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## **Whipped Cream**

#### \*Vegetarian, Gluten-Free



It's better when making this to always start with less sugar. You can always add more but you may be sweetly surprised you just don't need it. Enjoy a dollop of whipped cream on some sliced fresh fruit for a satisfying dessert.

#### You'll Need:

- 2 cups of heavy cream
- 1 tablespoon of sugar or less

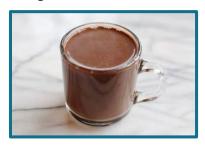
#### **Directions:**

With an electric beater, beat cream on high until it starts to fluff. Then add the sugar. You'll know it's done when the whipped cream gently clings to the lifted beaters. Just be careful not to overbeat or you'll end up making sweetened butter.



## **Hot Cocoa**

## \*Vegetarian, Gluten-Free



This makes a great ender to a meal and it is quick and easy. Enjoy.

This recipe is just a base, if you like your hot cocoa more rich in chocolate add additional cocoa. Or try adding a pinch of cinnamon, cardamom, nutmeg or vanilla.

#### You'll Need:

- 1 teaspoon sugar or less
- 1 ½ teaspoons unsweetened powdered (baking) cocoa (more if you would like)
- ½ cup milk

### **Directions:**

In a saucepan mix together sugar, cocoa and milk. Mix and heat on medium heat until milk is heated through and chocolate and sugar is dissolved.



## **Tropical Smoothie**

### \*Vegan, Gluten-Free



You could choose a different milk source. In addition, switch out the fruits based on what is available to you. Consider enjoying a little bit of this smoothie with some nuts as a satisfying breakfast.

#### You'll Need

- 1 cup chopped fresh pineapple (or if you used canned make sure it is packed in its own juice)
- 1 medium banana, cut into 1/2 inch slices
- 1/2 cup coconut milk, chilled
- 1/4 cup orange juice (or you can use the juice from the canned pineapple)

#### **Directions**

- Place all ingredients in blender container. Blend until smooth.
- Try different fruits.
- You may also be able to use less juice it just depends on the consistency.
- Serve just like this or over crushed ice.



## **Barley Casserole**

## \*Vegetarian



Barley is not only on earth for making beer! This grain works wonders in soups and as a hearty side dish. This recipe also works well as a base. Jazz it up in a variety of ways that you find tasteful.

#### You'll Need

- 1 cup barley
- 3 tablespoons butter
- 21 ounces vegetarian chicken or beef broth
- 8 ounces water
- ½ cup sliced, mushrooms
- 1 medium onion, sliced
- Salt and pepper

#### **Directions**

- Preheat the oven to 350 F.
- On stovetop, sauté the barley in 2 tablespoons in butter until lightly brown.
- Add broth and water and bring to a boil.
- Place in a casserole dish. Cover and bake for 40 to 45 minutes or until the liquid is absorbed.
- While casserole is baking, sauté the onions and mushrooms in a tablespoon of butter.
- When barley is finished, mix in onions and mushrooms. Season with salt and pepper, then serve.

- Switch up the mushrooms with carrots or other veggie of choice.
- Add additional veggies.
- Prepare with sweet onions.



## Black Bean Salsa

## \*Vegan, Gluten-Free



This recipe can be prepared in a short amount of time. Use the beginning of this recipe as a base and build on it in order to create a quick meal. Or serve it as a dip as a starter to a meal.

#### You'll Need

- 1, 14.5 ounce can black beans, drained (or use black beans that have been cooked from the dried state)
- 1, 14.5 ounce can corn drained (or use fresh corn)
- 1, 12 ounce jar salsa
- 1/4 cup cilantro, chopped
- 1 ½ tablespoon fresh lime juice

#### **Directions**

- Mix all of the above together and use this as your base.
- Serve on top of a salad, or baked potato. Or serve, in a wrap, or in a taco shell. Or serve as dip with some corn chips.

- Add some chopped vegetables or fruit such as bell pepper, carrots, yellow onion, red onion, green onion, avocado, tomato or mango.
- Add some cooked chicken or fish or shrimp.
- Add a chopped chili or jalapeno for a spicy flavor. Or add some chili powder.



## **Balsamic Dressing**

## \*Vegan, Gluten-Free



Did someone say "EASY"? This nutritious and delicious salad dressing is so easy to make you'll wonder why you ever bought it pre-bottled in the first place. And the great thing is you can make extra and it store it the fridge so you have it ready for when you want to use it.

#### You'll Need

- 3 tablespoons Olive Oil
- 1 tablespoon Balsamic Vinegar
- Brown mustard to reach a consistency you like

#### **Directions**

Mix all the ingredients together. This is your base.

- Add herbs or spices (oregano, garlic, cayenne, etc.)
- Try a flavored balsamic vinegar.



## Salmon Patties

## \*Vegan, Gluten-Free



Quick to make, very nutritious and quite delicious! That pretty much sums up these salmon patties. Try experimenting with making a sauce to complement these or incorporate in different herbs and spices. This is a great dish to make with leftover fresh, cooked salmon too. This recipe is designed to taste so add amounts to meet your liking.

#### You'll Need

- 14.5 ounce Can of Salmon
- Salt and Pepper
- EVOO (Extra Virgin Olive Oil)
- White Wine Vinegar
- Oregano
- Cayenne
- 1 egg
- Lemon Slice

#### **Directions**

- Drain salmon. Flip can over into bowl and lift can. Remove skin and bones from salmon.
- Add egg. Add EVOO (approximately ½ to 1 tablespoon) and about 1/2 as much white wine vinegar. Add oregano, cayenne, salt and pepper. Mix together.
- Take mixture and form "hockey puck" sized patties and place on paper towel. If patty falls apart, squeeze excess water out of it and form patty again. Place a paper towel over the patties and pat them dry.
- Add EVOO to frying pan, just enough to coat the bottom and turn the stove to Medium/Medium high. Let the pan heat up.
- Once the pan has heated, add patties. Turn them once the bottoms have browned. Cook until both sides browned.
- Squeeze a lemon slice on patties once they are finished.

- Add breadcrumbs.
- Change up the spices.



## **Beans and Greens**

## \*Vegan, Gluten-Free



Known as Italian poor man's food, this dish is fit to feed a king! It's such a delicious and nutritious dish that's so easy to make. And the beans and kale, are giving you a great dose of calcium.

#### You'll Need

- 4 large garlic cloves, thinly sliced
- 3 tablespoons extra virgin olive oil
- Pinch red pepper flakes
- 1 can or 1 ½ cups cooked cannellini beans (reserving 1/3 cup liquid)
- 1 ½ pounds of chopped kale
- Salt and pepper to taste

#### **Directions**

- In a medium pot, sauté sliced garlic and red pepper flakes in oil on low heat until aroma is released.
- Add the chopped kale and sauté until all kale is completely wilted.
- Next add beans and simmer until they're heated through but still firm.
- Add salt and pepper to taste.
- Serve with a nice piece of bread. Squeeze a lemon slice on patties once they are finished.

- Serve topped with parmesan cheese.
- Serve topped with crumbled hot Italian sausage.
- If you want the dish to be more like a soup, add water or bean juice.
- Use collard greens instead of kale.



## **Quinoa Corn Chowder**

#### \*Vegan, Gluten-Free



Quinoa is a super grain. It a vegetarian based complete protein source. Try this easy to make soup and enjoy the way the corn and quinoa complement each other.

#### You'll Need

- 1 tablespoon olive oil
- 4 cups vegetable broth
- 1 large yellow onion, chopped
- 14 ounces coconut milk
- 3 garlic cloves, chopped
- 2 bay leaves
- 1 large potato with skin, cubed
- 1/8 to 1/4 teaspoon cayenne
- 3 cups corn kernels (fresh or canned)
- ½ teaspoon salt
- ½ cup uncooked quinoa
- ½ cup red bell pepper, diced
- Pepper to taste

#### **Directions**

- In a large pot on low medium, heat the oil. Sauté onion, garlic, red bell pepper, quinoa, potato and corn for approximately 7 minutes.
- Next add stock and the bay leaves and simmer for 30 minutes. Add milk and seasonings and increase heat for a few minutes.
- Remove from heat, adjust seasonings as needed and serve.

- Add one chopped chili pepper.
- Use 6 shallots chopped, instead of 1 large onion.
- Use chicken broth instead of vegetable broth.
- Use regular milk instead of coconut milk.



## Fish Souvlaki

#### \*Gluten-Free



This simple marinade works well with a variety of white fishes. You will feel transported to the Mediterranean as a result of taking the first bite!

#### You'll Need

- 2 1/2 tablespoons fresh lemon juice
- 2 1/2 teaspoons dried oregano
- 1/4 cup olive oil
- 3/4 teaspoon salt
- 6 garlic cloves, minced
- 1-pound white fish of choice (ex. cod, sole, sea bass, moonfish, halibut, mahi-mahi), cut into 1-inch pieces

#### **Directions**

- Mix the first 5 ingredients in a container that can seal. Add the fish, seal and shake to combine. Marinate in refrigerator for 30 minutes, turning once.
- Remove fish from marinade.
- Heat a pan coated lightly coated with some of the marinade over medium-high heat or Add fish and cook until fish is cooked through. Or cook on grill.
- Serve on pita bread with sliced tomato and lettuce.

- Serve fish on top of a salad.
- Serve with sliced red onion, tomato, and lettuce.
- Try this recipe with shrimp instead of fish.
- Consider grilling on skewers.



## Frittata

## \*Vegetarian, Gluten-Free



A frittata is an egg-based dish that is baked and is similar to a quiche with no crust. It also kind of resembles an omelet. Frittatas are flexible! Add meat or leave it out. Switch up the vegetables, herbs and cheeses. They work well for breakfast, lunch or dinner. You can make a frittata at the beginning of the week and enjoy it all week long.

#### You'll Need

- 2 tablespoons olive oil
- 1 small yellow onion, finely chopped
- 1 clove garlic, crushed
- 3 sundried tomatoes, finely chopped
- 1 medium zucchini, chopped
- 6 eggs
- 1/8 teaspoon black pepper
- 1/2 teaspoon salt
- 1/4 teaspoon dried basil
- ½ teaspoon dried oregano
- 1/3 cup grated Parmesan cheese

#### **Directions**

- Preheat oven to 350° F.
- In a frying pan, heat the oil over medium heat.
- Add onion, garlic, and zucchini; cook, stirring occasionally, until vegetables are soft (about 5 minutes).
- Remove from heat and mix in sundried tomatoes and let cool slightly.
- In a bowl, beat eggs lightly with, salt, pepper, basil, and oregano.
- Stir in cheese and vegetables.
- Pour into a greased 9-inch pie pan.
- Bake for 25 to 30 minutes or until puffed and brown.
- Serve hot or at room temperature.

- These vegetables are just suggestions to use. Alter the use of vegetables based upon what is available to you and what's in season.
- Substitute with fresh herbs when you can.
- Switch up or leave out the cheese.



## **Greek Salad**

#### \*Vegetarian, Gluten-Free



Greek salads are so refreshing, and complement a variety of meals so well. In addition they are quite flexible so add or subtract ingredients based on what you have available. When tomatoes and cucumbers are in season, no doubt about it, it is Greek salad.

### You'll Need

- 3 vine tomatoes, cut into chunks
- 1 medium red onion, sliced
- 1 medium cucumber cut into 1/4 inch pieces
- ¾ cup black Kalamata olives
- Sliced feta cheese (as big or as small as you would like)
- ¼ cup extra virgin olive oil
- 3 tablespoons red wine vinegar
- 1 teaspoon dried oregano
- Salt
- Pepper

#### **Directions**

- Combine vegetables in a bowl.
- In a small bowl, mix oil, vinegar, and oregano together. Then, pour over the salad and season it with salt and pepper to taste. Place feta slices on the salad before serving.

- Add some pepperoncini peppers or red bell pepper.
- Try using a white onion and/or add some green onion.
- Leave out the olives.
- Leave out the feta cheese and serve as a vegan salad.



## Cajun Shrimp

#### \*Gluten-Free



Time to spice up the shrimp! This Cajun spice mixture works well with a variety of other foods too. Make a batch of it using the ratio below and store it in an airtight container. Then spice up other dishes as you see fit.

#### You'll Need

- 1 pound extra-large shrimp, peeled
- 1 tablespoon fresh lime juice
- ½ teaspoon garlic powder
- ½ teaspoon onion powder
- 1/4 teaspoon thyme
- 1/4 teaspoon salt
- ¼ teaspoon red pepper
- 1/8 teaspoon black pepper
- Lime wedges

#### **Directions**

- In a bowl, toss the shrimp with the lime juice.
- Mix the garlic powder, onion powder, thyme, salt, red pepper, and black pepper in a small bowl. Sprinkle over the shrimp and toss to coat well.
- Place cooking oil in a large skillet and heat until hot. Add the shrimp and cook for 3 minutes, or until the shrimp are pink, stirring constantly.
- Spoon into a serving dish. Chill, covered, for 1 hour or longer.
- Garnish with lime wedges.

- Serve with rice.
- Serve on top of a salad.



## **Crockpot Chicken Cacciatore**

\*Gluten-Free (server over rice instead of pasta)



Travel to Italy to a special and easy to prepare meal. Let the slow cooker do the work in making the flavors of this dish pop!

#### You'll Need

- 2 medium onions, peeled, sliced
- 3 pounds chicken, cut up
- 2 cloves garlic, minced
- 1 can tomatoes, 16 ounces
- 1 can tomato sauce, 8 ounces
- 1 teaspoon salt
- ¼ teaspoon pepper
- 1 ½ teaspoons dried oregano, crushed
- ½ teaspoon dried basil, crushed
- 1 bay leaf
- 1/4 cup dry white wine
- Spaghetti, cooked

#### **Directions**

- Place onions in the slow cooker.
- On top of onions place chicken pieces, garlic, tomatoes, tomato sauce, salt, pepper, herbs and wine.
- Cook on low heat for 7 to 9 hours or high heat for 3 to 4 hours.

- Use a mixture of yellow and red onions.
- Serve over different types of pasta noodles.
- Serve this dish over rice to make it a gluten-free meal.



## **Moroccan Style Chickpeas**

## \*Vegan, Gluten-Free



Create some Indian flavors in the home. Many of these spices contain wonderful health benefits especially in managing inflammation. So enjoy an easy to prepare flavorful and healthful meal.

#### You'll Need

- 1, 15 ounce can garbanzo beans
- 2 tablespoons olive oil
- 1/4 teaspoon chili powder
- 1 teaspoon cumin
- ½ teaspoon salt
- 1 tablespoon lemon juice

#### **Directions**

- In a small pot, heat olive oil on low-medium. Add chili powder and cumin for a minute to release flavor.
- Add in all other ingredients and heat through.
- Serve over rice, with pita or simply by itself.

- Sauté a bit of onion with the spices.
- Top with some fresh cilantro or parsley.