

# BARBECUE COOKBOOK



A DELICIOUS [DIABETES.CO.UK](https://www.diabetes.co.uk) COOKBOOK





# BBQ Cooking Survival Guide!

## Introduction

We have a delicious spread of dishes you can barbecue or grill, as well as delectable salads and delightful dips to choose from.

The selection of recipes in this book is perfect for the weekend BBQ.

We have included an array of vegetarian novelties like Tandoori Paneer Kebabs and Halloumi Kebabs... and a range of non-vegetarian delights including Sizzling Lamb Burgers and Cajun Chicken Drumsticks.

Our sumptuous salads include a low-fat Chicken Caesar salad and an Avocado Salad with Tomatoes and Onions.

We have also included a selection of low-carb dips which perfectly complements the food straight from the BBQ. My favourite is the Mint Yoghurt Dip as a cool accompaniment for the Tandoori Paneer Kebabs, Sizzling Lamb Burgers and Lamb Meatballs. They were so tasty, I'm now working on an Indian Cookbook, too!

My personal favourite was the low sugar tomato ketchup. I tried and tested a number of different combinations to get the best tasting ketchup to complement the barbecued dishes!

And don't forget to try our refreshing drinks which include Sparkling Sangria and Pimm's with Lemonade, as well as Homemade Lemonade and a Spicy Tomato Cooler.

We hope you enjoy these recipes as much as we do and be sure to get in touch and let us know what you think!

Love Shanta x

Post a picture of your dish on the Diabetes Forum: [Diabetes.co.uk/Forum](https://Diabetes.co.uk/Forum).

Don't forget you can post a pic straight from the Diabetes Forum App!



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# Grilled Aubergine Delight

Serves 4

- 2 large aubergines, sliced
- 2 tbsp. olive oil
- 250g low fat natural yoghurt
- 3 tbsp. tahini paste
- 3 garlic cloves, finely chopped
- Juice of 1 lemon
- 1 tbsp. mixed herbs (coriander, mint & parsley)
- Salt and pepper to season

## Preparation Method

Brush each slice of aubergine with a little olive oil and season.

Heat the barbecue or griddle pan.

Once the barbecue or pan is hot, cook the aubergine slices on both sides for a couple of minutes.

Combine the yoghurt, tahini paste, garlic, lemon juice and herbs and season.

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Nutritional value per serving

Calories: 200 | Total Fat: 16.3g | Saturated Fat: 5.4g | Carbohydrates: 6.1g | Fibre: 6.9g | Protein: 7.2g





## Halloumi Kebabs

Serves 4

- 250g low fat halloumi cheese
- 1 red pepper
- 1 yellow pepper
- 250g cherry tomatoes
- 1 medium courgette
- 8 wooden BBQ skewers
- 2 tbsp. chilli sauce
- 2 tbsp. light soy sauce
- 2 tbsp. olive oil
- 1 tbsp. runny honey
- 4 cloves of garlic, finely chopped

These kebabs are a vegetarian wonder, full of summer colours and flavours.

Ensure that the pieces of halloumi are sizeable, otherwise they may disintegrate when you are barbecuing them.

### Preparation Method

For the marinade combine the chilli sauce, light soy sauce, olive oil, honey and garlic in a small bowl and mix well.

Then dice the halloumi into bite sized pieces.

Next cut the courgette and bell peppers into slices.



## Preparation Method

You then need to thread a chunk of halloumi, slice of courgette, slice of red pepper, slice of yellow pepper and a cherry tomato.

Cook for a few minutes on both sides on the BBQ or under the grill.

Once the kebabs are made, drizzle with the marinade and enjoy.

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Nutritional value per serving

Calories: 210 | Total Fat: 11.3g | Saturated Fat: 5.1g | Carbohydrates: 7.1g | Fibre: 1g | Protein: 17g





## Tandoori Paneer Kekabs

Serves 4

- 250g paneer, cut into 1 inch cubes
- 300g plain low fat yoghurt
- 4 tbsp. tandoori powder
- 2 tsp. garlic, finely chopped
- 1 chilli, finely chopped
- 2 tsp. ground cumin
- 2 tbsp. fresh lemon juice
- ¼ tsp. salt
- 2 green bell peppers, cut in to 1 inch squares
- 2 large white onions
- 15 white mushrooms, cut in to quarters
- 8 BBQ skewers

### Preparation Method

Should you using wooden skewers, ensure you wet them half an hour prior to cooking.

This dish is a firm family favourite. It is a spicy, aromatic dish; a perfect complement to a bright, sunny day.

Tandoori Paneer Kebabs are really filling and unbelievably tasty.



## Preparation Method

Combine the yoghurt, tandoori powder, lemon juice, garlic, ginger, chilli and salt in a large mixing bowl.

Then mix the paneer, onions, bell pepper and mushrooms thoroughly into the yoghurt mixture.

Place in the fridge for at least a couple of hours. You can do this the night before if you wish.

Next thread a chunk of paneer, slice of bell pepper, slice of onion and slice of mushroom on to the BBQ skewers. Repeat the process until the skewer is full.

Grill the paneer kebabs for 10 minutes, until the paneer has browned slightly.

Serve hot with wedges of lemon and savour!

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Nutritional value per serving

Calories: 240 | Total Fat: 17.3g | Saturated Fat: 7.1g | Carbohydrates: 10.9g | Fibre: 1.8g | Protein: 11.8g





## Sizzling Lamb Burgers

Serves 4

- 500g lamb mince
- 1 onion, finely chopped
- 4 cloves garlic, finely chopped
- 3 tsp. parsley, finely chopped
- 3 tsp. mint leaves, finely chopped
- Salt and pepper to taste

These sizzling lamb burgers can be prepared the night before for lunch or dinner.

They are a fantastic way of enjoying a hot day.

### Preparation Method

Place the lamb mince in a mixing bowl.

Add the onions, garlic, mint, parsley, salt and pepper to the mince as well as salt and pepper to taste.

Then divide the mixture into 8 and shape each portion into round burgers.

Place on a hot barbecue or under the grill and cook each burger for around 8-10 minutes.

Turn regularly until cooked to your taste.

Serve with a cool mint yoghurt dip.

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Nutritional value per serving

Calories: 220 | Total Fat: 17.1g | Saturated Fat: 6.2g | Carbohydrates: 4g | Fibre: 1g | Protein: 22g



## Lamb Shashlik

Serves 4

- 500g lamb, diced
- 2 onions, roughly cut into wedges
- 1 red, 1 yellow and 1 green bell pepper, diced
- Juice of 1 lemon
- 4 tsp. garlic, finely chopped
- 3 sprigs of rosemary
- 3 tbsp. olive oil
- Salt and freshly ground pepper to taste
- 8 BBQ skewers

This dish is easy to make and full of delicious flavours.

You can prepare this dish the night before, ready for the barbecue the next day. Alternatively, you can cook this dish on the grill.

### Preparation Method

Mix the lamb, oil, garlic, lemon juice and rosemary together.

Cover and place in the fridge for a couple of hours.

Thread a piece of lamb on to your BBQ skewers followed by a slice of red bell pepper, a slice of onion and a slice of green pepper.

Repeat the process until the skewer is full.





## Preparation Method

Place the lamb on the BBQ and cook for about 5 minutes until it changes colour.

Then, turn over and cook for a further 5-10 minutes to your taste.

In order to test whether or not the lamb is cooked, place a skewer into the lamb.

Should the juice be bloody, then the meat is not cooked. However, if the liquid is clear then the lamb is ready.

This dish is ideal served hot with the mint yoghurt dip, tomatoes and cucumber.

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Nutritional value per serving

Calories: 250 | Total Fat: 17.2g | Saturated Fat: 6.3g | Carbohydrates: 4g | Fibre: 0g | Protein: 25.2g



## Lamb Meatballs

Serves 5

- 400g lamb, minced
- 2 small onions, finely chopped
- 3 tsp. garlic, finely chopped
- 3 tsp. ginger, finely chopped
- 2 green chillies
- 3 tsp. ground cumin
- 3 tsp. ground coriander
- 1 tbsp. fresh coriander, finely chopped
- ¼ tsp. ground black pepper
- Salt to season
- 8 BBQ skewers

Lamb Kofte or lamb meatballs are a tasty, easy to make treat.

You can prepare the meatballs the night before for that hot day's barbecue or for cooking under the grill.

### Preparation Method

Combine the mince, onion, garlic, ginger, chillies, ground cumin, ground coriander, fresh coriander, salt and pepper in a bowl until they are mixed well.

Place this mixture in the fridge for at least an hour.

Then remove the mixture from the fridge and form 16 balls out of it.





## Preparation Method

Place each ball around the tip of a metal skewer and flatten it into a 4 inch or 10 cm long oval.

Cook the skewered meatballs on a hot barbecue or under a preheated grill.

Turn regularly until the meatballs are cooked through. This takes approximately 15 minutes.

Serve hot with the homemade tomato ketchup.

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Nutritional value per serving

Calories: 260 | Total Fat: 11.2g | Saturated Fat: 4g | Carbohydrates: 7.9g | Fibre: 1g | Protein: 21.2g



## Chicken & Mushroom Kebabs

Serves 4

- 250g skinless chicken breasts, diced
- 200g mushrooms, roughly chopped
- 1 red bell pepper, roughly chopped
- 1 green bell pepper, roughly chopped
- 2 onions, sliced roughly
- 3 tsp. garlic, finely chopped
- 3 tsp. ginger, finely chopped
- 1 tsp. green chilli, finely chopped,
- 3 tbsp. light soy sauce
- Salt and pepper to taste

This dish combines a variety of spices to excite your taste buds without overwhelming them.

These kebabs are easy to prepare and delectable.

### Preparation Method

Combine the garlic, ginger, chilli and soy sauce to make the marinade. Place the chicken in the marinade and set aside to marinate for at least an hour at room temperature or overnight in the fridge.

Thread a chicken piece, a slice of green bell pepper, a slice of mushroom and a slice of green bell pepper onto the BBQ skewer.

Repeat the process until the skewer is full.





## Preparation Method

Grill the kebabs for approximately 10 minutes, turning frequently during cooking.

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Nutritional value per serving

Calories: 210 | Total Fat: 7.2g | Saturated Fat: 3.1g | Carbohydrates: 13.4g | Fibre: 1.4g | Protein: 18g



## Cajun-Spiced Chicken Drumsticks

Serves 4

- 8 chicken drumsticks
- 5 tsp. Cajun seasoning
- 2<sup>1/2</sup> tbsp. olive oil
- 1 small white onion, finely diced
- Juice of 1 lime
- Freshly ground black pepper to season

These Cajun-spiced chicken drumsticks combine various flavours. You can adapt this recipe by swapping the chicken drumsticks for turkey. You can also increase the amount of spice in it by adding ½ tsp. of cayenne pepper.

### Preparation Method

First you need to make the Cajun marinade by combining Cajun seasoning, oil, onion and lime juice in a ceramic dish. Season with pepper.

Wash the chicken drumsticks and pat dry with a paper towel and add the drumsticks to the marinade and make sure all of them are coated all over. Cover with cling film and leave in the fridge for at least 2 hours.

Cook on the barbecue, turning frequently and basting with extra marinade. Check the chicken is cooked through and none of the meat is pink in the middle, this should take around 15 minutes.

Enjoy with the mint yoghurt dip.

Nutritional value per serving

Calories: 280 | Total Fat: 17.3g | Saturated Fat: 7.2g | Carbohydrates: 13g | Fibre: 1.2g | Protein: 18g





## Zingy Whole Mackerel

Serves 4

- 4 whole mackerel, gutted and cleaned
- 4 tsp. garlic, finely chopped
- 4 tsp. ginger, finely chopped
- 1 large red chilli, deseeded and chopped
- 2 limes, zested and juiced
- 2 tbsp. sesame oil
- 1 tsp. Thai fish sauce

This sumptuous dish, packed full of omega-3 fatty acids, is a straightforward and tasty way to cook mackerel.

### Preparation Method

Wash the mackerel and score both sides of each mackerel five or six times, avoiding hitting the bone. In a bowl, combine the sesame oil, garlic, ginger, chilli, lime zest and juice and the Thai fish sauce. Coat each mackerel with the marinade.

Barbecue the mackerel for around five minutes on each side until the fish is charred and the eyes have turned white.

Place all of the fish in a large dish and cover with any leftover marinade and seasoning to taste, leave to stand for about 3 minutes before serving with a side of salad.

Nutritional value per serving

Calories: 250 | Total Fat: 8.5g | Saturated Fat: 2.4g | Carbohydrates: 0g | Fibre: 0g | Protein: 22g



## Salmon in Basil Sauce

Serves 4

4 salmon steaks (approx. 200g each)

5 tbsp. olive oil

200g fresh basil

Juice of 2 lemons

Salt and ground black pepper to taste

Basil sauce is a perfect accompaniment to salmon.

There is nothing quite like fresh salmon with a fresh basil sauce!

### Preparation Method

Remove the basil leaves from their stalks and whizz the leaves in a food processor.

Add the lemon juice and some seasoning.

Then slowly add the olive oil and place aside.

Brush the steaks with some olive oil and cook on the barbecue for around five minutes.

Serve with the basil sauce and enjoy.

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Nutritional value per serving

Calories: 250 | Total Fat: 14.2g | Saturated Fat: 3.1g | Carbohydrates: 4g | Fibre: 1.3g | Protein: 27g





## Chilli Prawns

Serves 4

300g cooked tiger or king prawns

8 BBQ skewers

3 tbsp. olive oil

1 tbsp. Dijon mustard

2 tbsp. sweet chilli sauce

Juice of 1 lemon

This dish is a zingy treat for a hot day. It combines some amazing flavours which compliment the prawns wonderfully.

### Preparation Method

Combine the olive oil, Dijon mustard, lemon juice and sweet chilli sauce together and place aside for 20 minutes.

Thread the prawns onto the skewers and place on a flat plate.

Put the marinade over the prawns and grill for 5 minutes altogether until the prawns are somewhat charred and ready to eat.

Serve and relish!

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Nutritional value per serving

Calories: 120 | Total Fat: 7g | Saturated Fat: 3g | Carbohydrates 23g | Fibre 0.3g | Protein: 23g



## Tomato & Mozzarella Salad w/ Herby Dressing

Serves 4

- 4 large tomatoes
- 100g mozzarella cheese
- 5 garlic cloves, finely chopped
- 2 tbsp. extra virgin olive oil
- 3 tbsp. fresh basil, finely chopped
- Salt and freshly ground pepper to taste

This salad is a fantastic light, low carb meal.

### Preparation Method

Slice the tomatoes and the mozzarella and place in a bowl.  
Add in the basil, garlic and olive oil and combine.  
Season to taste and enjoy!

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Nutritional value per serving

Calories: 175 | Total Fat: 11.4g | Saturated Fat: 4.5g | Carbohydrates: 12.2g | Fibre: 27.2g | Protein: 6.3g



## Avocado Salad with Tomatoes & Red Onions

Serves 4

- 200g mixed salad, finely chopped
- 2 medium avocados, in small chunks
- 1 medium red onion, finely chopped
- 4 medium tomatoes on the vine, chopped
- 50g fresh parsley, finely chopped
- 2 tsp. dried oregano
- 2 tsp. extra virgin olive oil
- Salt and ground black pepper to taste

This salad is a great dinner to have at the end of a busy day at work, it is easy to put together and enjoy and the sun is setting in the garden.

### Preparation Method

Place all the ingredients together and mix thoroughly without mashing the avocados.

Quite delicious and very quick!

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Nutritional value per serving

Calories: 48 | Total Fat: 3.3g | Saturated Fat: 0.5g | Carbohydrates: 5.2g | Fibre: 2.3g | Protein: 0.1g





## Chick Pea & Red Cabbage Salad

Serves 4

- 400g tinned chickpeas, drained + rinsed
- 50g red cabbage, finely shredded
- 50g fresh garden peas
- ½ red onion, grated
- 2 cloves of garlic, finely chopped
- 1 tsp. dried oregano
- 2 tbsp. lemon juice
- 1 tbsp. red wine vinegar
- 2 tbsp. olive oil
- Salt and freshly ground pepper to taste

This salad is easy to throw together without compromising on taste.

It embodies the spirit of summer in its colours and flavours.

### Preparation Method

Combine all the ingredients together and mix well.  
Then season to taste.

Nutritional value per serving

Calories: 128 | Total Fat: 5.3g | Saturated Fat: 1.5g | Carbohydrates: 19.2g | Fibre: 3.7g | Protein: 4.1g



## Lemony Hot Smoked Salmon Salad

Serves 4

4 salmon steaks, hot (smoked, skinned)

100g new potatoes, cooked and chopped (use celeriac if you are on a very low carb diet)

100g asparagus tips

2 tsp. parsley, finely chopped

2 tsp. mint leaves, finely chopped

2 spring onions, chopped

70g radishes

1 ½ tbsp. lemon juice

75ml olive oil

This dish is a real delicacy.

It is a perfect combination of sumptuous smoked salmon and delicate celeriac, asparagus and herbs.

### Preparation Method

Boil some water in a medium sized pan.

Boil the potatoes until cooked.

Place the asparagus tips in the water for 2 minutes towards the end.

Drain the water and wait for the potatoes and asparagus to cool.

Combine the potatoes, asparagus, parsley, mint, spring onions and radishes.



## Preparation Method

Place the asparagus, celeriac, salad, onions, radishes and herbs in a big bowl.

Mix the lemon juice and olive oil to make a dressing.

Drizzle two thirds of the dressing onto the salad mixture and mix well.

Spread onto a large flat dish.

Then break the salmon onto this mixture and sprinkle with the chopped onions.

For the final touch, drizzle with the rest of the dressing.

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Nutritional value per serving

Calories: 300 | Total Fat: 19.5g | Saturated Fat: 3.5g | Carbohydrates: 13.5g | Fibre: 2.1g | Protein: 21.7g





## Chicken Caesar Salad

Serves 4

- 1 large head of romaine lettuce, roughly torn
- 400g of diced, cooked, skinless chicken breast
- 100g freshly grated parmesan cheese
- 120ml low-fat plain yoghurt
- 2 tbsp. fresh lemon juice
- 2 tsp. olive oil
- 1 tsp. Dijon mustard
- 2 cloves of garlic, finely chopped
- 1 tbsp. olive oil
- 50g stale bread cubes
- Salt and freshly ground pepper to season

Caesar Salads are notorious for being high in fat due to their creamy dressings and fat laden croutons. They can also be high in carbs.

This Caesar Salad is low fat and low carb, using home made croutons.

### Preparation Method

Heat a griddle pan on low heat and add the olive oil.

Place the bread cubes in it and sauté.

Once the bread cubes are golden brown, season to taste.



## Preparation Method

Allow to cool.

Place the Romaine lettuce in a large bowl.

Put the chicken and croutons in it and sprinkle the cheese on top.

Combine the yoghurt, lemon juice, olive oil, Dijon mustard and garlic then mix well.

Then drizzle the dressing on to the salad.

Toss gently until combined.

Season to taste with freshly ground black pepper.

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Nutritional value per serving

Calories: 200 | Total Fat: 4.8g | Saturated Fat: 2.5g | Carbohydrates: 22.5g | Fibre: 2.6g | Protein: 20.1g



## Prawn & Asparagus Salad

Serves 4

400g asparagus, woody stems removed

220g cooked king prawns

80ml extra virgin olive oil

1 garlic clove, finely chopped

1 tbsp. fresh parsley, finely chopped

Juice of 1 lemon

Salt and black pepper to taste

This salad makes for a light lunch or supper.

It is low in carb and fat as well as being high in protein.

### Preparation Method

Boil some water in a medium sized pan.

Boil the asparagus for 3 minutes. Drain the asparagus.

Put the prawns in the boiling water for 30 seconds. Place the prawns in a large bowl.

Slice the asparagus spears and place in the bowl with the prawns.

Add the remaining ingredients and mix together.

Nutritional value per serving

Calories: 320 | Total Fat: 10.1g | Saturated Fat: 3.2g | Carbohydrates: 15.4g | Fibre: 4.5g | Protein: 20.1g



# DIPS

A SELECTION OF OUR FAVOURITE DIPS





## Mint Yoghurt Dip

Serves 4

200ml of low fat plain yoghurt

1 tbsp. mint sauce

### Preparation Method

Place the yoghurt in a bowl and add in the mint sauce.

The dip is now ready to serve.

This dip is a great, refreshing accompaniment to the Lamb Meatballs, Cajun Chicken and Tandoori Paneer.

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Nutritional value per serving

Calories: 80 | Total Fat: 5.1g | Saturated Fat: 2.5g | Carbohydrates: 6.2g | Fibre: 1.0g | Protein: 4.3g





## Homemade Tomato Ketchup

Serves 4

- 1 large white onion, chopped roughly
- 1 large red onion, roughly chopped
- ½ bulb fennel, roughly chopped
- 500g cherry or plum tomatoes, finely chopped after blanching
- 500g tinned plum tomatoes, finely chopped in a food processor
- 2 tbsp. tomato purée
- 150ml white wine vinegar
- 70g soft brown sugar
- 2 cloves of garlic, finely chopped
- 2 tbsp. fresh basil, finely chopped
- 1 tsp. ground coriander
- ¼ tsp. cinnamon
- ½ tsp. freshly ground pepper
- 5 tbsp. olive oil
- Salt to taste

Shop bought tomato ketchup is high in sugar. This recipe for a homemade version is simple to make and far more healthy.

It also lasts in the fridge for up to a month.





## Preparation Method

Whizz the onions and fennel in a food processor until they are finely chopped.

Put the olive oil in a large pan a low heat and add in the onion, fennel and celery into the pan.

Cook for around 5 minutes until soft.

Add the garlic and cook for another three minutes

Then add the spices and cook for another minute.

Add all the remaining ingredients and cook on a low heat for minutes or so until the liquid is reduced.

Once cool the tomato ketchup is ready to serve.

This will keep in the fridge for up to a month.

---

Nutritional value per serving

Calories: 27 | Total Fat: 1.2g | Saturated Fat: 0g | Carbohydrates: 4.2g | Fibre: 0.6g | Protein: 0g



## Mexican Tomato Salsa

Serves 4

- 4 ripe vine tomatoes
- 1 red onion, finely chopped
- 1 tsp. garlic, finely chopped
- 1 tsp. coriander, finely chopped
- Juice of half a lime
- 1 red chilli, finely chopped (optional)
- Salt to taste

Who says you cannot make your own salsa and that you don't have time?

This salsa is quick to make, without compromising on flavour.

### Preparation Method

Finely chop the tomatoes.

Add the rest of the ingredients and mix thoroughly.

If you want a finer salsa, put all the ingredients in a food processor and whizz.

Serve with barbecued or grilled meat or vegetables.

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Nutritional value per serving

Calories: 14 | Total Fat: 0.2g | Saturated Fat: 0g | Carbohydrates: 3.3g | Fibre: 0.6g | Protein: 0.5g



## Homemade Hummus

Serves 4

250g tinned chickpeas, drained and rinsed

3 tbsp. tahini

2 cloves garlic, crushed

3 tbsp. sesame oil

2 tbsp. lemon juice

1 tsp. paprika

Salt to taste

This homemade hummus is low in calories, carbs and fat.

It is also delicious as a snack with veggie crudités, like carrots, celery or asparagus tips.

### Preparation Method

Whizz all the ingredients in a food processor or blender.

Add a bit more oil or water if the mixture is too dry.

Serve with vegetable crudités.

---

Nutritional value per serving

Calories: 20 | Total Fat: 0.3g | Saturated Fat: 0.0g | Carbohydrates: 18.5g | Fibre: 0.4g | Protein: 0.3g





## Pea Dip

Serves 4

- 300g of frozen peas
- 2 tbsp. almond butter
- 2 cloves of garlic, finely chopped
- 5 sprigs of thyme
- Juice of 1 lemon
- 3 tbsp. olive oil
- 50g feta cheese

This dip is a great accompaniment to grilled or barbecued meat.

The thyme and the nutty flavour of the butter balance the sweetness of the peas perfectly.

### Preparation Method

Boil the peas until tender.

Then place the peas, almond butter, garlic, thyme, lemon juice and olive oil in a blender.

Whizz until the mixture is smooth.

Crumble the feta cheese on top and serve with a selection of crudités, including carrots and celery.

Nutritional value per serving

Calories: 90 | Total Fat: 5.2g | Saturated Fat: 2.5g | Carbohydrates: 9.2g | Fibre: 3.4g | Protein 3.1g



## Mojo Rojo

Serves 7

- 3 large tomatoes, blanched
- 50g ground almonds
- 50ml cider vinegar
- 5 cloves of garlic, crushed
- 1 tsp. ground cumin
- 1 red chilli, finely chopped
- Olive oil to taste
- ¼ tsp. salt
- 1 tsp. freshly ground coriander

“Mojo” is Spanish for “dip” and rojo is Spanish for red.

This dip can also be “verdante” should you use green vegetables as opposed to red vegetables.

### Preparation Method

Mix the salt, ground almonds and garlic together.

Add the remaining ingredients other than the oil and mix.

Then add the olive oil and mix to the consistency that you want.

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Nutritional value per serving

Calories: 60 | Total Fat: 3.2g | Saturated Fat: 2.0g | Carbohydrates: 4.5g | Fibre: 0.8g | Protein: 0.7g



## Satay Peanut Dip

Serves 4

- 6 shallots, finely chopped
- 1 tsp. ginger, finely chopped
- 2 cloves of garlic, finely chopped
- 2 tbsp. crunchy peanut butter
- 2 tbsp. dark soy sauce
- 1 tbsp. light soy sauce
- Juice of 1 lime
- 1 tsp. coriander, finely chopped
- 1 red chilli, finely chopped
- 1 tsp. sesame oil

This dip goes fantastically with the Chicken Kebabs and the Tandoori Paneer Kebabs.

This is also a great dip for vegetable crudités like bell peppers and carrots.

### Preparation Method

Heat the oil on medium heat.

Cook the shallots until golden brown.

Lower the heat, and then add the ginger, garlic, peanut butter, soy sauces, chilli and sesame oil.

Cook for a couple of minutes until the mixture is smooth.





## Preparation Method

Should the mixture thicken too much, add a little water.

Once the mixture is cool, add the lime juice and coriander.

---

Nutritional value per serving

Calories: 150 | Total Fat: 12.0g | Saturated Fat: 4.0g | Carbohydrates: 6.1g | Fibre: 1.2g | Protein: 2.1g



## Black Eyed Bean & Harissa Dip

Serves 4

400g black eyed beans, drained and rinsed

2 cloves of garlic, finely chopped

1 small red onion

50g flat leaf parsley

½ tsp. Harissa paste

Juice of a lemon

1 ½ tbsp. of extra virgin olive oil

This dip originates from Portugal. The sharpness of the lemon lightens the sweetness of the beans, which in turn balances the heat from the Harissa.

### Preparation Method

Put all black eyed beans, garlic, onion, parsley and Harissa paste in the food processor and whizz.

Add the olive oil and lemon juice and whizz some more.

Once the mixture is coarse, it is ready.

This dip is fabulous with cucumber, raw cauliflower and raw broccoli.

---

Nutritional value per serving

Calories: 125 | Total Fat: 73g | Saturated Fat: 4.0g | Carbohydrates: 13.0g | Fibre: 2.5g | Protein: 3.1g



# DRINKS

A TEMPTING ARRAY OF OUR FAVOURITE SUMMER DRINKS







## Lime Juice & Soda

Serves 4

4 tsp. sweetener

100ml chilled lime juice

30g fresh mint

1 litre soda water

Crushed ice

Mint leaves, for garnishing

This drink is refreshing and a great way to add some extra sparkle to a sunny day.

### Preparation Method

Place the sweetener in a 1.2 litre jug. Add the lime juice.

Crush the mint leaves.

Add them to the jug.

Partly fill the jug with crushed ice and mix thoroughly.

Add the soda water.

Then garnish with sprigs of mint and lime wedges before serving.

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Nutritional value per serving

Calories: 54 | Total Fat: 0g | Saturated Fat: 0g | Carbohydrates: 15.0g | Fibre: 2.9g | Protein: 1.2g



## Homemade Lemonade

Serves 10

- 100ml of fresh lemon juice
- 1 ½ tbsp of sweetener
- 300ml chilled soda water
- 12 crushed ice cubes crushed
- 4 slices of lemon

What could be a better way of soaking in the sunshine than with a glass of homemade lemonade?

### Preparation Method

Combine the lemon juice, sweetener and the soda water.  
Add the crushed ice cubes in.  
Then stir until the mixture is thoroughly mixed together.  
Pour in to glasses and garnish with lemons.

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Nutritional value per serving

Calories: 20 | Total Fat: 0g | Saturated Fat: 0g | Carbohydrates: 6.2g | Fibre: 0.1g | Protein: 0.1g



## Spicy Tomato Cooler

Serves 2

355ml tomato juice, chilled

¼ tsp. pepper, finely ground

Touch of celery salt

Dash of Worcestershire sauce

This is great way to cool down on a hot day.

### Preparation Method

Put the four ingredients in a jug.

Mix them together.

Serve on ice or as it is.

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Nutritional value per serving

Calories: 42 | Total Fat: 0.5g | Saturated Fat: 0.1g | Carbohydrates: 8.0g | Fibre: 0.9g | Protein: 0.8g





## Pimm's & Lemonade

Serves 4

200ml Pimm's

600ml chilled lemonade

Some sprigs of mint

A few slices of orange

A punnet of strawberries

### Preparation Method

You can make this refreshing drink two ways, in a jug or in individual glasses.

If you wish to make a jug's worth, mix the 200ml of Pimm's with 600ml of chilled lemonade.

Garnish with some sprigs of mint and some slices of orange and strawberry.

Alternatively, place 50ml of Pimm's in a long glass and top up with 150ml of lemonade. Garnish with a sprig of mint and some slices of orange.

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Nutritional value per serving

Calories: 226 | Total Fat: 0.2g | Saturated Fat: 0g | Carbohydrates: 21.0g | Fibre: 0g | Protein: 0.2g



## Sparkling Sangria

Serves 12

750ml bottle of dry red wine

100ml brandy

100ml orange liqueur

200ml orange juice

2 tbsp. sweetener

2 medium oranges, sliced

400ml soda water, chilled

Crushed ice

The chopped fruit used in sangria can be oranges, limes, lemons, apples, peaches, berries, melon, pineapple, grapes, mangoes or kiwifruit.

### Preparation Method

Put the wine, brandy, orange liqueur, orange juice, sweetener and orange slices in a large jug.

Place in the fridge for a minimum of 2 hours.

Then add the soda water prior to serving.

Sangria is best served over crushed ice.

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Nutritional value per serving

Calories 100 | Total Fat: 0g | Saturated Fat 0g | Carbohydrates: 9.0g | Fibre: 0g | Protein: 0g



## Disclaimer

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