



# October 2016 Recipes, Gluten Free

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# October 2016 Recipes, Gluten Free

## Week 1 Meal 1: Pumpkin Seed Crusted Chicken with Vegan Broccoli Soup

### Pumpkin Seed Crusted Chicken

#### *Ingredients:*

4 boneless skinless chicken breast  
1 cup pumpkin seeds  
¼ tsp salt  
¼ tsp cayenne  
1 T cumin  
1 T paprika  
2 eggs

#### *Instructions:*

1. Pre-heat oven to 375 F.
2. Blend until sand-like consistency: 1c pumpkin seeds, ¼ tsp salt, ¼ tsp cayenne, 1T cumin, 1T paprika. Place in bowl.
3. In a separate shallow bowl, whisk together 2 eggs.
4. Dredge chicken in eggs & then pumpkin seeds
5. Bake chicken for 25 minutes for smaller breasts, up to 40 minutes for larger breasts, or until cooked to 165 F.

### Vegan Broccoli Soup

#### *Ingredients:*

1 head broccoli  
1 yellow onion  
1 tsp olive oil  
2 cloves garlic, peeled  
1 cup vegetable broth  
4 cups water  
1 cup cashews  
S&P to taste

#### *Instructions:*

1. Roughly chop broccoli & 1 yellow onion (these will eventually be pureed).
2. Heat 1 tsp oil in large pot over med-high heat. Add roughly chopped onion + broccoli + 2 peeled garlic cloves; sauté for 2-3 min.
3. Add 1 cup vegetable broth + 3c water (or water to just cover veggies). Bring to a low simmer, cook for 30 minutes then set aside to cool.
4. In a separate small pot bring 1 cup water to boil. Remove from heat and add 1 cup cashews. Allow to soak, set aside.
5. Blend the following on high until smooth: Soaked cashews + soaking water + cooked broccoli & onions. Add water if needed for consistency. Season w/ S&P.



# October 2016 Recipes, Gluten Free

## Week 1 Meal 2: Lemon-Basil Shrimp with Italian Quinoa Salad

### Lemon-Basil Shrimp

#### *Ingredients:*

1-pound shrimp, peeled and deveined  
1 T fresh lemon juice  
1 T lemon zest  
1 T olive oil  
½ cup vegetable broth  
2-3 large handfuls basil leaves  
1 clove garlic

#### *Instructions:*

1. Preheat oven to 425 F.
2. Marinade: Blend the following until smooth:
  - a. 1 T fresh lemon juice
  - b. 1 T lemon zest
  - c. 1 T olive oil
  - d. ½ cup vegetable broth
  - e. 2-3 large handfuls basil leaves
  - f. 1 clove garlic
3. Set aside ¼ cup marinade for Italian Quinoa Salad.
4. Add shrimp to remaining marinade and marinate in fridge for ~1 hour prior to baking.
5. Bake shrimp for 12 minutes or cooked through. Serve with Quinoa Salad.

### Italian Quinoa Salad

#### *Ingredients:*

1 cup quinoa  
2 cup chopped cucumber  
1 pint cherry tomatoes, halved or quartered if larger

#### *Instructions:*

1. Add 2c water and 1c quinoa to large pan, bring to boil, turn heat to low, cook 15-20 min, stirring occasionally.
2. In a large bowl, mix 2 cup quinoa, chopped tomatoes, 2 cup chopped cucumber and ¼ cup lemon basil marinade. Serve with Lemon-Basil Shrimp.



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## Week 1 Meal 3: Beef and Butternut Squash Tagine over Quinoa

### Beef and Butternut Squash Tagine

#### *Ingredients:*

1 yellow onion, sliced into long strips  
1-2 pound butternut squash (1 bag pre-cut is available)  
1T cumin  
1T turmeric  
1T paprika  
1tsp cinnamon  
1 pound grassfed beef sirloin, cut into 1" cubes  
¼ cup dried apricots, chopped  
1 cup tomato puree  
1 can chickpeas, drained and rinsed

#### *Instructions:*

1. Preheat oven to 350 F.
2. Peel butternut squash, remove seeds, cut into 1" cubes.
3. Whisk together 1T cumin, 1T turmeric, 1T paprika and 1 tsp cinnamon. Rub spices into beef cubes.
4. In a large stockpot, heat 1 tsp oil over med-high heat. Add yellow onion slices & spiced beef cubes; sauté for 3-4 minutes.
5. Add ¼ cup chopped dried apricots, 1 cup tomato puree, 1 cup water, cover and place in oven for ~ 1.5 hours.
6. Remove from oven and add butternut squash, chickpeas, cover and bake another 1-2 hours.
7. Serve with quinoa.

### Quinoa

#### *Instructions:*

1 cup quinoa

#### *Instructions:*

1. Add 2c water and 1c quinoa to large pan, bring to boil, turn heat to low, cook 15-20 min, stirring occasionally.
2. Serve with Beef and Butternut Squash Tagine.



# October 2016 Recipes, Gluten Free

## Week 1 Meal 4: Veggie Taco Soup

### Veggie Taco Soup

#### *Ingredients:*

1 tsp olive oil  
1 yellow onion, finely chopped  
1 red bell pepper, finely chopped  
2 cloves garlic, finely chopped  
1 jalapeno, seeded and finely chopped  
2 T taco seasoning  
2 cup tomato puree  
2 ½ cup vegetable broth  
1 can black beans, drained and rinsed  
1 can red beans, drained and rinsed  
2 ears corn cut from cob or 1 cup frozen  
avocado (optional)  
cheddar cheese (optional)  
sour cream (optional)  
Greek yogurt (optional)

#### *Instructions:*

1. In a large soup pot over med-high heat, add: 1t olive oil, onion, bell pepper, garlic and jalapeno. Cook for ~10 minutes.
2. Add 2 T taco seasoning, 2 cup tomato puree, 2½ cup broth, turn to low and cook for 30 minutes.
3. Add black beans, red beans and corn and cook for 10 more minutes.
4. Option to top with: sliced avocado, cheddar cheese, sour cream or Greek yogurt.



## October 2016 Recipes, Gluten Free

### **Week 1 Salad: Mixed Greens with Pomegranate, Walnuts and Blue Cheese with Balsamic Vinaigrette**

#### *Salad Components:*

½c walnuts  
1 pomegranate or 1 bag fresh pom kernels  
5oz tub mixed greens  
4oz blue cheese (optional)

#### *Dressing:*

½c olive oil  
¼c balsamic vinegar  
S&P to taste

#### *Instructions:*

1. Roughly chop ½c walnuts.
2. Cut pomegranate in half, place first half in a bowl of water in sink, remove kernels from white pith and strain, repeat with second half.
3. In a large bowl layer salad components:
  - ½ mixed greens
  - ½ pomegranate kernels
  - 2oz blue cheese (optional)
  - ¼ cup chopped walnutsRepeat layers

#### *For Balsamic Dressing:*

1. Whisk together:
  - ½c olive oil
  - ¼c balsamic vinegar
  - S&P to taste



## October 2016 Recipes, Gluten Free

### **Week 1 Breakfast: Swiss Chard, Mushroom, Onion and Goat Cheese Frittata**

#### *Ingredients:*

1 T olive oil  
1 red onion, thinly sliced  
¼ tsp salt  
1 bunch swiss chard, stems finely chopped, leaves roughly chopped  
8oz sliced mushrooms  
4 cloves garlic, chopped  
10 eggs  
black pepper to taste  
1/8 tsp salt  
4oz goat cheese (optional)

#### *Instructions:*

1. Pre-heat oven to 350 F. Spray a 9x13" pan with olive oil.
2. In a large sauté pan, over medium heat, add 1T olive oil, sliced red onion and ¼ t salt. Sauté for 15 min, stirring occasionally.
3. Add chard stems, sliced mushrooms and chopped garlic, cook 10 minutes.
4. Add chard leaves and cook a final 10 minutes, remove from heat and set aside.
5. In a large bowl, whisk together 10 eggs, pepper and 1/8t salt. Stir in cooled veggies.
6. Pour eggs mixture in pan.
7. Bake in 350 F oven for 25 min.
8. Top with goat cheese (optional), return to oven 2-3min or cheese is melty.



# October 2016 Recipes, Gluten Free

## **Week 1 Snack: Grapes and Pistachios**

### *Ingredients:*

- 1 bunch grapes
- 2 cups in shell pistachios

### *Instructions:*

1. Serve 1 cup grapes with ½ cup pistachios.





## October 2016 Recipes, Gluten Free

### **Week 1 Dessert: Cranberry-Pecan Baked Pears**

#### *Ingredients:*

¼ cup coconut oil  
¼ cup medjool dates, pits removed  
¼ cup dried cranberries  
½ cup pecans  
1 tsp vanilla  
4 just soft pears, halved  
1 T cinnamon

#### *Instructions:*

1. Blender coconut oil, dates, dried cranberries, pecans and vanilla until roughly chipped. Set aside.
2. Scoop out center seeds of pears. Place 1T (heaping) into each pear, sprinkle pars with cinnamon.
3. Bakes for 30 minutes or until soft (less ripe/ firmer pears require longer baking time, but cover to avoid burning).



## October 2016 Recipes, Gluten Free

### **Week 2 Meal 1: Spaghetti Squash with Grass-fed Beef and Mushroom Marinara**

#### *Ingredients:*

1-2 spaghetti squash (~4 pounds)  
1 pound grass-fed, organic ground beef, 95% lean  
1 T chopped garlic  
16oz sliced mushrooms  
½ yellow onion, diced  
25.5oz tomato sauce  
3 T herbs de Provence (or Italian herb blend)  
S&P to taste  
4oz parmesan cheese (optional)

#### *Instructions:*

1. Preheat oven to 375 F.
2. Pierce the spaghetti squash with a knife and roast for ~1.5 hours (for 2 small) or ~2 hours for 1 large squash (or until a knife easily pierces the skin).
3. Carefully slice squash in half, allowing heat to escape. Set aside and allow to cool, remove seeds, then scoop out squash. Reduce oven temperature to 350 F.
4. In a large sauté pan, add beef, 1 T garlic, chopped onion, sliced mushrooms, and sauté 15 min, continuing to break apart meat and stirring occasionally.
5. Add 25.5oz jar of tomato sauce + 3T herbs de Provence + S&P. Stir to combine.
6. Serve spaghetti squash topped with tomato sauce. Option to grate parmesan overtop.



## October 2016 Recipes, Gluten Free

### **Week 2 Meal 2: Carrot and Snow Pea Stir Fry with Peanuts and Brown Rice**

#### *Ingredients:*

1.5 cup brown rice  
¼ cup tamari  
¼ cup rice vinegar  
1 T sesame oil  
½ T olive oil  
1-1.5 T ginger, peeled and grated  
1 T garlic, finely chopped  
4 carrots, chopped into bite-sized pieces  
~2 cups snow peas, chopped into bite-sized pieces  
½ cup roasted peanuts

#### *Instructions:*

1. Add rice to a medium pot and cover with 3 cups water. Bring to a boil and then reduce to simmer and cover, cook ~1hour, set aside (covered) to cool.
2. Prepare stir fry sauce by whisking together tamari, rice vinegar and sesame oil. Set aside.
3. Add olive oil to a sauté pan over medium high heat. Add garlic, ginger, carrots & snow peas, sauté for 10 minutes.
4. Add stir fry sauce and cook another 2-3 minutes.
5. Top with peanuts.
6. Serve over rice.



## October 2016 Recipes, Gluten Free

### **Week 2 Meal 3: Parsley Roasted Chicken Legs with Acorn Squash Halved and Sautéed Swiss Chard**

#### *Ingredients:*

½ cup olive oil  
1 bunch parsley, rinsed  
2 cloves garlic, peeled  
juice of two lemons (~2 T)  
1 T salt  
pepper to taste  
4 bone-in, skin-on chicken legs  
2 acorn squash, halved, seeds discarded  
1 tsp coconut oil  
S&P to taste  
1 tsp olive oil  
2 bunches swiss chard, stems removed and discarded, leaves roughly chopped  
S&P to taste

#### *Instructions:*

1. Preheat Oven to 400 F.
2. Prepare marinade but placing the following in a blender and blending until smooth:
  - olive oil
  - parsley
  - garlic
  - lemon juice
  - S&P
3. Marinate chicken for 1 hour up to 24 hours (in fridge).
4. Remove from marinade and place in single layer in baking pan.
5. Rub inside of acorn squash half w/ ~1tsp coconut oil each, season with S&P.
6. Roast chicken legs & acorn squash halves uncovered for 45-55 min.
7. During final 5 min of cooking, heat 1 tsp olive oil in large sauté pan and cook chard/garlic for 3-5 minutes, season w/ S&P.



# October 2016 Recipes, Gluten Free

## Week 2 Meal 4: Shrimp and Veggie Gumbo

### Shrimp and Veggie Gumbo

#### *Ingredients:*

1 link (3oz) raw andouille pork sausage  
1 red and green bell pepper, finely diced  
½ yellow onion, chopped  
1 T garlic, finely chopped  
2 tsp Creole seasoning  
4 cups vegetable broth  
12-16oz chopped okra  
12oz shrimp (peeled, deveined, no tails, fresh or frozen)  
1 cup cooked brown rice

#### *Instructions:*

1. In a large stock pan over high heat, sauté sausage, for 2-3 minutes, breaking apart.
2. Add bell peppers, onion, garlic and 2 tsp Creole seasoning, sauté 7-8 minutes.
3. Add 2 cups water and 4 cups broth, bring to boil and lower to simmer for 15-20 minutes.
4. Add chopped okra, shrimp and 1 cup cooked brown rice. Increase heat to medium allowing to simmer for 20-30 minutes, adding more water/ broth if needed for desired consistency.
5. Season to taste with additional Creole seasoning, S&P. Remove from heat and serve.



## October 2016 Recipes, Gluten Free

### **Week 2 Salad: Mixed Greens with Orange Segments, Pistachios and Champagne Vinaigrette**

#### *Salad Components:*

5 oz tub mixed salad greens  
½ cup pistachios  
2 oranges, segmented  
4oz crumbled goat cheese (optional)

#### *Dressing:*

½c olive oil  
¼c balsamic vinegar

#### *Instructions:*

4. In a large bowl layer salad components:
  - ½ tub mixed salad greens
  - ¼c pistachios
  - ½ orange segments
  - 2oz crumbled goat cheese (optional)Repeat layers

#### *For Balsamic Dressing:*

1. Whisk together:
  - 4 cup olive oil
  - 1 T honey
  - 3 T champagne vinegarRepeat Layers



## October 2016 Recipes, Gluten Free

### **Week 2 Breakfast: Baked Acorn Squash with Poached Eggs**

#### *Ingredients:*

2 acorn squash, cut in half, seeds discarded  
1 tsp coconut oil  
S&P to taste  
1 T apple cider vinegar  
4 eggs

#### *Instructions:*

1. Preheat Oven to 400 F.
2. Rub inside of squash half with ~1tsp coconut oil each, season w/ S&P. Roast acorn squash halves uncovered for 45-55 min.
3. Bring a pot of water to a very low simmer, add 1 T apple cider vinegar. Slowly add 4 cracked eggs and cook 5 min. Remove.
4. Serve eggs over baked squash halves. Season with S&P.



## October 2016 Recipes, Gluten Free

### **Week 2 Snack: Brussels Sprouts**

#### *Ingredients:*

2 pounds Brussels sprouts

1-2 T olive oil

#### *Instructions:*

1. Preheat oven to 375 F.
2. Toss Brussels sprouts with 1-2 T olive oil, place on a baking sheet and bake for 45-55 min (removing from oven ½ way through cooking and toss).
3. Time will vary depending on size.





# October 2016 Recipes, Gluten Free

## Week 2 Dessert: Sweet Potato Pie

### *Ingredients:*

#### *Filling:*

1 pound sweet potatoes, cooked, skins removed  
¼ cup maple syrup  
3 eggs  
1 T pumpkin pie spice

#### *Crust:*

¼ cup coconut oil  
1/3 cup pitted dates  
1 cup pecans

### *Instructions:*

1. Preheat oven to 350 F.
2. Set up a large pot with 4-6" of water for steaming, bring water to a boil, then lower heat to simmer.
3. Pierce unpeeled sweet potatoes with a knife.
4. Place in a steamer over the large pot of water (or directly in large pot if no steamer is available).
5. Cover with a tight-fitting lid and steam 1-1.5 hours or until a knife easily pierces potatoes.
6. Check occasionally, adding water as needed.
7. Remove and place in refrigerator to cool.
8. Prepare Crust: In a food processor or blender, combine the following: coconut oil, pitted dates and pecans. Blend until crust comes together and is well combined.
9. Press into an oiled pie pan.
10. Bake for 10 min. Cool slightly.
11. Increase oven temperature to 375 F.
12. Prepare filling: In a blender, combine the following: maple syrup, eggs, cooked sweet potatoes (skins removed) and 1 T pumpkin pie spice.
13. Add filling to crust and bake at 375 F for an additional 20-25 min or until set and no longer jiggly.
14. Cool for 30min.



## October 2016 Recipes, Gluten Free

### Week 3 Meal 1: Italian Almond Crusted Pork Chops with Roasted Potatoes and Broccoli

#### Italian Almond Crusted Pork Chops

##### *Ingredients:*

4 bone in pork chops  
2 eggs, whisked  
1c almond flour  
1T dried basil  
1T dried oregano  
2T grated parmesan (optional)

##### *Instructions:*

1. Preheat oven to 375 F.
2. In 2 shallow bowls or containers, place the following separately:
  - 1: 2 eggs, whisked
  - 2: almond flour, dried basil, dried oregano and (if using) grated parmesan (all whisked together)
3. Dredge each pork chop in the following order:
  - 1: whisked eggs
  - 2: seasoned almond flour
4. Repeat steps until all pork chops are covered.
5. Bake pork chops for 35-45 minutes or until cooked through (145 F).

#### Roasted Potatoes with Broccoli

##### *Ingredients:*

4-6 red potatoes, chop into bite-sized pieces  
1 head broccoli, chop into bite-sized pieces  
1T olive oil  
1T oregano  
1T grated parmesan (optional)  
S&P to taste  
1T olive oil  
1T parmesan cheese (optional)  
S&P to taste

##### *Instructions:*

1. Place chopped potatoes on sheet pan. Toss with 1T olive oil, 1T oregano, 1T grated parmesan, S&P.
2. Place broccoli on sheet pan. Toss with 1T olive oil, 1T parmesan, S&P.
3. Roast potatoes for 35-40 min or browned/cooked through.
4. Roast broccoli for 30-40 min Remove halfway through to toss.



## October 2016 Recipes, Gluten Free

### Week 3 Meal 2: Turkey and Zucchini Chipotle Meatballs with Asparagus

#### BBQ Sauce

##### *Ingredients:*

2T apple cider vinegar (or red wine vinegar, rice vinegar, etc.)

2.5c tomato sauce/ strained tomatoes

¼c dates, pitted (4-6 large) (OR ¼ cup maple syrup or honey)

2-4 re-hydrated chili, seeds & stem removed (for more heat, add in seeds as desired, but do so gradually, they add heat!)

1T cumin powder

2T chili powder

S&P to taste

##### *Instructions:*

1. To rehydrate chipotle peppers, boil 2c water in a small pan, remove from heat, add dried chipotles and cover w/ lid. Allow to re-hydrate.
2. Puree all ingredients in a blender or food processor until smooth.

#### Turkey and Zucchini Meatballs

##### *Ingredients:*

1pound ground turkey thigh

1c grated zucchini (squeeze gently and discard excess liquid)

1c almond flour

1 egg

¼c prepared BBQ sauce

##### *Instructions:*

1. Pre-heat oven to 375 F.
2. Mix together all of the above (works best using hands).
3. Form into 12 balls and top with BBQ sauce.
4. Bake meatballs for 45 minutes or heated through.

#### Asparagus

##### *Ingredients:*

1 bunch asparagus

1-2tsp olive oil

S&P to taste

##### *Instructions:*

1. Pre-heat oven to 375 F. Remove asparagus ends, toss with 1-2tsp olive oil, S&P
2. Roast asparagus for 12-15 minutes.



## October 2016 Recipes, Gluten Free

### **Week 3 Meal 3: Chipotle Chicken w/ Tarragon Baked Japanese Sweet Potato Fries & Green Beans**

#### **BBQ Sauce**

##### *Ingredients:*

2T apple cider vinegar (or red wine vinegar, rice vinegar, etc.)

2.5c tomato sauce/ strained tomatoes

¼c dates, pitted (4-6 large) (OR ¼ cup maple syrup or honey)

2-4 re-hydrated chili, seeds & stem removed (for more heat, add in seeds as desired, but do so gradually, they add heat!)

1T cumin powder

2T chili powder

S&P to taste

##### *Instructions:*

1. To rehydrate chipotle peppers, boil 2c water in a small pan, remove from heat, add dried chipotles and cover w/ lid. Allow to re-hydrate.
2. Puree all ingredients in a blender or food processor until smooth.

#### **Chipotle Chicken**

##### *Ingredients:*

1-1.5# boneless, skinless chicken thighs

Prepared BBQ sauce

##### *Instructions:*

1. Marinate chicken in BBQ sauce for 1hr up to 48 hrs.
2. Pre-heat oven to 425 F.
3. Remove chicken from marinade and bake for 35-45 minutes or cooked through.



## October 2016 Recipes, Gluten Free

### **Baked Japanese Sweet Potatoes and Green Beans:**

#### *Ingredients:*

2 large Japanese sweet potatoes, peeled  
2T olive oil  
1T dried tarragon  
3-4c green beans  
1T olive oil  
S&P to taste

#### *Instructions:*

1. Pre-heat oven to 425 F.
2. Cut sweet potatoes into "fries".
3. Toss w/ olive oil, dried tarragon, S&P.
4. Place sweet potatoes on an oiled sheet tray, roast for 35-40min, remove from oven & toss ½-way through cooking.
5. Remove green bean ends/chop as necessary. Toss w/ olive oil and S&P.
6. Place green beans on a sheet pan and roast for 10-15 min



## October 2016 Recipes, Gluten Free

### Week 3 Meal 4: Kale & Caramelized Onion Frittata w/ Grapes

#### *Ingredients:*

1T olive oil  
2 red onions, cut into long, thin trips  
1 bunch kale, leaves removed from stems, finely chop both  
8 eggs  
4-6oz feta cheese crumbles (optional)  
S&P to taste  
1 bag grapes

#### *Instructions:*

1. Pre-heat oven to 350 F.
2. Heat olive oil over medium heat in a large sauté pan, add onions and a pinch of salt. Sauté for 5-10 min.
3. Add chopped kale leaves & stems, cook for 20-25min, add more oil/ lower heat as needed. Turn off heat and allow to cool.
4. Whisk 8 eggs in a large bowl.
5. Stir in sautéed onions & kale, feta crumbles (optional) and season with ½ tsp fresh ground black pepper.
6. Pour into an oiled 8x8" or 9x9" pan. Sprinkle w/ 1/8 tsp salt.
7. Bake for 34-38 minutes or until no longer jiggly. Serve with grapes.



## October 2016 Recipes, Gluten Free

### **Week 3 Salad: Salad Greens w/ Shredded Carrot, Radish & Sunflower Seeds**

#### *Salad Components:*

5oz tub mixed salad greens

½ c sunflower seeds

2 carrots, grated or chopped into ½ inch cubes

1 bunch radishes, grated or chopped into ½ inch cubes

#### *Dressing:*

½c olive oil

¼c balsamic vinegar

S&P to taste

#### *Instructions:*

1. In a large bowl layer salad components:
  - ½ tub mixed salad greens
  - ¼c sunflower seeds
  - ¼c shredded carrot & radishRepeat layers

#### *For Balsamic Dressing:*

1. Whisk together:
  - ½c olive oil
  - ¼c balsamic vinegar
  - S&P to taste



## October 2016 Recipes, Gluten Free

### **Week 3 Breakfast: Butternut Squash Muffins**

#### Ingredients:

2c almond flour  
1tsp baking soda  
1T pumpkin pie spice  
1.5c cooked/ pureed butternut squash (or pumpkin)  
¼c maple syrup  
1 egg  
muffin liners

#### *Instructions:*

1. Pre-heat oven to 350 F.
2. Stir together dry ingredients:
  - 2c almond flour
  - 1tsp baking soda
  - 1T pumpkin pie spice
3. In a separate bowl, whisk together wet ingredients:
  - 1.5c cooked/ pureed butternut squash (or pumpkin)
  - ¼c maple syrup
  - 1 egg
4. Mix wet into dry. Pour into paper-lined muffin tins.
5. Bake for 25-30 minutes.





## October 2016 Recipes, Gluten Free

### **Week 3 Snack: Pears w/ Peanut Butter**

#### *Ingredients:*

4 pears

½ c peanut butter

#### *Instructions:*

1. Slice pear and eat dipped in 1-2T peanut butter



## October 2016 Recipes, Gluten Free

### **Week 3 Dessert: Dark Chocolate & Hazelnuts**

#### *Ingredients:*

1 bar high quality dark chocolate bar or squares

1c hazelnuts

#### *Instructions:*

1. 1 serving = 1oz chocolate + ¼c hazelnuts.



## October 2016 Recipes, Gluten Free

### **Week 4 Meal 1: Cornmeal Catfish, Black-Eyed Peas & Steamed Carrots**

#### *Ingredients:*

1.5-2# fresh catfish fillets (option to sub tilapia or salmon)  
1c cornmeal  
4 carrots, cut into bite-sized pieces  
15oz black-eyed peas  
S&P to taste

#### *Instructions:*

1. Pre-heat oven to 425 F.
2. Place cornmeal in a bowl and dredge catfish to coat. Season w/ S&P.
3. Bake fish for 10-12 minutes (for thinner, smaller fish) up to 16-18 min (for thicker, larger fish).
4. Steam or boil carrots for ~10 minutes, season to taste w/ S&P.
5. Place black-eyed peas in a small pot on the stove over medium heat until heated through, season w/ S&P.



## October 2016 Recipes, Gluten Free

### Week 4 Meal 2: Maple Mustard Chicken w/ Baked Potatoes & Swiss Chard

#### Baked Potatoes

##### *Ingredients:*

4 baking potatoes

##### *Instructions:*

1. Preheat oven to 350 F.
2. Poke 6-10 holes in each potato.
3. Bake in covered dish for ~1 hour or until soft/ cooked through.

#### Maple Mustard Chicken

##### *Ingredients:*

½c grainy mustard

¼c maple syrup

¼c olive oil

1T salt

4 organic chicken breasts (~1#)

##### *Instructions:*

1. Preheat oven to 375 F.
2. Prepare marinade by whisking together mustard, maple syrup, olive oil and salt. Marinate chicken for 1hr up to 24 hrs
3. Remove chicken from marinade and bake for 30-40 minutes or until cooked through.

#### Swiss Chard

##### *Ingredients:*

2 bunches Swiss chard, leaves finely chopped, stems discarded

1tsp chopped garlic

1tsp olive oil

##### *Instructions:*

1. Heat 1t oil in large sauté pan over med-high heat, add garlic and chard leaves, sauté for 5-10 min, season w/ S&P.
2. Serve with chicken and baked potato.



## October 2016 Recipes, Gluten Free

### Week 4 Meal 3: Spaghetti w/ Pesto, Mushrooms, Broccoli & White Beans

#### **Pesto**

##### *Ingredients:*

½c olive oil  
¼c broth  
1c walnuts  
2oz parmesan (size of 2 dominos)  
1 small garlic clove (~1t)  
~1c fresh basil leaves  
~2-3T lemon juice (add to taste)

##### *Instructions:*

1. Place the all ingredients in blender or food processor. Blend until smooth, taste and season as needed w/ salt and/or lemon juice.

#### **Spaghetti**

##### *Ingredients:*

1 tsp olive oil  
16oz sliced mushrooms  
small head broccoli, chipped into bite sized pieces  
1 can white beans, drained and rinsed  
16oz brown rice spaghetti

##### *Instructions:*

1. Add oil to a large sauté pan over med-high heat. Add mushrooms & broccoli, cook ~8-10 minutes
2. Add 1 can drained white beans and mix to combine.
3. Cook spaghetti according to package instructions.
4. Drain and return pasta to pot, toss w/ ¾c pesto & cooked veggies.



## October 2016 Recipes, Gluten Free

### Week 4 Meal 4: Grass-fed Beef Chili (Makes 8 servings)

#### *Ingredients:*

1 dried chipotle pepper (OR ancho/ other dried pepper)  
1# grass-fed, organic ground beef, 95%  
1 red bell pepper, diced  
1 yellow onion, diced  
2 bunches Swiss chard stems, chopped (save leaves for other uses)  
1T garlic, finely chopped  
28oz can fire roasted diced tomatoes  
2T chili powder  
1 can pinto, drained and rinsed  
1 can black beans, drained and rinsed  
3c chicken broth  
S&P to taste

#### *Instructions:*

1. Rehydrate chipotle pepper: boil 1c water in a small pan, remove from heat, add 1 dried chipotle and cover w/ lid. Allow to re-hydrate.
2. In a large soup pot, sauté ground beef, crumbling. Add bell pepper, onion, chard stems and garlic, sauté for 10 min.
3. While vegetables are cooking, remove & discard seeds & stem from the rehydrated chipotle (option to use a few seeds as desired for added heat).
4. Place chipotle in a blender with 2-3 cups of steam water and blend until smooth, adding seeds as desired (do so gradually and taste for heat before adding to chili).
5. Add pureed chili/water to sautéed veggies.
6. Add 28oz fire roasted diced tomatoes, chili powder, pinto beans, black beans & 3c broth.
7. Bring to a boil then lower to low-medium heat, stirring occasionally and adding water or broth as needed.
8. Continue to cook for 30m-1 hour.
9. Season to taste w/ chili powder, S&P.



## October 2016 Recipes, Gluten Free

### **Week 4 Salad: Mixed Greens w/ Apples, Cherries, Cheddar & Almonds**

#### *Salad Components:*

5oz tub mixed greens

½ c sliced almonds

½ c dried cherries

4oz cheddar cubes (optional)

#### *Dressing:*

½c olive oil

¼c balsamic vinegar

S&P to taste

#### *Instructions:*

1. Layer the following:
  - ½ tub mixed salad greens
  - ¼c sliced almonds
  - ¼c dried cherries
  - 2oz cheddar cubes (optional)Repeat layers.

#### *For Balsamic Dressing:*

1. Whisk together:
  - ½c olive oil
  - ¼c balsamic vinegar
  - S&P to taste



# October 2016 Recipes, Gluten Free

## **Week 4 Breakfast: Lemon Blackberry Muffins**

### *Ingredients:*

1/2c coconut flour  
1/2tsp salt  
1/2tsp baking soda  
5 eggs  
1/2c honey  
1/2c coconut oil  
1tsp lemon zest (loosely packed)  
1 pint blackberries

### *Instructions:*

1. Preheat oven to 350 F.
2. In a large mixing bowl, whisk together: coconut flour, salt, baking soda, eggs, honey, coconut oil, 1tsp lemon zest (loosely packed) and lemon juice \*Note: zest the lemons before juicing\*
3. Stir in 1 pint blackberries (Note: can use whole or rough chop if berries are really large)
4. Spoon batter into paper lined muffin cups, filling ~2/3 full.
5. Bake for 16-20 minutes or tops spring back slightly when pressed





# October 2016 Recipes, Gluten Free

## Week 4 Snack: Broccoli Dipped in Pesto

### Pesto

#### *Ingredients:*

½c olive oil

¼c broth

1c walnuts

2oz parmesan (size of 2 dominos)

1 small garlic clove (~1t)

~1c fresh basil leaves

~2-3T lemon juice (add to taste)

1 head broccoli, chopped in bite sized pieces

#### *Instructions:*

1. Place the all ingredients in blender or food processor. Blend until smooth, taste and season as needed w/ salt and/or lemon juice.
2. Dip broccoli in 1-2T pesto.



# October 2016 Recipes, Gluten Free

## **Week 4 Dessert: Dark Chocolate Apricots**

### *Ingredients:*

1c dark chocolate chips or discs (70%+ preferred)  
1c dried apricots

### *Instructions:*

1. Place dark chocolate discs/chips in a small pan and heat over low on the stovetop, stirring constantly until just melted.
2. Dip apricot halves into chocolate and drop onto parchment or foil. Allow to cool.