

# good FOR YOU

We've put together nutritionist-approved dishes that are full of the good stuff – they're diabetic-friendly, low in fat and tasty, too.



## tuna nicoise salad

Prep 5 mins | Cook 5 mins | Serves 4

**2 eggs**

**250g green beans, trimmed and halved**

**425g can tuna in springwater, drained**

**250g punnet cherry tomatoes, halved**

**1/3 cup kalamata olives**

**1/2 small red onion, thinly sliced**

**100g mixed lettuce leaves**

### dressing

**1/4 cup white wine vinegar**

**1 tbs extra virgin olive oil**

**1 tsp Dijon mustard**

**1 garlic clove, crushed**

**1** Place eggs into a saucepan of warm water. Cover and bring to the boil over medium-high heat. Cook for 2 minutes, add beans and cook for 2 minutes. Drain and rinse under cold water.

**2** Transfer the tuna to a bowl and flake. Add tomato, olives, onion and beans.

**3** Whisk dressing ingredients together in a jug. Drizzle the dressing over salad, reserving some for serving. Toss to coat.

**4** Pile lettuce leaves onto serving plates. Top with tuna mixture. Shell eggs and halve. Arrange on top of salad. Finish with remaining dressing. Serve.

**NUTRITIONAL INFO** Per Serve 22g protein, 10g fat (2g saturated fat), 6g carb, 4g dietary fibre, 875 kJ (210 cals).

**DBF Diabetic Friendly**



### Our expert

Sally Joseph is a clinical nutritionist and a health and wellbeing coach with 13 years' experience. Here she explains why these dishes are healthy options.

### Our tuna nicoise salad

is diabetic-friendly because it is so well nutritionally balanced, thanks to the healthy fats in tuna, kalamata olives and extra-virgin olive oil. Tuna is also a healthy source of lean protein, to keep you feeling full. This recipe is low in sugar and has slow-burning carbohydrate from the beans and lettuce, so there is no risk of spiking your blood-sugar levels.



The lean protein from the fish in this dish, combined with a source of slow-burning carbohydrate that's also high in protein, like quinoa, will leave you feeling nicely satisfied without causing fluctuations in your blood-sugar and insulin levels. The healthy fats in fish and olive oil are also great for reducing inflammation associated with diabetes. – Sally

## salmon & spiced quinoa

Prep 5 mins | Cook 20 mins | Serves 4

**1 cup macro wholefoods  
market quinoa**

**2 cups water**

**2 tsp olive oil**

**1 small red onion, chopped**

**½ red capsicum, diced**

**1 carrot, diced**

**125g button mushrooms, sliced**

**1 zucchini, diced**

**1 garlic clove, crushed**

**2 tsp Moroccan spice seasoning**

**2 tbs chopped parsley**

**2 tbs lemon juice**

**4 salmon fillets**

**olive oil spray**

**1** Place quinoa and water in a saucepan and bring to the boil over high heat. Reduce heat to low and simmer covered, stirring occasionally, for 10 minutes or until just tender. Remove from heat. Set aside, covered, for 10 minutes.

**2** Meanwhile, heat oil in a saucepan over medium-high heat. Add vegetables,

garlic and spice. Cook, stirring, for 5 minutes or until carrot is just softened. Add to quinoa with parsley and lemon juice. Toss to combine.

**3** Heat a chargrill pan over medium-high heat. Spray fish with oil and season with salt and pepper. Cook for 3-4 minutes each side, depending on thickness, until cooked through. Serve fish with quinoa.

**NUTRITIONAL INFO** Per Serve: 37g protein, 10g fat (2g saturated fat), 34g carb, 5g dietary fibre, 1585 kJ (380 cal).

**DBF** Diabetic Friendly

**Combining fat** with carbohydrate will reduce the GI factor of a meal, so this is a perfect dessert to satisfy your sweet tooth without sending your blood-sugar levels sky high. Pears are also a good source of dietary fibre, antioxidant, minerals and vitamins. Remember moderation is key when eating dessert! – Sally


## roasted pears with ricotta

Prep 5 mins | Cook 15 mins | Serves 4

**4 firm pears, peeled**  
**2 cups unsweetened apple juice**  
**1 cinnamon stick**  
**100g low-fat ricotta**  
**2 tbs chopped walnuts**

**1** Quarter pears and remove cores. Bring juice and cinnamon to the boil in a medium saucepan. Add pear quarters and reduce heat. Cover and cook gently for 10 minutes until tender. Transfer fruit to serving bowls.  
**2** Boil the syrup until thickened slightly. Add ricotta to bowls and sprinkle with walnuts. Drizzle over syrup. Serve.

**NUTRITIONAL INFO** Per Serve: 3.5g protein, 4.5g fat (1g saturated fat), 40g carb, 5g dietary fibre, 865 kJ (205 cal).

 **Diabetic Friendly**