

Entrées



[The Three Sisters Go Green](#) (9/4/2018) - From: The Kick Diabetes Cookbook Makes 6 cups (1.5 L) The three sisters—squash, beans, and corn—were the main crops of several Native American nations. These plants benefit each other, so they were grown close together. Not surprisingly, the combination of this companionable trio benefits people as well. Adding greens makes the mix even more [...]



[Stuffed Sweet Potatoes with Avocado Sauce](#) (6/14/2016) - Stuffed Sweet Potatoes with Avocado Sauce Sweet potatoes (also called yams) are among the most nutritious and delicious of all the starchy vegetables. Use sweet potatoes with the bright orange flesh for this recipe. Ingredients 4 medium-sized sweet potatoes Potato Filling 2 Tbsp vegetable broth (or 1 Tbsp olive or avocado [...]



[Garbanzo a la King](#) (7/29/2015) - I developed this recipe for our diabetes intervention patients when I was in the Marshall Islands – this photo was taken there. We did a lot of one pot dishes and stews to serve over barley or brown rice. The dish can be made with simple ingredients or glamorized as you see fit (see suggested variations). [...]



[The Italian Pasta Full Meal Deal](#) (7/29/2015) -

This meal turns a favorite comfort food into a nutrition-packed meal. Perfect for days you just need a warm, soothing supper. Makes 6 servings. 1/4 cup (60 ml) red or white wine or vegetable broth 1 onion, diced 4 cloves garlic, minced 3 cups (750 ml) mushrooms, sliced 1 green zucchini, sliced in half length-wise and then sliced [...]



[Tofu "Unturkey" with Stuffing and Gravy](#)

(1/20/2015) -

This is a perfect centerpiece for a vegan or vegetarian family, or for those hosting vegetarian guests. Instead of turkey, tofu is the protein source. It is shaped and filled with a stuffing of your choice. We offer 3 stuffing choices, but if you have a favorite, feel free to use that instead. [...]