

MORE LOW-GLYCEMIC-LOAD RECIPES

SALMON-STUFFED TOMATOES

Adapted from www.alaskaseafood.org

¼ cup olive oil
2 Tbsp. white wine vinegar or fresh lemon juice
2 tsp. Dijon-style mustard
½ tsp. salt
1/8 tsp. pepper
2 to 3 large, firm red tomatoes or 4-6 Roma tomatoes
15 ounces canned wild salmon or water-packed tuna
1 medium size, ripe avocado, diced
2 Tbsp. chopped cilantro, basil, or parsley

Dressing: In small bowl, whisk olive oil, white wine vinegar or lemon juice, mustard, salt, and pepper.

Cut tomatoes in half; scoop out and discard flesh and seeds. In separate bowl, combine salmon or tuna, avocado, and cilantro, basil, or parsley. Drizzle on dressing; toss lightly. Portion mixture into tomato halves and serve.

Makes 4 to 6 servings

TUSCAN WHITE BEAN SOUP

1 Tbsp. olive oil
1 medium scallion, chopped
1 small red onion, chopped
1 large red pepper, seeded and chopped
1 small yellow pepper, seeded and chopped
2 cloves garlic, minced
¼ cup dried Italian herbs
1 14.5-ounce can diced tomatoes
8 cups vegetable or chicken broth
1 ½ - 2 cups water
1 15-ounce can white cannelloni beans, drained and rinsed
¼ cup brown rice
3 cups washed and chopped Swiss chard or fresh spinach
Salt and pepper to taste

Heat olive oil in soup pot over medium heat. Sauté the scallion, onion, peppers, and garlic until the onion is lightly browned. Add the Italian herbs and tomatoes and continue

to cook for 2 minutes, stirring constantly. Add broth, water, beans, and rice and bring soup to a boil. Reduce heat to medium-low and simmer for 45 minutes. Stir in the chard or spinach and continue simmering for 10-15 minutes. Season with salt and pepper.

Makes 8 servings

SALMON SCRAMBLE

1 Tbsp. olive oil
2 large eggs
1 small red onion, diced
½ cup mushrooms, chopped
½ cup fresh spinach, chopped
1 medium tomato, chopped
1 can wild salmon (or smoked salmon)

Heat olive oil in skillet over medium heat. Whisk eggs in small bowl and set aside. Add onions and mushroom to the skillet and sauté until soft. Add the eggs and stir gently with a spatula for 2-3 minutes. Add spinach, tomato, and salmon and heat for another 2-3 minutes.

Makes 2-4 servings

BARLEY RISOTTO

1 cup pearl barley, rinsed and drained
4 cups vegetable broth
3 cloves garlic, minced
1 cup edamame (sweet green soybeans), shelled and frozen
1 cup chopped broccoli
2 large carrots, diced
1 large tomato, diced
2 Tbsp. dried basil
1 Tbsp. dried thyme
¼ cup parmesan cheese, shredded
Salt and pepper to taste

Place barley in soup pot and add vegetable broth. Bring to a boil and reduce heat to low. Simmer for 50 minutes. Stir in garlic and edamame and simmer for another 3-4 minutes. Add broccoli, carrots, tomato, and herbs and stir until ingredients are combined. Simmer for 10 minutes, stirring occasionally. Stir in parmesan cheese.

Makes 8 servings

SAUTÉED GREENS

2 Tbsp. olive oil
1 small yellow onion, diced
2 cloves garlic, minced
1 cup mushrooms, sliced
8 cups chopped spinach, collard greens, kale, or Swiss chard
2 Tbsp. tamari sauce or soy sauce

Heat olive oil in large sauté pan. Add onion, garlic, and mushrooms and sauté until soft. Slowly mix in greens. Stir continuously until greens are turn bright green and are slightly wilted. Do not overcook. Remove from heat and add tamari or soy sauce. Toss and serve immediately.

Makes 4 servings

CALIFORNIA COBB SALAD

1 bundle Romaine lettuce
½ head purple cabbage, ribbon cut
1 cucumber, peeled and chopped
2 carrots, shredded
2 eggs, hard boiled
1 cup shelled edamame, cooked and cooled
4 ounces cubed turkey
¼ - ½ cup vinaigrette

Toss all ingredients in a large salad bowl. Add vinaigrette of your choice and toss thoroughly. Enjoy this colorful, protein packed salad!

Makes 4 servings

TURKEY MEATLOAF

1 lb. ground turkey
1 egg, beaten
½ to ¾ cup sautéed mushrooms
½ cup shredded carrot
¼ cup fresh squeezed orange juice
¼ cup oats
2 Tbsp. dried parsley
2 tsp. dried tarragon
1 tsp. dried sage
Salt and pepper to taste

Preheat oven to 350° F. Mix all ingredients together in a medium bowl. Pat into a loaf shape in a 9-inch pie plate or other flat dish. If you prefer, you can make 2 smaller loaves and store one in the freezer after baking. Bake for approximately 35 minutes for 1 loaf. Smaller loaves will take less time. Be careful not to over bake as it will be too dry. (This recipe can be doubled to make 2 larger loaves or 4 small.)

Makes 4-6 servings

GRILLED PORTABELLA MUSHROOM REUBEN

2 portabella mushrooms
2 Tbsp. olive oil
¼ cup fresh sauerkraut
1 small tomato, sliced
½ avocado, thinly sliced
2 large lettuce leaves

Preheat the grill or broiler oven to 325° F. Rinse visible soil from mushrooms and remove the stems. Baste the mushrooms with olive oil. Place on grill or broiler for approximately 15-20 minutes, turning them over in the middle and checking often to make sure they are not getting charred. Remove from grill or broiler and place on lettuce leaves, gills up. Divide sauerkraut and scoop into the middle of the mushrooms. Garnish with tomato and avocado.

Makes 2 servings

QUINOA SALAD

Adapted from "Feeding the Whole Family" by Cynthia Lair

1 cup quinoa
1 tsp. sea salt
1 ¾ cup vegetable or chicken broth
2 medium carrots, sliced into rounds
½ cup parsley, minced
½ cup frozen petite peas, thawed
¼ cup sunflower seeds

Dressing

4 cloves garlic, minced
1/3 cup fresh lemon juice
3 Tbsp. olive oil
1 Tbsp. tamari or soy sauce
Salt and pepper to taste

Rinse quinoa well with warm water and drain in a fine strainer. Quinoa has a bitter coating, so it's important to rinse well. Place rinsed quinoa in a pot. Add salt and broth and bring to a boil. Reduce heat to low, cover, and let simmer for 15-20 minutes until all the water is absorbed. Cool for approximately 20 minutes. Add carrots, parsley, peas, and sunflower seeds. Combine dressing ingredients and mix with a wire whisk. Drizzle dressing over salad, toss, and add salt and/or pepper to taste. Quinoa salad is delicious served warm or cold.

Makes 6-8 servings

WILD RICE & ROASTED VEGETABLES

1 cup wild rice
2 cups vegetable or chicken stock
1 large red pepper
3 medium carrots
1 small, sweet onion or 2 scallions
1 zucchini
1 ½ cups cremini or button mushrooms
4 cloves garlic, chopped
2 Tbsp. olive oil
1 tsp. salt
1 Tbsp. dried herbs (oregano, basil, thyme, sage, or choice of any herbs)
¼ cup balsamic vinaigrette

Preheat oven to 425° F. Place the rice in a bowl of cold water and scrub lightly between your fingers for about five seconds. Pour rice into a fine strainer and drain. Place the rice into a large saucepan and add the stock. Bring to a boil over high heat. Reduce heat to low, cover, and simmer for approximately 50 minutes, until the liquid is absorbed and the grain is tender but not mushy.

While rice is cooking, chop all vegetables coarsely and place in a roaster pan. Drizzle olive oil over the vegetables and add garlic, olive oil, salt, and herbs. Toss until vegetables are coated then spread vegetable out in a single layer in the pan. Roast in preheated oven for 20 minutes, turning vegetables after 10 minutes. Combine roasted vegetables with cooked wild rice and toss with balsamic vinaigrette while still warm. Serve warm or cold.

Makes 6 servings

TUNA SALAD LETTUCE WRAPS

3 Tbsp. Dijon mustard
2 Tbsp. canola mayonnaise
2 cans water-packed tuna, drained
1 medium dill pickle, diced
¼ cup diced red pepper
½ head iceberg lettuce

Whisk together mustard and mayonnaise in small bowl and set aside. Combine tuna, pickle, and red pepper in a separate bowl. Stir in the mustard mix until well combined. Separate lettuce head so that whole leaves are intact. Separate tuna mixture onto desired number of lettuce leaves and fold or wrap the lettuce around the mixture, similar to a burrito fold.

Makes 2-4 servings