

Extra Low Glycemic Recipes

Veggies/Side dishes

Barley mushroom casserole Yields 10 $\frac{1}{2}$ cup servings

130 calories, 6 g fat, 3 g protein, 18 g carbohydrate, 4 g fiber

3 tablespoons olive oil
1 small, chopped onion
2 cups brown or white mushrooms, sliced
1 cup pearl barley, rinsed and drained
3 cups chicken or vegetable broth, or water
 $\frac{1}{2}$ tsp salt

Heat oil over medium-high heat in a large sauce pan with a well fitting lid. Add onion and sauté until softened. Add mushrooms and barley and sauté five minutes more. Mix in broth or water, and salt. Bring to a boil, cover and reduce to low heat. Simmer about 60 to 70 minutes until all liquid has been absorbed, and barley is tender. Season to taste with additional salt as needed and black pepper to taste.

Curried Chick Peas (serves 8)

206 calories, 28 g carbohydrates, 6 g protein, 8 g fat

3 tbsp. olive oil
2 medium sized onions, peeled and minced
8 cloves garlic, peeled and minced
3 tbsp. fresh cilantro leaves, chopped
2 tsp. ground cumin seeds
 $\frac{1}{4}$ - $\frac{1}{2}$ tsp. ground cayenne pepper
1 tsp ground turmeric
2 large fresh tomatoes, finely chopped and skinned (or canned tomatoes)
1 green pepper, chopped
2 20-oz. cans chickpeas, drained (or 4 $\frac{1}{2}$ - 5 cups freshly cooked)
2 tsp. ground roasted cumin seeds
2 tsp. sweet paprika
 $\frac{1}{2}$ tsp. salt (or to taste)
1 tbsp. or more lemon juice
1 fresh, hot green chili, minced (use more for a hotter version)
2 tsp. very finely grated fresh ginger

Heat oil over medium heat in soup pot or Dutch oven. Put in minced onion and garlic and stir-fry until rich in color. Turn heat to medium-low and add ground cumin (not the roasted cumin),

cayenne and turmeric. Stir for a few seconds and then add cilantro, green pepper, and tomatoes. Stir-fry until the mixture is well mixed. Add the chickpeas and 1 cup water. Stir and add roasted cumin, paprika, salt and lemon juice. Stir again, cover, turn heat to low, and simmer for 10 minutes. Remove cover and add green chili and ginger. Stir and cook for another 30 seconds. Serve immediately or refrigerate and reheat before serving.

Carrot mushroom gratin Yields 4 generous servings

155 calories, 9 g fat, 8 g protein, 13 g carbohydrates, 2.7 g fiber

1 lb. carrots, peeled and ends trimmed, cut into thin rounds

$\frac{1}{2}$ lb mushrooms, ends discarded and thinly sliced

1 tbsp olive oil

2 tbsp finely chopped shallots or scallions

2 tsp lemon juice

$\frac{1}{3}$ cup vegetable broth

salt and pepper to taste

2 tbsp finely chopped fresh parsley (or 2 tsp dried)

1 egg

$\frac{1}{2}$ cup grated parmesan cheese

Melt oil in saucepan and add shallots or scallions. Stir-fry about 1 minute. Add mushrooms and sprinkle with lemon juice. Stir-fry briefly until mushrooms are wilted. Add carrots and stir-fry about 1 minute more. Add broth and bring to boil. Cover and cook about 10 minutes. Uncover and cook until all liquid is evaporated, taking care not to burn vegetables.

Put mixture into food processor container and blend thoroughly. Scrape mixture back into the saucepan. Meanwhile preheat broiler to high. Add salt pepper, parsley, and egg to the carrot and mushroom mixture. Beat well and heat.

Spoon hot mixture into a 1 quart baking dish and smooth top. Sprinkle parmesan cheese evenly on top. Broil about 6 inches from heat for about 5 minutes until top is golden.

Serve immediately.

Black bean sweet potato chili (serves 6)

269 calories, 6 g fat, 10 g protein, 45 g carbohydrate, 11 g fiber

2 medium-large sweet potatoes or yams
2 tbsp olive oil
1 cup chopped onion
2-3 garlic cloves
1 medium red bell pepper, diced
2 15-oz cans black beans, drained and rinsed
1 28-oz can diced tomatoes, undrained
1-2 small fresh hot chilies, minced or 1 4-oz can chopped mild green chilies
2 tsp ground cumin
 $\frac{1}{2}$ tsp dried oregano
salt to taste
fresh cilantro for garnish (optional)

Bake sweet potatoes at 350 degrees until slightly firm, but not soft. When cool, peel and dice into $\frac{3}{4}$ inch cubes. Set aside.

Heat oil in soup pot or Dutch oven. Add garlic and onion and sauté over medium heat until golden brown. Add remaining ingredients and heat. Cover and simmer for 15 minutes. Add diced sweet potatoes and continue to simmer until vegetables are tender, 10-15 minutes. Add salt to taste. Taste improves if allowed to stand for 1-2 hours before serving. Reheat and serve with chopped cilantro for garnish.

"I Can't Believe It's Not Mashed Potatoes" (serves 4)

77 calories, 9 g carbohydrates, 4 g protein, 4 g fat

1 large head cauliflower
1 tbsp. olive oil
1/3 cup low fat milk
Salt and pepper to taste
Curry powder and nutmeg (optional) or garlic powder (optional)

Cut cauliflower into 4-6 pieces and steam until cooked but not overdone. Place in blender or food processor with remaining ingredients and blend until the consistency of mashed potatoes. Serve immediately and enjoy the unique flavor!

Roasted Veggies (serves 6)

125 calories, 19 g carbohydrates, 4 g protein, 5 g fat

1 each red and yellow bell pepper, cut into large chunks
2 red or yellow onions, peeled and cut into thick wedges
2 medium zucchini, trimmed and cut into medium chunks
1 medium eggplant or 4 baby eggplants, trimmed and cut into chunks
1 fennel bulb, thickly sliced (gives a licorice flavor)
2 large tomatoes, quartered or 8 plum tomatoes, halved
8 large garlic cloves, peeled
2 tbsp. olive oil
Fresh rosemary sprigs
 $\frac{1}{4}$ tsp. salt and pepper to taste

Preheat oven to 425 degrees. In a single layer, spread peppers, onion, zucchini, eggplant, and fennel in a lightly oiled shallow roasting pan (you may use any combination of vegetables you desire). Arrange tomato pieces and garlic cloves among the vegetables and brush all with olive oil. Place rosemary sprigs among vegetables and grind some pepper over top. Sprinkle salt over all. Roast for 20-30 minutes, turning vegetables after 15 minutes. Serve immediately or allow to cool and serve at room temperature. Leftovers will enhance a salad or side dish.