

Food Demonstrations

Lesson 1: Diabetes Awareness and Carbohydrates

- Lady of the Sea Oven Fried Fish (for demonstration)
- Louisiana Okra and Tomatoes (for demonstration or prepare ahead)
- Tangy Fruit Salad (prepare ahead)
- Snack idea:
 - Snackin' Cinnamon Popcorn (prepare popcorn ahead; demonstration)
- Breakfast idea:
 - Walnut Waffles with Blueberry Sauce (prepare batter ahead; demonstration)

Lesson 2: Diabetes and Nutrition

- Spicy Grilled Chicken (marinate ahead; demonstration)
- Glazed Carrots (demonstration)
- Mexican Rice (prepare ahead or demonstration in rice cooker)
- Snack idea:
 - Meaty Biscuit Cups (demonstration)

Lesson 3: Balancing Your Lifestyle

- Breakfast idea:
 - Broccoli Chicken Frittata (demonstration)
- Parmesan Cornbread (demonstration)
- Banana Split Dessert (prepare ahead)
- Snack:
 - Festive Chicken Roll-up (prepare ahead)

Lesson 4: Modifying Recipes to Manage Diabetes

- Chicken Okra Gumbo with Rice (prepare ahead)
- Fruity Romaine Spinach Salad (demonstration)
- Hot Fudge Cake (demonstration – plan for 90-minutes cooking time)
- Snacks:
 - Lemon Avocado Dip with Pepper Strips (prepare ahead)
 - Creamy Peanut Dip with Fruit Wedges (prepare ahead)

Lesson 5: Living Well with Diabetes

- Luscious Lemon Cake (prepare ahead)
- Festive Chicken Roll-ups (demonstration)
- Southwestern Roasted Vegetables (demonstration)

Lesson 6: Holiday Special (optional)

- Wonderfully Tart Cranberry Sauce (demonstration)
- Holiday Eggnog

***The recipe demonstration portion of each class is an integral part of the program. It is important to show participants that healthy food can be prepared easily and quickly. Recipes have been selected for each class to offer a balanced tasting experience. They will receive only a sample-size serving. Some, but not all, classes offer a dessert. This is done to remind participants desserts are not appropriate at every meal and should be served only occasionally.**

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