

Recipes and recipe link for Virtual cooking Demo June 11, 2025 at noon.

1. Baked Fish Fillets with Thyme-Dijon Topping:

<https://diabetesfoodhub.org/recipes/baked-fish-fillets-thyme-dijon-topping>

2. High Protein Multi Grain Rice

Cooking Method:	Standard Yield: 2 servings
Menu Category:	Standard Portion: ½c rice
Allergens:	

Ingredients	Measure	Method of Preparation
Wild Rice or high protein multi grain rice	½ c	Stove top cooking <ol style="list-style-type: none"> Rinse the rice: Place the wild rice or multi grain rice in a fine-mesh strainer and rinse in the sink under cold running water. Shake to drain. Bring the rice and water to a boil: Place the rice in the saucepan and add 4 cups of water or stock, along with the salt (unless the stock is already salted). Bring to a boil over high heat. Reduce to a simmer: When the water has reached a boil, lower the heat to maintain a slow but steady simmer and cover the pan. Cook at a simmer for 45 minutes. Check the rice. It should be chewy and some of the grains will have burst open. It may need an additional 10 to 15 minutes — keep checking the rice and stop cooking when the grains are tender. Drain the rice: When the rice is done, pour it into a strainer to drain off any remaining liquid (optional). Fluff and serve: Fluff the rice with a fork
Water, stock or mix	2c for stove top, 1c for rice cooker	
		Rice cooker <ol style="list-style-type: none"> Rub with butter or spray rice cooker pan with nonstick cooking spray. Add water or stock, rice, and salt to taste. Cover and cook about 40- 50 minutes, or until rice is fluffy. Let stand 10 minutes more before serving.

3. Wild Rice and Kale salad

Standard Yield: 4 servings

Ingredients	Measure	Method of Preparation
High Protein Rice, cooked	1 cup	<ol style="list-style-type: none">1. Remove the ribs from the kale and finely chop the leaves (you should have about 2 to 3 cups); add the kale to the bowl. Add half of lemon juice and a pinch of salt and massage kale with clean hands until soften.2. Chop the green onions (about 1 cup) and seed and chop the red bell pepper and apple.3. Add the rice to the bowl of dressed vegetables. Add dried cranberry and toss well to coat.4. Before serving, stir in the feta and taste and adjust the seasonings as needed, adding an extra squeeze of lemon juice to brighten the flavors.5. Store leftovers in an airtight container in the fridge for up to 3 days.
extra-virgin olive oil	2 tbsp	
lemon juice, more as needed (from 1 to 2 lemons)	¼ cup	
clove garlic, pressed or minced	clove	
Kosher salt	½ tsp	
freshly ground black pepper	¼ tsp	
maple syrup	2 tsp	
Kale, chopped	1 bunch	
Scallions, shopped	1 bunch	
Red or orange bell pepper	1 medium	
Apple, chopped	1 cup	
Dried cranberry	½ cup	
Crumbled feta cheese (optional)	½ cup	

4. Blueberry Mint Lemonade

Standard Yield: 6 servings

Ingredients	Measure	Method of Preparation
Blueberries, fresh or frozen	½ cup	<ol style="list-style-type: none">1. Add blueberries, honey and water to a pot, and bring water to boil2. Add mint and let it simmer for 2-3 minutes3. Let it cool for 10-15 minutes then add lemon juice4. Chill in refrigerator before serving or pour over ice and enjoy!
Honey or sugar substitute (optional)	1/4 cup	
Mint leaves	½ cup	
Lemon juice	4 tbsp	
Water	6 cups	