

7 Superfood Supper Menus from dLife

Monday Night's Menu

Baked Halibut with Parmesan (0.4g carbs per serving)

Warm Barley with Walnuts (22g carbs per serving)

Avocado Salad with Thousand Island Dressing (13g carbs per serving)

Halibut is an all-star fish with loads of protein, B vitamins, and minerals such as selenium, magnesium, and potassium — not to mention a nice dose of those health-giving omega-3 fatty acids.

Barley is a diabetes-friendly grain because it has the lowest glycemic-index ranking of all the grains tested, and is a good source of fiber, even when it's been milled into pearl barley or barley flour. (Double the amount you need tonight, and keep the leftover barley in the fridge.) Once cooked, mix in some crushed walnuts for an omega-3 kick.

Next, round out your meal by tossing an avocado salad with a yogurt dressing. There, you get the amazing benefits of avocado's disease-fighting phytonutrients, heart-healthy monounsaturated fats, and the calcium and beneficial bacteria in yogurt. Last, the vinegar in the dressing provides another helping hand in moderating the blood-sugar rise after your meal.

Make your own, simple versions of these easy-to-prepare foods, or use the dLife recipes, above.

Tuesday Night's Menu

Walnut Chicken (2g carbs per serving)

Apricot-Almond Barley Salad (20g carbs per serving)

Rich Roasted Garlic Cauliflower (9g carbs per serving)

A great fall-back protein dish is pieces of boneless chicken dipped in [egg](#) and rolled in crushed nuts. Almonds are a low carb, nutrient-dense friend to people with diabetes, but you can use any nut you like and get great health benefits and a tasty crunch.

Tonight, use your leftover barley and eat it room-temperature as a salad with some onion and a vinaigrette or creamy dressing (see recipe below).

Next, roast one of the superstar cruciferous vegetables, such as [broccoli](#), Brussels sprouts, cabbage, or cauliflower. A little oil, garlic, and Parmesan cheese can go a long way in making these nutrient powerhouses taste great.

Wednesday Night's Menu

Artichoke Frittata (8g carbs per serving)
Goat Cheese Salad (2g carbs per serving)

One half-cup of artichoke hearts contains 7 grams of fiber and 2 grams of protein. Chop up some frozen or canned artichoke hearts and combine this amazing veggie with another diabetes superfood — eggs. Add your favorite herbs and a little grated cheese and you have a nutrient-packed, simple entree. Toss salad greens with goat cheese and slivered or crushed nuts, and you have a perfect meal.

Thursday Night's Menu

Fennel-Crusted, Grilled Flank Steak (1g carb/serving)
Bulgur & Veggies (24g carbs/serv)
Spinach & Mixed Greens (3g carbs/serv)

Flank steak is a flavorful, inexpensive cut of meat that is usually marinated and grilled. The recipe above allows for pan-frying if grilling isn't an option.

Bulgur wheat is a diabetes-friendly stand-in for rice or couscous, with more nutrients and a lower glycemic index (less impact on blood sugar). Bulgur, like barley, is a versatile grain and worth making extra when you cook a batch. You may even want to use it as a hot cereal in the morning with some warm milk and fruit.

To complete this dinner, toss a green salad, with as few or as many types of greens as you have. Remember, you can always add some crushed walnuts and crumbled or shaved cheese to any green salad as a flavor and nutrient boost.

Friday Night's Menu

Cucumber, Yogurt, and Dill Soup (19.5g/carbs per serving)
Chicken Curry (9g carbs per serving)
Spiced Green Beans (6g carbs per serving)

Turmeric is the spice that gives curry its distinctive bright yellow color, and curcumin is the component in turmeric that makes it so good for us. According to dLife columnist Dr. Paul Chous, "Curcumin is an antioxidant that has proven effective in treating chronic conditions like diabetes, cancer, arteriosclerosis, and

gastro-intestinal diseases in animal models...." In tonight's menu, you'll reap the benefits of this Indian spice, along with those of a refreshing soup that contains the diabetes superfoods yogurt, onions, and vinegar, along with fresh cucumber and a good dose of fiber. Have nutrient-packed, anti-inflammatory, antioxidant green beans as a side dish and you have a true diabetes supermeal.

Saturday Night's Menu

Edamame Snackers (8g carbs per serving)

Grilled Salmon with Fresh Herb Sauce (5g carbs per serving)

Grilled Asparagus (6g carbs per serving)

Edamame, or green soybeans, are high in protein and fiber and full of great phytonutrients. If you've never taken to tofu, these tasty legumes are a perfect way to reap the health benefits of soy. All they need is a sprinkling of salt and you can eat them right out of the pods.

Next, nothing beats salmon on the grill except salmon on the grill with a tasty sauce made from fresh summer greens like arugula. For your side, grill up some simple asparagus, a vegetable with bursting with vitamins, minerals, and healthy fiber.

Sunday Night's Menu

Asian Tuna Burgers (8g carbs per serving)

Broccoli with Ginger (6g carbs per serving)

The gnarly ginger root has been used in traditional medicine for eons. Most well known as a treatment for nausea, ginger has anti-inflammatory properties, too.

A great way to incorporate ginger into food while also getting the beneficial omega-3 fatty acids from fish is to make fish burgers. Finely chop tuna or salmon (or any fatty, cold water fish) and combine it with chopped scallions, minced ginger, and low-sodium soy sauce. Form patties and press them into a mixture of whole-wheat bread crumbs and your favorite nuts, crushed. You can use this same method with ground turkey, which can make a dry burger if you don't add some moist fillings. (Grated zucchini and silken tofu are other great fillers that will moisten up a turkey burger or turkey meatloaf.)

Serve with broccoli or greens sauteed with garlic and ginger.

Dessert?

Right about now, some of you may be saying "What about dessert?" Well, what about it? Dessert is a custom we've become used to, but there's really no rule out

there that says your biggest meal of the day should be followed by something sweet.

Think about the European custom of eating your salad after your entree and having a cheese plate to finish your meal. You might be surprised at how satisfying a few pieces of delicious cheese can be to top off a meal. Another great idea at the end of a meal is nuts. Buy an assortment of nuts in the shell and put a big bowl on the table with some nutcrackers.

Finally, when berries are in season, add a bowl of those to the after-dinner repertoire. Raspberries, another diabetes superfood, are a low carb, high-fiber treat.

Last But Not Least

Don't forget the most important component of any diabetes-friendly meal: relax and enjoy it. Stress is the most insidious contributor to health problems, and these days it takes effort to keep things simple and stress-free. But along with healthy eating and exercise, it may well be the best thing you can do for your diabetes health.



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