

20 Delicious

DIABETES RECIPES



YURI ELKAIM

Apple Orchard Oatmeal

Ingredients

Oatmeal

- 1 cup cold water
- 1/2 cup old fashioned rolled oats (steel cut is best)
- 1 pinch salt (optional)

Apple Pie Topping

- 1 tsp stevia or xylitol
- 1 tbsp chopped apples
- 1 tsp nutmeg
- 1 tsp cinnamon

Directions:

1. Bring water to a boil in a small saucepan. Stir in oats and salt. Cook, stirring occasionally, over medium heat 5 minutes.
2. Top oatmeal with stevia/xylitol, chopped apple, and spices.

Insulin-Friendly Granola

Ingredients

1 1/2 cup steel cut oats, cooked (about 20 minutes)
2 tbsp sesame seeds
4 tbsp flax seeds
1 cup pumpkin seeds
3/4 cup raw unsalted almonds, chopped
1/4 cup coconut oil
1/2 cup shredded unsweetened coconut
1/4 cup honey (raw, organic if possible)

Directions:

1. Preheat oven to 300 degrees F.
2. Gently mix together the oats, seeds, nuts, and coconut flakes.
3. Heat the oil and honey until warm and well blended. Remove from heat.
4. Add the oat mixture to the oil and mix with rubber spatula until well blended.
5. Spread onto large baking sheet.
6. Bake 45 minutes or until crisp, sliding spatula underneath occasionally to prevent mixture from sticking.
7. Let cool. Store in airtight containers.

Morning Glory Omelette

Ingredients

1 tbsp coconut oil
1 small red bell peppers, diced
1 tomato, chopped
1 tsp hot pepper sauce (or harissa)
3 large eggs
2 tbsp chopped parsley (or chives)

Directions:

1. In a large frying pan over low heat, heat the oil and gently cook the peppers until they are soft, about 10 minutes or so.
2. Next, add the tomatoes and stir to combine well.
3. Having beaten the eggs together in a separate bowl, add the eggs to the pan spread evenly. Flip half the omelette over on itself.
4. Sprinkle with the chives or parsley and serve immediately.

Peanut Butter Apple Balls

Ingredients

1/2 cup natural creamy peanut butter
1/2 cup sunflower seeds
3/4 cup chopped apples (about 1 large apple)
1 tbsp honey, raw organic
1 tbsp ground flax seed
1 tbsp sesame seeds
1/2 tsp vanilla extract
1/2 cup old fashioned rolled oats

Directions:

1. In medium mixing bowl, blend peanut butter, oatmeal, sunflower seeds, apples, flax, sesame seeds, and vanilla.
2. Roll mixture into 1" balls. Place on balls on cookie sheet.
3. Cove and chill at least 30 minutes.

Additional Information

You can use any combination of nut butters, nuts or seeds, and dried fruit, just keep the ratios the same.

Tortilla Fiesta Soup

Ingredients

1 tbsp coconut oil
2 corn tortilla , cut into very thin 2" strips (optional)
2 small onions , chopped
1 1/2 cup fresh chopped celery
1 fresh tomatoes , coarsely chopped
1/2 tsp dried basil
1/2 tsp ground cumin
5 cup organic vegetable broth
15 oz canned pinto beans , rinsed, drained
2 tsp fresh cilantro , finely chopped
2 tsp fresh lime juice
1 pinch ground cayenne
1 pinch salt (optional)

Directions:

1. Coat medium skillet with coconut oil. Arrange tortilla strips in pan and coat with coconut oil. Cook over medium heat 5 minutes, flipping a few times until tortillas are golden and crispy. Remove to plate.
2. Coat large saucepan with coconut oil. Add onions, celery, tomatoes, basil, and cumin. Cook over medium heat 3 to 5 minutes.
3. Add vegetable broth and beans. Bring to boil. Lower heat to simmer 3 to 5 minutes.
4. Add cilantro, lime juice, and cayenne pepper. Season with salt, if desired.
5. When ready to serve, arrange tortilla strips in bowls (if using) and ladle soup on top.

Apple Pork Chops

Ingredients

4 8 ounces bone-in pork center-cut chops, cut 3/4 inch thick
2 teaspoons canola oil
1 tablespoon Sugar and Spice Rub (below)
1 tablespoon canola oil
1/4 cup dry white wine
2 cups thinly sliced Granny Smith apples
1/2 cup reduced-sodium chicken broth or chicken stock
1 sprig fresh thyme

Directions:

1. Trim fat from chops. Brush the 2 teaspoons oil over all sides of chops. Sprinkle chops evenly with Sugar and Spice Rub; rub in with your fingers. Cover with plastic wrap; chill in refrigerator for 1 hour.
2. Preheat a large skillet over medium-high heat for 2 minutes. Add the 1 tablespoon oil; swirl to lightly coat skillet. Add chops; cook for 10 to 12 minutes or until golden brown and juices run clear (160 degrees F), turning once. Transfer chops to a warm platter; cover and keep warm.
3. Remove skillet from heat. Slowly add wine to hot skillet, stirring to scrape up any browned bits from bottom of skillet. Return skillet to heat. Add sliced apples, broth, and thyme. Bring to boiling; reduce heat. Simmer, covered, about 3 minutes or just until apples are tender. Using a slotted spoon, transfer apples to a small bowl; cover and keep warm. Bring broth mixture in skillet to boiling. Boil about 5 minutes or until liquid is reduced by half. Return chops and apples to skillet; heat through. Serve immediately. Makes 4 servings (1 pork chop, 1/4 cup cooked apples, and 1 tablespoon broth mixture per serving)

Mediterranean Quinoa Salad

Ingredients

1 cup red quinoa or regular quinoa
1 1/2 cups water
1 cup peas
1/2 cucumber, chopped
1/2 of a small red onion, halved and thinly sliced
3/4 cup halved grape tomatoes, halved cherry tomatoes, or chopped tomatoes
2 tbsp olive oil
Juice of 1/2 lemon

Directions:

1. In a fine-mesh strainer, rinse quinoa under cold running water; drain.
2. In a small saucepan, combine the 1-1/2 cups water and quinoa. Bring to boiling; reduce heat. Cover and simmer for 15 minutes. Drain quinoa, if necessary.
3. Meanwhile, in a large bowl, combine peas, cucumber, onion, olive oil, and lemon juice. Lightly toss to combine. Add hot cooked quinoa to slightly soften the vegetables. Cool to room temperature.
4. Stir in tomatoes just before serving. To serve, if desired, spoon salad mixture over lettuce leaves on serving plates. Makes 4 (1-1/3 cup) servings.

Slow Cooker Mexican Roast

Ingredients

4 lb beef chuck pot roast
1 tsp sea salt (to taste)
1 tsp black pepper (to taste)
2 tbsp olive oil
1 large onion , chopped
1 chopped green bell peppers , seeded
1 tsp chili powder
3 tbsp chili sauce (to taste)
12 cilantro sprigs (optional, for garnish)
2 Serrano chili peppers , seeded and chopped
2 medium garlic cloves , chopped
1 cup tap water

1/2 tsp Tabasco sauce (to taste)

Directions:

1. Trim excess fat from roast, and season with salt and pepper. Spread olive oil over meat.
2. Place meat in hot skillet, and brown meat quickly on all sides.
3. Place 1/2 of onions, green pepper, and Serrano peppers in bottom of slow cooker.
4. Transfer roast to slow cooker, and sprinkle remaining onion, green pepper, Serrano pepper, and garlic and chili powder over meat.
5. Pour chili sauce over meat. Add enough water to just come up to bottom of roast. Add hot sauce, to taste.
6. Cover, and cook on low for 6 to 8 hours, checking to make sure there is always small amount of liquid in bottom.
7. If meat needs further cooking, turn slow cooker to high and cook for another hour or until the meat reaches desired tenderness.
8. Serve garnished with cilantro.

Additional Information

Serve with 1/2 cup per serving cooked quinoa. Chicken, beef, pork, and venison can be substituted for beef.

Avocado Salsa

Ingredients

1 avocado, diced
1 tbsp minced red onion
4 tbsp chopped fresh herbs (parsley, cilantro, marjoram)
1 tbsp lemon or lime juice
½ clove minced garlic
1 tsp cayenne powder
1-2 pinch Celtic sea salt

Directions

1. Combine everything together and put the avocado pit in the mixture to prevent oxidation.

Red Bean Stew

Ingredients

1 teaspoon cooking oil
2/3 cup chopped red onion
3 cloves garlic, minced
1 cup water
2 tablespoons tomato paste
1 tablespoon snipped fresh cilantro
1 teaspoon snipped fresh oregano or 1/4 teaspoon dried oregano, crushed
1/2 teaspoon adobo seasoning*
1 15 ounce can red kidney beans, rinsed and drained
2 cups hot cooked brown rice
Fresh cilantro sprigs (optional)

Directions:

1. In a large skillet, heat oil over medium heat. Add red onion and garlic; cook about 5 minutes or until onion is tender. Carefully add the water, tomato paste, the snipped cilantro, the oregano, and adobo seasoning. Stir in beans. Bring to boiling; reduce heat. Cook and stir over medium heat for 5 to 10 minutes or until soup is slightly thickened, mashing beans slightly while stirring.
2. Serve stew with rice. If desired, garnish with cilantro sprigs. Makes 4 (1/2 cup stew and 1/2 cup cooked rice) servings

Collard Greens

Ingredients

- 2 pounds fresh collard greens
- 1 teaspoon olive oil
- 1 medium onion, chopped
- 2 cloves garlic, thinly sliced
- 1 14 ounce can reduced-sodium chicken broth
- 1 smoked turkey neck bone or smoked turkey drumstick bone*
- 1/4 teaspoon ground black pepper

Directions:

1. Wash collard greens thoroughly. Cut off stems and discard. Coarsely chop collard greens and set aside. (You should have about 9 cups packed.) In a 4-quart Dutch oven, heat olive oil over medium heat. Add onion and garlic; cook about 5 minutes or until tender.
2. Add collard greens, chicken broth, smoked turkey bone, and pepper. Bring to boiling; reduce heat. Cover and simmer about 1 hour or until collard greens are tender. Remove smoked turkey bone and drain off any excess liquid. Serve warm with a slotted spoon. Makes 6 (1/3-cup) servings.

Floppy Kale Salad

Ingredients

1 head kale
2 tsp sea salt
2 tomatoes, chopped
1 tbsp sesame seeds
1 tbsp hemp seeds
½ of an avocado
1 lemon, juiced
1 tbsp Braggs liquid aminos
1 tbsp olive oil or flax oil
1 clove garlic
1 tsp cumin
½ tsp ground red pepper flakes (or to taste)

Directions

1. Wash kale, remove leaves from stems, and chop finely.
2. Sprinkle kale with sea salt and work salt into the leaves until they appear to be “cooked.” You will know when it's ready because you will be able to squeeze liquid out of the mixture. Squeeze the salty liquid out and discard.
3. Add tomatoes, hemp seeds, and sesame seeds to the kale and mix.
4. For the dressing: smash up avocado with a knife or fork and place it in a food processor with the lemon juice, Braggs, oil, garlic clove, cumin, and red pepper flakes. Process until it resembles mayonnaise, and mix into the kale mixture.

Corn and Bean Quinoa Pilaf

Ingredients

1 teaspoon olive oil
1/2 cup chopped onion
2 garlic, minced
1/2 cup quinoa*
1 cup organic chicken broth or vegetable broth
2/3 cup water
1 can organic black beans
1 can sweet corn

Directions:

1. In a large saucepan, heat oil over medium heat. Add onion and garlic; cook about 5 minutes or until onion is tender, stirring occasionally. Add quinoa; cook and stir about 3 minutes or until quinoa is lightly browned.
2. Add broth and the water. Bring to boiling; reduce heat. Cover and simmer for 15 to 20 minutes or until all of the liquid is absorbed and the quinoa is tender. Add black beans and corn to quinoa mixture; heat through. If desired, garnish with jalapeno slices (if desired). Makes 4 (1/2-cup) servings.

Herby Zucchini on the Grill

Ingredients

4 small zucchini and/or yellow summer squash, halved lengthwise
1 tablespoon olive oil
2 tbsp snipped fresh oregano or 2 tsp dried oregano, crushed
1 tsp snipped fresh sage or 1/4 tsp dried sage, crushed
2 cloves garlic, minced
1/8 tsp salt
1/8 tsp ground black pepper

Directions:

1. Brush all sides of squash with oil. In a small bowl, combine oregano, sage, garlic, salt, and pepper; sprinkle onto cut sides of squash.
2. Place squash pieces, cut sides down, on the rack of an uncovered grill directly over medium coals. Grill for 8 to 12 minutes or until crisp tender, turning once halfway through grilling. Cut squash in half to serve. Makes 4 servings.

Marinated Broccoli

Ingredients

1 head broccoli, stems removed
2 tbsp Braggs
2 cloves garlic, minced
1 tbsp ginger, minced
½ tsp nutmeg
1 tsp honey
2 tbsp sesame seeds

Directions

1. Chop the broccoli into bite size pieces (with the stems removed).
2. In a separate bowl, mix together all other ingredients and then drizzle over the broccoli.

Green Bean Salad

Ingredients:

12 ounces fresh green beans, trimmed
8 ounces yellow and/or red cherry tomatoes, halved
1/2 of a small red onion, thinly sliced

Basil-Tomato Vinaigrette:

1/3 cup snipped fresh basil
3 tablespoons red wine vinegar
2 tablespoons snipped dried tomatoes
1 tablespoon olive oil
2 cloves garlic, minced
1/4 teaspoon salt
1/4 teaspoon pepper

Directions:

1. In a medium saucepan, cook green beans, covered, in a small amount of boiling lightly salted water about 8 minutes or just until crisp-tender. Drain; rinse with cold water and drain again.
2. In a large bowl, combine beans, cherry tomato halves, and red onion slices. Drizzle with Basil-Tomato Vinaigrette; toss gently to coat. Cover and chill before servings. Makes 6 (3/4-cup) servings.

Basil-Tomato Vinaigrette

3. Basil-Tomato Vinaigrette: In a small bowl, stir together snipped fresh basil, red wine vinegar, snipped dried tomatoes,* olive oil; garlic, salt, and pepper. Makes about 2/3 cup.

Red Pepper Cream Soup

Ingredients

1 avocado (pit and skin removed)
1 red bell pepper, chopped
2 cups water or almond milk
½ handful of cilantro, chopped
½ tsp of dulse flakes
pinch of oregano

Directions

1. Blend all ingredients in a blender or food processor.

Garlic Roasted Cauliflower

Ingredients

1 tbsp coconut oil
1 large head cauliflower (3 to 3-1/2 pounds), cut into chunks
6 cloves garlic, peeled and halved
3 tbsp olive oil
1/2 tsp salt
1/2 tsp ground black pepper
1/4 tsp crushed red pepper (optional)

Directions:

1. Preheat oven to 450 degrees F. Coat a 15x10x1-inch baking pan with coconut oil.
2. In a very large bowl, combine cauliflower and garlic. Add oil, salt, black pepper, and, if desired, crushed red pepper; toss to coat cauliflower.
3. Spread cauliflower mixture in the prepared baking pan. Roast for 15 minutes. Stir. Roast for 10 to 15 minutes more or until edges are brown and cauliflower is crisp-tender.

Sesame Orange Beef and Broccoli Stir Fry

Ingredients

1/2 cup long grain brown rice
1 tbsp finely shredded orange peel
1/4 cup orange juice
1/4 cup reduced-sodium beef broth
2 tsbp low-sugar orange marmalade
2 tsbp reduced-sodium soy sauce
1 - 2 tablespoons chili garlic sauce
1 tsp toasted sesame oil
1 tbsp cornstarch
12 oz beef shoulder petite tender, cut into bite-size strips
8 oz broccolini, trimmed and cut into 2-inch pieces
6 green onions, bias-sliced into 2-inch pieces
1 large red sweet pepper, seeded and cut into bite-size strips
2 oranges, sectioned
1 tbsp coconut oil
2 tsp vegetable oil
6 cloves garlic, minced
1 tbsp grated fresh ginger
1 tbsp sesame seeds, toasted

Directions:

1. In a small saucepan, cook brown rice according to package directions. Cool slightly. Transfer to an airtight storage container. Cover and seal. Chill for up to 3 days. In a small bowl, combine orange peel, orange juice, broth, marmalade, soy sauce, chili garlic sauce, and toasted sesame oil. Whisk in cornstarch. Transfer to an airtight storage container. Cover and seal. Chill for up to 3 days. Transfer sliced beef to a freezer container. Cover and seal. Freeze for up to 1 month.
2. A day before serving, place frozen beef in refrigerator to thaw.
3. To serve, coat a large skillet or wok with coconut oil. Add the beef; stir-fry for 2 to 3 minutes or until desired doneness. Transfer to a bowl. Add vegetable oil to skillet. Add garlic and ginger to hot oil; stir-fry for 30

seconds. Add broccolini; stir-fry for 3 minutes more. Add sweet pepper and green onions; stir-fry 2 minutes more.

4. Return beef to skillet. Stir cornstarch mixture well and add to skillet. Cook and stir until thickened and bubbly. Add orange sections; cook and stir for 1 minute more.
5. Divide rice among four plates; top with beef mixture and sesame seeds.

Toasted Seeds with Golden Berry and Coca Nibs

Ingredients

1 tablespoon olive oil
2 cups pumpkin seeds
1/2 cup dried golden berries
1/2 cup cocoa nibs
1 teaspoon coarse sea salt
1/2 teaspoon ground black pepper

Directions

1. In a large skillet, heat oil over medium heat. Add pumpkin seeds; cook for 4 to 5 minutes or until toasted, stirring frequently. (You'll begin to smell the aroma of the seeds and notice them turning a golden brown color.)
2. Transfer pumpkin seeds to a large bowl. Stir in golden berries, cocoa nibs, sea salt, and pepper

Orange Coconut Fudge

Ingredients

5 cups dried shredded coconut
Juice of 1 orange
1 tbsp orange zest
½ cup honey
2 tbsp ground flaxseeds
1 tsp vanilla

Directions

1. Blend the coconut in a high speed blender until it becomes butter-like.
2. Add the agave, vanilla, and orange juice/zest, flaxseeds and mix well.
3. Spoon contents onto a backing sheet and lay a sheet of plastic wrap over top.
4. Pat into a slab about ¼ inches thick and chill in the refrigerator before cutting (be careful to not over-chill the fudge or it will become too hard to cut).