

Insulin: check your prescribed product

Biosynthetic human insulin

The FDA records the approval of biosynthetic human insulin in 1982. This established a way to manufacture human insulin using recombinant DNA technology.

The exact medicine matters

The manufacturing history of insulin does not establish the ingredients, excipients or certification of every prescription. Ask your pharmacist or prescriber about the exact product and its current product information.

Discuss suitable alternatives with a clinician

If an ingredient source matters to your religious practice, ask your pharmacist or prescriber to help identify it and discuss appropriate treatment options. Do not stop or change prescribed insulin based on this article.

Primary sources

[FDA: 100 Years of Insulin](#)

Sources checked October 17, 2026.

[Grilled zucchini salad recipe](#)

SPOTLIGHT HALAL RECIPE: GRILLED ZUCCHINI SALAD

Zucchini came to America by way of Italian immigrants, so in the U.S., the summer squash is known by its Italian name — literally "little squash". Known as courgette in England, Australia and New Zealand and koosa in Arabic, zucchini has a firm yet porous flesh that absorbs the flavors of this simple marinade and stands up to grilling. You can use any variety, yellow, light green or dark green.

Grilled Zucchini Salad is low calorie, low carb and high flavor. This dish goes great with any grilled meat, atop spiced lentils, or alongside a Moroccan couscous with tagine.

YOU'LL NEED...

8-10 thin young zucchini (young zucchini have soft, immature seeds)
olive oil
black pepper, salt
garlic powder
a white brine cheese, either feta or Turkish beyaz peynir (optional)
a cast iron grilling surface (indoors), or a barbecue grill (outdoors)
gallon size Ziploc sealable bag or large plastic food container



Colorful Yellow Zucchini

1. WASH zucchini, rubbing the skin to get rid of grit.
2. SLICE zucchini lengthwise into ½ inch wide slices. Leave on skin.
3. MIX salt, black pepper, garlic powder and a generous amount of olive oil in or food container.
4. ADD sliced zucchini to oil and spices.
5. SHAKE bag/container so zucchini is thoroughly coated in mixture. LET sit for 5-10 minutes, no longer.
6. HEAT grill on medium heat until drops of water sizzle on it.
7. CAREFULLY place the zucchini on the grill surface and cook on each side. Zucchini will sizzle and medium-brown lines will form on the flesh.
8. REMOVE each done slice into a serving bowl.
9. SERVE unadorned or with crumbled feta or beyaz peynir.