

DINING OUT WITH DIABETES

-MENU-

appetizer

GREEK-STYLE STUFFED MUSHROOMS

These mushrooms are filled with broccoli, feta cheese, garlic, and oregano. This dish has high potassium and calcium nutritional value; the perfect pre-dinner snack for someone with diabetes!

entrée,

CEDAR PLANK-GRILLED SALMON WITH AVOCADO-ORANGE SALSA

Fish is a great dinner option, especially for those with diabetes! When combined with the citrus of an orange, and paired with the creaminess of fresh avocado this dish makes for a delicious, healthy dinner selection.

dessert

LEMON CREAM WITH BLACKBERRIES

This dish combines a smooth, creamy silken tofu with the fresh burst of tart lemon to create a delightful, light dessert. This sweet treat is decadent and guilt-free!





appetizer

- GREEK-STYLE STUFFED MUSHROOMS -

INGREDIENTS

20 large fresh mushrooms, 1- ½ to 2 inches in diameter (about 1- ½ pounds)
Nonstick cooking spray
1 cup finely chopped broccoli
1 medium onion, chopped
2 cloves garlic, minced
2 teaspoons snipped fresh oregano or ½ teaspoon dried oregano crushed
1/8 teaspoon salt
1/8 teaspoon black pepper
3 tablespoons crumbled feta cheese
2 tablespoons fine dry whole-wheat breadcrumbs

PREPARATION

1. Clean mushrooms. Remove stems from mushrooms. Set stems aside. Lightly coat the rounded side of each mushroom cap with nonstick cooking spray. Place mushroom caps, stem sides down, in a 15x10x1-inch baking pan lined with foil. Bake in a 425°F oven for 5 minutes. Carefully place mushroom caps, stem sides down, on a double thickness of paper towels to drain while preparing the filling.
2. Meanwhile, for filling, chop enough of the mushroom stems to make 1 cup. Coat an unheated large nonstick skillet with nonstick cooking spray. Preheat over medium heat. Add the 1 cup chopped mushroom stems, the broccoli, onion, garlic, dried oregano (if using), salt, and pepper to hot skillet. Cook and stir for 5 to 10 minutes or just until tender and most of the liquid is evaporated. Stir in feta cheese, breadcrumbs, and oregano.
3. Place mushroom caps, stem sides up, in the same baking pan. Spoon the broccoli mixture into mushroom caps. Bake in the 425°F oven for 8 to 10 minutes more or until thoroughly heated.



entrée

- CEDAR PLANK-GRILLED SALMON WITH AVOCADO-ORANGE SALSA -

INGREDIENTS

1 (15 x 6 1/2 x 3/8-inch) cedar grilling plank
1/4 cup maple syrup
2 tablespoons Cointreau (orange-flavored liqueur)
1 teaspoon grated orange rind
1/2 teaspoon salt, divided
1/4 teaspoon freshly ground black pepper, divided
6 (6-ounce) salmon fillets (about 1 inch thick)
1 cup orange sections (about 2 oranges)
3/4 cup diced peeled avocado (about 1)
1/4 cup fresh orange juice (about 1 orange)
2 tablespoons finely chopped red onion
2 tablespoons finely chopped red bell pepper
1 tablespoon finely chopped fresh chives
1 tablespoon fresh lime juice

PREPARATION

1. Immerse and soak the plank in water 1 hour; drain.
2. Prepare Grill.
3. Combine syrup, Cointreau, and rind in a small saucepan; bring to a boil. Cook until reduced to 1/4 cup (about 3 minutes). Cool 5 minutes. Sprinkle 1/4 teaspoon salt and 1/8 teaspoon black pepper over fish; brush fish with syrup mixture.
4. Place plank on grill rack, and grill for 3 minutes or until lightly charred. Carefully turn plank over, and place fish on the charred side of the plank. Cover and grill for 12 minutes or until fish flakes easily when tested with a fork or until desired degree of doneness.
5. Combine remaining 1/4 teaspoon salt, remaining 1/8 teaspoon black pepper, orange sections, avocado, orange juice, onion, bell pepper, chives, and lime juice in a medium bowl; serve with fish.



dessert

- LEMON CREAM WITH BLACKBERRIES -

INGREDIENTS

- 1 tablespoon grated lemon zest
- 1/4 cup fresh lemon juice
- 1/2 cup honey
- 1 package (12 ounces) silken tofu, firm or extra-firm, drained
- 1 cup fresh blackberries

PREPARATION

1. Combine 2 1/2 teaspoons of the lemon zest, lemon juice, honey, and tofu in a blender.
 2. Puree ingredients until smooth, scraping down sides of blender with rubber spatula as necessary.
 3. Divide lemon cream evenly among four bowls or serving glasses. Garnish each portion with blackberries and reserved lemon zest. Serve immediately or refrigerate.
- *Be cautious of honey or natural sweeteners as they may be harmful with certain types of the diabetes