

August 2024 Newsletter

Dickinson County

Diabetes Support Group

Memorial Health System



How To Navigate The Fair With Diabetes

Fairs are a great time to see animals, ride the rides, and let's not forget all the food! Here are some helpful tips so you can enjoy the fair without worrying about your blood sugar.

- 1) **Have a snack or meal before you go.** The fair has an array of food vendors with all kinds of interesting cuisine. Food is more tempting on an empty stomach, so planning ahead will help prevent overindulging.
- 2) **Drink plenty of water.** July in Kansas is always a scorcher and it is easy to get dehydrated when you are out and about at the fair. Bring your own water, and stay away from soda, lemonade, slushes and other beverages that are full of sugar.
- 3) **Be aware of portion sizes.** Most food items at the fair tend to be larger than a single portion. The best advice is to split what you order with a friend.

Diabetes Support Group will not be meeting in August. Go and enjoy the fair and we will see you in September!

The When and Where:

Dickinson County
Diabetes Support Group
meets the first Tuesday of
every month at 3:00 PM in
the Nichols Education
Center.

No meeting in August!

Nichols Education Center
1003 N Brady, Abilene, KS
(basement of Abilene
Childcare Learning Center
2 - parking in the back)

AIR-FRYER FISH TACOS

Source: eatingwell.com

Ingredients:

- 2 cups shredded green cabbage
- ¼ cup coarsely chopped fresh cilantro
- 1 scallion, thinly sliced
- 5 tablespoons lime juice (from 2 limes), divided
- 1 tablespoon avocado oil
- 1 large avocado
- 2 tablespoons sour cream
- 1 small clove garlic, grated
- ¼ teaspoon salt
- 1 large egg white
- ½ cup dry whole-wheat breadcrumbs
- 1 tablespoon chili powder
- 1 pound skinless mahi-mahi fillets, cut into 2- to 3-inch strips
- Avocado oil cooking spray
- 8 (6 inch) corn tortillas, warmed
- 1 medium tomato, chopped



Directions:

1. Toss cabbage, cilantro, scallion, 2 tablespoons lime juice, and avocado oil together in a medium bowl; set aside.
2. Cut avocado in half lengthwise; using a spoon, scoop the pulp into the bowl of a mini food processor. Add sour cream, garlic, salt, and the remaining 3 tablespoons of lime juice; process until smooth, about 30 seconds. (Alternatively, mash with a fork to reach desired consistency.) Set aside.
3. Preheat air fryer to 400°F. Place egg white in a shallow dish; whisk until frothy. Combine breadcrumbs and chili powder in a separate shallow dish. Pat fish dry with a paper towel. Coat the fish with egg white, letting excess drip off; dredge in the breadcrumb mixture, pressing to adhere.
4. Working in batches if needed, arrange the fish in an even layer in the fryer basket; coat the fish well with cooking spray. Cook until crispy and golden on one side, about 3 minutes. Flip the fish; coat with cooking spray and cook until it's crispy and flakes easily, about 3 minutes. Flake the fish into bite-size pieces. Top each tortilla evenly with fish, avocado crema (about 1 tablespoon each), cabbage slaw (about 1/4 cup each) and tomato. Serve with lime wedges, if desired.

Recipe Yield: 4 servings

Nutrition Facts: Calories 377, Total Fat 15 g, Protein 27 g, Carbohydrates 36 g



For Information on Diabetes Support Group, please contact:
Marcy Newcomer, RD, LD, CDCES
785-263-6676