



The perfect summer diabetes-friendly meal, from appetizers to dessert

MAGNACARESM
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For picnics or back porch dinners, here is a delicious warm-weather feast you and your friends and family (with or without diabetes) will love.

Appetizer

How about **Parsley Lemon Chickpea Salad** from American Diabetes Association's FoodHub page? It's as delicious and easy to make as it sounds:

- Dice half a red onion and place in cold water for 10 minutes
- Drain and rinse two 15-ounce cans of chickpeas, then transfer to a large bowl
- Add lemon zest and juice from a whole lemon, plus 1 cup chopped parsley
- Mix in $\frac{1}{4}$ cup olive oil and the red onion, stir, and serve

Summer Tip: Stay well hydrated and monitor your blood glucose as recommended by your healthcare provider, especially during hot weather or increased physical activity.



Main Dish

Marinated Grilled Salmon

Fish is one of the best foods you can eat for heart health. Salmon is naturally carbohydrate-free, provides high-quality lean protein, and is rich in omega-3 fatty acids that support cardiovascular health and may help reduce inflammation. This main dish is also from the American Diabetes Association:

Marinade Ingredients:

- 2 tablespoons lower sodium soy sauce
- 1 tablespoon olive oil
- 1 whole small hot chili pepper (Serrano or other, equivalent of 1 tablespoon minced chili pepper)
- 1 tablespoon grated fresh ginger
- 1 tablespoon minced lemongrass (if you can't find lemongrass, sub with 1 tablespoon lime juice)
- 1 tablespoon low-calorie brown sugar substitute
- 4 whole sockeye salmon fillets (4 ounces each, skinless)

Cooking Instructions:

1. Prepare an indoor or outdoor grill.
2. Whisk together all ingredients except the salmon in a medium bowl.
3. Pour the marinade over the salmon, making sure to coat both sides. Marinate in the refrigerator for 30 minutes.
4. Remove salmon from the marinade. Grill 4–6 minutes on each side and serve. Discard any leftover marinade.



For your side dish, try **Healthy Baked Sweet Potato Fries** from dietician Marisa Moore:

Ingredients:

- 1 pound sweet potatoes, scrubbed (peeling is optional)
- 1 tablespoon olive oil
- 2 teaspoons chipotle chili powder
- 1 teaspoon onion powder
- 1 teaspoon garlic powder
- Coarse salt to taste

Cooking Instructions:

1. Preheat the oven to 400°F. Line a baking sheet with foil or parchment paper.
2. Slice the potatoes lengthwise into fries. Place the fries in a large mixing bowl and toss with the olive oil, chipotle chili powder, onion powder, and garlic powder, making sure to coat evenly.
3. Spread the fries onto the pan in a single layer. Avoid crowding.
4. Roast at 400°F for 15–20 minutes or until slightly browned, turning once. Sprinkle with salt to taste.

Dessert—keep it simple

Healthy eating does not mean avoiding dessert entirely—it means enjoying treats mindfully and balancing them with the rest of your meal. Fresh berries with a dollop of whipped cream, a small serving of sorbet, or a modest slice of strawberry shortcake or blueberry pie can all be enjoyed in reasonable portions.

Sources: <https://www.healthline.com/healthy/diabetes-friendly-recipes-for-summer-grilling#grilled-salmon> | <https://diabetesfoodhub.org/recipes/parsley-lemon-chickpea-salad/> | <https://diabetesfoodhub.org/recipes/marinated-grilled-salmon-foodie-recipe/> | <https://marisamoore.com/a-spicy-smoky-spin-on-sweet-potatoes/>

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