

## Class 3 – Diabetes

### Shakshuka

Serves 6

#### Ingredients:

- 1 tablespoon olive oil
- 1 small yellow onion, diced
- 2 garlic cloves, minced
- 1 green pepper, diced
- 1 – 28-ounce can diced tomatoes
- 2 tablespoons tomato paste
- 1 teaspoon chili powder
- 1 teaspoon cumin
- 1 teaspoon paprika
- Pinch of cayenne pepper
- Salt and pepper, to taste
- 6 eggs
- Optional garnish:* fresh parsley, chopped (about  $\frac{1}{4}$  cup)

#### Instructions:

1. Heat skillet to medium high and add olive oil, diced onion, and green pepper. Sauté until the onion begins to soften slightly, about 4 minutes.
2. Add garlic and sauté for 2 minutes until the mixture is fragrant.
3. Add tomato paste, chili powder, cumin, paprika, cayenne pepper, and a pinch of salt and pepper. Stir well to combine, about 2 minutes. Next, add canned tomatoes, stir well, cover, and bring to a simmer for 15 to 20 minutes, stirring occasionally.
4. Meanwhile, crack eggs into a small bowl to ensure there are no shells, keeping yolks whole.
5. Once the sauce has thickened, reduce heat and create 6 small wells in the sauce. Add one egg to each well with a large spoon and cover.
6. Poach the eggs in the sauce until the yolks are cooked through, 5 to 7 minutes. Garnish with chopped parsley.
7. Serve warm with your favorite toast or on top of your favorite grain!

## Lemony Bulgur

Serves 6

### Ingredients:

1 ½ cups bulgur wheat, quinoa or other whole grain  
2 cups water  
Zest and juice of a lemon

### Instructions:

1. If preparing bulgur wheat, bring water to a boil and add bulgur. Cover with a tight-fitting lid or plastic wrap. Let sit for 15 to 20 minutes or until bulgur has absorbed all water. If bulgur is soft, but there is water remaining, strain before serving.
2. If preparing quinoa, place quinoa and water in a small saucepan and bring to a boil. Once it boils, turn down to a simmer and cook for about 15 to 20 minutes or until quinoa has absorbed all water.
3. Once your choice of grain is softened and cooked through, add the zest and juice of a lemon while fluffing with a fork.

## Cinnamon Citrus

Serves 4

### Ingredients:

4 oranges (Navel, Valencia, Cara Cara, etc.)  
1 teaspoon cinnamon

### Instructions:

1. Cut away the ends of each orange. Set one on its flat cut surface and cut away the rind and pith, following the curve of the orange with your knife.
2. Turn the orange on its side and slice into thin wheels. Repeat with remaining oranges.
3. Spread the slices in a single layer on a dish and dust with cinnamon using a spoon, mesh strainer, or the sprinkle dispenser top of the spice container.

## Nutritional Information

### Shakshuka:

Shakshuka	
<b>Nutrition Facts</b>	
Serving Size	1 × 6 Serving
Amount Per Serving	
<b>Calories</b>	<b>142.2</b>
	% Daily Value*
<b>Total Fat</b>	7.2 g 9 %
Saturated Fat	1.8 g 9 %
Trans Fat	0 g
<b>Cholesterol</b>	164.1 mg 13 %
<b>Sodium</b>	391.2 mg 17 %
<b>Total Carbohydrate</b>	11.6 g 4 %
Dietary Fiber	3.5 g 13 %
Total Sugars	5.7 g
Added Sugars	0 g 0 %
<b>Protein</b>	7.6 g
Vitamin D	1 mcg 5 %
Calcium	40.8 mg 3 %
Iron	1.4 mg 8 %
Potassium	472.5 mg 10 %
* 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 <a href="http://cronometer.com">cronometer.com</a> </>	

### Lemony Bulgur:

Lemony Bulgur	
<b>Nutrition Facts</b>	
Serving Size	1 × 6 Serving
Amount Per Serving	
<b>Calories</b>	<b>101.7</b>
	% Daily Value*
<b>Total Fat</b>	0.4 g 1 %
Saturated Fat	0.1 g 0 %
Trans Fat	0 g
<b>Cholesterol</b>	0 mg 0 %
<b>Sodium</b>	7.4 mg 0 %
<b>Total Carbohydrate</b>	22.7 g 8 %
Dietary Fiber	3.7 g 13 %
Total Sugars	0.3 g
Added Sugars	0 g 0 %
<b>Protein</b>	3.6 g
Vitamin D	0 mcg 0 %
Calcium	12.9 mg 1 %
Iron	0.7 mg 4 %
Potassium	128.4 mg 3 %
* 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 <a href="http://cronometer.com">cronometer.com</a> </>	

### Cinnamon Citrus:

Cinnamon Citrus	
<b>Nutrition Facts</b>	
Serving Size	1 × 4 Serving
Amount Per Serving	
<b>Calories</b>	<b>63.2</b>
	% Daily Value*
<b>Total Fat</b>	0.2 g 0 %
Saturated Fat	0 g 0 %
Trans Fat	0 g
<b>Cholesterol</b>	0 mg 0 %
<b>Sodium</b>	0.1 mg 0 %
<b>Total Carbohydrate</b>	15.9 g 6 %
Dietary Fiber	3.4 g 12 %
Total Sugars	12.3 g
Added Sugars	0 g 0 %
<b>Protein</b>	1.3 g
Vitamin D	0 mcg 0 %
Calcium	58.9 mg 5 %
Iron	0.2 mg 1 %
Potassium	239.9 mg 5 %
* 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 <a href="http://cronometer.com">cronometer.com</a> </>	

# **Foundations of Culinary Medicine for Healthcare Professionals**

**Diabetes 04/07/22**

**Shakshuka, Lemony Bulgur, Cinnamon Citrus**

## **Equipment List**

Can opener

Chef's knife

Cutting board

Fine mesh strainer

Medium saucepan

Large saucepan or skillet with lid

Liquid measuring cup

Measuring cups

Measuring spoons

Microplane or zester

Prep bowls, including small bowl for the eggs

Scrap bowl

Wooden spoon or spatula

Optional: citrus press

## **Prep Ahead Suggestions**

- Cook bulgur wheat
- Dice onion and green pepper
- Mince garlic
- Pre-measure spices
- Pre-slice oranges