

Bonus Recipe Collection



The Harvest Cook.com

Attacking Insulin Resistance with Food

Lucia's Oat Groat Delight

Ingredients

1 cup oat groats rinsed
2 Tbs. raisins
2 dates
1 whole apple coarsely grated
1 tsp. Ceylon cinnamon
½ tsp. coriander ground
4 cups water
¼ tsp. salt
1 Tbs. vanilla extract (not imitation)

Instructions

Preheat oven to 350°F.
Place rinsed oat groats in casserole dish.
Add all other ingredients and stir to mix.
Cover tightly with lid or tin foil.
Bake for 2 hours, covered. Most of the liquid will be absorbed by then, but it should not be dry.
Serve warm. May be refrigerated and rewarmed to eat. Chilling will thicken it, so you may need a bit of unsweetened non-dairy milk or water to thin it a bit.

Topping Suggestions

Fresh or raw berries of any kind.
A few raw or lightly toasted nuts.
Some freshly ground flax, chia, or sesame seeds (or a mix).
A few sunflower or pumpkin seeds.

Not So Southern Collard Greens

Ingredients:

1 bunch of collard
2 cloves of garlic, crushed
1 Tbs. oil
Sprinkle of salt

Directions:

Wash the greens thoroughly. Chop the leaves coarsely. Place the oil in a large pan on medium high heat. Add the crushed garlic. As soon as the garlic starts to sizzle, add the chopped greens and stir vigorously. Add small amounts of water as needed to avoid

burning or sticking. Keep stirring every minute or so as the greens wilt. Once it has all wilted down, make sure there is still a bit of liquid in the pan, sprinkle lightly with salt and cover pan with lid. Turn heat down to low, and allow to simmer until the collards are tender. Check intermittently to make sure there is still a little liquid in the pan. Drizzle with lemon juice and serve.

Tri-color Coleslaw

Ingredients:

2 cups green cabbage, sliced very thin (I use a [Mandolin](#))
2 cups red cabbage, sliced very thin
2 cups carrot, grated or sliced into longer, narrow strips

Directions:

Toss thoroughly to mix the vegetables. Then toss lightly with following creamy dressing:

½ c. [soy mayonnaise](#)
1/2 tsp. celery salt
1 tsp. Lucia's Seasoned vegetable salt
Garnish with thinly sliced scallion tops and enjoy!

Lucia's Tofu Mayo

Ingredients

1 12 oz Tofu Mori Nu, extra firm
½ cup cashews raw and rinsed
1 tsp. onion dry granulated
½ tsp. garlic dry granulated
¼ cup [lemon juice](#)
1 tsp. [salt](#)

Instructions

Place all ingredients in blender and blend until smooth.
May serve immediately or chill and serve.
Keeps in refrigerator for about a week.

Lucia's Lemony-grette Dressing

Ingredients

⅓ cup [Oil Substitute \(1 Tbs. arrowroot powder mixed with 1 cup of water and boiled to thicken.\)](#)
2 Tbs [lemon juice](#)
1 tsp. [Italian Seasoning](#)
1 tsp [Salt](#)
1 tsp. [Braggs Aminos](#)

Instructions

Whisk all ingredients together thoroughly. Use chilled.

Optional Additions – add one or more of the following:

- 1 tsp. garlic granulated
- 1 tsp. [Just Date Syrup](#)
- ½ tsp. Sumac powder

Another Variation:

Omit the salt and use Japanese Umeboshi Plum Vinager (not a vinager, actually a plum pickle juice).

Add a dash of sumac powder or Dulse granules.

Quick Stir Fry

Ingredients:

1 cup soy curls
2 cups water
2 tsp. vegan chicken style seasoning
1 Tbs. light olive oil
1 onion, cut thinly
2 cloves garlic, crushed
2 carrots, peeled and cut diagonally in very thin slices
1 stalk celery, sliced thinly on the diagonal
2 cups green cabbage, sliced into thin shreds
2 tsp. Braggs Aminos
1 tsp. chicken style seasoning, or to taste
Juice of a fresh lemon

Directions:

1. Soak soy curls in water and 2 tsp. of vegan chicken style seasoning. Prepare all the other ingredients before starting to cook.
2. Place oil in a non-stick pan over medium-high heat. Brown the drained and softened soy curls.
3. Add Onion and stir constantly while adding ingredients. When onions are slightly softened, add garlic and keep veggies moving.
4. In 30 seconds or so, add the carrots and celery.
5. Add 1 or 2 tsp. of water if needed to keep pan from burning as veggies are cooking. When carrots have just started to soften, add the cabbage and continue stirring until cabbage wilts.
6. Season with Braggs and chicken style seasoning. Drizzle with lemon juice just before eating.

Good over brown rice or whole grain noodles or just on their own!