

The following recipe is diabetic-friendly. There are several great cookbooks available for diabetic-friendly recipes. The recent publication *'Eating Soulfully and Healthfully with Diabetes'* by Constance Brown-Riggs, Nutritionist and Diabetes Educator, provides advice and a delicious collection of ethnic recipes.

FOOD

Diabetes Epidemic Among African Americans

Epidemicsoundslikeawordmeant to instill fear and panic. The goal is not to cause fear and panic, but to create public awareness of the very real danger that millions of African Americans face daily.

The diabetes epidemic has reached the lives of 3.2 million African Americans ages 20 years and older (13.3 percent), one-third of whom are undiagnosed. On the average, African Americans are 1.8 times more likely to have diabetes as non-Hispanic whites of similar age.

What is Diabetes? Diabetes is a group of diseases marked by high levels of blood glucose resulting from defects in insulin production, insulin action, or both. Diabetes can lead to serious complications and premature death. But people with diabetes can take steps to control the disease and lower the risk of complications.

Certain factors increase the risk of having Diabetes such as: a family history of Diabetes, being of certain ethnic origins such as African American or Native American, being

overweight or obese, having had Gestational Diabetes (diabetes while pregnant), high blood pressure, abnormal cholesterol (lipid) levels, and not getting enough physical exercise.

Symptoms may not allow to be visible which leaves so many Americans undiagnosed and untreated. These symptoms include: unusually increased thirst and frequent urination especially at night, extreme fatigue, being overly tired or ill frequently, constant hunger, blurred vision, frequent infections, and slow-healing wounds.

People with diabetes have a high risk of cardiovascular disease, which is the leading cause of death for diabetics. Diabetics are 2 to 4 times more likely to have heart disease or suffer a stroke. For diabetics who smoke the risk for heart disease is doubled. About 73 percent of people with diabetes have high blood pressure.

What can be done to prevent heart disease or stroke and other diabetes complications?

Diabetes is a self-managed disease. People with diabetes must take responsibility for their day-to-day care.

Complications can be reduced or delayed significantly by keeping blood sugar levels, blood pressure and cholesterol levels in the

target ranges; this can be accomplished through carefully monitoring these levels, taking medications as prescribed, eating healthy foods, and becoming physically active.

For people with diabetes the immediate dedication and commit-

ment to changing life-style patterns is a positive proactive step in living with the disease.

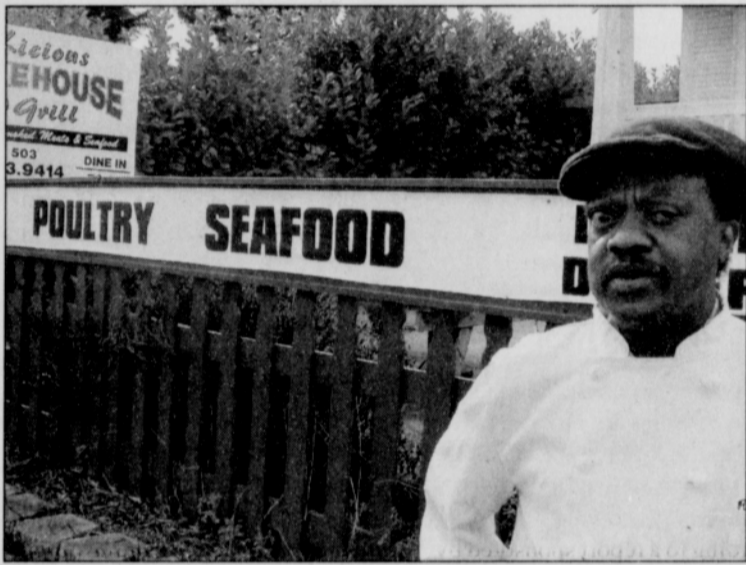
These simple steps will reduce health related issues:

- Make healthy food choices: limit the amount of calories and fat your diet.

- Be physically active 30 minutes a day, take a brisk walk.
- See a doctor for routine physical.

For more information call 1-800-438-5383 or visit the National Diabetes Education Program's website at www.ndep.nih.gov.

U-Licious is Delicious



James Harris will satisfy your tastebuds with his delicious smoked meats and other culinary specialties at U-Licious Smokehouse & Grill, 4057 N. Interstate Ave.

One of Portland's best-kept secrets is the U-Licious Smokehouse & Grill, 4057 N. Interstate Ave.

Proprietor James Harris carefully selected his restaurant's little white house to provide his patrons with an intimate and relaxed atmosphere.

A mouthwatering aroma of delicious smoked meats greets patrons at the door. Guests can relax their daily stresses away to the sultry sound of the blues or the sweet-swinging sound of jazz, while enjoying a glass of wine or a cold beer.

The house favorite is a hearty platter of hand-rubbed pork ribs

with a side of tangy potato salad, with red beans and rice. The savory blend of spices combined with the specially selected hardwoods permeate flavor to enhance each tender morsel of meat, which is complimented perfectly by the U-Licious sauce.

The menu also offers a diverse selection of seafood, sandwiches and more.

U-Licious Smokehouse & Grill is open Monday through Saturday, 11:30 a.m. to 9 p.m. Advance orders are welcome by calling 503-493-9414.

Brown Rice & Black Bean Casserole



This is a diabetic-friendly casserole recipe that is a family favorite at our dinner table because it tastes delicious and is very easy to prepare."

Ingredients

- 1 1/3-cup brown rice
- 1-cup vegetable broth
- 1-Tbs. olive oil
- 1 1/3-cup diced onion
- 1-medium zucchini, thinly sliced
- 2-boneless, skinless chicken breast halves, cooked & chopped
- 1 1/2-cup sliced mushrooms
- 1 1/2-tsp. cumin
- Salt to taste
- Pinch ground cayenne pepper
- 1-(15 ounce) can black beans, drained
- 1-(4ounce) can diced green Chile peppers, drained
- 1 1/3-cup shredded carrots
- 2-cups shredded Swiss cheese

Directions

1. Mix the rice and vegetable broth in a pot, and bring to a boil. Reduce heat to low, cover and simmer 20 minutes, or until rice is tender.
2. Preheat oven to 350F. Lightly grease a large casserole dish.
3. Heat the olive oil in a skillet over medium heat and cook the onion until tender. Mix in the zucchini, chicken and mushrooms. Season with cumin, salt and cayenne pepper. Stir consistently while cooking until zucchini is lightly browned

4. In a large bowl mix the cooked rice, onion, zucchini, chicken, mushrooms, beans, chilies, carrots and half of the Swiss cheese. Transfer to the prepared casserole dish and sprinkle with remaining cheese.
5. Cover casserole loosely with foil and bake 30 minutes in the preheated oven. Uncover and continue baking 10 minutes or until bubbly and lightly browned.

Ingredients for life.

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