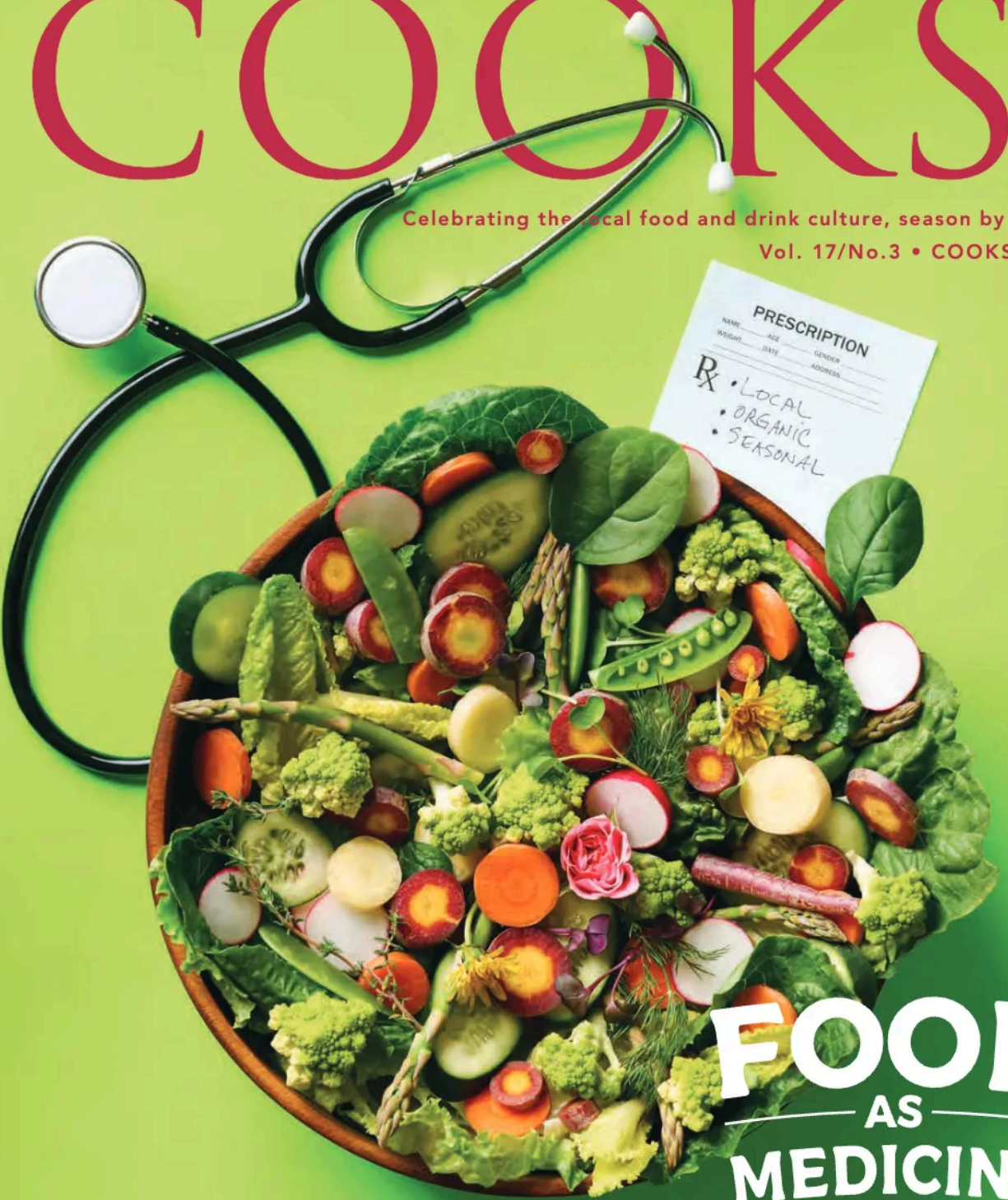


edible RENO-TAHOE[®] COOKS!

Celebrating the local food and drink culture, season by season
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PRESCRIPTION

NAME _____ AGE _____ GENDER _____
 WEIGHT _____ DATE _____ ADDRESS _____

Rx • LOCAL
 • ORGANIC
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FOOD AS MEDICINE

TIPS & TRICKS • LOCAL HOME COOKS • HEALTHY DISHES

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TIPS & TRICKS



Where Science Meets Stove

Diabetes can be managed in the kitchen.

WRITTEN BY ALI DICKSON • PHOTOS BY MARY CLAIRE BOUCHÉR

Diabetes is like a mismatched lock and key — insulin, a hormone that regulates blood sugar, can't unlock the sugar in our bloodstream that we get from food.

“Your body still makes insulin, but it just doesn't use it well to move sugar from the bloodstream into your muscles,” says Dr. Amanda Magrini, physician for Northern Nevada Medical Group in Sparks.

This mismatch becomes exaggerated depending on what we eat. Processed foods, refined sugars, and bleached flours often have high glycemic indexes, which means they are digested quickly, raising blood sugar. But just as quickly, blood sugar crashes, making us hungry again.

Managing diabetic spikes and dips, however, is doable and delicious, if you have the right resources.

THE FORCE OF FIBER

Rachael Roberts, registered dietitian at Carson Tahoe Health in Carson City, says diabetes doesn't mean following a specific diet.

“What matters most,” she says, “is how carbohydrates show up on the plate.”

She explains that carbohydrates are foods that can be described as either sugars, starches, or fibers. Vegetables, fruits, legumes, and whole grains all are fibrous, which means they behave differently in the body than starches or sugars do.

Roberts shares, “Dietary fiber doesn't get digested, so it doesn't raise blood sugar, and it helps people feel satisfied.”

Carson Tahoe Health staffers present diabetic-friendly meals. From left: overnight oats made with unsweetened soy milk, plain low-fat Greek yogurt, vanilla extract, mixed berries, lemon zest, and whole rolled oats; wild greens and cherry tomatoes; and baked, herbed chicken breast served with quinoa, chia seeds, wild greens with carrot ribbons, cherry tomatoes, lemon zest, cucumbers, slivered almonds, and dressing made with lime juice, olive oil, chives, and black pepper. This meal is an example of the Plate Method



“Small changes, made consistently, are what really help in the long run.”

— Rachael Roberts, registered dietitian at Carson Tahoe Health

LESSENING SUGAR SPIKES

To prevent glucose spikes, simple swaps can be made in the kitchen — stevia for sugar, olive oil for butter, or brown rice for white rice, for example.

Higher-fiber pasta alternatives can be found that are made from chickpeas or lentils. However, even just switching your pasta from bleached flour to whole-grain flour supports healthy blood-sugar levels. Plus, cooking it al dente gives it an even lower glycemic index.

“Bleached white pasta is what our taste buds are accustomed to and what, societally, we’re used to eating,” Magrini says. “But it is much better to go with whole grain because it takes your body longer to break that down. It doesn’t spike your insulin and your blood sugar as much, so it also helps with satiety.”

SUGGESTIONS FOR STARCHES

For starchy carbs such as rice or potatoes, Roberts says cooking a starch and then cooling it causes it to become a resistant starch, which bypasses digestion in the small intestine and prevents blood sugar spikes, which can be helpful for diabetics.

Whether you make an adjustment with ingredients or cooking techniques, the most important factor is consistency, Roberts says. This can include maintaining regular mealtimes or batch cooking to have food readily on hand.

“Small changes, made consistently, are what really help in the long run,” she says. 🍌

RESOURCES

Carson Tahoe Health Nutrition Counseling & Diabetes Education
 2874 N. Carson St., Carson City
 775-445-5500 • Carsontahoe.com

Northern Nevada Medical Center
 2375 E. Prater Way, Sparks
 775-352-5300 • Nnmc.com

The Plate Method is an easy way to support healthy blood-glucose levels through meals. In this method, Roberts explains, complex or high-fiber carbs take up a quarter of your plate. Another quarter should go to protein, and the remaining half should be composed of nonstarchy vegetables.

From left, Laura Déverse, dietitian and diabetes educator; Rachael Roberts, manager of clinical nutrition and diabetes education; and Chelsea Minifie, dietitian and diabetes educator, all with Carson Tahoe Health, present diabetic-friendly dishes

BETTING ON BREAKFAST

For many people, mornings are short on time and high on hunger. Roberts shares that breakfast often is heavy in refined carbohydrates and low on fiber, vitamins, and minerals. Breakfast recipes full of fiber-rich carbs can create a longer-lasting fullness without the spike in sugar levels.

Overnight oats are an example of fiber-dense breakfast options that can be made ahead of time. (See recipe on opposite page.) Plus, you can customize the sweet or salty additions, such as berries, yogurt, or nut butters to support your cravings.

Overnight Oats

(courtesy of Rachael Roberts, dietitian, Carson Tahoe Health in Carson City. Serves 4)

- 1 cup plain Greek yogurt
- 2 cups unsweetened milk of choice
- 2 tablespoons pure maple syrup (optional)
- 1 teaspoon vanilla extract (optional)
- Zest of 1 medium lemon (optional)
- 1 to 2 teaspoons chia seeds (optional)
- 2 cups frozen berries of choice
- 2 cups old-fashioned rolled oats

Set out 4 (12-ounce) glass jars with lids. In mixing bowl, combine yogurt, milk, and optional ingredients as desired.

Add $\frac{1}{2}$ cup frozen berries to each jar. Then add $\frac{1}{2}$ cup oats on top of berries. Finally, divide yogurt mixture evenly between jars.

Secure lid on each jar; shake vigorously to combine ingredients. Place jars in refrigerator overnight.

Pull out a jar in the morning and top off with extra berries, as desired.

Savory Bulgur-Stuffed Peppers

(courtesy of Rachael Roberts. Serves 4 as side dish or 2 as main dish)

- 1 cup vegetable broth
- $\frac{3}{4}$ cup bulgur wheat
- 4 bell peppers
- $\frac{1}{2}$ cup celery, finely chopped
- $\frac{1}{2}$ cup green onions, chopped
- $\frac{1}{2}$ cup mushrooms, diced
- $\frac{1}{2}$ cup carrots, peeled and shredded
- $\frac{1}{4}$ cup grated Parmigiano-Reggiano cheese
- $\frac{1}{2}$ teaspoon dried thyme
- $\frac{1}{2}$ teaspoon dried oregano
- $\frac{1}{2}$ teaspoon salt
- Pinch of cayenne (optional)

Bring vegetable broth and bulgur to boil in 2-quart saucepan, stirring constantly. Reduce heat and simmer, covered, for 10 minutes. Fluff with fork and place in large bowl.

Preheat oven to 375 degrees F. Lightly grease 8-by-8-inch baking dish with cooking spray.

Fill large pot halfway with water, then bring to boil in preparation to cook peppers.

Cut tops off peppers and remove cores and seeds. Cut a very thin slice off bottom of peppers to stand upright.

Cook peppers in boiling water for 3 minutes. Remove and drain upside down on paper towels.

Combine remaining ingredients with bulgur. Divide mixture into the 4 peppers. Place peppers upright in baking dish and bake for 15 to 20 minutes.



The stages of preparation for overnight oats