



March 23, 2020: Two Week Grocery List

A - Day 1: Slow Cooker Black Bean Salsa
B - Day 2: Crustless Breakfast Quiche
C - Day 3: Roasted Veggies & Sausage
D - Day 4: Maple Mustard Chicken Thighs
E - Day 5: French Dip Sandwiches
F - Day 6: Shrimp Pad Thai
G - Day 7: Slow Cooker Chicken Jambalaya

O - Breakfast 1: You Pick It Smoothie Kits
P - Breakfast 2: Baked Apple Oatmeal Cups

H - Day 8: Black Bean & Sweet Potato Chili
I - Day 9: White Bean & Ham Soup for
J - Day 10: Burrito Bowls
K - Day 11: Skillet Lasagna
L - Day 12: Carrot Cake Pancake Dinner
M - Day 13: Buffalo Chicken Pizza
N - Day 14: Shredded Beef Tacos

Q - Lunch 1: Chicken & Broccoli Salad
R - Lunch 2: Salmon Sweet Potato Cakes

S - Treat: Maple Glazed Oatmeal Cookies



Produce:

4 bananas
2/3 cup fresh basil
1 cup fresh bean sprouts
2 1/2 pounds broccoli
1 1/2 pounds Brussels sprouts
6 carrots
4 stalks celery
1 pint cherry tomatoes
1 bunch fresh cilantro
1 fennel bulb
26 cloves garlic
8 green onions
4 pitted medjool dates, if needed
3 - 8 oz containers mushrooms
9 medium onions
2 1/4 medium red onions
7 1/2 large green pepper
3 1/2 medium red pepper
2 medium orange bell pepper
6 medium sweet potatoes
1 small Yukon gold potato
1 cup fresh spinach
4 medium zucchini

Meat:

8 strips bacon (pork or turkey)
1 pound ground beef
3 to 4 pound boneless beef roast
1 1/2 cups boneless skinless chicken breast
6 pounds boneless skinless chicken thighs
1 1/2 cups diced ham
1/2 cup chopped gluten free dairy free pepperoni
6 large pre-cooked sausage or one kielbasa
14 oz. gluten/dairy free kielbasa or smoked sausage
1 pound peeled and deveined medium shrimp
1 1/2 pounds ground turkey (not low fat)

Dairy Substitute/egg/refrigerated:

14 large eggs
2/3 cup gluten & dairy free cheese replacement, optional
8 1/3 cups gluten & dairy free milk substitute
4 6 oz container non-dairy yogurt, your choice of flavor
2 cup coconut water or juice of your choice

Condiments/Canned Goods:

1 1/2 cups unsweetened chunky applesauce
3 tbsp balsamic vinegar
6 - 15 oz canned black beans
2 -15 oz Great Northern or Navy beans
7 cup gluten free chicken broth
1 small chipotle chile pepper in GF adobo sauce
1 tablespoon gluten free chili garlic sauce
1 Tbsp cider vinegar
2/3 cup coconut oil
1/4 cup Dijon mustard
1 1/2 tablespoons gluten free fish sauce
2 tablespoons honey
2 1/2 tablespoons lemon juice (about 1 lemon)
1 1/2 tablespoons fresh lime juice
7 Tbsp real maple syrup
1/4 cup mayonnaise
1 3/4 cups olive oil
3 tablespoon creamy peanut butter
1 1/2 cups canned or cooked salmon
2 cups gluten free salsa
3 cups gluten free dairy free spaghetti or pizza sauce
2/3 cup GF soy sauce
2/3 cup sparkling water
6 ounces tomato paste
4 cans (14.5 ounces each) tomatoes, diced
1 - 28 oz. fire roasted diced tomatoes
5 teaspoons pure vanilla extract

Optional toppings:

1 cup shredded dairy free substitute
 chopped tomato
 diced jalapeño
 minced fresh cilantro
 guacamole
 dairy free yogurt, raisins, nuts, chocolate chips,
 blueberries, dried cranberries, etc.

Dry Goods:

4 cups certified gluten free old fashioned rolled
 oats
 2 tablespoon flaxseed meal
 gluten and dairy free bread crumbs
 1/3 cup raisins
 1/3 cup shelled sunflower seeds or pistachios,
 roasted & salted
 1 1/4 cup your favorite cup for cup GF flour blend
 1/2 teaspoon baking soda
 1/2 cup sugar + 1 T
 1/2 cup dark brown sugar
 2/3 cup powdered sugar
 1 box 10 hard taco shells
 1 cup raw cashews
 5 gluten free lasagna sheets or 8 oz GF pasta
 2 cups gluten free bean based flour blend or
 Bob's Red Mill All Purpose Gluten Free Flour
 Blend
 4 Tbsp baking powder
 1 cup brown rice
 3 tablespoons dark brown sugar
 1/4 cup chopped dry-roasted peanuts
 12 ounces gluten free rice pad Thai noodles
 1/4 cup sweet rice flour
 1 cup brown or white rice flour
 1 1/3 cup tapioca flour
 2/3 cup potato or corn starch
 4 1/2 tsp xanthan gum

Seasonings:

salt and pepper
 4 bay leaf
 2 1/2 teaspoon dried crushed rosemary
 2 teaspoon dried thyme
 2 1/4 teaspoon dried basil
 6 1/4 teaspoon dried oregano
 1 teaspoon dried thyme
 3/4 teaspoon paprika
 1/2 teaspoon garlic powder
 1 to 1 1/2 teaspoon chili pepper flakes
 1/4 teaspoon onion powder
 2 tablespoon dried parsley
 2 Tbsp + 2 t chili powder
 1 tsp smoked paprika
 2 t ground cumin
 1/4 tsp cayenne
 1/8 teaspoon ground ginger
 1/8 teaspoon ground cloves
 4 teaspoons ground cinnamon
 3/4 teaspoon ground nutmeg
 1 teaspoon dried tarragon or thyme

Frozen:

8 cups frozen berries (your choice)
 2 1/2 cups frozen corn
 3 cups frozen chopped spinach or kale

To serve:

quinoa, rice or cauliflower rice for 4 (for 3 meals)
 fruit of choice for 2 (for 2 meals)
 fresh or frozen veggies for 4 (for 4 meals)
 Maple syrup
 Sausage for 4
 Tortilla chips for one meal



March 23, 2020: Recipe Cards

Slow Cooker Black Bean Salsa Chicken

Serves: 8

2 1/2 pounds boneless chicken thighs, chopped
2 - 15 oz canned black beans, rinsed & drained
1 1/2 cups frozen corn
2 cups gluten free salsa
1 cup chopped onions
1 cup chopped green pepper
3/4 cup chopped red pepper
1/2 cup chopped fresh cilantro
5 cloves garlic, minced
salt and pepper, to taste

Put all ingredients into slow cooker. Cover and cook on low for 6-8 hours.

Good served over cooked rice, scooped up with tortilla chips or rolled in gluten free tortillas. We like it served over baked potatoes or baked sweet potatoes.

Freezer instructions: Put all ingredients into a gallon sized freezer bag. Remove as much air as possible, seal, label and freeze.

To serve: Thaw. Place in slow cooker. Cover and cook on low 6-8 hours.

****Save half of cooked mixture for Burrito Bowls. Cool, wrap and freeze until needed.***

Crustless Breakfast Quiche

Serves: 6

1 tablespoon olive oil
8 ounces mushrooms, sliced
1 small onion, diced
6 large eggs, beaten
1/4 teaspoon salt
1/4 teaspoon ground pepper
1/4 teaspoon dried basil
1/4 teaspoon dried oregano
1/4 cup sweet rice flour
2 strips bacon (pork or turkey), cooked and crumbled
1 cup steamed, chopped broccoli
2/3 cup gluten & dairy free cheese replacement, optional
1/2 cup seeded and diced red pepper
1 cup de-stemmed and sliced fresh spinach

In a skillet sauté mushrooms and onion in oil over medium heat until mushrooms release their liquid and onions are translucent. Do not discard resulting liquid.

In large bowl, beat eggs, salt, pepper, basil, oregano, and sweet rice flour. Add mushroom and onion mixture (including any liquid) and remaining ingredients to eggs. Mix.

Pour into a well oiled pie plate, or line the pie plate with oiled parchment. Bake at 425 degrees F for 10 minutes. Reduce oven temperature to 350 degrees and bake for an additional 25 to 35 minutes. Let quiche stand for a few minutes before cutting and serving to ensure quiche sets up properly.

To freeze: Allow quiche to cool. Wrap well for the freezer, removing all air, seal, label and freeze.

To serve: Thaw and reheat.

Roasted Vegetable Medley with Sausage

Serves 4

3 tbsp olive oil
2 medium sweet potatoes, peeled and chopped into 1" chunks
1 medium red onion, sliced into strips
2 bell peppers, sliced into strips
3 cups mushrooms, halved
2 medium zucchini, sliced into 1" chunks
6 large pre-cooked sausage links, such as kielbasa, sliced into bite sized pieces
3 tbsp balsamic vinegar
3 tbsp fresh basil, chopped
Salt and pepper, to taste

Preheat oven to 425° F.

Put sweet potatoes, onion, peppers and onions on rimmed baking pan. Drizzle with oil. Put in oven for 15 minutes.

After 15 minutes, Stir ingredients around. Add zucchini and sausage. Roast for another 15 minutes.

After 15 minutes, stir again. Check veggies. Roast for another 10 minutes if sweet potatoes and onions are not tender.

When finished roasting drizzle with balsamic vinegar, and season with salt and pepper.

Maple Dijon Chicken Thighs

Serves: 4

1/4 cup Dijon mustard
2 Tbsp real maple syrup
1 Tbsp olive oil
2 tsp soy sauce
1 clove garlic
1/2 Tbsp dried rosemary or fresh
2 lbs boneless skinless chicken thighs

Preheat the oven to 375 degrees. In a small bowl, stir together the Dijon mustard, maple syrup, olive oil, and soy sauce. Mince the garlic and chop the rosemary. Stir both into the marinade.

Coat the inside of a casserole dish with non-stick spray. Arrange the chicken thighs in the dish so that they are close, but not overlapping. Pour the marinade on top and then spread it around until the thighs are completely covered.

Bake the chicken thighs in the preheated oven for 45-50 minutes, or until they are cooked through and the liquid around the thighs is simmering. Spoon some of the liquid over the thighs, return them to the oven, then switch the oven's setting from bake to broil. Broil for about 5 minutes, or until the top of the chicken is golden brown.

Basic Roasted Brussel Sprouts

Serves: 4

1 1/2 pounds Brussels sprouts
3 tablespoons coconut or olive oil
3/4 teaspoon salt
1/2 teaspoon freshly ground black pepper

Preheat oven to 400 degrees F.

Cut off the brown ends of the Brussels sprouts and pull off any damaged yellowed outer leaves. Cut Brussel sprouts in half the long way. Mix them in a bowl with oil, salt and pepper. Pour onto a rimmed sheet pan and roast for 35 to 40 minutes, until crisp on the outside and tender on the inside. Stir the pan every 15 minutes to brown the sprouts evenly. Sprinkle with more salt to taste and serve immediately.

Slow Cooker French Dip Sandwiches

Serves: 10 to 11

3 to 4 pound boneless beef roast
½ cup GFCS soy sauce
1 bay leaf
¾ teaspoon ground pepper
1 teaspoon dried crushed rosemary
1 teaspoon dried thyme
2 cloves garlic, minced

****Save half of cooked beef roast for Baked Beef and Bean Tacos. Cool, wrap and freeze until needed.***

Trim fat from roast. Place roast in crockpot. Surround roast with sliced onions (put around sides, not on top or underneath).

In a bowl, combine the rest of ingredients. Pour mixture over roast. Put lid on crockpot, and cook on low heat for 10-12 hours (or 5-6 on high), or until meat is very tender.

Remove meat from broth. Remove bay leaf and discard. Strain onions from broth. Reserve broth. Place onions back into crock pot. Slice thinly or shred meat. Return to crock pot. Stir.

Put meat and onion mixture onto Noah Rolls (see archives). Use reserved broth for dipping. Try toasting or grilling the rolls before adding the meat.

Noah's Rolls

½ cup brown or white rice flour
⅔ cup tapioca flour
⅓ cup potato or corn starch
2 tsp xanthan gum
2 tsp baking powder
½ tsp salt
1 egg
⅓ cup oil
½ cup dairy free milk
⅓ cup sparkling water

Preheat oven to 400 degrees.

Mix dry ingredients and wet ingredients separately except for the sparkling water. Combine dry and wet in a heavy duty mixer or bowl with a spoon. When batter is well combined, add the sparkling water. Mix until just combined, but very smooth. The texture of the batter should be rather thick.

Divide batter into six round mounds. You can also form your own buns or rolls using a plastic spatula. I also put the batter in a large ziplock bag, cut a corner opening and squeeze out the batter to form hot dog buns or bagels. Make sure not to form the bread too high, because it will rise quite a bit on its own. You may smooth the batter with wet hands at this point. (Angela's note: you will want to smooth the dough with wet hands so you can have a nice smooth bun. The dough does not smooth out during the baking process.)

Bake for 20-25 minutes until the bread is a golden brown.

Angela's note: To do egg-free: Replace egg with 1 T ground flax (I used golden flax) and 3 T water cooked together. Wisk over medium heat until thickened and gooey egg-like consistency.

Shrimp Pad Thai with Broccoli

Serves 6

12 ounces uncooked gluten free rice pad Thai noodles
3 tablespoons dark brown sugar
3 tablespoons creamy peanut butter
3 tablespoons gluten free low sodium soy sauce
1½ tablespoons gluten free fish sauce
1½ tablespoons fresh lime juice
1 tablespoon gluten free chili garlic sauce
3 tablespoons oil
1 pound peeled and deveined medium shrimp
1 pound broccoli cut into small florets
6 green onions cut into 1½" pieces
6 garlic cloves, minced
1 cup fresh bean sprouts
¼ cup chopped dry-roasted peanuts
⅓ cup thinly sliced fresh basil
regular or purple Thai basil

Cook noodles according to package directions while making the rest of the recipe.

While water comes to a boil for the noodles, mix sugar, soy sauce, fish sauce, lime juice and chili garlic sauce in a small bowl and set aside.

Heat a large skillet over medium-high heat. Add oil to pan to heat, then add shrimp and broccoli. Stir-fry for about 3 minutes or until shrimp is almost done, then add onions and garlic, stir-frying for another minute or two.

Add cooked noodles to shrimp mixture in pan, stir-frying and tossing to combine. Stir in sauce; cook another minute, stirring constantly to combine.

To serve, top with bean sprouts, peanuts, and basil.

Slow Cooker Chicken Jambalaya

Serves: 8

1½ pounds boneless skinless chicken breasts or thighs (I prefer thighs), cut into 1-inch cubes
14 oz. gluten/dairy free kielbasa or smoked sausage, sliced (preferably nitrate free)
1 – 28 oz. fire roasted diced tomatoes
2 medium onions, diced
2 green bell peppers, seeded and diced
2 stalks celery, diced
1 cup gluten free chicken broth
3 garlic cloves, minced
4 teaspoons dried oregano
1 teaspoon dried thyme
¾ teaspoon paprika
½ teaspoon salt
½ teaspoon garlic powder
½ to 1 teaspoon chili pepper flakes
¼ teaspoon onion powder
¼ teaspoon black pepper
3 bay leaves

In a slow cooker combine all ingredients and mix. Cover. Cook on low for 7 hours or on high for 3½ hours. Discard bay leaves before serving over cooked rice.

Optional: You can stir in 1 pound of frozen, peeled and cooked shrimp that have been thawed about 15 minutes before the end of cooking time. Serve when shrimp is heated through.

To freeze: Place all ingredients into a gallon sized freezer bag. Mix ingredients, remove as much air as possible, seal, label and freeze.

To serve: Thaw. Pour ingredients into a slow cooker. Cover. Cook on low for 7 hours or on high for 3½ hours. Discard bay leaves before serving over cooked rice.

Black Bean Sweet Potato Chili

serves 8

3 cans black beans
1 lb sweet potatoes peeled and cut into 1" cubes
2 cans diced tomatoes and liquid
1 medium sweet yellow onion
1 medium orange bell pepper
1 medium red bell pepper, diced
1/4 cup fresh chopped cilantro
2 cloves minced garlic
1 tablespoon olive oil
1 small chipotle chile pepper in gluten free adobo sauce minced
2 t chili powder
1 t ground cumin
salt to taste

In a gallon sized freezer bag combine all the ingredients. Mix remove as much air as possible and seal. seal, label and freeze.

to serve: thaw put contents of large bag into slow cooker. Cover and cook on low for 6 to 7 hours or on high 3 to 3 1/2 hours until sweet potatoes are tender, but not falling apart.

White Bean & Ham Soup for the Slow Cooker

Serves: 8

6 cups chicken broth
3 cloves minced garlic
1 cup diced onion
1 cup diced carrot
1 cup diced celery
1 cup diced fennel
1/4 teaspoon ground black pepper
2 tablespoon dried parsley
1 teaspoon dried thyme
1 cup frozen corn kernels
3 cups frozen chopped spinach or kale
2 cans (15 ounces each) Great Northern or Navy beans, drained and rinsed
2 cans (14.5 ounces each) tomatoes, diced
1 1/2 cupc diced ham
salt and pepper, to taste

Combine broth, garlic, onion, carrots, celery, fennel, pepper, parsley, and thyme in a slow cooker. Cover and cook on low for 6 - 7 hours.

Add the ham, spinach or kale greens, beans, and tomatoes. Cover and cook on high for one hour. Taste and add salt and pepper, if needed.

Salsa Chicken Burrito Bowl

Serves: 4

Left over Black Bean Salsa Chicken

OR:

2 boneless, skinless chicken breasts
16 oz. salsa
1/2 cup chicken broth
1 tsp chili powder

Rice:

1 cup brown rice
1/2 tsp salt
1 3/4 cups water

Fajita Saute:

1 onion
3 bell peppers, red, green, yellow
1 Tbsp oil
salt, to taste

Optional toppings:

2 green onions, thinly sliced
minced fresh cilantro

Cook the brown rice according to the package directions. (Add rice, salt, and water to a pot, cover, bring to a boil over high heat, then turn the heat down to low and simmer for 35 minutes.)

While the rice is cooking, begin the chicken. Add the chicken breasts to a medium sauce pot along with the salsa, chicken broth, and chili powder. Give everything a brief stir.

Place a lid on the pot and bring it to a boil over high heat. Once the liquid starts boiling, turn the heat down to low and let the chicken simmer over low for 30 minutes. Make sure it's simmering the whole time, adjusting the heat slightly if needed.

While the rice and chicken are cooking, prepare the bell peppers. Slice the bell peppers into 1/2-wide strips. Place them on a baking sheet and drizzle with cooking oil. Toss the peppers to coat them in oil, then sprinkle with a pinch of salt.

Roast the peppers in the preheated oven for 20-25 minutes, or until they are browned on the edges, stirring once half way through.

After the chicken has simmered for 30 minutes, remove it from the salsa mixture and use two forks to shred the meat. Return the shredded chicken to the pot of salsa and stir to combine.

Once the rice has rested, the chicken has been shredded, and the peppers have finished roasting, it's time to build the bowls.

Add about 3/4 cup rice to each container, followed by 1/4 of the roasted peppers, and 1/4 of the shredded chicken. Spoon the salsa mixture from the pot over the shredded chicken in the containers. This will act as a sauce to help moisten the entire dish. Top with sliced green onions and a dollop of sour cream and serve immediately or refrigerate for up to 4 days.

Skillet Beef & Veggie Lasagna

Serves: 4

For the lasagna:

1 tablespoon extra virgin olive oil
1 pound ground beef
1 small onion, finely chopped
1 bell pepper, cored and finely chopped
1 tablespoon minced garlic (about 3-4 cloves)
2 medium-size zucchini, diced
1 pint cherry tomatoes, halved
6 ounces tomato paste
1 teaspoon oregano
1 teaspoon basil
1/2 teaspoon crushed red pepper (optional)
5 gluten free lasagna sheets, broken into 2-inch bite-size pieces or 8 oz GF pasta
optional: fresh or dry basil for topping

Cashew Ricotta

1 cup raw cashews, soaked*
2 tablespoons lemon juice (about 1 lemon)
1 teaspoon fine sea salt

In a large (deep) skillet, warm the olive oil over medium heat. Add the onion, sprinkle with salt and cook for about 3 minutes. Next add the bell pepper, garlic, zucchini, tomatoes and corn. Continue to cook for 3 more minutes.

Add the tomato paste to the skillet with oregano, basil, crushed red pepper and 1 and 1/2 cups water. Stir to combine. Bring to a low boil then add lasagna noodles, pushing each piece down until they're all covered with sauce. Cover with a lid and cook until noodles are soft and most of the liquid has absorbed, about 10 minutes.

Meanwhile make the cashew ricotta by combining the soaked and rinsed cashews with lemon juice, sea salt and 3 tablespoons of water in a high speed blender or NutriBullet. Blend until smooth, scraping the sides of the blender as needed.

Once pasta is cooked, remove from heat and set aside. Top with large dollops of the cashew ricotta then garnish with basil.

*To soak cashews, bring a pot of water to a boil, remove from heat, then add cashews to soak for 30 minutes. Strain and rinse before using in the recipe.

Gluten & Dairy Free Carrot Cake Pancakes

Serves: 4

2 cups gluten free bean based flour blend (see below) or Bob's Red Mill All Purpose Gluten Free Flour Blend
4 teaspoons baking powder
1 1/2 teaspoons cinnamon
1/2 teaspoon salt
1/2 teaspoon xanthan gum
1/4 teaspoon nutmeg
1/8 teaspoon ground ginger
1/8 teaspoon ground cloves
1 cup unsweetened gluten & dairy free milk substitute (ie: almond, rice, etc.)
2 cups finely grated carrot (about 4 medium carrots)
2 eggs
1/4 cup oil
3 Tablespoons maple syrup or brown sugar
2 teaspoons gluten free vanilla

Bean Flour Blend (from the "Gluten Free Gourmet," Bette Hagman)

Mix ahead and use in recipes calling for Gluten-Free Flour Mix:

2 cups Garfava Bean Flour
1 cup Sorghum Flour
3 cups Tapioca Flour/Starch
3 cups Cornstarch or Arrowroot

Whisk the dry ingredients together in a bowl. Mix the wet ingredients together until blended then add to the dry ingredients. Stir until blended together. There will still be some lumps, but try not to have too many. If you want the carrot bits to be even smaller, use an immersion blender to mix the pancake batter.

Cook 2-3 Tablespoons of batter per pancake in a preheated lightly oiled pan as you would regular pancakes, flipping pancake over when there are bubbles on the surface and the bottom is golden brown.

Serve with your favorite topping and enjoy!

Gluten Free Dairy Free Pizza Sloppy Joes

Serves: 6

1½ pounds ground turkey (not low fat)
1 medium onion, finely diced
½ cup green pepper, finely diced
3 cups gluten free dairy free spaghetti or pizza sauce
½ cup chopped gluten free dairy free pepperoni
1 teaspoon dried basil
½ teaspoon dried oregano

Brown ground turkey in skillet, breaking it up as it cooks. When it is all cooked through, add to slow cooker with all of the rest of the ingredients. Stir together until blended, put a cover on slow cooker, set to low and cook for 4 to 6 hours.

To freeze: After browning turkey, allow to cool. After turkey cools, mix all the ingredients into a gallon sized freezer bag. Remove as much air as possible, seal, label and freeze.

To serve: Thaw. Put contents in bag in to slow cooker, cover and cook on low for 4 to 6 hours.

Noah's Rolls

1/2 cup brown or white rice flour
2/3 cup tapioca flour
1/3 cup potato or corn starch
2 tsp xanthan gum
2 tsp baking powder
1/2 tsp salt
1 egg
1/3 cup oil
1/2 cup dairy free milk
1/3 cup sparkling water

Preheat oven to 400 degrees.

Mix dry ingredients and wet ingredients separately except for the sparkling water. Combine dry and wet in a heavy duty mixer or bowl with a spoon. When batter is well combined, add the sparkling water. Mix until just combined, but very smooth. The texture of the batter should be rather thick.

Divide batter into six round mounds. You can also form your own buns or rolls using a plastic spatula. I also put the batter in a large ziplock bag, cut a corner opening and squeeze out the batter to form hot dog buns or bagels. Make sure not to form the bread too high, because it will rise quite a bit on its own. You may smooth the batter with wet hands at this point. (Angela's note: you will want to smooth the dough with wet hands so you can have a nice smooth bun. The dough does not smooth out during the baking process.)

Bake for 20-25 minutes until the bread is a golden brown.

Angela's note: To do egg-free: Replace egg with 1 T ground flax (I used golden flax) and 3 T water cooked together. Wisk over medium heat until thickened and gooey egg-like consistency.

Roasted Rosemary Potatoes

Servings: 4

1/2 teaspoon dried rosemary, ground
1/2 teaspoon coarse ground black pepper
1/2 teaspoon coarse salt
1/2 teaspoons garlic powder
1/2 teaspoon onion powder
1 tablespoons olive oil
1 pounds potatoes
1/2 pound fresh sweet potatoes

Mix the spices and oil in a small bowl.

Peel the sweet potato. Wash the potatoes and dry well. Slice the potatoes and sweet potatoes into oven fries, wedges or cubes.

Put potatoes onto a cookie sheet. Drizzle oil and spice mix onto potato pieces. Toss the potatoes until evenly coated.

Bake in a 375 oven for about 45 minutes, or until potatoes test done with a knife, turning over every 15 minutes.

Baked Beef and Bean Tacos

Servings: 4

Tacos:

1 1/2 -2 lbs cooked shredded beef (leftover from French Dip Recipe)
1 Tbsp chili powder
1 tsp smoked paprika
1 tsp cumin
1/2 tsp oregano
1/4 tsp cayenne
1/2 tsp salt
Freshly cracked pepper
15 oz can black beans
1 box 10 hard taco shells

Optional toppings:

1 cup shredded dairy free substitute
chopped tomato
diced jalapeño
minced fresh cilantro
guacamole

In a small bowl, combine the ingredients for the taco seasoning, then set the seasoning aside (or use one envelope of store-bought taco seasoning). Preheat the oven to 400°F.

Dice the onion and mince the garlic. Add the onion, garlic, and cooking oil to a large skillet. Sauté the onion and garlic over medium heat until the onion is soft and translucent (about 5 minutes). Add the ground beef and prepared taco seasoning and continue to sauté until the beef is cooked through (another 5 minutes).

Arrange the taco shells in a casserole dish so they are all standing upright. If you do not have a dish that fits them snugly enough to hold them up, use balled up aluminum foil to act as "book ends" to help hold the line of tacos upright.

Drain the can of black beans well, but do not rinse them. A little sauciness helps keep the beef mixture moist. Stir the beans into the seasoned beef and allow them to heat through.

Fill the tacos with the beef and bean mixture. If using dairy free cheese substitute, sprinkle it over top of tacos. Bake the tacos in the preheated oven for 7-10 minutes, or until the cheese is melted and the taco shells are golden brown on the edges.

While tacos are baking, dice the tomato, slice the jalapeño, and roughly chop the cilantro leaves, if using. Sprinkle the diced tomato, jalapeño, and cilantro over the tacos, with a spoon of guac on each taco just before serving.

You Pick It Smoothie

Serves: 2

1 banana, peeled and frozen
2 cups frozen berries (your choice)
1 cup dairy free milk substitute (almond, coconut, etc.)
1 6 oz container non-dairy yogurt, your choice of flavor (soy, coconut or rice)
1/2 cup coconut water or juice of your choice
1 pitted medjool date or other sweetener, if needed

Place all ingredients in a blender. Cover and blend ingredients until smooth. You can adjust the consistency by adding more ice if it's too thin or more liquid if it's too thick. Pour in glasses.

To make packets: in quart freezer bags, place banana, broken into chunks and berries. Label and place in freezer.

When ready to serve: put contents of bag, DF milk and yogurt substitute, coconut water and date, if using, into blender. Blend until smooth.

Baked Apple Oatmeal Cups

Serves: 8

1 large egg
1½ cups unsweetened chunky applesauce
2 tablespoons honey
½ teaspoon vanilla extract
2½ cups certified gluten free old fashioned rolled oats
2 tablespoons flaxseed meal
1½ teaspoons ground cinnamon
1½ teaspoon gluten free baking powder
½ teaspoon ground nutmeg
½ teaspoon salt
1⅓ cups cup gluten & dairy free milk substitute (I used coconut)
optional toppings: dairy free yogurt, raisins, nuts, chocolate chips, blueberries, dried cranberries, etc.

In a large bowl, whisk eggs, applesauce, honey and vanilla until combined. Add oats, flaxseed meal, cinnamon, baking powder, nutmeg and salt and mix to combine.

Pour milk substitute over mixture and whisk until incorporated.

Line two 12-cup muffin pans with paper liners and spray liners generously with cooking spray. Distribute oatmeal mixture evenly into muffin cups, about ¼ cup each. OR do what I did and oil 8 ounce wide mouth canning jars. Put ½ cup mixture into each jar. Sprinkle desired toppings over the muffin cups if using.

Bake at 350 degrees F for 30 to 35 minutes or until a tester comes out clean.

Remove from oven and cool in pan on wire rack for a few minutes before transferring to cool completely on wire rack. Once completely cooled, store in an airtight container or zip-top bag and freeze. To reheat, microwave on high for 45-60 seconds.

Broccoli Salad with Chicken

Serves: 4

Salad Ingredients:

3 cups broccoli florets & shredded peeled stems
1 1/2 cups chopped cooked boneless skinless chicken breast
6 strips bacon, cooked crisp, chopped
1/4 red onion, sliced very thinly
1/3 cup raisins
1/3 cup shelled sunflower seeds or pistachios, roasted & salted

Dressing:

1/4 cup mayonnaise
1 Tbsp cider vinegar
1 Tbsp sugar

Lay slices of bacon onto a parchment or aluminum foil lined baking sheet. Bake at 375°F for 15-20 minutes, until crisp. Transfer to a paper towel lined plate and pat the tops with paper towel as well, absorbing excess fat. Chop into small pieces, when cool enough to handle.

Chop broccoli into small florets. Peel broccoli stems, then shred stems on a large holed box grater, or a food processor with the grater attachment. Slice onion into thin slices.

Combine mayonnaise, vinegar and sugar in a bowl. Whisk until smooth.

Place salad ingredients in a bowl. Pour dressing over the salad & mix to coat the ingredients. Serve.

To make ahead: in 4 lunch containers, arrange broccoli, chicken, bacon, onion, raisins and sunflower seeds into separate piles in a lunch container. Divide dressing into 4 dressing containers. Put one dressing container in each of the lunch container, seal and chill. You can refrigerate this up to 4 days. When ready to serve, pour dressing over contents of salad and mix.

Salmon & Sweet Potato Cakes

Serves: 6

1 ½ cups canned or cooked salmon
1 medium sweet potato
1 small Yukon gold potato
1 small red onion
1 egg
1½ teaspoons lemon juice
1 teaspoon dried tarragon or thyme
gluten and dairy free bread crumbs
salt and pepper to taste

Boil or bake sweet potato and regular potato until soft, but not falling apart. You can also use left over potatoes. Let potatoes cool.

Flake salmon by breaking apart with your fingers. Make sure all bones are removed.

When potatoes are cool, coarsely chop, add to salmon and mix together until incorporated. Add lemon juice, salt and fresh ground pepper to taste, tarragon or thyme, and egg. Mix everything together.

Form mixture into cakes. It will be a little loose, so handle carefully. Coat both side of cakes with bread crumbs and set on plate.

Heat oil in a pan. When pan is hot, place cakes into pan. Cook until browned and firm.

Serve with a side of gluten-free mayonnaise mixed with a little lemon juice, and a bit of fresh snipped tarragon to taste.

Gluten & Dairy Free Maple Glazed Oatmeal Cookies

Yield: 2½ dozen cookies

⅓ cup solid coconut oil
½ cup sugar
½ cup dark brown sugar
2 eggs
2 teaspoons pure vanilla extract
1¼ cup your favorite cup for cup GF flour blend
½ teaspoon baking soda
2 teaspoons baking powder
¼ teaspoon salt
1 tablespoon ground cinnamon
1½ cups certified gluten free rolled oats

Glaze:

⅔ cup powdered sugar
2 tablespoon maple syrup

Preheat oven to 350 degrees F.

Cream the sugars and coconut oil until light and fluffy. Add the eggs one at a time and thoroughly blend. Stir in vanilla.

In a separate bowl, whisk all dry ingredients, except oats, powdered sugar and maple syrup. Add dry ingredients to the coconut oil mixture and stir until well blended. Mix in oats.

Scoop the dough into tablespoon sized balls and place at least 2 inches apart on a parchment-lined cookie sheet.

Note: If the dough is too sticky to roll, either scoop without rolling, or refrigerate until dough is cold before scooping and baking.

Bake in a preheated 350 degree F oven for 8 – 10 minutes, or until light brown. Let cookies set for a couple minutes on pan then move to cooling rack to cool completely.

Make glaze: Mix together powdered sugar and maple syrup. If needed add a small amount of water, up to 1 teaspoon, a bit at a time until glaze is still a good spreading texture. Using a knife speed cookies with glaze. I purposely left gaps in my glaze, drawing the glaze only across the bumps of the cookie tops to create the crackled look I remember as a kid. Yum! Set cookies on cooling rack until glaze firms up.

Store in a sealed container separated by waxed paper. Or, freeze, removing as much air as possible from the container. Label and seal container.