

GLUTEN FREE

cookbook

**Enjoy the Best of Gluten-Free Meals
with 50+ Delicious Recipes**

by
**Ivy
Hope**



Gluten-Free Cookbook

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BY: Ivy Hope

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Introduction



Gluten-free recipes are used by celiac patients to receive the nourishment and support that they need. Celiac disease is a chronic digestive condition that affects the small intestine when gluten is present in the diet.

These individuals have their food restricted in order to avoid foods containing wheat, rye, barley, or triticale. Gluten causes an autoimmune response that damages an individual's small intestine, which is why avoiding these foods can help stop this from happening.

Celiac disease affects 1 in 133 people and has no cure. Currently, the only way to treat celiac disease is through a completely gluten-free diet. Gluten-free recipes are one of the best ways for individuals who have been diagnosed with celiac disease to provide themselves with all of the calories, vitamins, and nutrients that they need.

Gluten-free recipes are also great for anyone who is interested in a healthier lifestyle and who wants to avoid foods that contain high amounts of saturated fat as well as trans-fat. One of the most common ingredients in gluten-free recipes is a substitute for products such as flour, corn starch, and wheat starch. Some of these ingredients are baking powder and baking soda. These are other gluten-free substitute products that can be used in recipes to help decrease the amount of fat that is being used.

There are a lot of recipes that use chicken, beef, and pork but also have egg, soy, and dairy substitutes as well. There are even some recipes that use tofu. These are often coated with bread crumbs in order to give the food a crunchy texture which is a lot like crab or fish.

There are also many recipes that have potatoes, broccoli, carrots as well as other vegetables and fruits in them. These are often incorporated with the substitute products to add flavor and variety into one's diet. Gluten-free recipes such as these also have alternative ingredients for desserts as well. These can be used to bake cakes, cookies, or brownies that are all gluten-free.

There are also recipes that use rice-based ingredients such as rice flour, rice starch, and even vegan milk. There is also a lot of different ways to make gluten-free cookies, muffins, and other baked goods as well.

Gluten-free recipes are used by a lot of different people who have been diagnosed with celiac disease or who have the diagnosis but who are not able to eat gluten. These people often take the time to learn how to substitute gluten-free foods with other ingredients in order to create delicious and healthy meals for themselves. Read on to find out more about gluten-free recipes.

Chapter 1: Poultry recipes

Sweet and Sour Chicken



In the Chinese restaurant industry, Sweet n' Sour Chicken is one of those dishes that can change people's minds about what they want to eat. It's a simple dish that even novice cooks can make, and it contains all sorts of different flavors. Just think back to when you were a child: Sweet n' Sour Chicken is something you used to enjoy getting from your local takeaway. And now, as an adult in the Western world, you're probably tired of eating the same old things.

Serving Size: 4

Cooking time: 45 minutes

Ingredients:

- ½ cup coconut oil
- 2 large eggs
- 1½ cups cornstarch
- 1½ tablespoons garlic powder, divided
- ¼ teaspoon salt
- ¼ teaspoon black pepper, freshly ground
- 1½ cups brown or white rice flour
- 1½ pounds chicken breast meat, cubed
- 7 tablespoons gluten-free sweet chili paste
- 1 cup sugar
- ⅓ cup apple cider vinegar
- 3 tablespoons gluten-free soy sauce

Instructions:

1. Preheat the oven to 350°F. Pour the coconut oil into a 9-by-13-inch baking dish and evenly distribute the oil over the bottom.
2. In a medium bowl, beat the eggs.

3. In a large resealable plastic bag, combine the cornstarch, 1 tablespoon of garlic powder, salt, and pepper, and mix well. Pour the flour into a separate large resealable plastic bag.
4. Dip the chicken pieces into the eggs and allow the excess to drip off. Then drop the chicken pieces into the bag with the flour, zip the bag up tightly, and shake the contents until evenly coated. Transfer the pieces to the bag with the cornstarch mixture and do the same shaking technique.
5. Put the coated chicken pieces in the prepared baking dish and bake for 45 minutes, stirring every 15 minutes to allow the chicken to cook and crisp evenly.
6. While the chicken is baking, to make the sauce, in a medium bowl, combine the chili sauce, sugar, vinegar, soy sauce, and remaining $\frac{1}{2}$ tablespoon of garlic powder.
7. Once the 45 minutes are up, pour the sauce on the chicken and stir to make sure that all pieces are entirely covered.
8. Bake for another 10 minutes, or until the chicken is fully cooked and the sauce starts to thicken and turn into a glaze.
9. Remove from the oven and serve while still warm. The sauce will thicken slightly as it cools.
10. Store room-temperature leftovers in an airtight container in the refrigerator for up to 3 days. Reheat in the microwave in a microwave-safe dish on high power for 45 to 60 seconds, or until the desired temperature is reached.

Chicken Marsala



Whether you're a longtime fan of homemade Italian dinners or just looking for something new to spice up your weeknight meal rotation, chicken marsala is a dish worth trying. It has all the classic flavors and textures: rich and creamy sauce, tender chicken, crispy parmesan-covered breadcrumbs.

Serving Size: 4

Cooking time: 1 hour

Ingredients:

- 2 tablespoons unsalted butter or olive oil
- 2 tablespoons minced garlic
- 4 boneless, skinless, seasoned with salt and pepper chicken breasts
- 1 to 2 cups sliced mushrooms
- 1 cup Marsala wine
- 1 cup cherry tomatoes, halved
- 2 to 3 tablespoons chopped fresh thyme leaves
- ½ cup water
- ¼ cup cornstarch
- Fresh parsley, for garnish

Instructions:

1. Put the butter, garlic, and chicken in a large Dutch oven over medium heat. Sear the chicken on each side for 5 to 7 minutes.
2. Stir in the mushrooms, wine, tomatoes, and thyme and bring to a simmer. Cover and slowly simmer for 45 to 50 minutes, or until the chicken is fully cooked.
3. Halfway through cooking, in a small bowl, whisk together the water and cornstarch until fully dissolved. Pour the liquid into the Dutch oven, stir well, and continue to simmer. Sprinkle with parsley, remove from the heat, and serve warm.

Chicken Pot Pie



If you were to taste one meal that has been passed down from generation to generation, which would it be? Some might say that chicken pot pie is the answer. Chicken pot pies are popular with all types of people for a variety of reasons. They're not just an everyday dinner, though; they're also delicious as a weekend dish and holiday food.

Serving Size: 8

Cooking time: 35 minutes

Ingredients:

- 9 tablespoons unsalted butter, melted, divided
- 3½ cups shredded cooked chicken
- 1 teaspoon minced garlic
- 1½ cups Homemade Gluten-Free Baking Mix
- 1 large egg, beaten
- 1⅓ cups heavy cream, divided
- 2½ cups chicken broth
- 1 teaspoon garlic salt
- ½ teaspoon freshly ground black pepper
- 1½ cups frozen vegetable mix
- ⅓ cup white rice flour
- ½ teaspoon xanthan gum

Instructions:

1. Preheat the oven to 375°F.
2. Pour 5 tablespoons of melted butter into a large oven-safe skillet or Dutch oven. Add the chicken and garlic and cook over medium heat for about 2 minutes, or until the garlic is fragrant.
3. In a large bowl, combine the baking mix, egg, remaining 4 tablespoons of melted butter, and ⅓ cup of cream and

stir well.

4. Add the broth, garlic salt, and pepper to the chicken in the skillet and bring to a simmer (typically takes 4 to 5 minutes). Add the remaining 1 cup of cream and the vegetables. Once simmering, whisk in the flour and xanthan gum and cook for 2 minutes.

5. Flatten balls of biscuit dough with your hands until about $\frac{1}{4}$ inch thick. Evenly place the dough pieces on top of the chicken. Bake for 25 minutes, then broil for 2 minutes if you want a golden brown top.

6. Remove from the oven. Allow to cool and set for 5 minutes before serving.

Thai-Inspired Turkey Lettuce Wraps



Thai-Inspired Turkey Lettuce Wraps are tasty, healthy, and fun to eat! For a quick lunch or dinner you can whip up these wraps in just 20 minutes. Serve them family style for a party or as an appetizer with rice crackers. Give this recipe a try and let us know what you think. These Thai-inspired turkey lettuce wraps are a light, fresh meal in the form of an appetizer or quick meal. No cooking required! These can be made in just minutes. They're perfect for those who don't want to spend a ton of time cooking on the weekend and they're great for when you have guests coming over. Enjoy!

Serving Size: 4

Cooking time: 15 minutes

Ingredients:

- 2 tablespoons sesame oil or olive oil
- 2 teaspoons minced garlic
- 2 scallions, both green and white parts, chopped
- 1 pound ground turkey
- ½ cup mushrooms
- 6 tablespoons sweet chili paste
- 1½ tablespoons gluten-free soy sauce or coconut aminos
- 1 handful fresh basil leaves, chopped
- 1 head iceberg lettuce, for wraps

Instructions:

1. Heat a wok over medium-high heat for 2 to 3 minutes. Pour in the oil, then add the garlic and scallions and stir-fry for 1 to 2 minutes, or until aromatic.
2. Add the turkey and mushrooms (if using). Cook, using a spatula to stir-fry and break the meat into small lumps, for 5 to 7 minutes, or until the turkey is browned and fully cooked.
3. Toss in the chili paste and soy sauce and combine well.

4. Add the basil and do a few quick stirs until the basil leaves start to become wilted and fragrant. Remove from the heat. Serve immediately in lettuce leaf wraps.

Buffalo Chicken Casserole



Buffalo Chicken Casserole is one of America's favorite game day casseroles. And it's not hard to see why creamy ranch sauce studded with buffalo wing sauce, blue cheese crumbles, and crunchy celery. It's a surefire way to please the masses!

You can make this Buffalo Chicken Casserole ahead and then bake it in the oven when you're ready for a party or tailgate celebration.

Serving Size: 4

Cooking time: 50 minutes

Ingredients:

- 1/2 cup diced carrots
- 15 ounces cauliflower florets, riced
- 1 small white onion, peeled, diced
- 1/2 teaspoon minced garlic
- 1 pound chicken breast, skinless, cooked, shredded
- 1/4 teaspoon ground black pepper
- 2 tablespoons olive oil
- 1/2 cup egg whites
- 3/4 cup buffalo sauce

Instructions:

1. Switch on the oven, then set it to 400 degrees F and let it preheat.
2. Take a skillet pan, place it over medium heat, add oil, and when hot, add onion, celery, and carrots and cook for 5 minutes or until softened.
3. Then transfer vegetables to a bowl, add remaining ingredients and mix well until combined.
4. Take a baking pan or casserole dish, line it with a parchment sheet, spoon in the prepared mixture, then cover with aluminum foil and bake for 25 minutes.
5. Uncover the pan and continue baking for 25 minutes until the casserole has set and the top is nicely golden

brown.

6. When the casserole has cooked, remove it from the oven and let it cool completely.

7. Then divide the casserole into four pieces and place each casserole piece in a heatproof glass meal prep container.

8. Cover meal prep containers with lid and freeze for up to two months.

9. When ready to eat, reheat the casserole in the microwave until hot, cover the top if it gets too brown, and then serve with a green salad.

Chicken Meatballs



This is one of our favorite dishes. It is full of flavor, and the meatballs are easy to make. Chicken meatballs are a quick and easy meal to make, with ingredients that you should always have on hand. These savory morsels will be a welcome addition to any pasta or sandwich.

Serving Size: 4

Cooking time: 40 minutes

Ingredients:

For the veggie:

- 1 pound fingerling potatoes, quartered
- ½ teaspoon salt
- 2 tablespoons avocado oil
- 1 white onion, peeled, cut into large chunks
- ½ teaspoon cumin
- 1 ½ tablespoons minced garlic

For the meatballs:

- 1 pound ground chicken
- 1 tablespoon coconut flour

- ½ teaspoon salt
- 1 teaspoon ground turmeric
- 2 tablespoons parsley
- 1 teaspoon ground cumin
- 2 tablespoons cilantro
- ½ teaspoon garlic powder
- ½ teaspoon ground black pepper
- 1 teaspoon Dijon mustard
- 1 egg

For the Green Tahini Sauce:

- 2 tablespoons chopped parsley
- ¼ cup tahini
- 2 tablespoons chopped cilantro
- 2 tablespoons lemon juice
- ¼ teaspoon salt
- 2 tablespoons warm water

Instructions:

1. Switch on the oven, then set it to 400 degrees F and let preheat.
2. Take a baking sheet, line it with a parchment sheet, and add potatoes on it along with onion and garlic.
3. Season with salt and cumin, drizzle with oil and then toss with hands until potatoes are well coated.
4. Spread the potatoes evenly on the baking sheet and bake for 20 minutes.
5. Meanwhile, prepare the meatballs and for this, place all its ingredients in a bowl, stir well until combined, and shape the mixture into twelve meatballs.
6. After 20 minutes of baking time, take out the baking sheet, stir the potatoes, then move them to one side of the sheet, place meatballs in the vacant space of the baking sheet and continue baking for 20 to 23 minutes until thoroughly cooked and golden brown.
7. In the meantime, prepare the tahini sauce, and for this, place all its ingredients in a blender or food processor and pulse for 30 seconds until smooth; blend in more water if the sauce is too thick.
8. For meal prep, let potatoes and meatballs cool completely.
9. Then evenly place spinach in the bottom of four heatproof meal prep containers, then portion the meatballs on one side and potatoes to another side.
10. Cover the containers with a lid and store them in the refrigerator for up to a week.
11. When ready to eat, reheat potatoes and meatballs in the microwave and then serve with tahini sauce.

Honey Sesame Chicken



Honey sesame chicken is a delicious dish that will have you coming back for more. The sweet sesame sauce is a great complement to the slightly spicy and salty honey that the chicken will soak up as it bakes in the oven.

Serving Size: 4

Cooking time: 12 minutes

Ingredients:

For the Honey Sesame Sauce:

- 1/4 cup honey
- 1/2 teaspoon red pepper flakes
- 1/4 cup chicken stock
- 1 tablespoon sesame oil
- 1/4 cup soy sauce
- 1 teaspoon cornstarch

For Meal Prepping:

- 3 cups broccoli florets, chopped
- 2 large chicken breasts, cut into small pieces
- 3/4 cup rice, cooked
- 1/2 teaspoon ground black pepper
- 3 cups snap peas, chopped
- 2/3 teaspoon salt
- 1 tablespoon olive oil
- 1 teaspoon sesame seeds

Instructions:

1. Prepare the sauce and for this, place all its ingredients in a bowl and whisk until combined, set aside until required.
2. Take a large skillet pan, place it over medium heat, add oil and when hot, add peas and broccoli, and cook for 5 minutes until vegetables are tender and bright green.
3. In the meantime, evenly divide the cooked rice between four heatproof meal prep containers.
4. Add cooked peas and broccoli evenly into the meal prep container and return pan over the heat.
5. Add chicken pieces, season with red pepper, black pepper, and salt and cook for 7 minutes until thoroughly cooked.
6. Pour in the prepared sauce, stir until mixed and simmer for 2 minutes until the sauce has thickened slightly.
7. Evenly add chicken into meal prep containers, then drizzle chicken with sauce, and garnish with sesame seeds.
8. Cover the containers with a lid and refrigerate for up to a week.
9. When ready to eat, reheat the container into the microwave until hot and then serve.

Almond Butter Turkey Meatballs



I bet you're looking for a recipe for turkey meatballs to add to your meal plan. These Almond Butter Turkey Meatballs are a super easy dish that's great as an option at your Thanksgiving table.

By the way, you can make these with ground beef and honey if you'd like. We think these meatballs would be amazing served over our Cauliflower Rice Pilaf.

Serving Size: 4

Cooking time: 12 minutes

Ingredients:

For the Meatballs:

- 1 pound ground turkey breast
- 1 teaspoon garlic powder
- 1 teaspoon onion powder
- ½ teaspoon ground ginger

For Peanut Butter Sauce:

- 2 tablespoons red curry paste
- 1 tablespoon coconut sugar
- 1/2 cup almond butter
- 1 tablespoon soy sauce
- 1 tablespoon apple cider vinegar
- 4 tablespoons lime juice
- 3/4 cup coconut milk

Instructions:

1. Switch on the oven, then set it to 425 degrees F, and let it preheat.
2. Prepare the sauce and for this, place all its ingredients in a bowl and whisk until combined.
3. Place all the ingredients for meatballs in another bowl, mix well and then shape the mixture into fourteen meatballs.

4. Take a skillet pan, grease it with oil, spread $\frac{1}{4}$ cup of the sauce and then place meatballs in it.
5. Top the meatballs with remaining sauce and bake for 12 minutes until meatballs have thoroughly cooked.
6. Let meatballs cool completely, then pour the meatballs and sauce evenly between four heatproof glass meal prep containers and tighten with lid.
7. Store the containers in the refrigerator for up to four days or freeze for up to one month.
8. When ready to eat, thaw the meatballs, then reheat in the microwave until hot and serve.

Cashew Chicken



If you've only ever had chicken breasts, then I'm going to let you know about something that is way better: cashew chicken.

Let me get one thing straight; this dish is not in any way trying to be a healthy dish, it's just that the flavors are incredible and make for an unbelievably delicious meal.

I think the best part about it is how versatile it can be.

Serving Size: 4

Cooking time: 23 minutes

Ingredients:

For the Chicken and Vegetables:

- 2 medium chicken breasts
- 1 red bell pepper, cored, cut into chunks
- 1 ½ cups broccoli florets
- ½ green bell pepper, cored, cut into chunks
- 1 teaspoon ground black pepper
- 1 ½ teaspoons salt
- 2/3 cup roasted cashews, unsalted

For the Sauce:

- 2 tablespoons arrowroot starch
- 1 tablespoon minced garlic
- 6 tablespoons soy sauce
- ½ teaspoon minced ginger
- ¾ tablespoon apple cider vinegar
- 2 tablespoons honey
- 1 teaspoon toasted sesame oil
- ½ cup water and more as needed
- 2 cups cooked brown rice
- 2 tablespoons sesame seeds

Instructions:

1. Switch on the oven, then set it to 400 degrees F, and let it preheat.
2. Prepare the sauce and for this, place all its ingredients in a saucepan, whisk well until combined, then bring it to simmer over medium heat and cook for 3 minutes until thickened, set aside until required.
3. Prepare the chicken and vegetables and for this, cut the chicken into 1-inch cubes, and place them in a shallow dish.
4. Season the chicken with $\frac{1}{2}$ teaspoon black pepper and $\frac{3}{4}$ teaspoon salt, drizzle with half of the prepared sauce, and toss until well coated on all sides.
5. Take a large sheet pan, line it with aluminum foil, spray with oil, then spread chicken cubes on it and cook for 8 minutes.
6. Then add cashew, bell peppers, and broccoli florets around the chicken in a single layer, season with remaining salt and black pepper, drizzle with half of the remaining sauce and toss until well coated.
7. Continue baking for 12 minutes until the chicken has thoroughly cooked, then remove the baking sheet from the oven, drizzle with remaining sauce and let cool completely.
8. Evenly divide cashew chicken and vegetables into four heatproof meal prep containers, add cooked brown rice to one side of the container and then sprinkle sesame seeds over chicken.
9. Cover the containers with a lid and refrigerate for up to five days or freeze for up to one month.
10. When ready to eat, reheat the container in the microwave until hot and then serve.

Cilantro Lime Chicken with Cauliflower Rice



This dish is easy to make and satisfying to eat. The rich, nuanced flavors of the Cilantro Lime Chicken will tantalize your taste buds as it melts in your mouth. The crunchy cauliflower rice adds a nutty texture and a full grain flavor, making this side dish the perfect accompaniment to any main course.

Serving Size: 4

Cooking time: 17 minutes

Ingredients:

For the Chicken:

- 1 pound chicken breast
- 1/3 cup chopped fresh cilantro
- ¾ teaspoon ground black pepper
- 2 teaspoons minced garlic
- 1 ½ teaspoons salt
- 1/2 teaspoon honey
- 1/4 cup lime juice
- 2 tablespoons olive oil

For the Cauliflower Rice:

- 3 cups cauliflower rice
- 1/2 cup cooked black beans
- 2 teaspoons garlic powder
- 1/4 cup chopped red onion
- 1 teaspoon ground cumin
- 1/8 sea salt
- 2 tablespoons olive oil
- 1 cup cherry tomatoes, halved
- 1 medium avocado, peeled, pitted, chopped

Instructions:

1. Prepare the chicken for this, take a skillet pan, place it over medium heat, add oil and when hot, add chicken and cook for 5 to 8 minutes per side until nicely browned.
2. Transfer chicken to a cutting board, let it cool for 15 minutes and then cut it into slices.
3. Place remaining ingredients for the chicken in a bowl, whisk well until mixed, add chicken slices, then toss until well coated and refrigerate until required.
4. Prepare the cauliflower rice and for this, return the skillet pan over medium heat, add oil and when hot, add cauliflower rice, season with garlic powder, cumin, and salt, stir well and cook for 5 minutes.
5. Add beans, continue cooking for 2 minutes until heated, then add red onion, stir well and cook for 2 minutes, let cool completely.
6. Evenly divide chicken and cauliflower into four heatproof meal prep containers and then add tomatoes and avocado.
7. Cover the containers with a lid and refrigerate for up to five days.
8. When ready to eat, reheat the chicken and cauliflower rice in the microwave until hot and then serve.

Turkey Taco



This recipe is a great twist on a classic favorite—a turkey taco with all the fixings. Why put turkey in a taco?

Turkey tacos are made with ground turkey baked with tomato sauce, onions, and garlic instead of steak. They're baked to a tender, juicy finish by stirring the meat after it has cooked 10 minutes in the oven.

Serving Size: 4

Cooking time: 55 minutes

Ingredients:

For the Rice:

- 1/8 teaspoon salt
- 3/4 cup brown rice, uncooked
- 1 lime, zested
- 1 ½ cups water

For Turkey:

- 2 tablespoons taco seasoning
- 3/4 pound ground turkey

For the Salsa:

- 1/4 cup minced red onion
- 2 cups cherry tomatoes, quartered
- 1/8 teaspoon salt
- 1 jalapeno pepper, minced
- 2 tablespoons lime juice
- 1/4 cup shredded cheese cheddar or mozzarella

Instructions:

1. Prepare the rice and for this, take a saucepan, place it over medium heat, add rice and water, and bring it to boil.
2. Then reduce heat to medium-low level, add salt and lime zest, cover the pan and cook for 30 to 45 minutes until

rice has absorbed water and cooked through.

3. Meanwhile, cook the turkey and for this, take a skillet pan, place it over medium heat and when hot, add turkey, break it up, season with taco seasoning and cook for 10 minutes until nicely browned and thoroughly cooked.
4. While turkey is cooking, prepare the salsa and for this, place all its ingredients in a bowl, toss until well mixed and refrigerate until required.
5. When the rice has cooked, remove the pan from heat, fluff them with a fork and cool for 15 minutes.
6. Evenly divide rice into four heatproof meal prep containers, then add $\frac{1}{2}$ cup turkey taco and $\frac{1}{2}$ cup salsa and sprinkle cheese on top of the turkey.
7. Cover the containers with a lid and refrigerate for up to five days.
8. When ready to eat, reheat the rice and turkey taco in the microwave until hot and then serve.

Thai Turkey Lettuce Wraps



Australian beef. Santa Barbara strawberries. Italian sausage. Korean yogurt dressing. These are just a few of the interesting and delicious ingredients that make up these flavorful wraps! They're a great way for even the most inexperienced cook to become the resident expert in cooking Thai food at home, without much effort at all — we're talking no more than an hour or so to prepare and cook dinner for your family, friends, neighbors...

Serving Size: 6

Cooking time: 10 minutes

Ingredients:

For the Sauce:

- 3 tablespoons soy sauce
- 1 tablespoon lime juice
- 2 tablespoons rice vinegar
- 1/4 cup peanut butter
- 1 teaspoon sesame oil
- 2 tablespoons water

For the Filling:

- 1 pound ground turkey
- 1 medium white onion, peeled, chopped
- 1 cup shredded carrots
- 1 tablespoon minced garlic
- 1 tablespoon Thai red curry paste
- 1 tablespoon olive oil
- Green onions as needed to garnish
- 7 ounces Romaine lettuce leaf
- Peanuts as needed to garnish

Instructions:

1. Prepare the sauce and for this, place all the ingredients for the sauce in a bowl, whisk well until combined, and

set aside until required.

2. Prepare the filling and for this, take a skillet pan, place it over medium heat, add oil and when hot, add garlic, onion and curry paste, stir well and cook for 3 minutes until heated.
3. Then add turkey, break it up, stir well and continue cooking for 7 minutes until turkey is no longer pink and thoroughly cooked.
4. Add carrots and peanut sauce, stir until mixed, and then remove the pan from heat.
5. For meal prep, let the turkey mixture cool completely and then evenly portion between six heatproof glass meal prep containers.
6. Cover the containers with a lid, store them in the refrigerator for up to four days or freeze for up to one month.
7. When ready to eat, thaw the frozen turkey mixture and then reheat in the microwave oven until hot.
8. Stuff the turkey mixture in lettuce leaves, top with green onions and peanuts, and serve.

Chapter 2: Pork, Lamb and Beef recipes.

Pork Chops with Creamy Gravy



Sometimes a cold winter night calls for some warm and hearty comfort food. Sometimes a cold winter night calls for some warm and hearty comfort food.

Serving Size: 4

Cooking time: 12 minutes

Ingredients:

- ½ medium sweet onion, chopped
- 2 tablespoons unsalted butter
- 4 pork chops
- 1 teaspoon garlic powder
- Salt
- Black pepper, freshly ground
- 1 cup chicken stock
- 1 tablespoon gluten-free Worcestershire sauce
- 1½ tablespoons cornstarch
- ⅓ cup sliced mushroom pieces
- ½ cup sour cream

Instructions:

1. Heat a large nonstick pan over medium heat. Add the butter and onion and cook, stirring occasionally, for 2 to 3 minutes, or until the onion is softened.
2. Sprinkle the garlic powder to the pork chops, season with salt and pepper, then add them to the skillet and sear on each side until both sides are lightly browned, or for 2 to 3 minutes.
3. Add the stock and Worcestershire sauce, scraping the browned bits from the bottom of the skillet (they carry so much flavor). Continue cooking the pork chops, flipping every 2 to 3 minutes, for 4 to 6 minutes, or until the internal temperature reaches 145°F. (Note: Bone-in pork chops and pork chops thicker than ¾ inch will likely need an additional 1 to 3 minutes of cook time.)
4. Transfer the chops (keep liquids in the skillet) to a separate plate and put it in the microwave to keep warm, covered. Add the cornstarch, mushrooms, and sour cream to the hot skillet, stir to combine, and simmer the gravy for 3 to 4 minutes, or until slightly thickened. Return the pork chops to the skillet, remove from the heat, and serve.

Spaghetti and Meatballs



There's an old Italian saying which goes, "One can never have too much spaghetti and meatballs." Everyone's favorite classic dish of spaghetti and meatballs is perfect for any cozy night in. This dish brings back memories of family cooking, making it the quintessential comfort food.

There are many recipes for this dish that differ by region, but they all have one thing in common: they're delicious! The spaghetti is usually cooked al dente and mixed with a tomato sauce or a ragù.

Serving Size: 6

Cooking time: 15 minutes

Ingredients:

For the meatballs

- 1 pound ground beef
- 1 large egg, beaten
- 1 tablespoon finely chopped onion
- ½ teaspoon minced garlic
- 1¼ teaspoons liquid aminos, coconut aminos, or gluten-free soy sauce
- ¼ teaspoon salt
- ¼ teaspoon freshly ground black pepper

For the sauce and assembly

- 2 (6-ounce) cans tomato paste
- 3 bay leaves
- 2 teaspoons sugar
- ½ teaspoon garlic salt
- 3 tablespoons dried oregano
- 3 cups water
- 1 teaspoon minced garlic

- 3 tablespoons grated parmesan cheese
- ½ teaspoon freshly ground black pepper
- 1½ tablespoons dried onion flakes
- 1 (16-ounce) package gluten-free pasta

Instructions:

To make the meatballs

1. Preheat the oven to 400°F. Line a plate with paper towels.
2. In a large bowl, combine the ground beef, egg, onion, garlic, liquid aminos, salt, and pepper and thoroughly mix together with your hands.
3. Roll the mixture into 1- to 1 ½-inch balls and put them in the cups of a mini muffin tin.
4. Bake for 10 minutes, remove them from the oven, flip them using tongs, and bake for an additional 5 minutes, or until thoroughly cooked and the outsides are nicely browned. Remove from the oven.
5. Carefully transfer the hot meatballs to the prepared plate to help soak up any extra grease.

To make the sauce and assemble

1. While the meatballs are baking, in a saucepan or Dutch oven, combine the tomato paste, bay leaves, sugar, garlic salt, oregano, water, garlic, cheese, pepper, and onion flakes over medium heat. Stir well.
2. Simmer for 20 minutes. Remove from the heat. Allow to cool for 2 to 3 minutes before serving.
3. While the sauce is simmering, cook the pasta according to the package instructions so that the pasta is done at the same time as the sauce (time varies widely depending on the brand and type of pasta). Drain the pasta.
4. Serve the pasta warm, topped with meatballs and drizzled with spaghetti sauce. Store cooled meatballs in an airtight container in the refrigerator for up to 3 days.

Roasted Honey-Garlic Pork and Vegetables



It's no secret that pork is a favorite among many cultures. Whether you enjoy it as bacon, ham, or sausage, you can't deny the satisfaction that comes with sinking your teeth into a crispy pork chop. And if you're looking for something new to try this season, here's a recipe for roasted honey-garlic pork and vegetables!

It might sound like a lot of work at first glance, but this dish is actually really easy to make it just takes some time in the oven.

Serving Size: 4

Cooking time: 30 minutes

Ingredients:

- 1 pound pork tenderloin, cut into 1-inch-thick slices
- 1 (14-ounce) can sweet corn kernels, drained
- 1 large zucchini, sliced
- 1 cup cubed butternut squash
- ½ cup honey
- 2 tablespoons gluten-free soy sauce or liquid aminos
- 2 tablespoons lime juice, freshly squeezed
- 2 tablespoons garlic, minced
- 2 tablespoons olive oil
- 1 teaspoon fresh thyme leaves
- ¼ teaspoon paprika
- Salt
- Freshly ground black pepper
- 2 tablespoons sunflower seeds

Instructions:

1. Preheat the oven to 425°F. Spray a 9-by-13-inch baking dish with cooking spray.
2. Spread the pork, corn, zucchini, and squash out in the prepared baking dish.
3. To make the sauce, in a medium bowl, combine the honey, soy sauce, lime juice, garlic, oil, thyme, and paprika. Season with salt and pepper and mix well. Drizzle the sauce over the vegetables and meat and roast for 20 minutes.

4. Sprinkle the sunflower seeds (if using) on top of the dish and roast for another 5 to 10 minutes, or until the internal temperature of the pork has reached 150°F. Remove from the oven and allow to cool for 5 minutes before serving.

White Wine Cream–Dipped Pork Medallions



White wine cream-dipped pork medallions is a popular appetizer that is seen as a party dish because it looks good, tastes good, and is fairly simple to make. The individual components can be made ahead of time in advance of the party so they will not be forgotten about. This makes the dish very entertaining for guests as they watch the ingredients churning out on their plates.

Serving Size: 4

Cooking time: 26 minutes

Ingredients:

- 4 tablespoons (½ stick) unsalted butter
- 1 pork tenderloin, cut into 1½-inch medallion slices
- ½ medium red onion, chopped
- 1½ tablespoons minced garlic
- 1 cup chopped mushrooms
- ½ cup bacon bits
- ¾ cup dry white wine
- 1 cup cream
- 3 tablespoons chopped fresh rosemary or thyme leaves
- Salt
- Freshly ground black pepper

Instructions:

1. In a large skillet, melt the butter over medium heat. Add the pork and brown on each side for 5 minutes, then transfer to a plate to rest.
2. Add the onion and garlic to the skillet and sauté for 3 to 4 minutes, or until the onion becomes fragrant and translucent. Then add the mushrooms and bacon and sauté for 3 to 4 minutes, or until the mushrooms are tender.
3. Return the pork to the skillet and add the wine. Cover and simmer for 5 minutes. Remove the cover and add the cream and rosemary. Season with salt and pepper and bring to a simmer. Cook, stirring occasionally, for 10 to 13 minutes, or until the sauce has reduced to one-fourth of its original amount and the internal temperature of the pork reaches 145°F. Serve.

Ground Beef Flautas



Ground beef flautas are one of those classic Mexican comfort foods, perfect for satisfying your hunger after a long day of work and playing. They're quick to whip up, too - you'll only need half an hour from start to finish.

Serving Size: 4

Cooking time: 18 minutes

Ingredients:

- Oil, for frying (corn oil or canola oil work great)
- 1 pound ground beef
- 1 tablespoon chili powder
- 1 teaspoon ground cumin
- 1 teaspoon garlic powder
- 1 teaspoon paprika
- ½ tablespoon onion powder
- ¼ teaspoon cayenne pepper
- ¼ teaspoon salt
- ¼ teaspoon red pepper flakes
- ¼ teaspoon freshly ground black pepper
- ½ teaspoon dried oregano
- 1 package gluten-free tortillas
- 2 cups shredded cheese
- 1 cup Pico de Gallo

Instructions:

1. Preheat the oven to 375°F.
2. Pour 1 tablespoon of oil into a large oven-safe skillet over medium heat. Add the ground beef and cook for 3 to 5 minutes, or until fully cooked.
3. Add the chili powder, cumin, garlic powder, paprika, onion powder, cayenne (if using), salt, red pepper flakes (if using), black pepper, and oregano, stir well, and cook for an additional 1 minute.
4. Use a slotted spoon to transfer the spiced beef to a plate, leaving any excess grease in the skillet. Add just enough

oil to the hot skillet to cover the bottom (this will depend on how much fat cooked off the beef and the size of the skillet), usually 2 to 5 tablespoons.

5. Increase the heat to medium-high. Place enough beef on each tortilla so that the tortilla can still wrap around itself one full time. Wrap up the tortillas and place them, seam-side down, in the hot skillet. You may have to work in batches.

6. Fry for 2 to 3 minutes, or until the tortillas start to turn golden brown. Then flip and fry the other side for another 2 to 3 minutes, or until browned.

7. Sprinkle the cheese in an even layer on top, followed by the Pico de Gallo. Bake for 5 to 7 minutes, or until the cheese has melted. Remove from the oven. Allow to cool for 3 to 5 minutes before serving.

Basil Butter Steak



Basil butter steak is a flavorful, elegant dish that will leave your dinner guests begging for the recipe.

A thick-cut steak seasoned with salt and pepper is pan seared in butter while (optional) onions, mushrooms, or garlic cook. Next you add finely chopped fresh basil and let it simmer in the butter until it gets a little crispy. Finish off by pouring your fragrant basil butter over the top of a perfectly cooked steak.

Serving Size: 4

Cooking time: 10 minutes

Ingredients:

- 7 tablespoons unsalted butter, at room temperature, divided
- 4 small or 2 large (halved) 1½-inch-thick rib eye steaks, salted 2 to 24 hours before cooking
- Salt
- Freshly ground black pepper
- 4 teaspoons fresh chopped basil leaves
- 1 teaspoon fresh chopped thyme leaves
- ½ teaspoon garlic powder

Instructions:

1. Preheat the broiler to low. In a large oven-safe skillet, melt 3 tablespoons of butter over medium to medium-high heat. While the butter is melting, pat dry the steaks and season with salt and pepper.
2. Sear the steaks in the skillet for 1 to 2 minutes, or until a dark sear forms. Using tongs, flip the steaks over and sear for 1 to 2 minutes to create a dark sear on the second side.

3. Put the skillet in the hot oven and broil for 2 to 3 minutes before flipping and broiling for an additional 2 to 3 minutes for a medium-rare steak.
4. Remove from the oven and let sit for 5 minutes to allow the juices to redistribute.
5. While the steak is resting, in a small bowl, combine the remaining 4 tablespoons of butter, the basil, thyme, and garlic powder and mix thoroughly. Top each steak with equal amounts of butter, which will softly melt into the steak.

Honey-Chipotle Meatball



I know you're thinking about making a delicious appetizer this weekend and while I am, I just have to share one of my favorite recipes with you. Honey-Chipotle Meatball is not an everyday dish, but it is no doubt an amazing one! The chipotle chile gives the meatballs a kick of spice that will make your mouth warm.

Serving Size: 4

Cooking time: 33 minutes

Ingredients:

For the Meatballs:

- 1 pound ground beef
- 1/2 teaspoon salt
- 1 teaspoon Worcestershire sauce
- 1 egg
- 1/2 cup breadcrumbs

For Chipotle Glaze

- 1 chipotle pepper
- 1/2 teaspoon salt
- 1 teaspoon cornstarch
- 1/2 cup honey
- 2 tablespoons lime juice

- 1/2 cup chicken stock
- 1 tablespoon water
- 4 tablespoons adobo sauce

For the Cauliflower Rice:

- 4 cups riced cauliflower
- 1/2 of red onion, peeled, chopped
- 1 lime, zested
- 1 medium red bell pepper, chopped
- 1/2 cup cilantro leaves
- 1/4 teaspoon salt
- 1 tablespoon lime juice
- 1 tablespoon olive oil

Instructions:

1. Switch on the oven, then set it to 375 degrees F, and let it preheat.
2. Meanwhile, prepare the meatballs and for this, place all its ingredients in a bowl, stir until well mixed and then shape the mixture into meatballs, each about 1 ½ tablespoons.
3. Take a baking sheet, line it with parchment sheet, place meatballs on it, and bake for 20 to 25 minutes until thoroughly cooked.
4. In the meantime, prepare the cauliflower rice and for this, take a skillet pan, place it over medium heat, add oil and when hot, add onion and bell pepper and cook for 4 minutes until slightly softened.
5. Then add cauliflower rice, season with salt and lime zest, stir well and continue cooking for 3 minutes until rice has softened slightly.
6. Add cilantro, drizzle with lime juice, stir well, then remove the pan from heat and set aside.
7. Then prepare the glaze and for this, take a saucepan, place all the ingredients for the glaze in it except for cornstarch and water, whisk until combined, and cook over medium heat for 3 minutes until hot.
8. Then stir together cornstarch and water, add to the saucepan, stir well and simmer the sauce until thickened slightly, stirring constantly.
9. Remove saucepan from heat, add meatballs in the sauce and toss until well coated, let cool until required.
10. For meal prep, divide cauliflower rice evenly between four heatproof meal prep containers, then add meatballs and drizzle with extra glaze.
11. Tighten the containers with lid and store in the refrigerator for up to four days or freeze for up to one month.
12. When ready to eat, thaw the meatballs, then reheat in the microwave until hot and serve.

Lemon Butter Veggies and Sausage



When you need a quick and satisfying meal for the week, try this recipe with fresh vegetables and lean meat. The lemon butter noodles make this dish a light and flavorful lunch or dinner. This recipe is an easy one to whip up when you want to save time in the kitchen, which makes it perfect for busy people looking for new ways to eat healthy.

Serving Size: 6

Cooking time: 35 minutes

Ingredients:

- 4 medium carrots, peeled, diced
- 1½ pounds beef sausage, thickly sliced
- 2 medium red bell peppers, cored, diced
- 1 bunch of asparagus, cut into 1-inch pieces
- 1 bunch of radishes, halved
- 2 cups yellow cherry tomatoes
- 2 small zucchinis, diced
- 1 small eggplant, diced
- 2 cups red cherry tomatoes
- 2/3 teaspoon ground black pepper
- 2 teaspoons salt

For the Lemon Butter:

- 1 tablespoon minced garlic
- 4 tablespoons butter, unsalted, melted
- 1 lemon, juiced, zested

Instructions:

1. Switch on the oven, then set it to 400 degrees F, and let it preheat.
2. Meanwhile, prepare the lemon butter and for this, place all its ingredients in a bowl and stir until combined.
3. Take a large baking sheet, place eggplant, carrots, bell pepper, and radish pieces in an even layer on it, then

drizzle with half of the prepared lemon butter and toss well until coated.

4. Sprinkle vegetables with 1 teaspoon salt and ½ teaspoon black pepper and bake for 15 minutes until vegetables are just tender.
5. Then add remaining vegetables into the baking sheet along with sausage, drizzle with remaining lemon butter, season with remaining black pepper and salt, toss until combined and continue roasting for 20 minutes.
6. Let the vegetables and sausage cool completely, then divide evenly between six heatproof glass meal prep containers and tighten with lid.
7. Store the containers in the refrigerator for up to four days or freeze for up to one month.
8. When ready to eat, thaw the vegetables and sausage, then microwave until hot and serve.

Pulled Pork Taco Bowl



A pulled pork taco bowl is the perfect dish to consume on a lazy Sunday evening. It's hearty, filling, and delicious. Mostly for those reasons, it's the perfect dish for getting back into the swing of things after being away from your barbecue for a few months. This bowl contains shredded pork that is deliciously marinated in spices before being cooked until tender and falling apart in your mouth.

Serving Size: 4

Cooking time: 5 minutes

Ingredients:

- 2 cups cooked pulled pork
- 4 tablespoons olive oil
- 1 cup chopped red onion
- 1 cup chopped red pepper
- 4 teaspoons taco seasoning
- 4 tablespoons water
- 4 jalapeno peppers, sliced
- 4 tablespoons lime juice
- 4 tablespoons chopped cilantro
- 8 tortillas, gluten-free

Instructions:

1. Take a skillet pan, place it over medium heat, add oil and when hot, add pork, onion, and red pepper, season with taco seasoning, drizzle with water, stir well and cook for 5 minutes until onions have softened.
2. Remove the pan from heat, then let the pork cool completely and portion evenly between four heatproof glass meal prep containers.
3. Garnish the pork with cilantro and jalapeno, drizzle 1 tablespoon lime juice on pork and then pack two tortillas separately in each container.
4. Tighten the container with the lid, and refrigerate for up to four days or freeze for up to one month.
5. When ready to eat, thaw the pork and then microwave until hot.

6. Assemble pork over the toasted tortilla and serve.

Garlic Peppered Steak



All the flavor of garlic without the smell or hard work!

If you're tired of garlic breath, or can't make it to the grocery store for a fresh supply of this wonderful vegetable, then this post is for you. Garlic peppercorns are a much easier way to enjoy all the amazing flavors that garlic has to offer without any of the icky side effects...

Serving Size: 4

Cooking time: 40minutes

Ingredients:

- 2 pounds flank steak
- ¼ teaspoon sea salt
- 1 tablespoon minced garlic
- 1 1/2 tablespoons red pepper flakes
- 1 1/2 tablespoons smoked paprika
- 2 tablespoons ground black pepper
- 2 tablespoons olive oil
- 2 cups cooked brown rice
- 4 tablespoons lime juice
- 4 tablespoons chopped parsley

Instructions:

1. Switch on the oven, then set it to 275 degrees F, and let it preheat.
2. Meanwhile, coat the top of flank steaks with oil, then sprinkle with all the seasonings and rub into the meat for 1

minute.

3. Place the steak in the baking sheet and roast for 35 to 40 minutes until steak is cooked to the desired level, flipping halfway through.

4. Let steaks cool slightly, then evenly portion between four heatproof glass meal prep bowls, add brown rice, tighten with lid, and freeze for up to one month.

5. When ready to eat, thaw the steaks and rice, microwave until hot, then garnish with parsley, drizzle with lime juice and serve.

Chapter 3: Salads and Soups recipes

Avocado, Chickpea and Chicken Salad



This vegan recipe is a delicious and easy-to-make meal that can be eaten on its own or served as a side dish with slices of bread. I love this salad to pieces. It's so easy to make and it's also really nutritious. The flavours are really tasty and compliment each other nicely. This recipe is great for a light lunch or even a hearty appetizer!

Serving Size: 4

Cooking time: 0 minutes

Ingredients:

- 2 cups cooked chicken breasts
- 1 cup canned chickpeas, rinsed, drained
- 1 avocado, halved, peeled, thinly sliced
- 1 cup baby rocket leaves
- 1 small red onion, halved, thinly sliced
- 6-7 basil leaves, finely cut
- 1 garlic clove, crushed
- 1/2 teaspoon cumin
- 3 tablespoons lemon juice
- 3 tablespoons olive oil

Instructions:

1. Place chicken, chickpeas, avocado, baby rocket, onion, and basil in a salad bowl.
2. Combine lemon juice, olive oil, garlic and cumin and drizzle over the salad. Toss to combine and serve.

Chipotle Honey Chicken Taco Salad



Hello! I think that this recipe is really interesting and exciting. The idea of chipotle honey chicken tacos is an original one, and I found it to be quite flavorful as well! There are many ways to prepare these tacos, but this recipe seems like a nice way to mix up your usual taco fixings.

Serving Size: 4

Cooking time: 0 minutes

Ingredients:

For the Chicken:

- 2 chicken breasts
- ½ teaspoon minced garlic
- ¼ teaspoon salt
- ¼ cup honey
- 1 tablespoon lime juice
- 2 tablespoons adobo sauce
- ¼ cup chicken stock

For the Salad:

- 1 medium green bell pepper, sliced
- 2 medium carrots, peeled, shredded
- 3 cups shredded cabbage
- Tortilla chips as needed

Instructions:

1. Prepare the chicken and for this, place chicken in a slow cooker, add remaining ingredients and toss until well coated.
2. Switch on the slow cooker, shut it with lid and cook for 4 hours at low heat setting or for 3 hours at high heat setting until chicken is tender, don't overcook.
3. Let the chicken cool completely, then evenly divide it between four glass meal prep containers and drizzle with sauce.
4. Cover the containers with the lid, store them in the refrigerator for up to four days or freeze for up to one month.
5. When ready to eat, thaw the frozen chicken and then reheat in the microwave oven until hot.
6. Let chicken cool slightly, then add the ingredients for the salad and toss until mixed.
7. Top the chicken salad with tortilla chips and serve.

Italian Chicken Salad



This Italian Chicken Salad recipe is made with a base of easy, quick-cooking chicken that can be thrown together in minutes. The fresh herbs and vegetables add unmatched flavor to this filling salad. You're going to love how easy this is to throw together and enjoy as a main dish or a side. Enjoy. One of my favorite things about summertime is the abundance of fresh herbs that comes from backyards and gardens across the country.

Serving Size: 4

Cooking time: 0 minutes

Ingredients:

- 2 chicken breasts, cooked and shredded
- 2 orange or yellow bell peppers, thinly sliced
- 1 small red onion, thinly sliced
- 1 small celery rib, chopped
- 1/4 cup slivered almonds, toasted
- 1 tablespoon drained capers
- Juice of one lemon
- 1 teaspoon fresh thyme, minced
- 1/2 cup Parmesan cheese
- 3 tablespoons olive oil
- 1 tablespoon gluten-free mustard
- Salt and pepper, to taste

Instructions:

1. Combine vegetables and chicken in a salad bowl.
2. Prepare the dressing by mixing olive oil, lemon juice, mustard, salt and black pepper. Drizzle over the salad, toss to combine and serve.

Chicken, Broccoli and Cashew Salad



If you're looking for a salad that will really bring your lunch to life, try this Chicken Broccoli and Cashew Salad. Filled with protein from the chicken and probiotic rich broccoli, as well as omega 3 fatty acids found in the cashews, this salad is seriously delicious. This dish is low in carbohydrates but high in fibre, so it'll fill up any cravings without bogging you down.

Serving Size: 6

Cooking time: 5 minutes

Ingredients:

- 1 pound fresh broccoli, cut in florets
- 1 cup grilled boneless chicken breast, diced
- 4 ounces cashews, baked
- 3 ounces sunflower seeds, salted and baked
- 2 tablespoons Parmesan cheese, grated
- 1/2 cup fresh parsley leaves, finely cut
- 2 tablespoons olive oil
- 2 tablespoons lemon juice

Instructions:

1. Wash broccoli and steam it for 5 minutes until just tender then transfer into a large salad bowl. Leave broccoli to cool and mix it with the chicken pieces.
2. Add in cashews, sunflower seeds and the finely cut parsley. In a smaller cup, mix the olive oil and lemon juice. Pour over the salad and serve sprinkled with Parmesan cheese.

Sweet Potato, Lentil, and Kale Salad



This salad is so delicious and energizing, you'll never think of salads as boring again. This simple, hearty dish is the perfect one-bowl meal. It's perfect for a weeknight dinner or a weekend lunch with friends.

Serving Size: 4

Cooking time: 55 minutes

Ingredients:

For the Salad:

- 2 teaspoons olive oil
- 4 cups cubed sweet potato, peeled
- 3 teaspoons salt
- 1 teaspoon ground black pepper
- 3/4 cup brown lentils, uncooked
- 4 cups chopped kale
- 1 large red bell pepper, cored, diced
- 1/4 cup diced red onion
- 1/4 cup roasted pumpkin seeds
- 1 1/2 cups water

For the Tahini Dressing:

- 1/2 teaspoon curry powder
- 1/3 cup tahini
- 1/2 tablespoon minced garlic
- 1/4 teaspoon salt
- 2 tablespoons lemon juice
- 7 tablespoons water

Instructions:

1. Switch on the oven, then set it to 375 degrees F and let preheat.
2. Take a large sheet pan, add sweet potato cubes on it, drizzle with oil, then sprinkle with 1 1/2 teaspoon salt and

black pepper, toss until mixed and bake for 35 minutes until tender, stirring halfway through.

3. Meanwhile, prepare the lentils and for this, take a medium saucepan, place it over medium heat, pour in water, add lentils and $\frac{1}{2}$ teaspoon salt, bring it to simmer, and then cook for 20 minutes until lentils are tender, let cool completely.

4. Prepare the dressing and for this, place all its ingredients in a bowl and whisk until combined, set aside until required.

5. Prepare kale and for this, place kale in a bowl, season with remaining salt, drizzle with lemon juice, then massage the kale leaves for 30 seconds until slightly softened and set aside.

6. Assemble the salad and for this, take four mason jars, spoon 2 tablespoons of prepared dressing in the bottom of each jar, then add $\frac{1}{2}$ cup of cooked lentils, top with $\frac{1}{2}$ cup baked sweet potato and $\frac{1}{4}$ of diced red peppers, and then add 1 tablespoon onion and 1 cup kale leaves.

7. Prepare three more mason salad jars in the same manner, then tighten with lid and refrigerate for four days.

8. When ready to eat, top the salad with a tablespoon of pumpkin seeds and serve.

Warm Italian Beef and Spinach Salad



This is such a satisfying salad. I love the way the ingredients come together and how they make it stand out as something different than your average salad. It's not hard to make, but it does require some time that you may not have if you're on a tight schedule. It's worth it though because this dish is so fresh and hearty at the same time.

Serving Size: 6

Cooking time: 3 minutes

Ingredients:

- 8 ounces deli Italian roast beef, cut into 1/4 inch strips
- 1 red onion, sliced and separated into rings
- 2 tomatoes, sliced
- 1 red pepper, sliced
- 6 cups baby spinach leaves or fresh spinach, torn
- 2 tablespoons olive oil
- 1/2 cup grated Parmesan cheese, to serve
- for the dressing:
- 1/2 cup sour cream
- 1 tablespoon gluten-free mustard
- 2 garlic cloves, crushed

Instructions:

1. Stir together all dressing ingredients in a deep bowl and set aside.
2. Warm olive oil in a large skillet and sauté beef and onions. Cook for three minutes, stirring occasionally, over medium heat until beef is heated through.
3. Toss together beef, spinach, tomatoes, red pepper and dressing in a large salad bowl. Serve sprinkled with Parmesan cheese.

Tuna and Green Bean Salad



This tuna and green bean salad is quick and easy to make, healthy, and delicious. It uses canned tuna mixed with boiled or steamed green beans.

Serving Size: 4

Cooking time: 5 minutes

Ingredients:

- 3 boiled potatoes, cut
- 9 ounces green beans, trimmed and cut into 2 inch lengths
- 2 tomatoes, sliced
- a bunch of baby rocket leaves
- 1 can tuna, drained and broken into big chunks
- 1/4 cup olive oil
- 2 tablespoons lemon juice
- 3 tablespoons homemade pesto

Instructions:

1. Boil the green beans for 5-6 minutes. Drain and set aside to cool.
2. Prepare the dressing by combining together olive oil, lemon juice and pesto. Season with salt and black pepper to taste.
3. Combine potatoes, green beans, tomatoes, baby rocket, tuna and the dressing.
4. Toss gently and serve.

Salmon, Avocado and Asparagus Salad



What's better than one delicious salad? An entire class of them! This is a light, healthy and easy spring dish that showcases the best of the season: deliciously crisp asparagus, nutty walnuts, creamy avocado and tangy lemon. It's fresh and full of flavor with plenty to give. And it even has an optional boiled egg for protein.

Serving Size: 4

Cooking time: 2 minutes

Ingredients:

- 1 cucumber, peeled and chopped
- 1 avocado, peeled and cubed
- 1 bunch asparagus, trimmed, cut into 2 inch lengths
- 1/2 cup soy sprouts, trimmed
- 1 can salmon, drained and broken into large chunks
- 2 tablespoons light sour cream
- 1 tablespoon lemon juice
- 1 tablespoon dill, very finely chopped

Instructions:

1. Cook asparagus in boiling salted water for one to two minutes or until bright green and tender. Drain and rinse and pat dry.
2. Place asparagus, cucumber, avocado, soy sprouts and salmon into a salad bowl. Toss well to combine.
3. Prepare the dressing by whisking together sour cream and lemon juice. Season with salt and pepper to taste. Drizzle salad with dressing, sprinkle with dill and serve.

Easy Chicken Noodle Soup



This is the most simple recipe for soup you'll ever make, and it's so good! It's a staple in our household because it's easy and filling. There are many different variations of what you can make with this basic recipe: onion soup is one of them. You can also use just about any kind of noodle you like, like polenta or rice noodles. Vegetarian? No problem! Just add mushrooms, spinach, green beans or even leek instead of onion.

Serving Size: 6

Cooking time: 5 minutes

Ingredients:

- 2 tablespoons cooking oil, plus more as needed
- ½ medium onion, chopped
- 2 teaspoons minced garlic
- 1 cup chopped celery
- 1 medium carrot, chopped
- 10 thyme sprigs
- 2 teaspoons oregano, dried
- ½ teaspoon salt
- ¼ teaspoon freshly ground black pepper
- 8 cups chicken broth
- 3 cups cubed or shredded cooked chicken
- 10 ounces gluten-free pasta

Instructions:

1. In a large pot, heat the oil, onion, and garlic over medium heat. Sauté for about 5 minutes, or until the onion becomes golden brown and fragrant.
2. Add the celery, carrot, thyme, oregano, salt, and pepper and cook for 1 minute while stirring. If the ingredients start to stick to the bottom of the pot, add a dash more oil.
3. Add the broth and chicken and bring to a boil. Once boiling, add the pasta and cook according to the package instructions. Remove from the heat.
4. Serve in big bowls, sprinkled with your favorite soup toppings.

Wild Rice Soup



Wild Rice Soup is an American soup made from the whole grain of wild rice and the meat and vegetables that accompany it. It is traditionally served with a side of cheese bread. Wild rice soup is a wonderful wintertime treat, easy to make and warming to the soul. It's best served with grilled cheese sandwiches or some other favorite cold weather comfort food. Preparation for this dish can be done in a few minutes...not bad when you consider how densely packed wild rice is.

Serving Size: 6

Cooking time: 20 minutes

Ingredients:

- ½ cup wild rice
- 6 tablespoons unsalted butter
- ¼ cup chopped onion
- ¼ cup finely chopped celery
- 6 tablespoons white rice flour
- ¼ teaspoon salt
- ¼ teaspoon black pepper, freshly ground
- ¼ teaspoon ground allspice
- 2 cups chicken broth
- 1 cup cream

Instructions:

1. Cook the rice following the package instructions.
2. While the rice is cooking, in a large nonstick skillet, heat the butter over medium-low heat. Then, add the onion and celery and sauté for 3 to 4 minutes, or until the onion is translucent and tender.

3. Lower the heat and stir in the flour, salt, pepper, and allspice. Continue to stir until the mixture starts to bubble. Add the broth, continuously stirring until boiling. Stir and let boil for 1 minute.
4. Stir in the cream and cooked rice and simmer for 5 to 10 minutes, stirring occasionally. Remove from the heat and allow to cool for 3 to 5 minutes before serving.
5. Something Extra: This soup is insanely delicious topped with bacon bits and shredded cheese. Want even more protein? Add cooked chopped or shredded chicken pieces to the soup when you are adding the cream and rice during the final 5 to 10 minutes of simmering.

Lasagna Soup



A thick and hearty soup, Lasagna Soup is filling enough to serve as a lunch or dinner but light enough to enjoy any time of the day.

This sounds like a crazy question, but have you ever wondered if lasagna could taste good in soup form?

Glad we're not the only ones! Take lasagna in a savory broth with plenty of vegetables and herbs. It's heavy on protein thanks to the ground beef and it's easy on your wallet because you can use whatever cheeses you have on hand.

Serving Size: 8

Cooking time: 12 minutes

Ingredients:

- 1 tablespoon unsalted butter or olive oil
- 1 sweet onion, diced
- 1½ tablespoons minced garlic
- 1½ pounds ground beef, ground turkey, or ground chicken
- 3 tablespoons Italian seasoning
- 1 (24-ounce) jar gluten-free spaghetti sauce
- 4 cups chicken or beef broth
- 1 (15-ounce) can crushed tomatoes
- ¾ cup heavy cream
- 10 to 12 ounces gluten-free lasagna noodles, broken into 1- to 2-inch pieces
- 1½ cups shredded mozzarella cheese
- 1 cup ricotta cheese
- Chopped fresh basil leaves and grated parmesan cheese, for garnish

Instructions:

1. In a large Dutch oven, heat the butter, onion, and garlic over medium-high heat for 3 to 4 minutes, or until they turn soft and fragrant. Add the ground beef and Italian seasoning and cook for about 8 minutes, or until the meat is fully cooked with no pink.
2. Add the spaghetti sauce, broth, crushed tomatoes, and cream. Stir and bring to a simmer. Add the lasagna noodles

and cook for 8 to 10 minutes, or until al dente.

3. Once the pasta has cooked, add the mozzarella cheese and ricotta cheese and stir until melted. Remove from the heat, garnish with basil and parmesan cheese (if using), and serve warm.

4. Store room-temperature leftovers in an airtight container in the refrigerator for up to 3 days.

Vegetable Soup



This vegetarian soup is a great option for a dinner that's hearty, savory, and warming. Stuff some noodles or bread in the bottom of your bowl for added texture and depth.

A cold winter day calls for one thing more than anything else: savory food that warms you up inside and out. Vegetable soup is one way to meet this basic requirement. This easy recipe can be adapted in many ways depending on what vegetables you have on hand.

Serving Size: 10

Cooking time: 55 minutes

Ingredients:

- 3 tablespoons olive oil
- 1 sweet onion, chopped
- 2 tablespoons minced garlic
- 2 teaspoons salt
- 1 teaspoon freshly ground black pepper
- 1 large or 2 medium potatoes, peeled and diced
- 1 cup sliced or diced carrots
- 1 (15-ounce) can sweet corn, drained
- 1 cup fresh or frozen peas
- 1 cup chopped green beans
- 1 cup diced tomatoes
- 1 (6-ounce) can tomato paste
- 5 cups vegetable broth

Instructions:

1. In a Dutch oven or large stockpot or saucepot, heat the oil, onion, and garlic. Cook for 3 to 4 minutes, or until tender and fragrant. Add the salt, pepper, potatoes, carrots, corn, peas, green beans, tomatoes, tomato paste, and broth. Stir and bring to a simmer.

2. Simmer for 45 to 50 minutes, stirring occasionally. Remove from the heat and let cool for 5 minutes before serving.

Sweet Potato and Lentil Salad



This winter salad packs a nutritional punch, with lentils providing protein and fiber, sweet potato for vitamin B6 and potassium, and fresh herbs like cilantro and dill adding flavor. If you want to bulk up the soup or grain side of your dinner plate, add some cooked brown rice or barley. This recipe would also work well as a filling for a vegan burrito or quesadilla.

Serving Size: 4

Cooking time: 25 minutes

Ingredients:

For the Vinaigrette:

- 1 tablespoon minced garlic
- 1/2 teaspoon red chili powder
- 1/4 teaspoon salt
- 2 teaspoons honey
- 2 teaspoons lime juice
- 2 tablespoons apple cider vinegar
- 2 tablespoons olive oil

For the Salad:

- 19 ounces cooked brown lentils
- 6 cups sweet potato cubes
- 1 red bell pepper, sliced
- 11.5 ounces cooked corn kernels
- 1/2 teaspoon red chili powder
- 1 tablespoon olive oil

Instructions:

1. Switch on the oven, then set it to 425 degrees F, and let preheat.
2. Prepare the vinaigrette and for this, place all its ingredients in a shaker and shake until well combined, set aside until required.

3. Take a baking sheet, place sweet potato on it, drizzle with oil, toss until well coated, season with red chili powder and bake for 25 minutes until roasted, stirring halfway through, and when done, the sweet potato cubes cool completely.
4. Assemble the salad and for this, spoon 1 tablespoon of prepared vinaigrette in four salad mason jars, then add ½ cup cooked lentils into each jar, top with ½ cup corn, 1 cup sweet potato, and slices of red bell pepper.
5. Tighten the mason jars with lid and store in the refrigerator for up to four days.

Mediterranean Chickpea Salad



This simple and delicious salad with chickpeas, bell peppers, cucumbers, and olives is a staple in my home! Mediterranean chickpeas are a flavorful vegan dish and can be made as a meal or side dish. It is also gluten-free and an excellent source of protein! The salad can be made in minutes with few ingredients, making it both convenient and very healthy.

Serving Size: 6

Cooking time: 0 minutes

Ingredients:

For the Chickpea Salad:

- 1 cup cubed cucumber
- 1 1/2 cups chickpeas, cooked
- 1/2 cup chopped parsley leaves
- 1/2 of large red onion, peeled, chopped
- 1 cup cubed cherry tomatoes
- 1/4 cup feta cheese, crumbled

For the Vinaigrette

- 1/4 teaspoon ground black pepper
- 1/2 teaspoon sea salt
- 1 teaspoon Dijon mustard
- 2 teaspoons lemon juice
- 1/4 cup olive oil
- 1 tablespoon apple cider vinegar

Instructions:

1. Place all the ingredients for the salad in a bowl and toss until just mixed.
2. Prepare the vinaigrette and for this, place all its ingredients in another bowl and whisk until combined.
3. Drizzle with vinaigrette over chickpea salad, toss until well mixed and then portion it between three meal prep containers.

4. Tighten the containers with lid and store in the refrigerator for up to four days.
5. Serve when ready to eat.

Chapter 4: Snacks and Dessert recipes

Glazed Donut Holes



If you've ever had a donut or tried to make one, but it turned out just lopsided and sad then you're in luck. These glazed donut holes are easy to make and beautiful as the sky, but they're also not too hard on the waistline. They taste almost like pastry dough, so if that's your jam, go crazy. But these little sweet delights also taste like a crunchy cornflake and are perfect for any time of day.

Serving Size: 36

Cooking time: 10 minutes

Ingredients:

- 1¼ to 1½ cups heavy cream, divided
- ½ (¾-ounce) packet instant quick-rise yeast
- ½ cup brown rice flour
- 1 cup white rice flour
- ¼ cup tapioca flour
- ½ cup potato starch
- 2 teaspoons xanthan gum
- 1 large egg
- 4 tablespoons (½ stick) unsalted butter, melted and cooled to room temperature
- 2 tablespoons granulated sugar
- ½ teaspoon salt
- Oil, for frying
- 2½ cups powdered sugar

Instructions:

1. In a small bowl, warm ¾ cup of cream on high power for 20 to 30 seconds, or until warm. Slowly stir in the yeast and allow the mixture to rest for about 5 minutes, or until it starts to form bubbles.
2. In a medium bowl, combine the brown rice flour, white rice flour, tapioca flour, potato starch, and xanthan gum,

and stir until well combined. Set aside 2 tablespoons of this flour mix.

3. In the bowl of a stand mixer, combine the cream and yeast mixture, egg, butter, granulated sugar, and salt. Using the dough hook attachment, mix the ingredients together using the lowest setting. Slowly add the flour mixture, about 1 cup at a time. A thick, smooth dough should form. If it is still not thick, add the reserved 2 tablespoons of flour mixture and remix using a slow-speed setting.

4. Detach the bowl from the mixer, cover it with a clean kitchen towel, and let the dough rise for 1 hour in a warm place.

5. Place a large piece of parchment paper on the counter and drop the dough down on it. Roll the dough between your hands into gumball-size balls. Allow the dough balls to rest on the parchment paper for 15 to 20 minutes, with the same kitchen towel that covered the bowl also covering the balls.

6. While the dough balls are resting, pour cooking oil into a saucepan or wok over medium heat to a depth of at least 3 inches. Line a plate with paper towels.

7. Working in small batches, carefully dunk the balls into the hot oil to fry. Cook for 30 to 90 seconds or until the balls turn a light golden brown on all sides. Use a wire strainer spoon to flip the dough balls for even cooking on all sides. Transfer to the prepared plate to cool.

8. Make the glaze by combining the powdered sugar and remaining $\frac{1}{2}$ to $\frac{3}{4}$ cup of cream in a medium bowl and stirring well until smooth. Dip each donut hole in the glaze to coat and set it on a wire cooling rack to harden.

Stuffed Portobello Mushrooms



This recipe is a great way to get meatless eaters in the mood for a heartier, greasy meal. It also yields big and tasty results that are perfect for vegetarians and omnivores alike! We started with a grilled portobello mushroom cap that was stuffed with wild rice, almond butter, and spinach. Then we topped it all off with our favorite vegan cheese sauce.

Serving Size: 2

Cooking time: 10 minutes

Ingredients:

- 1/2 cup shredded mozzarella cheese
- 3/4 cup grated Parmesan cheese, divided
- 6 large Portobello mushrooms
- 6 slices of a large tomato
- 1/2 teaspoon minced garlic
- 1/8 teaspoon ground black pepper
- 2 tablespoons olive oil
- 2 tablespoons minced parsley
- 3/4 cup fresh basil leaves
- 3/4 cup ricotta cheese
- 3 tablespoons slivered almonds
- 3 teaspoons water

Instructions:

1. Place 1/4 cup of parmesan cheese in a bowl, add ricotta and mozzarella cheese along with black pepper and parsley and stir until mixed.
2. Remove stem from each mushroom, remove the gills by scrapping with a spoon, then stuff with cheese mixture and top each stuffed mushroom with a tomato slice.
3. Take a griddle pan, place it over medium heat, grease the pan with oil, place stuffed mushrooms on it, and cook for 10 minutes until tender.
4. Meanwhile, place basil leaves in a food processor, add garlic and almond, and pulse for 1 minute until chopped.

5. Blend in remaining cheese and then blend in oil and water in a steady stream until mixture reach to desired consistency.
6. Let mushrooms cool completely, then portion between two heatproof glass meal prep containers, cover the containers with lid, and then freeze for up to one month.
7. When ready to eat, reheat the mushrooms until hot, then top with cheese mixture and serve.

Peanut Butter Energy Bites



Have you ever been so hungry and had no food on hand that you ate peanut butter straight from the jar? These snacks are great for reviving a salty craving, but most people would rather have a chocolate or potato chip. If this is the case for you, try these peanut butter energy bites. They're easy to make, rich in protein and fiber, and totally delicious!

The best part is that they're so satisfying you won't need anything else.

Serving Size: 18

Cooking time: 0 minutes

Ingredients:

- 2 tablespoons ground flax
- 1 1/2 cups rolled oats
- 1/4 cup chia seeds
- 2 tablespoons cocoa powder, unsweetened
- 1/2 cup protein powder
- 2 tablespoons agave syrup
- 1/2 cup peanut butter
- 1 cup water

Instructions:

1. Place chia seeds in a bowl, pour in water, stir in protein powder, stir until mixed and refrigerate for 5 minutes.
2. Then place remaining ingredients in another bowl, add chia seeds mixture, stir until well combined and then with a wet hand, shape the mixture into 1-inch balls, about eighteen.
3. Place balls on a sheet pan lined with parchment paper and freeze for 30 minutes until firm.

4. Store the energy balls in the refrigerator for up to one week, or transfer them into a freezer-proof bag and freeze for up to one month.

Peanut-Lime Chicken Bowl



Forget the high calorie take-out and try this lighter, tastier, healthier alternative. This recipe is a tasty and nutritious meal that anyone can make at home with ease. You'll feel energized after eating it and have a healthy glow that lasts beyond the dinner hour. It's also easy to share with friends or save for later in order to save time and money!

Serving Size: 4

Cooking time: 40 minutes

Ingredients:

For the Rice:

- 3/4 cup brown rice, uncooked
- 3/4 cup chicken stock
- 3/4 cup water
- 1/4 teaspoon salt
- 1 tablespoon lime zest

For the Chicken:

- 16 ounces chicken breasts
- 1 tablespoon olive oil
- 1 tablespoon soy sauce

For the Vegetables:

- 2 cups diced carrots
- 2 cups broccoli florets
- 1 tablespoon olive oil

For the Peanut Lime Sauce:

- 1/4 cup peanut butter
- 1 1/2 tablespoons apple cider vinegar
- 1/2 tablespoon brown sugar
- 1/2 teaspoon sesame oil

- 1/2 tablespoon lime juice
- 2 tablespoons of water or more as needed to thin it out
- 1/4 cup peanuts

Instructions:

1. Switch on the oven, then set it to 425 degrees F, and let preheat.
2. Cook the rice and for this, place a saucepan over medium-high heat, add all the ingredients for rice, stir well and bring it to boil.
3. Then reduce heat to medium-low level and simmer rice for 20 minutes or more until the rice has absorbed all the liquid and tender, fluff the cooked rice with a fork, and set aside.
4. Prepare the chicken and for this, place chicken in a small baking pan, drizzle with oil and soy sauce, toss until well coated on both sides, and then bake for 20 minutes until cooked through, flipping the chicken halfway.
5. Meanwhile, take a large baking sheet, place carrot and broccoli florets on it, drizzle with oil, toss until well coated and bake the vegetables with chicken for 20 minutes until roasted, stirring halfway through.
6. Prepare the sauce and for this, place peanut butter in a heatproof bowl, microwave for 30 seconds, then stir until smooth, add remaining ingredients for the sauce and whisk until well combined, whisk in 2 tablespoons water if the sauce is too thick.
7. For meal prep, cool the chicken and vegetables, then divide them evenly between for glass meal prep containers, add boiled rice and then drizzle 2 tablespoons of prepared sauce over chicken in each container.
8. Cover the containers with the lid, store them in the refrigerator for up to five days or freeze for up to one month.
9. When ready to eat, thaw the frozen chicken and vegetables, and then reheat in the microwave oven until hot.
10. Sprinkle peanuts over chicken and serve.

Almond Cranberry Chocolate Granola Bars



If you're looking for a delicious, healthy snack that you don't feel guilty about devouring, these Almond Cranberry Chocolate Granola Bars are perfect for you. These bars are packed with nutrients and protein to keep your belly full, but won't weigh it down with too many calories or sugar and they taste absolutely heavenly.

Serving Size: 4

Cooking time: 30 minutes

Ingredients:

- 3 tablespoons butter, unsalted
- 1/3 cup honey
- 1/2 teaspoon vanilla extract, unsweetened
- 2 tablespoons brown sugar
- 1/8 teaspoon salt
- 1 1/2 cups rolled oats, old-fashioned
- 1/4 cup chocolate chips
- 3/4 cup sliced almonds
- 1/3 cup cranberries, dried
- 2 tablespoons peanut butter

Instructions:

1. Switch on the oven, then set it to 325 degrees and let preheat.
2. Take a medium saucepan, place it over medium-low heat, add the butters, honey, sugar, salt, and vanilla, stir well until combined and cook for 5 minutes until the sugar has dissolved and butter has melted.
3. Meanwhile, place oats in a medium bowl, add almonds and stir until mixed.
4. Pour in prepared honey mixture, stir until well combined, and let the mixture stand at room temperature for 10 minutes.
5. Then add chocolate chips and cranberries and fold until just mixed.
6. Take a 9 by 9 inches casserole dish, line it with parchment sheet, spoon in prepared oats mixture, spread and firmly press into the pan by using the back of a glass and bake for 25 minutes until crunchy.
7. Let the granola cool in the pan on a wire rack, then cut into twelve bars and store in an airtight container for up to one week at room temperature or refrigerate for up to one month.

Collagen Brownie Cups



When it comes to desserts, everyone has their go-to. And we're not talking about favorite flavors or easy-bake oven recipes: it's all about the ingredients. Eggs, flour, and butter are staples in many a baker's recipe repertoire but what if you can't eat these things? Without eggs and butter, a once simple brownie becomes an icky mess of watery crumbs with no semblance of structure or flavor.

Serving Size: 12

Cooking time: 0 minutes

Ingredients:

- 1/4 cup almond flour
- 1/2 cup collagen peptides
- 1/4 cup cocoa powder, unsweetened
- 1 cup chocolate chips
- 1/4 cup peanut butter
- 3 tablespoons maple syrup
- 1/2 cup almond milk, unsweetened

Instructions:

1. Place 2/3 cup chocolate chips in a heatproof bowl and microwave for 30 seconds until chocolate has melted.
2. Take a 12 cups mini muffin pan, line its cups with muffin liner, then fill each cup with 1 tablespoon of melted

chocolate, swirling it with the back of a spoon and then freeze for 30 minutes until set.

3. Meanwhile, prepare the filling and for this, place the remaining ingredients in a bowl and mix well until sticky dough comes together.

4. Shape the dough into balls and then flatten each ball into discs.

5. When the chocolate has set, place dough disc into each muffin cup and then flatten it by using fingers to press the disc against the sides of muffin cup.

6. Place remaining chocolate chips in a heatproof bowl, microwave for 30 seconds until chocolate has melted, then evenly pour the chocolate on dough crust until covered and freeze for another 30 minutes until set.

7. Then transfer the cups in a large plastic bag and store in the freezer for up to three months.

Chocolate Almond Bark



Serving Size: 4

Cooking time: 0 minutes

Ingredients:

- 1 3/4 cups cacao
- 1/4 cup slivered almonds, unsalted
- 1 tablespoon erythritol sweetener
- 1/4 cup almond butter, unsweetened

Instructions:

1. Place cacao in a heatproof bowl, add butter and sweetener and microwave for 1 to 2 minutes until cacao and butter have melted, stirring every 30 seconds.
2. Take a baking sheet, line it with parchment sheet, then pour the cacao mixture on it and spread it evenly with the back of a spoon.
3. Sprinkle almond on top of cacao mixture and then freeze for 1 hour until hard.
4. Then break it into pieces, place the pieces in a large plastic bag, and store in the freezer for up to three months.

Lime And Avocado Tart



There are many ways to use avocados in cooking. One of them is an amazing dessert: the avocado tart.

This recipe is so easy that you should try it! It's also surprisingly low-calorie and incredibly delicious... but it has a different flavor from other tarts in some very surprising ways.

The best part about avocados is that they contain half the calories of butter, while still providing plenty of flavor.

Serving Size: 8

Cooking time: 0 minutes

Ingredients:

For the Crust:

- 1/4 cup shredded coconut, unsweetened
- 1/2 cup chopped pecans
- 1/2 cup chopped dates
- 2 teaspoons lime zest
- 1/8 teaspoon sea salt

For the Tart Filling:

- 1 1/2 cups avocado puree
- 1/4 cup lime juice
- 1/4 cup honey
- 1 tablespoon coconut oil
- 1 teaspoon lime zest

Instructions:

1. Prepare the crust, and for this, place all its ingredients in a food processor and pulse until a sticky paste comes together.
2. Spoon the mixture evenly between two mini spring form pans, spread and press it evenly and then freeze for 30

minutes.

3. Meanwhile, prepare the filling, and for this, place all its ingredients in a blender and pulse until creamy.
4. Take out the frozen crusts from the freezer, pour half of the filling in one pan and the other half of filling in the second pan, smooth the top, and continue freezing for a minimum of 2 hours.
5. Then wrap each tart in plastic wrap and freeze for up to three months.
6. When ready to eat, let the tart sit at room temperature for 15 minutes, then cut it into slices and serve.

Brownies



Brownies are one of America's favorite sweet treats. The dense, moist, chocolatey cakes are a popular dessert and snack all over the United States. While they're traditionally served in squares, brownies can also be cut into different shapes (think: hearts or footballs), or formed into bars. A little bit of this, a little bit of that: from salt and butter to flour and sugar, the perfect brownie has always been something you make with what you've got on hand.

Serving Size: 8

Cooking time: 0 minutes

Ingredients:

- 1 cup vanilla almonds, honey roasted
- 2 tablespoons cocoa powder
- 20 Medjool dates, pitted
- 1 tablespoon water

Instructions:

1. Place the almonds in a food processor, pulse until coarsely chopped, tip the almonds into a bowl and then set aside until required.

2. Add dates in the food processor, pulse until coarsely chopped, add cocoa powder and water, and pulse again until the dough comes together.
3. Add almonds, pulse again until incorporated, then transfer the dough in a large bowl and knead for 3 minutes until smooth.
4. Place a large piece of parchment paper on a clean working space, place dough on it, and roll it into 1/3-inch thick slab.
5. Use a knife to cut squares from the dough, about eight, and wrap each brownie in plastic wrap and store in the freezer for up to three months.

Blueberry Custard Pie



Blueberry custard pie is a classic dish. It's easy to make and perfect for any occasion. This time of year, it's a family favorite because it can be made quickly with ingredients that are often readily available.

Serving Size: 6

Cooking time: 5 minutes

Ingredients:

For the Crust:

- 1 cup walnuts
- 2 cups dates, pitted
- 1/4 cup shredded coconut, unsweetened
- 1 cup almonds

For the Filling:

- 3 tablespoons cornstarch
- 2/3 cup coconut sugar
- 1 teaspoon vanilla extract, unsweetened
- 1 tablespoon coconut oil
- 2 cups vanilla Almond Breeze, unsweetened

For the Topping:

- 2 tablespoons blueberry jam
- 1 1/2 cups fresh blueberries

Instructions:

1. Prepare the crust, and for this, place all its ingredients in a food processor and pulse until ground.
2. Take a 9 inches round pan with a removable bottom, grease it with oil, spoon in crust mixture, and then spread and press it evenly into the pan, set aside until required.
3. Prepare the filling and for this, take a pot, add cornstarch and coconut sugar, stir in mixed and then whisk in the

almond breeze until combined.

4. Place the pot over medium-high heat, bring the mixture to boil, then reduce heat to low level and cook for 5 minutes until the mixture has thickened, whisking continuously.

5. Remove the pot from heat, whisk in vanilla and oil until combined, then pour the filling into the crust, smooth the top and let cool.

6. Then wrap the pan tightly with a plastic wrap, refrigerate for 1 hour, and then store in the freezer for up to three months.

7. When ready to eat, let the pie rest for 20 minutes at room temperature, then cut out a slice, top it with blueberry jam and blueberries and serve.

Matcha Coconut Tarts



These easy-to-throw-together Matcha Coconut Tartlets are perfect for a busy day. They're made with coconut filling, matcha green tea pastry cream, and topped with a vibrant cherry garnish.

Serving Size: 2

Cooking time: 00 minutes

Ingredients:

For the Crust:

- ¼ cup unsweetened, shredded coconut
- ½ cup oat flour
- ½ cup buckwheat flour
- 4 teaspoons tapioca starch
- 1/8 teaspoon salt
- 3 tablespoons maple syrup
- 2 tablespoons cacao powder
- 3 tablespoons melted coconut oil

For the Filling:

- ½ cup cashews, soaked
- ½ teaspoon agar powder
- 2 teaspoons Matcha powder
- ¼ cup maple syrup
- 1 cup coconut cream
- ¼ cup water

Instructions:

1. Switch on the oven, then set it to 345 degrees F, and let it preheat.
2. Meanwhile, prepare the crust, and for this, place oats in a food processor along with coconut and pulse until ground.
3. Tip the mixture in a large bowl, add buckwheat flour, cacao, salt, and tapioca starch, stir well until mixed, then

gradually mix oil and maple syrup using your fingers until dough comes together, set aside for 10 minutes.

4. Then take two ramekins, grease them with oil, and line the bottom with baking paper.

5. Divide the prepared dough into two portions, place each portion in a ramekin, spread and press it in the base and sides of the ramekin and bake for 16 minutes on the middle shelf of the oven; let them cool completely.

6. Meanwhile, prepare the filling and for this, place cashews in a food processor, add maple syrup, Matcha, and coconut cream, and blend until smooth.

7. Take a small pot, place it over medium heat, pour in water, stir in agar powder, bring the mixture to boil, then switch heat to medium-low level and simmer for 15 minutes until the agar has dissolved; let the mixture cool for 10 minutes.

8. Pour the agar mixture into the food processor and pulse for 1 minute until smooth.

9. Evenly divide the filling between two ramekins, smooth the top and refrigerate for 30 minutes until tarts have set.

10. Wrap each tart in plastic wrap and store in the refrigerator for up to five days or freeze for up to one month.

Chocolate Chia Pudding



If you're looking for a super easy, delicious, and satisfying breakfast this Chocolate Chia Pudding is perfect! You can make it in the morning before work and it will last in the refrigerator for a few days.

Serving Size: 1

Cooking time: 0 minutes

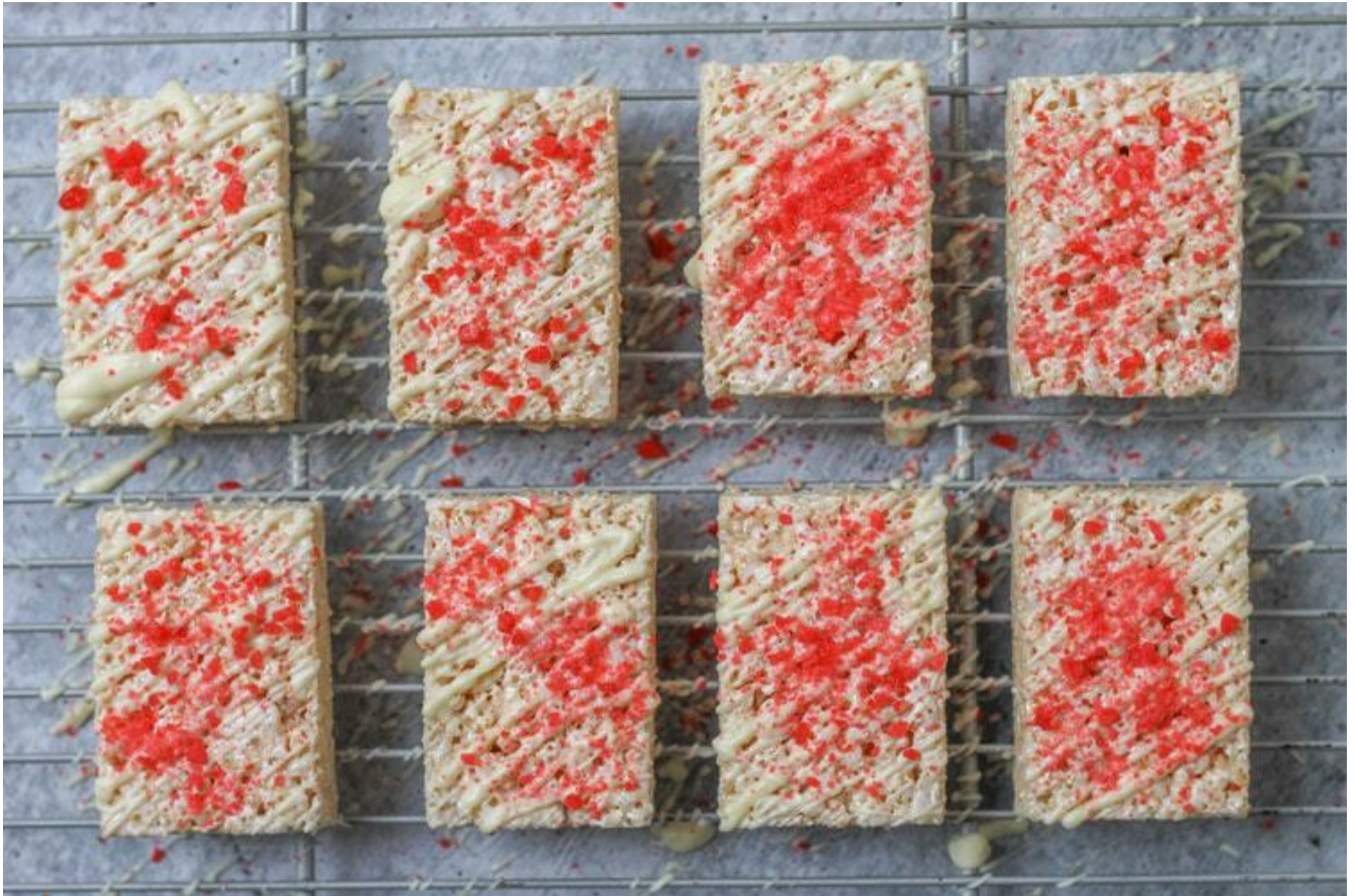
Ingredients:

- 2 tablespoons chia seeds
- 1 tablespoon cacao powder
- 1/2 teaspoon vanilla extract, unsweetened
- 1 tablespoon maple syrup
- 1/2 cup milk
- Fresh strawberries as needed for topping
- Shredded coconut as needed for topping

Instructions:

1. Take a small glass jar, place chia seeds in it, add cocoa powder, pour in milk, stir well and let it rest for 15 minutes.
2. Stir the chia seeds again, then stir in vanilla and maple syrup and top with strawberries and coconut.
3. Tighten the jar with the lid and store the pudding in the refrigerator for up to three days or freeze for up to one month.

Rice Crispy Treats



Featuring a buttery, fluffy marshmallow sandwiched between two crispy, chewy rice cereal squares. What more can you ask for in a great dessert to share with family and friends?

Rice Crispy Treats are typically made by combining together boxed rice cereal, marshmallows, butter and milk or water. The dish is then mixed until the mixture becomes sticky to touch and spreadable like dough.

Serving Size: 12

Cooking time: 5 minutes

Ingredients:

- 4 cups brown rice
- 2 tablespoons chocolate chips
- $\frac{2}{3}$ cup brown rice syrup
- $\frac{1}{8}$ teaspoon salt
- $\frac{1}{2}$ teaspoon vanilla extract, unsweetened
- 1 tablespoon coconut oil
- $\frac{1}{4}$ cup almond butter

Instructions:

1. Place the brown rice cereal in a large bowl and set aside until required.
2. Take a saucepan, place it over medium heat, add oil, butter, and brown rice syrup, stir well and cook for 5 minutes until creamy.
3. Remove the pan from heat, whisk in salt and vanilla, then pour the mixture over cereal and stir until well combined.
4. Take a square baking dish, line it with parchment paper, transfer prepared cereal on it, and spread and press in the base by using your hands.
5. Top the cereal with chocolate chips, press into the cereal, and refrigerate for 1 hour.
6. Then cut the cereal into squares, wrap each square in plastic wrap and store in refrigerator for up to one week or freeze for up to two months.

Quinoa and Black Bean Stuffed Peppers



Already a fan of stuffed peppers? You will love this quinoa and black bean version, which is both healthy and tasty. And if you've been wanting to try stuffed peppers but are afraid to experiment, this is a great recipe to start with.

Serving Size: 4

Cooking time: 25 minutes

Ingredients:

- 4 large green bell peppers
- 1 cup quinoa, uncooked
- 15 ounces cooked black beans
- 1/2 cup ricotta cheese
- 2 cups tomato salsa
- 1/2 cup shredded Monterey Jack cheese
- 1 1/2 cups water

Instructions:

1. Switch on the oven, then set it to 400 degrees F, and let preheat.
2. Take a small saucepan, place it over medium heat, pour in water, bring it boil, then add quinoa, reduce heat to medium-low level and simmer for 10 minutes until the quinoa has absorbed all the liquid.
3. Meanwhile, prepare the peppers and for this, cut the peppers from the top, and remove seeds from them.
4. Take an 8 inches baking dish, grease it with oil, place peppers in it cut side down and microwave for 4 minutes until tender-crisp.
5. When quinoa has cooked, fluff it with a fork, then add 1 2/3 cups salsa along with 1/4 cup Jack cheese, ricotta cheese, and beans and stir until well combined.

6. Turn the bell pepper in the baking pan, cut side up, then stuff with the quinoa mixture, sprinkle remaining Jack cheese on top of stuffed peppers, and bake for 15 minutes.
7. Let the peppers cool completely, then portion between four heatproof glass meal prep containers, tighten the container with lid and store in the refrigerator for up to one week or freeze for up to two months.
8. When ready to eat, thaw the peppers, then reheat in the microwave until hot, top with remaining salsa and serve.

Conclusion

Thank you for downloading the gluten-free recipe book. I hope this book helped you eat more healthily and got rid of some pesky irritable bowel symptoms by eating gluten-free recipes.

My goal with this book was to offer you some new gluten-free recipes and some ideas to help you get started. In the beginning, it can be hard to adjust your diet and enjoy healthy meals that are not gluten-free, but it is important that we all eat better for a better life.

About the Author

Ivy's mission is to share her recipes with the world. Even though she is not a professional cook she has always had that flair toward cooking. Her hands create magic. She can make even the simplest recipe tastes superb. Everyone who has tried her food has astounding their compliments was what made her think about writing recipes.

She wanted everyone to have a taste of her creations aside from close family and friends. So, deciding to write recipes was her winning decision. She isn't interested in popularity, but how many people have her recipes reached and touched people. Each recipe in her cookbooks is special and has a special meaning in her life. This means that each recipe is created with attention and love. Every ingredient carefully picked, every combination tried and tested.

Her mission started on her birthday about 9 years ago, when her guests couldn't stop prizing the food on the table. The next thing she did was organizing an event where chefs from restaurants were tasting her recipes. This event gave her the courage to start spreading her recipes.

She has written many cookbooks and she is still working on more. There is no end in the art of cooking; all you need is inspiration, love, and dedication.



Author's Afterthoughts



THANK YOU

I am thankful for downloading this book and taking the time to read it. I know that you have learned a lot and you had a great time reading it. Writing books is the best way to share the skills I have with your and the best tips too.

I know that there are many books and choosing my book is amazing. I am thankful that you stopped and took time to decide. You made a great decision and I am sure that you enjoyed it.

I will be even happier if you provide honest feedback about my book. Feedbacks helped by growing and they still do. They help me to choose better content and new ideas. So, maybe your feedback can trigger an idea for my next book.

Thank you again

Sincerely

Ivy Hope