



Winchester  
District  
Memorial  
Hospital

# Preventing Diabetes Newsletter

VOLUME 11, ISSUE 3

OCTOBER 2017

## Quote of the Day

“...no one is born  
a great cook, one  
learns by doing.”

– [Julia Child, My  
Life in France](#)

## Kitchen Gadgets

In past newsletters we've looked at how important it is to eat a high fibre diet to help reduce your risk of diabetes. Adding more vegetables to your plate is an easy way to up your fibre. Plus veggies are loaded with vitamins and minerals along with antioxidants and other phytochemicals that help protect you against heart disease and cancer. The drawback is that it can be time consuming to prepare them. Enter the mandolin and the spiralizer to help speed things up:

I recently purchased an **OXO Good Grips Hand Held Mandolin Slicer**



and I'm thrilled with it! This mandolin is very basic and inexpensive at

around \$20 and it slices in 3 thicknesses. Some mandolins have removable parts so you can julienne and crinkle cut your veggies. What I like about this mandolin is how simple it is to use, clean and store - no moving parts that need to be stored (and then get lost) in your drawers. I'm always amazed at how quickly I can get the veggies ready for salads, coleslaws, soups, stir-fries and veggie platters. Warning - make sure to use the included slicing guide to prevent slicing off your fingertips!

I also purchased an **OXO Good Grips Handheld Spiralizer**



which is about \$25. This little gadget turns vegetables like zucchini into spirals.

Again, this is a simple model that does not take up much drawer space. You can replace all or some of your noodles with zucchini spirals. It's a great way to cut back on pasta. This cuts the calories, the carbohydrates and ups your vegetables and fibre. Just remember that the spirals don't take as long to cook as pasta - a couple of minutes in boiling water is enough. I also use the spiralizer to turn zucchinis, carrots, kohlrabi, beets and cucumbers into amazing looking salads. I'll even use the broccoli core to stretch my grocery dollars. I also use the spiralizer or the mandolin as a quick way to prep my carrots and turnips for boiling or roasting. You can even spiralize fruit like apples and pears for the kids in your life.

Hope this helps!



# Greek Zucchini Noodles

With feta, olives, artichokes and tomatoes



## Instructions

### Makes 4 servings

1. Prepare all the ingredients before you start.
2. Using a julienne peeler, mandolin slicer with julienne attachment, vegetable spiralizer or knife, slice the zucchini and squash into noodles.
3. Bring about 5 cups of water to a boil in a medium sauce pan.
4. Once the water is boiling, add the zucchini noodles and boil for 3 minutes.
5. Drain noodles into a strainer and gently press some of the excess liquid out with a paper towel. (They tend to make added sauce runny if you don't.)
6. Add zoodles and all remaining ingredients to a medium bowl and toss to combine.
7. Serve immediately.

## Ingredients

- 1 lb. (about 2 medium) green zucchini
- 1 lb. (about 2 medium) yellow zucchini
- 1, 15oz can no sodium added diced tomatoes, drained
- 1 cup artichoke hearts, drained and diced
- 1 cup black olives, drained and sliced
- 1 cup crumbled feta cheese
- pepper to taste
- 1 cup cooked chicken

### Nutritional analysis per serving

Calories 250kcal, Protein 21g, Carbohydrate 16g, Fibre 5g, Fat 8g, Sodium 585mg

### Notes

Recipe from [sustainingthepowers.com](http://sustainingthepowers.com)

# FYI

## DIABETES CANADA

The Canadian Diabetes Association is having symposium and exhibition in Ottawa at the RA Centre (2451 Riverside Drive) November 9th from 430pm to 900pm for people with Type I Diabetes. Please spread the word if you know anyone with Type I Diabetes.

November's **Community In-service** guest speaker will be Dr. Darrell Menard. He is giving a talk entitled 'Exercise is Medicine' on November 8th at 7pm in Room 401 at Winchester Hospital. Dr. Menard is a local physician who specializes in sports medicine, teaches at Ottawa and Queen's University, has lectured around the world and is an Olympic athlete. So join us for an invigorating talk!