



# Diabetes Friendly Recipes

Apple Cranberry Waldorf Salad  
Apple Spinach Salad  
Asian Asparagus Salad  
Asparagus Ham Quiche  
Asparagus Tomato Salad  
Asparagus Tomato Stir-Fry  
Awesome Watermelon Salad  
Bacon & Tomato Dip  
Baked Broccoli Frittata  
Balsamic Stir-Fry Vegetables  
Beefy Stuffed Peppers  
Berry & Basil Pizza Crisp With Honey  
Balsamic  
Big Blue Muffins  
Blackberry & Basil Omelet  
Blackberry & Basil Spritzer  
Blackberry & Cucumer Salad  
Blackberry Basil Grilled Cheese  
Blackberry Coffee Cake  
Blackberry Lemon Upside Down Cake  
Blackberry Peach Crumble  
Blackberry Vinaigrette  
Blue Cheese Potato Salad  
Blueberry Cream Cheese Pound Cake  
Broccoli & Beef Stir-Fry  
Broccoli Chowder  
Broccoli Grape Pasta Salad  
Broccoli Pizza  
Broccoli Salad With Creamy Feta  
Brussels Sprouts Gratin  
Brussels Sprouts With Ham

Butternut Squash Health Bars  
Cabbage Noodle Casserole  
Cabbage Rolls  
Cauliflower Casserole  
Cauliflower Mushroom Poppers  
Cauliflower On Side  
Cheesy Broccoli Potatoes  
Cheesy Squash Medley  
Chicken & Brussels Sprouts Pan  
Confetti Chicken Quesadillas  
Corn & Sweet Potato Confetti Salad  
Country Ham & Broccoli Grits  
Creamy Cucumber & Chicken Salad  
Cucumber Corn & Bean Salsa  
Curried Chicken & Melon Salad  
Cushaw Pie  
Dijon Chicken Asparagus Roll Ups  
Easy Cheesy Eggplant  
Easy Peach Cobbler  
Eggplant Lasagna  
Eggplant Parmesan Rollatini  
Fall Harvest Salad



**diabetes  
friendly**

Recipes with this symbol have  
4 carbohydrate servings or  
fewer.

Fall Spiced Pumpkin Bread  
Farmers Market Skillet Bake  
Farmers Market Squash Saute  
Fiesta Potatoes  
Fresh Corn Salad  
Fresh Green Bean Stir Fry  
Grazed Butternut Squash With Carrots & Turnips  
Gluten Free Peach Blueberry Muffins  
Greek Style Spaghetti Squash  
Green Bean & Ham Soup  
Green Bean Bundles  
Green Bean Medley  
Green Beans With Feta & Dill  
Green Beans With Ham & Basil  
Grilled Cauliflower Dippers With Guacamole  
Grilled Pepper & Portabella Mushroom Sandwich  
Grilled Sweet Potatoes  
Herbed Pasta With Cherry Tomatoes  
Honey Raisin Muffins  
Italian Chicken Summer Squash Skillet  
Jalapeño Poppers  
Kale And Potato Soup  
Kale Pesto  
Kickin' Greens  
Lean Green Lettuce Tacos  
Melon Berry Smoothie  
Mozzarella Basil Chicken With Roasted Grape Tomatoes  
New Potato & Asparagus Soup  
Noodles Florentine  
Nutty Sweet Potato Biscuits  
Peach Crisp  
Peachy Breakfast Bake  
Potato Broccoli Soup  
Pumpkin Apple Muffins

Ratatouille Soup  
Red Potato Salad  
Red Potato Salad With Creamy Pesto  
Roasted Root Vegetables  
Scalloped Okra & Corn  
Spinach Pasta Bake  
Spinach Slaw  
Spring Harvest Salad  
Squash Supreme  
Strawberry Green Tea  
Strawberry Salsa  
Stuffed Zucchini Boats  
Summer Corn & Couscous Salad  
Summer Garden Lasagna  
Summer Squash Pizza  
Summer Veggie & Wild Rice Bake  
Summertime Sensation Casserole  
Super Crunchy Salad  
Sweet & Spicy Butternut Squash  
Sweet & Savory Cucumber Salad  
Sweet & Spicy Brussels Sprouts  
Sweet Potato Crisp  
Tex-Mex Quinoa Salad  
Tomato Basil Bruschetta  
Tomato Basil Salad  
Tomato Corn Pesto Pizza  
Triple Berry Crisp  
Turnip Green Soup  
Turnip Tater Mash  
Very Berry Salsa  
Watermelon Salsa  
Watermelon Tomato Salad  
Yellow Squash Ribbons  
Yummy Sweet Potato Casserole  
Zippy Corn Chowder  
Zippy Zucchini Cakes  
Zucchini Rosemary Pizza

For these and other recipes visit:  
<http://plateitup.ca.uky.edu>