

## HONEY LEMON VANILLA GLUTEN FREE FRENCH TOAST {VEGAN FRIENDLY}

Preparation: 10 min Cook Time: 10 min Total Time: 0:20



### Ingredients

1 cup almond milk (regular or vanilla)  
1 tsp vanilla extract  
1 tbsp nutritional yeast flakes  
1 tbsp chia ground up (which is about 2 tbsp seeds- see notes for making chia flour)  
1 tsp cinnamon  
Dash of sea salt  
Mix in 1 tbsp of honey if you want toast more sticky. (agave for vegans)  
4-5 pieces of gluten free bread (I used Udi's Gluten Free Multigrain)  
Powdered sugar  
Lemon slices

### LEMON CREAM SAUCE

1-2 tbsp Earth Balance coconut spread or unsalted real butter (softened or melted)  
2-3 tbsp honey (agave if vegan)  
1/2 lemon squeezed  
Extra honey if desired  
Sauce Makes about 1/4 cup so double if you are serving more than 2 people.

### Instructions

1. Combine your milk, vanilla, chia flour (see notes), cinnamon, salt, nutritional yeast, and optional honey in a large mixing bowl. Mix and let it sit for 10 minutes.
2. While the batter is sitting. Preheat griddle or frying pan to medium high (350F). Use oil/butter and spread it evenly.
3. Once batter has sat for 10 minutes, dip bread into batter (one at a time) and place on griddle. Make sure not to soak it too much or bread will fall apart. Fry for 3-4 minutes and then CAREFULLY use a spatula to flip and fry/cook another 3-4 minutes or until golden brown.
4. Repeat until all pieces of bread are cooked and placed on a plate.
5. Next combine your butter, honey, and lemon in a small cup and stir until it's made into a sauce.
6. Pour over French toast and garnish with lemon slices and powdered sugar. Sauce makes about 1/4 cup so double if you are serving more than 2 people.

Recipe by: Cotter Crunch Gluten Free Eating

## Soft Tacos with Spicy Chicken



**Makes 6 servings**

**Total time: 35 minutes**

### Ingredients

3 chicken breast halved, skinned  
1/4 teaspoon salt  
1/8 teaspoon freshly ground black pepper  
1 bay leaf  
1/2 teaspoon chopped fresh oregano  
2 canned chipotle chiles in adobo sauce, seeded and finely chopped  
1 finely chopped red onion  
1/4 cup white wine vinegar  
2 tablespoons olive oil  
12 soft corn tortillas  
1/4 cup chopped fresh cilantro  
1 1/2 cups salsa

### Preparation

Preheat oven to 300°. Season the chicken breasts with salt and pepper. In a small bowl, combine the bay leaf, oregano, chipotle chiles (or another mildly hot fresh chile, seeded and finely chopped), onion, and vinegar. Allow to marinate for at least an hour or overnight. Heat olive oil in a large heavy skillet over medium-high heat. Sauté chicken for about 10 minutes, or until brown, 5 minutes each side. Make sure chicken is cooked through. Test for doneness by making an incision with a knife; no pinkness means the chicken is done. Remove chicken from skillet and allow to cool slightly. When the chicken is nearly done, wrap 6 tortillas at a time in aluminum foil. Place on a baking sheet and bake in a 300° oven for about 5 minutes or until warm. Repeat with remaining tortillas. Line a basket with a napkin, and place warmed tortillas in basket. Toss with the chicken with pan juices and scatter the chopped cilantro over the top.

Recipe by <https://www.health.com/health/recipe/0,,10000001168095,00.html>

Modified by Pauline Maddox, AGNP, RN

## CHILI LIME MANGO MARINATED CHICKEN BOWLS {GLUTEN FREE, HEALTHY, DAIRY FREE}

Preparation: 3 hr Cook Time: 20 min Total Time: 3:20



### Ingredients

- 1 small mango (peeled) and extra for bowls if desired. (about 2/3 to 1 cup cubed or so)
- 2 tbsp chili sauce or sriracha
- 1 tbsp lime juice
- 1/4 cup honey or agave nectar
- 1/4 tsp sea salt
- 1/4 tsp black pepper
- 1/2 tsp to 1 tsp minced garlic
- 1/4 cup chopped red onion or shallot (and some for garnishing bowl after)
- 1/4 cup white wine (the dryer the wine, the better)
- 1/4 cup olive oil
- 1/4 cup fresh orange or pineapple juice
- 2 lbs skinless chicken breast
- Toppings to garnish - Chili pepper, cilantro, crushed black pepper/sea salt

### EXTRAS FOR THE BOWL

- 1 cup jasmine rice or cauliflower rice, mango, red onion slices, and any extra sauce!

### Instructions

1. Peel and cube your mango. Cut more or keep extra for your bowl if desired.
2. Blend the first 11 ingredients together in a blender except your toppings/garnish (the chili pepper flakes and cilantro). It should be a nice orange or tropical color.
3. Wash your chicken and cut off any extra skin. Place in dish or ziplock bag. Pour marinade over chicken and let it marinate in fridge for as little as 2 hrs or up to 24 hrs.
4. Remove marinated chicken from fridge.
5. Preheat oven to 425F or grill at medium high.
6. Place chicken in baking dish and add extra marinade on top.
7. Bake for 25 -30 minutes. Check at 25 minutes for doneness. Boil the last minute to make it a little crispy.
8. If grilling, place in foil and add marinade on top. Grill for about 20 minutes or until chicken is no longer pink.
9. Remove and serve sliced. In serving in the bowl, just add 1/2 cup to 1 cup white rice, red onion slices, and cubed mango. If paleo you can use cauliflower rice.
10. Squeeze any extra lime juice on top and garnish with extra chili flakes, chopped cilantro, and pepper/sea salt if desired.

Recipe by:Cotter Crunch- Gluten Free Eating

## COCONUT MATCHA GREEN TEA OATMEAL {GLUTEN FREE, VEGAN}

Preparation: 5 min Cook Time: 10 min Total Time: 0:15



### Ingredients

- 2 tea bags of matcha green tea or regular Japanese green tea bags
- 1 cup coconut milk (regular or unsweetened light from an organic brand)
- 1 1/2 cups gluten free raw oats
- 1/4 to 1/3 cup coconut sugar or brown sugar (add more if you want sweeter)
- 1/2 to 1 tbsp coconut oil
- Cinnamon
- Sea salt
- 2/3 cup shredded coconut shavings (unsweetened) optional
- 1 tbsp matcha powder
- 1 tbsp maple syrup or honey
- Sliced banana on top

### Instructions

1. First heat your milk on stove or microwave. You want to make it hot but not a full boil. A low boil or simmer if on stove. About 70-90 seconds if in microwave.
2. Place tea bags in milk and let them steep for 3 minutes. Remove tea bags after 5 minutes or so.
3. Next prepare your oats according to directions but leave out 1/3 cup of the recommended water so that the oats are thicker. On stovetop or microwave works. (See notes for how to cook oats on stove tops.)
4. When oats are halfway through cooking, add in your coconut milk with green tea and then finish cooking until oats are creamy but still thick. Not runny.
5. Once cooked, remove from heat and add in your coconut sugar, dash of salt, cinnamon, and coconut oil.
6. Stir all together.
7. Add coconut shavings into the oats if you desire and stir again.
8. This makes about 4 cups.
9. Spoon into bowls and sprinkle with matcha powder. Drizzle honey or maple syrup on top then add your sliced banana.

Recipe by: Cotter Crunch-Gluten free eating

# No Mayo Chicken Salad Bowl

Prep Time: 5

Cook Time: 15



## INGREDIENTS

3 cups rotisserie chicken (skinless, pulled or shredded)

1 lb broccoli florets

2 tsp to 3 tsp coconut oil or olive oil

Optional 1/2 tsp everything seasoning of choice (dried herbs, red pepper, etc.)

1 tbsp olive oil

4 cups spinach leaves

1 to 1.5 cups fresh blueberries

1/4 cup roasted sunflower seeds

1/3 to 1/2 cup chickpeas (canned or roasted)

3 tbsp dried goji berries (or other dried fruit of choice)

Lemon slices

1/2 cup packed Fresh Cilantro or Parsley. Torn to mix in and garnish

Peppercorns or fresh pepper and optional red pepper flakes.

## Instructions

First shred your rotisserie chicken (cooked) and set aside in bowl

Optional method – Roast 1/2 lb of broccoli in oil for extra flavor.

Preheat oven to 425F. Toss half the broccoli florets (around 2 cups) in 2-3 tsp oil and seasoning of choice. Place on baking sheet and place in oven to roast for 20-25 minutes. Place the other 1/2 lbs broccoli florets in a large mixing bowl.

If you don't want to roast half, just toss all raw broccoli florets in a large bowl.

While broccoli is cooking, make your yogurt sauce for the chicken salad.

## FOR YOGURT SAUCE:

### INGREDIENTS

2/3c to 1 c cultured plain Greek yogurt or kefir yogurt

1 tbsp red wine vinegar or apple cider vinegar

2 garlic clove or 1 tsp minced

Kosher Salt and Black pepper to taste

1 tsp Lemon juice

1/2 c diced red onion

Mix the yogurt, vinegar, garlic, salt/pepper, olive oil, lemon juice, and onion in a small bowl. Set aside.

Next spoon 1/2 cup to 2/3 c yogurt sauce over the chicken and toss all together. Save extra yogurt sauce for bowl.

Layer your spinach leaves at the bottom of a large bowl. Place your roasted broccoli and/or raw broccoli, blueberries, sunflower seeds, and chickpeas on top. Toss all together with the remaining yogurt sauce (dressing) you have.

Finally, add your chicken salad on top of the salad bowl.

Garnish with goji berries, herbs, lemon slices, and peppercorns (if desired).

Serve or store in fridge for later., covered. Chicken salad can be made ahead of time and stored in airtight container for up to 5 days. Great for meal prep!

Recipe by: Cotter Crunch-Gluten Free eating

**CALIFORNIA QUINOA SALAD COLLARD WRAPS WITH EDAMAME PESTO**  
**{VEGAN, GLUTEN FREE}**

Preparation: 15 min Cook Time: 20 min Total Time: 0:35



**Ingredients**

**FOR the EDAMAME PESTO**

- 1 1/2 cup shelled edamame soybeans (cooked and cooled)
- 1 garlic clove
- 1/4 cup sunflower seeds
- 3-4 tbsp olive oil
- 1/2 tbsp lemon juice
- Dash of sea salt and pepper

**FOR the CALIFORNIA QUINOA SALAD**

- 2 to 2 1/2 cup cooked quinoa (about 2/3 uncooked)
- 1/2 c chopped red onion
- 1 roma tomato (diced)
- 1/2 to 2/3 cup diced mango (peeled)
- 1/2 chopped red or orange bell pepper
- 4 tbsp chopped cilantro
- 1/3 dried cranberries or raisins
- 1/3 cup sunflower seeds (raw or roasted)
- 2 tbsp red wine vinegar
- 1/2 tsp sea salt
- 1/4 tsp black pepper
- 4-5 large collard green leaves

**Instructions**

1. First make your pesto. 2. Deseed your edamame pods. Then simply combine your edamame, seeds, garlic, in a food processor. Blend then add in your oil, lemon, and salt/pepper. Blend again until thick pesto is formed. Scoop into a bowl and set aside or cover and store in fridge for later. Makes around 1 cup.
3. For the CALIFORNIA QUINOA SALAD.
4. Make sure you have your quinoa cooked first. This is a great use of leftover quinoa as well. See notes for how to cook quinoa.
5. Dice/chop all your veggies and peeled mango. Combine them in a large bowl with the quinoa. Add your seeds, cranberries, and cilantro and toss all together. Add in your red wine vinegar and sea salt/pepper and toss again.
6. Next trim your collard green leaves so that the stem is cut off just leaving the whole leaf. Rinse each leaf then dry and place in between a paper towel. Keep them in a paper towel and place in microwave for 10 seconds or so to lightly steam and soften.

7. Remove and lay flat on cutting board or plate.
8. Next scoop 2-4 tbsp of pesto onto each wrap then 1/4 to 1/3 cup of the quinoa salad. Roll up tightly.
9. Repeat until your quinoa and pesto are all used up or store the rest for later.

Recipe by: Cotter Crunch Gluten Free Eating

## **BLENDER RICE BANANA GLUTEN FREE WAFFLES {FREEZER FRIENDLY, VEGAN OPTION}**

Preparation: 5 min Cook Time: 10 min Total Time: 0:15

Serves: 3 waffles



### **Ingredients**

- 2 eggs (see notes for vegan option)
- 2 cups cooked rice (white works best)
- 1 medium banana
- 1 tbsp coconut oil
- 1/4 cup coconut sugar
- 1/2 tsp baking powder
- Dash of salt
- 1 tsp vanilla
- 1 tbsp tapioca flour or potato flour
- 1/2 cup almond milk (cashew milk or coconut milk work too)
- Optional: tsp of Cinnamon

### **Instructions**

1. Place everything in a blender besides the milk. Pulse blend until mixed, then turn on low and add your milk last.
2. Blend until smooth and thick.
3. Keep batter in blender.
4. Grease a waffle iron. Make sure it's pre-heated.
5. Pour mix onto hot waffle iron. Cook until golden brown. Around 7-10 minutes per waffle. Remove and serve hot or let cool then wrap in foil and place in freezer for later.

Recipe by: Cotter Crunch Gluten Free Eating

## TOASTED PINE NUT AND LEEK QUINOA SALAD {GLUTEN FREE}

Preparation: 10 min Cook Time: 30 min Total Time: 0:40

Serves: 4-6



### Ingredients

3/4 cup to 1 cup uncooked quinoa  
Water  
1/2 tsp sea salt (divided)  
2/3 cup chopped leeks (the roots)  
1/3 cup chopped onion  
1/3 cup pine nuts  
1 tsp honey or honey crystals (use agave nectar if vegan)  
1/4 tsp black pepper  
2-3 tbsp olive oil (divided)  
Lemon (juiced)  
1/4 tsp minced garlic

### Instructions

1. First rinse your quinoa. Add 1 cup quinoa, 1/4 tsp salt, and you need about 2 cups liquid. Bring liquid to a boil with quinoa, then reduce heat to medium low and cover for 20 minutes or until fluffy. Set aside.
2. Preheat oven to 400F. In a small bowl, combine your chopped leeks (the roots), onion, pine nuts, honey, salt, pepper, and 1- 2 tbsp olive oil. Toss and then lay it flat on a baking sheet with parchment paper. Spread evenly across paper.
3. Bake/toast for 5 to 6 minutes. Remove, toss the pine nuts and then return to oven for another 4-5 minutes or a total of 10 -12 minutes.
4. Remove from oven and combine (in a large bowl) cooked quinoa with honey toasted mixture.
5. Add your garlic, more pepper, 1/2 tbsp more olive oil, and 1- 2 tbsp of fresh lemon juice.
6. Season with 1/4 tsp sea salt and serve in serving dish or chill for later.

Recipe by: Cotter Crunch Gluten Free Eating

## Grilled Cilantro Salmon



**Prep 15-Cook 20**

Recipe By:C.BURKS

### Ingredients

- 1 bunch cilantro leaves, chopped
- 2 cloves garlic, chopped
- 2 cups honey
- juice from one lime
- 4 salmon steaks
- salt and pepper to taste

### Directions

1. In a small saucepan over medium-low heat, stir together cilantro, garlic, honey, and lime juice. Heat until the honey is easily stirred, about 5 minutes. Remove from heat, and let cool slightly.
2. Place salmon steaks in a baking dish, and season with salt and pepper. Pour marinade over salmon, cover, and refrigerate 10 minutes.
3. Preheat an outdoor grill for high heat.
4. Lightly oil grill grate. Place salmon steaks on grill, cook 5 minutes on each side, or until fish is easily flaked with a fork.

# Baby Spinach Omelet

Prep 15 min 1 serving



## Ingredients

- 2 eggs
- 1 cup torn baby spinach leaves
- 1 1/2 tablespoons grated Parmesan cheese
  
- 1/4 teaspoon onion powder
- 1/8 teaspoon ground nutmeg
- salt and pepper to taste
- Add all ingredients to list

In a bowl, beat the eggs, and stir in the baby spinach and Parmesan cheese. Season with onion powder, nutmeg, salt, and pepper.

In a small skillet coated with cooking spray over medium heat, cook the egg mixture about 3 minutes, until partially set. Flip with a spatula, and continue cooking 2 to 3 minutes. Reduce heat to low, and continue cooking 2 to 3 minutes, or to desired doneness.

Recipe by: HOLLYJUNE

## Grilled Abado Chicken Burgers

Prep Time: 2 hr

Cook Time: 10 min



### Ingredients

1.25 -1.5lbs ground chicken (we used skinless organic ground chicken)  
1/4 cup olive oil or avocado oil  
1/4 cup tamari sauce or gluten free soy sauce  
2 garlic cloves  
1/2 tsp dried oregano  
1/2 tsp dried red pepper  
1/4 tsp sea salt  
1/4 tsp crushed or ground black peppercorn  
1/4 tsp cumin  
2 tbsp coconut sugar (or cane sugar)  
optional 1/4 cup fresh parsley or 1 bay leaf (either work)  
2 tbsp almond flour or gluten free flour of choice  
Gluten free burger buns  
extra parsley for garnish  
onion and lettuce for topping  
optional Adobo sauce from the chipotle chili can (minus the peppers). See notes for brand

### Instructions

First make sure your chicken is cleaned and ground.

Next combine all your spices, sugar, tamari, herbs, garlic, and oil in a food processor. Blend until a marinade is formed. You can add in the parsley and bay leaf here too if you want to use that.

Mix into ground chicken and let it sit in fridge to marinate for 2 hrs or up to 24hrs.

Remove from fridge and add in almond meal. Mix again.

Roll ground chicken into patties about the size of your palm.

Place on greased grill pan or grill for 6-8 minutes each. Flipping once. You can grill all together or individually. Check to make sure center is done or meat has reach 160F internal

## Chicken Curry Stew



**Makes 4 servings**

**Total time: 6-8 hours**

### Ingredients

Nonstick cooking spray

1 pound skinless, boneless chicken thighs, cut into 1-inch pieces

3 cups coarsely chopped carrots (6 medium)

2 cups coarsely chopped onions (2 large)

6 cloves garlic, minced

1 tablespoon grated fresh ginger

1 (14.5 ounce) can reduced-sodium chicken broth

1 cup light coconut milk

1 tablespoon curry powder

½ teaspoon salt

¼ cup snipped fresh cilantro

1 tablespoon lemon juice

### Preparation

Coat a medium nonstick skillet with cooking spray; heat over medium-high heat. Add chicken; cook and stir about 3 minutes or until lightly browned. Drain off fat. In a 3½- or 4-quart slow cooker, layer carrots, chicken, onions, garlic and ginger. In a medium bowl, whisk together broth, coconut milk, curry powder and salt. Pour over the mixture in cooker. Cover and cook on low-heat setting for 6 to 8 hours or on high-heat setting for 3 to 4 hours. To serve, stir in cilantro and lemon juice.

By <http://www.eatingwell.com/recipe/267530/curried-chicken-stew/print/>

## Strawberry Oatmeal Breakfast Smoothie

Prep 5 min- 2 Servings



- 1 cup soy milk
- 1/2 cup rolled oats
- 1 banana, broken into chunks
  
- 14 frozen strawberries
- 1/2 teaspoon vanilla extract
- 1 1/2 teaspoons white sugar
- Add all ingredients to list
  
- In a blender, combine soy milk, oats, banana and strawberries. Add vanilla and sugar if desired. Blend until smooth. Pour into glasses and serve.

## Pasta with Fresh Tomato Sauce



Prep 15 min-Cook 10 min

Recipe by: Sylvia Fountiane

### Ingredients

- 1 (16 ounce) package dry penne pasta
- 8 roma (plum) tomatoes, diced
- 1/2 cup Italian dressing
- 1/4 cup finely chopped fresh basil
- 1/4 cup diced red onion
- 1/4 cup grated Parmesan cheese

### Directions

1. Bring a large pot of lightly salted water to a boil. Place the penne pasta in the pot, cook 10 minutes, until al dente, and drain.
2. In a large bowl, toss the cooked pasta with the tomatoes, Italian dressing, basil, red onion, and Parmesan cheese.

## Slow Cooker Turkey Breast

Prep 10 min-Cook 8 hours



Recipe by: Diana Rittray

### Ingredients:

- 2 ribs celery (cut into 3-inch lengths)
- 2 carrots (cut into 3-inch lengths)
- 1 (4 to 5 pound) turkey breast (fully thawed or split turkey breast)
- 2 tablespoons butter
- Kosher salt
- Freshly ground black pepper
- 2 tablespoons water

### Directions

1. Spray the crockpot with nonstick cooking spray.
2. Place the chunks of celery and carrots in the slow cooker. The vegetables will act as a rack.
3. Sprinkle salt and pepper over the turkey breast and arrange in a large slow cooker. Pour melted butter over the turkey.
4. Cover and cook on **HIGH** for about 5 to 6 hours, or until turkey is done and juices run clear when pierced with a knife. A boneless turkey breast might take less time, so check for doneness earlier.
5. To be sure the turkey is fully cooked, check the temperature with a reliable food thermometer. The minimum safe temperature for turkey and other poultry is 165 F.

## Morning Glory Muffins



Prep 15 min- Cook 20 min

Recipe By: JACLYN

### Ingredients

2 cups white wheat flour  
1 1/4 cups white sugar (for healthier option substitute honey, see tip)  
1 tablespoon ground cinnamon  
2 teaspoons baking powder  
1/2 teaspoon baking soda  
1/2 teaspoon salt  
2 cups grated carrots  
1 apple - peeled, cored, and chopped  
1 cup raisins  
1 egg  
2 egg whites  
1/2 cup apple butter  
1/4 cup vegetable oil  
1 tablespoon vanilla extract  
2 tablespoons chopped walnuts  
2 tablespoons toasted wheat germ

### Directions

1. Preheat oven to 375 degrees F (190 degrees C). Lightly oil 18 muffin cups, or coat with nonstick cooking spray.
2. In a medium bowl, whisk together eggs, egg whites, apple butter, oil and vanilla.
3. In a large bowl, stir together flours, sugar, cinnamon, baking powder, baking soda and salt. Stir in carrots, apples and raisins. Stir in apple butter mixture until just moistened. Spoon the batter into the prepared muffin cups, filling them about 3/4 full.
4. In a small bowl, combine walnuts and wheat germ; sprinkle over the muffin tops.
5. Bake at 375 degrees F (190 degrees C) for 15 to 20 minutes, or until the tops are golden and spring back when lightly pressed.

Tip: To use **honey** in place of 1 cup of **sugar**, use 2 tablespoons less **honey**, add 1/4 teaspoon of **baking** soda and reduce another liquid in the recipe by 3 tablespoons. The flavor and texture **will** not be quite the same, but you may like your new version better than the original recipe!

## Strawberry Avocado & Spinach Salad



**Makes 3-4 servings**

**Total time: 10 minutes**

### Ingredients

1c. lightly packed spinach

3 c. lightly packed spring mix greens

1 avocado, sliced into chunks

5-6 medium size strawberries, sliced into chunks

¼ c. sliced almonds, toasted\*

½ c. shredded mozzarella cheese (optional, omit for a dairy free salad)

Dressing of your choice (I used Brianna's Rich Poppy Seed Dressing but a vinaigrette would work too)

Optional: Healthy proteins to add; walnuts, beans of your choice, chicken breast, etc.

### Directions

Add greens to a large mixing or serving bowl. Top with chunks of avocado and strawberry, toasted almonds, optional protein(s) and shredded mozzarella cheese, if using. Drizzle the salad with the dressing and serve immediately.

Recipe By: Natalie Dicks

Modified by Pauline Maddox, AGNP, RN

# Maple Glazed Salmon

Prep 10 -Cook 20 min



Recipe By: Ann Taylor Pittman

## Ingredients

- 3/4 teaspoon garlic powder
- 1/2 teaspoon kosher salt
- 1/2 teaspoon smoked paprika
- 1/8 teaspoon ground red pepper
- 4 (6-oz.) skinless salmon fillets
- Cooking spray
- 2 tablespoons maple syrup
- Lemon wedges

## Directions

Preheat broiler to high. Combine garlic powder, salt, paprika, and ground red pepper; sprinkle evenly over salmon fillets. Arrange fillets on a foil-lined baking sheet coated with cooking spray. Broil 5 minutes. Remove from oven. Brush fillets with maple syrup; broil 1 minute or until desired degree of doneness. Serve with lemon wedges.

## Pumpkin Oatmeal



Prep 5 Min-Cook 10 Min

Recipe By:Fitmommy

### Ingredients

- 1/2 cup old-fashioned rolled oats
- 1 cup soy milk
- 1/4 cup canned pumpkin puree
- 3 dashes ground cinnamon
- 1 tablespoon chopped walnuts
- 1/2 teaspoon avocado honey

### Directions

1. Stir the oats, soy milk, pumpkin puree, and cinnamon together in a saucepan; bring to a gentle boil. Reduce heat to low and simmer 5 minutes, or until the oatmeal reaches your desired consistency. Transfer to serving bowl. Garnish with walnuts and honey.

## The Juiciest Turkey Burgers



7 min prep-12 cook time

Recipe by: Shawn Syphus

### Ingredients

- 1 lb. ground turkey (or ground chicken)
  - 1/4 cup mayo (or plain, non-fat Greek yogurt)
  - 1 large egg
  - 2 tbsp finely diced onion
  - 1 tbsp Worcestershire sauce
  - 2 garlic cloves, minced
  - 1 tsp dried parsley
  - 1 tsp salt
  - 1/2 tsp black pepper
  - 1/4 tsp poultry seasoning
  - pinch of red pepper flakes
- 
- Combine all the ingredients in a large bowl and mix just until combined, being careful not to over mix. Divide the mixture into 4 balls and form into patties about 3/4 of an inch thick. Cover with plastic wrap and place the patties in the fridge or freezer for about 15 minutes prior to grilling.
  - Heat the grill to medium high heat and coat the grill with non-stick spray to prevent sticking. Grill on for 5 to 6 minutes per side, until internal temperature is 155 degrees F. Remove from grill and cover with foil for at least 3 to 5 minutes.
  - Top turkey burgers with your choice of burger toppings and enjoy!

# Mediterranean Chicken Kebabs

Prep-40 min-Cook 10 min



## Chicken Kebabs

- 3 chicken fillets cut in 1-inch cubes
- 2 red bell peppers
- 2 green bell peppers
- 1 red onion

## Chicken Kebab marinade

- 2/3 cup extra virgin olive oil divided
- juice of 1 lemon divided
- 6 clove of garlic, chopped divided
- 2 tsp paprika divided
- 2 tsp thyme divided
- 4 tsp oregano divided
- 4 tsp salt divided
- 2 tsp freshly ground black pepper divided

## Instructions

### Marinade

1. Mix 1/2 of all ingredients for the marinade in small bowl. Place chicken in a ziplock bag and pour marinade over it. Marinade in the fridge for at least 30 minutes.
2. Mix the other HALF of the ingredients in the same bowl pour into a ziplock bag with the vegetables. Marinade for at least 30 minutes.
3. If you are using wood skewers, while the chicken and veggies are marinating, soak the skewers in water for about 15 minutes. You need to soak wooden skewers in water for about 20- 30 minutes to keep them from igniting right there on the grill. I have also noticed that it's much easier to slide out the meat and veggies on your plate if the skewers have been soaked before grilling.

## **Chicken Kebabs**

1. Thread the chicken and peppers and onions on the skewers. I usually place about 5-6 chicken pieces and a combo of peppers and onion in between.
2. Heat an outdoor grill or indoor grill pan over medium-high heat. Spray the grates lightly with oil and grill for about 5 minutes on each side, or until the center is no longer pink.
3. You can also bake this Mediterranean chicken skewers in the oven if you want to. Preheat the oven to 425 F. Place chicken skewers on roasting racks over two foil-lined baking sheets and bake for about 10-15 minutes, turn over once and bake for another 10 - 15 minutes on the other side, or until they are baked through.