



Great Grilling

25 Delicious dFriendly Recipes



C O M P L I M E N T A R Y

Foreword

Summer barbecues are usually laden with high-carb fare like chips, potato and pasta salads, buns, rolls, and desserts. All this can make a person with diabetes feel pretty defeated. But healthy eating with diabetes is not a life sentence to deprivation. In fact, the concept of a “diabetic diet” is really a myth. Managing diabetes involves dietary changes that balance moderation, carbohydrate control, and healthy eating.

The best way to eat with diabetes is really the same way everyone should eat. Like the general population, people with diabetes need to focus on whole foods that are full of nutrients. This includes virtually all plant foods, most dairy products, lean meat and poultry, and fish. On the other hand, we all need to stay away from processed foods, which are usually made with flour, sweeteners, and other unhealthy, “man-made” ingredients. Barbecue marinades and sauces are major culprits when it comes to hidden carbs in the form of added sugars. This is why we’ve put together this book of wonderful, diabetes friendly, low carb recipes perfect for grilling season.

A diagnosis of diabetes presents a unique opportunity to shift your diet and lifestyle in a positive direction. Whether you’re a regular Emeril at the grill or a total cooking klutz, try preparing some diabetes-friendly dishes like those in the recipes that follow. Commit to learning more about healthy eating and your body will thank you — not only with better blood sugar numbers, but with how you look and feel each day.

Lynn Prowitt-Smith
dLife Food & Nutrition Editor

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Kick off your BBQ with this special take on iced tea...

Apricot Iced Tea

Prep Time: 5 minutes | Cook Time: 0 minutes | Servings: 20

Refreshing drink garnished with apricot and sprigs of mint.

Ingredients

- 16 tea bags (black tea)
- 14 cups boiling water
- 3 oz fresh mint (1 cup, loosely packed)
- 2 cups all natural apricot nectar
- 2 tsp vanilla extract
- 4 fresh apricots, cut into wedges (optional, to garnish)
- 2 oz fresh mint sprigs (optional, to garnish)
- 4 tbsp all natural agave nectar

Instructions

1. Combine tea bags, boiling water, and the 1 cup mint leaves in a very large heatproof pitcher. Let steep 5 minutes.
2. Remove and discard tea bags and mint. Stir in agave nectar, and then cover tea and let stand 1 hour.
3. Stir in apricot nectar and vanilla. Cover and chill 4 to 48 hours.
4. To serve, fill tall glasses with ice cubes, and pour tea mixture over ice cubes.
5. If desired, garnish with apricot wedges and/or mint sprigs.

Nutritional Information: Per Serving—Calories: 26.2; Carbohydrates: 6.5g; Protein: 0g; Total Fat: 0g; Saturated Fat: 0g; Fiber: 0g; Sodium: 8.2mg



The Classic Burger

Prep Time: 15 minutes | Cook Time: 6 minutes | Servings: 4

Dress up plain hamburgers and serve open-faced.

Ingredients

- 1 lb lean ground beef
- 1/2 cup fresh chopped onion
- 2 egg whites
- 1 pinch salt (to taste)
- 1 pinch black pepper (to taste)
- 1 pinch garlic powder (to taste)
- 2 whole-wheat hamburger buns, split in half
- 4 romaine lettuce leaves
- 4 slices tomato
- 8 slices dill pickle

Instructions

1. In a mixing bowl, combine ground beef, onions, and egg whites.
Season with salt, pepper, and garlic powder. Divide mixture evenly, and shape into 4 burgers.
2. Place on a plate, cover, and refrigerate until ready to grill.
3. Preheat grill.
4. Grill meat about 6 to 8 minutes, turning once until cooked through.
5. Place a lettuce leaf on each half roll. Place burger on lettuce and top with tomato and pickle slices.
Serve with mustard and ketchup.



Nutritional Information: Per Serving—Calories: 225.7; Carbohydrates: 16.9g; Protein: 29g; Total Fat: 5.2g; Saturated Fat: 1.8g; Fiber: 2.2g; Sodium: 229.8mg

Mixed Grill

Prep Time: 5-10 minutes | Cook Time: 5 minutes | Servings: 8

Chicken, sausages, and an array of skewered veggies, seasoned with Italian dressing and spices.

Ingredients

- 2 fennel bulbs
- 1 large red bell pepper
- 2 small eggplant
- 3 fresh plum tomatoes
- 3 fresh portobello mushrooms, stems removed
- 2 oz Italian salad dressing
- 1 package chicken and apple sausages, 4 links
- 10 oz boneless, skinless chicken tenders
- 1 pinch lemon pepper seasoning
- 1 pinch black pepper
- 1 tbsp chopped parsley
- 8 bamboo skewers



Instructions

1. Soak bamboo skewers in water 30 minutes before use.
2. Preheat grill to 400 degrees F.
3. Slice fennel lengthwise. Cut red pepper into large chunks. Cut eggplant, tomatoes, and mushroom caps into thick slices.
4. Thread vegetables on bamboo skewers and sprinkle with salad dressing. Slice sausages lengthwise. Set aside.
5. Remove chicken from package. Sprinkle with lemon pepper and black pepper. Set aside.
6. Place vegetable skewers, chicken sausages and chicken tenders on hot grill. Cook 5 to 10 minutes, or until chicken reaches an internal temperature of 170 degrees F. Sprinkle with parsley and serve.

Nutritional Information: Per Serving—Calories: 130.5; Carbohydrates: 16.5g; Protein: 13.1g; Total Fat: 2.6g; Saturated Fat: 0.6g; Fiber: 7.6g; Sodium: 266.8mg

Yee-Ha! Burgers

Prep Time: 5 minutes | Cook Time: 15 minutes | Servings: 4

A Southwest-style burger with salsa and cilantro.

Ingredients

- 1 lb lean ground beef
- 2 tbsp salsa
- 1 tbsp chopped fresh cilantro
- Cooking spray
- 1/2 fresh avocado, sliced

Instructions

1. Mix the beef, salsa, and cilantro with a fork.
Form into 4 burger patties.
2. Spray grill with nonstick cooking spray and heat.
3. Cook burgers over medium heat until browned on first side, then flip.
Cook to internal temperature of 160 degrees F, or until juices should run clear.
4. Top with avocado slices.

Nutritional Information: Per Serving—Calories: 174.6; Carbohydrates: 2.9g; Protein: 24.8g; Total Fat: 7.8g; Saturated Fat: 2g; Fiber: 1.9g; Sodium: 131.9mg



Grilled Steak with Charred Tomato Salsa

Prep Time: 30 minutes | Cook Time: 20 minutes | Servings: 4

Grilled sirloin with a smoky blackened tomato dressing.

Ingredients

1 lb fresh tomatoes, cored, cut in half horizontally, and seeded
Cooking spray
1/2 cup red onion, sliced
1 tbsp red wine vinegar
1 tsp extra virgin olive oil
1/4 tsp salt, divided
1/4 tsp black pepper, divided
6 fresh basil leaves, thinly sliced
1 lb top sirloin steak, lean (boneless)



Instructions

1. Arrange tomato halves, cut side down on paper towels and let rest 30 minutes.
2. Coat grill pan with cooking spray and heat over medium-high heat. Lay tomato halves, cut side down on pan and cook 5 minutes. Flip tomatoes and grill 1 minute or until skin is charred. Remove tomatoes from heat and let rest 5 minutes.
3. Chop tomatoes into 1-inch pieces and mix with onion, vinegar, oil, 1/8 teaspoon salt, 1/8 teaspoon pepper, and basil.
4. Season both sides of steak with remaining 1/8 teaspoons of salt and pepper.
5. Lay steak in grill pan and cook 6 minutes per side or until preferred degree of doneness. Remove from heat and let rest 5 minutes.
6. Slice steak diagonally into thin pieces. Serve with tomato salsa on the side or on top of steak.

Nutritional Information: Per Serving—Calories: 216.7; Carbohydrates: 6.8g; Protein: 28.9g; Total Fat: 7.5g; Saturated Fat: 2.4g; Fiber: 1.1g; Sodium: 215mg

Grilled Halibut with Lime & Cilantro

Prep Time: 10 minutes | Cook Time: 20 minutes | Servings: 2

A wonderful, easy, 15-minute marinade for this mellow, white fish.

Ingredients

2 tbsp fresh lime juice
1 tbsp fresh chopped cilantro
1 tsp vegetable oil
1 medium garlic clove, minced
2 6-ounce raw halibut fillets
1 pinch black pepper (to taste)
1/2 cup mild salsa



Instructions

1. To make lime-cilantro marinade: Mix first four ingredients together, and place in a shallow glass or plastic dish.
2. Completely coat halibut with marinade. Cover and refrigerate 15 minutes, turning once.
3. Remove fish from marinade. Grill fish 4 to 6 inches from medium heat for 10 to 20 minutes, covered, turning once, until fish flakes easily with fork. Sprinkle with pepper. Serve with salsa.

Nutritional Information: Per Serving—Calories: 433.1; Carbohydrates: 5.8g; Protein: 72.3g; Total Fat: 10.5g; Saturated Fat: 1.5g; Fiber: .1g; Sodium: 434.4mg

Cajun Shrimp Kabobs

Prep Time: 5 minutes | Cook Time: 6 minutes | Servings: 16

Spicy skewers of grilled, herbed shrimp.

Ingredients

- 1 1/2 tbsp ground paprika
- 2 tsp ground thyme
- 2 tsp oregano leaves
- 1 1/2 tsp garlic powder
- 1 1/2 tsp brown sugar
- 1 tsp onion powder
- 1 tsp black pepper, coarsely ground
- 3/4 tsp salt, to taste (optional)
- 1/4 tsp ground cayenne pepper
- 1 lb large raw shrimp, cleaned
- 1 tbsp extra virgin olive oil



Instructions

1. Soak 16 wooden skewers in water for 20 minutes before grilling or broiling to prevent burning.
2. Prepare the Cajun rub by mixing all the ingredients except shrimp and olive oil in a small bowl, stirring well.
3. Place the shrimp in a large bowl and sprinkle with the rub. Drizzle with the olive oil. Toss to mix and set aside for 15-30 minutes.
4. Thread 4 shrimp onto each skewer by bending each shrimp so that the ends of the shrimp are nearly touching.
5. Insert the skewer right above the tail so that it skewers the shrimp twice.
6. Grill the kabobs, turning occasionally, over medium heat for about 6 minutes until the shrimp turn pink and are cooked through.

Nutritional Information: Per Serving—Calories: 22.6; Carbohydrates: 1.4g; Protein: 1.8g; Total Fat: 1.1g; Saturated Fat: 0.2g; Fiber: 0.4g; Sodium: 12.7mg

Clams and Mussels with Tomato Barbecue Sauce

Prep Time: 10 minutes | Cook Time: 8 minutes | Servings: 2

*Grilled cherrystone clams
and mussels topped with a
tomato-jalapeno sauce.*

Ingredients

2/3 cup dry white wine
1/4 cup minced onion
1 clove garlic, minced
2 roma tomatoes, minced
3 tbsp minced fresh basil
1 whole jalapeno pepper, seeded and minced
1 tbsp sherry vinegar
6 raw cherrystone clams, well scrubbed
16 raw blue mussels, well scrubbed



Instructions

1. Light a grill.
2. Place wine, onion, and garlic in a saucepot and bring to boil over medium-high heat.
Cook 2 minutes, stirring often. Turn heat off and add tomatoes, basil, jalapeno, and vinegar.
3. Set unopened clams and mussels on grill. Cook until shellfish are open. Mussels should take 1 to 2 minutes and clams should take about 3 minutes. Remove the top part of shells.
4. Pour some of the tomato barbeque sauce on top of each and cook another 3 to 5 minutes.
5. Serve hot on a large platter.

Nutritional Information: Per Serving—Calories: 499.7; Carbohydrates: 26g; Protein: 63.9g;
Total Fat: 7.4g; Saturated Fat: 1g; Fiber: 1.6g; Sodium: 656.8mg

Swordfish Kabobs

Prep Time: 15 minutes | Cook Time: 6 minutes | Servings: 4

Tasty broiled skewers of swordfish, tomatoes, peppers, and onions.

Ingredients

1 tbsp extra virgin olive oil
 1 tbsp fresh lemon juice
 2 tbsp fresh chopped onion
 2 tbsp chopped parsley
 1/2 tsp paprika
 1/2 bay leaf
 1/8 tsp freshly ground black pepper
 1 1/4 lb swordfish filets, cubed
 cooking spray
 1 chopped green bell pepper, cut into 1-inch pieces
 1 large yellow bell pepper, cut into 1-inch pieces
 4 fresh plum tomatoes, cut into 1-inch pieces
 1 red onion, cut into 1-inch pieces
 1/2 tsp salt



Instructions

1. Place olive oil, lemon juice, onion, parsley, paprika, bay leaf, pepper, and 2 tablespoons of water into a blender and process until pureed.
2. Place into a large resealable plastic bag and add swordfish. Close bag, pushing out air as you do, and toss to coat well. Refrigerate at least 30 minutes and up to 2 hours, turning bag occasionally.
3. Remove swordfish from marinade and discard rest. Blot dry excess marinade from fish.
4. Lightly spray broiler rack with nonstick cooking spray and preheat broiler.
5. Thread the fish, bell pepper, tomato, and onion onto skewers in alternating layers. Place the kabobs on broiler rack and broil until swordfish is opaque, about 5-6 minutes, turning every 2 minutes so they don't burn. Serve.

Nutritional Information: Per Serving—Calories: 272.7; Carbohydrates: 10.6g; Protein: 33.6g; Total Fat: 10.4g; Saturated Fat: 2.3g; Fiber: 2.4g; Sodium: 442.8mg

Grilled Salmon with Fresh Herb Sauce

Prep Time: 15 minutes | Cook Time: 20 minutes | Servings: 2

*A light salmon with
a creamy herb sauce.*

Ingredients

- 2 6-ounce salmon filets
- 1 pinch salt and pepper
- 8 oz arugula
- 1/4 cup fresh basil
- 1/4 cup plain yogurt
- 2 tsp fresh lime juice (or lemon juice)
- 1 tbsp mayonnaise
- 1 medium tomato, sliced



Instructions

1. Preheat the grill. Sprinkle salmon with salt and pepper to taste.
Grill 5 minutes on each or to taste.
2. Meanwhile, remove any large stems from arugula and place in a food processor.
Add yogurt, lemon juice, basil, and mayonnaise. Process until smooth.
Add salt and pepper to taste.
3. Spoon over roasted salmon. Place sliced tomatoes on the side.

Nutritional Information: Per Serving—Calories: 342.4; Carbohydrates: 5.2g; Protein: 47.5g;
Total Fat: 13.5g; Saturated Fat: 2g; Fiber: 0.9g; Sodium: 226.5mg

Grilled Lime & Ginger Chicken

Prep Time: 2 hours | Cook Time: 15 minutes | Servings: 8

Simple chicken with a sweet and spicy lime marinade.

Ingredients

8 chicken thighs
2 tsp lime peel zest
4 tbsp fresh lime juice
2 tbsp fresh ginger root, minced
2 tbsp fresh cilantro, chopped
1/2 tsp salt
1/4 tsp ground cayenne pepper
4 tbsp olive oil
2 tsp light honey
Cooking spray



Instructions

1. Wash chicken under cool water and trim excess fat. Pat dry.
2. In a small bowl, combine lemon zest & juice, oil, ginger root, cilantro, honey, salt, and cayenne pepper.
3. Place chicken in re-sealable plastic bag and pour lime mixture in and seal. Chill 2-6 hours.
4. Preheat grill to medium heat. Spray with cooking spray. Remove chicken from bag and grill 15-20 minutes. Turn once or until juices run clear with pierced fork.

Nutritional Information: Per Serving—Calories: 239.3; Carbohydrates: 0g; Protein: 19.6g; Total Fat: 17.3g; Saturated Fat: 5g; Fiber: 0g; Sodium: 86.2mg
(Nutrition facts do not include marinade.)

Potato Egg Salad

Prep Time: 30 minutes | Cook Time: 0 minutes | Servings: 8

Classic, creamy potato salad seasoned with lemon pepper and parsley.

Ingredients

2/3 cup mayonnaise
3 tbsp whole milk
2 oz bacon bits
1 tsp dried parsley
1/4 tsp lemon pepper seasoning
2 cups cooked baby red potatoes, diced, skin on
3/4 cup fresh chopped celery
1/2 cup fresh chopped onion
5 large hard-boiled eggs, diced



Instructions

1. In a large bowl, mix together the potatoes, celery, and onions.
2. Add eggs to mixture.
3. Blend together mayonnaise, milk, bacon bits, parsley flakes, and lemon pepper. Stir into potato mixture.
4. Cover, refrigerate 15 minutes, stir, and serve.

Nutritional Information: Per Serving—Calories: 250.1; Carbohydrates: 9.6g; Protein: 8.4g; Total Fat: 19.5g; Saturated Fat: 3.6g; Fiber: 0.9g; Sodium: 382.1mg

Mexican Napa Slaw

Prep Time: 10 minutes | Cook Time: 0 minutes | Servings: 8

A hot and spicy Southwestern version of the classic side dish.

Ingredients

6 cups shredded Napa cabbage
2 cups alfalfa sprouts
3/4 cup peeled and sliced jicama
1/4 cup fresh chopped cilantro
1 small red bell pepper, thinly sliced
1 Anaheim chili pepper, seeded and minced
2 fresh green onions, finely chopped
2 tbsp fresh lime juice
1 tbsp olive oil
1 tbsp sugar substitute, granulated
1/2 tsp salt
2 medium garlic cloves, crushed



Instructions

1. In a large bowl, combine the first 7 ingredients. Combine lime juice and remaining 5 ingredients in a small bowl. Add to vegetables, and toss well.
2. Cover and chill 1 hour, stirring occasionally. Serve.

Nutritional Information: Per Serving—Calories: 44.2; Carbohydrates: 4.8g; Protein: 1.5g; Total Fat: 1.9g; Saturated Fat: 0.2g; Fiber: 1.9g; Sodium: 156.6mg

Antipasto Salad

Prep Time: 15 minutes | Cook Time: 0 minutes | Servings: 6

A colorful Italian antipasto made with arugula, artichokes, mozzarella cheese, and red bell pepper.

Ingredients

- 5 oz arugula
- 6 oz canned artichokes hearts, drained and coarsely chopped
- 4 oz fresh mozzarella, cut into ½-inch cubes
- 4 oz roasted red peppers with brine, cut into thin strips
- 2 oz prosciutto, cut into strips
- 1 medium celery stalk, thinly sliced
- 2 tsp extra virgin olive oil
- 2 tsp balsamic vinegar
- 1 pinch hot red pepper flakes



Instructions

1. In a large bowl, combine arugula, artichokes, mozzarella, roasted red pepper, prosciutto, and celery.
2. Drizzle with oil and vinegar.
3. Sprinkle with hot pepper flakes and toss. Chill for 30 minutes. Serve.

Nutritional Information: Per Serving—Calories: 108.3; Carbohydrates: 4.7g; Protein: 7g; Total Fat: 6.8g; Saturated Fat: 3.3g; Fiber: 2.3g; Sodium: 388.1mg

Mixed Fruit Salad

Prep Time: 5 minutes | Cook Time: 0 minutes | Servings: 4

A delicious and colorful fruit salad made with a blend of low carb fruits.

Ingredients

- 1 cup pink grapefruit sections
- 1 cup sliced fresh strawberries
- 1 cup diced fresh cantaloupe
- 1 oz Marsala wine
- 1 tsp sugar or sugar substitute, granulated
- 1 cup diced fresh watermelon

Instructions

1. Mix together all of the ingredients in a medium sized serving bowl. Toss to combine.
2. Cover and refrigerate until ready to serve.
3. Toss once more before serving.

Nutritional Information: Per Serving—Calories: 59; Carbohydrates: 15g; Protein: 1.1g; Total Fat: 0.2g; Saturated Fat: 0g; Fiber: 1.9g; Sodium: 8mg



Macaroni and Blue Cheese Salad

Prep Time: 15 minutes | Cook Time: 0 minutes | Servings: 6

A classic macaroni salad with the tangy zip of blue cheese.

Ingredients

1 cup Dreamfields Elbows, cooked and cooled* to room temperature
3/4 cup chopped red bell peppers
1/2 cup fresh cucumber, peeled and chopped
1/2 cup shredded carrots
1/4 cup fresh chopped green onion

Dressing

1/2 cup mayonnaise
2 tbsp crumbled blue cheese
1 tbsp red wine vinegar
1 tsp celery seeds
1/2 tsp salt
1/8 tsp ground cayenne pepper
1/8 tsp black pepper

Instructions

1. Toss macaroni, pepper, cucumber, carrots, and green onions.
2. Whisk together all dressing ingredients and chill until ready to use.
3. Toss dressing with macaroni salad and serve.

Nutritional Information: Per Serving—Calories: 281.4; Carbohydrates: 6g; Protein: 5.6g; Total Fat: 16g; Saturated Fat: 2.4g; Fiber: 4.1g; Sodium: 343.3mg

* Although Dreamfields pastas contain 42g of carbohydrates per 2 oz serving, Dreamfields calculates only 5g of “digestible carbs” because of the unique formulation they use. The nutrition facts for this recipe are based on that 5g per serving calculation. Please visit their website for more information.



Arugula Salad

Prep Time: 10 minutes | Cook Time: 0 minutes | Servings: 12

Cherry tomatoes and shaved Parmesan cheese, tossed with arugula in a lemony dressing.

Ingredients

6 cups fresh chopped arugula (3 bunches)
2 oz grated fresh Parmesan
1/2 cup fresh cherry tomatoes, cut in half
(about 12 tomatoes)
3 tbsp olive oil
3 tbsp fresh lemon juice
1 pinch freshly ground black pepper

Instructions

1. Wash arugula. Pat dry.
2. Remove and discard stem ends.
3. Put half of cheese in salad bowl. Add cherry tomatoes and arugula. Cover and chill until ready to serve.
4. When ready to serve, whisk olive oil and lemon juice in small bowl.
5. Drizzle over the arugula and toss lightly.
6. Sprinkle with remaining cheese and fresh pepper.
7. Serve immediately.



Nutritional Information: Per Serving—Calories: 53.3; Carbohydrates: 0.9g; Protein: 2.2g;
Total Fat: 4.9g; Saturated Fat: 1.4g; Fiber: 0.3g; Sodium: 83.4mg

Chili-Lime Cucumber Salad

Prep Time: 10 minutes | Cook Time: 0 minutes | Servings: 6

*A spicy, crunchy,
Thai-inspired salad.*

Ingredients

4 medium cucumbers
1/4 cup fresh lime juice
2 tsp chili powder
1/2 tsp salt (optional)
2 tbsp fresh chopped cilantro



Instructions

1. Peel cucumbers, slice lengthwise into quarters, and cut into 1 inch pieces. Place in large bowl.
2. Toss with lime juice, chili powder, salt, and cilantro.
3. Chill until ready to serve.

Nutritional Information: Per Serving—Calories: 22.6; Carbohydrates: 4.9g; Protein: 2.1g;
Total Fat: 0g; Saturated Fat: 0g; Fiber: 2.1g; Sodium: 0.4mg

Simmered Beans

Prep Time: 5 minutes | Cook Time: 15 minutes | Servings: 14

A wonderful mix of beans, bacon, and spices.

Ingredients

2 cups fresh chopped onion
1 3/4 cups low-sodium tomato sauce
1/4 cup sugar substitute, granulated
1 tsp prepared yellow mustard
1 tbsp distilled white vinegar
1 tbsp dried parsley
3 pieces cooked bacon, crumbled (low sodium)
15 oz canned pinto beans, rinsed and drained
10 oz canned small pink beans, rinsed and drained
2 tsp butter



Instructions

1. Sauté the onions in butter until they are tender, about 5 minutes.
2. Stir in the tomato sauce, sugar substitute, mustard, vinegar, and parsley flakes.
3. Mix in the bacon and beans. Lower heat.
4. Cover and simmer about 10 minutes, stirring occasionally.

Nutritional Information: Per Serving—Calories: 151.9; Carbohydrates: 26g; Protein: 8g; Total Fat: 2.1g; Saturated Fat: .8g; Fiber: 6g; Sodium: 245.8mg

Cajun Deviled Eggs

Prep Time: 20 minutes | Cook Time: 10 minutes | Servings: 12

Classic deviled eggs made spicy with a bit of cayenne.

Ingredients

- 6 eggs
- 2 tbsp mayonnaise
- 1 tsp Dijon mustard
- 1/2 tsp salt
- 1/4 tsp freshly ground black pepper
- 1/4 tsp ground cayenne pepper



Instructions

1. Place eggs in a medium saucepan and cover with cold water. Bring water to a boil and immediately remove from heat.
2. Cover and let eggs stand in hot water 10 to 12 minutes. Remove from hot water, cool and peel.
3. Slice eggs in half lengthwise. Remove yolks and place in medium bowl.
4. Set aside egg whites. Mashing with a fork, mix mayonnaise, Dijon-style mustard, salt, and black pepper with the egg yolks.
5. Fill the hollowed egg white halves with the yolk mixture. Sprinkle with cayenne pepper, adjusting the amount to taste.
6. Cover and chill in the refrigerator until serving.

Nutritional Information: Per Serving—Calories: 53.1; Carbohydrates: .3g; Protein: 3.2g; Total Fat: 4.3g; Saturated Fat: 1g; Fiber: 0g; Sodium: 154.4mg

Grilled Asparagus

Prep Time: 10 minutes | Cook Time: 6 minutes | Servings: 4

Asparagus grilled to perfection and flavored with red pepper.

Ingredients

- 1 lb fresh asparagus
- 1 tsp grapeseed oil
- 1/2 tsp salt
- 1/4 tsp freshly ground black pepper
- 1/4 tsp red pepper flakes (optional)

Instructions

1. Preheat grill. Trim woody stems off asparagus by breaking stalks. Coat asparagus with oil.
2. Grill asparagus 3 minutes. Turn spears with tongs. Grill 3 to 4 minutes. Sprinkle with salt, pepper, and red pepper (if using).



Additional Information

Be careful not to let asparagus fall through grill grates. Use a grill basket if you have one.

Nutritional Information: Per Serving—Calories: 40.8; Carbohydrates: 6g; Protein: 3.4g; Total Fat: 1.3g; Saturated Fat: 0.2g; Fiber: 3.1g; Sodium: 293.7mg

Fruity Pops

Prep Time: 6 hours | Cook Time: 0 minutes | Servings: 10

Yogurt and melon ice pops.

Ingredients

- 1 package sugar-free gelatin (any flavor)
- 1/2 cup boiling water
- 2 cups fresh cubed cantaloupe
- 8 oz plain, whole-milk yogurt

Instructions

1. In a small bowl, combine gelatin and boiling water until gelatin is dissolved.
2. In a blender, combine gelatin mixture, cantaloupe, and yogurt. Cover and blend until smooth.
3. Pour cantaloupe mixture into 10 3-ounce ice-pop molds or paper cups. (If using paper cups, cover the cups with foil. Cut a small slit in the center of each foil cover and insert a wooden stick into each cup.) Freeze pops 4 to 6 hours or until firm.
4. To serve, remove pops from ice-pop molds, or remove foil from paper cups and tear paper away from pops.

Nutritional Information: Per Serving—Calories: 45.8; Carbohydrates: 5.2g; Protein: 2.3g; Total Fat: 1.9g; Saturated Fat: 1.2g; Fiber: 0.3g; Sodium: 37.2mg



Sugar-Free Cheesecake

Prep Time: 15 minutes | Cook Time: 55 minutes | Servings: 12

A rich and creamy crustless cheesecake with no sugar!

Ingredients

1 grapeseed oil cooking spray
4 eggs, separated
2 egg whites
1/2 cup sugar substitute, granulated
1 tsp fresh lemon juice
1 pinch salt
3 cups cream cheese (or ricotta, drained)
1/2 tsp grated fresh lemon peel

Topping

1/3 cup sour cream
2 tbsp sugar substitute, granulated
2 tsp vanilla extract



Instructions

1. Preheat oven to 400 degrees F. Line the bottom of a 9-inch springform pan with baking paper or grease with butter. Spray just a bit with grapeseed oil cooking spray.
2. Separate eggs, and beat egg whites with salt until stiff.
3. Beat together sugar substitute and the egg yolks until thick. Add lemon juice.
4. With mixer on a low-medium setting, beat in the cream cheese, a little at a time, until incorporated and fluffy.
5. Add a small amount of egg whites, plus grated lemon peel if desired, and mix in gently.
6. Gently fold the cream cheese mixture into remaining egg whites. Pour mixture into pan. Give a little shake to make it level.
7. Bake 10 minutes at 400 degrees F. Reduce temperature to 300 degrees F and bake another 40 minutes. When the top of the cake is set, turn off oven and keep door closed. Allow to cool for another hour in oven. Remove and continue to cool on a wire rack.
8. Whisk together remaining ingredients (sour cream, sugar substitute, and vanilla). Spread on top of cheesecake.

Additional Information

Garnish with berries if you like. Or, if you prefer, use almond extract instead of vanilla in the topping, and garnish with toasted, slivered almonds.

*Allowing to cool slowly in the oven helps prevent the top of the cake from developing deep cracks.

Nutritional Information: Per Serving—Calories: 246.5; Carbohydrates: 3.3g; Protein: 7.2g;
Total Fat: 22.7g; Saturated Fat: 13.8g; Fiber: 0g; Sodium: 212.8mg

Impossible Berry Pie

Prep Time: 2 hours | Cook Time: 1 hour | Servings: 10

A delicious, low carb fruit custard pie made without the crust!

Ingredients

1 cup fresh sliced strawberries, washed & drained
1/2 cup fresh raspberries, washed & drained
1/2 cup fresh blueberries, washed & drained
13 fl oz evaporated milk
1/4 cup all natural agave nectar
1/4 cup whole wheat flour
1/4 cup white all purpose flour
1 tsp vanilla extract
4 eggs
1/4 cup canola oil
1/4 tsp almond extract
1/3 cup flaked unsweetened coconut (optional)
1 tbsp sifted powdered sugar (optional)



Instructions

1. Preheat oven to 350 degrees F. Spray a 9 1/2-inch pie plate with cooking spray. Place berries in pie plate; set aside. Shake evaporated milk and pour into food processor or blender. Add agave nectar, flours, vanilla, eggs, oil, and almond extract; process until smooth, scraping sides. Add coconut, if using, and pulse 2 times.
2. Pour mixture over fruit and bake 45 to 55 minutes or until golden brown and knife inserted in center comes out clean. Cool on rack about 30 minutes and refrigerate about 1 hour before serving. Dust with powdered sugar, if desired. Cover and refrigerate leftovers.

Additional Information

You can use any combination of berries you like, and you can also use frozen berries. Agave nectar is a sweetener with a slightly thinner consistency than honey. Look for it in the aisle where you find honey and syrups.

Nutritional Information: Per Serving—Calories: 187.4; Carbohydrates: 18.1g; Protein: 6g; Total Fat: 10.2g; Saturated Fat: 3g; Fiber: 1g; Sodium: 66.9mg

Summer Fruit Trifle

Prep Time: 15 minutes | Cook Time: 0 minutes | Servings: 6

Alternating layers of rum-infused fruit and spiced sweet cream.

Ingredients

8 oz cream cheese, at room temperature
1 cup sour cream
1/2 tsp ground cinnamon
1 medium peach, halved and thinly sliced
1 cup fresh raspberries
1 cup fresh blueberries
1 cup fresh blackberries (or strawberries)
2 tbsp dark rum (or 1/2 tsp rum extract)
1 mint sprig (optional, for garnish)



Instructions

1. In a medium bowl, mix cream cheese, sour cream, and cinnamon. Beat until light and fluffy.
2. In a large bowl, combine the fruit and rum or rum extract, tossing lightly.
3. Place 1/3 of the fruit mixture in the bottom of a large glass serving bowl. Spread half of the cream cheese mixture over the fruit. Cover with 1/3 of the fruit, then the remaining cream cheese mixture. Top with the rest of the fruit.
4. If using, garnish with a sprig of mint. Chill until ready to serve.

Nutritional Information: Per Serving—Calories: 167.8; Carbohydrates: 12.1g; Protein: 3g; Total Fat: 10.6g; Saturated Fat: 7g; Fiber: 2.2g; Sodium: 46.1mg

6 Healthy Grilling Tips

1. Trim the excess fat from meat before grilling, and do everything you can to avoid flare-ups. Drain off as much marinade and juice as you can and, if possible, don't put meat directly over the coals. If parts of your meat get charred, cut those bits off. They contain cancer-causing substances that may increase your risk.
2. Marinating meat, even briefly, seems to help reduce the formation of carcinogenic substances. These are known as polycyclic aromatic hydrocarbons (PAHs), which are found in the smoke that is created when fat drips into a grill, and heterocyclic amines (HCAs), which develop in meat, poultry, and fish whenever they are cooked over high heat. The hotter the heat source and the longer the food stays on it, the more these chemicals develop, so partially pre-cooking meat before grilling is a good idea.
3. Use a marinade that contains olive oil, lemon juice, garlic, mustard, dry wines, and/or vinegar. These ingredients will reduce the amount of advanced glycation end-products (AGEs) that are formed in cooking. AGE levels are elevated in people with diabetes and may contribute to cardiovascular disease
4. Keep hot foods hot and cold foods cold. Letting them cool or warm to those middle temperatures allows for potentially harmful bacteria to grow.
5. Never reuse marinades that have been used for raw meat, chicken, or fish unless you boil them first to destroy any bacteria. And marinate foods in the refrigerator, not on the counter. Also, never put cooked foods back on the platters or cutting boards they were on when still raw.
6. Use a meat thermometer! Cook ground beef to 160 degrees F, and other cuts of beef, veal, and lamb to a minimum of 145 degrees F. Cook ground poultry to 165 degrees F and poultry parts to 170 degrees F. Cook all types of pork to 160 degrees F.

Questions about food safety issues? The USDA Meat & Poultry Hotline is a great resource. Call 888-MPHotline (888-674-6854)

SOURCES:

1. USDA Safe Food Handling Fact Sheet. http://www.fsis.usda.gov/Fact_Sheets/Barbecue_Food_Safety/index.asp (accessed June 24, 2009).
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3. American Institute for Cancer Research. Press Release: Cancer Experts Issue Seasonal Warning on Grilling, April 30, 2008. http://www.aicr.org/site/News2?abbr=pr_&page=NewsArticle&id=13394&news_iv_ctrl=1102 (accessed June 25, 2009).
4. Xanthis, A, A Hatzitolios, G Koliakos, and V Tatola. 2007. Advanced Glycosylation End Products and Nutrition: A Possible Relation with Diabetic Atherosclerosis and How to Prevent It. *Journal of Food Science*. 72 (8): R125-R129.