



RECIPES

...for type II diabetic patients



This booklet was compiled by Ramona Cini as part of an undergraduate project entitled "Nutrition in Diabetic Patients" carried out for the partial fulfillment of the requirement of the course leading to the Degree of Bachelor of Pharmacy (Hons).

The study was carried out under the supervision of Professor Lilian M. Azzopardi, Head of Department of Pharmacy, University of Malta.

The recipes found on pages 1, 2, 5, 7 and 8 were obtained from the Canadian Diabetes Association. The other recipes were obtained from:
<http://www.cooksrecipes.com>

These recipes were reviewed by Ms. Claire Sillato Copperstone.

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Greek Lentil Salad

Nutrient Analysis

One Serving:

Energy: 142kcal/593kJ

Proteins: 6g

Carbohydrates: 15g

of which sugars: 0g

Fats: 6g

of which saturated: 1g

Fibre: 3g

Sodium: 0.1g



Method

1. In a large bowl, combine lentils, olives, onion, tomatoes, green pepper, cucumber, feta cheese and parsley.
2. In a small bowl, whisk canola oil, lemon juice and oregano together.
3. Add dressing and parsley to lentil mixture and toss to coat.
4. Can be eaten right away or covered and left in refrigerator to marinate for 2 hours before serving. Salad can be made a day in advance.

Ingredients

540g lentils, rinsed and drained
½ cup (125mL) calamata olives (optional)
½ cup (125mL) onion, chopped
1½ cups (375mL) grape tomatoes, halved
½ cup (125mL) green peppers, chopped
1 cup (250mL) cucumber, diced
3½ tbsp (50mL) feta cheese, crumbled
3½ tbsp (50mL) fresh parsley, chopped
3½ tbsp (50mL) canola oil
3½ tbsp (50mL) lemon juice
1tbsp (15mL) dried oregano

Zucchini and Yellow Split Sauté

Nutrient Analysis

One Serving:

Energy: 167kcal/695kJ

Proteins: 3g

Carbohydrates: 24g

of which sugars: 3g

Fats: 6g

of which saturated: 0.5g

Fibre: 4g

Sodium: 0.3g



Method

1. Heat canola oil in a large skillet over medium-low heat.
2. Sauté green onions and zucchini slices until slightly tender, about 5 minutes. Add cooked yellow split peas. Stir gently.
3. Layer tomato slices over top and sprinkle with $\frac{2}{3}$ cup (150 mL) of the shredded cheese. Layer onion rings over mixture and add remaining cheese.
4. Sprinkle garlic powder, soy sauce and pepper over top.
5. Reduce heat to low, place lid on the pan and heat ingredients for about 5 minutes. Serve immediately.

Makes 4 servings

Serving size: $\frac{1}{2}$ cup (125mL)

Ingredients

1 tbsp (15mL) canola oil
2 green onions, chopped
2 medium zucchini, sliced
1 cup (250mL) dried yellow split peas
2 medium tomatoes, sliced
1 cup (250mL) reduced-fat cheddar cheese shredded
1 red onion, sliced in rings
Dash each of garlic powder, light soy sauce and pepper

Layers of Lasagna

Nutrient Analysis

One Serving:

Energy: 310kcal/1295kJ

Proteins: 25g

Carbohydrates: 28g

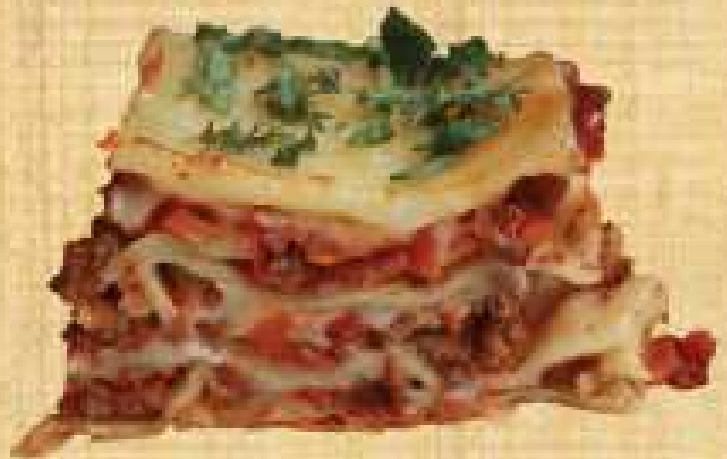
of which sugars: 0g

Fats: 10g

of which saturated: 5g

Fibre: 3g

Sodium: 0.5g



Method

1. For sauce, in a large saucepan cook ground beef, onion, carrot and garlic over medium-high heat until meat is brown and vegetables are tender. Drain off fat. Stir in the tomato sauce, tomato paste, water and pepper. Bring to boiling; reduce heat. Simmer, covered, for 10 minutes, stirring occasionally.
2. Meanwhile, cook the lasagna noodles according to the package directions. Drain noodles; rinse with cold water. Drain well; set aside. For cheese filling, in a small bowl stir together the egg and ricotta cheese.

Ingredients

340g lean ground beef
½ cup chopped onion
(1 medium)
½ cup (125mL)
finely chopped carrot
(1 medium)
2 cloves garlic, minced
425g can Italian-style
tomato sauce
170g can tomato paste
½ cup water

Method

3. Lightly coat a 2-quart rectangular baking dish with cooking spray. Layer 3 noodles in the prepared baking dish. Spread with a third of the cheese filling. Top with a third of the sauce and a third of the mozzarella cheese. Repeat layers twice. Sprinkle with Parmesan cheese.
4. Bake, covered, in a 190°C oven for 20 minutes. Uncover and bake for 5 minutes more or until heated through. Let stand for 10 minutes before serving.

Makes 8 servings
Serving size: ⅛ portion

Ingredients

¼ tsp (1mL) black pepper
9 lasagna noodles
1 beaten egg
425g carton light ricotta cheese or low-fat cottage cheese, drained
113g shredded part-skim mozzarella cheese
28g grated parmesan or romano cheese

Spinach and Mushroom Barley Pilaf

Nutrient Analysis

One Serving:

Energy: 167kcal/695kJ

Proteins: 3g

Carbohydrates: 24g

of which sugars: 3g

Fats: 6g

of which saturated: 0.5g

Fibre: 4g

Sodium: 0.3g



Method

1. Bring water to a boil in a small saucepan over high heat. Stir in barley, reduce heat, cover tightly, and simmer 10-12 minutes or until tender. Remove from heat and let stand 5 minutes.
2. Meanwhile, heat ½ tablespoon (7.5 mL) canola oil in a large nonstick skillet over medium-high heat. Tilt skillet to coat bottom evenly; add onions, and cook 6 minutes or until richly browned, stirring frequently.

Ingredients

1 cup (250mL) water
½ cup (125mL) quick cooking barley
1½ tbsp (25mL) canola oil, divided
1½ cups (375mL) diced onions
230 g sliced mushrooms

Method

3. Add mushrooms and cook 4 minutes or until tender, using two utensils to toss. Add garlic and cook 30 seconds, stirring constantly.
4. Remove from heat. Add spinach, oregano, salt and undrained barley. Toss well to blend. Drizzle remaining 1 tablespoon (15 mL) canola oil evenly over all and toss gently until just coated.

Makes 4 servings

Serving size: ½ cup (125mL)

Ingredients

2 medium garlic
cloves, minced
2 cups (500mL) loosely
packed baby spinach
1 tsp (5mL) dried
oregano leaves,
crumbled
½ tsp (3mL) salt

Fish tacos with avocado salsa

Nutrient Analysis

One Serving:

Energy: 393kcal/1639kJ

Proteins: 27g

Carbohydrates: 37g

of which sugars: 2g

Fats: 14g

of which saturated: 2.2g

Fibre: 5g

Sodium: 0.3g



Method

1. Combine flour, cornmeal, onion powder, and chili powder in a shallow dish, such as a pie pan. Coat fish with mixture.
2. Heat canola oil in a large nonstick skillet over medium-high heat. Add fish; cook 3 minutes on each side or until browned and fish flakes with a fork. Place on a serving platter and sprinkle evenly with salt.
3. Place fish in warmed tortillas and top with equal amounts of avocado and pico de gallo. Squeeze a lime wedge over each tortilla.

Makes 4 servings
Serving size: 2 tacos

Ingredients

¼ cup (60mL) all-purpose flour, spooned into measuring cup and levelled
¼ cup (60mL) cornmeal
½ tsp (3mL) onion powder
½ tsp (3mL) chili powder
4 fish fillets – rinsed, patted dry and cut into 8 strips total
2 tbsp (30mL) canola oil
¼ tsp (2mL) salt
8 corn tortillas, warmed
½ avocado, peeled, pitted and diced
½ cup (125mL) picante sauce
1 medium lime, cut into 8 wedges

Chicken and chickpea stew

Nutrient Analysis

One Serving:

Energy: 173kcal/720kJ

Proteins: 10g

Carbohydrates: 23g

of which sugars: 0g

Fats: 4g

of which saturated: 1g

Fibre: 4g

Sodium: 0.5g



Method

1. In large saucepan, heat canola oil over medium heat. Add celery, carrot and onion and sauté until tender. Add garlic and cook about 1 minute, stirring constantly.
2. Add broth, spaghetti sauce, chickpeas, kidney beans, pasta, pepper and bring to a boil.
3. Reduce heat to medium-low and simmer until pasta is tender, about 10-12 minutes. Add chicken to pan and cook 5-8 minutes, until chicken is cooked through.
4. Sprinkle with parmesan cheese and serve.

Makes 12 servings

Serving size: 1 cup (250 mL)

Ingredients

1 tbsp (15 mL) canola oil
2 celery stalks, chopped
2 carrots, diced
1 onion, chopped
2 garlic cloves, minced
4 cups (1L) low sodium chicken broth
3 cups (750mL) spaghetti sauce
540 mL chickpeas, rinsed and drained
540 mL white kidney beans, drained and rinsed
1½ cups (375mL) dry short tube pasta
½ tsp (3mL) fresh ground pepper
8 skinless, boneless chicken thighs cut into ½-inch cubes
½ cup (125mL) grated fresh parmesan cheese

Sugar Free Chocolate Eclairs

Nutrient Analysis

One Eclair:

Energy: 168kcal/700kJ

Proteins: 6g

Carbohydrates: 19g

of which sugars: 0g

Fats: 7g

of which saturated: 4g

Fibre: trace

Sodium: 0.4g



Method

1. In a saucepan, bring water and butter to a boil. Add flour all at once, stirring until a smooth ball forms. Remove from the heat; let stand for 5 minutes. Add eggs, one at a time, beating well after each addition. Continue beating until mixture is smooth and shiny. Transfer to a resealable plastic bag; seal.
2. Cut a 1-inch hole in one corner of bag. Pipe eight 3½ inch logs onto an ungreased baking sheet.
3. Bake at 230°C for 10 minutes. Reduce heat to 205°C; bake 15 to 20 minutes longer or until golden brown. Transfer to a wire rack. Immediately cut a slit in each to allow
09 steam to escape; cool.

Ingredients

Dough:

½ cup (125mL) water
¼ cup (60mL) butter
(no substitutes)
½ cup (125mL)
all-purpose flour
2 large eggs

Chocolate Topping:

1½ cup (375mL) cold
fat-free milk
40g package sugar-
free instant chocolate
pudding mix

Method

4. Carefully cut off tops. Set the tops aside. Remove soft dough from the inside with a fork.
5. For Vanilla Filling: In a mixing bowl, beat milk, vanilla and pudding on low speed for 2 minutes or until thickened. Fold in whipped topping; set aside.
6. For Chocolate Topping: In another mixing bowl, beat milk and chocolate pudding mix for 2 minutes or until thickened.
7. Spoon vanilla filling into eclairs; replace tops. Spread with chocolate topping.

Makes 8 eclairs

Serving size: 1 eclair

Ingredients

Vanilla Filling:

1¼ cup (310mL) cold fat-free milk

¼ (60mL) teaspoon vanilla extract

28g package sugar-free instant vanilla pudding mix

1 cup (250mL) fat-free whipped topping

References

- Canadian Diabetes Association [Online]. 2010 [cited 2010 Dec 6]; Available from: URL:<http://www.diabetes.ca>
- Pryor Hope. Cooksrecipes.com [Online]. 2010 [cited 2010 Dec 6]; Available from: URL:<http://www.cooksrecipes.com>

