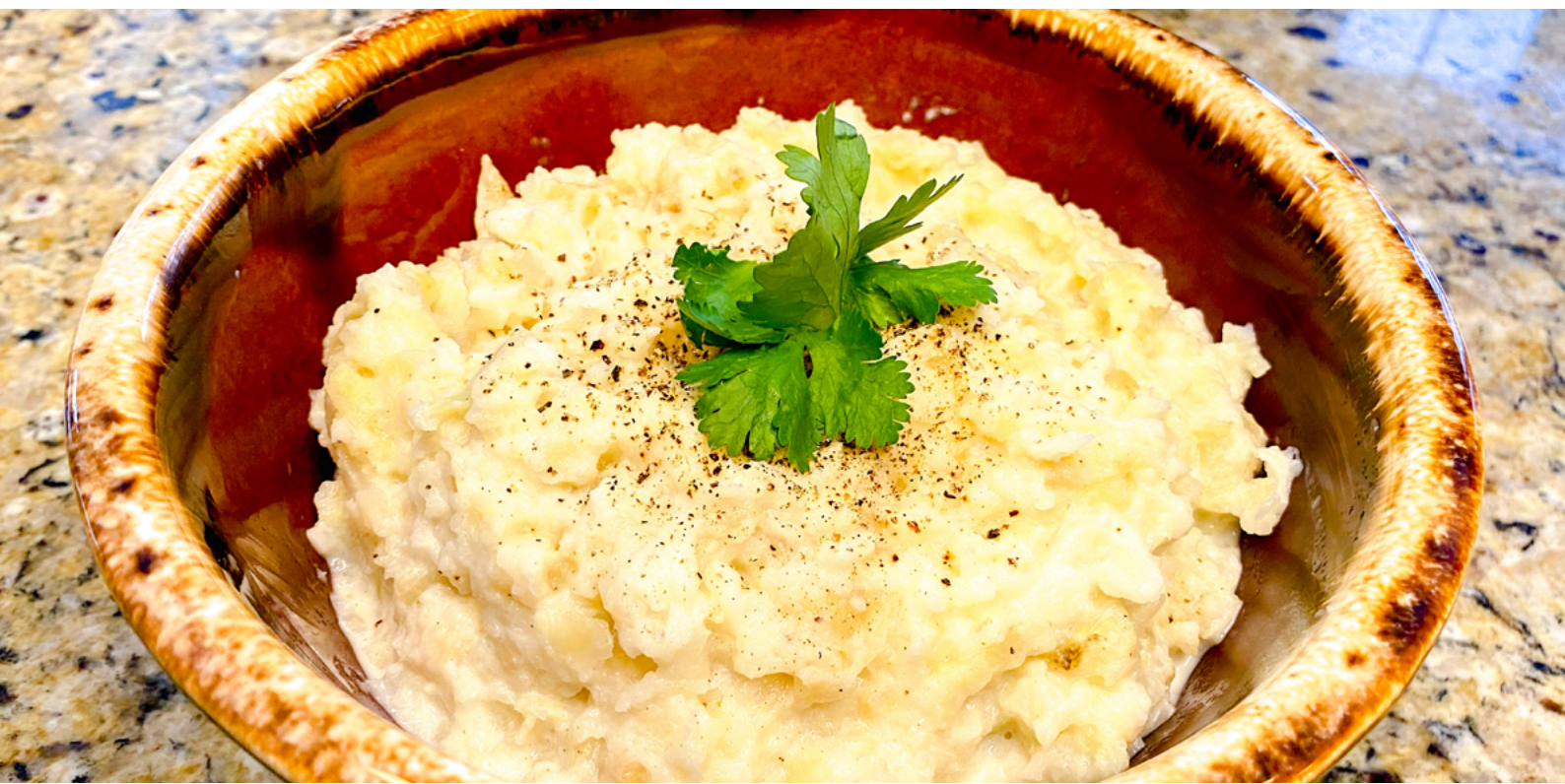






# Mashed Celeriac

Total Time: 30 minutes | Serves: 4 | Side Dish



## INGREDIENTS

910 g (2 lbs) celeriac (celery root), peeled and cut into 6 cm (1/4 in) cubes  
3 tsp salt, divided  
1 clove garlic, minced  
60 ml (1/2 c) low-fat sour cream  
120 ml (1/2 c) fat-free milk  
2 tbsp vegetable broth  
1 tsp freshly ground black pepper  
2 tsp butter  
1 tbsp fresh parsley for garnish, minced

## DIRECTIONS

1. Cook celeriac and 2 tsp of salt in large pot of boiling water for about 9 minutes or until soft.
2. Once cooked, drain water and add garlic, sour cream, milk, vegetable broth, remaining salt, pepper, and butter.
3. Mash with potato masher, top with parsley, and serve.



# Salad with Beets & Toasted Pistachios

Total Time: 90 minutes | Serves: 4 | Side Dish



## BEET INGREDIENTS

4 medium beets (red, Chioggia, golden, or mix), peeled, tops removed, and washed  
1 1/2 tbsp olive oil  
1/2 tsp salt  
1/2 tsp freshly ground black pepper  
Aluminum foil

## SALAD & DRESSING INGREDIENTS

35 g (1/3 c) pistachios, shelled  
60 ml (1/4 c) olive oil  
1 small shallot, minced  
60 ml (1/4 c) champagne or white wine vinegar  
1/2 tsp Dijon mustard  
1/2 tsp Kosher salt  
160 g (8 c) wild or baby arugula  
85 g (3 ozs) fresh goat cheese (optional)  
Freshly ground black pepper, for garnish

## DIRECTIONS

1. Preheat oven to 204°C (400°F) degrees.
2. Working one at a time, place beet on a large sheet of foil. Sprinkle with olive oil, salt, pepper, and a dash of water. Close aluminum foil and wrap tightly. Repeat for remaining beets.
3. Bake prepared beets for 1 hour or until tender. Remove from oven and loosen foil to cool.
4. In a dry skillet over medium heat, toast pistachios until lightly browned.
5. Using whisk or dressing shaker, mix olive oil, shallot, champagne or white wine vinegar, Dijon mustard, and salt until incorporated.
6. Cut cooled beets into bite-size cubes.
7. Place arugula in dish and arrange beets, goat cheese (optional), dressing, and pistachios on top.
8. Crack black pepper on top and serve.





# Roasted Winter Squash

Total Time: 55 minutes | Serves: 6 | Side Dish



## INGREDIENTS

1 acorn squash, peeled and seeded

1 small butternut squash, peeled and seeded

3 tbsp olive oil

1/2 tsp kosher salt

1/2 tsp freshly ground black pepper

## DIRECTIONS

1. Preheat oven to 220°C (425°F).
2. Cut squash into bite-size cubes; keep in mind squash shrinks while roasting.
3. Place squash in a single layer on two baking sheets. Drizzle with olive oil, salt, and pepper, then toss.
4. Bake 25 to 35 minutes or until tender, turning once halfway.

## TIPS

- Leftover squash can be pureed in blender with chicken or vegetable stock for a quick and delicious soup.
- Toss squash seeds with olive oil and salt and lightly roast for a flavourful, crunchy garnish.



## Chicken Lettuce Wraps

Serving size: 4 to 5

Total time: 30 minutes



## Cranberry Wonderland Cocktail

Serving size: 1

Total time: 5 minutes



## Homemade Hummus

Serving size: 4 to 6

Total time: 10 minutes



## Sweet & Spicy Nuts

Serving size: 1 to 2

Total time: 20 minutes



## Truffle Popcorn

Serving size: 4

Total time: 15 minutes







# Chicken Lettuce Wraps

Total Time: 30 minutes | Serves: 4 to 5 | Snacks & Starters



## INGREDIENTS

1 tsp sesame oil  
1 medium onion, diced  
2 cloves garlic, minced  
1 tbsp fresh ginger, grated  
454 g (1 lb) ground chicken  
1 tbsp sriracha (optional)  
Kosher salt, to taste  
Freshly ground black pepper, to taste  
2 tbsp rice wine vinegar  
70 g (1/2 c) canned water chestnuts, drained and sliced  
3 tbsp hoisin sauce  
2 tbsp low-sodium soy sauce\*  
Large leafy lettuce with leaves separated, for serving  
2 green onions, thinly sliced

## DIRECTIONS

1. Sauté onions, garlic, and ginger in sesame oil over medium heat.
2. Add ground chicken and sauté until chicken is cooked through.
3. Add sriracha, salt, pepper, rice wine vinegar, water chestnuts, hoisin sauce, and soy sauce and cook for an additional 2 minutes.
4. Clean lettuce leaves and pat lightly with paper towels to dry. Spoon chicken filling onto lettuce leaves.
5. Top with sliced green onions and serve.

\*For gluten-free, substitute liquid aminos for soy sauce.



# Cranberry Wonderland Cocktail

Total Time: 5 minutes | Serves: 1 | Snacks & Starters



## COCKTAIL INGREDIENTS

150 ml (5 ozs) gin  
60 ml (2 ozs) unsweetened  
cranberry juice  
1 1/2 tbsp lemon juice  
1 tbsp orange juice  
140 g (1 c) crushed ice

## GARNISH INGREDIENTS

Rosemary sprigs  
Powdered sugar  
Additional crushed ice  
(optional)

## DIRECTIONS

1. Combine cocktail ingredients in a drink mixer and shake vigorously.
2. Pour into chilled glass.
3. Dip rosemary sprigs into drink, then place in drink with the cut side up (trim extra stalk to shape garnish like a tree). Top with powdered sugar for a wintery affect.





# Homemade Hummus

Total Time: 10 minutes | Serves: 4 to 6 | Snacks & Starters



## INGREDIENTS

1 can 425 g (15 ozs) chickpeas (garbanzo beans)  
125 ml (1/2 c) tahini  
1 large lemon, juiced  
1 clove garlic  
1 tsp cumin  
3/4 tsp salt  
2 tbsp extra virgin olive oil  
1/2 tsp freshly ground black pepper  
Ice water (if needed)

## DIRECTIONS

1. Rinse chickpeas in strainer with cold water and drain.
2. Combine chickpeas, tahini, lemon juice, and garlic in a food processor. Blend until smooth (about 30 seconds).
3. Add rest of ingredients and blend. For a smoother consistency, add ice water (approximately 1 tbsp at a time) until it reaches desired consistency.
4. Transfer to a bowl and add freshly ground pepper.
5. Serve with carrots, cucumbers, or other vegetables of your choice.

## TIPS

- When purchasing chickpeas, check the ingredients to find a brand with as few added ingredients as possible. The can should only contain chickpeas, water, and salt.
- For a different taste, add roasted red peppers or other spices and blend thoroughly.



# Sweet & Spicy Nuts

Total Time: 20 minutes | Serves: 1 to 2 | Snacks & Starters



## INGREDIENTS

200 g (2 c) pecan halves

2 tbsp honey\*

1 tbsp water

1/2 tsp cayenne pepper

1/4 tsp salt

Parchment paper

\*For a vegan recipe, use 2 tbsp agave syrup in place of honey

## DIRECTIONS

1. Preheat oven to 177°C (350°F).
2. Toss pecans, honey, water, and cayenne pepper in a bowl until pecans are fully coated.
3. Place pecans on baking sheet lined in parchment paper.
4. Bake 15 minutes.
5. Remove from oven, lightly salt, and serve.





# Truffle Popcorn

Total Time: 15 minutes | Serves: 4 | Snacks & Starters



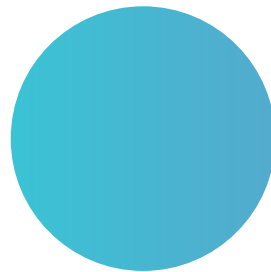
## INGREDIENTS

30 g (1/2 c) popcorn kernels  
2 tbsp truffle oil  
Freshly ground black pepper  
Coarse salt  
2 tbsp fresh flat-leaf parsley,  
minced  
30 g (1/4 c) freshly grated  
Parmesan cheese (optional)

## DIRECTIONS

1. Heat truffle oil in skillet, then add popcorn kernels and black pepper.
2. Stir to coat kernels, then cover skillet with lid.
3. Gently shake skillet occasionally while kernels pop.
4. After popping slows to about 2 seconds between pops, add salt, parsley, and parmesan (optional). Stir to combine and serve.

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