Summer Foods and Beverages

Katie Judge, CNS, CDCES
Let's make some nutrient dense salads!

Summer is almost here
Summer Fun and Food

Tips for People with Diabetes

Barbeques, picnics and trips to the beach may be on your calendar this summer. But how can you enjoy all of the fun while staying within your healthy eating goals?

You can still enjoy all aspects of summer gatherings by eating a bit less of each item, and including other healthy lifestyle habits such as exercising regularly, eating in moderation, taking medication, and monitoring blood sugar levels. If you need help setting or sticking with your goals, make an appointment with your diabetes care and education specialist.

Don't Get Burned

Summer barbeques and picnics can offer a tempting range of choices that are high in calories and sugar. Knowing how to create a well-balanced meal helps keep your blood sugar level as close to normal as possible. Here are some summertime tips to help you keep your cool:
Use healthy oils (like olive and canola oil) for cooking, on salad, and at the table. Limit butter. Avoid trans fat.

The more veggies – and the greater the variety – the better. Potatoes and French fries don’t count.

Eat plenty of fruits of all colors.

Drink water, tea, or coffee (with little or no sugar). Limit milk/dairy (1-2 servings/day) and juice (1 small glass/day). Avoid sugary drinks.

Eat a variety of whole grains (like whole-wheat bread, whole-grain pasta, and brown rice). Limit refined grains (like white rice and white bread).

Choose fish, poultry, beans, and nuts; limit red meat and cheese; avoid bacon, cold cuts, and other processed meats.

STAY ACTIVE!
Recipes to start our summer months

Kale salad with Carrot Ginger Dressing  
From: Love and Lemons

Kale and Brussels sprout salad  
From: Epicurius

Roasted cauliflower salad with tahini  
From: Budget Bytes
Cauliflower (roasted) with Lemon and Tahini

**INGREDIENTS**
- 1 head cauliflower ($2.99)
- 1/2 red onion ($0.55)
- 2 Tbsp olive oil ($0.32)
- Salt and Pepper to taste ($0.05)
- 1/2 bunch parsley ($0.45)

**LEMON TAHINI DRESSING**
- 1/3 cup tahini ($1.13)
- 1/3 cup water ($0.00)
- 1/4 cup lemon juice ($0.18)
- 2 cloves garlic, minced ($0.16)
- 1/2 tsp cumin ($0.05)
- 1/4 tsp cayenne ($0.03)
- 1/4 tsp salt ($0.02)

**SPICED CHICKPEAS**
- 1 15oz. can chickpeas ($0.79)
- 1 Tbsp olive oil ($0.16)
- 1/2 tsp smoked paprika ($0.05)
- 1/4 tsp garlic powder ($0.03)
- 1/8 tsp cayenne ($0.02)
- Salt and Pepper to taste ($0.05)
Cauliflower (roasted) with Lemon and Tahini

• Preheat the oven to 400ºF. Chop the cauliflower into small florets and place them on a large baking sheet. Slice the red onion into 1/4-inch strips and place them on the baking sheet. Drizzle the cauliflower and onions with olive oil and season with a pinch or two of salt and pepper. Toss the cauliflower and onions until coated in oil, salt, and pepper.

• Roast the cauliflower and onions in the preheated oven for 20 minutes, then stir, return them to the oven, and roast for an additional 10-15 minutes, or until the cauliflower is tender and browned on the edges. Let the cauliflower cool slightly.

• While the cauliflower and onions are roasting, make the lemon tahini dressing. Add the tahini, water, lemon juice, garlic, cumin, cayenne, and salt to a blender. Blend until smooth, then refrigerate until ready to serve.

• Drain and rinse the can of chickpeas. Add them to a skillet along with the olive oil, smoked paprika, cayenne, and a pinch of salt and pepper. Stir and cook the chickpeas over medium heat for about five minutes, or until they sizzle and become slightly crispy. Remove the chickpeas from the heat.

• Pull the parsley leaves from their stems and roughly chop the leaves into small pieces (about 1.5 cups loosely packed, once chopped).

• To build the salad, combine the roasted cauliflower and onions in a bowl with the spiced chickpeas and chopped parsley. Drizzle the lemon tahini dressing over top, and toss to combine. Serve warm or cold.
Kale salad with Carrot Ginger Dressing

**Carrot Ginger Dressing**

- ½ cup chopped roasted carrots, from 3/4 cup raw carrots
- 1/3 to ½ cup water
- ¼ cup extra-virgin olive oil
- 2 tablespoons rice vinegar
- 2 teaspoons minced ginger
- ¼ teaspoon sea salt

**Salad**

- 1 batch Roasted Chickpeas
- 1 bunch curly kale, stems removed, leaves torn
- 1 teaspoon lemon juice
- ½ teaspoon extra-virgin olive oil
- 1 small carrot, grated
- 1 small red beet, grated*½ watermelon radish, very thinly sliced
- 1 avocado, cubed
- 2 tablespoons dried cranberries
- ¼ cup pepitas, toasted
- 1 teaspoon sesame seeds
- Sea salt & Freshly ground black pepper
Kale salad with Carrot Ginger Dressing

• Make the dressing and roast the chickpeas: Preheat the oven to 400°F and line a large baking sheet with parchment paper. Toss the chickpeas with a drizzle of olive oil and sprinkle with pinches of salt and pepper. Place the carrot pieces for the dressing in their own corner on the baking sheet to roast alongside the chickpeas. Roast for 25 to minutes, or until the chickpeas are browned and crisp and the carrots are soft. Set the roasted chickpeas aside. Transfer the carrots to a blender and add the water, olive oil, rice vinegar, ginger, and salt. Blend the dressing until smooth and chill in the fridge until ready to use.

• Place the kale leaves into a large bowl and drizzle with the lemon juice, ½ teaspoon of olive oil, and a few pinches of salt. Use your hands to massage the leaves until they become soft and wilted and reduce in the bowl by about half.

• Add the carrot, beet, watermelon radish, half of the cubed avocado, cranberries, pepitas, a few more good pinches of salt and a few grinds of pepper, and toss. Drizzle generously with the carrot ginger dressing. Top with the remaining avocado, more dressing, the roasted chickpeas and sprinkle with the sesame seeds. Season to taste and serve.

TIP: Make the dressing ahead so it has time to chill in the fridge before adding to the salad.
Kale and Brussel Sprout Salad

Dressing:
- 1/4 cup fresh lemon juice
- 2 tablespoons Dijon mustard
- 1 tablespoon minced shallot
- 1 small garlic clove, finely grated
- 1/4 teaspoon kosher salt plus more for seasoning
- Freshly ground black pepper

Salad:
- 2 large bunches of Tuscan kale (about 1 1/2 pounds total), center stem discarded, leaves thinly sliced
- 12 ounces brussels sprouts, trimmed, finely grated or shredded with a knife
- 1/2 cup extra-virgin olive oil, divided
- 1/3 cup almonds with skins, coarsely chopped
- 1 cup finely grated Pecorino
Kale and Brussel Sprout Salad

- Combine lemon juice, Dijon mustard, shallot, garlic, 1/4 teaspoon salt, and a pinch of pepper in a small bowl. Stir to blend; set aside to let flavors meld.
- Mix thinly sliced kale and shredded brussels sprouts in a large bowl.
- Measure 1/2 cup oil into a cup. Spoon 1 tablespoon oil from cup into a small skillet; heat oil over medium-high heat. Add almonds to skillet and stir frequently until golden brown in spots, about 2 minutes. Transfer nuts to a paper towel-lined plate. Sprinkle almonds lightly with salt.
- Slowly whisk remaining olive oil in cup into lemon-juice mixture. Season dressing to taste with salt and pepper.

**DO AHEAD:**
Dressing, kale mixture, and toasted almonds can be prepared 8 hours ahead. Cover dressing and kale mixture separately and chill. Cover almonds and let stand at room temperature. Add dressing and cheese to kale mixture; toss to coat. Season lightly with salt and pepper. Garnish with almonds.
Marinated Italian Tofu

Ingredients:
- 1 (12-16 ounce) firm or extra-firm block of tofu drained/patted dry
- 1/3 cup olive oil
- 1/3 cup balsamic vinegar
- 2 Tbsp low sodium tamari/soy sauce
- 4 medium cloves garlic grated
- 1 tsp maple syrup
- 1 tsp lemon zest
- 1/2 tsp dried basil
- 1/4 tsp dried oregano
- 1/8 tsp dried thyme
- 1/8 tsp black pepper

Instructions:
- Slice the tofu into ½ inch cubes (cut block in half crosswise then slice four long columns, then slice eight rows across)
- Place tofu cubes into a large container with a lid or zip top bag
- Add oil, vinegar, tamari, garlic, syrup, lemon zest, basil, oregano, thyme, salt, and pepper to container/bag and toss to coat tofu thoroughly
- Let tofu marinate for at least 30 minutes
- Serve cold or pan fry and serve over salad!

TIPS:
- Store left overs in the refrigerator for 3 days
- If the marinade solidifies, let it warm to room temperature before eating
Fruit Infused Water Recipe

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Prep Time: 1 hours

Cook Time: 0 minutes

Yield: 8 cups
Fruit Infused Water

**Ingredients:**
- 1 orange
- 6 strawberries
- 1 handful mint or basil leaves
- 8 cups (64 ounces) cold water

**Instructions:**
- Wash and thinly slice the orange and strawberries.
- Add the fruit and herbs to the bottom of a pitcher. Use a wooden spoon to lightly muddle (mash) them several times to release the juices.
- Add the cold water. Refrigerate for at least 1 hour before serving, more if time. Flavor is best within 1 day.
More ideas for summer beverages

- Fruit Infused Water Recipe
- Lime Water with Mint
- Easy Mint Water Recipe
- Herb Cucumber Water Recipe
- Sparkling Blood Orange Rosemary Water