

# Elimination Diet Meals & Recipes

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# Table of Contents

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<b>ABOUT THIS COOKBOOK</b>	3
<b>BREAKFAST RECIPES</b>	
Pancakes	5
Banana Roll-up	6
Vegan French Toast	7
Tomato Basil Avocado Toast	8
Allergy Friendly Breakfast Cookies	9
Banana Muffins	10
Overnight Oats	11
<b>SOUP RECIPES</b>	
Slow Cooker Chili	13
Creamy Chicken Chile	14
Spicy Black Bean Soup	15
<b>SALAD &amp; SANDWICH RECIPES</b>	
Salad Bar	17
Creative Sandwiches	18
<b>MAIN DISH RECIPES</b>	
Protein Packed Grain Bowl	20
Egg Roll in a Bowl	21
Mexican Stuffed Bell Peppers	22
Instant Pot Barbacoa	23
Allergy Friendly Skillet Jambalaya	24
Italian Meatballs	25
Lemon Sesame Stir Fry	26
Stir Fry Adaptions	27
BBQ Chicken Vegetable Sheet Pan Dinner	28
Pork Chop & Chickpea Sheet Pan Supper	29
<b>DESSERT RECIPES</b>	
Chocolate Chip Bars	31
Cereal Bars	32
Cinnamon Sugar Popcorn	33
Vanilla Frosting	34

# About This Cookbook

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Elimination diets can be complicated and challenging. We understand the effort it takes to eliminate foods from your eating patterns while maintaining adequate nourishment. It is our hope that this cookbook simplifies your elimination diet journey so that you find some enjoyable recipes along the way.

It's important to note that there are specific food brands and products mentioned in this cookbook. At the time of the cookbook's creation these food brands and products offered allergen-friendly items, which meant they were free of the top eight allergens: wheat, soy, dairy, egg, fish, shellfish, nuts, and tree nuts. At any time the ingredients in these food brands and products may change. For this reason, it's very important to **always double check food labels and ingredient lists**. Please reach out and schedule an appointment with a MNGI Digestive Health Registered Dietitian to address any questions regarding label reading.

# BREAKFAST RECIPES



# Pancakes

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**SERVINGS:** 8 – 12

**INGREDIENTS:**

- 1 ½ cups millet or rice flour
- ½ cup potato starch or tapioca starch
- ½ tsp. xanthan gum
- 1 tbsp. sugar
- 4 tsp. baking powder
- 1 tsp. salt
- 1 ½ cups water
- ¼ cup oil
- 4 ½ tbsp. water
- 4 ½ tbsp. oil
- 1 tbsp. baking powder
- ½ cup applesauce or 1 mashed banana (optional)



**DIRECTIONS:**

1. Mix together 4 ½ tbsp. water, 4 ½ tbsp. oil, and 1 tbsp. baking powder and set aside; this is the egg replacement.
2. Mix dry ingredients together. Add wet ingredients to the dry ingredients, including the egg replacement.
3. Pour ¼ cup portions into a hot pan and cook on both sides.

**NOTES/SUBSTITUTIONS:**

- Note that water, oil and baking powder are listed twice in this recipe. The 4 ½ tbsp. of water, 4 ½ tbsp. of oil, and 1 tbsp. of baking powder are for the egg replacement.
- Top the pancakes with pure maple syrup, sunflower seed butter, or coconut milk yogurt and fresh fruit!
- The number of pancakes that the recipe makes depends on the size of pancakes you desire.

# Banana Roll-Up

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**SERVINGS:** 1

**INGREDIENTS:**

- 1 BFree Multigrain Wrap
- 2 tbsp. sunflower seed or pumpkin seed butter
- 1 large banana, peeled

**DIRECTIONS:**

1. Spread sunflower or pumpkin seed butter thoroughly onto the wrap.
2. Place whole peeled banana on edge of wrap and roll.
3. Slice into 1-inch bites

**NOTES/SUBSTITUTIONS:**

- Recipe adapted from <https://www.bfreefoods.com/us/recipes-us>. Find the BFree Multigrain Wrap on this website!
- Try adding some coconut milk yogurt, honey, dried fruit, or cinnamon for added flavor!



# Vegan French Toast

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**SERVINGS:** 4

**INGREDIENTS:**

- 4 slices BFree Sandwich Bread
- 7 oz. rice, gluten-free oat, coconut, or pea protein milk (i.e. Ripple)
- 1 small ripe banana
- ½ tsp. vanilla extract
- 1 tsp. ground cinnamon
- 1 tbsp. maple syrup
- 1 tbsp. chia seeds
- Fresh berries and additional maple syrup to top

**DIRECTIONS:**

1. Add milk-substitute, banana, vanilla extract, cinnamon, maple syrup, and chia seeds to a blender. Blend until smooth.
2. Heat a drizzle of canola oil in a non-stick pan over medium heat.
3. Dip each side of the bread into the batter and place in the hot pan.
4. Fry for about 2 minutes on each side or until golden brown.
5. Serve with berries and maple syrup on top!

**NOTES/SUBSTITUTIONS:**

- Recipe adapted from <https://www.bfreefoods.com/us/recipe-us>. Find the BFree Sandwich Bread on this website!



# Tomato Basil Avocado Toast

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**SERVINGS:** 1

**INGREDIENTS:**

- 2 slices of allergen-friendly bread (see suggestions in the notes/substitutions section)
- ½ avocado, smashed
- 8 - 10 cherry tomatoes, sliced in half
- 3 – 4 fresh basil leaves, chopped
- Salt and pepper

**DIRECTIONS:**

1. Smash the avocado and season with salt and pepper to taste.
2. Toast the bread and top with smashed avocado, tomatoes, and basil leaves when done.

**NOTES/SUBSTITUTIONS:**

- Add a little olive oil and lemon juice to the recipe for added flavor.
- Try some of these other topping combinations: strawberries and balsamic vinegar, scallions and fresh bacon crumbles, or fresh mint and radishes.





# Allergy Friendly Breakfast Cookies

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**SERVINGS:** 20

**INGREDIENTS:**

- 2 ½ cups gluten-free oats
- ½ cup gluten-free flour (sorghum, brown rice, or amaranth)
- ¾ cup warm water
- 1 tbsp. lemon juice
- ½ cup sunflower seed butter
- ⅔ cup honey
- ½ tsp. salt
- ½ tsp. baking soda
- ¼ cup ground flax seed
- ½ cup add-ins: Enjoy Life Foods® chocolate chips, dried fruit, coconut flakes, pumpkin seeds, or sunflower seeds

**DIRECTIONS:**

1. Mix together the oats, flour, water, and lemon juice in a large bowl. Cover and allow it to sit for 24 hours.
2. Preheat the oven to 350° F.
3. Line 2 baking sheets with parchment paper.
4. Add the remainder of the ingredients, including add-ins, to the oat mixture and stir until combined.
5. Scoop a spoonful of the dough, form into a small ball, and place on baking sheet. Repeat. The mixture should make between 20 – 25 cookies.
6. Bake for 15 – 20 minutes.
7. Let the cookies cool. They can be refrigerated in a sealed for 5 – 7 days.

**NOTES/SUBSTITUTIONS:**

- SunButter® is a popular brand of sunflower seed butter that can be used in this recipe.
- Pair the breakfast cookies with some coconut milk yogurt or a homemade smoothie to make it a well-rounded breakfast.

# Banana Muffins

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**SERVINGS:** 12

**INGREDIENTS:**

- 1 can of chickpeas or white beans
- ½ cup gluten-free quick oats
- 1 medium banana
- ¼ cup sunflower seed butter
- ¼ cup pure maple syrup
- 2 tsp. vanilla extract
- ¾ tsp. baking powder
- ⅛ tsp. baking soda
- ⅛ tsp. ground cinnamon



**DIRECTIONS:**

1. Preheat the oven to 375° F.
2. Drain the chickpeas and discard any excess liquid. Pat the chickpeas dry.
3. Combine all the ingredients in a food processor.
4. Process for 1 minute and then stop to scrape down the sides. Process for another minute.
5. Spoon mixture into muffin pan.
6. Bake for 20 minutes.
7. Let muffins cool for about 20 minutes before serving.

**NOTES/SUBSTITUTIONS:**

- SunButter® is a popular brand of sunflower seed butter that can be used in this recipe.
- Try these substitutions: white beans instead of chickpeas, honey instead of pure maple syrup, and/or quinoa flakes instead of quick oats.

# Overnight Oats

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**SERVINGS:** 1

**INGREDIENTS:**

- ½ cup gluten-free oats
- ½ cup liquid: water or dairy-free milk of choice (coconut, rice, Ripple®, hemp, gluten-free oat)
- Add-ins of choice
- Toppings of choice

**DIRECTIONS:**

1. Combine oats, milk, and add-ins in a jar or container. Cover and refrigerate for 24 hours. Add toppings and enjoy!

**OVERNIGHT OAT VERSIONS:**

- **Berry Chia Seed**
  - Add-ins: 1 tbsp. berry jam, ¼ tsp. vanilla extract, 1 tsp. honey, 1 tsp. chia seeds
  - Toppings: ½ cup mixed berries
- **Blueberry Banana**
  - Add-ins: 1 tsp. vanilla extract, 1 tsp. chia seeds, ½ banana (mashed)
  - Toppings: ½ cup blueberries, ½ cup sliced banana
- **Maple French Toast**
  - Add-ins: 1 tsp. cinnamon, ¼ tsp. vanilla extract, ¼ banana (mashed), ½ tsp. maple syrup
- **Cherry Vanilla**
  - Add-ins: 1 tsp. cinnamon, 1 tsp. ground flax seed, ¼ tsp. vanilla extract
  - Toppings: ½ cup cherries
- **Strawberry Vanilla**
  - Add-ins: ½ tsp. vanilla extract, 1 ½ tsp. chia seeds, ½ tbsp. honey
  - Toppings: 1 cup sliced strawberries
- **Chocolate Coconut**
  - Add-ins: ½ tbsp. Hershey's Natural Unsweetened Cocoa, 2 tsp. chia seeds, 2 tsp. honey
  - Toppings: 1 tbsp. shredded coconut, 1 tbsp. Enjoy Life Foods® chocolate chips
- **Chunky Monkey**
  - Add-ins: 1 tsp. honey, 1 tbsp. sunflower seed butter, ½ banana (mashed)
  - Toppings: 2 tbsp. shredded coconut, 1 tbsp. Enjoy Life Foods® chocolate chips

# SOUP RECIPES



# Slow Cooker Chili

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**SERVINGS:** 6 – 8

**INGREDIENTS:**

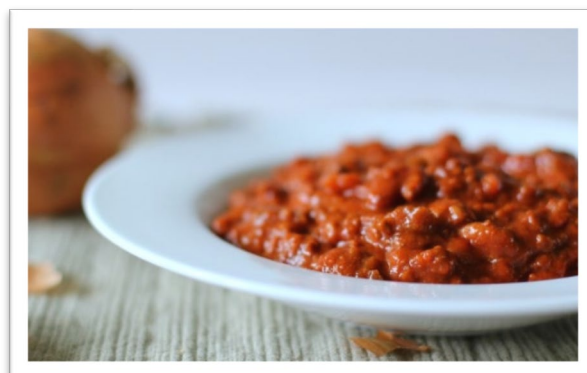
- 1 ½ lb. lean ground beef
- 1 medium onion, chopped
- 2 (14.5 oz.) cans of diced or crushed tomatoes
- 1 can of kidney beans, drained
- 1 can of black beans, drained
- 2 – 3 tbsp. chili powder
- 2 tsp. garlic powder
- 1 tsp. salt
- 1 tsp. black pepper
- 1 tsp. ground cumin

**DIRECTIONS:**

1. Cook ground meat in large skillet over medium-high heat until no longer pink, stirring to break meat into small crumbles. Drain the meat and add to slow cooker.
2. Add the other ingredients.
3. Cook on high for 4 – 5 hours or low for 6 – 7 hours.

**NOTES/SUBSTITUTIONS:**

- Substitute ground turkey instead of ground beef.
- Try adding bell peppers, zucchini, or corn for added flavor, texture, and nutrition!



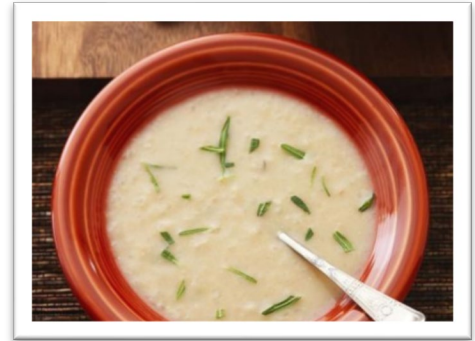
# Creamy Chicken Chile

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**SERVINGS:** 8

**INGREDIENTS:**

- 2 ½ pounds boneless, skinless chicken breast
- 1 medium onion, chopped
- 1 medium yellow or orange bell pepper, chopped
- 1 (4 oz.) can chopped green chilies
- 1 (16 oz.) jar salsa verde
- Garlic powder to taste
- 1 cup coconut milk or cream
- Fresh cilantro, chopped (optional)



**DIRECTIONS:**

1. Add chicken, onion, bell pepper, green chilies, salsa verde, and garlic powder to a slow cooker.
2. Cover and cook on low for 5 – 6 hours or until the chicken is tender.
3. After 5 – 6 hours, shred the chicken with fork and stir in the coconut milk or cream.
4. Top with cilantro.

**NOTES/SUBSTITUTIONS:**

- In addition to the cilantro, top with some corn tortilla chips and/or avocado!

# Spicy Black Bean Soup

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**SERVINGS:** 6

**INGREDIENTS:**

- 2 tbsp. extra-virgin olive oil
- 2 medium yellow onions, chopped
- 3 stalks celery, chopped
- 1 large carrot, peeled and sliced into rounds
- 6 cloves garlic, minced
- 4 ½ tsp. ground cumin
- ½ tsp. red pepper flakes (optional)
- 4 (15 oz.) cans black beans, rinsed and drained
- 4 cups gluten-free vegetable broth (i.e. Pacific Foods™)
- ¼ cup fresh cilantro, chopped (optional)
- 1 – 2 tsp. sherry vinegar (to taste) or 2 tbsp. fresh lime juice
- Salt and pepper to taste

**DIRECTIONS:**

1. In a Dutch oven or large soup pot, heat olive oil over medium heat. Add onion, celery, carrot, and salt. Cook until vegetables are soft.
2. Stir in the garlic, cumin, and red pepper flakes and cook until fragrant (30 – 60 seconds).
3. Add beans and vegetable broth. Bring to a simmer on medium-high heat. Cook for 30 minutes until the beans are tender. Reduce heat as necessary to maintain a gentle simmer.
4. Transfer half of the soup into a blender (in batches) or use an immersion blender to blend some of the soup. Add the blended soup back to the pot.
5. Stir in cilantro, salt, pepper, and sherry vinegar or lime juice.

**NOTES/SUBSTITUTIONS:**

- Top with some corn tortilla chips and/or avocado!
- Serve as taco “meat” in a corn tortilla or lettuce wrap.
- Make it a burrito bowl and serve over rice, cauliflower rice, or lettuce.
- Serve with salsa, guacamole, and sautéed peppers, onions, etc.
- This recipe can be made in a slow cooker. Follow steps 1 and 2, then add to slow cooker. Cook on low heat for 6 – 8 hours.

# SALAD & SANDWICH RECIPES





# Salad Bar

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Pair ingredients together to make a colorful salad. The options are endless:

## SELECT A GREEN:

- Iceberg       Romaine       Spring Mix       Spinach

## SELECT A PROTEIN:

- Grilled chicken     Steak strips     Deli meat       Ground taco beef  
 Chickpeas           Beans           Bacon           Pumpkin or sunflower seeds

## SELECT ADD-INS:

### VEGETABLES

- Avocado       Beets       Bell pepper       Broccoli  
 Carrots       Cauliflower     Celery       Corn  
 Cucumber     Mushroom     Olives       Onion  
 Peas       Radish       Tomatoes       Zucchini

### FRUITS

- Apple       Blueberry     Blackberry     Grapes  
 Oranges     Pineapple     Raspberry     Strawberry  
 Raisins     Pears       Kiwi       Dried cranberries

### CRUNCHIES

- Tortilla strips     Seeds

## SELECT A DRESSING:

- Olive Oil       Balsamic vinegar     Annie's Lite Raspberry Vinaigrette  
 Daiya Foods Homestyle Ranch     Brianna's Dijon Honey Mustard  
 Lemon juice

# Creative Sandwiches

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Pair ingredients together to make a tasty sandwich. The options are endless:

## **BREAD/BREAD SUBSTITUTES:**

Salted rice cake  
Sprouted for Life™ Gluten-Free Flax  
Bread  
BFree Bread  
BFree Wrap  
Rice Crackers

## **PROTEIN:**

Applegate Naturals® deli meat  
Grilled chicken breast  
Dr. Praeger's® California Veggie  
Burger  
Sunflower seed butter (SunButter®)  
Pumpkin seed butter

## **TOPPINGS:**

Cucumber  
Onion  
Tomato  
Lettuce  
Avocado  
Radishes  
Bell pepper  
Apple slices  
Pear slices

## **SAUCES:**

Hummus  
Mashed avocado  
Earth Balance® Mindful® Olive Oil  
Mayo  
Earth Balance® Soy Free Margarine  
Spread  
Daiya Plain Cream Cheeze Style  
Spread  
Daiya Homestyle Ranch Dressing

# MAIN DISH RECIPES



# Protein Packed Grain Bowl

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**SERVINGS:** 4

**INGREDIENTS:**

- 2 sweet potatoes, chopped
- 1 ½ cups Brussel sprouts, chopped
- 1 cup quinoa, uncooked
- 1 (16 oz.) can black beans, drained and rinsed
- 1 avocado, chopped
- 2 tbsp. olive oil
- Salt and pepper

Sauce:

- 1 lime, juiced or 1 – 2 tbsp. of lime juice
- 1 cup cilantro
- 1 tbsp. apple cider vinegar
- 3 tbsp. olive oil
- 1 clove garlic, minced
- 1 tsp. honey
- ½ tsp. pepper
- Pinch of salt

**DIRECTIONS:**

1. Preheat oven to 400° F.
2. Place the sweet potatoes and Brussel sprouts on a pan, drizzle with olive oil, and season with salt and pepper. Roast in the oven for 30 – 40 minutes.
3. While the sweet potatoes and Brussel sprouts are in the oven, cook the quinoa according to the package instructions. Warm black beans in a pot on the stove top. Chop the avocado into small, dice-sized pieces. Mix the sauce ingredients together.
4. Mix sweet potatoes, Brussel sprouts, quinoa, and black beans together. Split into four servings.
5. Drizzle with some of the homemade sauce and top with avocado.

**NOTES/SUBSTITUTIONS:**

- Add grilled chicken or steak strips for extra protein!
- Substitute rice for quinoa, broccoli for Brussel sprouts, and/or chickpeas for black beans.

# Egg Roll in a Bowl

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**SERVINGS:** 6

**INGREDIENTS:**

- 1 ½ lbs. ground beef
- 2 medium onions, finely chopped
- 1 ½ tbsp. sesame oil
- 1 ½ tsp. ground ginger
- ½ tsp. black pepper
- 4 cloves garlic, minced
- ½ tsp. salt (or to taste)
- ⅛ tsp. sugar
- ½ tbsp. crushed red pepper
- ⅓ cup gluten-free beef broth (i.e. Pacific Foods™)
- 9 cups cabbage, shredded
- 1 ½ cups shredded carrot
- 4 tsp. liquid coconut aminos (i.e. Coconut Secret or Bragg)
- Green onion to garnish (optional)



**DIRECTIONS:**

1. Cook ground meat in large skillet over medium-high heat until no longer pink, stirring to break meat into small crumbles.
2. Reduce heat to medium. Add spices, sugar, red pepper, and broth to the pan. Stir ingredients together.
3. Add the cabbage and stir to coat. Cook until the cabbage starts to wilt, stirring frequently.
4. Add carrots and cook for 2 – 3 minutes until softened.
5. Add coconut aminos to taste.
6. Garnish with green onions if desired.

**NOTES/SUBSTITUTIONS:**

- Substitute ground turkey or chicken for ground beef.
- Serve over rice, cauliflower rice, or quinoa!

# Mexican Stuffed Bell Peppers

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**SERVINGS:** 4

**INGREDIENTS:**

- 4 large bell peppers
- $\frac{3}{4}$  cup quinoa, uncooked
- 1 cup corn, frozen or canned
- 2 green onions
- $\frac{2}{3}$  cup salsa
- 2 tbsp. nutritional yeast (i.e. Bragg)
- 1  $\frac{1}{2}$  tsp. cumin
- 1 tsp. smoked paprika
- 1 tsp. chili powder
- Additional toppings (optional): cilantro, guacamole, salsa, dairy-free sour cream, and/or hot sauce



**DIRECTIONS:**

1. Cook quinoa according to package directions.
2. While quinoa is cooking, halve bell peppers. Remove stems, seeds, and ribs. Rinse and drain black beans. Dice green onions.
3. Mix all the ingredients, except for the bell peppers, in a large bowl to make the filling.
4. Preheat oven to 350° F.
5. In a 9" x 13" baking dish, place bell pepper halves and generously stuff with filling mixture.
6. Cover with tin foil and bake for 30 – 40 minutes. Then, remove foil and bake for an additional 10 minutes.
7. Top with desired toppings.

**NOTES/SUBSTITUTIONS:**

- For “juicier” peppers, add a (14.5 oz.) can of diced tomatoes to the quinoa mixture before stuffing.
- Substitute rice for quinoa.
- Add cooked ground beef, black beans, or ground turkey for added protein.

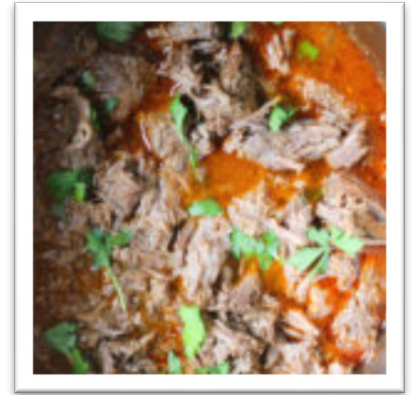
# Instant Pot Barbacoa

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**SERVINGS:** 6 – 8

**INGREDIENTS:**

- 3-4 lbs. beef bottom round roast or chuck roast, cut into 3-inch pieces
- 2 tbsp. coconut oil
- 1 large onion, quartered
- 5 cloves garlic
- 1 tbsp. chipotle powder
- 1 tbsp. cumin
- 1 tbsp. dried oregano
- 1 tsp. chili powder
- 2 tsp. salt
- ½ tsp. pepper
- 1 cup gluten-free beef broth (i.e. Pacific Foods™)
- ¼ cup apple cider vinegar
- ¼ cup lime juice
- Fresh cilantro to garnish (optional)



**DIRECTIONS:**

1. In a large fry pan, heat coconut oil. Add beef and brown on all sides (4 – 5 minutes). Work in batches if needed.
2. Combine the rest of the ingredients, except cilantro, in a blender or food processor. Blend until smooth.
3. Add beef to the Instant Pot and pour the sauce over the meat. Close the lid and cook for 60 minutes on high pressure.
4. Once the beef is done cooking, quick release the Instant Pot. Take out the meat to shred and return to the pot.
5. Sprinkle with fresh cilantro.

**NOTES/SUBSTITUTIONS:**

- Serve as taco “meat” in a corn tortilla or lettuce wrap.
- Make it a burrito bowl and serve over rice, cauliflower rice, or lettuce.
- Serve with salsa, guacamole, and sautéed peppers, onions, etc.
- This recipe can be made in a slow cooker. Follow steps 1 and 2, then add to slow cooker. Cook on low heat for 6 – 8 hours.

# Allergy Friendly Skillet Jambalaya

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**SERVINGS:** 4 – 5

**INGREDIENTS:**

- ¼ cup extra-virgin olive oil
- 1 red onion, diced
- 2 stalks celery, diced
- 2 medium carrots, diced
- ½ red, yellow, and orange bell peppers, sliced into strips
- 4 cloves garlic, minced
- 1 tsp. paprika
- Pinch of cayenne (or to taste)
- 2 tsp. dried oregano
- 1 tsp. dried parsley
- ½ tsp. dried thyme
- 2 bay leaves
- 1 (15 oz.) can of diced fire-roasted tomatoes
- 1 ¼ cup rice
- 2 chicken Cajun sausages (i.e. Bilinski's – available for purchase at Whole Foods, Cub Foods, and Fresh Thyme)
- 2 ½ cups gluten-free chicken broth (i.e. Pacific Foods™)
- 1 (15 oz.) can black-eyed peas, drained and rinsed
- Salt and black pepper to taste
- Hot sauce (optional)

**DIRECTIONS:**

1. Add olive oil, onions, celery, carrots, and bell peppers to a large skillet and cook on medium heat until softened.
2. Add garlic and cook for another minute.
3. Add spices, bay leaves, diced tomatoes, rice, sausage, and broth to the skillet. Bring to a boil, cover, and let simmer for 20 minutes or until rice is tender.
4. Stir in drained black-eyed peas.
5. Add salt, pepper, and hot sauce to taste.

**NOTES/SUBSTITUTIONS:**

- Substitute quinoa for the rice for added protein! Note that the cooking time in step 3 might change slightly.



# Italian Meatballs

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**SERVINGS:** 24 meatballs

## INGREDIENTS:

- 1 ½ lbs. ground beef
- 1 tbsp. ground flax seed meal
- 3 tbsp. warm water
- ⅓ cup onion, diced
- 2 cloves garlic, minced
- ¼ cup gluten-free oats
- ½ cup dairy-free milk of choice (coconut, rice, Ripple®, hemp, gluten-free oat)
- 2 tsp. Italian seasoning\*
- 1 tsp. salt
- ¼ tsp. pepper
- Tomato sauce of choice (make sure allergen-free)
- Gluten-free pasta or zucchini noodles



## DIRECTIONS:

1. Preheat oven to 400° F.
2. Prepare flax “egg” by stirring together flax seed and warm water in a small bowl. Set the mixture aside for 5 minutes to firm up. (Note that this serves as a substitute for eggs, which are typically used in meatball recipes.)
3. Once the flax seed and water mixture is firm, mix all ingredients together (besides tomato sauce and gluten-free pasta), including flax seed and water mixture, in a large bowl. Stir until combined.
4. Scoop spoons of meatballs and form into small round balls. Place meatballs on a prepared baking pan. Continue until all meatballs are formed (about 24 meatballs).
5. Bake for 20 minutes.
6. When the meatballs are done combine them with tomato sauce. Serve with gluten- free pasta or zucchini noodles.

## NOTES/SUBSTITUTIONS:

- \*You can use store bought Italian seasoning or try this homemade recipe! Mix together the following ingredients: 1 ½ tsp. dried oregano, 1 tsp. dried thyme, ½ tsp. dried basil, ½ tsp. dried rosemary, and ½ tsp. dried sage.
- Use a non-stick pan, lightly oiled pan, or parchment paper lined pan to keep meatballs from sticking.
- Substitute ground turkey or chicken for beef.

# Lemon Sesame Stir Fry

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**SERVINGS:** 4

**INGREDIENTS:**

- 1 cup white or brown rice, uncooked
- 2 tbsp. olive oil
- 2 cloves of garlic, minced
- 2 – 3 chicken breasts, cut into bite-sized pieces
- 1 small- to medium-sized onion, chopped
- 1 cup broccoli, chopped
- 1 cup asparagus, chopped
- 1 cup red bell pepper, chopped
- 4 – 5 lemon slices, half of a lemon, seeds removed

Lemon Stir Fry Sauce:

- ½ cup gluten-free chicken stock (i.e. Pacific Foods™)
- 2 ½ tbsp. lemon juice
- 1 tbsp. sesame oil
- 3 tbsp. brown sugar
- 2 tbsp. coconut liquid aminos
- 1 tsp. corn starch

**DIRECTIONS:**

1. Cook rice according to instructions on the package.
2. Heat 1 tbsp. olive oil in a large skillet on medium heat. Add the garlic and stir. Place chicken in the pan and cook for about 5 minutes, until cooked through. Stir occasionally. Remove from pan and set aside.
3. Add the other 1 tbsp. of olive oil to the same pan. Add onion and cook for 3 - 4 minutes. Then add the broccoli, asparagus, bell pepper, and lemon slices and cook for another 4 - 5 minutes or until vegetables are softened. Remove from pan and set aside.
4. Whisk together sauce ingredients until there are no lumps and then add to the pan. Cook for 2 - 3 minutes, until it bubbles and begins to thicken.
5. Return the chicken and vegetables to the pan and toss to coat. Serve over rice.

**NOTES/SUBSTITUTIONS:**

- See adaptations and substitutions on the next page.

# Stir Fry Adaptations

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## ADAPTATIONS/SUBSTITUTIONS:

- Substitute beef, turkey, or pork for the chicken. Leave out the meat and add chickpeas or white beans to make it a vegetarian option.
- Switch up the vegetables! Try mushrooms, carrots, bok choy, cauliflower, snap peas, and more. The vegetable options are endless!
- Add some freshly grated ginger root or red pepper flakes to add some spice.

## MORE SAUCE RECIPES:

### Sweet Stir Fry Sauce:

- ½ cup gluten-free chicken stock (i.e. Pacific Foods™)
- ½ cup coconut liquid aminos
- 1 tbsp. corn starch
- 1 tbsp. honey
- 1 tsp. sesame oil
- 1 tsp. rice vinegar
- 1 tbsp. ground ginger powder
- 2 garlic cloves, minced

### Spicy Stir Fry Sauce:

- ½ cup gluten-free chicken stock (i.e. Pacific Foods™)
- 3 tbsp. coconut liquid aminos
- 1 tsp. red wine vinegar
- 1 tbsp. sugar
- 1 tsp. cornstarch dissolved in 1 tbsp. water
- ½ tsp. white vinegar
- ½ tsp. sesame oil
- 1 tbsp. extra-virgin olive oil
- 3 tbsp. ginger, peeled and minced
- ½ tsp. crushed red pepper

## DIRECTIONS:

1. Simply follow the steps in Lemon Sesame Stir Fry recipe but change out the sauce ingredients!

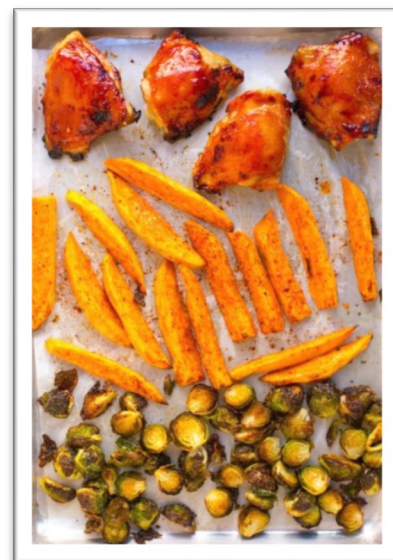
# BBQ Chicken Vegetable Sheet Pan Dinner

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**SERVINGS:** 4

**INGREDIENTS:**

- 4 bone-in, skin-on chicken thighs (1 ½ - 2 lbs.)
- 2 sweet potatoes, peeled and cut into 6 – 8 wedges
- ¼ cup extra-virgin olive oil
- ½ tsp. homemade spice mixture
- Kosher salt and black pepper
- 3 cups of vegetable(s)
- ¼ cup Primal Kitchen® Classic BBQ Sauce



Spice Mixture:

- 2 tbsp. Paprika
- 2 tsp. oregano
- 1 ½ tsp. cumin
- 1 ½ tsp. garlic powder
- 1 tsp. onion powder
- ½ tsp. cayenne pepper (optional)

**DIRECTIONS:**

1. Preheat oven to 425° F. Line a rimmed baking sheet with parchment paper.
2. Place chicken thighs skin-side up on the baking sheet. Roast until they start to cook on the outside (about 15 minutes).
3. Remove the baking sheet from the oven. Add the sweet potato wedges and vegetables to the pan. Drizzle with olive oil and sprinkle with spice mixture, salt, and pepper. Brush each chicken thigh with barbecue sauce.
4. Return to the oven and roast until the chicken is completely cooked through and reads an internal temperature of 160° F (about 25 – 30 minutes). Toss the vegetables with the accumulated juices on the tray before serving.

**NOTES/SUBSTITUTIONS:**

- Not a sweet potato fan? Try baby red or Yukon gold potatoes instead.
- Primal Kitchen® Classic BBQ Sauce can be found at Whole Foods, Hy-Vee, Amazon (online), and Thrive Market (online).
- Try any vegetable that sounds good to you with this recipe. Note that some vegetables might cook quicker than others (i.e. green beans). You can always add the potatoes and then about 10 minutes later add the vegetables to the pan.

# Pork Chop & Chickpea Sheet Pan Supper

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**SERVINGS:** 4

**INGREDIENTS:**

- 4 pork chops ( $\frac{3}{4}$  to 1 inch thick)
- $\frac{1}{4}$  cup extra-virgin olive oil
- 1 tsp. rosemary, finely chopped
- 1 tsp. lemon zest
- Kosher salt and black pepper
- 1 can of chickpeas, drained and rinsed
- 6 cloves garlic, smashed
- $\frac{1}{2}$  cup red bell pepper
- $\frac{1}{3}$  cup gluten-free vegetable broth (i.e. Pacific Foods™)
- Fresh parsley, chopped, to garnish (optional)



**DIRECTIONS:**

1. Preheat the broiler.
2. Toss the pork chops with 1 tbsp. olive oil,  $\frac{1}{2}$  tsp. of the chopped rosemary, and lemon zest on a rimmed baking sheet. Season with salt and pepper. Place on one side of the baking sheet.
3. In a bowl, toss chickpeas, garlic, red peppers, and the other  $\frac{1}{2}$  tsp. of the chopped rosemary with the remaining olive oil. Season with salt and pepper. Place on the other side of the baking sheet. Pour the vegetable broth over the chickpea mixture. It's okay if the broth disperses over the entire baking sheet.
4. Broil, stirring the chickpea mixture once and rotating the baking sheet halfway through, until a thermometer inserted into the pork registers 145° F (about 10 to 12 minutes depending on thickness). Sprinkle with parsley to garnish.

**NOTES/SUBSTITUTIONS:**

- Substitute Brussel sprouts, broccoli, or carrots for the red bell pepper!
- Substitute white beans for the chickpeas!
- Pair with some rice or quinoa for an added grain!

# DESSERT RECIPES



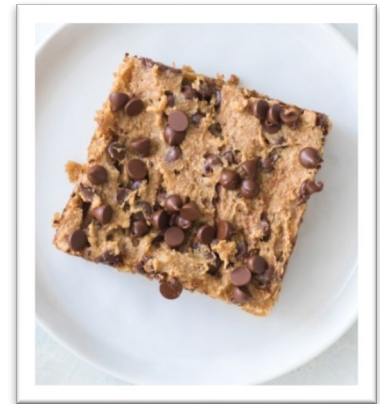
# Chocolate Chip Bars

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**SERVINGS:** 6 – 8

**INGREDIENTS:**

- 1¾ cup superfine gluten-free oat flour
- ¼ cup tapioca starch/flour
- ½ tsp. fine salt
- ½ cup pure maple syrup
- ¼ cup + 2 tbsp. packed light brown sugar (other sugars will yield different results, so it's not recommended!)
- ½ cup unsweetened applesauce
- ½ cup sunflower seed butter
- 1 ½ tbsp. vanilla extract
- ½ heaping cup Enjoy Life Foods® chocolate chips



**DIRECTIONS:**

1. Preheat the oven to 350° F.
2. Spray an 8 x 8 glass or stoneware dish with nonstick baking spray. You can use parchment paper, but it may alter the way the bars bake. Make sure the pan is 8 x 8; the bars will be thinner in a larger pan. The bars should be about 1 inch high after baked.
3. In a large bowl, combine the oat flour, tapioca starch, and salt. Whisk well. For best results when measuring the flours, use a scale for the most accurate results. Otherwise, make sure to scoop the flours with a measuring cup, lightly pat down, and level off with the back side of a butter knife or your finger.
4. In a separate medium bowl, combine the syrup, brown sugar, applesauce, sunflower seed butter, and vanilla. Whisk until completely smooth. Stir in the Enjoy Life Foods® chocolate chips.
5. Pour the liquids over the dry ingredients and stir for 2 – 3 minutes until really thick and well combined. Pour the batter into the prepared pan and smooth out flat, even, and out to the corners with the back of a spoon. The batter will be thick. Place extra Enjoy Life Foods® chocolate chips.
6. Bake for 25 – 30 minutes until firm and golden. Cool for at least 30 minutes before slicing. Store any way you like, room temperature or the refrigerator.

**NOTES/SUBSTITUTIONS:**

- SunButter® is a popular brand of sunflower seed butter that can be used in this recipe.



# Cereal Bars

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**SERVINGS:** 12

**INGREDIENTS:**

- 6 cups gluten-free cereal (i.e. plain cheerios, fruity pebbles, gluten-free rice crisps)
- 1 bag (10 oz.) Kraft marshmallows
- ¼ cup soy-free, dairy-free margarine (i.e. Earth Balance Soy Free) or coconut oil

**DIRECTIONS:**

1. Melt margarine spread or coconut oil and marshmallows in double boiler until just melted.
2. Stir in cereal until well combined.
3. Spread into a greased 9 x 13 cake pan.
4. Let sit for at least 1 hour.

**NOTES/SUBSTITUTIONS:**

- Aldi carries a gluten-free rice crisp cereal!
- Don't have a double boiler? Google search "makeshift double boiler" for creative alternatives!
- Add Enjoy Life Foods® chocolate chips for some chocolatey flavor!





# Cinnamon Sugar Popcorn

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**SERVINGS:** N/A

**INGREDIENTS:**

- ½ cup popcorn kernels
- 2 tbsp. coconut oil, melted
- 2 tsp. sugar
- ¼ tsp. ground cinnamon

**DIRECTIONS:**

1. Pop the kernels in an air-popper or your preferred method.
2. In a brown paper bag, combine the popcorn and melted coconut oil, seal well and shake until popcorn is coated.
3. Sprinkle with cinnamon and sugar, seal well and shake again until popcorn is coated.

**NOTES/SUBSTITUTIONS:**

- For a savory snack try olive oil, pepper, and a pinch of salt!



# Vanilla Frosting

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**SERVINGS:** N/A

**INGREDIENTS:**

- ½ cup soy-free, dairy-free margarine (i.e. Earth Balance Soy Free)
- ¼ tsp. vanilla extract
- 2 cups powdered sugar
- 1 tbsp. rice milk (add more if needed)

**DIRECTIONS:**

1. Use an electric mixer to beat together margarine, vanilla extract, and 1 cup of the powdered sugar until they're well mixed.
2. Slowly add the remainder of the powder sugar until it's all mixed together.
3. Use an electric mixer to continue to beat while adding rice milk slowly and only a little bit at a time until the frosting is smooth and fluffy.

**NOTES/SUBSTITUTIONS:**

- Consider dipping some fruit into the frosting for a sweet snack!

