

# DELICIOUS DIETS FOR DIABETICS

## MANAGING DIABETES THE MOUTHWATERING WAY

**Diabetes has been named as the main medical problem we will all face if we don't watch what we eat. Recently several cook books have been published that are targeted at those looking to avoid diabetes. Inside Health reviews the dietary advice and the all important recipes.**

Cookery books have always been popular. They regularly feature on the best-seller lists, especially if the recipes have been demonstrated on TV by a famous chef or cook.

Until recently, many cookery books focusing on healthy eating have seemed a little uninspiring in comparison, but that appears to be changing. We are all being told to eat five fruit or vegetable portions a day and that, because we haven't been doing that up to now, we are a nation of obese, unhealthy people, who will get our come-uppance if we don't reform: costing the NHS a fortune in the process. Diabetes has been identified as one of the main problems we will all face if we don't watch what we eat, so - enter several cook books that are targeted at those looking to avoid diabetes.

One of the most stylish books to come out recently is Daniel Green's, *Green's Cuisine*, which offers a selection of low fat recipes with an oriental twist. Daniel happily fits in with the celebrity chef brigade - being young and good looking - and has his own series on the Carlton Food Network.

The 30-minute Diabetes Cookbook by Azmina Govindji and published in association with the Diabetes UK, sadly has no pictures, but is, nevertheless, full of modern and cosmopolitan recipes ideas with plenty of advice on how to keep your blood sugar levels under control. Each recipe comes with healthy eating notes, and many come with time saving cooking tips and advice. The author was former Chief Dietician for Diabetes UK and is now Chairperson for the British Dietetic Association, but this book



**Daniel Green, author of "Green's Cuisine" at work. The recipes offer low fat food with a taste of Thailand.**

comes across as a good cook book rather than a manifesto in healthy eating. Recipes include Lebanese Tabouleh Salad, Chicken with Red Pepper Sauce and even Pan-fried Bananas with Sticky Toffee Crumble.

Outsmart Diabetes is an American title that was launched in the UK last month to coincide with National diabetes Week. Many of the references in this book are consequently US-focused - dollars and US cities and states are frequently mentioned, for example, but this doesn't detract from the useful information, which is presented in a magazine format. Beyond the explanation of diabetes, including details on blood sugar tests that are

available, plus general diet and exercise advice, there are 70 recipes, with illustrations. The majority of the ingredients are available in the UK, even if they are called something else (scallions are spring onions for example) and they tend to measure in cups, which are simply labelled with a 'c' in the recipes which might catch out the uninitiated. However, each recipe comes with a detailed breakdown of content (protein, saturated fat, carbohydrate, etc, as well as a calorie count per serving and what they call 'diet exchanges'. This is where you can count up how many vegetable portions you've had (and this book advocates nine per day rather than the UK and US government recommendations of five).

### FRESH HERB COUSCOUS

**Prep time 15 mins Cooking time 15 mins Serves 4**

**140g couscous**  
**230ml hot vegetable stock**  
**55g spring onions, chopped**  
**55g flat-leaf parsley, chopped**  
**55g coriander, chopped**  
**200g tomatoes, chopped into small dice**  
**Juice of 4 lemons**  
**10ml olive oil**

- 1. Put the couscous in a large bowl and pour over the hot stock**
- 2. Mix once with a fork and leave to stand for 5 minutes.**
- 3. Add remaining ingredients and mix well.**
- 4. Leave to stand for a further 10 minutes for the flavours to blend.**

Courtesy of The 30-Minute Diabetes Cookbook

## PRAWN CHOW MEIN

Prep & cooking time 20 mins  
Serves 4

2 tsp corn oil  
1 large onion, sliced lengthways  
1cm root ginger, chopped  
200g/7oz fresh or frozen prawns  
1/4 tsp Chinese five-spice powder  
115g/4oz beansprouts  
340g/11oz frozen sweetcorn  
2 tbsp oyster sauce  
2 tbsp light soy sauce  
6 spring onions, sliced diagonally into 2cm pieces  
225g/8oz egg thread noodles, cooked

1. Heat the oil in a wok or large pan. Stir-fry the onion and ginger for 2-3 minutes.
2. Add the prawns and five-spice powder and cook for a few minutes over medium heat.
3. Stir in the beansprouts, sweetcorn, oyster sauce, soy sauce and spring onions and cook for a further few minutes.
4. Mix in the noodles, adjust the seasoning and heat thoroughly

Courtesy of The 30 Minute Diabetes Cookbook

## BEEF STROGANOFF

Prep time 10 mins Cooking time 15 mins  
Serves 6

340g/12oz medium no-yolk egg noodles  
1 tsp vegetable oil  
340g/12oz beef tenderloin trimmed of all fat and cut into thin strips crossways.  
1 small onion, thinly sliced.  
225g/8oz mushrooms with stems removed and caps sliced.



Daniel Green demonstrates his skills.

1 1/2 tbsp unbleached flour  
1 can fat-free beef stock  
1 tsp Worcestershire sauce  
30g / 1oz reduced-fat sour cream  
2 tbsp fresh parsley, chopped

1. Prepare the noodles as per package. Drain and place in a serving bowl.
2. Heat the oil in a large non-stick frying pan over medium-high heat. Add the beef and cook, turning occasionally, for 3 minutes. Remove to a plate.
3. Reduce the heat to medium. Add the onion and cook, stirring, for 3 minutes.
4. Add the mushrooms and cook for three minutes until they begin to release liquid. Sprinkle with flour and cook, stirring constantly, for 1 minute.
5. Add the stock and the Worcestershire sauce and cook, stirring, for 3 minutes. Remove from heat and stir in the parsley and sour cream. return the beef to the pan. Place over a low heat and cook for 3 minutes or until heated through.
6. Serve over the noodles.

Courtesy of Outsmart Diabetes

## LOW FAT TANDOORI CHICKEN

Prep & cooking time 40 mins  
Serves 4

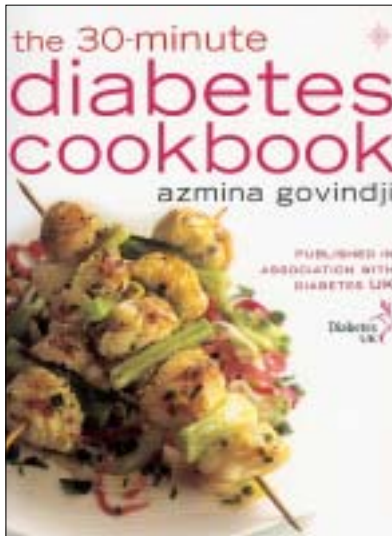
8 chicken breasts, skinned  
3 garlic cloves, crushed  
2cm piece of fresh ginger  
2 small red chillies  
600ml low fat yoghurt  
1 tbsp ground coriander  
2 tbsp tandoori or curry paste  
Handful of fresh coriander, chopped

There are many ways to adapt Indian cuisine to low fat cooking. Here is a perfect example.

1. Prepare the marinade. Chop finely the ginger and chilli. Mix together adding the crushed garlic. Pour in the yoghurt, ground spices and curry paste and combine well. Add the fresh coriander and give another mix.
2. Make three cuts in each chicken breast going about half an inch into the flesh. This will help collect all the flavour while cooking.
3. Put the chicken in the marinade and leave in the refrigerator for a few hours to enhance the flavours.
4. When ready, turn on your grill and when it is really hot, place the chicken breasts on a tray and cook for about 25 minutes. If you have any marinade left in the bowl, baste the chicken half way through cooking.
5. Let the chicken go really brown. Serve on steamed plain rice to soak up all the really great juices.

Recipe courtesy of Green's Cuisine

Turn to page 22 for more simple to prepare, delicious, low-fat, recipes.



### STUFFED THAI PEPPERS

Prep & cooking time 40 mins  
Serves 4-6

8 small green peppers  
225g / 8oz fresh button mushrooms, chopped.  
2 tbsp spring onions, chopped  
1 tbsp garlic, chopped.  
1/2 tsp ginger, chopped  
1/4 tsp ground black pepper  
1/4 tsp sugar (optional)  
1/2 tsp cornflour dissolved in 1 tbsp water.

1. Cut the tops off the peppers, remove the seeds and set aside.
2. Mix together all the rest of the ingredients and stuff into the peppers.
3. Place the peppers in a shallow baking dish in a pre-heated oven at 200oC / gas mark 6 (180oC if fan assisted), for 30 minutes. Alternatively, the peppers can be steamed over a high heat for 30 minutes.
4. Before serving, brush with oil.
5. Serve hot or at room temperature.

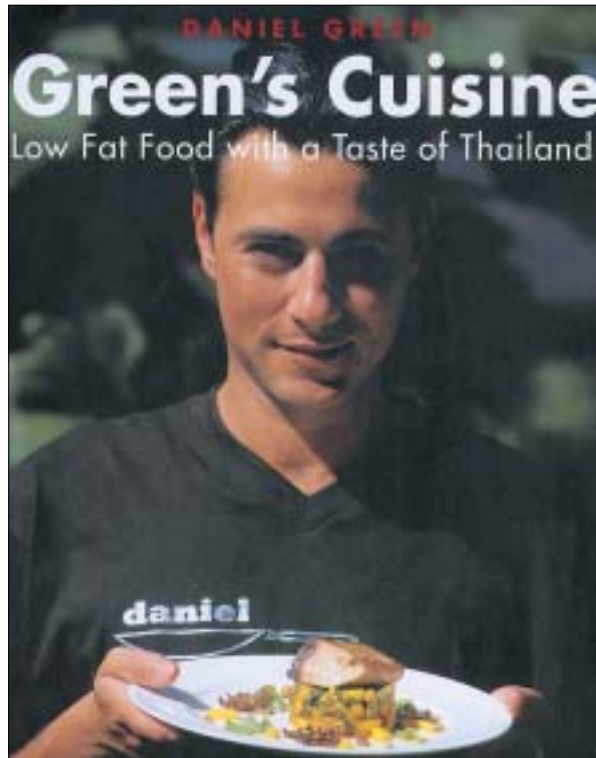
Courtesy of Green's Cuisine

### HOME-MADE WAFFLES

Prep & cooking time 20 mins  
Serves 4

Waffles are a useful, nutritious base for healthy fruit toppings and a good way to encourage children to eat more fruit.

125g / 4 1/2oz wholewheat plain flour  
2 tsp baking powder.  
Pinch of salt.  
1 egg.  
15ml / 1 tbsp sunflower oil  
170ml / 6fl oz skimmed milk  
15g / 1 tbsp caster sugar.



All three of these new titles provide a range of healthy recipes designed to meet the dietary requirement of diabetics.

1. Mix together the flour, baking powder and salt in a large bowl.
2. Separate the egg and mix the yolk with the oil and the baking powder.
3. Add this to the dry ingredients and mix well into a batter.
4. Whisk the egg white until it is stiff, then add the sugar and mix again.
5. Fold the egg white and sugar into the batter.
6. Heat your waffle iron and add 3 tbsp of batter for each waffle.
7. Cook each waffle for 2-3 minutes and serve immediately.

Courtesy of The 30 Minute Diabetes Cookbook

### MANGO SORBET

Prep time 15-20 mins  
Freezing time 2 hours minimum  
Serves 4

Sorbet is easy to make. Try this dish



once and then experiment using your favourite fruits

2 medium mangoes  
3 tbsp caster sugar  
150ml / 5fl oz water  
1 egg  
Juice of 1 lemon

1. Separate the egg and whisk the white until stiff.
2. In a saucepan, dissolve the sugar in the water. Bring to the boil and cook until syrupy, stirring constantly. Leave to cool.
3. Puree the mango and stir in the egg white and lemon juice. Stir into the cooled syrup. Place in the freezer to set.
4. Serve cold. You can freeze the sorbet in individual bowls ready for serving.

Courtesy of The 30 Minute Diabetes Cookbook

Send us your favourite recipes

If you are diabetic and have any favourite recipes you would like to share with Inside Health's readers, why not fax them to us at 01580 752604 or e-mail them to Janet Simpson on inside-health@aol.com

### FURTHER READING

Green's Cuisine by Daniel Green  
Published by Book Promotion & Service Co

30 Minute Diabetes Cookbook by Azmina Govindji  
Published by Thorsons £8.99

Outsmart Diabetes edited by Tara Cranmer  
Published by Rodale £6.99