

Fight Diabetes

With **Food**

E-Cookbook





Orange You Bananas for Kale Smoothie

Smoothies are a delicious and simple way to make use of extra fruits and vegetables! Did you know that food waste takes an enormous environmental toll, with U.S. consumers discarding up to 30% of produce purchases? Incorporate extra greens and your favorite fruits to make this nutritious green smoothie.

Recipe Source: Katherine Lawrence, owner of FoodSavedMe.com

INGREDIENTS

Serves 4

1 orange, peeled

1 cup grapes

1 banana

1 pear, cored

1 cup nondairy milk

2 cups fresh kale or spinach

Ice cubes (optional)

DIRECTIONS

1. Place all ingredients in the blender for 1 minute, or until desired smoothness is achieved.
2. Add ice cubes, if using, and process further to desired temperature.

NUTRITION FACTS

Per serving (1 cup), Calories: 110, Protein: 3.1 g, Carbohydrate: 24.5 g, Sugar: 14.9 g, Fat: 1.1 g, Saturated Fat: 0.2 g, Calories from Fat: 8.5%, Fiber: 3.8 g, Sodium: 36 mg, Cholesterol: 0 mg, Calcium: 99 mg, Iron: 1 mg, Vitamin C: 33.1 mg, Beta-Carotene: 2,464 mcg, Vitamin E: 1.2 mg



Rainbow Hummus Sandwich

Embrace the colors of the nutrition rainbow with this vegetable and hummus sandwich! Eating a wide variety of naturally colorful fruits and vegetables will provide you with an abundance of antioxidants and other protective compounds that can help boost your health!

INGREDIENTS

Serves 1

2 slices whole-wheat bread

2 tablespoons hummus

1/4 cup tomatoes, sliced

1/4 cup orange bell peppers, sliced

1/4 cup yellow bell peppers, sliced

1/4 cup cucumbers, sliced

1/4 cup red cabbage, shredded

DIRECTIONS

1. Toast slices of whole-wheat bread. Spread hummus on both slices.
2. Pile vegetables on top of bread and close sandwich. Feel free to substitute with vegetables of your choice.

NUTRITION FACTS

Per serving (1 sandwich), Calories: 266, Total Fat: 5.4 g, Saturated Fat: 0.9 g, Calories from Fat: 17.7%, Cholesterol: 0 mg, Protein: 12.4 g, Carbohydrate: 43.5 g, Sugar: 8.6 g, Fiber: 8 g, Sodium: 468 mg, Calcium: 164 mg, Iron: 2.9 mg, Vitamin C: 88.9 mg, Beta-Carotene: 739 mcg, Vitamin E: 2.7 mg



Sunshine Chickpea Burgers

These veggie burgers are good for your health and good for the planet! According to data from Beyond Meat, plant-based burgers generate 90% less greenhouse gas emissions, require 99% less water, and use 93% less land compared with a quarter-pound beef burger.

Recipe Source: *Dr. Neal Barnard's Cookbook for Reversing Diabetes* by Neal Barnard, MD; recipe by Dreena Burton

INGREDIENTS

Serves 10

- 2 cups raw carrots, sliced
- 1 clove garlic, sliced
- 2 cans chickpeas, rinsed and drained
- 1/4 cup dry-packed sun-dried tomatoes, sliced
- 2 tablespoons tahini
- 1 tablespoon red wine vinegar or apple cider vinegar
- 1 teaspoon smoked paprika
- 1/2 teaspoon dried rosemary
- 1/2 teaspoon ground cumin
- 1/2 teaspoon sea salt
- 1 cup rolled oats

DIRECTIONS

1. In a food processor, combine the carrots and garlic. Pulse several times to mince.
2. Add the chickpeas, tomatoes, tahini, vinegar, paprika, rosemary, cumin, and salt. Puree until well combined, scraping down the sides of the bowl once or twice.
3. Add the oats and pulse briefly to combine. Refrigerate the mixture for 30 minutes.
4. Preheat the oven to 400 F. Line a baking sheet with parchment paper. Use an ice cream scoop to scoop the mixture onto the prepared baking sheet, flattening to shape it into patties.
5. Bake for 18-20 minutes, flipping the burgers halfway through. Alternatively, you can cook the burgers in a nonstick skillet over medium heat for 6-8 minutes per side, or until golden brown.

NUTRITION FACTS

Per serving (1 burger), Calories: 137, Protein: 6 g, Carbohydrate: 21 g, Sugar: 4 g, Total Fat: 4 g, Calories from Fat: 23%, Fiber: 6 g, Sodium: 278 mg



Rainbow Sushi

Protect the oceans with this colorful fish-free rainbow sushi! Overfishing has a profound impact on the environment, contributing to biodiversity loss, ocean pollution, habitat destruction, and even the ocean's ability to store carbon.

Recipe Source: *Your Body in Balance* by Neal Barnard, MD; recipe by Lindsay S. Nixon

INGREDIENTS

Serves 4+

3 cups cooked rice or quinoa

1 cup sliced red pepper

1/2 cup sliced or shredded beets

1 cup sliced or shredded cucumber or zucchini

3/4 cup sliced or shredded carrots

1 avocado, sliced or mashed

12 sheets nori seaweed

Sesame seeds, to taste (optional)

Hoisin sauce, to taste (optional)

2 to 4 tablespoons rice vinegar (optional)

A few drops of agave nectar (optional)

DIRECTIONS

1. Thinly slice or shred vegetables. Optional: Season cooked rice (or quinoa) with 2-4 tablespoons of rice vinegar and a few drops of agave.
2. Spread cooked rice (or quinoa) on top of each nori sheet.
3. Top with avocado and veggies, plus a sprinkling of sesame seeds if using.
4. Tightly roll into a log shape. Repeat. Cut nori rolls into smaller pieces. Dilute hoisin sauce with water for a dipping sauce, if desired.

NUTRITION FACTS

Per serving (1 roll), Calories: 203, Protein: 9 g, Carbohydrate: 41 g, Sugar: 7 g, Total Fat: 1 g, Calories from Fat: 6%, Fiber: 1 g, Sodium: 396 mg



Quickie Quesadillas

According to the Environmental Working Group, if everyone in the United States skipped meat and cheese just one day a week, it would have the same environmental impact as taking 7.6 million cars off the road! Swapping cheese quesadillas for these flavorful hummus-based quickie quesadillas is an easy way to get started!

Recipe Source: *Healthy Eating for Life for Children* by Amy Lanou, PhD; recipe by Jennifer Raymond, MS, RD

INGREDIENTS

Serves 8

- 1 1/2 cups cooked garbanzo beans or 15-ounce can garbanzo beans, drained
- 1/2 cup water-packed roasted red peppers
- 3 teaspoons lemon juice
- 1 tablespoon tahini
- 1 clove garlic, peeled
- 1/4 teaspoon ground cumin
- 8 corn tortillas or paratha/chapati
- 1/2 cup chopped green onions
- 1/2 cup chopped tomatoes
- 1/2 to 1 cup salsa or homemade tomato, onion, and spices

DIRECTIONS

1. Place garbanzo beans in a food processor or blender with roasted peppers, lemon juice, tahini, garlic, and cumin. Process until very smooth (about 1-2 minutes).
2. Spread paratha or chapati (or tortilla) with 2-3 tablespoons of garbanzo mixture and place in a large nonstick skillet over medium heat.
3. Sprinkle with onions, tomatoes, and salsa.
4. Top with a second tortilla and cook until bottom tortilla is warm and soft, 2-3 minutes.
5. Turn and cook second side for another minute.
6. Remove from pan and cut in half. Repeat with remaining tortillas.

NUTRITION FACTS

Per serving (1/2 of quesadilla), Calories: 135, Protein: 5.5 g, Carbohydrate: 24 g, Sugar: 2.3 g, Total Fat: 2.7 g, Saturated Fat: 0.4 g, Calories from Fat: 18.1%, Cholesterol: 0 mg, Fiber: 4.4 g, Sodium: 164 mg, Calcium: 57 mg, Vitamin C: 26 mg, Beta-Carotene: 351 mcg, Vitamin E: 0.7 mg



Lentil Cucumber Salad

Lentils are not only packed with fiber and protein, they also have a low carbon footprint! While beef is responsible for up to 27 kilograms of carbon dioxide equivalents per kilogram, lentils come in at just 0.9 kilograms.

Recipe Source: Dora Stone, chef and photographer, founder of Mmmole.com and DorasTable.com

INGREDIENTS

Serves 4

- 1 cup brown or green lentils
- 1 cup tomato, diced
- 1 cup cucumber, peeled and diced
- 1 cup orange or red pepper, cubed
- 1 clove garlic, finely chopped
- 1 tablespoon fresh basil, chopped
- 1/4 cup balsamic vinegar

DIRECTIONS

1. Clean the lentils to make sure they have no stones and pour into a large pot of water.
2. Boil gently for 20 minutes or until tender. Strain and let cool on a tray in the refrigerator.
3. In a large bowl, mix the lentils with the remaining ingredients. Season with salt and pepper.
4. Serve the salad cold.

NUTRITION FACTS

Per serving (1/4 of recipe), Calories: 198, Protein: 13.2 g, Carbohydrate: 36.0 g, Sugar: 6.3 g, Total Fat: 1.0 g, Saturated Fat: 0.2 g, Calories from Fat: 4%, Fiber: 9.9 g, Sodium: 37 mg, Calcium: 53 mg, Cholesterol: 0 mg, Iron: 5.0 mg, Vitamin C: 40.4 mg, Beta-Carotene: 1,966 mcg, Vitamin E: 0.6 mg



Mango Bean Salad

Adding more beans to your plate is a great way to cut your carbon footprint! One recent study found that simply swapping beef for beans would help the United States reach targeted greenhouse gas emission reductions.

Recipe Source: *The Cheese Trap* by Neal Barnard, MD; recipe by Dreena Burton, chef, founder of PlantPoweredKitchen.com

INGREDIENTS

Serves 5

- 1 1/2 cups or 1 fresh mango, cubed
- 1 cup diced red bell pepper
- 1 15-ounce can black beans, rinsed and drained
- 1 15-ounce can pinto beans, rinsed and drained
- 1/4 cup salsa or more to taste
- 2 tablespoons sliced chives or green onion
- 2 1/2 tablespoons freshly squeezed lime juice
- 1 teaspoon pure maple syrup or agave nectar
- 1/2 teaspoon ground cumin
- 1/8 teaspoon ground allspice
- 1/2 teaspoon sea salt, plus more to taste
- 2 tablespoons cilantro, minced (optional)

DIRECTIONS

1. In a large bowl, combine all the ingredients and stir to combine.
2. Taste, and if you'd like more heat and zip from the salsa, add a little more, up to another 1/4 cup.
3. Serve, or refrigerate (covered) for several hours until ready to serve.
4. Mango note: If not serving right away, reserve the mango and add just before serving. This will preserve its freshness and flavor.
5. Salt note: The amount of salt you use may depend on the brand of salsa. Start with 1/2 teaspoon, as it's always easy to add extra later.

NUTRITION FACTS

Per serving (1/5 of recipe), Calories: 186, Protein: 10 g, Carbohydrate: 36 g, Sugar: 8 g, Total Fat: 1 g, Calories from Fat: 5%, Fiber: 11 g, Sodium: 562 mg



Raspberry Fudgy Brownies

A brownie made with beans? You bet! The beans add fiber, calcium, and protein, making these brownies a nutritious indulgence that's also good for the planet.

Recipe Source: *The Vegan Starter Kit* by Neal Barnard, MD; recipe by Christine Waltermeyer

INGREDIENTS

Serves 16

- 2 15-ounce cans low-sodium black beans, drained and rinsed
- 1 cup pitted dates
- 1 cup all-fruit raspberry jam
- 2 teaspoons pure vanilla extract
- 1/4 cup plus 2 tablespoons whole-wheat pastry flour
- 1 cup unsweetened cocoa powder
- 1/4 teaspoon sea salt
- 1/2 cup mini chocolate chips or 1/2 cup raspberry all-fruit jam, for topping (optional)

DIRECTIONS

1. Preheat the oven to 350 F. Line an 8-by-8-inch baking pan with parchment paper.
2. Combine the black beans, dates, jam, and vanilla in a food processor.
3. Blend until smooth.
4. Add the flour, cocoa powder, and sea salt and blend again.
5. Pour into the prepared pan and smooth the top with moist hands. If desired, sprinkle evenly with chocolate chips or spread with the raspberry jam.
6. Bake for 30 minutes. Remove from the oven and cool completely. Use the parchment paper to lift the brownies out of the pan. Cut into 16 squares. Refrigerate for up to 1 week, stored in a covered container.

NUTRITION FACTS

Per serving (1/16 of recipe), Calories: 136, Fat: 1 g, Calories from Fat: 7%, Protein: 5 g, Carbohydrate: 30 g, Sugar: 14 g, Fiber: 7 g, Sodium: 110 mg