



## A close-up photograph of a pan containing cooked chicken pieces and broccoli florets in a light-colored sauce. The chicken is cut into bite-sized pieces and has a golden-brown, slightly seared appearance. The broccoli florets are bright green and appear to be cooked but still retain some texture. The sauce is a light, creamy color and coats the ingredients. The pan is dark-colored, and the background is slightly blurred, focusing attention on the food.

- Sprinkle the chicken thighs with salt and pepper and then heat canola oil in a large, skillet set over medium high heat. When the pan is hot enough, add the pieces of chicken, nice-looking side down, and cook them without moving them for about 4 minutes, until they turn opaque about half way up and develop a nice golden crust. Flip the pieces of chicken and cook them for another 3 to 4 minutes, until the meat is cooked all the way through and the juices run clear. Remove to a plate.
- Put the skillet back over the heat source, lower the heat to medium and add the broccoli. Cook it for about 3 minutes, until slightly softened.
- Meanwhile, mix the chicken stock, vinegar, mustard, chili pepper flakes and corn starch together in a large glass measuring cup or other container, preferably one that is equipped with a spout.
- Pour this over the broccoli as soon as it's cooked to your liking; bring to the boil and continue cooking until the

A close-up photograph of a white ceramic bowl filled with sautéed spinach and onions. The spinach leaves are dark green and wilted, with some lighter green stems visible. The onions are sliced into thin rings and are translucent with some browning. The bowl is set on a light-colored wooden surface.

<b>OCTOBER 2018</b>						
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<b>NOVEMBER 2018</b>						
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## Curry Chickpeas with Spinach



### Ingredients

- 2 Tablespoons olive oil
- 1/2 cup chopped onion
- 2 cloves garlic, minced
- 1 inch fresh ginger, peeled and grated
- 1 1/2 Tablespoons curry powder
- 8 ounces fresh spinach
- 15 ounce can low-sodium tomato sauce
- 29 ounce can chickpeas, rinsed and drained

### Instructions

- Sauté the onion, garlic, and ginger in a large skillet with the olive oil over medium heat until the onions have softened (3-5 minutes).
- Add the curry powder and continue to sauté with the onion mixture for one minute more.
- Add about 1/4 cup of water to the skillet along with the fresh spinach and continue to sauté until the spinach has wilted. The water will help steam and wilt spinach.
- Add chickpeas and tomato sauce. Stir well to distribute the spices in the sauce and heat through (5 minutes).
- Serve over brown rice.

*Adapted from [budgetbytes.com](http://budgetbytes.com)*

## Garlic-Spiked Broccoli Mushrooms



### Ingredients

- 2 teaspoons olive oil
- 2 -3cloves garlic, minced
- 2 cups sliced button mushrooms
- 4 cups chopped broccoli
- 1 tablespoon chopped fresh rosemary (or 1 teaspoon dried)
- salt & freshly ground black pepper

### Instructions

- Heat oil in a large skillet over medium heat.
- Add garlic and onion - cook for 2 minutes until onion is translucent.
- Add cabbage and cook until wilted.
- Stir through parmesan, season to taste with salt and pepper. Serve!

*Adapted from [geniuskitchen.com](http://geniuskitchen.com)*

## Pears: A Sweet You Can Eat

Sometimes people think that since fruit naturally contains sugar, eating fruit is not appropriate for managing diabetes. Indeed, foods high in fiber, such as pears, taste sweet without having the deleterious effect of spiking blood sugar.

For those counting carbohydrates, a small piece of fruit contains about 15g, or one serving, of carbohydrates.

For more information on including fruit in your diet, visit the [American Diabetes Association](http://AmericanDiabetesAssociation.org) website at <https://bit.ly/2n87WR9>

