

Mr. Food
TEST KITCHEN

Everyday Diabetic Recipes

Simple Side Dishes

28 Healthy Side Dish Recipes

"OOH IT'S SO GOOD!!"[®]



A Free eCookbook from the Mr. Food Test Kitchen



Everyday Diabetic Recipes

Simple Side Dishes: 28 Healthy Side Dish Recipes

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Simple Side Dishes: 28 Healthy Side Dish Recipes

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Everyday Diabetic Recipes

Dear Friend,

Sticking to a healthy diabetic diet can sometimes be a challenge. We think that choosing tasty side dishes to accompany your entrées shouldn't be a chore. That's why we came up with this FREE eCookbook, *Simple Side Dishes: 28 Healthy Side Dish Recipes*. All of these side dishes were created in the Mr. Food Test Kitchen with a diabetic diet in mind. A diabetic-diet does not mean the end of tasty food. In fact, there are many different ways that you can enjoy low-carb versions of your favorite side dish recipes. In this eCookbook, we made sure to include plenty of diabetic-friendly, and sometimes low-carb, side dishes. We hope that you have as much fun eating this delicious recipes as we did creating them!

You don't have to say "goodbye" to bread when you've got our recipe for **Cheese Biscuits** (page 4). That's because it's made with almond flour, just like our **Easy Garlic Knots** (page 3). If you're looking to add a starch to your entrée, we have plenty of mouthwatering potato and rice recipes. Add some **Homestyle Smashed Potatoes** (page 11) or **Mushroom and Zucchini Risotto** (page 12) to your grilled chicken dinner; it's just that easy! There are so many different tasty options to choose from, and we made sure to design each one so that making a healthy choice isn't a hard one.

We know how hard it can be when everyone seems to be eating nothing but carbs. Now you can have your own version of a low-carb pasta alternative, **Zoodles** (page 19). If fried rice is more up your alley, then check out our recipe for **Cauliflower Fried Rice** (page 22). It's a simple way to eat one of your favorite take-out recipes without cutting yourself short on flavor.

Fresh fruits and vegetables take center stage with our healthy side salad recipes. These recipes pair perfectly with your favorite grilled meats and fishes. Our **Cool Veggie Salad** (page 28) is an easy way to add fresh garden flavors to any meal. The next time that you're looking to really impress your guests (or yourself!), throw together our recipe for **Rainbow Salad** (page 27). It uses different vegetables to decorate a bed of mixed greens with the colors of the rainbow.

Whether you're looking for a simple weeknight side dish recipe or planning for the holidays, you and your gang will love these simple side dish recipes. They're a delicious way to make 'em say...

"OOH IT'S SO GOOD!!®"

Kelly Howard Patty



P.S. Enjoy this eCookbook filled with 28 delicious side dish recipes. Remember our *Simple Side Dishes* eCookbook is available FREE, with many others also available on www.EverydayDiabeticRecipes.com. Go on, tell your friends to visit EverydayDiabeticRecipes.com, so they too can get their very own FREE copies!

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1-2-3 Quick Rolls

Our 1-2-3 Quick Rolls bake up in less than 15 minutes, which means you can enjoy this take on classic southern mayo rolls in no time! And we make 'em with lighter ingredients, you don't have to feel guilty either!

Makes: 18 | **Serving Size:** 1 roll

Cook Time: 12 min

What You'll Need:

- 3 cups self-rising flour
- 1-1/2 cup reduced fat milk
- 1/3 cup light mayonnaise



What To Do:

1. Preheat oven to 425 degrees F. Coat 18 muffin cups with cooking spray.
2. In a medium bowl, combine all ingredients; mix well. Spoon evenly into prepared muffin cups.
3. Bake 12 to 15 minutes, or until golden. Serve warm or allow to cool slightly, then remove to a wire rack to cool completely.

Nutrition Facts

Amount Per Serving

Calories 91 **Calories from Fat** 17

% Daily Value*

Total Fat 1.9g	3 %
Saturated Fat 0.5g	2 %
<i>Trans</i> Fat 0.0g	0 %
Protein 2.7g	5 %
Cholesterol 3.2mg	1 %
Sodium 273mg	11 %
Total Carbohydrate 16g	5 %
Dietary Fiber 0.7g	3 %
Sugars 1.2g	0 %

**Percent Daily Values are based on a 2,000 calorie diet*

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The Best Corn Muffins

When it comes to light, fluffy, and easy corn muffins, there's nothing better than our recipe for The Best Corn Muffins. These low-carb muffins are great as-is, or smeared with just a bit of your favorite topping!

Yields: 12 | **Serving Size:** 1 muffin

Cook Time: 18 min

What You'll Need:

- 1/3 cup yellow cornmeal
- 1/3 cup almond flour
- 1/4 cup all-purpose flour
- 3 tablespoons Splenda brown sugar
- 1/2 teaspoon baking soda
- 1/4 teaspoon salt
- 1/2 cup skim milk
- 2 teaspoons lemon juice
- 1 egg
- 1/3 cup canola oil



What To Do:

1. Preheat oven to 325 degrees F. Coat a 12 cup muffin tin with cooking spray and lightly flour.
2. In a large bowl, combine cornmeal, almond flour, flour, brown sugar, baking soda, and salt; mix well.
3. In a medium bowl, whisk the egg and oil together. Add the milk and lemon juice, mix well. Add the wet ingredients into the dry ingredients and stir until everything is moist.
4. Pour about 1/4-cup of batter into each cup, so it's about halfway full. Bake for 15 to 18 minutes, or until tooth inserted into center comes out clean. Let cool 5 minutes, then remove to a platter. Serve warm.



Nutrition Facts

Amount Per Serving

Calories 110 **Calories from Fat** 75

% Daily Value*

Total Fat 8.3g	13 %
Saturated Fat 0.7g	4 %
<i>Trans</i> Fat 0.0g	0 %
Protein 2.2g	4 %
Cholesterol 16mg	5 %
Sodium 113mg	5 %
Total Carbohydrate 6.6g	2 %
Dietary Fiber 1.0g	4 %
Sugars 0.7g	0 %

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Easy Garlic Knots

These Easy Garlic Knots are great for those nights when you're serving Italian for dinner. We especially love them next to a big green salad chock-full of veggies or with a comforting bowl of minestrone soup. Yum!

Makes: 14 | **Serving Size:** 1 garlic knot
Cook Time: 25 min

What You'll Need:

- 1/2 cup almond flour
- 1/2 cup whole-wheat flour
- 1/2 teaspoon garlic powder
- 1-1/2 teaspoon baking powder
- 1/8 teaspoon salt
- 1-1/2 cup shredded part-skim mozzarella cheese
- 6 tablespoons margarine, melted, divided
- 1 egg
- 1 teaspoon minced fresh garlic
- 1 tablespoon grated Parmesan cheese



What To Do:

1. Preheat oven to 350 degrees F. Line 2 baking sheets with parchment paper.
2. In a medium bowl, combine both flours, garlic powder, baking powder, and salt; mix well and set aside.
3. In a large saucepan over low heat, melt cheese, stirring constantly. Add 4 tablespoons margarine and the egg and stir until combined. Stir in flour mixture until dough comes together.
4. Place dough on a flat surface and knead 2 to 3 minutes, or until thoroughly mixed. Divide dough into 14 equal portions. Roll each portion into a 7-inch rope. Place on a baking sheet and form each into a knot.
5. In a small bowl, combine remaining 2 tablespoons margarine, the fresh garlic, and Parmesan cheese; mix well. Brush margarine mixture over dough knots.
6. Bake 18 to 20 minutes, or until firm and golden brown.

Nutrition Facts

Amount Per Serving

Calories 125 Calories from Fat 88

% Daily Value*

Total Fat 9.8g	15 %
Saturated Fat 2.6g	13 %
<i>Trans</i> Fat 0.9g	0 %
Protein 5.2g	10 %
Cholesterol 20mg	7 %
Sodium 208mg	9 %
Total Carbohydrate 3.9g	1 %
Dietary Fiber 0.9g	4 %
Sugars 0.2g	0 %

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Cheese Biscuits

You're going to love our low carb Cheese Biscuits. With a pop of color from the fresh green scallions and a hint of spice from the cayenne pepper, this is one easy biscuit recipe you just won't wanna miss out on!

Serves: 6 | **Serving Size:** 1 biscuit

Cook Time: 20 min

What You'll Need:

- 1/2 cup almond flour
- 1/2 cup whole wheat flour
- 1 teaspoon baking soda
- 1/2 teaspoon garlic powder
- 1/4 teaspoon salt
- 1/8 teaspoon cayenne pepper
- 3/4 cup reduced fat shredded sharp Cheddar cheese
- 2 scallions, thinly sliced
- 2 tablespoons unsalted butter, melted
- 1 large egg, lightly beaten



What To Do:

1. Preheat oven to 350 degrees F. Line a baking sheet with parchment paper.
2. In a medium bowl, mix together the flours, baking soda, garlic powder, salt, and cayenne pepper. Fold in the cheese, scallions, butter, and egg, mixing well until the mixture comes together into a dough.
3. Use your hands to lightly knead the dough just once or twice, then divided it into 6 equal parts. Shape each part into a ball, place on prepared baking sheet, and gently flatten slightly with your hand.
4. Bake 20 minutes, or until puffed and golden. Serve warm.

Nutrition Facts

Amount Per Serving

Calories 174 Calories from Fat 112

% Daily Value*

Total Fat 12g	19 %
Saturated Fat 3.6g	18 %
<i>Trans</i> Fat 0.0g	0 %
Protein 8.4g	17 %
Cholesterol 39mg	13 %
Sodium 415mg	17 %
Total Carbohydrate 8.3g	3 %
Dietary Fiber 2.2g	9 %
Sugars 0.5g	0 %

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Lemon Roasted Asparagus

A ray of lemony sunshine will shine upon our Lemon Roasted Asparagus every time you serve it. That citrusy splash of flavor adds excitement to roasted asparagus for a healthy veggie go-along!

Serves: 6 | **Serving Size:** 5 spears

Cook Time: 25 min

What You'll Need:

- 2 pounds fresh asparagus, trimmed
- 1-1/2 tablespoon reduced-fat butter, melted (see Notes)
- 4 tablespoons fresh lemon juice
- 4 teaspoons grated lemon peel, divided



What To Do:

1. Preheat oven to 400 degrees F. Place asparagus in a 9" x 13" baking dish.
2. In a small bowl, combine butter, lemon juice, and 2 teaspoons lemon peel; mix well and pour over asparagus. Bake 20 to 25 minutes, or until desired tenderness (see Notes).
3. Remove from oven and sprinkle with remaining 2 teaspoons lemon peel. Serve immediately.

Notes:

- If you prefer to make this a non-dairy dish, go ahead and substitute margarine for the butter.
- Cooking time will vary depending on the thickness of the asparagus. Very thin asparagus will cook much faster than very thick asparagus. And, of course, everybody likes it cooked to a different degree of doneness, so keep an eye on it!



Nutrition Facts

Amount Per Serving

Calories 46 **Calories from Fat** 15

% Daily Value*

Total Fat 1.7g	3 %
Saturated Fat 0.9g	5 %
<i>Trans</i> Fat 0.0g	0 %
Protein 3.4g	7 %
Cholesterol 3.8mg	1 %
Sodium 28mg	1 %
Total Carbohydrate 6.8g	2 %
Dietary Fiber 3.4g	13 %
Sugars 3.2g	0 %

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Roasted Cauliflower & Broccoli Medley

Roasting vegetables is an easy and delicious way to bring out their natural sweetness. Plus, using only a small amount of oil and salt keeps this Roasted Cauliflower & Broccoli Medley light and healthy.

Serves: 6 | **Serving Size:** 1 cup

Preparation Time: 20 min

What You'll Need:

- 1/2 head cauliflower, cut into 1-inch florets
- 1/2 head broccoli, cut into 1-inch florets
- 2 tablespoons canola oil
- 1 teaspoon garlic powder
- 1/4 teaspoon salt
- 1/4 teaspoon pepper
- Parmesan cheese, to taste, for sprinkling



What To Do:

1. Preheat oven to 400 degrees F.
2. Combine cauliflower and broccoli in a large bowl. In a small bowl, combine remaining ingredients; mix well. Drizzle over the vegetables and toss until well coated.
3. Lay the vegetables in a single layer on a large rimmed baking sheet. Bake for 20 minutes or until tender, turning the vegetables halfway through cooking. Sprinkle with Parmesan cheese and serve immediately.



Nutrition Facts

Amount Per Serving

Calories 59 **Calories from Fat** 44

% Daily Value*

Total Fat 4.9g	7 %
Saturated Fat 0.4g	2 %
<i>Trans</i> Fat 0.0g	0 %
Protein 1.4g	3 %
Cholesterol 0.0mg	0 %
Sodium 116mg	5 %
Total Carbohydrate 3.6g	1 %
Dietary Fiber 1.4g	5 %
Sugars 1.1g	0 %

**Percent Daily Values are based on a 2,000 calorie diet*

The following ingredients or measurements are not included:

- Parmesan cheese, to taste, for sprinkling

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Balsamic-Glazed Brussels Sprouts

Tender and tasty, our Balsamic-Glazed Brussels Sprouts will fancy up any meal. This easy diabetic side dish recipe is yours to enjoy any time, 'cause the combination of flavors leaves everyone wanting more!

Serves: 4 | **Serving Size:** 4 ounces

Cook Time: 35 min

What You'll Need:

- 1 pound Brussels sprouts, trimmed, and cut in half
- 1 tablespoon olive oil
- 1 onion thinly sliced
- 1/4 cup balsamic vinegar



What To Do:

1. In a saucepan, bring 2 quarts water to a boil.
2. Add Brussels sprouts and reduce heat to medium. Cook 20 minutes, or until sprouts are fork-tender and very green; drain.
3. In a medium skillet over medium heat, heat oil. Cook onion until tender. Add vinegar and sprouts. Stir to coat sprouts and cook until heated through.

Nutrition Facts

Amount Per Serving

Calories 100 **Calories from Fat** 34

% Daily Value*

Total Fat 3.7g	6 %
Saturated Fat 0.6g	3 %
<i>Trans</i> Fat 0.0g	0 %
Protein 4.1g	8 %
Cholesterol 0.0mg	0 %
Sodium 33mg	1 %
Total Carbohydrate 14g	5 %
Dietary Fiber 4.6g	18 %
Sugars 5.6g	0 %

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Skillet Zucchini and Corn

Don't underestimate how flavorful this simple Skillet Zucchini and Corn recipe actually is. This summer veggies recipe makes a phenomenal side dish that goes great with anything that you serve for dinner!

Yields: 4 cups | **Serving Size:** 1 cup

Cook Time: 11 min

What You'll Need:

- 2 tablespoons olive oil
- 3 cloves garlic, minced
- 2 zucchinis, diced
- 1/2 cup chopped onion
- 1 cup frozen corn kernels, thawed
- 1/4 teaspoon dried basil
- 1/4 teaspoon dried thyme
- 1/8 teaspoon black pepper
- 1 tablespoon lime juice
- 2 tablespoons chopped fresh cilantro
- 2 tablespoons grated Parmesan cheese



What To Do:

1. In a large skillet over medium high heat, heat oil. Add garlic, zucchini, and onion to the skillet and cook for 6-7 minutes, or until soft, stirring occasionally.
2. Add corn, basil, thyme, and pepper. Cook for 5 minutes, stirring occasionally, or until heated through. Stir in lime juice and cilantro.
3. Sprinkle with Parmesan and serve.

Nutrition Facts

Amount Per Serving

Calories 136 **Calories from Fat** 73

% Daily Value*

Total Fat 8.1g	13 %
Saturated Fat 1.5g	8 %
<i>Trans</i> Fat 0.0g	0 %
Protein 3.8g	8 %
Cholesterol 2.2mg	1 %
Sodium 49mg	2 %
Total Carbohydrate 15g	5 %
Dietary Fiber 2.3g	9 %
Sugars 4.4g	0 %

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Mixed-Up Roasted Vegetables

Fancy restaurants serve these as an appetizer. Fairs serve these with sausage on a bun. Roasted vegetables fit any occasion, so what are you waiting for?! Give our Mixed-Up Roasted Vegetables a try!

Serves: 6 | **Serving Size:** 1 cup

Cook Time: 35 min

What You'll Need:

- 3 medium yellow squash, cut into 1/2-inch slices
- 2 medium zucchini, cut into 1/2-inch slices
- 1 medium onion, cut into 1-inch chunks
- 1 medium green bell pepper, cut into 1-1/2-inch chunks
- 1 medium yellow bell pepper, cut into 1-1/2-inch chunks
- 1 medium red bell pepper, cut into 1-1/2-inch chunks
- 2 tablespoons vegetable oil
- 1 teaspoon garlic powder
- 1 teaspoon salt
- 1/2 teaspoon black pepper



What To Do:

1. Preheat oven to 425 degrees F. Coat 2 rimmed baking sheets with cooking spray.
2. Combine all vegetables in a large bowl; toss to combine.
3. In a small bowl, combine remaining ingredients; mix well. Drizzle over vegetables and toss until well coated, then spread in a single layer on baking sheets.
4. Bake 35 to 40 minutes or until tender, turning vegetables halfway through the cooking.

Nutrition Facts

Amount Per Serving

Calories 92 **Calories from Fat** 46

% Daily Value*

Total Fat 5.1g	8 %
Saturated Fat 0.7g	4 %
<i>Trans</i> Fat 0.0g	0 %
Protein 2.9g	6 %
Cholesterol 0.0mg	0 %
Sodium 398mg	17 %
Total Carbohydrate 11g	4 %
Dietary Fiber 3.1g	12 %
Sugars 5.9g	0 %

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Broccoli Tots

Potato tots are great, but they're not the best idea for anyone following a diabetic diet, so we came up with a healthier version using broccoli. Our Broccoli Tots are perfect for serving with your favorite main dishes.

Serves: 5 | **Serving Size:** 4 tots

Cook Time: 25 min

What You'll Need:

- 3 cups fresh broccoli florets
- 1 egg, beaten
- 1/2 cup whole wheat seasoned bread crumbs
- 1/2 cup shredded cheddar cheese
- 3/4 teaspoon onion powder
- 1/2 teaspoon garlic powder
- 1/4 teaspoon salt
- 1/4 teaspoon black pepper



What To Do:

1. Preheat oven to 400 degrees F. Coat a baking sheet with cooking spray. Place broccoli in boiling water and blanch 2 minutes; drain well.
2. Finely chop broccoli and place in a large bowl. Add remaining ingredients and mix until thoroughly combined. Shape about a heaping tablespoon of broccoli mixture into "tater tot" shape and place on baking sheet. Repeat until all mixture is used.
3. Bake 20 to 25 minutes, or until golden brown.

Nutrition Facts

Amount Per Serving

Calories 134 **Calories from Fat** 50

% Daily Value*

Total Fat 5.5g	9 %
Saturated Fat 2.7g	14 %
<i>Trans</i> Fat 0.0g	0 %
Protein 8.3g	17 %
Cholesterol 49mg	16 %
Sodium 304mg	13 %
Total Carbohydrate 14g	5 %
Dietary Fiber 3.7g	15 %
Sugars 2.8g	0 %

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Homestyle Smashed Potatoes

Our diabetes-friendly version of Homestyle Smashed Potatoes doesn't sacrifice any flavor or hearty texture. The creaminess comes from our secret ingredient that makes a delicious substitute for sour cream.

Serves: 8 | **Serving Size:** 1/2 cup
Cook Time: 25 min

What You'll Need:

- 6 medium-sized red potatoes (about 2 pounds), washed and cut into chunks
- 4 garlic cloves, peeled
- 1/3 cup non-fat Greek yogurt
- 1/4 teaspoon onion powder
- 2 tablespoons butter
- 1 teaspoon salt (optional)
- 1/4 teaspoon black pepper



What To Do:

1. Place potatoes and garlic in a soup pot and add enough water to cover. Bring to a boil over high heat. Reduce heat to medium and cook 20 to 25 minutes, or until potatoes are fork-tender; drain and place in a large bowl.
2. Mash potatoes and garlic along with remaining ingredients, until smooth and well blended. Serve immediately.

Nutrition Facts

Amount Per Serving

Calories 146 **Calories from Fat** 28

% Daily Value*

Total Fat 3.1g	5 %
Saturated Fat 1.9g	9 %
<i>Trans</i> Fat 0.1g	0 %
Protein 4.2g	8 %
Cholesterol 7.6mg	3 %
Sodium 58mg	2 %
Total Carbohydrate 26g	9 %
Dietary Fiber 2.8g	11 %
Sugars 2.5g	0 %

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The following ingredients or measurements are not included:

- Salt (optional)

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Mushroom and Zucchini Risotto

Risotto may be just another name for rice, but Mushroom and Zucchini Risotto is no plain old rice dish. This Italian-style side dish is chock-full of tasty garden tidbits!

Serves: 12 | **Serving Size:** 1/2 cup

Preparation Time: 20 min

What You'll Need:

- 1 onion, chopped
- 1/2 pound fresh mushrooms, sliced
- 2 teaspoons minced garlic
- 2 cups long- or whole-grain rice
- 1 medium-sized zucchini, coarsely shredded
- 1-3/4 cup chicken broth
- 3 cups water
- 1 teaspoon salt
- 1/4 teaspoon black pepper
- 3/4 cup grated Parmesan cheese
- 2 teaspoons Italian seasoning



What To Do:

1. Coat a large saucepan with cooking spray. Heat saucepan over medium-high heat and sauté onions, mushrooms, and garlic for 5 to 7 minutes, or until onions are tender. Add rice and zucchini, and cook 3 to 5 minutes, or until rice begins to brown.
2. Meanwhile, in a medium saucepan, combine chicken broth, water, Italian seasoning, salt, and pepper. Bring to a boil over medium-high heat.
3. Add to rice mixture, cover, and simmer over low heat for 15 minutes.
4. Add Parmesan cheese and stir 1 to 2 minutes, until creamy and well combined, and all the liquid is absorbed. Serve immediately.

Notes:

- To make this a gluten-free recipe, use nonstick cooking spray with no flour added, rice that has not been enriched, gluten-free vegetable broth, and seasoning with no added starch from a gluten-containing source.

Nutrition Facts

Amount Per Serving

Calories 156 **Calories from Fat** 20

% Daily Value*

Total Fat 2.3g	3 %
Saturated Fat 1.2g	6 %
<i>Trans</i> Fat 0.0g	0 %
Protein 5.7g	11 %
Cholesterol 5.5mg	2 %
Sodium 366mg	15 %
Total Carbohydrate 28g	9 %
Dietary Fiber 1.1g	4 %
Sugars 1.4g	0 %

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Roasted Sweet Potato Sticks

Stay healthy during dinner time with our recipe for Roasted Sweet Potato Sticks. They're low in calories, fat, and carbs, so you can indulge in this baked snack when you feel the cravings kicking in!

Serves: 8 | **Serving Size:** 3 sticks

Cook Time: 30 min

What You'll Need:

- 1 tablespoon olive oil
- 1/2 teaspoon onion powder
- 1/4 teaspoon salt
- 1/8 teaspoon ground cinnamon
- 1 tablespoon light brown sugar
- 2 sweet potatoes, peeled and cut into 1/2-inch sticks



What To Do:

1. Preheat oven to 400 degrees F.
2. In a large bowl, combine oil, onion powder, salt, cinnamon, and brown sugar. Add sweet potato sticks and toss until evenly coated. Place on rimmed baking sheet.
3. Bake 30 to 35 minutes, or until crispy.

Nutrition Facts

Amount Per Serving

Calories 50 Calories from Fat 15

% Daily Value*

Total Fat 1.7g	3 %
Saturated Fat 0.2g	1 %
<i>Trans</i> Fat 0.0g	0 %
Protein 0.5g	1 %
Cholesterol 0.0mg	0 %
Sodium 91mg	4 %
Total Carbohydrate 8.4g	3 %
Dietary Fiber 1.0g	4 %
Sugars 3.0g	0 %

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Baked Stuffed Spuds

Turn ordinary baked potatoes into your gang's new favorite side! Baked Stuffed Spuds are loaded with creamy goodness that everyone will love. Serve them alongside your favorite dish!

Serves: 6 | **Serving Size:** 1/2 potato

Cook Time: 1 hr 15 min

What You'll Need:

- 3 baking potatoes, scrubbed and pierced with a fork
- 1 (9-ounce) package frozen spinach, thawed and drained
- 1/2 cup reduced-fat sour cream
- 1 tablespoon butter
- 1/2 teaspoon onion powder
- 1/2 teaspoon salt
- 1/2 teaspoon black pepper
- Paprika for sprinkling



What To Do:

1. Preheat oven to 400 degrees F.
2. Bake potatoes 50 to 55 minutes, or until tender; let cool slightly.
3. Slice each potato in half and scoop out pulp; place pulp in a medium bowl. Add remaining ingredients except paprika and mix until thoroughly combined. Spoon mixture into potato shells and sprinkle with paprika.
4. Bake 25 to 30 minutes, or until potatoes begin to brown and are heated through.

Nutrition Facts

Amount Per Serving

Calories 123 **Calories from Fat** 44

% Daily Value*

Total Fat 4.9g	8 %
Saturated Fat 2.9g	15 %
Trans Fat 0.1g	0 %
Protein 4.4g	9 %
Cholesterol 12mg	4 %
Sodium 269mg	11 %
Total Carbohydrate 17g	6 %
Dietary Fiber 3.3g	13 %
Sugars 1.3g	0 %

*Percent Daily Values are based on a 2,000 calorie diet

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Fluffy Cabbage Casserole

Bet you never thought about having cabbage for breakfast. Well, you may want to rethink that! Our Fluffy Cabbage Casserole has a creamy, eggy, and well...fluffy texture to it that makes it the perfect side.

Serves: 10 | **Serving Size:** 1/2 cup

Cook Time: 35 min

What You'll Need:

- 1/2 cup light margarine
- 1 head cabbage, shredded
- 1 onion, chopped
- 1 cup low-fat (1%) milk
- 1 cup liquid egg substitute
- 12 low-sodium crackers, coarsely crushed
- 1/2 teaspoon garlic powder
- 1/4 teaspoon salt
- 1/4 teaspoon black pepper



What To Do:

1. Preheat oven to 350 degrees F. Coat a 3-quart casserole dish with cooking spray.
2. In a large soup pot, melt margarine over medium heat. Add cabbage and onion and cook about 15 minutes, or until softened. Stir in milk and simmer for 3 minutes. Remove pot from heat.
3. Stir in egg substitute, 1/2 of crushed crackers, garlic, salt, and pepper. Pour into prepared casserole dish. Top with remaining crushed crackers.
4. Bake for 35 to 40 minutes, or until center is firm. Serve.

Nutrition Facts

Amount Per Serving

Calories 95 **Calories from Fat** 25

% Daily Value*

Total Fat 2.8g	4 %
Saturated Fat 0.5g	3 %
<i>Trans</i> Fat 0.0g	0 %
Protein 5.3g	11 %
Cholesterol 1.2mg	0 %
Sodium 267mg	11 %
Total Carbohydrate 13g	4 %
Dietary Fiber 2.6g	11 %
Sugars 5.2g	0 %

*Percent Daily Values are based on a 2,000 calorie diet

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Guiltless Green Bean Casserole

Many food memories include stories about grandma's green bean casserole. We know we can never recreate Grandma's, but our lightened up version of Guiltless Green Bean Casserole comes pretty close!

Yields: 10 | **Serving Size:** 1/2 cup

Prep Time: 35 min | **Cook Time:** 30 min

What You'll Need:

- 1-1/2 pound fresh green beans, trimmed
- 2 tablespoons margarine
- 3 tablespoons all-purpose flour
- 1 tablespoon dry ranch-style dressing mix
- 1/4 teaspoon white pepper
- 1-1/2 cup skim milk
- 1/2 cup chopped onion
- 2 cloves garlic, minced
- 1-1/2 cup fresh mushrooms, sliced
- 1 cup soft whole wheat bread crumbs



What To Do:

1. Preheat oven to 375 degrees F. In a covered saucepan, cook green beans in a small amount of boiling water for 8-10 minutes or until crisp-tender; drain and set aside.
2. Meanwhile, for white sauce, in a medium saucepan over medium heat, melt butter. Stir in flour, dry dressing mix, and white pepper until combined. Stir in milk. Cook and stir until thickened and bubbly; remove from heat.
3. Coat a nonstick skillet with cooking spray. Preheat over medium heat. Add onion and garlic; cook 2-3 minutes or until tender. Remove half of the onion mixture; set aside.
4. Add mushrooms to skillet and cook about 5 minutes or until tender.
5. In a 1-1/2 qt. casserole, combine mushrooms, green beans, and white sauce. In a small bowl, stir together reserved onion mixture and bread crumbs. Sprinkle bread crumb mixture over green bean mixture in casserole.
6. Bake, uncovered, for 25 to 30 minutes, or until heated through.

Notes:

- This healthy green bean casserole is perfect for the holidays, plus it's an easy item to make ahead of time. You can either prep it the day before and then bake-off, or bake it before-hand and heat through when ready to eat.

Nutrition Facts

Amount Per Serving

Calories 119 **Calories from Fat** 26

% Daily Value*

Total Fat 2.9g	4 %
Saturated Fat 0.5g	2 %
<i>Trans</i> Fat 0.6g	0 %
Protein 6.3g	13 %
Cholesterol 0.7mg	0 %
Sodium 184mg	8 %
Total Carbohydrate 19g	6 %
Dietary Fiber 3.4g	13 %
Sugars 6.2g	0 %

**Percent Daily Values are based on a 2,000 calorie diet*

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Cheddar Crusted Carrot Casserole

You'll discover lots to love about this casserole! The carrots perfectly cooked until crisp-tender, then they're topped with a creamy, cheesy, crunchy mixture that gets baked until golden. You'll love every bite of this!

Serves: 5 | **Serving Size:** 1/2 cup

Cook Time: 35 min

What You'll Need:

- 1-1/4 pound carrots, sliced
- 1/2 cup light mayonnaise
- 1/4 cup finely chopped onion
- 1 teaspoon prepared horseradish
- 1/4 cup reduced fat shredded cheddar cheese
- 1 tablespoon whole wheat bread crumbs



What To Do:

1. Preheat oven to 350 degrees F. Coat a 1-1/2-quart baking dish with cooking spray.
2. Place carrots in a medium saucepan with enough water to cover. Bring to a boil over high heat. Reduce heat to low and simmer 7 to 9 minutes, or until crisp-tender. Drain and place carrots in baking dish.
3. In a small bowl, combine mayonnaise, onion, and horseradish; mix well. Spread mixture evenly over carrots. Sprinkle with cheese, then top with bread crumbs.
4. Bake uncovered 25 to 30 minutes, or until golden.

Nutrition Facts

Amount Per Serving

Calories 139 **Calories from Fat** 78

% Daily Value*

Total Fat 8.7g	13 %
Saturated Fat 1.5g	8 %
<i>Trans</i> Fat 0.0g	0 %
Protein 2.8g	6 %
Cholesterol 9.6mg	3 %
Sodium 281mg	12 %
Total Carbohydrate 14g	5 %
Dietary Fiber 3.4g	14 %
Sugars 6.9g	0 %

*Percent Daily Values are based on a 2,000 calorie diet

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Spinach & Artichoke Casserole

You'll want to get a heaping spoonful of this Spinach & Artichoke Casserole on your plate. It's a hearty side dish that pairs well with chicken, fish, beef...you name it! The best part? It's ready in just about 30 minutes.

Serves: 7 | **Serving Size:** 3/4 cup

Cook Time: 30 min

What You'll Need:

- 2 teaspoons canola oil
- 1/2 cup chopped onion
- 3 cloves garlic, minced
- 1 cup uncooked quinoa, cooked according to package directions
- 1 (14-ounce) can artichoke hearts, drained and chopped
- 1 (10-ounce) package frozen chopped spinach, thawed
- 3/4 cup reduced fat shredded mozzarella cheese, divided
- 1/2 teaspoon ground nutmeg
- 1/4 teaspoon black pepper
- 2 eggs
- 3/4 cup non-fat plain Greek yogurt



What To Do:

1. Preheat oven to 375 degrees F. Coat a 2-quart baking dish with cooking spray.
2. In a medium skillet over medium heat, heat oil until hot; cook onion and garlic 3 to 5 minutes, or until tender.
3. In a large bowl, combine cooked quinoa, artichokes, spinach, 1/2 cup mozzarella cheese, the nutmeg, pepper, and onion mixture; mix well and set aside.
4. In a medium bowl, whisk eggs and yogurt, then stir into quinoa mixture. Spoon mixture into baking dish and sprinkle with remaining 1/4 cup cheese.
5. Bake 25 to 30 minutes, or until heated through.

Nutrition Facts

Amount Per Serving

Calories 202 Calories from Fat 50

% Daily Value*

Total Fat 5.5g	8 %
Saturated Fat 1.6g	8 %
<i>Trans</i> Fat 0.0g	0 %
Protein 14g	28 %
Cholesterol 6.5mg	2 %
Sodium 327mg	14 %
Total Carbohydrate 25g	8 %
Dietary Fiber 3.9g	15 %
Sugars 3.0g	0 %

*Percent Daily Values are based on a 2,000 calorie diet

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Zoodles

We crave pasta from time, but it isn't always the best choice when following a diabetic diet. Luckily, there are veggies, like zucchini, that make healthy and yummy substitutions. Now that's a side dish recipe to love!

Serves: 3 | **Serving Size:** 1 cup

Cook Time: 8 min

What You'll Need:

- 3 zucchini
- 2 tablespoons margarine
- 2 cloves garlic, minced
- 1/8 teaspoon salt
- 1/4 teaspoon black pepper
- 2 tablespoons grated Parmesan cheese



What To Do:

1. Using a potato peeler, cut zucchini into thin, noodle-like strips.
2. In a large skillet over medium heat, melt margarine. Add garlic, zucchini, salt, and pepper and cook 6 to 8 minutes, or until tender. Sprinkle with Parmesan cheese just before serving.

Nutrition Facts

Amount Per Serving

Calories 51 Calories from Fat 14

% Daily Value*

Total Fat 1.6g	2 %
Saturated Fat 0.7g	4 %
<i>Trans</i> Fat 0.0g	0 %
Protein 3.8g	8 %
Cholesterol 2.9mg	1 %
Sodium 164mg	7 %
Total Carbohydrate 7.0g	2 %
Dietary Fiber 2.0g	8 %
Sugars 5.0g	0 %

*Percent Daily Values are based on a 2,000 calorie diet



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Parmesan Mashed Cauliflower

Looking for diabetic Thanksgiving side dishes? These fake-out mashed potatoes will fool all your family and friends. Not only are they cheesy and delicious, but they're good for you, too!

Serves: 6 | Serving Size: 1/2 cup

Cook Time: 15 min

What You'll Need:

- 1 head cauliflower, cut into florets
- 2 tablespoons milk
- 3 tablespoons margarine
- 1/2 teaspoon garlic powder
- 1/2 teaspoon onion powder
- 2 tablespoons Parmesan cheese, grated
- 1/2 teaspoon black pepper



What To Do:

1. Place the cauliflower florets in a large pot and add just enough water to cover.
2. Cover and cook over medium heat for 15 to 20 minutes, or until tender. Drain and place in a medium bowl.
3. Add the remaining ingredients and beat with an electric mixer until mixture is well combined.

Nutrition Facts

Amount Per Serving

Calories 85 Calories from Fat 57

% Daily Value*

Total Fat 6.3g	10 %
Saturated Fat 1.4g	7 %
<i>Trans</i> Fat 1.5g	0 %
Protein 2.7g	5 %
Cholesterol 1.9mg	1 %
Sodium 109mg	5 %
Total Carbohydrate 5.5g	2 %
Dietary Fiber 2.0g	8 %
Sugars 2.1g	0 %

*Percent Daily Values are based on a 2,000 calorie diet



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My Favorite Spaghetti Squash

One bite of this veggie side dish and everyone will be saying "This is My Favorite Spaghetti Squash!" We've made this low-carb dish a little cheesy, a little creamy, and a lot flavorful, so that everyone will enjoy!

Serves: 9 | **Serving Size:** 3/4 cup

Cook Time: 35 min

What You'll Need:

- 3 cups cooked spaghetti squash
- 1/2 cup reduced-fat sour cream
- 1 egg, lightly beaten
- 1 tablespoon minced garlic
- 1/4 teaspoon dried Italian seasoning
- 1/4 teaspoon dried thyme
- 1/2 teaspoon salt
- 1/4 teaspoon black pepper
- 3/4 cup reduced-fat shredded Cheddar cheese



What To Do:

1. Preheat oven to 400 degrees F. Coat a 1-1/2-quart baking dish with cooking spray.
2. In a large bowl, combine all ingredients; mix well. Place mixture in prepared baking dish.
3. Bake 35 to 40 minutes, or until browned on top and heated through.

Nutrition Facts

Amount Per Serving

Calories 62 Calories from Fat 35

% Daily Value*

Total Fat 3.9g	6 %
Saturated Fat 2.2g	11 %
<i>Trans</i> Fat 0.0g	0 %
Protein 3.8g	8 %
Cholesterol 26mg	9 %
Sodium 198mg	8 %
Total Carbohydrate 3.6g	1 %
Dietary Fiber 0.6g	2 %
Sugars 1.0g	0 %

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Cauliflower Fried Rice

Our Cauliflower Fried Rice recipe is an even healthier alternative to your favorite takeout-style fried rice. This low-carb side dish is loaded with all the same great flavors you love but not all of the guilt!

Serves: 6 | **Serving Size:** 1/2 cup

Cook Time: 15 min

What You'll Need:

- 1 head cauliflower, cut into florets
- 2 tablespoons sesame oil
- 1 cup frozen peas and carrots, thawed
- 1 tablespoon low sodium soy sauce
- 1/2 teaspoon garlic powder
- 1/4 teaspoon black pepper
- 2 eggs, lightly beaten
- 2 tablespoons chopped scallions



What To Do:

1. Place cauliflower in a food processor and pulse until it's in small pieces and looks like rice.
2. In a large skillet over medium heat, heat oil until hot; add cauliflower, peas and carrots and cook for 5 minutes. Add soy sauce, garlic powder and pepper, mix well.
3. Coat a small skillet with cooking spray, add eggs and scramble until light and fluffy. Stir eggs into cauliflower until well combined.
4. Cook 5 to 7 minutes, or until cauliflower is tender. Stir in scallions and serve.

Nutrition Facts

Amount Per Serving

Calories 97 **Calories from Fat** 58

% Daily Value*

Total Fat 6.4g	10 %
Saturated Fat 1.2g	6 %
<i>Trans</i> Fat 0.0g	0 %
Protein 4.6g	9 %
Cholesterol 62mg	21 %
Sodium 162mg	7 %
Total Carbohydrate 6.8g	2 %
Dietary Fiber 2.4g	10 %
Sugars 2.0g	0 %

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Broccoli Gratin

Our Broccoli Gratin is a fancier version of the classic broccoli and cheese you grew up eating, but without all the fancy-fuss. It features a homemade cheese sauce mixture and some mushrooms for extra yumminess.

Serves: 5 | **Serving Size:** 1/2 cup
Cook Time: 20 min

What You'll Need:

- 1 (14-ounce) package frozen broccoli florets, thawed
- 1 cup sliced mushrooms
- 1/3 cup fat-free mayonnaise
- 1 teaspoon Dijon mustard
- 1 tablespoon lemon juice
- 1/8 teaspoon black pepper
- 1 cup shredded, low-fat Swiss cheese
- 2 tablespoons grated Parmesan cheese



What To Do:

1. Preheat oven to 375 degrees F.
2. In a 9- x 13-inch baking dish, place broccoli and mushrooms.
3. In a medium bowl, combine mayonnaise, mustard, lemon juice, pepper, and Swiss cheese; mix well. Spread evenly over broccoli. Sprinkle with Parmesan cheese.
4. Bake 20 to 25 minutes, or until golden brown on top.

Nutrition Facts

Amount Per Serving

Calories 86 Calories from Fat 22

% Daily Value*

Total Fat 2.5g	4 %
Saturated Fat 1.2g	6 %
<i>Trans</i> Fat 0.0g	0 %
Protein 9.8g	20 %
Cholesterol 11mg	4 %
Sodium 252mg	10 %
Total Carbohydrate 7.9g	3 %
Dietary Fiber 2.9g	12 %
Sugars 3.0g	0 %

*Percent Daily Values are based on a 2,000 calorie diet



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Cauliflower Hash

Instead of making an ordinary potato hash, how about switching things up and giving our Cauliflower Hash a try? It's a simple and low-carb side dish that's so good you'll want it at breakfast, lunch, and dinner.

Serves: 4 | **Serving Size:** 1/2 cup

Cook Time: 15 min

What You'll Need:

- 1-1/2 pound cauliflower
- 1 tablespoon canola oil
- 1/2 cup chopped onion
- 1/2 teaspoon garlic powder
- 1/4 teaspoon paprika
- 1/4 teaspoon salt
- 1/8 teaspoon black pepper



What To Do:

1. Place cauliflower in a food processor and pulse several times, until cauliflower is in small pieces.
2. In a large skillet over medium-high heat, heat oil until hot. Add onion and cauliflower and cook 3 to 5 minutes, or until cauliflower begins to brown. Stir in remaining ingredients and continue to cook 6 to 8 minutes more, or until tender and golden.

Nutrition Facts

Amount Per Serving

Calories 82 **Calories from Fat** 36

% Daily Value*

Total Fat 4.0g	6 %
Saturated Fat 0.4g	2 %
<i>Trans</i> Fat 0.0g	0 %
Protein 3.5g	7 %
Cholesterol 0mg	0 %
Sodium 197mg	8 %
Total Carbohydrate 10g	3 %
Dietary Fiber 3.8g	15 %
Sugars 4.1g	0 %

**Percent Daily Values are based on a 2,000 calorie diet*



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Amish Coleslaw

Let the Pennsylvania Dutch lead you in the right direction with our Amish Coleslaw. The sweet and tangy flavors of horseradish and white vinegar will excite friends and family who try this dish!

Serves: 6 | **Serving Size:** 3/4 cup

Chill Time: 1 hr

What You'll Need:

- 3-1/2 cups shredded cabbage
- 3/4 cup shredded carrots
- 1/2 cup finely diced celery
- 1/4 cup finely diced onion
- 1/2 cup fat-free mayonnaise
- 1/4 teaspoon lemon pepper seasoning
- 2 teaspoons jarred horseradish
- 2 packets Splenda
- 1 tablespoon white vinegar
- 1 teaspoon celery seed



What To Do:

1. In a medium bowl, combine cabbage, carrots, celery, and onion.
2. In a small bowl, combine mayonnaise, lemon pepper seasoning, horseradish, Splenda, vinegar, and celery seed. Add to cabbage mixture; mix well.
3. Cover and refrigerate at least 1 hour or until ready to serve.

Nutrition Facts

Amount Per Serving

Calories 37 Calories from Fat 6.8

% Daily Value*

Total Fat 0.8g	1 %
Saturated Fat 0.1g	1 %
<i>Trans</i> Fat 0.0g	0 %
Protein 0.9g	2 %
Cholesterol 2.1mg	1 %
Sodium 198mg	8 %
Total Carbohydrate 7.5g	3 %
Dietary Fiber 2.2g	9 %
Sugars 4.0g	0 %

*Percent Daily Values are based on a 2,000 calorie diet



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Giardiniera Toss

If you've never treated your taste buds to the classic Italian marinated veggie mix known as giardiniera, this healthy combo is one to definitely try. Our Giardiniera Toss takes this favorite to the next level!

Serves: 6 | **Serving Size:** 1-1/4 cups

Preparation Time: 5 min

What You'll Need:

- 1-1/2 cup Italian mix giardiniera (cauliflower, carrots, celery, peppers and pickles in vinegar)
- 1 (10-ounce) package ready-to-eat romaine lettuce
- 3 tablespoons low-fat Italian salad dressing



What To Do:

1. Drain and rinse Italian mix vegetables in strainer to remove excess salt. Refrigerate remaining vegetables for later use.
2. In a salad bowl, lightly toss lettuce and vegetables. Drizzle with dressing and serve.

Nutrition Facts

Amount Per Serving

Calories 20 Calories from Fat 5.6

% Daily Value*

Total Fat 0.6g	1 %
Saturated Fat 0.1g	0 %
<i>Trans</i> Fat 0.0g	0 %
Protein 0.6g	1 %
Cholesterol 0.5mg	0 %
Sodium 629mg	26 %
Total Carbohydrate 3.2g	1 %
Dietary Fiber 1.0g	4 %
Sugars 0.9g	0 %

*Percent Daily Values are based on a 2,000 calorie diet

Low-Carb!

Notes:

- Prepared ready-to-eat romaine lettuce will make this recipe a snap! In 1 package of ready-to-eat romaine lettuce, there are 6 to 8 cups.

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Rainbow Salad

Add a colorful pop to your table with this easy salad recipe. Our Rainbow Salad features all the colors of the rainbow made from fresh fruit and veggies. It's not just a beautiful salad, it's a healthy and yummy one too!

Serves: 10 | Serving Size: 1-1/2 cups

Prep Time: 15 min

What You'll Need:

- 2 (5-ounce) packages mixed salad greens
- 10 grape tomatoes, halved
- 1 large carrot, spiralized or cut into thin strips
- 1 yellow bell pepper, chopped
- 1/4 cup chopped fresh cilantro
- 1/2 cup fresh blueberries
- 1/2 red onion, chopped

DRESSING

- 1/2 cup extra virgin olive oil
- 2 tablespoons balsamic vinegar
- 1/2 teaspoon freshly ground black pepper
- 1 tablespoon Italian seasoning



What To Do:

1. In a large bowl, add salad greens. Arrange remaining salad ingredients on top, as pictured.
2. To make the dressing, in a small bowl, whisk all dressing ingredients; mix well. Pour over salad and serve.

Notes:

- This colorful salad makes for a great dinner salad too -just add some cooked chicken or turkey breast!

Nutrition Facts

Amount Per Serving

Calories 120 **Calories from Fat** 98

% Daily Value*

Total Fat 11g	17 %
Saturated Fat 1.5g	7 %
<i>Trans</i> Fat 0.0g	0 %
Protein 1.2g	2 %
Cholesterol 0.0mg	0 %
Sodium 24mg	1 %
Total Carbohydrate 5.2g	2 %
Dietary Fiber 1.1g	4 %
Sugars 2.2g	0 %

*Percent Daily Values are based on a 2,000 calorie diet



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Cool Veggie Salad

We took fresh summer veggies and drizzled them with a lightly sweetened vinaigrette to come up with this recipe. You'll love eating this salad alongside any of your favorite main dishes on those warm sunny days!

Serves: 6 | **Serving Size:** 1 cup

Prep Time: 10 min

What You'll Need:

- 2 large tomatoes, cut into 1-inch chunks
- 1 large cucumber, peeled and cut into 1-inch chunks
- 1 large carrot, peeled and cut into 1/4-inch slices
- 1/2 red onion, cut into 1/2-inch chunks
- 1/4 cup canola oil
- 3 tablespoons apple cider vinegar
- 2 cloves garlic, minced
- 1 teaspoon sugar
- 1/4 teaspoon salt
- 1/4 teaspoon black pepper



What To Do:

1. In a large bowl, combine tomatoes, cucumbers, carrots, and red onion. Set aside.
2. In a small bowl, whisk together the canola oil, vinegar, garlic, sugar, salt, and pepper. Pour over vegetables and toss evenly until coated. Serve immediately or refrigerate until ready to serve.

Nutrition Facts

Amount Per Serving

Calories 113 **Calories from Fat** 84

% Daily Value*

Total Fat 9.3g	14 %
Saturated Fat 0.8g	4 %
<i>Trans</i> Fat 0.0g	0 %
Protein 1.2g	2 %
Cholesterol 0mg	0 %
Sodium 110mg	5 %
Total Carbohydrate 7.4g	2 %
Dietary Fiber 1.5g	6 %
Sugars 4.1g	0 %

**Percent Daily Values are based on a 2,000 calorie diet*



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