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HEALTH AND WELLNESS CENTER


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Thank you for investing in your health and fighting against diabetes. We welcome you to join the Premier Tribe and reshape how you see healthy eating with the **Wealth of Nature** and the **Wisdom of Science**.

We put **You** and **Nature First**.

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BDA Fishcakes

MAKES: 10 FISHCAKES

8G CARBOHYDRATES PER FISHCAKES

Ingredients

1lb boneless, salted codfish
2 cups peeled, quartered potatoes
1 tsp + 2 tbsp olive oil
1 cup chopped onion
1 cup chopped celery
2 cloves of minced garlic
2 minced scallions
1tbsp minced fresh thyme
1tbsp butter
2tbsp minced fresh parsley
1/4 or more of black pepper
1tsp curry powder, optional
Flour or cornmeal for dusting.

Directions

1. Pre-soak **codfish** and change water 3 times to reduce salt content: thoroughly rinse codfish under running water.
2. Cut **fillets** into 3-4 pieces, place in a large bowl, cover with water and soak for 4-5 hours.
3. Drain **fish**. Add fresh water and soak overnight or for another 5-6 hours.
4. Drain **fish** again. Add fresh water. Soak until ready to use.
5. Place **fish** and **potatoes** in a large pot, cover with fresh water bring to a boil. Lower heat and cook for 15-20 minutes until the fish is flakey and the potatoes are tender.
6. Add 1 tsp **olive oil** to a nonstick skillet over medium heat.
7. Add **onion, celery**, and sauté for about 3 minutes.
8. Add **garlic, scallions**, and **thyme** to the pan. Sauté 2 or 3 more minutes until the vegetables are tender. Set aside.
9. Drain cooked **fish** and **potatoes**. Add **butter**, sauteed **vegetables, parsley, black pepper**, and **curry** to the pot. Mash ingredients.
10. Divide and shape into 10 patties - 2.5-3oz each. Dust lightly with **flour**.
11. In a non-stick skillet, heat **olive oil**, and panfry fishcakes, turning when nicely browned; 2-3 minutes per side. Or lightly coat in olive oil and airfry at 350 for about 10 minutes, turning halfway.

*Don't let diabetes control your life any longer. Take charge of your health and reverse diabetes with **Premier Health and Wellness Center's Diabetes Prevention & Reversal Programs**. Our plant-based nutrition and culturally-sensitive solutions will help you to manage your diabetes and live a healthy lifestyle. Join us now to gain access to our popular low-carb favorite recipes. Invest in your health and fight against diabetes today. This recipe was produced and approved by the Bermuda Diabetes Association.*

- The Wealth of Nature and the Wisdom of Science



Vegetable Kabobs (Plant Based)

MAKES: 6 KABOBS

9G CARBS PER SERVING: 1 KABOB

3G DIETARY FIBER

Ingredients

18 Extra Firm Tofu Cubes
12 Mushrooms, quartered
12 Squares Red Bell Peppers
12 Thick Slices Zucchini
12 Cherry Tomatoes
12 Red Onion Pieces
Metal or Bamboo Kabob
Skewers

Directions

1. Create the Tofu or Tempeh Marinade - *See the recipe below.*
2. Cut **tofu** into 18 cubes that are each 1 inch/3cm. Marinate the tofu for 6 hours in the refrigerator.
3. Cut **mushrooms** into quarters
4. Cut **red bell pepper** into 12 squares, each 1 inch/3cm
5. Cut **red onions** into 12 pieces, each 1 inch/3cm.
6. Slice the **zucchini** into 12 thick slices of your preference
7. Slicing the **cherry tomatoes** is your preference
8. Thread the **tofu** and **vegetables** tightly on six 10- or 12 inch (25-28 cm) metal or soaked bamboo skewers, alternating each item.
9. Drizzle any extra marinade over the skewers.
10. Cook on an indoor or outdoor grill or put on a baking sheet six inches (15 cm) below the broiler for 10 minutes, turning once. Avoid blackening the food.

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Tofu or Tempeh Marinade

3G CARBS PER SERVING: 2 TABLESPOONS

0G DIETARY FIBER

Ingredients

½ cup (125 ml) of Pureed Fresh Tomatoes or Canned Tomatoes

3 tablespoons (45 ml) Reduced-Sodium Tamari

2 tablespoons (30 ml) Balsamic Vinegar or Apple Cider Vinegar

2 tablespoons (30 ml) Peeled and Grated fresh Ginger

2 cloves Garlic, crushed

1 teaspoon (5 ml) Ground Turmeric

Directions

Put all the ingredients in a blender and process until smooth.

The marinade will be stored in a sealed container in the refrigerator for 3 weeks.

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