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Chapter Five

WAY OUT AND DEFINITELY ABOUT



Chapter Five

RECIPES

When you're *out there*, on the move, doing what you do to win the world, then where food is concerned, if it isn't fast and easy, it doesn't cut it. Leisurely meals are for weekends, special occasions, first dates, special dates, very special dates. The rest of the time, it's snacks, lunches, and whatever you can grab. Of course, for diabetics—and for those of you trying to eat healthy the way we diabetics have to—a snack, lunch, or the smallest fistful of whatever you've grabbed must still offer a nutritional benefit, one that won't wreak havoc with blood sugar level. And if you're me, it also has to taste totally awesome, or what's the point?

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These recipes do all that, starting with breakfasts that can fuel you up for the day and including portable snacks that will keep you going all day—even if your day keeps you away from home till late at night, as mine often does.

It's the daily dance. Dancers warm up at the barre or take a class every day to stay in trim. Diabetics have an equivalent discipline for staying healthy and safe. It consists of fueling up, cleaning up, and packing up before we set forth from Fortress Home.

FUELING UP

Even with insulin supplying what our bodies lack, we diabetics are always walking a fine line between getting some nutrition inside us and making sure it's the kind of nutrition that will keep our blood sugar at the right level. Taste has usually come in a poor third after those two goals, especially at breakfast, which often seems a sort of utilitarian meal aimed at just getting the body in gear. No more. Check out the granola, oatmeal, and pancakes recipes in this chapter. These are not the granola, oatmeal, or pancakes you grew up with by a long shot, but trust me when I say they are breakfasts that will supply power for a day of whatever you've got going, and they will send you off with your taste buds satisfied as well. That is a better way to start the day than is a “useful” breakfast with indifferent taste.

If you don't have time to put together a real breakfast, I'm a big fan of grabbing a yogurt and a fresh fruit—banana, apple, plum, whatever's in season—supplemented by a shot of acai extract and some vitamin supplements.

I use acai a lot in the recipes in this book, and here's why. This small berry from the Amazon basin in Brazil packs an enormous amount of antioxidant power, and with its fruity character and vaguely chocolate aftertaste, it gives me almost countless possibilities for cooking. (It's not totally irrelevant that acai is also a renewable resource that can provide a sustainable livelihood for jungle dwellers without damaging the rain forest.) So it's a food we can applaud for a lot of reasons and use to healthful *and* culinary effect in cooking.

As for vitamin supplements, I know that lots of people shun them; they figure it's better to get all your nutrition in food. And ideally, that's probably true. But given the nature of our disease, xtra boost, and supplements are one good way to get it. Of course, as all the disclaimers say, you should check with your doctor about anything you ingest. I di.

CLEANING UP

For diabetics, oral health isn't just about having a pretty mouth and white teeth. Actually, that's true for non-diabetics as well, but for diabetics, a scrubbed-clean mouth is really major. Research has shown that what my dentist calls a “two-way street” exists between what happens in the mouth and its effect on the rest of the body—and vice versa. Our gums, teeth, and palate are so delicate and play such a vital role in our overall wellness that gum disease or any kind of oral-health issue can have very serious consequences on the heart, the digestion, the immune system, and all the other systems of the body. And unfortunately, diabetics are more susceptible than most people to infections of the gums and mouth. The difficulty we have regulating our blood sugar level can slow our circulation and lower our resistance.

So for us, treating the mouth with the utmost respect is a matter of preventive health, and to me that means a mouth shower twice a day every day. My practice is to clean with fluoride and floss my teeth in the morning and at night—and in between if and when I can. I know: Flossing blows. No one likes doing it. It's time-consuming and, let's face it, kind of gross. But if you're interested in your own overall wellness, it's one of the most important things you can do, and it offers a pretty rich payback in terms of health. Also, this twice-a-day mouth shower does give you a pretty mouth and white teeth, and that never hurts. So clean up, and smile.

PACKING UP

Okay. You're stoked, clean, and smiling—ready to grab your stuff and head out the door. “Grabbing your stuff” is another place where the discipline of a routine can keep you healthy and let you keep going through the day. I'm talking about a system for making sure that you have with you at all times the stuff you need to have with you at all times. There's no “give” on this. No exceptions. No time when you *may not need* to have your meter, test strips, insulin, syringe/pen, etc. on your person and within reach instantly. You *always* need your stuff. It really is a matter of life and death.

There's a pretty simple organizing principle for managing this packing up: Put the diabetes supplies—your personal medical essentials—together, separated out from everything else,

and always in the same place. The idea is not just that they're there, but that you *know* they're there, you know exactly where "there" is, and you know that you can just reach in and grab them as and when needed. With that kind of confidence, you can dance all day.

I was 14 when I figured out the pocket system that has served me well ever since, and I'm happy to share it here—although women may want to adapt it to the reality of skirts and purses. It's a simple, binary system: left pocket for medical, right for the personal stuff I feel naked without. The left-pocket contents are unchanged—in my case, three syringes, two bottles of insulin and a third backup if the pants allow it, meter, and test strips. The right-pocket essentials change with the season, or the pants, or my mood; at the moment, they include a Chapstick, chewing gum, Lifesavers, and my wallet. But the left-pocket medical contents do not change.

Women carrying a bag—and bags these days seem the size of miniature steamer trunks—could stash the left-pocket stuff in a zippered compartment, if your bag has one. Or keep it in a mini-Dopp kit or some sort of stuff sack that you can quickly and easily put your hands on. One woman I know keeps her stuff in a furry bag so she can feel it among all the other stuff in her giganto tote bag. The principle, in any event, persists: medical essentials together, separate, always in the same place, easily accessible.

Today's backpacks might have been made for us diabetics. Those zippered compartments are secure repositories for additional backup syringes—at least, that's what I stuff in there—and the outside slots are perfect for a bottle of juice. I tend to fill my backpack with way too much stuff—laptop, iPod, workout clothes, a zillion chargers for all my electrical and electronics items, notebooks, file folder, the book I think I'll read on the subway if I get a seat, etc.—but I always know my syringes are there if needed and there's a Naked Juice handy in case of low blood sugar. All I have to do is reach around and grab what I need.

The other must-have item to carry—in purse, pocket, briefcase, tote bag, or backpack—is one of the snacks in these recipes. Portable and packable, these snacks can keep you fortified, energized, and satisfied all day. You'd really rather have the roasted trail mix or toasted hemp seed when you need a sweet hit or the kale or apple chips when you crave a bit of salt than take a chance on an over-priced, over-sweetened, high-calorie, under-nourishing "energy bar." Stick to the real thing...

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ORAL HEALTH: DR. GERRY SAYS...

I've asked my good friend and dentist, Dr. Gerry Curatola, to explain why oral health is so important, whether you're diabetic or not. Here's what he has to say..

"Did you know that if you have dental disease—specifically, gum disease—you are seven times more likely to develop type 2 diabetes?

"By the same token, diabetics like Sam have to be extra careful about getting dental disease.

"Think of your mouth as a garden. In it grows what we call the oral biofilm, an aggregation of cells, including millions of bacteria, that have an essential role in your ability to live—protecting you, aiding in digestion, and even manufacturing vitamins in the body. The oral biofilm is a perfectly balanced, healthy ecology. Throw that ecology off balance, and you become vulnerable to the formation of unhealthy plaque, which promotes tooth decay and gum disease and all that they can do to the rest of your body. What can throw the balance off? Four things in particular:

"Food is one—especially acid-promoting foods like refined carbs, sugars, and starches. Stress is another; it dries your mouth and can build up toxins. Not being fit can impede your circulation which in turn can throw your mouth health off balance. It's why runners have an especially low incidence of gum disease: Their better circulation translates into better gums. Finally, chemicals—like those found in detergent-style toothpastes, alcohol-based mouthwashes, and home bleaching systems—can disturb, denature, and dehydrate the natural ecology of your mouth. It's like brushing

FUELING UP

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SAM'S EXERCISE ROUTINE

I start every workout with a good 10 minutes of stretching, and I use that time to reflect and focus on the exercise. I call it "getting Zen"—I just try to get all the clutter and cobwebs out of my head and focus on my body and its strength and how the movement feels.

Then I jump on the treadmill for 10 minutes of hard cardio exercise—either running or jogging or walking.

So now my heart rate is up, my lungs are pumping, and I've worked up a bit of a sweat. I'm ready for the yoga that is central

to my exercise routine and for the targeted strength training that occupies just about every workout. And when I've finished with that, I always end with another 10 minutes of stretching to unwind and loosen all those muscles.

For me, music is crucial throughout this process, and I recommend it for keeping your mind from wandering back to the office, or over to the spat you had with your significant other, or how angry you are about the news coming out of somewhere or other. Also, it lays down a beat your body will automatically adjust to so you keep on keeping on. I stuff my iPod into a pocket in my sweatpants and

As for vitamin supplements, I know that lots of people shun them; they figure it's better to get all your nutrition in food. And ideally, that's probably true. But given the nature of our disease, we diabetics can use an extra boost, and supplements are one good way to get it. Of course, as all the disclaimers say, you should check with your doctor about anything you ingest. I did, and I've been okayed to take a daily multivitamin plus vitamins C and B.

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Grilled Strip Loin with Carrot Ginger Vinaigrette

4-6

Sliced meat on a slate or marble platter is sexy and sleek. Very minimal and quaint. Looks almost lavish: the meat sharply cut and finished with sea salt, the juices running after resting mixed with the vinaigrette. It looks like it tastes—which is absolutely wonderful. Rarely does something look this good and not match up in taste. Very minimal and quaint. Looks almost lavish: the meat sharply cut and finished with sea salt, the juices running after resting mixed with the vinaigrette. It looks like it tastes.

You're going to want to preheat your grill to medium to high heat.

In a large mixing bowl combine the garlic oil, rosemary, garlic cloves, shallot, and red wine vinegar and whisk until incorporated. Add the steaks and turn to coat with the mixture. before tossing the steaks in the mixture. Let steaks sit at room temperature for about 10 minutes.

On medium to high heat Grill the steaks for about 2 minutes, then give each one a quarter turn and grill 2 minutes longer to create nice cross-hatched grill marks. Flip the steaks and repeat on the second side, cooking a total of 4 minutes longer or until medium rare. Remove the steaks to a platter and season with sea salt and pepper. Let them rest for about 3 to 4 minutes.

Slice the steak thinly, cutting across the grain. Place the sliced steak on a serving platter before then drizzle with the carrot and chili vinaigrette.

3 tablespoons roasted garlic oil
3 tablespoons chopped fresh rosemary
4 garlic cloves, finely chopped
1 shallot, finely diced
2 tablespoons red wine vinegar
2 12- to 14-oz strip loin, preferably aged
Sea salt
Black pepper
Carrot Ginger Vinaigrette

Carrot & Chili Vinaigrette

3 carrots Brunoise
2 garlic cloves, smashed
1 3- to 4-inch piece ginger, grated and finely chopped
1 yellow onion brunoise
1 cup garlic oil
1/2 cup red wine vinegar
3 tablespoons agave nectar
2 tablespoons garlic sambal
2 tablespoons soy sauce
1 tablespoon mustard

Heat 2 tablespoons of the oil in a sauté pan over medium heat. Add the carrots, garlic, and ginger and saute until translucent. Then set aside, away from heat.

Take remaining ingredients except the oil from the sauté pan and place into a mixing bowl. With a hand mixer stream the oil in slowly until finished. If the consistency is too thick, just add a touch of water. Season with salt and pepper to taste.



Chickpea and Cherry Frittata



If this seems a bit of the odd man out or ugly duckling, you're a wuss: This recipe was totally loved by the crew on deck for all the food photos in this book. It's a statement—big, sort of out-of-line, shapely to look at and with bold flavors. Bang this one down in the warm skillet and put out some forks and napkins and red wine and watch how a group of intensely hung-over adults react. It should be on the Discovery Channel: a program entitled When Humans Go Apeshit Wild!! I'm so hungover, oh my head hurts, oh I want my bed, oh wait: What's that in the pan? Hey, is that pinot from Oregon? Yeah you get where this is going...

Preheat the oven to 350°.

In a medium size bowl, whisk together the cherries, eggs, chickpeas, goat cheese, almond milk, chopped thyme, and agave syrup.

Heat the olive oil in a medium sized oven-safe skillet over medium heat. Pour the egg mixture into the skillet.

Whisk in the cream of tar tar, then transfer skillet to the oven for 20 to 25 minutes. Then remove the frittata from the oven and let it cool for 5 to 10 minutes.

With a rubber spatula, gently work the frittata out the pan before sliding it onto a cutting board.

Cut it into portion-sized wedges and garnish each plate with mint before serving.

8 oz fresh cherries dried are fine

8 eggs

5 oz. of drained and rinsed chickpeas

4 oz of crumbled goat cheese

1/4 cup of almond milk

1/4 cup fresh chopped thyme

2 tablespoons agave syrup

1 tablespoon olive oil

1 teaspoon cream of tar tar

1/4 cup hand torn mint



Roasted Seed Trail Mix



Don't leave home without trail mix. You want a healthful snack with you whenever you hit the road—whether the road is a path in the Rockies or Main Street, Yourtown. For one thing, you can't be sure the food you'll find available when the munchies attack is going to be anything but junk. For another thing, when you need a quick hit, you don't want that hit to be a high-priced meal at the nearest restaurant. Prepared in advance, this trail mix balances just the right ratios of carbohydrates, protein, and fats. Accompany it with a low-calorie beverage, and it can be a full meal. Make up a bunch, grab as you go...

Preheat the oven to 400 degrees.

Combine the watermelon, pumpkin, and sunflower seeds, soy beans, almonds, and cocoa nibs, cinnamon, and salt and pepper in a mixing bowl.

Drizzle the oil and vanilla over the seed and nut mixture and toss to mix thoroughly. Spread the mixture on a rimmed baking sheet.

Bake for about 8 minutes, until the seeds are toasted.

**1/4 cup watermelon seeds
1/4 cup pumpkin seeds
1/4 cup sunflower seeds
1/4 cup soy beans
1/4 cup almonds
1/4 cup sweet and cocoa nibs
1 teaspoon ground cinnamon
Coarse sea salt to taste
Cracked black pepper to taste
2 tablespoons olive oil
1 drop vanilla extract**



Lemon Ricotta Hot Cakes



The proof of the pudding is, as always, in the eating. That's what it boils down to really. I mean, c'mon: Everybody knows somebody who says, "Oh yeah, so-and-so's lemon ricotta cakes are the best thing everrr." Which I totally appreciate and understand. But to put end to all of the angst-ridden arguing and controversial debating, I offer you this lemon ricotta cake. It really is the most perfect way to start the day. Imagine: It's Saturday morning, you're in bed, and in walks (insert name here) with a plate of this good, good eating—with a fried egg on top. Yikes. Some say puppies equal happiness. Yeah, well so do these.

In a large bowl mix together the lemon juice and zest, milk, ricotta cheese, agave, almond milk, low fat sour cream, apple sauce, egg yolks.

Then whisk in dry goods until just combined. In another bowl whisk the egg whites until soft peak, using a rubber spatula slowly fold in the egg whites.

Pre heat a skillet or griddle to medium heat spraying with cooking spray, pour 1/3 cup batter cook until bubbles on one side and flip until pancake is golden brown.

Makes about 12-15 pancakes

- 2 lemons juiced and zested**
- 1 cup milk**
- 1 cups whole wheat flour**
- 1 cup ricotta cheese**
- 3 tablespoons agave**
- 3 tablespoons almond milk**
- 1 tablespoon low fat sour cream**
- 2 tablespoons apple sauce**
- 1 teaspoon baking powder**
- 1 tablespoon truvia**
- 1 teaspoon baking soda**
- 3 eggs, separated**



Peas with Mint and Soft Poached Eggs



This dish will always have warm spot in mi corazon. It's one of the homiest of home dishes. I always meet Joel at the Noho star for breakfast to go over any unfinished business or what's in the near future. It's our date spot. So I always get the same thing, which is the heart-warming scrambled eggs with peas and tomatoes. The dish is simple and insanely delicious. This is my version of it. I get so stoked on fresh mint when I'm doing breakfast; it injects freshness and overwhelming sense of clean to everything it brushes. Make with cage-free or free-range hen's. If fresh peas are not in season, this can be made with sugar snap peas, pea sprouts, or ____.

In a saucepot, combine 4 cups of water with the vinegar, fine sea salt, and lemon juice. Bring to a rapid simmer over medium high heat.

Gently crack the eggs into a saucer and slide into the water one at a time. Cook until the eggs Let settle in the pot, about 3 minutes. Use a slotted spoon to transfer the eggs to a plate, draining them well. Set the eggs aside, keeping the water in the saucepan at a simmer.

In a large sauté pan heat the olive oil over medium-high heat. Add the celery, onion and garlic and cook, stirring occasionally, until translucent, about TK minutes.

While vegetables cook, drop the peas in the simmering water. Turn the heat up to high and boil the peas until bright green and vivacious, about 25 seconds. Use a strainer to scoop the peas out of the water and into the skillet with the celery, keeping the hot water at a simmer. Add the mint and tomatoes to the skillet with the peas. Add the lemon zest and juice and season well with sea salt and fresh pepper.

Toss everything once more, then divide the mixture among 4 plates or shallow bowls.

Gently place the eggs back in the simmering water for 5 or 6 seconds to reheat them, then scoop them out, drain well, and place one on each serving plate.

When the yolk breaks the dish goes from great to stellar in seconds.

- 4 cups of water**
- 1/4 distilled white vinegar**
- 1 tablespoon fine sea salt**
- 1 tablespoon fresh lemon juice**
- 8 free range, organic eggs**
- 3 tablespoons extra virgin olive oil**
- 2 garlic cloves, chopped**
- 1 celery stalk, sliced on the bias**
- 1 sweet yellow onion, diced**
- 2 cups shelled green peas**
- 2 tomatoes, preferably an heirloom variety, roughly chopped**
- Leaves from 1/2 bunch of mint**
- Zest and juice of 1 lemon**
- Smoked sea salt**

Fish Tacos with Tomato Salsa and Citrus Crema



If you don't have time to make your own fresh salsa, a good quality jarred one will do. On the west coast, mahi mahi is most often used to fill fish tacos, but any mild white fish, such as cod or tilapia, will work brilliantly.

Preheat the oven to 350°F. Place the butter and 4 tablespoons of the olive oil on a rimmed baking sheet and place it in the oven to melt the butter. When the butter is melted, arrange the fish fillets on the baking sheet and sprinkle with the parsley, cilantro, and garlic. Pour the wine around the fillets and season generously with salt and freshly ground black pepper.

Bake the fish for 10 to 12 minutes, or until it can be easily flaked with a fork. Break the fish into 1-inch chunks and set aside.

To assemble the tacos: Heat a grill pan over high heat. Place the tortillas in the pan, one at a time, and cook for about 15 to 30 seconds, or until they are hot and marked with grill lines. Remove the tortillas from the pan, brush with a little olive oil, and sprinkle with a little salt and freshly ground black pepper. Onto each tortilla, spoon 2 tablespoons of salsa, a few fish chunks, and some of the cabbage. Drizzle a tablespoon of the crema over all and top with 2 or 3 avocado slices. Season with more salt and pepper to taste and serve with a lime wedge.

2 tablespoons unsalted butter, cut into small pieces

4 tablespoons olive oil, plus more for brushing the tortillas

2 pounds cod, snapper, or mahi mahi fillets, skin removed

1/2 cup chopped flat-leaf parsley, loosely packed

1/2 cup chopped fresh cilantro

4 garlic cloves, chopped

1/4 cup dry white wine

16 flour tortillas (6" diameter)

Tomato Salsa (recipe follows)

1/2 large head green cabbage, halved, cored, and thinly sliced

Citrus Crema (recipe follows)

1 Hass avocado, pitted, peeled, and thinly sliced

2 limes, cut into 4 wedges each



Soba Noodles with Parsnips, Chili Paste, and Mint



A few years back I had this on a restaurant menu that I created. Sometimes we would add seared scallops or even razor clams, and they were phenomenal. Fresh seafood works wonderfully with the clean crisp flavors of the parsnip and mint, so there are sure a lot of things you could try here and come out happy.

Cook the noodles according to the package directions. Drain the noodles in a colander and run them under cold water for 30 seconds to stop the cooking and prevent them from sticking together. Drain well and set aside.

In a large sauté pan, heat the olive oil and sesame oil on medium heat. Add the parsnips, gingerroot, and garlic and cook for 2 to 3 minutes or until the parsnips are fork tender. Raise the heat to medium-high and add the chili paste, tahini, apple cider, cider vinegar, and chicken broth. Cook for an additional 2 minutes to heat through and marry the flavors, then add the mint and the cooked noodles and toss with tongs to combine. Season to taste with salt and freshly ground black pepper. Sprinkle with the orange zest and juice.

NOTE: ROASTING GARLIC

Roasted garlic adds a rich dimension to so many different dishes—and it's super easy to prepare. I usually roast about 2 heads of garlic at a time, but this recipe is easily halved for roasting smaller quantities.

2 cups grape seed oil

20 garlic cloves (about 2 heads), peeled

In a large saucepan, heat the oil over low heat. Once the oil begins to shimmer (be careful not to let it boil), add the garlic cloves. Cook the garlic uncovered for 1 hour and 15 minutes, or until the cloves are easily mashed with a fork.

Citrus Crema

MAKES 1 1/4 CUPS

Use a microplane grater to zest one lemon, one lime, and the orange. Place the zests in a small mixing bowl and add the yogurt and sour cream. Juice all of the lemons, limes, and orange into another small bowl and add 1/4 cup of their combined juice to the yogurt-sour cream mixture. Stir to combine and season to taste with salt and freshly ground black pepper. The crema can be refrigerated, covered, for up to 2 days.

1/2 cup plain organic Greek yogurt

1/3 cup sour cream

2 limes

2 lemons

1 orange

Tomato Salsa

MAKES 2 CUPS

Place a small skillet over high heat. When it begins to smoke, add the cumin and coriander seeds and toast until fragrant, about 1 minute, stirring constantly to prevent them from burning. Allow the seeds to cool, then use a mortar and pestle to crush them coarsely. In a medium bowl, toss together the tomatoes, onion, cilantro, jalapeño pepper, and lime juice. Add the crushed cumin and coriander seeds and mix well, then season to taste with salt and freshly ground black pepper. The salsa can be refrigerated, covered, for up to 24 hours.

Tomato Salsa

Makes 2 cups

1 tablespoon cumin seeds

1 tablespoon coriander seeds

3 medium vine-ripened tomatoes, diced

1 small red onion, diced

3 tablespoons chopped fresh cilantro

1/2 jalapeño pepper, seeded and finely chopped

1/4 cup fresh lime juice

12 ounces soba noodles

2 tablespoons roasted garlic oil

2 tablespoons sesame oil

1 cup parsnips, peeled and chopped

2 tablespoons peeled, finely chopped gingerroot

12 roasted garlic cloves (see note), lightly mashed

1 tablespoon red chili paste

2 tablespoons tahini

2 tablespoons organic apple cider or apple juice

2 tablespoons cider vinegar

1/4 cup reduced-sodium chicken broth

1 cup hand torn fresh mint

Zest and juice of 1 orange