

Extra Low Glycemic Recipes

Main Dishes

Stir-Fried Tofu with Ginger Broccoli (Serves 4)

232 calories, 8 g carbohydrates, 15 g protein, 17 g fat

- 1 pound extra firm tofu
- 2 tbsp. tamari (low sodium soy sauce)
- 3 tbsp. olive oil
- 2 tsp. peeled and minced fresh ginger
- 2 minced garlic cloves
- 2 cups broccoli florets
- 2 cups sliced mushrooms
- 1 red bell pepper cut into thin strips
- 1 tbsp. arrowroot or cornstarch
- 1 tbsp. dry sherry
- $\frac{1}{2}$ tsp. cayenne or $\frac{1}{4}$ tsp. hot-pepper flakes
- 1 tsp. sesame oil

Slice tofu into cubes. Toss with tamari soy sauce and set aside for 5-10 minutes. In a wok or large non-stick skillet, heat 1 tbsp. oil over high heat. When oil is hot, lower heat to medium high and add scallions, ginger, and garlic; stir-fry for 30 seconds. Drain tofu, reserving tamari, and add tofu, stir-frying for 2 more minutes. Remove from pan and set aside.

Using a fork or small whisk, mix reserved tamari with arrowroot or cornstarch, sherry and cayenne in a small bowl. Set aside.

Heat another 1 tbsp. oil in wok over high heat. Add broccoli, mushrooms, and bell pepper, and stir-fry for 2 minutes. Add $\frac{1}{4}$ cup water and bring to boil. Cover wok and reduce heat to medium, steaming vegetables about 5 minutes until slightly tender. Return tofu to wok.

Stir reserved tamari mixture into wok and cook over medium heat until thickened and thoroughly heated; do not overcook vegetables. Add sesame oil, salt and pepper to taste and adjust seasonings if you desire a spicier dish. Serve immediately or make ahead and refrigerate until ready to serve. Reheat carefully; flavors are enhanced when the dish sits overnight.

Spaghetti squash topped with Ratatouille (serves 6)

Per 1 cup serving: 42 calories, 10 g carbohydrate, 1 g protein, 0.5 g fat

1 medium spaghetti squash

Using 1 medium spaghetti squash, cut in half lengthwise, with seeds removed, place cut side up in an ovenproof dish with $\frac{1}{2}$ inch water and cover with foil. Bake at 375 degrees for about 40 minutes, or until easily pierced with fork. DO NOT OVERBAKE. When squash is cool enough to handle, scrape with a fork to release spaghetti-like strands. Top with ratatouille. (recipe follows).

Ratatouille

137 calories, 17 g carbohydrates, 3 g protein, 7.5 g fat

$\frac{1}{4}$ cup olive oil

2 large onions, sliced

3 minced garlic cloves

1 medium eggplant, cut into 1" cubes

2 green peppers, chopped

3 zucchini, cut into $\frac{1}{2}$ " slices

1 28-oz. can tomatoes, drained (fresh, ripe tomatoes may be substituted when available)

1 tsp. salt

$\frac{1}{4}$ tsp. pepper

1 tsp. oregano

$\frac{1}{2}$ tsp. thyme

In a 6-quart pot, sauté onion and garlic in 1 tbsp oil for 3 minutes. Add 1 tbsp oil and eggplant and stir-fry for 5 minutes. Add another tbsp. oil and the peppers and cook 5 minutes. Add the last tbsp oil and the zucchini, cook for 5 more minutes. Then add seasonings and tomatoes; cover and simmer for 30 minutes. Use to top spaghetti squash or as a vegetable side dish.

Cold Salmon with Raita (serves 8)

206 calories, 0 g carbohydrates, 28 g protein, 11 g fat

2 pounds salmon fillets (about 1 $\frac{1}{2}$ inches thick)

1-2 tbsp olive oil

Preheat oven to 275 degrees. Place salmon skin side down in ovenproof pan. Brush with olive oil. Roast uncovered until it flakes with a fork, about 25-30 minutes. Do not allow it to overcook. Serve at room temperature. Make a day ahead and refrigerate, but bring to room temperature before serving. Serve topped with Raita or use in other salmon dishes.

(cont.)

Raita: (yields 3 cups)

28 calories, 5 g carbohydrates, 2 g protein, 0.5 g fat

1/8 tsp. salt

1 cucumber, chopped into small dice

1 tomato, chopped into small dice

1 medium carrot, grated

1/4 cup chopped onion

1 cup plain, lowfat yogurt

2-3 tbsp. chopped fresh cilantro or mint OR 1 tsp. ground cumin (optional)

In a mixing bowl, mix cucumbers, carrots, and tomatoes with salt and allow to sit for 15-30 minutes. Drain well. Combine with yogurt and optional ingredient, if desired, and chill for 20 minutes. Serve with salmon.

Mango Salmon (serves 6)

309 calories, 5.5 g carbohydrates, 36.4 g protein, 14.5 g fat

(For smaller appetites, it will serve more with less calories)

2 tbsp. tamari or regular soy sauce

1 tbsp. minced fresh ginger

1 cinnamon stick (3 inches)

1 tsp rice or cider vinegar

1 10-oz. bottle mango nectar

6 salmon fillets, 6-oz. each and 1 inch thick

1 tsp. olive oil

In a small saucepan, stir together all ingredients, except for salmon. Bring to boil, reduce heat and simmer, uncovered for 20-25 minutes, or until reduced to about $\frac{3}{4}$ cup. Pour mixture through a strainer and discard the solids. Return to saucepan and keep warm. Brush olive oil on broiler pan, and place salmon on pan and broil 5 inches away from heat for 5 minutes. Brush salmon with mango mixture and broil 3 more minutes or until fish flakes with fork. Serve immediately and garnish salmon with remaining mixture as desired.

Grilled Leg of Lamb (serves 4 per lb. of meat)

Per 3 oz serving: 173 calories, 0 g carbohydrates, 24 g protein, 8 g fat

1 leg of lamb (boned and butterflied by butcher)

2 cups red wine

2 tsp. poultry seasoning

1 tsp. salt

3 cloves garlic, cut in slivers

Mix ingredients and marinate for 12-24 hours in refrigerator. Grill over hot coals approximately 20 minutes on each side. Baste occasionally while grilling. This is a yummy replacement for steak!