

California Avocado-Bean Salad with Salsa Verde

Serves 6 | Serving Size: 1 cup

- 1 (15-oz) can organic black beans, well-drained
- 1 (15-oz) can organic cannellini or other white beans, well-drained
- 1 cup diced red onion
- 1 1/3 cups diced red or yellow bell pepper
- 1 large jalapeño pepper with or without seeds, minced (optional)
- 1/4 cup chopped fresh cilantro
- 2/3 cup commercially made tomatillo sauce (salsa verde)
- 1 Hass avocado, peeled and diced
- 1/4 tsp sea salt, or to taste



1. In large bowl combine the beans, onion, bell pepper, jalapeño (if using), and cilantro.
2. Stir in the tomatillo sauce. Then add the avocado and salt and stir gently. Serve as a salad.

Copyright © 2008 by the American Diabetes Association. From *The Healthy Carb Diabetes Cookbook*. Reprinted with permission from the American Diabetes Association. To order this book call 1-800-232-6733 or order online at www.shopdiabetes.org.

Exchanges/Choices:

- 1 Starch
- 1 Vegetable
- 1 Fat

Calories 150
Total Fat 5 g
Saturated Fat 1 g
Cholesterol 0 mg
Sodium 150 mg

Total Carbohydrate 22 g
Dietary Fiber 6 g
Sugars 4 g
Protein 6 g

Turkey Artichoke Wraps

Serves 4 | Serving Size: 1 wrap | Prep Time: 15 minutes

- 6 Tbsp light cream cheese with chives and onions
- 6 whole-wheat tortillas*
- 12 oz smoked deli-style turkey breast lunch meat
- 1 14-oz can quartered artichoke hearts, drained
- 3 plum tomatoes, thinly sliced



Spread 1 Tbsp cream cheese on 1 tortilla. Add 2 oz turkey meat, 2 oz artichoke hearts, and 3 tomato slices. Fold in the left and right side of the tortilla until the edges are about 1 inch apart and then roll from the top down.

*Each tortilla should have 30 g carbohydrate and 4 g dietary fiber per serving.

Nutrition Bonus: If you like, mix up this recipe by trying any of the flavored low-carb tortillas, such as spinach.

Copyright © 2008 American Diabetes Association. From *The Healthy Carb Diabetes Cookbook*, p. 66. Reprinted with permission from The American Diabetes Association. To order this book call 1-800-232-6733 or order online at <http://www.shopdiabetes.org>.

Exchanges/Choices:

- 2 Starch
- 1 Vegetable
- 1 Lean Meat
- 1 Fat

Calories 270
Calories from fat: 65
Total Fat 7 g
Saturated Fat 1.8 g
Trans Fat 0 g
Cholesterol 25 mg

Sodium 1005 mg
Total Carbohydrate 35 g
Dietary Fiber 5 g
Sugars 4 g
Protein 16 g

Roasted Wild Salmon Fillet with Orange-Miso Sauce

Serves 4 | Serving size: 1 fillet plus 3 Tbsp sauce

1 (5.3-oz) container fat-free Greek yogurt or ½ cup yogurt cheese	2 tsp Dijon mustard	2 tsp naturally brewed reduced-sodium soy sauce
1 ½ tsp orange zest (grated peel; divided use)	1 tsp grated fresh ginger root	2 Tbsp finely chopped pine nuts
3 Tbsp orange juice	¼ tsp toasted sesame oil	
1 Tbsp mellow white miso	¼ tsp sea salt, or to taste	
	16 oz Alaskan Wild King salmon center-cut fillet with skin, cut into 4 (4-oz) portions	

1. Preheat the oven to 400°F. In a medium bowl, whisk the yogurt, ¾ tsp zest, orange juice, miso, mustard, ginger, oil, and salt and set aside.
2. Line a large baking sheet with parchment paper. Place the salmon on the sheet, skin side down. Brush the salmon with soy sauce and pat nuts onto the salmon with your fingers. Roast uncovered for 10 minutes or until done as desired.
3. Spoon the Orange-Miso Sauce onto 4 plates. Place the salmon on top of the sauce and sprinkle with remaining orange zest.

Copyright © 2008 by the American Diabetes Association. From *The Healthy Carb Diabetes Cookbook*. Reprinted with permission from the American Diabetes Association. To order this book call 1-800-232-6733 or order online at www.shopdiabetes.org.

Exchanges/Choices:

1/2 carbohydrate
4 lean meat

Calories 250

Total Fat 11 g
Saturated Fat 1 g

Cholesterol 70 mg

Sodium 480 mg

Total Carbohydrate 6 g

Dietary Fiber 2 g

Sugars 4 g

Protein 30 g

 **American Diabetes Association®**

Shop to Stop Diabetes®



Shop for a cure! Visit www.shopdiabetes.org and find gifts and books on nutrition, cooking, meal planning, and self-care. Your purchases helped fund over \$33.55 million in diabetes research in 2009.

www.shopdiabetes.org