

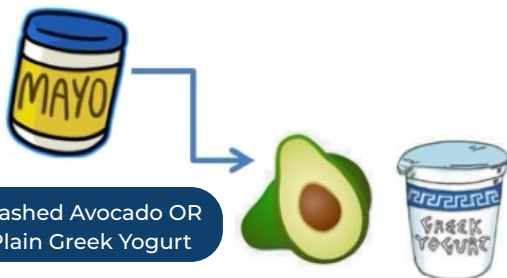


DIABETES AND ENDOCRINOLOGY DIGEST

QUARTER 2 • 2026

COOKING SUBSTITUTIONS

Cooking healthy meals does not have to be complicated; cook the meals you are familiar with and make some substitutions.



Mashed Avocado OR Plain Greek Yogurt



Ground Plain Oats OR Ground Nuts



Ultra-Filtered Low Fat Milk OR Almond Milk OR Skim Milk



Fresh OR Frozen Fruit



Riced Cauliflower



Garlic Powder, Onion Powder, Fresh or Dried Herbs



Reduce recipe by 1/3 sugar OR use a Splenda or Stevia Blend OR add cinnamon, nutmeg or vanilla to enhance sweet flavor



Zucchini Spirals, Spaghetti Squash OR Lentil Pastas

COOKING SUBSTITUTIONS: BEANS AND LEGUMES

Another easy way to improve the nutrition value of meals is to add a can of beans. Canned beans are a quick and cost effective way to add fiber, plant based protein, iron, magnesium, potassium and zinc to meals. The fiber boost from beans helps control blood sugar, lowers cholesterol, improves digestion and keeps you fuller longer! There are so many beans to choose from including black beans, pinto beans, fava beans, navy beans, lima beans, chickpeas and kidney beans, just to name a few!

Here are some ways to add beans to meals:

- Use hummus (chickpeas) as a dip instead of creamy or cheesy dips
- Add black beans to eggs and make omelets or breakfast burritos
- Use beans to make plant based burgers
- Add a can of beans to soups and stews
- Add a can of beans to salads



BLACK BEAN BURGERS

- 2, 15 oz cans black beans, drained and rinsed
- 1 bell pepper
- ½ onion
- 1 tsp each: cumin, garlic powder, chili powder
- ¼ tsp salt and pepper
- 1 cup old fashioned oats
- 1 large egg

Directions:

1. Finely chop bell pepper and onion in food processor. Add remaining ingredients. Pulse until combined.
2. Form burger patties with the black bean mixture.
3. Heat a sauté pan over medium high heat. Add burger patties to pan and cook 5-6 minutes on each side or until cooked through.
4. Add your favorite burger toppings such as whole grain buns, lettuce, tomato, onion, mustard, etc and enjoy.



This recipe offers fiber from both the beans and oats! Pair burgers with coleslaw, grilled squash and zucchini, green beans or broccoli salad for a blood sugar friendly meal!