

Recipes for Diabetics

Our latest free cookbook, "Recipes for Diabetics " is a collection of member submitted recipes that focus on healthier eating. We can all benefit by eating right, so give one of these recipes a try. You may be surprised that eating healthy can still taste great.

Baked Cod

By Tammy Bell

My family loves this meal and it's great for my diabetic husband too.

Tuna Salad

By Kristen Lucas

A nice twist on the traditional tuna salad. (No mayo)

Breakfast Smoothie

By Scott Worthing

Refreshing way to kick off your day, with this quick breakfast smoothie.

Citrus Marinated Chicken

By Carson Pratt

This is a delicious chicken marinade that everyone loves and diabetic friendly.

Beef & Orzo

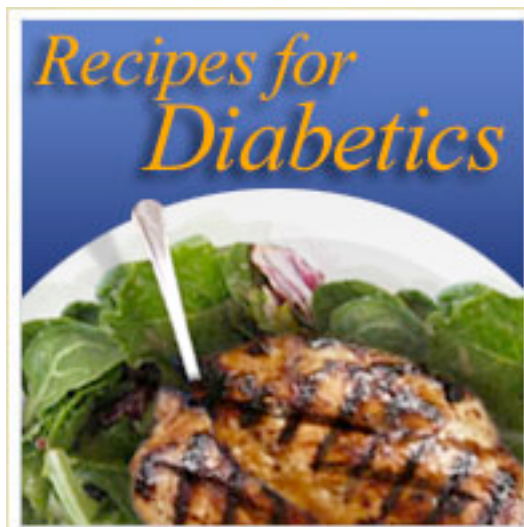
By Stacy Childs

A tasty beef and orzo dish your whole family will love.

Fruit & Cheese Salad

By D. Summers

Your new summertime treat.



5 Healthy Cooking Tips

1. Try using cooking sprays instead of oil or butter.
2. Remove the skin from your chicken or turkey.
3. Stir-fry your vegetables in a wok with a little low-fat chicken broth, no butter.
4. Canola & olive oil is better for you than vegetable oils .
5. Try using salsa's to add some flavor to your meals. It adds flavor without fat.

These recipes were submitted by our users and have not been tested by Eversave Recipes food editors. We are not responsible for errors.

Baked Cod

By Tammy Ball

My family loves this meal and it's great for my diabetic husband.

Ingredients

- 1 lb. cod fish cut into 4 pieces
- 2 Tbsp dill weed
- 4 tsp. melted margarine
- 4 tsp. lemon juice
- 1 tsp. minced garlic
- 2 tbsp almonds

Directions

Mix dill weed, margarine, lemon juice and garlic together. Coat cod with this mixture and bake at 425° for approximately 10 minutes or until done. Once cooked thoroughly top off with almonds and serve!

Citrus Marinated Chicken

By Carson Pratt

This is a delicious chicken marinade that everyone loves and is perfect for those with diabetes.

Ingredients

- 4 boneless chicken breasts
- 2 cloves of garlic minced
- 1/4 cup orange juice
- 1/4 cup lime juice
- 1 tsp chili powder
- 1/8 tsp crushed red pepper (optional)

Directions

Wash chicken thoroughly. Combine the rest of the ingredients and stir together. Place chicken in mixture for approximately 1-2 hours. Grill for approximately 6 minutes on each side until cooked through. Also great on top of salad greens

Tuna Salad

By Kristen Lucas

A diabetic friendly tuna salad.

Ingredients

- 1 cup washed romaine lettuce
- 1 cup cucumber sliced
- 1/2 cup tomato diced
- 6 oz can white meat tuna in water, drained
- 8 pitted black olives chopped
- 2 tbsp balsamic vinegar dressing
- 2 whole wheat pita breads
- 1 oz crumbled feta cheese

Directions

Combine the first 6 ingredients together. Cut pita breads in half and fill with mixture. Top off each filled pita pocket with feta cheese.

Beef & Orzo

By Stacy Childs

A tasty beef & orzo dish for diabetics.

Ingredients

- 6 oz lean ground beef
- 12 oz orzo
- 1 tsp. olive oil
- 1 onion diced
- 3 cloves minced garlic
- 1 tsp. cinnamon
- 1/2 tsp. oregano
- 14 oz can of whole tomatoes (don't drain)
- 2 Tbsp. pitted black olives
- salt & pepper to taste
- 1/4 cup crumbled feta cheese

Directions

Brown ground beef in skillet. In a separate skillet on medium, heat oil, onion, garlic, cinnamon and oregano stirring constantly. Drain fat from cooked ground beef and add to oil mixture. Put whole tomatoes and juice in blender until smooth. Add to mixture until the sauce is thick (approx 15 minutes). Remove from heat and add olives and season with salt & pepper. Add cooked orzo (follow directions on box) and top off with feta cheese.

Diabetic Breakfast Smoothie

By Scott Worthing

A quick and tasty breakfast smoothie for diabetics.

Ingredients

- 1 banana
- 1 cup of OJ
- 6 oz low fat yogurt (any flavor you like, I use Vanilla)
- 1 cup frozen raspberries

Directions

Blend all ingredients together until smooth.

Prep Time: 5 Min

Fruit & Cheese Salad

By D. Summers

A delicious diabetic meal that's great in the summer.

Ingredients

- 3 oz crumbled feta cheese
- 2 tsp. olive oil
- 1 tsp. honey
- 1 pound of green grapes
- 1 pear diced
- fresh basil leaves to taste
- pepper to taste

Directions

Combine all ingredients and serve on a nice warm summer day.

Prep Time: 5 Min