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(THE DIABETES SOLUTION, THE DIABETES DIET)

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A Collection of "Diabetic Solution" Recipes

*Low Carbohydrates Recipes*

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EDITED BY: LEAH FISHER  
FIRST DRAFT

ORIGINALLY SHARED BY KAREN (SUGARNO)  
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## GRILLED FLANK STEAK WITH CUMIN AIOLI

---

Makes 6 servings

Per serving.  
 Effective carbohydrates: 1.2 g  
 Carbohydrates: 1.5 g  
 Fiber: 0.3g  
 Protein: 42.7 g  
 Fat: 58 g  
 Calories: 701

You can use a sirloin steak in place of the flank steak. In fact, any steak is good with the cumin aioli. Flank steak is best served medium-rare or less, and leftovers are wonderful.

---

### **Ingredients:**

1 Tbsp (15 ml) cumin seeds  
 1 large egg  
 1 tsp (5 ml) Dijon mustard  
 1/2 tsp (2.5 ml) sea salt  
 1 garlic clove, minced  
 1/2 cup (120 ml) vegetable oil  
 4 tsp (20 ml) freshly squeezed lemon juice  
 1/2 cup (120 ml) extra-virgin olive oil  
 3 Tbsp (45 ml) extra-virgin olive oil  
 1/2 tsp (2.5 ml) sea salt  
 2 garlic cloves, minced  
 1/2 tsp (2.5 ml) freshly ground black pepper  
 1-2 1/2 lb (1.1 kg) flank steak

---

*To make the cumin aioli:* Place the cumin seeds in a small frying pan and stir over medium heat for 2 minutes, or until they darken a shade. Remove from the heat. Finely grind half of the cumin seeds in a coffee grinder or with a mortar and pestle.

In a blender or food processor, combine the egg, mustard, salt, garlic, and the ground cumin seeds. Process briefly to blend. With the motor running, add the vegetable oil in a slow, steady stream. Pour in the lemon juice and then slowly add the olive oil until the aioli is emulsified. If the mixture seems too thick, add a spoonful or two of water. Scrape the aioli into a bowl and stir in the whole cumin seeds. Cover and refrigerate.

*To make the steak:* In a small bowl, mix the oil, salt, garlic, and pepper. Spread on both sides of the steak. Cover and refrigerate up to overnight.

Preheat the grill or broiler. Grill or broil the steak for 3 to 4 minutes on each side for medium-rare. Remove the steak from the heat and let it sit for a few minutes. Slice very thinly across the grain and serve with the aioli on the side.

## RICOTTA PIE

---

Makes 6 servings

Per serving.  
Carbohydrates: 3 g  
Protein: 3.8 OZ

This recipe is a variation of the Italian Easter Pie that my aunt used to make. We eat it for breakfast, or for lunch with a salad. If serving for lunch, you could add 1 ounce each of ham and pepperoni to the pie or add protein to the salad.

---

***Ingredients:***

*3 eggs*  
*1/2 cup grated Parmesan cheese*  
*15 oz whole-milk ricotta cheese*  
*1/4 lb diced ham*  
*1/4 lb pepperoni, sliced, with casing removed*  
*Butter to grease pan*

---

Preheat oven to 350°F.

Break eggs into a bowl and beat. Add cheeses, ham, and pepperoni. Mix well. Pour into a 9- inch buttered pie pan. Bake for about 55 minutes.

---

## SLURP 'EM UP CABBAGE NOODLES

---

Makes 6 servings

Per serving.  
Effective Carbohydrates: 2 g  
Carbohydrates: 4 g  
Fiber: 2 g  
Protein: 1 g  
Fat: 8 g  
Calories: 87

Kid factor: They slurp just like noodles! Serve these under any of the sauces in this book or your favorite low-carb gravy.

---

***Ingredients:***

*1/2 head cabbage*

*1/4 cup butter*

*1/4 teaspoon lemon pepper*

*1/2 teaspoon seasoning salt*

---

Slice the cabbage into strips about 1/4" wide, so they resemble fettuccini noodles. Individually separate the pieces of cabbage so that they are not in clumps or chunks. This will allow the water and steam to cook them evenly.

Place the sliced cabbage pieces into a saucepan (or steamer) with about 1/2" of water. Cover the pan with a tightly fitting lid, and cook the cabbage on medium heat for about 8 minutes or until it is tender. The cabbage needs to be slightly on the soft side-not the normal crisp-tender you would want from a fresh vegetable-in order to achieve the "noodle" feel.

Drain the cabbage thoroughly. Place the butter into the bottom of a serving bowl and sprinkle the lemon pepper and seasoning salt over it. Add the cabbage, and mix it thoroughly with the butter and seasonings.

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## MASHED CAULIFLOWER

---

Makes 4 servings

Per serving.  
Carbohydrates: 4.8 g  
Protein: 0.35 oz

If you love mashed potatoes and can't stand the idea of giving them up, this is a very pleasant surprise.

---

***Ingredients:***

*1/2 head cauliflower, tough stem trimmed*

*Salt to taste*

*4 oz butter (1 stick)*

*1/4 cup heavy cream*

*Black pepper to taste*

---

Steam cauliflower until fairly soft, about 15 minutes, adding salt to steamer. Pull florets apart with a fork. Put pieces into a mixing bowl. Add butter and heavy cream. Beat with electric mixer or mash with potato masher. Season generously with salt and pepper. Reheat in microwave if necessary.

Depending on your taste, you can add a small amount of fresh herbs, such as rosemary or chives, to enhance flavor without affecting the carbohydrate portion.

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## SCRUMPTIOUS COCONUT DROPS

---

Makes about 24 candies

Per serving.  
Effective Carbohydrates: 0 g  
Carbohydrates: 1 g  
Fiber: 1 g  
Protein: 2  
Fat: 3 g  
Calories: 38

I was having a tough time thinking of a name for these candies. My eleven-year-old daughter, being silly, suggested, "Yummy, Sweet, Up and Downy, Roundy-Roundy, Melt-in-Your-Mouth, Coconut Candy." Call them what you want, just be sure to share! You can use other flavors of sugar-free syrup; I just particularly like the German chocolate. Freeze the extras, or you might be tempted to eat them all!

---

### **Ingredients:**

*2 tablespoons coconut oil*  
*2/3 cup German chocolate-flavored sugar-free specialty syrup (the kind for coffee)*  
*1 cup unsweetened shredded coconut*  
*1/2 cup milk and egg protein powder*  
*1/2 teaspoon SteviaPlus*  
*1/2 teaspoon vanilla extract*  
*Pinch salt (way less than 1/8 teaspoon)*

---

Place the coconut oil into a microwave-safe container and microwave for about 45 seconds, or until it is melted. Stir in the syrup.

Add the remaining ingredients and stir well.

Drop the coconut mixture by rounded teaspoonfuls onto waxed paper. Chill in the refrigerator. They will be soft at room temperature, firm when chilled. You may freeze any extras in sealable plastic storage bags.