

Creative Cooking

S2 PROGRAM 3

AROUND THE WORLD IN 7 DAYS!
NICOLE BRAXTON • DCC0000015

MEALS FOR DIABETES



LENTIL SOUP

INGREDIENTS

- 2 cups lentils
- 5-6 cups water
- 1 chopped onion
- 2 cloves garlic (minced)
- your favorite fresh herbs (cilantro)
- 2 tsp salt
- 1 tsp red pepper flakes
- 1 Tbsp olive oil
- 1 Tbsp curry powder (optional)
- 1 Tbsp cumin seeds

INSTRUCTIONS

Boil water and add lentils. Pour 1 tsp of salt in the water while boiling. Lentils will boil for around 30 minutes or until tender. In a separate skillet warm oil, cumin, garlic and onion. When lentils are finished cooking add the skillet mixture and herbs. Taste and add any additional seasonings you enjoy.

CUBED TOFU

INGREDIENTS

- 1 pack tofu cubed
- 3 Tbsp olive oil
- 2 tsp chicken style seasoning
- 1 Tbsp nutritional yeast flakes

INSTRUCTIONS

Cube tofu and place in a mixing bowl. Now add all the other ingredients and lightly toss them with the tofu. Place tofu on baking sheet and bake on 375°F for 15 to 20 minutes.

QUINOA

INGREDIENTS

- 2 cups quinoa
- 4 cups water
- 1 zucchini diced
- 2 tsp chicken style seasoning
- 2 asparagus (cut into four sections)
- 1 cup mushrooms sliced
- ½ red onion diced
- 3 Tbsp Braggs Aminos
- 1 clove garlic minced
- salt to taste

INSTRUCTIONS

In a skillet sauté onion, garlic, and zucchini for 2 minutes. Then add mushrooms and asparagus sauté for 1 more minute then add Braggs Aminos. In a saucepan bring water to a boil. Add quinoa, chicken style seasoning and add the sautéed vegetables. Let it cook until all the water is gone and quinoa is fluffy around 15 to 20 minutes. If needed add more water to enable the quinoa to cook until fluffy.