

Try This → **← Not That!**

Healthy substitutions to prevent diabetes.

Are you someone who...

- Is looking for healthy substitutions that are just as tasty and satisfying as the foods you love?
- Wants to control your blood sugar levels while still enjoying your favorite meals?
- Is looking for fun and affordable ways to incorporate healthier foods in your diet?

Using ingredients like **mushrooms, zucchini, cauliflower and tofu** can help lower carbohydrates and fats in your diet.

Read ahead for four quick and easy recipes that you can start cooking today!

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Sub Zucchini For Pasta

Spiralize your zucchini and replace any of your pasta dishes!

Example: Garlic and Parmesan Zoodles

Ingredients (serves 4):

- 4 medium zucchinis
- 2 tablespoons olive oil
- 3 garlic cloves, minced
- ¼ cup parmesan cheese, grated
- Salt and pepper to taste

Directions:

1. Spiralize zucchini through a hand held spiralizer; optionally, can instead slice lengthwise into thin strips
2. Heat olive oil in a large skillet over medium heat
3. Add the zucchini and cook for 2 minutes tossing occasionally
4. Add minced garlic and cook for 1 additional minute
5. Remove from heat and toss in pepper and parmesan.
6. Season with salt before serving

Sub Cauliflower For Rice

Grate your cauliflower to act as a healthy rice option!

Example: Garlic Herb Cauliflower Rice

Ingredients (serves 4):

- 1 medium head cauliflower
- 2 tablespoons olive oil
- 2 garlic cloves, minced
- ¾ cup fresh herbs (ie parsley, dill, basil)
- 1 tablespoon lemon juice
- Salt and pepper to taste

Directions:

1. Quarter cauliflower and grate with box grater
2. Heat olive oil in a large skillet over medium heat
3. Add garlic, stirring it until fragrant, about 30 seconds
4. Add cauliflower rice, salt and a few grinds of black pepper
5. Stir occasionally until cauliflower rice starts to turn light brown, 7-10 mins
6. Remove from heat, add fresh herbs, lemon juice and salt to taste.

Sub Mushroom For Buns

Use portobello mushrooms as a substitute for any buns or breads!

Example: Garlic Oregano Portobello Buns

Ingredients (serves 2):

- 4 portobello mushroom caps
- 1 tablespoon olive oil
- 2 garlic cloves, minces
- 2 teaspoons oregano
- Salt and pepper

Directions:

1. Preheat oven to 450 degrees
2. Remove gills from mushroom caps (if with stems, remove and use in other recipe)
3. Combine olive oil, garlic and oregano in small bowl
4. Brush mushroom caps with oil mixture, then sprinkle with salt and pepper
5. Roast caps in oven for 10-12 mins, until tender
6. Let cool and then use as burger bun

Sub Tofu For Chicken

Fry up some tofu and add your favorite sauce for a deliciously crispy, healthy chicken substitute!

Example: Crispy Tofu "Chicken"

Ingredients (serves 4):

- 1 block extra firm tofu
 - 1 teaspoon garlic powder
 - 1 teaspoon onion powder
- For BBQ tofu (optional):
- 1 teaspoon smoked paprika
 - ½ cup BBQ sauce

Directions:

1. Heat nonstick pan over med-high heat
2. Break tofu into ½-1 inch pieces — rougher edges create a better texture!
3. Add tofu to the hot pan and dry fry. No need to add water! Ensure tofu is evenly spaced out in the pan.
4. Sprinkle tofu with garlic and onion powder; cook for 5 min before turning
5. Continue frying tofu, stirring every 5-7 min until crispy and browned on all sides.

For BBQ tofu:

6. Sprinkle tofu with smoked paprika
7. Add ½ cup BBQ sauce and stir
8. Cook an additional 2 minutes, until sauce has caramelized

Pair BBQ tofu with cauliflower rice, salad, and steamed broccoli - voilà!

Community Food Resources:

Coos Bay

Coos Bay SDA Food Pantry

Service Days: Tuesdays 9:30am-12pm
2175 Newmark Ave, Coos Bay, OR 97420
(541) 756-5812

Coos Food Cupboard

Service Days: Mon/Wed/Fri 12-2pm, Thurs 5-7pm
370 Market St, Coos Bay, OR 97420
(541) 217-0258

Salvation Army

Service Days: Tue-Thurs 9:30-11am
1155 Flanagan Ave, Coos Bay, OR 97420
(541) 888-5202

North Bend

First Presbyterian Church

Service Days: Mon & Wed 9:30am-12pm
2238 Pony Creek Rd, North Bend, OR 97459
(541) 756-4155

Pelican Harbor Food Bank

Service Days: Thurs 9:30-11am
Pony Village Mall parking lot
1067 Newmark Ave

Bandon

Bandon Restoration Workshop

Service Days: Last Thurs. of each month, 4-5:30pm
89 North Ave NE, Bandon, OR 97411
(541) 347-4900

Bandon Good Neighbors

Service Days: 1st Tue. of each month, 9am-12pm
1100 11th St SW, Bandon, OR 97411
(541) 329-2399 or (541) 347-8406

Additional guides and recipes:

- pulses.org/recipes
- eatthis.com/food-swaps-cut-calories
- orcca.us/scfs
- AdvancedHealth Healthy Bytes initiative
- WebMD.com - calorie cutting tricks
- CDC.gov - cutting calories