

Diabetes
What To
Know

Summer RECIPES





HELPFUL HINT: Read the labels on BBQ sauces. While you don't have to only buy the sugar-free varieties – you do need to be aware that they could be contributing a lot of calories and/or carbs. Try a marinade instead of a high-sugar BBQ sauce.

BBQ SAUCE (2 TBSP)	CALORIES	CARBS
Walden Farms	0	0
G. Hughes Original	10	2
Guys Award Winning	10	2
Stubbs Original	30	7
Bone Suckin' Sauce	45	8
Kraft Original	60	13
Sweet Baby Rays	70	18





RECIPES

ROASTED RED PEPPER DIP PER 2 TBSP SERVING 35 cal, 4g carbs, 2g protein, 0g fat

2 jars (12 oz each) roasted red peppers
in water, drained

1 cup crumbled fat-free feta cheese

½ cup chopped fresh basil

¼ cup light sour cream

2-3 Tbsp Worcestershire sauce

3-4 cloves garlic, crushed

Enjoy this bright red dip with white veggie spears – such as zucchini, jicama or cucumber. Place red peppers in food processor and blend until coarsely chopped. Add remaining ingredients and process until smooth. Eat immediately – or chill for several hours (as the flavors will improve).



RECIPES

CELEBRATION SALAD

MAKES 6 SERVINGS

175 cal, 6g carbs, 7g protein, 14g fat / per serving

12 oz cherry or grape tomatoes, halved

1 cup fresh blueberries

8 oz mozzarella balls (bocconcini) halved or cut
in bite sized pieces

¼ cup fresh basil leaves, chopped

2 Tbsp olive oil

1 Tbsp balsamic vinegar

Salt and pepper to taste

Gently toss all ingredients together. This is so packed with protein that you can double the portion and serve it as a main dish.



RECIPES

WATERMELON FETA SALAD

MAKES 6 SERVINGS

95 cal, 13g carbs, 5g protein, 1g fat / per serving

6 cups watermelon, cubed

$\frac{3}{4}$ cup crumbled reduced fat feta cheese

$\frac{1}{4}$ cup fresh mint, thinly sliced

$\frac{1}{2}$ tsp olive oil

$\frac{1}{4}$ cup thinly sliced red onion (optional)

Salt and pepper to taste

Gently toss all ingredients together and serve – or chill until it's time for dinner!



RECIPES

STRAWBERRY BANANA ICE CREAM

MAKES 6 SERVINGS

84 cal, 21g carbs

4 frozen bananas

3 cups frozen strawberries, halved

Cut the bananas into small chunks and place with the strawberries in a food processor. Blend until smooth. It will take a few minutes and you may need to pulse it on and off for a while, but the little bit of effort is worth it! You'd never guess there is no fat or cream in this very smooth dessert. Eat it immediately as a soft-serve, or freeze until ready to eat.