



Healthy Hurricane Cookbook for Persons with Diabetes

Foreword

Not sure what you can eat under hurricane/disaster conditions and keep your diabetes in check?

This recipe book is your guide to controlling blood sugar levels even if there is no electricity and very little water. These recipes taste great and they are good for you. Most of the ingredients in these recipes call for canned goods and fruits and vegetables. Be sure to wash fruits and vegetables and store them in the refrigerator BEFORE the hurricane.

Students from the Coordinated Program in Dietetics developed these recipes during the fall of 2005 under the supervision of Dr. Marcia Magnus. The recipe book was developed by the Department of Dietetics and Nutrition in coordination with the University Park Wellness Center.

We hope you enjoy these recipes. We recommend that you experiment with some recipes as you start your hurricane preparation procedures.

Good health to all!



FIU University Health Services

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These and many other practical brochures are available from your local American Red Cross:

American Red Cross Contact Information:

Miami-Dade (305) 644-1200
Broward (954) 797 -3800
Palm Beach (561) 833- 7711

Some related brochures include:

Your Family Disaster Plan (A4466)
Your Family Disaster Supplies Kit (A4463)
Food and Water in an Emergency (A5055)

On the Internet, useful information about Food Supplies in Case of Disaster and Water Storage before Disaster Strikes can be found at www.redcross.org/services/disaster.

For more information about these recipes, contact Dr. Marcia Magnus at (305) 348-1989 or email magnus@fiu.edu

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The Glycemic Index--What it is and Why you need to know it?

The Glycemic Index of a food tells how quickly a food is converted to sugar in the blood. The higher the Glycemic Index, the more quickly your blood sugar levels rise after you eat the food. The lower the Glycemic Index, the less quickly sugar from the food enters the blood. Foods with a lower glycemic index make it easier for you to control blood sugar levels.

Typical low glycemic index foods have a glycemic index which is less than 55:

Milk, soy, apples, plums, oranges, sweet potatoes, oatmeal, chick peas, lentils, kidney beans, baked beans, pears, All-Bran cereal,

Typical medium glycemic index foods are between 55-70:

Bananas, pineapple, raisins, popcorn, split peas, shredded wheat

Each recipe here lists its glycemic index. Remember that a food with a low GI can be high in calories, so be sure to control portion size. For example, peanuts have a low glycemic index but ½ cup offers 500 calories. You burn about 300 calories if you walk briskly for one hour.

Most candies have a high GI, so try to have a single piece of candy so that you will have a relatively small increase in blood glucose level.

How does Exercise help Diabetes?

People who have diabetes have better blood sugar control when they exercise.

Here are some simple ways which you can use after a hurricane:

- *Think of the clean-up after the hurricane as a way to burn some calories and get fit.
- *Schedule your physical activity in stages.
- *Take a rest every now and then.
- *The more you sweat, the more unwanted water, sodium, and toxins you lose.
- * Helping the neighbors to clean up can make you feel better too—it's called helper's high.

Why We Need Healthy Hurricane Recipes?

Under disaster conditions, eating right is just as important, and perhaps even more important, than when things are normal. Eating high-sugar, high-fat, high-sodium foods under disaster conditions can lead to mood swings, and higher risk of heart disease, and hypertension. Choosing the right foods will help keep your blood sugar levels stable during stressful times.

Ever wondered how to eat right under hurricane/disaster conditions?

This 45-recipe booklet of dips, snacks, side dishes, and salads is designed to delight your taste buds and nourish the 1 trillion cells in your body even when there is little water or no electricity.

Under Hurricane Warning Conditions

While you are stocking up on your family hurricane/disaster supplies, be sure to include healthy food choices.

Buying Foods for Disaster Conditions

Stock a two-week supply of non-perishable foods throughout hurricane season. Few South Floridians realize that some of the most nutritious foods for your disaster food supplies kit include:

- Canned beans**—kidney, black, navy, white, pigeon, cannelloni, baked beans, and chick peas. These are chock full of fiber, complex carbohydrates, and they are satisfying too!
- Canned chicken and seafood**—mackerel, crabmeat, clams, shrimp, salmon, tuna, chicken. These are great sources of good-quality protein.
- Oatmeal**— Great for decreasing your risk of heart disease.
- Peanut butter** (The All-American Standby), almond butter or cashew butter.
- Disposable paper plates, utensils, napkins**

Tips on Preparing Food

- Always wash the outside of the can with soap and water. Bacteria can live on the lid and can contaminate the food.
- Wash all fruits and vegetables with a vegetable brush and water to ensure all dirt is removed.
- Substitute non-fat for any ingredient whenever possible.
- Remember to choose whole wheat products (“wheat” alone doesn’t mean whole wheat).
- Find low sodium canned products. Many canned items are high in salt. Rinsing the contents can remove some of the sodium.
- Wash your hands before handling any item for consumption.

Things to Remember

- When preparing meals, remember that uneaten portions must be thrown away if not consumed.
- Never eat any food that does not look normal. Remember: “When in doubt, throw it out!”
- Do not consume suspicious foods regardless of expiration date.
- Fruits, vegetables, and breads spoil and grow mold faster without refrigeration. Look for signs of spoilage and discard items.
- To conserve water, wash fruits and vegetables before the disaster strikes.

Shopping List

- | | | |
|---|--|--|
| <input type="checkbox"/> Large plastic containers to hold all items | <input type="checkbox"/> Spices and herbs | <input type="checkbox"/> Plastic container/bags |
| <input type="checkbox"/> Canned foods, enough for 2 weeks | <input type="checkbox"/> Paper plates | <input type="checkbox"/> Sanitary wipes |
| <input type="checkbox"/> (1) Gallon water per day, per person | <input type="checkbox"/> Napkins | <input type="checkbox"/> Cups |
| <input type="checkbox"/> Manual Can opener | <input type="checkbox"/> Forks | <input type="checkbox"/> Mixing utensils |
| <input type="checkbox"/> Condiments small enough for one time use | <input type="checkbox"/> Large bowl for mixing | <input type="checkbox"/> The Healthy Hurricane/
Disaster Cookbook |
| | <input type="checkbox"/> Ingredients | |

Before and After the Hurricane Season

- Pick a day of the week to have no-cook nights so that you can experiment with your favorite recipes.
- Utilize all canned food that was bought for the hurricane season.
- Utilize all water before expiration date.

Pre-Disaster Food Preparation for Disaster Conditions

- ❖ Buy perishable fresh foods (especially unripened). For example: fruits, vegetables, whole wheat bread and crackers (saltines, Triscuit, Wheat Thins etc.)
- ❖ Turn refrigerator and freezer to coldest settings.
- ❖ Freeze water in plastic jugs. If you lose electricity, a full freezer will keep foods frozen for longer than a partially full freezer.
- ❖ Wash fruits, vegetables, tops of canned foods, and cooking utensils.
- ❖ Keep fruits and vegetables whole because cutting often decreases shelf life.
- ❖ Remember to store your Healthy Eating under Disaster Conditions with your canned foods.
- ❖ Remember to store the can opener near the canned foods.
- ❖ If you don't have a bar-b-queue grill, broil or bake meat fish or poultry now so that you'll be able to eat these soon after you lose electricity.

Non-Perishable Healthy Snacking

Under disaster conditions, we may be tempted to overeat because of the stress and the confinement of disaster and post-disaster situations. Keep the following foods readily available:

- ❖ **Dried fruits**—prunes, raisins, craisins (sweetened cranberries), apricots
- ❖ **Nuts**—peanuts, walnuts, almonds, Brazilian nuts
- ❖ **Seeds**—pumpkin, sunflower, cashews
- ❖ **All-natural fruit leather**
- ❖ **Bottled water**—1 Gallon/person/day for drinking (Water is the best snack of all!)
- ❖ **Granola bars**

Keep your emergency food pantry filled with wholesome foods!

The Food Guide Pyramid and Plant Foods- The foundation of your meals

Different foods contain different nutrients and other healthy substances. No single food can supply all the nutrients in the amounts you need. For example, oranges provide vitamin C and folate but no vitamin B₁₂; cheese provides calcium and vitamin B₁₂; but no vitamin C. To make sure you get all the nutrients and other substances you need for health, build a healthy base by using the Food Guide Pyramid as a starting point. Choose the recommended number of daily servings from each of the five major food groups. If you avoid all foods from any of the five food groups, seek guidance to help ensure that you get all the nutrients you need.

There are many ways to create a healthy eating lifestyle, but they all start with the three food groups at the base of the Pyramid: grains, fruits, and vegetables. Eating a variety of grains (especially whole grain foods), fruits, and vegetables is the basis of healthy eating. Enjoy meals that have brown rice, whole wheat pasta, stone-ground corn tortillas, or whole grain bread at the center of the plate, accompanied by plenty of fruits and vegetables and a moderate amount of low-fat foods from the milk group and the meat and beans group. Go easy on foods high in fat or sugars.

What Counts as a Serving?

<p><u>Bread, Cereal, Rice, and Pasta Group (Grains Group) (Whole grain and refined)</u> 1 slice of bread About 1 cup of ready-to-eat cereal 1/2 cup of cooked cereal, rice, or pasta</p>	<p><u>Meat, Poultry, Fish, Dry Beans, Eggs, and Nuts Group (Meat and Beans Group)</u> 2-3 ounces of cooked lean meat, poultry, or fish 1/2 cup of cooked dry beans# or 1/2 cup of tofu counts as 1 ounce of lean meat 2 1/2-ounce soy burger or 1 egg counts as 1 ounce of lean meat 2 tablespoons of peanut butter or 1/3 cup of nuts counts as 1 ounce of meat</p>
<p><u>Vegetable Group</u> 1 cup of raw leafy vegetables 1/2 cup of other vegetables cooked or raw 3/4 cup of vegetable juice</p>	<p><u>Milk, Yogurt, and Cheese Group (Milk Group)*</u> 1 cup of milk** or yogurt** 1 1/2 ounces of natural cheese** (such as Cheddar) 2 ounces of processed cheese** (such as American)</p>
<p><u>Fruit Group</u> 1 medium apple, banana, orange, pear 1/2 cup of chopped, cooked, or canned fruit 3/4 cup of fruit juice</p>	

NOTE: Many of the serving sizes given above are smaller than those on the Nutrition Facts Label. For example, 1 serving of cooked cereal, rice, or pasta is 1 cup for the label but only a 1/2 cup for the Food Guide Pyramid.

* This includes lactose-free and lactose-reduced milk products. One cup of soy-based beverage with added calcium is an option for those who prefer a non-dairy source of calcium.

** Choose fat-free or reduced-fat dairy products most often.

Dry beans, peas, and lentils can be counted as servings in either the meat and beans group or the vegetable group. As a vegetable, 1/2 cup of cooked, dry beans counts as 1 serving. As a meat substitute, 1 cup of cooked, dry beans counts as 1 serving (2 ounces of meat).

Breakfast Dishes

Breakfast Apples in a Flash	
<u>Ingredients:</u> Serves 7,1/3 cup each	<u>Directions:</u>
1 can-20 oz 'Comstock' Country Apple, Sliced, no sugar 2 ½ cups original Shredded wheat cereal, Bite sizes 1 tsp Cinnamon powdered 1 tsp Lemon juice, freshly squeezed	Mix all ingredients into a bowl. Add cinnamon and lemon juice. Spoon over cereal to make 1/3 cup and enjoy!
Glycemic Index: 57	

Dips, Snacks, and Side Dishes

Mango Tango Black Bean Salsa		
<u>Ingredients:</u>		<u>Directions:</u>
1 can (15-ounces) red Kidney beans, rinsed and drained	¼ cup finely chopped onion	Combine the beans, corn, mango, onion, and cilantro in a medium bowl. Stir in the lime juice, garlic salt and cumin Preparation Time: Approximately 10 minutes
1 can (15-ounces) black beans, rinsed and drained	¼ cup coarsely chopped fresh cilantro	
1 can (7-ounces) corn with peppers, drained	2 tablespoons fresh lime juice	
1 can (15-ounces) mango slices, cut into ¾" cubes	1teaspoon garlic salt	
	¼ teaspoon ground cumin	
Glycemic Index: 52		

Cannellini Bean Dip		
<u>Ingredients</u>		<u>Directions:</u>
1 can (14-ounces) Cannellini beans or white beans	Red Tabasco sauce, to taste	Drain beans in a strainer, rinse them well. Transfer to shallow bowl. Use potato masher to roughly mash beans. Stir in lemon rind, lemon juice and olive oil. Stir in chopped garlic and parsley. Add Tabasco sauce, black pepper and salt. Spoon mixture into a small bowl and dust with cayenne pepper. Serve with Triscuit or your choice of low-fat chips.
1 Lemon, Grated rind and juice	Cayenne pepper	
2 Tbsp Olive oil	Salt and black pepper, optional	
1 garlic clove, finely chopped		
2 Tbsp Fresh parsley, chopped		
Glycemic Index: 38		

Garbanzo Spread		
<u>Ingredients:</u>		<u>Directions:</u>
Drained and mashed canned garbanzos (Low Sodium)	½ teaspoon lemon juice	Combine all Ingredients in a bowl. Use as a spread or a dip with whole grain bread or raw veggies. Yields 4 ½ cup serving
1/3 c chopped pickle	Garlic salt or garlic	
1/3 c chopped celery	1 Tbsp. Olive oil	
Glycemic Index: 34		

Black Bean Dip		
<u>Ingredients:</u>		<u>Directions:</u>
1 c. Black beans, canned, 50% less salt	¼ c. Cilantro, fresh	<ul style="list-style-type: none"> - Clean off top of canned black beans with soap and water - Open black beans can and drain water - Pour black beans onto a medium bowl - Season black beans with olive oil, garlic black pepper, and lemon juice. - Into the same bowl, mix in the red and green peppers, onions, and cilantro - Stir mixture well until ingredients are evenly distributed - Place Melba toast on a plate and top each with a slice of mozzarella cheese - Add a teaspoon of black bean dip to each toast.
¼ c. Onion, Raw, Chopped	2 tbsp. Lemon, juice, fresh	
¼ c. Green bell peppers, raw, chopped	2 tsp. Olive oil, extra virgin	
¼ c. Red peppers, raw, chopped	1 tbsp. Black ground pepper	
1 garlic clove, fresh, minced	1 oz. Mozzarella cheese, fresh, low fat	
	4 Melba toast, whole wheat	
Glycemic Index: 55		

Minted Raspberries		
<u>Ingredients:</u>		<u>Directions:</u>
4 (half pints) fresh raspberries	8 mint leaves	<ul style="list-style-type: none"> - Mash half of the raspberries with a fork or puree briefly in a food processor or blender. - Strain raspberries through a fine strainer or sieve into a mixing bowl to remove seeds - Chop mint leaves finely - Add SLENDA No Calorie Sweetener, Granular lemon juice and mint to strained raspberries. Stir - Add remaining raspberries and stir gently. Refrigerate until ready to serve. Serve within six hours. Makes 4 servings. Serving Size ½ cup
¼ cup SLENDA No Calorie Sweetener, Granular		
2 to 3 teaspoons fresh lemon juice		
Glycemic Index: 30		

Vanilla Fruit Rollups		
<u>Ingredients:</u>		<u>Directions:</u>
2 whole wheat tortillas, soft taco size	½ cup Fiber One bran cereal	<ul style="list-style-type: none"> - Place whole wheat tortillas separately on a flat surface - Open pudding cup and spread half the pudding on each tortilla using the back of a spoon. - Sprinkle half, or ¼ cup, of the chopped papaya over each tortilla - Sprinkle half, or ½ cup, of the bran cereal over each tortilla. - Sprinkle cinnamon in desired amount over each tortilla - Fold approximately 1-inch of the tortilla over itself, keep the toppings inside - Continue to fold tortilla over itself until entire tortilla is a “rollup” - Pin tortilla in this position using four toothpicks evenly spaced across the rollup.
1 Hunt’s Snack Pack no sugar added vanilla pudding cup	Ground cinnamon	
½ cup chopped papaya, fresh	To taste toothpicks	
Glycemic Index: 28		

Mad Teacup		
<u>Ingredients:</u>		<u>Directions:</u>
½ of a Medium apple	1 Sprig fresh mint	<ul style="list-style-type: none"> - With a teaspoon or small knife, carefully dig out some of the apple flesh so far that half apple forms a cup - Rub the lemon juice over the apple surface to prevent from browning. Remember to wash apples well, if you have a fruit/vegetable brush use it to get any dirty surfaces in the apple. - Place the pineapple ring on a small plate Set the apple in the center of the pineapple ring - Fill the apple center with raisins and pecans - Garnish with a sprig of mint, if you like.
½ tsp of lemon juice	2 tsp Cashews (unsalted)	
1 pineapple ring		
A couple of dried raisins		
Glycemic Index: 175		

Summer Fruit Kebabs		
<u>Ingredients:</u>		<u>Directions:</u>
Fruit Kebabs (Fruits can be varied)	3 small bananas (manzanos)	<ul style="list-style-type: none"> -Thread one of each of the fruits onto the bamboo skewers, or make mini-kebabs by threading 2 or 3 pieces of fruit on sturdy wooden toothpicks. -Place on plate, lightly drizzle chocolate syrup over the fruits, and sprinkle nuts. Servings: 8 Preparation time: Approximately 15 minutes
1 can	Fresh strawberries, rinsed and steamed	
1 can (8-ounces) papaya mix, in lite syrup or juice	8 (8 inch) bamboo skewers	
1can (8-ounces) pineapple chinks, in lite syrup or juice		
Glycemic Index: 61		

Banana Nut Boat		
<u>Ingredients:</u>		<u>Directions:</u>
1 Banana, medium, ripe	1tbsp. Chocolate syrup, fat free, sugar free	<ul style="list-style-type: none"> - Wash outer peel of banana with water - Secure banana in a bowl - Slit the banana with a knife lengthwise through the peel, making sure not to cut all the way through - Spread split banana open just enough to fill with ingredients - Sprinkle cinnamon on the inside of the banana. -Fill banana with almonds and walnuts -Drizzle with chocolate syrup - Top with whipped cream
1 tsp. Almonds, silvered	1tbsp. Whipped cream, fat free	
1 tsp. Walnuts, chopped		
1 tsp. Cinnamon, ground		
Glycemic Index: 62		

Yogurt and Fiber One Parfait	
<u>Ingredients:</u>	<u>Directions:</u>
4 oz of low fat yogurt 4 oz of fruit salad in juice or light syrup ¼ cup of Fiber one cereal	-In a tall glass add a layer of yogurt, then fruits, and then some more yogurt -Then top with fiber one cereal.
Glycemic Index: 45	

Fruity Nuggets	
<u>Ingredients:</u>	<u>Directions:</u>
½ cup of raisins ½ cup of pitted dates ½ cup dried apricots ¼ cup of toasted almonds ½ cup crushed Bran Flakes	-Dice apricots. - On a 8 ½ x 11 piece of saran wrap raisins, dates, apricots, and toasted almonds and ¼ cup crushed Bran Flakes - Cover with another piece of saran wrap -Use a masher or a rolling pin to mash all the ingredients together -Continue to mash until it becomes a paste of blended fruit -Peel away top layer of wrap Roll the bottom wraps as to get a roll from the paste. Shape into 1-incj balls Roll in remaining crushed bran flakes
Glycemic Index: 70	

Tropical Trail Mix	
<u>Ingredients:</u>	<u>Directions:</u>
2 Cups Fiber One Cereal 2 cups Kashi Go Lean Cereal ¼ cup sunflower seeds (dry roasted, unsalted) ½ cup seedless raisins ¼ cup dried apricots ¼ cup dried banana chips ½ cup dry roasted, unsalted whole almonds ¼ cup dried prunes ¼ cup chopped dates ¼ cup shredded coconut	- Mix all ingredients in a large plastic Ziploc bag -Shack until combined Servings: 16
Glycemic Index: 29	

Grilled Vegetables & Potatoes	
<u>Ingredients:</u>	<u>Directions:</u>
2 large potatoes, sliced, washed and unpeeled 2 sliced carrots 1 sliced onion	-Spray a large piece of aluminum foil with non-sticking spray. Place potatoes, carrots and onions on aluminum foil. -Sprinkle with 1 tablespoon of water Fold foil around vegetable and seal -Place on a slow charcoal or a gas grill on low for about 30 minutes or until vegetables are tender.
Glycemic Index: 65	

Mexican Veggie Toss		
<u>Ingredients:</u>		<u>Directions:</u>
2 cans (15-ounces each) 50% less-salt black beans, drained	½ cup fresh cilantro, chopped	-Combine then beans, tomatoes, corn, chilies, cilantro, green onions and vinegar in a large bowl. - Toss together until the vegetables are completely coated - Mix in the hot pepper sauce and/or sour cream, if desired. Servings: 8
1 can (14 1/2- ounces) diced Mexican tomatoes, drained	¼ cup of green onions, chopped	
1 can (8-ounces) corn kernels drained	2 tablespoons of red wine vinegar	
1 can (4 ½- ounces) chopped mild green chilies	Hot pepper sauce to taste	
	Low-fat sour cream, optional	
Glycemic Index: 19		

Marinated Vegetables		
<u>Ingredients:</u>		<u>Directions:</u>
4 cups of cauliflower, broken into florets	1 cup mushrooms, sliced	Mix all ingredients together, and enjoy!
3 cups of broccoli broken down into florets	1 cup carrots, sliced	
1 green pepper, sliced	1 cup celery, sliced	
1 cup onions, sliced	1 cucumber, sliced	
	1 8-ounce bottle fat-free Italian salad dressing	
Glycemic Index: 14		

Tuna Wrap		
<u>Ingredients:</u>		<u>Directions:</u>
3 ounces Albacore Tuna	1 Low-card (spinach) wrap	- Combine tuna, mayonnaise, mustard and lemon - Layer lettuce leaves on top of wrap and add mixture down center - Garnish with capers - Fold over on one side, roll up, and serve.
1 Tsp. Low sodium low fat mayonnaise	2 leaves of lettuce	
1Tsp. Dijon mustard	2Tsp. Capers	
A squeeze of lemon		
Glycemic Index: 63		

Salads

Chicken-Style Salad	
<u>Ingredients:</u>	<u>Directions:</u>
1 (12.5 ounce) can Worthington Low Fat Fri-Chik, drained and grated (can be found at a health food Store) ½ cup diced celery 1 tablespoon green onion, minced or	1 tablespoon dried minced onion 2 tablespoons reduced fat mayonnaise or 1 teaspoon dried parsley 1 teaspoon lemon juice
Combine all the ingredients in a mixing bowl. Delicious in whole-wheat pocket bread.	
Glycemic Index: 57	

Quick & Easy Chicken Salad	
<u>Ingredients:</u>	<u>Directions:</u>
1 oz low sodium chicken (light, premium, in water) ¼ cup canned low sodium diced tomato 2 T Canned unsalted sweet peas	4 whole wheat unsalted crackers (example: Melba) 1 teaspoon fresh lime juice 1 teaspoon no salt added Mrs. Dash seasoning of your choice
Clean your cans before opening. Open canned chicken and drain, but not too much so the salad is not dry. Open canned dice tomato drain out liquid. Open canned peas and drain out liquid. Mix all ingredients together in a bowl carefully. Open whole wheat toast (or any similar whole wheat or whole grain toast/crackers that are low in sugar and fat, and high in fiber). Serve ¾ cup of salad per person with 4 toasts/crackers. Enjoy!	
Glycemic Index: 54	

Chicken Salad	
<u>Ingredients:</u>	<u>Directions:</u>
Makes 4 servings 1 can of chunk chicken in water 1 can of carrots and peas	1 apple ¼ cup fat-free mayonnaise
Cut apple and put lemon juice Open all cans and rinse its content Mix everything and serve on a bed of lettuce or crackers or bread	
Glycemic Index: 43	

Salmon Salad (4 servings)		
Ingredients:		Directions:
1 bag lettuce	2 avocados	Cut the avocado and the salmon. Mix them with lettuce, carrots, and lemon juice. Add the mayonnaise and the chopped almonds.
1 can of Salmon (low sodium)	1 tbsp of lemon juice	
1 cup grated carrots	4 tbsp of mayonnaise (low sodium, low calories)	
	4 tbsp of almonds	
Glycemic Index: 57		

Crunchy Broccoli Salad		
Ingredients: (RINSE CANNED FOODS AND WASH ALL VEGATABLES BEFOREHAND)		Directions:
1 cup Fresh romaine lettuce, chopped	1 cup corn niblets, canned and unsalted	Combine all veggies in one bowl. Stir to evenly distribute all the veggies. Add in mayo and lemon juice. Stir until all veggies are evenly coated. Add the Fiber One and stir until evenly disbursed in salad. (Yields 6 servings)
1 cup Fresh broccoli florets	1 cup fresh red tomatoes, chopped	
1 cup Garbanzo beans, canned and unsalted	4 TBSP fat free mayo	
1 cup Sweet green peas, canned and unsalted	3 TBSP fresh lemon juice	
Glycemic Index: 35		

Greek Salad		
Ingredients:		Directions:
1 cup fresh romaine lettuce, chopped	1 cup garbanzo beans, canned an unsalted	Combine all veggies and garbanzo beans into one bowl. Stir until evenly distributed. Add in lime juice and olive oil. Stir until salad is evenly coated. Top with crumbled feta. Add some black pepper to taste. (Yields 6 servings)
1 cup fresh red tomatoes, chopped	½ cup crumbled feta cheese	
1 cup fresh red onion, chopped	3 TBSP fresh lime juice	
1 cup fresh spinach, chopped	2 TBSP extra virgin olive oil	
1 cup fresh cucumber, sliced (with skin)	black pepper (optional)	
Glycemic Index: 25		

Waldorf Salad		
Ingredients:		Directions:
2 crisp apples (3 cups)	¼ cup low-fat whipped cream	Wash and cut the apples into quarters, then dice into ¾ inch pieces. Toss with lemon juice. Add the celery, walnuts and light whipped cream. Mix thoroughly. Enjoy! (Yields 4 servings)
2 ribs celery, diced (1/2 cup)	1 tablespoon lemon juice	
1/3 cup chopped walnuts		
Glycemic Index: 31		

Healthy Coleslaw Salad		
<u>Ingredients:</u>		<u>Directions:</u>
3 cups shredded cabbage	2 tablespoons fat-free mayonnaise	Combine the first 4 ingredients in a medium bowl. Combine yogurt and remaining ingredients, stirring well with a whisk. Pour over cabbage mixture; toss well. (Yields 10 servings)
3 cups diced Granny Smith apple	1 tablespoon honey	
6 tablespoons raisins	1 teaspoon prepared horseradish	
1 (15.5 oz) can chickpeas, drained and rinsed	¼ teaspoon salt	
3 tablespoons plain fat-free yogurt	¼ teaspoon black pepper	
Glycemic Index: 47		

Confetti Salad		
<u>Ingredients:</u>		<u>Directions:</u>
1 16oz can black beans	½ cup chopped green bell pepper	Open and drain all canned items Empty all canned and flesh items into a large mixing bowl/ Add red wine vinegar, olive oil and ground black pepper. Mix until all ingredients are blended. Serve warm, cool or room temperature. (Yields 6 servings)
1 16oz can red kidney beans, light or dark	1 small, minced garlic clove	
½ cup garbanzo beans	2 tbsp red wine vinegar	
½ cup diced tomatoes, canned or fresh	1 tbsp olive oil	
½ cup chopped onions, white or yellow	¼ tsp ground black pepper	
Glycemic Index: 54		

Creamy Cucumber Salad		
<u>Ingredients:</u>		<u>Directions:</u>
2 ea Cucumbers, thinly sliced	½ cup Kraft reduced fat dressing	Toss cucumbers, tomatoes and onion with dressing. Sprinkle with pecans just before serving. (Yields 4 servings)
2 ea Plum tomato, diced	2 Tbsp chopped pecans	
½ cup thin sweet onion slices		
Glycemic Index : 59		

Chicken Mango Salad		
<u>Ingredients:</u>		<u>Directions:</u>
1 can Chicken, in water, 99% fat free, low sodium	1 tbsp Black pepper 2 tbsp Lemon juice, fresh	Clean off top of canned chicken with soap and water. Open canned chicken and drain the water. Pour chicken into a medium bowl and mash with a fork. Pour in lemon juice and mix into chicken. Mix mango and red pepper into same bowl with chicken. Top with cilantro and black pepper. Place whole-wheat tortilla on a flat surface. Place 1/4 c. chicken mixture onto tortilla and spread. Arrange spinach evenly over chicken mixture. Fold tortilla over itself until it becomes a rollup. Place a toothpick through the top center of tortilla to hold its shape.
1/2 Mango, fresh, diced	1 6" Tortilla, whole wheat	
1/2 Red bell pepper, diced	1/4 cup Spinach, baby, fresh	
2 tbsp Cilantro, fresh		
Glycemic Index: 45		

4- Bean Salad		
<u>Ingredients</u>		<u>Directions:</u>
1 16oz can garbanzo beans	1/2 cup chopped onion	Open and drain all canned items. Empty all canned and fresh items into large mixing bowl. Add Splenda, vinegar, olive oil and ground black pepper. Mix all ingredients until well blended. Cover bowl with sealant lid or plastic wrap and marinate for at least 1 hour before serving. Serve chilled or at room temperature. (Yields 6 servings)
1 16oz can cut green beans	1/2 cup Splenda brand sweetener	
1 16oz can red kidney beans, light or dark	5oz, or approximately 1/3 cup, white distilled vinegar	
1 16oz can black beans	1 tbsp olive oil	
	1 tsp ground black pepper	
Glycemic Index: 39		

White Bean Salad		
<u>Ingredients</u>		<u>Directions:</u>
1 (19-ounce) can cannellini beans, rinsed and drained	seeded, and chopped	Place beans, celery, red pepper, vinegar, and oil in a medium bowl. Toss until well combined. Add basil and serve immediately. Enjoy!
1 large rib celery, thinly sliced	2 Tbsp red wine vinegar	
1/2 canned roasted pepper, peeled,	1 Tbsp extra-virgin olive oil	
	Freshly ground pepper	
	1/4 cup basil leaves, hand torn	
Glycemic Index: 30		

Jumping Black Bean Salad		
<u>Ingredients</u>		<u>Directions:</u>
1 15oz can black beans, rinsed and drained	1 tomato, chopped	Stir together black beans, chili or olive oil, cumin, and lime juice; set aside. In a large bowl, toss together greens, tomato, and carrot; add bean mixture and toss to mix. Season to taste with salt and red pepper. Makes 3 servings.
2 tsp chili oil or olive oil	½ cup shredded carrot	
½ tsp ground cumin	Salt	
2 tbsp lime juice	Ground red pepper	
4 cups torn mixed greens		
Glycemic Index: 26		

Cuban Ensalada de Garbanzos/ Cuban Garbanzo Salad		
<u>Ingredients</u>		<u>Directions:</u>
2 cups garbanzo beans	¼ cup olive oil	Mix garbanzos, peppers, corn, tomatoes and onion in a bowl. Mix lime juice, oregano, olive oil, garlic, cumin and salt and drench over garbanzos. Refrigerate a bit so they soak up juices.
2 diced green peppers	1 dash cumin	
1 cup corn (optional)	1 teaspoon oregano	
2 chopped ripe tomatoes	½ teaspoon salt	
1 chopped red onion	¼ cup chopped parsley (optional)	
4 mashed garlic cloves		
1/3 cup fresh-squeezed lime juice		
Glycemic Index: 153		

Fruit Salad Punch (wash all fruits beforehand)		
<u>Ingredients</u>		<u>Directions:</u>
2 cups apples (any kind), chopped	2 cup bananas, sliced	Combine all fruits in one bowl. Stir until evenly distributed. Pour soda 1 bowl. Stir until all fruit is immersed in soda. If possible, chill for 30 min. to 1 hour. Serve with a dollop of fat free whipped topping. (Yields 12 servings)
2 cups pears (any kind), chopped	2 cups red seedless grapes, sliced	
2 cups oranges (any kind), chopped	2 Liter bottle diet Orange soda	
2 cups strawberries, chopped	fat free whipped topping (optional)	
Glycemic Index: 46		

Fruity Tuna Salad		
<u>Ingredients</u>		<u>Directions:</u>
2 TB lemon juice	½ cup celery	In a medium bowl, combine first three ingredients. Mix well. Stir the remaining ingredients except tortilla wraps. Mix well. Place about ½ cup of tuna mixture into center of whole wheat tortilla. Roll up. (Yields 6 servings)
1 tsp curry powder	¼ cup chopped dates	
½ cup fat free yogurt	2 TB red onions	
1 12oz can solid white tuna in water, drained	2 TB sliced almonds	
1 cup seedless red grapes cut in half	6 whole wheat tortilla wraps	
Glycemic Index: 46		

Tropical Fruit Salad		
<u>Ingredients</u>		<u>Directions:</u>
1 fresh orange 2 fresh mangoes 1 kiwi 1.5oz almonds Cinnamon ¼ teaspoon		Peel orange and cut into chunks. Cut mangoes into chunks. Peel and slice kiwi. Gently combine all the fruit and place into serving dishes. Add the almonds to the salad. Sprinkle with cinnamon. Enjoy! (Yields 4 servings)
Glycemic Index: 49		

Fruit Salad		
<u>Ingredients</u>		<u>Directions:</u>
1 apple 1 orange 1 pear 1/16 watermelon 1 tbsp walnuts 1 tbsp All bran		Peel the apple, the orange, the pear, the watermelon. Cut the fruits in cubes and put in a pot. Peel the walnuts and break them in little pieces. Add the walnuts and the all bran in the bowl at the top of the fruit and mix the fruit salad. (Yields 5 servings)
Glycemic Index: 67		

Nopalitos Salad		
<u>Ingredients</u>		<u>Directions:</u>
2 cups Nopalitos (drained, canned) 1 red pepper 2 tbsp olive oil 2 garlic cloves	½ red onions ½ cup cider vinegar small bunch cilantro	Drain the canned nopalitos and put into a bowl. Cut the red onion and the red pepper in tinny slices and add to the nopalitos. Peel the garlic cloves, chop them and add them into the bowl with the rest of the ingredients. Chop the cilantro and put it on the top of the salad. Add the cider vinegar and the olive oil. (Yields 4 servings)
Glycemic Index: 13		

Quick Tuna Salad		
<u>Ingredients</u>		<u>Directions:</u>
2 cans low sodium tuna in water 1 stalk green onion, chopped 1 small ripped tomato, chopped ¼ cup sun dried tomato Pesto sauce	2 tps lemon juice to taste 4 whole wheat pita bread, sliced into wedges	Drain the water from the cans. Place tuna in a bowl and add green onions, chopped tomato, pesto sauce and lemon juice. Serve on pita wedges or your choice of bread to make a sandwich. (Yields 5 servings)

Sandwiches, Soups & Entrees

Pineapple- Papaya ‘Sandwiches’		
<u>Ingredients</u>		<u>Directions:</u>
2 slices of pineapple (canned) 1 teaspoon of finely chopped walnuts	2 tablespoons of papaya (canned) 1 tablespoons of Vanilla pudding	-Take 2 round slices and place 1 slice on a dessert plate. -Cover pineapple slice with 1 tablespoon vanilla pudding. -Sprinkle with 1 teaspoon of walnuts and 1 tablespoon of papaya. -Top with remaining pineapple slices. -Fill the core of the top slice with 1 tablespoon of the remaining papaya.
Glycemic Index: 55		

Chilled Tomato Soup		
<u>Ingredients</u>		<u>Directions:</u>
1 28-ounce can of crushed tomatoes 1 15-ounce can of garbanzo beans (chickpeas), rinsed and drained 1 14 ½-ounce can diced tomatoes with basil, garlic and oregano 1 11 ½-ounce can of hot-style vegetable juice 1 7-ounce jar roasted red sweet peppers, drained and chopped	1 medium cucumber, seeded and coarsely chopped 4 green onions, thinly sliced (1/2 cup) ½ cup of snipped fresh flat-leaf parsley ¼ cup of lemon or lime juice 2 teaspoons of bottled minced garlic Whole green onions (optional) 1 cup of water	-In a large mixing bowl, combine crushed tomatoes, garbanzo beans, undrained diced tomatoes, vegetable juice, water, roasted red sweet peppers, cucumber, sliced green onions, parsley, lemon juice and garlic. -Cover and chill 4 to 24 hours. -To serve, ladle soup into bowls or mugs. Garnish with whole green onions, if you like.
Glycemic Index: 25		

Frijoles Negro “Hummus”/ Black Bean Hummus Invention		
<u>Ingredients</u>		<u>Directions:</u>
1 cup of cooked leftover black beans 3 tablespoons extra virgin olive oil 4 minced garlic cloves 1 ½ tablespoon Tahini 1 whole juiced lime 3 green pimento-stuffed olives	1 teaspoon olive oil ½ teaspoon ground cumin Few pinches of sugar ¼ teaspoon vinegar Salt to taste	-Place all ingredients in the food processor until smooth. -Serve at room temperature with Mariquita chips.
Glycemic Index: 125		

Garbanzo Stir-Fry		
<u>Ingredients</u>		<u>Directions:</u>
½ tsp olive oil 1 small yellow onion, chopped 2 chopped or minced garlic cloves 1 can of chickpeas	1 red bell pepper chopped ¼ teaspoon pepper	-Clean your can before opening. -Open canned chickpeas and drain out liquid -Pre-heat saucepan on available stove top to medium-high heat -Pour ½ teaspoon olive oil into saucepan and heat on stove -Add onions and garlic to oil until slightly browned -Add chickpeas and chopped peppers -Heat until golden -Divide into two servings
Glycemic Index: 17		

Ceviche		
<u>Ingredients</u>		<u>Directions:</u>
1 ½ pounds sea bass fillet cut into 1-inch pieces ¼ teaspoon ground black pepper 1 teaspoon paprika 1 large onion, thinly sliced 1 cup fresh lemon juice	1 cup fresh lime juice 1 clove garlic, minced 1 cup canned unsalted sweet peas 1 cup canned sliced carrots	-Clean your cans before opening. -Open canned peas and drain out liquid. -Open canned carrots and drain out liquid. -Place cut and clean fish into a large glass bowl and sprinkle with black pepper. -Add ½ of the paprika, onion, lemon juice, lime juice, and garlic -Mix lightly and cover (if you still have some refrigeration: refrigerate 3 to 5 hours—if not let sit in a cool area); flesh will be opaque -Drain fish thoroughly in a colander and divide into four servings. -Divide vegetables into the same four servings as garnish over the fish.
Glycemic Index: 32		

Grilled Citrus Chicken Kabobs		
<u>Ingredients</u>		<u>Directions:</u>
4 boneless, skinless chicken breast halves, about 5 ounces (150g) each 2 large garlic cloves, Minced ¼ cup (60 ml) fresh orange juice ¼ cup (60 ml) fresh lime juice	1 green pepper 1 yellow pepper 2 Portobello mushroom 2 tomatoes	- Rinse chicken breast halves and remove all visible fat - Pat dry with paper towel - In a shallow dish, whisk together remaining ingredients - Add chicken breast halves and turn to coat. - Cook in a light grill - Grill for about 5 minutes per side, until cooked through - Serve at once
Glycemic Index: 18		