

Type 2 Diabetes Recipes

Use the recipes in this package with our Type 2 Diabetes 7-day menu plan.

Sunday

Tandoori Haddock

Preparation Time: 5 minutes/ marinating time: 20 to 30 minutes

Cooking Time: 10 minutes

Makes: Serves 4

Purchased tandoori paste makes an easy marinade for white fish. This India-inspired dish can be made quickly for a great weeknight meal.

Tip: Most supermarkets now carry tandoori paste. You can usually find it in the ethnic food aisle where Indian and Asian sauces are displayed.

Ingredients

Tandoori paste	50 mL	¼ cups
Low-fat yogurt	50 mL	¼ cups
Freshly squeezed lemon juice	15 mL	1 tbsp
4 haddock fillets	420 g	14 oz

Directions

1. In a shallow dish, combine tandoori paste, yogurt and lemon juice. Add fish, turning to coat evenly. Cover and refrigerate for 20 to 30 minutes. Meanwhile, preheat broiler, with rack set 4 inches (10 cm) from the top.
2. Place fish on baking sheet and broil for 10 minutes or until fish is opaque and flakes easily with a fork and the top is lightly browned.
3. **Serving Idea:** For a balanced meal, serve with basmati rice and steamed sugar snap peas.

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Rhubarb Apple Loaf with Brown Sugar-Cinnamon Topping

Preparation Time: 15 minutes

Cooking Time: 1 hour

Makes: 1 loaf, 16 slices or 18 muffins

A moist quick-bread with a crunchy brown sugar-cinnamon topping, this can also be made into muffins. The loaf will keep well, covered, at room temperature for up to 2 days. Or wrap and freeze for up to 3 months.

Ingredients

All-purpose flour	500 mL	2 cups
Granulated sugar	175 mL	3/4 cup
Baking powder	10 mL	2 tsp
Baking soda	5 mL	1 tsp
Salt	2 mL	1/2 tsp
Eggs	2	2
Apple juice	250 mL	1 cup
Butter, melted	75 mL	1/3 cup
Vanilla	5 mL	1 tsp
Chopped fresh Ontario Rhubarb (12 oz/375 g, about 6 stalks)	500 mL	2 cups
Topping:		
Packed brown sugar	30 mL	2 Tbsp
Cinnamon	1 mL	1/4 tsp

Directions

1. In large bowl, stir together flour, sugar, baking powder, baking soda and salt. In medium bowl, beat eggs; stir in apple juice, butter and vanilla; stir into dry mixture just until combined. Stir in rhubarb just until evenly distributed. Spoon into greased 9- x 5-inch (2 L) loaf pan.
2. Topping: In small bowl, combine brown sugar with cinnamon; sprinkle evenly over batter. Bake in 350°F (180°C) oven for 60 to 65 minutes or until toothpick inserted in centre comes out clean. Let cool in pan on wire rack for 10 minutes. Turn out of pan and let cool completely on rack.
3. Variation: Muffins: Spoon batter into 18 greased muffin cups; sprinkle with topping. Bake in 375°F (190°C) oven for 20 to 25 minutes. Let cool as directed.

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Monday **Minestrone Soup**

Preparation Time: 15 minutes

Cooking Time: 40 minutes

Serves: 4

This is a great soup to make at the end of the week when you have a lot of produce to use up. Any fresh seasonal vegetables can be used in this recipe. This soup freezes well and makes for a great leftover for lunch. Serve with a crusty whole grain bun.

Ingredients

Olive oil	15 mL	1 Tbsp
Onion, diced	250 mL	1 cup
Carrot, diced	250 mL	1 cup
Celery, diced	250 mL	1 cup
Cloves of garlic, chopped	2	2
Fresh parsley, chopped	125 mL	1/2 cup
Sodium reduced chicken stock	1 L	4 cups
Water	500 mL	2 cups
Navy beans, drained and rinsed	540 mL	19 oz
Potato, peeled and diced	250 mL	1 cup
Zucchini, diced	250 mL	1 cup
Savoy cabbage, shredded	250 mL	1 cup
Fresh plum tomatoes, diced	500 mL	2 cups
Bay leaf	1	1
Dried basil	5 mL	1 tsp
Dried oregano	5 mL	1 tsp
Dried thyme	5 mL	1 tsp
Pepper to taste		

Directions

1. Heat oil in a large pot over medium heat. Add onion, carrot and celery and sautee without browning for about 10 minutes.
2. Add the rest of the ingredients, except the cheese, and simmer on medium heat for 30 minutes.
3. Pour into bowls and top with parmesan cheese (if using).

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Tuesday **Protein Bars**

Preparation Time: 15 minutes

Cooking Time: 30 Minutes

Serves: 12

These bars are a great alternative to the store-bought protein bar varieties and offer natural rather than processed ingredients. They are portable and fit well with an active lifestyle.

Ingredients

Low-fat granola cereal	500 mL	2 cups
Whole-wheat flour	125 mL	1/2 cup
Dried cranberries	125 mL	1/2 cup
Raisins	125 mL	1/2 cup
Peanut butter	75 mL	1/3 cup
Plain, non fat yogurt	125 mL	1/2 cup
Low-fat silken tofu	150 mL	2/3 cup
Egg	1	1
Egg white	1	1
Brown sugar, not packed	50 mL	1/4 cup

Directions

1. Preheat the oven to 375° F (190° C). Line a glass 8x8 inch square baking dish with parchment paper. Set aside.
2. In a large bowl, combine granola, flour, cranberries and raisins.
3. In a second bowl, combine the rest of the ingredients. Add to the dry ingredients and mix until combined. Pour into the prepared baking dish.
4. Bake for 25 to 30 minutes. Let cool.
5. Loosen the bars from the edge of the pan and place the entire square on a cutting board. Cut into 6 equal long thin strips and then cut in half to make 12 bars.
6. Store in an air tight container for up to 2 days or wrap individually and freeze.

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Wednesday

Sweet Chili Tofu Stir-Fry

Preparation Time: 15 minutes

Cooking Time: 12 minutes

Makes: Serves 4

Stir-frying is a fast and easy way to prepare a meal without a lot of added fat. Vegetables and lean protein form the basis for this dish with a little added sauce and seasoning for flavor. It's a flavorful way to introduce your family to tofu.

Tip: Serve with brown rice

Ingredients

Vegetable cooking spray		
Firm tofu, cut into thin strips	175 mL	5 oz
Sliced Spanish onion	175 mL	¾ cup
Broccoli florets	250 mL	1 cup
Baby carrots, cut into bite-size pieces	250 mL	1 cup
Sugar snap peas, trimmed	175 mL	¾ cup
Julienned red bell pepper	125 mL	½ cup
Vegetable broth or water	125 mL	½ cup
Sweet chili sauce	50 mL	¼ cup
Grated orange zest	5 mL	1 tsp
Chopped fresh cilantro (optional)	5 mL	1 tsp

Directions

1. Heat a wok or large skillet over medium-high heat. Spray with vegetable cooking spray. Brown tofu on both sides, then remove from pan and set aside.
2. Add onion to wok and sauté for 1 minute. Add broccoli, carrots, peas and red pepper; stir-fry until tender-crisp, about 5 minutes. Return tofu to wok and stir in broth, chili sauce and orange zest. Heat until bubbling.
3. Transfer stir-fry to serving platter and sprinkle with cilantro, if using.

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Thursday

Chicken Bulgur Salad

Preparation Time: 35 minutes

Cooking Time: NA

Serves: 4

Bulgur is partially steamed, dried crushed wheat kernels or berries. Look for it in bulk stores or in packages in the grain and rice section of your supermarket.

Because it is partially cooked, it really just needs rehydrating. Fresh greenhouse tomatoes, cucumber and parsley add a refreshing punch, and chicken packs protein. Take any leftovers to the office or school for a healthy lunch.

Ingredients

Bulgur	250 mL	1 cup
Salt	2 mL	1/2 tsp
Boiling water	375 mL	1 1/2 cups
Ontario greenhouse tomatoes, seeded and chopped	3 medium	3 medium
Ontario greenhouse cucumber, diced	Half a unit	Half a unit
Green onions, sliced	4	4
Chopped fresh flat-leaf parsley	125 mL	1/2 cup
Chopped cooked Ontario chicken	250 mL	1 cup
Olive oil	50 mL	1/4 cup
Fresh lemon juice	30 mL	2 Tbsp
Pepper		

Directions

1. Place bulgur and salt in large bowl. Pour boiling water over and stir; let stand, uncovered, for 30 minutes or until water is absorbed.
2. Add tomatoes, cucumber, green onions, parsley and chicken; toss. Sprinkle with oil and lemon juice; toss to coat evenly. Season to taste with pepper and more salt. Serve at room temperature.

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Friday

Rise & Shine Breakfast Sandwich

Preparation Time: 10 minutes

Cooking Time: 2 minutes

Makes: 1 serving

Try this breakfast sandwich for a quick on-the-go start to your day. It is easier than take out, and so much better for you. Compare this sandwich with the leading egg sandwich from a fast food restaurant at 300 calories, 12 g of fat, 5 g of saturated fat and 820 mg of sodium.

Ingredients

Liquid egg substitute	50 mL	1/4 cup
Light mozzarella cheese, shredded	30 mL	2 Tbsp
Red pepper, finely diced	30 mL	2 Tbsp
Sodium reduced deli ham, finely sliced (optional)	15 mL	1 Tbsp
Crushed red pepper flakes	2 mL	1/2 tsp
Pepper to taste		
Italian seasoning (optional)	1 mL	1/4 tsp
Whole grain English muffin, toasted	1	1

Directions

1. Use a microwave safe bowl, about the same diameter as the English muffin. Spray lightly with canola oil spray.
2. In the bowl, mix together egg, cheese, red pepper, ham, pepper and Italian seasoning (if using). Microwave on high for 1 minute. Turn the egg over and microwave for another 30 seconds to 1 minute.
3. Place egg on the toasted English muffin and off you go!

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Black Bean Couscous Salad

Preparation Time: 15 minutes

Cooking Time: 5 minutes

Serves: 4

This salad is very portable and is great for lunch. It is also a good source of whole grains and beans, a healthy alternative to meat.

Ingredients

Sodium reduced vegetable stock, chicken stock or water	175 mL	¾ cup
Whole-wheat couscous	175 mL	¾ cup
No added salt canned corn or thawed frozen corn	125 mL	½ cup
Diced green pepper	125 mL	½ cup
Cherry tomatoes cut in 4	125 mL	½ cup
Canned black beans, drained and rinsed	250 mL	1 cup
Green onion, chopped	50 mL	¼ cup
Finely diced cilantro, packed	15 mL	1 Tbsp
Juice of 1 lime		
Olive oil	15 mL	1 Tbsp
Cumin	5 mL	1 tsp
Black pepper	2 mL	½ tsp

Directions

1. In a small pot, bring the chicken stock or water to a boil. Turn off the heat and add the couscous. Let it sit for 5 minutes and then fluff with a fork and transfer it to a large bowl.
2. Add the rest of the ingredients and toss.
3. Chill for 1 hour and up to 2 days.

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Whole Wheat Orange Ginger Scones

Preparation Time: 15 minutes

Cooking Time: 12 minutes

Makes: 10 scones

These yummy scones are easy to make – no rolling and cutting. They make a perfect accompaniment to a mid-afternoon cup of tea.

Ingredients

Whole wheat flour	250 mL	1 cup
Oat bran	125 mL	½ cup
Sugar	15 mL	1 Tbsp
Baking powder	10 mL	2 tsp
Grated orange peel from medium orange	1	1
Dried ground ginger	2 mL	½ tsp
Non-hydrogenated margarine	45 mL	3 Tbsp
Skim milk	125 mL	½ cup
Egg	1	1

Directions

4. Preheat oven to 425°F (220°C)
5. In a large bowl, combine flour, oat bran, sugar, baking powder, grated orange peel and ginger. Using a fork, work the margarine evenly into the flour mixture.
6. In a small bowl whisk the egg and the milk. Add it to the dry mix.
7. Cover a baking sheet with parchment paper and drop the scones batter onto the sheet by the spoonful to make 10 scones.
8. Bake for about 12 minutes.

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Saturday

Spinach and Mushroom Lasagna

Preparation Time: 10 minutes

Cooking Time: 55 minutes

Serves: 8 servings

This vegetarian lasagna is lower in fat compared to the traditional version. Freeze leftovers in single serve portions and take it for a quick lunch on another day.

Ingredients

Whole wheat lasagna noodles	9	9
Olive oil	15 mL	1 Tbsp
Red onion, diced	250 mL	1 cup
Mushrooms, sliced	1 L	4 cups
Cloves of garlic, minced	3	3
Baby spinach, washed and dried	1 bag (10 oz)	1 bag (10 oz)
Tomato sauce	1 jar (about 2 ¼ cups)	1 jar (about 2 ¼ cups)
Pepper	To taste	To taste
Light feta cheese	250 mL	1 cup
Light ricotta cheese	1 container (475g)	1 container (475g)
Light mozzarella cheese shredded	500 mL	2 cups

Directions

1. Preheat oven to 375° F (190° C).
2. Cook the lasagna noodles according to package directions. Drain and set aside.
3. To make the sauce: Heat oil in a large sauce pan over medium heat. Add onions and mushrooms and cook for 10 minutes. Add garlic and spinach. Cover and cook until the spinach is wilted. About 5 minutes. Uncover and cook on medium heat for about 10 minutes or until most of the liquid has evaporated. Add the tomato sauce and pepper.
4. To make the lasagna: Line the bottom of a 9x13 inch baking dish with 3 noodles. Top with ½ of the ricotta cheese, ½ of the sauce and ½ of the feta cheese. Repeat. Place the final 3 noodles on top and cover with mozzarella cheese.
5. Bake for 30 minutes or until the cheese is starting to brown.

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Lightened-Up Guacamole and Chips

Preparation Time: 20 minutes

Cooking Time: 10 to 15 minutes per batch of tortillas

Makes: Serves 10

This recipe was an instant hit with the tasting panel for its great flavor, and it has less fat than commercial guacamole and chips. Kids love it.

Tip: The tortilla chips will keep for up to 2 weeks in an airtight plastic bag at room temperature. Use the baked tortillas as an inexpensive replacement for store-bought crispy flat breads.

Ingredients

Ripe Avocados, peeled and mashed	2	2
Tomato, chopped (optional)	1	1
Clove Garlic, minced	1 clove or 2 mL powder	1 clove or ½ tsp. powder
Fat-free Plain Yogurt	125 mL	½ cup
Tomato salsa (mild, medium or hot)	75 mL	1/3 cup
Chopped Green Onion (optional)	25 mL	2 tbsp.
Freshly Squeezed Lemon Juice	10 mL	2 tsp.
Ground Cumin (or to taste)	5 mL	1 tsp.
Chili Powder (or to taste)	5 mL	1 tsp.
Multigrain or whole wheat tortillas	8 to 10 (25 cm)	8 to 10 (10-inch)
Ripe Avocados, peeled and mashed	2	2

Directions

1. In a large bowl, combine avocados, tomato (if using), garlic, yogurt, salsa, green onion (if using), lemon juice, cumin and chili powder.
2. In batches, place tortillas directly on the middle rack of preheated oven and toast, turning once, for 10 to 15 minutes or until golden brown and starting to crisp (check periodically to make sure they are not getting too brown). Let cool on a wire rack, then break into dipping-size pieces.
3. Serve guacamole in a dish, surrounded by toasted tortilla chips.

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