

Extra Low Glycemic Recipes

Soups/Appetizers

Asian Gazpacho (serves 6)

46 calories, 10 g carbohydrates, 2 g protein, .6 g fat

6 tomatoes, seeded and finely chopped or one 28oz can chopped tomatoes
2 cups vegetable broth
1 tsp. dry sherry
2 tbsp. chopped fresh cilantro
1 tbsp. light soy sauce
4 scallions, white part only
4 thin slivers of fresh ginger
 $\frac{1}{4}$ - $\frac{1}{2}$ tsp. Chinese chili sauce, to taste
2 limes

Place the tomatoes, over low heat, in a 2 or 3 quart sauce pan. Add in the vegetable broth, sherry, cilantro, soy sauce, scallions, and ginger. Bring the mixture to a simmer and cook for 20 minutes. Remove from the heat and allow to cool for a few minutes. Puree in a food processor or blender. Chill. Just before serving, stir in chili sauce. Grate the peel of one lime and add to the Soup. Squeeze the juice from both of the limes into the soup.

Marinated olives (8 servings)

59 calories, 6 g fat, .3 g protein, 1.7 g carbohydrate, .8 g fiber (These numbers assume that the marinade is eaten, which it is not. If you only calculate the olives, there are about 5 calories per olive!)

2 cups of olives, mixed varieties, large, small, multi colored
2 tablespoon olive oil
6 thin slices of lemon peel
6 thin slices of orange peel
2 cloves of garlic, slivered
1 teaspoon fresh lemon juice
 $\frac{1}{4}$ teaspoon orange zest
 $\frac{1}{4}$ teaspoon lemon zest
 $\frac{1}{4}$ teaspoon whole coriander seeds
1 bay leaf

Combine ingredients, cover. Allow to marinate in refrigerator for at least two days. Stir occasionally.

White bean dip (yields 3 cups)

Per 1 tbsp. serving: 36 calories, 3 g carbohydrate, 1 g protein, 2 g fat

3 cups (cooked) or 2 cans beans (soybeans, Great Northern, garbanzos, black eyed peas, or a mixture of light colored beans)

$\frac{1}{4}$ cup tahini
 $\frac{1}{4}$ cup lemon juice
1 tsp. lemon zest, optional
 $\frac{1}{4}$ cup extra virgin olive oil
4 cloves of garlic
2 to 3 tsp. whole cumin, roasted and ground
1 tsp. cinnamon
2 tsp. paprika
2 to 4 tbsp. tamari
Salt to taste

In a food processor, add the cooked beans and all other ingredients. Process until creamy. Refrigerate until ready to use, or freeze in smaller portions. Use within 3 days.

Walnut spread (yields 2.5 cups)

Per 1 Tbsp serving: 42 calories, 2 g carbohydrates, .8 g protein, 3 g fat

1 15-oz. can garbanzo beans
1 cup chopped walnuts
1 cup lightly packed fresh basil leaves
 $\frac{1}{4}$ cup olive oil
2 tbsp. lemon juice
 $\frac{1}{4}$ tsp. each salt and pepper

Drain beans, reserving liquid. In food processor, combine $\frac{1}{4}$ cup reserved liquid with remaining ingredients. Cover and process, scraping down sides and adding liquid as needed to make a smooth mixture. Store in refrigerator for 4-5 days. Serve with raw baby carrots, cucumber sticks, and fresh string beans (or any raw veggie you like).

Marinated Veggies

40 calories, 2 g carbohydrates, 1 g protein, 3 g fat

Marinade: $\frac{1}{2}$ cup olive oil
 $\frac{1}{4}$ cup balsamic vinegar (any vinegar is fine)
 1 tsp. each dried oregano and basil (or 2 tbsp chopped fresh)
 2 cloves garlic, slivered
 $\frac{1}{2}$ tsp. salt

1 can artichoke hearts in water, cut in halves or quarters
1 can hearts of palm, cut into $\frac{1}{4}$ -inch slices
1 can pitted black olives
 $\frac{1}{2}$ lb. mushrooms, cleaned and quartered

Mix marinade ingredients in a jar. Mix veggies in a bowl and pour marinade over. Marinate overnight (toss frequently). Serve with toothpicks. (Leftover marinade can be used as salad dressing for greens).

Stuffed Celery (serves 4)

30 calories, 3 g carbohydrate, 4 g protein, .3 g fat

$\frac{1}{2}$ cup reduced fat cottage cheese
1 scallion, chopped
1/8 tsp. prepared horseradish
1/8 tsp. Worcestershire sauce
Pinch of garlic powder, paprika, for garnish
4 ribs of celery, cut into 3 inch pieces

In a small bowl, thoroughly combine cottage cheese, horseradish, Worcestershire sauce, scallion, and garlic powder, mix. Spoon into celery and sprinkle with paprika.