

Cook Well... Eat Well... Live Well.

Recipes for Dinner “Eating Your Way Out of Type 2 Diabetes”

Caramelized Carrot Soup with Ginger

Yield - 6 servings, one cup each

1.25 lbs.	Carrots, peeled, halved and cut into 1.5” pieces
1 Pinch	Kosher salt
2 Pinches	Baking soda
2 oz.	Butter, unsalted
3 lbs.	Carrots, juiced (or about 3 cups of store bought carrot juice, stock, or water as needed)
As needed	Crystalized ginger or tarragon

Method

Add the carrots, butter, salt, and baking soda to a thick-bottomed pressure cooker. Refer to pressure cooker instruction manual for proper operation. Attach lid and bring the pressure cooker to 15 psi. Maintain the heat level carefully after it comes up to pressure to ensure the least possible amount of steam leaves the pressure cooker. Shake the pressure cooker occasionally to prevent scorching of the carrots. Cook for 50 minutes.

Let pressure cooker return to regular pressure (0 psi.) and remove the lid. Run water over the pressure cooker to speed this process up.

Add the carrot juice and blend until smooth. Adjust the consistency by adding more carrot juice or water as necessary.

Garnish with chopped crystalized ginger or tarragon

Per serving: Calories: 162; Total fat: 8 g; Protein: 3 g; Carbohydrates: 18 g; Fiber: 3g; Sodium: 304 mg

Heirloom Hearty Polenta

Yield - 6 servings

As Needed	Olive oil for brushing
3 1/4 c.	Vegetable stock or water, cold
1 c.	Polenta, quality (we made ours from heirloom ground Red Floriani cornmeal from Spence Farm)
1 tsp.	Sage, chopped
1 tsp.	Rosemary, chopped
1/2 c.	Parmigiano-Reggiano, grated
2 Tbsp.	Unsalted butter, cut into bits

Method

Brush an 8-inch square baking dish with oil.

Combine water, polenta, herbs, and 3/4 teaspoon salt in a heavy medium saucepan and bring to a boil over medium heat, whisking. Reduce heat to medium-low and cook, stirring constantly with a long-handled wooden spoon, until polenta begins to pull away from side of pan, 15 to 20 minutes. Stir in cheese and butter until incorporated. Transfer polenta to baking dish, and spread evenly with a dampened rubber spatula. Chill uncovered about 45 minutes until set.

Preheat broiler. Line a baking sheet with foil and brush with oil. Unmold polenta, then cut into 16 (about 4- by 1-inch) sticks. Brush tops with oil and space evenly on baking sheet. Broil about 4 inches from heat until golden, 15 to 20 minutes.

Per serving: Calories: 157; Total fat: 6 g; Protein: 5 g; Carbohydrates: 18 g; Fiber: 1 g; Sodium: 128 mg

Risotto Inspired White Beans

Yield - 10 servings

1 lb.	Great northern white beans
1 pint	Filtered Water or Vegetable Stock
1 c.	White wine
1 pinch	Baking soda
1 each	Onion, small dice
2 each	Garlic cloves, minced
1 pinch	Saffron, steeped in 2 Tbsp. warm water (optional)
1 Tbsp.	Olive oil
1 oz.	Parmesan Cheese, finely grated
1 oz.	Butter
TT	Salt and Pepper

Method

Rinse the beans and sort to remove rocks and dirt.

In a pressure cooker, sauté onion and garlic, browning only lightly. Deglaze with white wine.

Add beans, stock or water, baking soda, and steeped saffron.

Place the lid on the pressure cooker and bring to 15 psi.

Cook for 1 hour and let pressure drop naturally. Remove the lid and check beans for doneness. If not done, bring back up to pressure and cook for another 10 minutes. Repeat until beans are done. When beans are done, cook with the lid off for a few minutes to remove most of the unabsorbed liquid.

Gently stir in butter and cheese.

Season with salt and pepper.

Note: not all of the beans will remain whole - many will break down to create a creamy texture.

Per serving: Calories: 151; Total fat: 4 g; Protein: 11 g; Carbohydrates: 30 g; Fiber: 17 g; Sodium: 219 mg

Recipe analyzed with water, not vegetable broth, and ½ teaspoon salt added.

Roasted King Oyster Mushrooms

Yield - 4 servings

4 each	Large king oyster mushrooms (not to be confused with oyster mushrooms)
As Needed	Vegetable Oil
As Needed	Salt

Method

Preheat oven to 350°F.

Place your largest oven-proof skillet over high heat. Add enough vegetable oil to coat the bottom of the skillet and sear the mushrooms, seasoning with a pinch of salt, and turning to brown as much of the surface area as possible.

When the mushroom surfaces are nicely browned, move the skillet to the oven and roast until fully tender when poked with a skewer, at least 15 minutes (depending on size).

Per serving: Calories: 94; Total fat: 5 g; Protein: 5 g; Carbohydrates: 10 g; Fiber: 3 g; Sodium: 315 mg

Onion Jam

Yield - 2 cups

Adapted from America's Test Kitchen

4 lbs.	Yellow onions, halved and cut into slices, pole to pole
2 Tbs.	Olive oil
1 Pinch	Kosher salt
3/4 c.	Port
1/2 c.	Water
1/4 c.	Sugar
1 tsp.	Thyme, fresh, chopped
1/4 c.	Apple cider vinegar

Method

Preheat the oven to 400 degrees.

In a dutch oven over medium heat, heat the oil until shimmering. Add the sliced onions and salt, toss to combine, and place in oven, covered, for one hour.

After one hour, uncover and stir. Partially cover and allow to cook for another hour, stirring every 30 minutes until onions are a deep golden color.

Remove from oven and place on stove over medium heat. Add port, water, vinegar, sugar and thyme and allow to simmer until desired thickness, stirring occasionally.

A clearly defined path should show when you drag a spoon across the bottom of the pan.

Remove from heat and spoon into heat proof and tightly-lidded jars. Allow to cool to room temperature before sealing. Jam should keep for two weeks in the fridge.

Per serving of 2 tablespoons: Calories: 94; Total fat: 2 g; Protein: 1 g; Carbohydrates: 16 g; Fiber: 2 g; Sodium: 4 mg

Sautéed Kale

Yield - 8 servings

1 1/4 lbs.	Kale, stems and center ribs discarded
3 each	Garlic cloves, chopped
3/4 tsp.	Kosher salt
1 Tbsp.	Olive oil
As Needed	Black pepper
As Needed	Fresh lemon juice

Method

Stack half of kale leaves and roll into a cigar shape. Cut crosswise into very thin strips (1/16 inch wide). Repeat with remainder.

Mince and mash garlic to a paste with 3/4 teaspoon salt.

Heat oil in a 12-inch heavy skillet over medium heat until it shimmers, cook garlic, stirring 30 seconds. Add kale with 1/4 teaspoon pepper and cook, tossing, until just tender and bright green, 3 to 4 minutes. Season with Lemon Juice.

Per serving: Calories: 51; Total fat: 3 g; Protein: 3 g; Carbohydrates: 7 g; Fiber: 2 g; Sodium: 246 mg

Dark Chocolate Mousse with Madagascar Criollo Chocolate Shavings

Yield – 6-½ cup servings

1 envelope	Unflavored gelatin
¼ c.	Sweet liquor, such as Chambord or Triple Sec
1 c.	Fat-free milk or milk alternative
3.4 c.	Sugar, divided
2	Large eggs
4 oz.	Bittersweet (not unsweetened) chocolate cut in ¼ - inch pieces
4	Large egg whites
1 pinch	Salt

Method

Sprinkle the gelatin on the liquor in a small bowl and set aside.

Combine the milk and ¼ cup of the sugar in a small saucepan and whisk to mix. Place over medium heat and bring to a simmer.

Meanwhile, whisk the eggs in a small bowl. When the milk boils, whisk about a third of the milk into the eggs. Return the remaining milk to a boil over low heat, then whisk in the egg mixture. Continue whisking until the mixture thickens slightly. Don't let it boil or the eggs will scramble. Remove from the heat and quickly whisk in the gelatin mixture.

Whisk the chocolate and continue whisking until the chocolate is melted and the mixture is smooth. Scrape it into a medium bowl and cool it to room temperature.

To make the meringue, half fill a medium saucepan with water and bring it to a boil over medium heat. Regulate the heat so that the water simmers gently, not boiling hard. Combine the egg whites, salt, and the remaining ½ cup sugar in the heatproof bowl of an electric mixer, whisking by hand just to mix. Place the bowl over the pan of water and whisk gently until the egg whites are hot- 140 degrees on an instant read thermometer – and the sugar is dissolved. Place the bowl on the mixer with the whisk attachment and whip on medium speed until the meringue is cooled and increased in volume.

Fold the meringue into the chocolate mixture.

Divide the mousse among 6 stemmed glasses or ramekins and refrigerate until set, 3-4 hours. You may prepare the mousse the day before. Keep it covered with plastic wrap in the refrigerator.

Per serving: Calories: 279; Total fat: 10 g; Protein: 8 g; Carbohydrates: 41 g; Fiber: 1 g; Sodium: 80 mg