

DIABETES-FRIENDLY RECIPES

INCLUDES STOVETOP, MICROWAVE,
CROCKPOT, AND NO-COOK OPTIONS

2023

*A companion to the
Meal Planning and Food
Preparation Guide for
Diabetes*



Introduction

Identifying recipes and food resources that are affordable, accessible and accommodate dietary needs can be challenging. This becomes even more challenging when someone does not have full access to a kitchen or is learning how to cook. The resource **Meal Planning and Food Preparation Guide for Diabetes** was developed as a resource to support meal planning and preparation while managing diabetes and addressing different aspects of the meal-planning process.

This document, **Diabetes-Friendly Recipes**, is a set of recipes that complements the **Meal Planning and Food Preparation Guide for Diabetes**.

It includes four sections, each with five different types of recipes based on the equipment required to prepare the meal. The equipment falls into four categories:

- **Stovetop or oven**
- **Crockpot/Slow Cooker**
- **Microwave**
- **No Cook**

Each recipe contains a list of ingredients, equipment needed, and serving sizes. At the end of each recipe, there are suggestions for alternative ingredients that could be used.

This collection of recipes has been developed to give providers and clients a resource to support meal planning and preparation while managing diabetes, all while being accessible to those with a variety of housing situations and resources.

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Stovetop Recipes



Albondigas Meatballs & Slaw

This recipe makes enough food for four to six people.

Ingredients

For the albondigas meatballs:

- 1 lb. ground turkey
- 1 cup cooked white rice (this can be leftover rice from a different meal)
- 1 tsp. minced garlic (2 garlic cloves)
- ⅓ cup fresh cilantro, roughly chopped
- ½ cup diced yellow onion
- 1 ½ tsp. cumin
- 1 tsp. kosher salt
- ½ tsp. black pepper
- 1 tsp. oregano ground
- 1 tsp. paprika
- ¼ tsp. chili powder
- ¼ cup 2% milk

For the slaw:

- 2 cups jicama thinly sliced
- 1 tbs. cilantro, roughly chopped
- 2 tbs. fresh lime juice from 1 lime
- ½ tsp. honey
- 1 ¼ cups shredded carrots
- ¼ cup thinly sliced bell pepper

Equipment & Supplies Needed

- Large bowl
- Large baking pan
- Parchment paper or aluminum foil
- Knife for chopping
- Cutting board
- Spoon for mixing
- Measuring spoons

Optional:

- A second large bowl
- Cooking spray
- Cooking thermometer
- Vegetable peeler

The original recipe was developed and published by Kids Eat in Color and can be viewed here:

<https://kidseatincolor.com/easy-albondigas-meatballs-recipe/>

Instructions

For the albondigas meatballs:

1. Cook 1 cup of rice. If you are using leftover rice, you can skip this step.
 - Rinse the rice.
 - Put 2 cups of water in the pot, then add 1 cup of rice.
 - Turn on the stove to high heat until the water is boiling.
 - Turn down the temperature to low, and cover the pot with a lid.
 - Keep the water at a simmer until all of the water is gone and has been absorbed by the rice. This will take about 18 minutes.
 - Turn the heat off, and let the pot with rice sit for five to 10 minutes.
 - Stir the rice, and let it cool. Then follow the rest of the steps to make the meatballs.
2. Prep your ingredients.
 - Mince (or cut into small pieces) the garlic.
 - Chop the cilantro.
 - Dice (or cut into medium-small pieces) the onion.
 - Get out your spices, ground turkey and milk.
3. Preheat oven to 400 degrees F/205 degrees C. Line a cookie sheet with parchment paper or aluminum foil, and set aside. NOTE: If using the foil, you should also spray your pan with a nonstick spray.
4. In a large bowl, gently mix together all the ingredients for the albondigas until evenly combined. This includes the rice, ground turkey, garlic, cilantro, onion, spices and milk.
5. Divide meat mixture into 30 meatballs (approximately 1 heaping tbs. per meatball).
 - You can use a soup spoon or measuring spoon to scoop the right amount.
 - Roll into evenly sized balls and place on the prepared cookie tray.
6. Bake for 10 to 12 minutes or until the internal temperature reaches a minimum of 165 degrees F/74 degrees C for 15 seconds.

For the slaw:

1. To slice the jicama:
 - Peel the jicama using a sharp knife or a vegetable peeler.
 - Cut the jicama in half. Place the flat side down on the cutting board, and cut thin slices (they will look like half-circles).
 - Repeat with the other half of the jicama.
 - Slice half-circles into thin, straight slices.
 - For a demonstration on how to cut a jicama, use this link:
<https://www.wikihow.com/Cut-Jicama>
2. Prep the rest of your ingredients:
 - Chop the cilantro.
 - Cut the lime in half, and squeeze the juice.
 - Thinly slice the bell pepper. For a demonstration on how to cut a bell pepper, use this link: <https://www.wikihow.com/Video/Cut-Peppers>
3. In a large bowl, combine the sliced jicama, cilantro, lime juice, honey, carrots and bell pepper. NOTE: You can use the same bowl as you used for the meatballs. You will just need to wash it thoroughly after preparing the meatballs.
4. Gently mix the ingredients together with a spoon.

Albondigas Meatballs & Slaw — Alternative Ingredients

Ingredient	Other Foods You Could Use
1 lb. ground turkey	1 lb. ground beef OR 1 lb. ground pork OR 1 lb. ground chicken OR 2 cups cooked lentils (drained and mashed) OR 2 cups cooked chickpeas (drained and mashed)
1 cup white rice	1 cup brown rice OR 1 cup quinoa OR 1 cup breadcrumbs OR 1 cup crumbled/crushed crackers (if salted crackers are used, reduce salt to ½ tsp.) OR ½ cup uncooked dry rolled oats OR 1 cup crushed potato chips (decrease salt to ½ tsp.) OR 1 cup crushed cornflakes OR 4 slices of bread torn into small pieces
1 tsp. minced garlic (2 garlic cloves)	½ tsp. garlic powder. NOTE: The recommendation is garlic powder, not garlic salt. If using garlic salt, eliminate the 1 tsp. of salt in the recipe.
⅓ cup fresh cilantro, chopped	1 ½ tsp. dried cilantro, ⅓ cup fresh parsley, 1 ½ tsp. dried dill. Mix 1 tsp. dried parsley with 1 tsp. dried oregano to mimic cilantro.
½ cup diced yellow onion	1½ tsp. onion powder. NOTE: The recommendation is onion powder, not salt. If using onion salt, eliminate the 1 tsp. of salt in the recipe.
1 ½ tsp. cumin	Increase chili powder in the recipe from ¼ tsp. to 1 tsp.
1 tsp. kosher salt	½ tsp. regular salt
1 tsp. oregano	1 tsp. thyme or basil
1 tsp. paprika	Combine ½ tsp. cayenne pepper with a pinch of sugar to lower the heat of the cayenne seasoning.
¼ tsp. chili powder	This small amount can be omitted without compromising the recipe.
¼ cup 2% milk	¼ cup whole milk OR ¼ cup skim milk OR ¼ cup low-fat milk OR ¼ cup sour cream OR ⅓ cup canned milk mixed with ⅛ cup water to equal ¼ cup milk OR 1 tbs. powdered milk mixed with ¼ cup water to make ¼ cup milk.

¼ cup 2% milk	If only water is available, use ½ cup water instead of the milk. Please be aware, water may cause the meatballs to taste bland in flavor. If using water, slightly increase the measurement of herbs, spices and salt used by ⅛ to ¼ tsp. Example: ¼ tsp.= ½ tsp. if using water.
Alternative Ingredients for the Slaw	
2 cups jicama	2 cups thinly sliced cabbage OR 2 cups thinly sliced turnips OR 2 cups thinly sliced apples OR 2 cups thinly sliced pears
2 tbs. fresh lime juice	2 tbs. juice from a lemon OR 2 tbs. juice from an orange
½ tsp. honey	½ tsp. brown sugar OR ½ tsp. regular sugar OR ½ tsp. maple syrup OR ¼ tsp. stevia liquid OR ¼ tsp. monk fruit liquid
¼ cup thinly sliced bell pepper	¼ cup thinly sliced celery OR ¼ cup green onion, thinly sliced

Baked Beans With Ground Beef

This recipe makes enough food for four to six people.

Ingredients

- 1 tbs. olive oil
- 1 medium onion, chopped
- 1 pound lean ground beef
- 2 cans (15 oz. each) navy beans
- 1 cup water
- $\frac{3}{4}$ cup ketchup
- $\frac{1}{4}$ cup maple syrup
- 1 tsp. Dijon mustard
- $\frac{1}{2}$ tsp. garlic powder
- $\frac{1}{4}$ tsp. salt

Equipment & Supplies Needed

- Large stovetop pan
- Spoon or fork for stirring
- Measuring cups
- Measuring spoons

Instructions

1. Chop the onion.
2. Heat the oil in a large saucepan over medium-high heat.
3. Add the onion and ground beef to the pan.
4. Cook, stirring and crumbling the beef with a spoon until the onion has softened and the beef is no longer pink, about five minutes.
5. Add beans, water, ketchup, syrup, mustard, garlic powder and salt; bring to a simmer.
6. Reduce heat to medium and cook, stirring, until the mixture is bubbling and slightly thickened, five to eight minutes.

Baked Beans and Ground Beef — Alternative Ingredients

Ingredient	Other Foods You Could Use
1 lb. lean beef	<p>1 lb. ground turkey OR 1 lb. ground chicken.</p> <p>No meat, no problem. To make the meal meat-free yet high in protein, mix the cans of the beans listed below. For example, 1 can of red kidney beans and 1 can of pinto beans.</p>
2 cans (15 oz. each) navy beans	<p>2 cans great northern beans. Great northern beans are often confused with navy beans, which is why it's one of the best alternatives you can use.</p> <p>Other alternatives: 2 cans cannellini beans OR 2 cans red kidney beans OR 2 cans pinto beans OR 2 cans chickpeas (garbanzo beans).</p> <p>Dried beans may also be used instead of canned beans, but you will need to soak them before cooking. Follow the directions on the package on how to cook dried beans.</p>
$\frac{3}{4}$ cup ketchup	$\frac{3}{4}$ cup tomato sauce, add $\frac{1}{4}$ cup sugar and 1 tsp. vinegar (lemon juice may be substituted for the vinegar)
$\frac{1}{4}$ cup maple syrup	$\frac{1}{4}$ cup molasses OR $\frac{1}{4}$ cup honey. The maple syrup can be optional, as omitting the syrup will not jeopardize the taste of the dish.
1 tsp. Dijon mustard	1 tsp. brown spicy mustard OR honey mustard OR stone-ground mustard

Corn Cake Recipe With Pulled Pork

This recipe makes enough food for four to six people.

Ingredients

For the corn cakes:

- 1 box corn muffin mix (8.5 oz.)
- 1 egg
- ½ cup milk
- 1 tsp. butter or cooking spray

For the pulled pork:

- 1 package of prepared pulled pork*

For the broccoli:

- 1 lb. fresh broccoli or 1 package of frozen broccoli
- Salt (can use alternative seasoning if desired)
- Pepper

Optional:

- Pickle chips

Equipment & Supplies Needed

- Large bowl
- Measuring cup
- Spoon for mixing
- Measuring spoons
- 1 nonstick or cast-iron pan
- Spatula or fork

Optional:

- A second pan or skillet

*If you would like to make your own pulled pork, please see the recipe for [Slow Cooker Pulled Pork with Pineapple Barbecue Sauce](#).

The original recipe was developed and published by Kids Eat in Color and can be viewed here: <https://kidseatincolor.com/corn-cake-recipe-with-pulled-pork/>

Instructions

For the corn cakes:

1. Combine the corn muffin mix with the egg and milk. Then, whisk them together.
2. In a cast-iron or nonstick pan, add 1 tsp. of butter or spray with cooking spray.
3. Turn the burner to medium heat.
4. Add 1 tbs. of corn mixture to make a corn cake. Add as many tablespoons as can fit into your pan without the corn cakes touching — likely four to six in a medium-size pan.
5. Cook each corn cake for two to three minutes, then flip and cook the other side for two to three minutes.
6. Remove the corn cakes from the pan and place onto a plate.
7. Repeat these steps until all of the mixture is used.

For the pulled pork:

1. Open the package of pulled pork into a large pan or skillet.
2. Heat the pan to medium heat.
3. Stir the pork every couple of minutes until heated through.

Alternatively, use the package directions to heat the pulled pork.

NOTE: You can use the same pan as you used to make the corn cakes. Once you are done with the corn cakes, let them cool and use the pan to heat the pulled pork.

For the broccoli:**Cooking broccoli on the stovetop:**

1. Cut and prepare the fresh broccoli (If using frozen broccoli, skip this step):
 - To cut the broccoli:
 - Wash the broccoli.
 - Cut the top of the broccoli off from the larger stem.
 - Cut the florets (the parts that look like small trees) off of the stem.
 - Here is a set of instructions with pictures and videos:
<https://www.wikihow.com/Chop-Broccoli>
2. Add 1 tbs. of oil to the pan. Turn on the medium heat.
3. Add the broccoli to the pan.
4. Shake on the salt and pepper, then stir the broccoli in the pan.
5. Cook the broccoli in the pan for three to four minutes.
6. Add 2 tbs. of water to the pan and cover the pan with a lid.
7. Cook for two to four minutes until the broccoli is tender. You can cook it longer if you like softer broccoli.
8. Turn off the heat, and stir the broccoli again.

Cooking broccoli in the microwave:

1. To steam in the microwave, place the florets in a microwave-safe bowl with 1 inch of water.
2. Microwave for two to three minutes until tender.
3. Season with salt and pepper to serve.

Serve the corncakes, pulled pork and broccoli on a plate, and add the pickles on the side.

In total, you'll spend about 20 minutes making 12 mini corn cakes with eight servings of pulled pork.

Corn Cake Recipe With Pulled Pork — Alternative Ingredients

Ingredient	Other Foods You Could Use
1 box (8.5 oz.) corn muffin mix	<p>½ cup yellow cornmeal, ½ cup all-purpose flour, ¼ cup granulated sugar, 1 tbs. baking powder, ½ tsp. salt and 2 tbs. melted margarine.</p> <p>Whisk the cornmeal, flour, granulated sugar, baking powder and salt together in a medium-sized bowl. If using immediately, stir in melted margarine, then use to replace 1 box (8.5 oz.) of corn muffin mix.</p> <p>Corn tortillas can also be used instead of the cornbread cakes. Warm the corn tortillas, and top with the pulled pork, for a pulled pork taco.</p>
1 egg	¼ cup applesauce OR half a banana mashed with ½ tsp. baking powder
⅓ cup milk	⅓ cup water
Prepared pulled pork	You can also use the Slow Cooker Pulled Pork Recipe if you would like to make your own pulled pork instead of buying it prepared.

Lemon Chicken With Steamed Green Beans

This recipe makes enough food for four people.

Ingredients

Lemon chicken:

- 2 tbs. oil (olive, vegetable or canola)
- ½ of a lemon or 2 tbs. lemon juice
- 1 tbs. Dijon mustard
- 1 pound or about 2 chicken breasts
- Black pepper

Steamed green beans:

- 1 pound green beans (or a vegetable or vegetable mix of your preference)
- 1 tbs. oil
- ½ of a lemon or 2 tbs. lemon juice
- Garlic powder (optional)
- Salt (optional)
- Black pepper (optional)

Equipment & Supplies Needed

- Large bowl
- 2 stovetop pans
- Medium or large bowl
- Fork
- Measuring spoons
- Cutting board
- Knife

The original chicken recipe was developed and published by B'more Healthy Cookbook and can be viewed here:

<https://bmorehealthycooking.weebly.com/about.html>

The original vegetable recipe was developed and published by The Kitchn and can be viewed here:

<https://www.thekitchn.com/how-to-steam-vegetables-cooking-lessons-from-the-kitchn-108512>

Instructions

For the lemon chicken:

1. Combine lemon juice, Dijon mustard, 1 tbs. oil and a few shakes of black pepper in a bowl. Mix with a fork till combined.
2. Cut the chicken breasts in half.
 - Cut on the long side so that you have four thin, long pieces of chicken.
3. Add the chicken breasts to the bowl of mixed ingredients. Turn the chicken over a few times so it is coated in the liquid.
4. Let sit in the refrigerator for 20 to 30 minutes or up to a few hours.
 - The chicken can sit for less time, but letting it sit longer increases the flavor.
 - This is a good time to prepare your vegetables. You can cook the vegetables now if you are using the same pan for the chicken.
5. When ready to cook the chicken, add 1 tbs. of oil to the pan and turn on the stove to medium.
6. When the pan is hot, add the chicken to the pan.
7. Cook the chicken for three or four minutes, then flip each piece of chicken to the other side. Cook another three or four minutes until it is done.

Lemon Chicken — Alternative Ingredients

Ingredient	Other Foods You Could Use
2 chicken breasts	2 turkey breasts OR 4 chicken thighs
1 tbs. Dijon Mustard	1 tbs. brown spicy mustard OR honey mustard OR stone-ground mustard

For the steamed vegetables:

1. Cut the green beans into small pieces.
 - To cut green beans:
 - Wash and dry the green beans.
 - Cut off or trim the very ends of the green beans
 - If you want smaller pieces, you can cut the green beans in half.
 - Here is a set of instructions with pictures and videos:
<https://www.wikihow.com/Prepare-Green-Beans#Cleaning-and-Stemming-the-Beans>
2. Add 1 tbs. of oil to the pan. Turn on the medium heat.
3. Add the green beans to the pan.
4. Shake on the garlic powder, salt and pepper, then stir the green beans in the pan.
5. Cook the green beans in the pan for three or four minutes.
6. Add 2 tbs. of water to the pan and cover the pan with a lid.
7. Cook for two to four minutes until the green beans are tender. You can cook it longer if you like softer green beans.
8. Turn off the heat, and add the lemon juice on top of the green beans. Stir them again.
9. Serve the green beans with the chicken.

Stuffed Potatoes With Salsa and Beans

This recipe makes enough food for four to six people.

Ingredients

- 1 tbs. olive oil
- 4 medium russet potatoes
- ½ cup fresh salsa
- 1 ripe avocado, sliced
- 1 can (15 oz.) pinto beans, rinsed, warmed and lightly mashed
- 4 tsp. pickled jalapeños, chopped

Equipment & Supplies Needed

- Large stovetop pan
- Spoon or fork for stirring
- Measuring cups
- Measuring spoons

Instructions

1. Heat the oven to 425 degrees F.
2. Pierce potatoes all over with a fork.
3. Bake potatoes at 425 degrees until tender, 45 minutes to 1 hour.
4. While the potatoes are baking, prepare your toppings:
 - Chop the jalapeños.
 - Slice the avocado.
 - Open the can of beans and rinse them.
5. Transfer to a clean cutting board and let cool slightly.
6. Holding them with a kitchen towel to protect your hands, make a lengthwise cut to open the potato, but don't cut all the way through. Pinch the ends to expose the flesh.
7. Top each potato with some salsa, avocado, beans and jalapeños. Serve warm.

Stuffed Potatoes With Salsa and Beans — Alternative Ingredients

Ingredient	Other Foods You Could Use
4 medium potatoes	4 sweet potatoes may be baked and substituted for russet or red potatoes.
1 ripe avocado	The avocado can be omitted.
1 can (15 oz.) pinto beans	1 can black beans OR 1 can red kidney beans OR 1 can cannellini beans OR 1 can navy beans OR 1 can great northern beans OR 1 can butter beans
4 tsp. pickled jalapenos, chopped	4 tsp. fresh jalapeno, chopped OR a few drops of hot sauce to add a little heat

Microwave Recipes



Microwave Meatballs & Slaw

This recipe makes enough food for four people.

Ingredients

For the meatballs:

- 1 lb. ground beef or ground turkey
- 1 cup bread crumbs
- 1 cup milk
- 1 egg
- 2 tbs. onions, chopped
- Salt and pepper to taste

For the slaw:

- 2 cups jicama, thinly sliced
- 1 tbs. cilantro, roughly chopped
- 2 tbs. fresh lime juice from 1 lime
- ½ tsp. honey
- 1 ¼ cups shredded carrots
- ¼ cup thinly sliced bell pepper

Equipment & Supplies Needed

- 1 or 2 large bowls
- Large baking pan
- Parchment paper, wax paper or paper towel
- Knife for chopping
- Cutting board
- Spoon for mixing
- Measuring cups
- Measuring spoons

Optional:

- A second large bowl
- Cooking spray

The original recipe was developed and published by Kids Eat in Color and can be viewed here:

<https://kidseatincolor.com/easy-albondigas-meatballs-recipe/>

Microwave meatballs were adapted from Cooks.com and can be viewed here:

<https://www.cooks.com/recipe/t60do2il/microwave-meatballs.html>

Instructions

For the meatballs:

1. Prep your ingredients.
 - Chop the onion.
 - Get out your spices, bread crumbs, ground turkey, and milk.
2. Put all of the ingredients for the meatballs into a bowl.
3. Mix all ingredients thoroughly.
4. Roll the mixture into meatballs (approximately 1 heaping tbs. per meatball).
 - a. You can use a soup spoon or measuring spoon to scoop the right amount.
5. Arrange the meatballs in a circle on a 9-inch glass pie plate. Cover with waxed paper, parchment paper or a paper towel.
6. Cook on high in the microwave oven for seven minutes. Turn the plate halfway around after about three minutes.

For the slaw:

1. To slice the jicama:
 - Peel the jicama using a sharp knife or a vegetable peeler.
 - Cut the jicama in half. Place the flat side down on the cutting board, and cut thin slices (they will look like half-circles).
 - Repeat with the other half of the jicama.
 - Slice half-circles into thin, straight slices.
 - For a demonstration on how to cut a jicama, use this link:
<https://www.wikihow.com/Cut-Jicama>
2. Prep the rest of your ingredients:
 - Chop the cilantro.
 - Cut the lime in half, and squeeze the juice.
 - Thinly slice the bell pepper. For a demonstration of how to cut bell pepper, use this link:
<https://www.wikihow.com/Video/Cut-Peppers>
3. In a large bowl, combine the sliced jicama, cilantro, lime juice, honey, carrots and bell pepper. NOTE: You can use the same bowl as you used for the meatballs. You will just need to wash it thoroughly after preparing the meatballs.
4. Gently mix the ingredients together with a spoon.

Microwave Meatballs with Slaw — Alternative Ingredients

Ingredient	Other Foods You Could Use
1 lb. ground turkey	1 lb. ground beef OR 1 lb. ground pork OR 1 lb. ground chicken OR 2 cups cooked lentils (drained and mashed) OR 2 cups cooked chickpeas (drained and mashed)
1 cup bread crumbs	1 cup brown rice OR 1 cup quinoa OR 1 cup white rice OR 1 cup crumbled/crushed crackers (if salted crackers are used, reduce salt to ½ tsp.) OR ½ cup uncooked dry rolled oats OR 1 cup crushed potato chips (decrease salt to ½ tsp.) OR 1 cup crushed cornflakes OR 4 slices of bread, torn into small pieces.
1 cup milk	1 cup whole milk OR 1 cup skim milk OR 1 cup low-fat milk OR 1 cup sour cream OR ½ cup canned milk mixed with ½ cup water to equal 1 cup of milk OR mix 4 tbs. of powdered milk with 1 cup of water to make 1 cup milk. If only water is available, use 1 cup of water instead of the milk. Please be aware, water may cause the meatballs to taste bland in flavor. If using water, slightly increase the measurement of herbs, spices and salt used by ⅛ to ¼ tsp. Example: ¼ tsp.= ½ tsp. if using water.
1 egg	2 ½ tbs. powdered egg substitute plus 2 ½ tbs. water OR ¼ cup liquid egg substitute OR ¼ cup silken tofu pureed OR 3 tbs. mayonnaise OR 1 tbs. powdered flax seed soaked in 3 tbs. water
2 tbs. yellow onion, diced	1 ½ tbs. onion powder (NOTE: The recommendation is onion powder, not salt. If using onion salt, eliminate the 1 tsp. of salt in the recipe.)
Alternative Ingredients for the Slaw	
2 cups jicama	2 cups thinly sliced cabbage OR 2 cups thinly sliced turnips OR 2 cups thinly sliced apples OR 2 cups thinly sliced pears
2 tbs. fresh lime juice	2 tbs. juice from a lemon OR 2 tbs. juice from an orange
½ tsp. honey	½ tsp. brown sugar OR ½ tsp. regular sugar OR ½ tsp. maple syrup OR ¼ tsp. stevia liquid OR ¼ tsp. monk fruit liquid

Tuna Noodle Casserole

This recipe makes enough food for four people.

Ingredients

- 1 can* cream of mushroom soup
- 1/2 cup milk
- 2 cups uncooked noodles
- 2 cans* (3 oz. each) tuna in water, drained and flaked
- 1 package (5 oz.) frozen peas and carrots
- 1/4 cup shredded cheddar cheese or 1/4 cup grated parmesan cheese

Equipment & Supplies Needed

- Microwave-safe pan (such as a glass 8-by-8 pan)
- Spoon for mixing
- Measuring cups
- Can opener

*If you don't own a can opener, look for canned goods that have a pop top.

The original recipe was developed and published by Food.com and can be viewed here:

<https://www.food.com/recipe/microwave-tuna-noodle-casserole-30782>

Instructions

1. Combine soup and milk in the microwave-safe pan.
2. Add the pasta, tuna and vegetables to the pan, then stir.
3. Cover with parchment paper or a paper towel.
4. Put into the microwave and cook it on high for five minutes. Uncover and stir.
5. Cover it again, and cook it on high for another five minutes or until heated all of the way through.
6. Uncover it, top with cheese, and cook in the microwave for one or two minutes (uncovered) or until the cheese is melted and golden brown.

Tuna Noodle Casserole — Alternative Ingredients

Ingredient	Other Foods You Could Use
1 can cream of mushroom soup	1 can cream of chicken soup OR 1 can cream of celery soup OR ½ cup sour cream
½ cup milk	<p>½ cup whole milk OR 1 cup skim milk OR 1 cup low-fat milk OR 1 cup sour cream OR ½ cup canned milk mixed with ½ cup water to equal 1 cup of milk OR mix 4 tbs. powdered milk with 1 cup water to make 1 cup milk.</p> <p>If only water is available, use 1 cup of water instead of the milk. Please be aware, water may cause the tuna casserole to taste bland in flavor. If using water, slightly increase the measurement of herbs, spices and salt used by ⅛ to ¼ tsp. Example ¼ tsp.= ½ tsp. if using water.</p>
2 cans (3 oz. each) of tuna	1 can (3 oz.) of chicken OR 1 chicken breast, cut into pieces and cooked
1 package (5 oz.) of frozen peas and carrots	1 package (5 oz.) of frozen peas only OR 1 package (5 oz.) of frozen carrots only OR ¾ cup canned peas

20-Minute Chili

This recipe makes enough food for four people.

Ingredients

- 1 lb. ground beef
- 1 medium onion, chopped (½ cup)
- 1 medium clove garlic, crushed (optional)
- 1 can (15 to 20 oz.) kidney beans, drained
- 1 can (16 oz.) diced tomatoes
- 1 tbs. chili powder
- 1 tsp. salt
- ¼ tsp. pepper

Equipment & Supplies Needed

- Large bowl
- Knife for chopping
- Cutting board
- Spoon for mixing
- Measuring spoons

The original recipe was developed and published by Cooks.com and can be viewed here:

<https://www.cooks.com/recipe/8h97j6wm/20-minute-chili-microwave.html>

Instructions

1. Prep your ingredients:
 - Chop the onion.
 - Crush or chop the garlic.
 - Open the can of beans and rinse the beans.
2. Add the beef, chopped onion and garlic to a large bowl.
3. Cook in the microwave for three minutes on high, then stir. Cook for an additional two minutes.
4. Add the tomatoes, beans, chili powder, salt and pepper to the bowl.
5. Stir all of the ingredients together to mix well.
6. Cook in the microwave for three minutes on high, then stir. Cook for an additional two minutes or until heated through.

20-Minute Chili — Alternative Ingredients

Ingredient	Other Foods You Could Use
1 lb. ground beef	1 lb. ground turkey OR 1 lb. ground pork OR 1 lb. ground chicken OR 2 cups cooked lentils (drained and mashed) OR 2 cups cooked chickpeas (drained and mashed)
½ cup diced onion	1 tbs. onion powder (NOTE: The recommendation is onion powder, not salt. If using onion salt, eliminate the 1 tsp. of salt in the recipe) OR 3 tbs. of dried onion flakes
1 can kidney beans	1 can black beans OR 1 can pinto beans OR 1 can cannellini beans OR 1 can navy beans OR 1 can great northern beans OR 1 can butter beans
1 can (16 oz.) diced tomatoes	2 cups fresh tomatoes, chopped OR 1 can whole tomatoes, chopped OR 1 can tomato puree OR 1 can tomato paste and add water to thin the chili to the desired thickness OR 2 cups tomato juice OR 1 can tomato soup and add water to get the desired thickness of chili
1 tbs. chili powder	Combine 1 tsp. paprika, 1 tsp. ground cumin, ½ tsp. onion powder, ½ tsp. garlic powder and a pinch of cayenne (optional).

Chicken and Broccoli

This recipe makes enough food for two people.

Ingredients

- ½ pound boneless, skinless chicken breast or thigh meat, cut into bite-size pieces
- 2 cups broccoli florets, cut into bite-size pieces
- 2 tsp. vegetable oil or olive oil
- ½ tsp. garlic powder
- ¼ tsp. dried herbs of choice (basil, oregano, thyme, dill etc.)
- ½ tsp. salt, or to taste
- black pepper, to taste

Equipment & Supplies Needed

- Knife for chopping
- Cutting board
- Spoon for mixing
- Measuring spoons
- Microwave-safe large bowl

Instructions

1. Prep your ingredients:
 - Chop the broccoli into bite-size pieces, and add to the bowl.
 - Cut the chicken into bite-size pieces, and add to the bowl.
2. Add the oil, garlic powder, dried herbs, salt and pepper to the bowl with the broccoli and chicken.
3. Stir to combine evenly.
4. Cover with a microwave-safe lid, plate, or paper towel.
5. Microwave on high for three minutes.
6. Stir to separate any raw chicken pieces, and cover again.
7. Continue to microwave for 90 seconds.
8. Check for doneness. If needed, continue microwaving for 30-second intervals or until cooked to your liking and the internal temperature reaches at least 165 degrees F/74 degrees C.

Chicken and Broccoli — Alternative Ingredients

Ingredient	Other Foods You Could Use
½ lb. chicken breast	½ lb. turkey breast OR ½ lb. (roughly 2) chicken thighs
2 cups broccoli florets	2 cups cauliflower OR 2 cups spinach OR 2 cups green beans
Herbs and spices	Please see Appendix G — Common Ingredients Substitutions of the Meal Planning and Preparation Guide for herb substitutions.

Stuffed Potatoes With Salsa and Beans

This recipe makes enough food for four to six people.

Ingredients

- 4 medium russet potatoes
- ½ cup fresh salsa
- 1 ripe avocado, sliced
- 1 can (15 oz.) pinto beans
- 4 tsp. pickled jalapeños, chopped

Equipment & Supplies Needed

- Microwave-safe plate
- Fork
- Cutting board
- Knife for chopping

Instructions

1. Pierce potatoes all over with a fork. Place the potatoes on a microwave-safe plate.
2. Microwave on medium for 10 minutes.
3. Using a pot holder or towel, turn the potatoes over, then cook on medium for another 10 minutes.
4. While the potatoes are baking, prepare your toppings:
 - Chop the jalapeños.
 - Slice the avocado.
 - Open the can of beans, and rinse them.
5. Transfer the potatoes to a clean cutting board, and let cool slightly.
6. Holding them with a kitchen towel to protect your hands, make a lengthwise cut to open the potato, but don't cut all the way through. Pinch the ends to expose the flesh.
7. Top each potato with some salsa, avocado, beans and jalapeños. Serve warm.

Stuffed Potatoes With Salsa and Beans — Alternative Ingredients

Ingredient	Other Foods You Could Use
4 medium potatoes	4 sweet potatoes may be baked and substituted for russet or red potatoes.
1 ripe avocado	The avocado can be omitted
1 can (15 oz.) pinto beans	1 can black beans OR 1 can red kidney beans OR 1 can cannellini beans OR 1 can navy beans OR 1 can great northern beans OR 1 can butter beans
4 tsp. pickled jalapenos, chopped	4 tsp. fresh jalapeno, chopped OR a few drops of hot sauce to add a little heat

Crockpot Recipes



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Black Bean and Sweet Potato Stew

This recipe makes enough food for four people.

Requires six hours for cooking.

Ingredients

- 1 can (14.5 oz.) diced fire-roasted tomatoes, undrained (look for the no-salt-added version)
- 1 can (15 oz.) no-salt-added black beans
- 1 or 2 large sweet potatoes, cubed and unpeeled
- 1 ¼ cups vegetable broth
- 1 yellow onion, chopped
- 1 red bell pepper, chopped
- 1 yellow bell pepper, chopped
- ¼ cup tomato paste
- ¾ tbs. chili powder
- ¾ tsp. ground cumin
- ¼ tsp. salt (omit salt if using regular fire-roasted tomatoes and tomato paste)
- ¼ tsp. ground pepper
- 2 ½ cloves garlic, minced
- ½ cup loosely packed fresh cilantro, chopped (optional)
- ½ tbs. fresh lime juice (optional)
- Shredded cheddar cheese (optional)

Equipment & Supplies Needed

- 6-quart slow cooker/crockpot
- Knife for chopping
- Cutting board
- Spoon for mixing
- Measuring cups
- Measuring spoons

The original recipe was developed and published by EatingWell.com and can be viewed here:

<https://www.eatingwell.com/recipe/274299/slow-cooker-vegetarian-chili/>

Instructions

1. Prep your ingredients:
 - Wash the sweet potatoes. Then, cut up the sweet potatoes into small cubes.
 - Chop the onion into small pieces.
 - Chop the yellow and red bell peppers into small pieces.
 - Mince the garlic into small pieces.
 - Open and rinse the can of black beans.
2. Combine tomatoes, beans, sweet potatoes, broth, onion, bell peppers, tomato paste, chili powder, cumin, salt, pepper and garlic in a 6-quart slow cooker.
3. Cover with the lid and cook on low for six hours. The vegetables should be soft and tender. Add more time if needed.
4. Stir in cilantro and lime juice.
5. Turn off the slow cooker, and serve the chili in bowls. Sprinkle with cheese as desired.

Tips:

Leaving the peels on the sweet potatoes will increase the fiber content of the dish and help the cubes hold together in the chili, but feel free to peel them if you prefer.

How to freeze or make ahead:

- Complete step No. 1 (prep ingredients).
- Then, put all ingredients into a freezer-safe container, such as a bowl with a lid or a Tupperware container.
- You can refrigerate for up to three days or freeze for up to three months.
 - If you are freezing the ingredients, take the container with prepped ingredients out and let them thaw (in the refrigerator or on the counter).
- When ready to cook, pour the ingredients into the slow cooker, and follow steps 3-5.

Black Bean and Sweet Potato Stew — Alternative Ingredients

Ingredient	Other Foods You Could Use
1 can (14.5 oz.) diced fire-roasted tomatoes	1 can (14.5 oz.) diced tomatoes with a pinch of smoked paprika OR 1 ½ cups fresh tomatoes, chopped, with a pinch of smoked paprika
1 can (15 oz.) black beans	1 can great northern beans OR 1 can cannellini beans OR 1 can red kidney beans OR 1 can pinto beans OR 1 can chickpeas (garbanzo beans). Dried beans may also be used instead of can beans, but you will need to soak them before cooking. Follow the directions on the package on how to cook dried beans.
1 or 2 large sweet potatoes	1 small butternut squash (seeded, peeled, and cubed) OR 1 small acorn squash (seeded, peeled, and cubed)
1 green and 1 yellow pepper	1 bunch of green onions, washed ends removed, chopped OR 1 cup celery, chopped
¼ cup tomato paste	¾ cup tomato puree or sauce
¾ tbs. chili powder	Combine ½ tsp. paprika, ½ tsp. ground cumin, ¼ tsp. onion powder, ¼ tsp. garlic powder and a pinch of cayenne (optional).
¾ tsp. cumin	¾ tsp. taco seasoning OR ¾ tsp. chili powder OR ¼ tsp. ground coriander

Chicken and White Bean Stew

This recipe makes enough food for four to six people.

Requires 7 ½ hours for cooking.

Ingredients

- 4 cans cannellini beans, rinsed
- 6 cups chicken broth (unsalted)
- 1 yellow onion, chopped
- 2 medium carrots, sliced
- 1 tsp. fresh rosemary, finely chopped
- ⅔ cup grated Parmesan
- 2 bone-in chicken breasts
- 4 cups kale, chopped
- 1 tbs. lemon juice
- ½ tsp. salt
- ½ tsp. ground pepper
- 2 tbs. extra-virgin olive oil
- ¼ cup flat-leaf parsley leaves

Equipment & Supplies Needed

- 6-quart slow cooker/crockpot
- Knife for chopping
- Cutting board
- Spoon for mixing
- Measuring cup
- Measuring spoons

The original recipe was developed and published by EatingWell.com, and can be viewed here:

<https://www.eatingwell.com/recipe/269820/slow-cooker-chicken-white-bean-stew/>

Instructions

1. Prep your ingredients:
 - Chop the onion into small pieces.
 - Slice the carrots into small rounds.
 - Chop or shred the kale into small pieces.
2. Combine beans, broth, onion, carrots, and rosemary in a 6-quart slow cooker.
3. Put the chicken on top of the ingredients in the slow cooker.
4. Cover and cook on low for two hours. Check whether the chicken is cooked and the vegetables are tender. If they are not fully cooked, continue cooking in the slow cooker for 30 minutes to one hour.
5. Once the chicken is cooked, transfer the chicken to a clean cutting board. Let the chicken sit until cool enough to handle, about 10 minutes. Shred the chicken using a fork. Discard the bones.
6. Put the shredded chicken back into the slow cooker and stir in the kale.
7. Cover and cook on high until the kale is tender, 20 to 30 minutes.
8. Stir in lemon juice, salt and pepper.
9. Serve the stew drizzled with oil and sprinkled with Parmesan and parsley (as desired).

Chicken and White Bean Stew — Alternative Ingredients

Ingredient	Other Foods You Could Use
4 cans cannellini beans	4 cans great northern beans OR 4 cans black beans OR 4 cans red kidney beans OR 4 cans pinto beans OR 4 cans chickpeas (garbanzo beans). Dried beans may also be used instead of can beans, but you will need to soak them before cooking. Follow the directions on the package on how to cook dried beans.
6 cups chicken broth (unsalted)	6 cups water
2 medium carrots	2 medium parsnips OR ½ small butternut squash (seeded, peeled and cubed) OR ½ small acorn squash (seeded, peeled, and cubed) OR 2 medium zucchini squash OR 2 medium crookneck squash
1 tsp. fresh rosemary	⅓ tsp. dried rosemary, ⅓ tsp. thyme
⅔ cup grated Parmesan	⅔ cup cheddar cheese, ½ cup toasted breadcrumbs
2 bone-in chicken breasts	4 chicken thighs
4 cups kale, chopped	4 cups spinach, chopped OR 4 cups of any greens such as turnip, collards or mustard greens
¼ cup fresh parsley leaves	4 tsp. dried parsley flakes

Slow Cooker Meatloaf

This recipe makes enough food for four people.

Requires four to five hours for cooking.

Ingredients

- 1 pound ground beef
- 1 ½ tbsp. ketchup, plus additional for eating
- 1 tbsp. Worcestershire sauce
- 2 large carrots (sliced)
- 6 saltine crackers, crushed
- ½ medium onion, finely chopped
- 3 cloves of garlic, minced
- ½ tsp. paprika
- ¼ tsp. salt
- ¼ tsp. pepper
- 1/8 tsp. cayenne pepper
- Cooking Spray

Equipment & Supplies Needed

- 6-quart slow cooker/crockpot
- Knife for chopping
- Cutting board
- Spoon for mixing
- Measuring spoons

The original recipe was developed and published by Taste of Home and can be viewed here:

<https://www.tasteofhome.com/recipes/slow-cooked-mexican-meat-loaf/>

Instructions

1. Coat the slow cooker with cooking spray.
2. Prep your ingredients:
 - Chop half of an onion. (You can save the other half in the refrigerator).
 - Slice the carrots into small rounds.
 - Dice the garlic into small pieces.
 - Crush the saltine crackers.
3. In a large bowl, combine ketchup, Worcestershire sauce, saltines, onion, garlic, paprika, salt, pepper and cayenne.
4. Crumble beef over the mixture, and mix lightly but thoroughly.
5. Shape into a round loaf. Place in the center of the slow cooker.
6. Cover and cook on low until no pink remains, about four or five hours.
7. Serve the meatloaf from the slow cooker, or use a large spatula to lift it onto a serving plate.
8. Spread additional ketchup over top before eating, as desired.

Slow Cooker Meatloaf — Alternative Ingredients

Ingredient	Other Foods You Could Use
1 lb. ground beef	1 lb. ground pork, OR 1 lb. ground turkey OR 1 lb. ground chicken
1 tbs. Worcestershire sauce	Combine the following ingredients: 2 tsp. soy sauce with ¼ tsp. lemon juice OR vinegar, ¼ tsp. sugar and a dash of hot sauce
2 large carrots	2 large parsnips, OR ½ small butternut squash (seeded, peeled, and cubed) OR ½ small acorn squash (seeded, peeled, and cubed)
6 saltine crackers, crushed	¼ cup breadcrumbs OR ¼ cup oatmeal
½ tsp. paprika	Combine ½ tsp. cayenne pepper with a pinch of sugar to lower the heat of the cayenne seasoning.
⅓ tsp. cayenne pepper	Pinch of crushed red pepper flakes

Slow Cooker Chicken Salad

This recipe makes enough food for four to six people.

Requires three hours for cooking.

Ingredients

- 3 tsp. chili powder
- 1 tsp. ground cumin
- 1 tsp. salt
- 1 tsp. pepper
- ½ tsp. chipotle pepper and/or paprika
- ¼ tsp. dried oregano
- ¼ tsp. crushed red pepper flakes
- 1 ½ lbs. boneless skinless chicken breasts
- 1 cup chicken broth
- 9 cups romaine lettuce, torn
- Optional toppings:
 - Sliced avocado
 - Shredded cheddar cheese
 - Tomato, chopped
 - Green onions, sliced
 - Salad dressing of choice

Equipment & Supplies Needed

- 3-quart slow cooker/crockpot
- Measuring spoons
- Measuring cup

Optional (to prep toppings):

- Cutting board
- Knife

The original recipe was developed and published by Taste of Home and can be viewed here:

<https://www.tasteofhome.com/recipes/slow-cooked-mexican-meat-loaf/>

Instructions

1. Mix together the chili powder, cumin, salt, pepper, chipotle pepper and/or paprika, oregano and crushed red pepper flakes.
2. Rub the spice mix over the chicken.
3. Place the chicken in a 3-quart slow cooker.
4. Add broth.
5. Cook, covered, on low until chicken is tender, three to four hours.
6. Remove chicken; cool slightly.
7. Shred with two forks. Serve over romaine. Top with avocado, shredded cheddar, tomato, green onions or dressing, as desired.

How to freeze or make ahead:

1. Freeze the cooled chicken mixture in freezer containers.
2. To use, partially thaw in the refrigerator overnight.
3. Heat through in a saucepan, stirring occasionally. Add more water, if necessary.
4. Add desired toppings.

Slow Cooker Chicken Taco Salad — Alternative Ingredients

Ingredient	Other Foods You Could Use
3 tsp. chili powder	Combine 1 tsp. paprika with 1 tsp. ground cumin, ½ tsp. onion powder, ½ tsp. garlic powder and a pinch of cayenne powder
1 tsp. cumin	1 tsp. taco seasoning OR chili powder OR ground coriander
½ tsp. chipotle pepper	½ tsp. smoked paprika OR ½ tsp. plain paprika
¼ tsp. dried oregano	¼ tsp. thyme OR ¼ tsp. basil
¼ crushed red pepper flakes	¼ tsp. cayenne pepper
1 ½ lbs. chicken breasts	5 chicken thighs, skinned OR 6 drumsticks, skinned
1 cup chicken broth	1 cup water
9 cups romaine lettuce, torn	9 cups mixed salad greens (spinach, kale, lettuce) OR 9 cups red-leaf or green-leaf lettuce

Slow Cooker Pulled Pork With Pineapple Barbecue Sauce

This recipe makes enough food for six to eight people.

Requires eight hours for cooking.

Ingredients

- 2 lbs. pork tenderloin
- 1 ½ cup no-sugar-added barbecue sauce
- 1 cup pineapple juice (canned, crushed, no sugar added)
- 1 tsp. pepper
- 2 cloves garlic, minced
- 1 small onion, minced

Equipment & Supplies Needed

- 6-quart slow cooker/crockpot
- Spoon for mixing
- Cutting board
- Knife
- Measuring spoons
- Measuring cup

The original recipe was developed and published by The Diabetes Cookbook, and can be viewed here:

https://www.diabetesfoodhub.org/recipes/slow-cooked-puller-pork-with-pineapple-barbecue-sauce.html?tag_id=43

Instructions

1. Prep your ingredients:
 - Chop the onion into small pieces (mince).
 - Chop the garlic into small pieces (mince).
2. In the slow cooker, mix together the barbecue sauce, pineapple juice, onion, garlic and pepper.
3. Add the pork tenderloin to the slow cooker, and turn the pork over to coat all sides.
4. Cook on low for eight hours, or on high for three to four hours, until the meat is tender.
5. Shred the meat with two forks.
6. Serve the pulled pork in a lower-carb wrap, in lettuce “cups” or on a salad. If desired, serve with extra barbecue sauce.

*You can eat this with the [Corn Cakes Recipe](#).

Slow Cooker Pulled Pork With Pineapple Barbecue Sauce — Alternative Ingredients

Ingredient	Other Foods You Could Use
2 lbs. pork tenderloin	2 lbs. pork loin OR 2 lbs. beef tenderloin OR 2 lbs. chicken breast, skinned
1 cup pineapple juice, no sugar added	1 cup apple juice, no sugar added OR 1 cup orange juice, no sugar added

No-Cook and Simple Prep Recipes



Tuna Nachos

This recipe makes enough food for two people.

Ingredients

- 1 can tuna in water or tuna pouch, drained
- 2 oz. of tortilla chips (20 to 30 chips)

Optional:

- Salsa
- Tomato, canned and diced
- Onion (if able to chop)

Equipment & Supplies Needed

- Can opener (if needed for canned goods)
- Plate or surface for eating

The original recipe was developed and published by Marley Menu and can be viewed here:

<https://marleymenu.com/easiest-canned-tuna-nachos/>

Instructions

1. Spread the chips on a plate.
2. Add tuna on top of the chips.
3. Top with available vegetables or toppings, such as sliced tomatoes, onions, avocado or salsa.

Peanut Butter and Banana Sandwich

This recipe makes enough food for one person.

Ingredients

- 2 slices of bread
- 1 tbs. peanut butter
- ½ small banana

Equipment & Supplies Needed

- Spoon, knife or fork
- Plate or place to rest food

Instructions

Preparation

1. Spread both slices of bread with the peanut butter.
2. Slice the banana, and place it on one slice of bread.
3. Place the other slice of bread with peanut butter on top, and enjoy.

Other options:

- If there is no bread, you can take 2 tbs. of peanut butter and mash with 1 small banana in a cup or container for a quick meal.
- Spread 2 tbs. of peanut butter on top of an apple that is cut in half.
- You can also use other kinds of nut butter if those are available, such as almond or sunflower butter.

Three Bean Salad

This recipe makes enough food for five people.

Ingredients

- ½ onion
- ½ cucumber
- 1 can (15 oz.) chickpeas, drained
- 1 can (15 oz.) kidney beans, drained
- 1 can (15 oz.) cannellini beans, drained
- ½ cup Italian dressing
- ½ tsp. dried oregano
- ½ tsp. salt
- 1 tsp. dried parsley
- ¼ tsp. pepper

Optional:

- Pita pocket

Equipment & Supplies Needed

- Knife for chopping
- Cutting board
- Can opener
- Measuring spoons
- Measuring cup
- Bowl or container for mixing ingredients

The original recipe was developed and published by Tasty and can be viewed here:

<https://tasty.co/recipe/three-bean-salad>

Instructions

1. Prep the ingredients:
 - Thinly slice the onion.
 - Quarter the cucumber, remove the seeds, and dice into small pieces.
 - Rinse the chickpeas, kidney beans, and cannellini beans.
2. Add the onion, cucumber, chickpeas, kidney beans, and cannellini beans to the bowl.
3. Add the Italian dressing, oregano, parsley, salt, and pepper
4. Mix well until evenly distributed.
5. Serve the salad, or put it into the pita pocket for a hearty sandwich.

Hummus Veggie Wrap

This recipe makes enough food for one person.

Ingredients

- 2 tbs. hummus
- 1 whole wheat tortilla (8 inches)
- ¼ cup mixed salad greens, torn
- 2 tbs. sweet onion, finely chopped
- 2 tbs. cucumber, thinly sliced
- 2 tbs. carrot, shredded
- 1 tbs. balsamic vinaigrette or Italian dressing

Equipment & Supplies Needed

- Large bowl or container
- Knife for chopping
- Cutting board
- Spoon for mixing
- Measuring spoons

The original recipe was developed and published by Marley Menu and can be viewed here:

<https://www.tasteofhome.com/recipes/hummus-veggie-wrap-up/>

Instructions

1. Prep your ingredients:
 - Tear the salad greens into smaller pieces.
 - Thinly slice the cucumber.
 - If the carrots are not pre-sliced, use a peeler or a knife to slice into small pieces.
2. Spread the hummus over a tortilla.
3. Layer with salad greens, onion, cucumber, and carrot. Drizzle with vinaigrette.
4. Roll up tightly.

Beans and Corn Salad

This recipe makes enough food for four to six people.

Ingredients

- 1 can black beans
- 1 can corn
- ½ green or red bell pepper, chopped
- ½ onion, diced
- ½ cup fresh cilantro (optional)
- 1 small lime
- ½ tbsp. oil
- 1 ½ tbsp. cumin
- ½ tsp. garlic powder
- ½ tsp. black pepper
- ¼ tsp. cayenne pepper (optional)

Equipment & Supplies Needed

- Large bowl or container
- Can opener
- Spoon for mixing
- Measuring spoons

The original recipe was developed and published by the American Diabetes Association and can be viewed here: <https://www.diabetesfoodhub.org/recipes/black-bean-and-corn-salad-quick-recipe.html>

Instructions

1. Prep your ingredients:
 - Open the black beans, drain, and rinse.
 - Chop the bell pepper into small pieces.
 - Chop the onion into small pieces.
 - Chop or tear the cilantro.
 - Cut the lime in half.
2. In a medium bowl, combine beans, corn, red pepper, red onion, and cilantro.
3. Add oil, lime juice, cumin, garlic powder, black pepper, and cayenne pepper (if using).
4. Mix together, then serve and eat.

Recipe Abbreviations

Recipes may use abbreviations for different measurements.

This table explains the abbreviations.

Measurement	Abbreviation
Teaspoon	tsp.
Tablespoon	Tbps.
Ounce	oz.
Pound	lb.
Fluid ounce	fl. oz.
Pint	pt.
Quart	qt.