

Extra Low Glycemic Recipes

Salads

Jicama-Orange Salad (serves 8)

59 calories, 14 g carbohydrate, 1 g protein, .2 g fat

1/3 cup fresh lime juice

1 tsp. salt, or to taste

1 tsp. chili powder, or to taste

1/8 tsp. cayenne, or to taste

1 pound jicama, peeled and cut into $\frac{1}{4}$ -inch thick sticks

4 navel oranges, rind and pith cut free and sections cut away from membranes

2 scallions, minced

In a large bowl, whisk together the lime juice, salt, chili powder, and cayenne. Add the jicama and mix well. Arrange the orange decoratively around the edge of the platter, with the jicama mounded in the center. Drizzle the dressing remaining in the bowl over the oranges and garnish with minced scallions.

Spring Salad (serves 6)

137 calories, 10 g carbohydrate, 3 g protein, 10 g fat

2 $\frac{1}{2}$ tsp. fresh lemon juice

2 tsp. olive oil

1 clove of garlic, crushed

1 lb. of asparagus

$\frac{1}{2}$ English cucumber, cut into $\frac{1}{4}$'s and sliced (unpeeled)

$\frac{1}{2}$ tsp. kosher salt

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

3 scallions, sliced, white part only

1 cup fresh or frozen peas, thawed

1 ripe avocado, diced into 1-inch pieces

Combine lemon juice, oil, and garlic in a jar, shake vigorously, add salt and pepper then set aside. Snap ends off asparagus and slice 1" pieces diagonally. Blanche 3 minutes, remove with strainer and run under cold water. Set aside Blanche peas. If using fresh peas for 30 seconds, rinse with cold water. If using frozen peas, just defrost. Combine veggies in a bowl. Shake dressing and toss into salad. Add avocado right before serving.

Asparagus-Edamame Salad (serves 6)

161 calories, 10 g carbohydrate, 10 g protein, 10 g fat

1 lb. medium asparagus, ends discarded
2 cups (1 16-oz. package) frozen edamame (green soy beans), defrosted
2 tbsp. olive oil
 $\frac{1}{4}$ lb. arugula (or any mixture of baby greens you desire)
 $\frac{1}{4}$ cup shredded parmesan
2 tsp. balsamic vinegar
Salt and pepper to taste

Cut asparagus stalks into $\frac{1}{4}$ -inch diagonal slices, separating tips. Put stalks into mixing bowl. Blanche tips in 3 qt. of boiling water for 1-2 minutes only. Remove tips from water and toss with defrosted edamame, reserved stalks, 1 tbsp olive oil, and salt and pepper to taste. Pile arugula (or other mixed greens) in a salad bowl and toss with remaining olive oil. Top with asparagus and edamame, and sprinkle with shredded parmesan. Drizzle with balsamic vinegar and serve immediately.

Tangy Tahini Dressing for Mixed Greens (serves 12)

Per 2 tbsp. per serving: 117 calories, 1 g carbohydrates, 1 g protein, 12 g fat

$\frac{1}{2}$ cup extra virgin or light olive oil
 $\frac{1}{4}$ cup sesame tahini
2 to 3 tbsp. apple cider vinegar
 $\frac{1}{2}$ lemon (juiced)
2 tbsp. reduced sodium natural soy sauce
2 tbsp. water
1 tsp. dried dill
1 tsp. dried chives, optional
Mixed greens

Combine all ingredients in a bottle with a tight lid and shake well. Pour over greens and toss well. Will keep for up to 2 weeks, refrigerated. Shake before each use.