

Diabetes



Culinary Skills & Techniques:

- How to build a soup
- Cooking poultry & food safety
- Food storage, reusing leftovers, and bulk cooking
- Leveraging naturally occurring sugars in fruit for flavorful, healthy desserts

Nutrition Concepts:

- Overview of Latin American Heritage Diet
- Introducing lateral shifts in nutrition counseling
- Replacing simple carbohydrates with high quality, complex carbs
- Promoting glucose stabilizing meals: fiber-rich carbs + lean proteins + heart-healthy fats

Diabetes

Chicken Tortilla Soup & Chili Lime Fruit Salad



If prepping ahead of the cook along will help you go at your own pace and engage in the discussion, here are some suggestions:

Equipment List:

- Chef's knife & cutting board
- Measuring spoons
- Liquid and dry measuring cups
- Prep bowls & scrap bowl
- Large pot, skillet, or Dutch oven
- Can opener
- Fine mesh strainer or colander
- Baking sheet
- Wooden spoon or spatula
- Tongs & serving spoon or ladle
- Microplane
- Optional: box grater

Prep Ahead:

- Pre-measure dried spices
- Dice onion & bell pepper
- Mince garlic & jalapeño
- Drain & rinse black beans
- Cut tortillas into strips
- Prepare optional toppings
- Cut fruit

Chicken Tortilla Soup

Serves 8



Ingredients:

- 1 tablespoon plus 2 teaspoons olive oil, divided
- 1 pound boneless, skinless chicken thighs
- 1 ½ teaspoon cumin
- 1 teaspoon chili powder
- ½ teaspoon garlic powder
- ½ teaspoon paprika
- ½ teaspoon red pepper flakes (optional)
- ¼ teaspoon cayenne
- ¼ teaspoon salt
- ¼ black pepper
- 1 medium onion, diced
- 1 green bell pepper, diced
- 3 garlic cloves, minced
- 1 small jalapeño, seeded and minced
- 1 15-ounce can diced tomatoes, preferably no salt added
- 32 ounces low-sodium chicken broth
- 1 15-ounce can black beans, preferably no salt added, drained and rinse
- 3 tortillas, cut into strips
- Optional garnishes: grated Monterey jack cheese, cilantro, lime, sour cream, avocado

Instructions:

1. Heat olive oil in a large pot over medium-high heat. Add chicken thighs and sear until brown on both sides. While the chicken is cooking, mix cumin, chili powder, garlic powder, paprika, red pepper flakes, cayenne, salt, and pepper together in a small bowl.
2. Add onions and green pepper to the pot and cook for 5 minutes until they start to soften. Stir in the jalapeño, minced garlic and spice mix and cook for about 2 minutes.
3. Add canned tomatoes, chicken broth, and black beans. Bring to a boil, then reduce heat to medium-low and simmer for 30 minutes, uncovered. Taste and add salt, pepper and red pepper flakes if desired. Add water if the soup seems too thick.
4. Meanwhile, preheat oven to 350°. Add tortilla strips to a baking sheet and toss with 2 teaspoons of the olive oil. Arrange in a single layer and bake for 15 minutes or until lightly browned. Remove from tray to cool.
5. When the chicken thighs have cooked through, remove them to a plate or cutting board and shred using two forks before returning to the soup.
6. Ladle the soup into bowls to serve, then top with tortillas strips and your choice of garnish.

Chicken Tortilla Soup

Serves 8



Chicken Tortilla Soup		
Nutrition Facts		
Serving Size	1 Serving	
Amount Per Serving		
Calories	214.4	
	% Daily Value*	
Total Fat	6.3 g	8 %
Saturated Fat	1.2 g	6 %
Trans Fat	0 g	
Cholesterol	45.2 mg	15 %
Sodium	328.6 mg	14 %
Total Carbohydrate	20.9 g	8 %
Dietary Fiber	4 g	14 %
Total Sugars	2.5 g	
Added Sugars	0.2 g	0 %
Protein	15.9 g	
Vitamin D	0 mcg	0 %
Calcium	56.6 mg	4 %
Iron	1.9 mg	11 %
Potassium	351.4 mg	7 %
* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.		
Full Info at cronometer.com		</>

Chili Lime Fruit Salad

Serves 8



Ingredients:

- 1 pineapple, cut into spears or cubes
- 1 small watermelon, cut into spears or cubes
- Optional: 1 to 2 mangoes, cut into spears
- Zest and juice of 2 limes
- 2 teaspoons chili powder
- ¼ teaspoon salt
- ¼ teaspoon sugar

Instructions:

1. Place prepared pineapple, watermelon, and mango (if using) into a large bowl.
2. In a smaller bowl, stir together lime juice, half of the lime zest, chili powder, salt, and sugar. Drizzle over the fruit and stir well to combine.
3. Before serving, garnish with remaining lime zest and enjoy!

Chili Lime Fruit Salad

Serves 8



Chili Lime Fruit Salad		
Nutrition Facts		
Serving Size	1 x 8 Serving	
Amount Per Serving		
Calories	111.3	
	% Daily Value*	
Total Fat	0.5 g	1 %
Saturated Fat	0.1 g	0 %
Trans Fat	0 g	
Cholesterol	0 mg	0 %
Sodium	96 mg	4 %
Total Carbohydrate	28.8 g	10 %
Dietary Fiber	2.6 g	9 %
Total Sugars	21.7 g	
Added Sugars	0.1 g	0 %
Protein	1.7 g	
Vitamin D	0 mcg	0 %
Calcium	30.2 mg	2 %
Iron	0.8 mg	5 %
Potassium	326.3 mg	7 %

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

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