
GF_Repo_Docs Documentation

Release 0.01A

EB

Nov 11, 2018

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BLUEBERRY QUINOA SALAD

1.1 Ingredients

1 C quinoa, uncooked
2 C vegetable broth
salt **and** pepper
6 T oil, divided
1/4 C sliced shallots
3 T apple cider vinegar
1 T maple syrup **or** honey
1 1/3 C blueberries
5 oz baby arugula
1 C corn
2 C feta
1/4 C chopped fresh basil

1.2 Instructions

Cook quinoa with vegetable broth.

Heat 1 T oil in a saute pan, cook shallots and garlic until soft. Remove from heat and cool. Combine shallot garlic mixture with remaining oil, vinegar, syrup, and 1/3 C blueberries in blender. Blend until smooth, season with salt and pepper.

Toss remaining blueberries, quinoa, corn, feta, greens, and basil, drizzle with dressing.”

COWBOY CAVIAR

2.1 Ingredients

```
1 can black eyed peas, rinsed and drained
1 can yellow corn
1/2 sweet onion, chopped
2/3 C green onion, chopped
2/3 C cilantro, chopped
1/3 C olive oil
1/4 C red wine vinegar
1 t cumin
2 medium avacadoes, chopped
salt and pepper to taste"
```

2.2 Instructions

Combine! Eat!

LAYERED HUMMUS DIP

```
8 oz hummus  
1/4 C chopped red and yellow cherry tomatoes  
1/4 C chopped cucumbers  
2 T crumbled feta  
1 Box rice thins
```

3.1 Instructions

1. Spread hummus on the bottom of a shallow dish. Top with layers of tomatoes, cucumbers, and feta. Drizzle with olive oil.
2. Serve with rice thins”

ROASTED RED PEPPER SOUP WITH QUINOA SALSA

4.1 Ingredients

Buy a carton of roasted red pepper soup.

Salsa

1 C cooked quinoa
1/4 small red onion, diced
1 avocado, diced
2 T fresh chopped cilantro
Lime wedges **and** salt

4.2 Instructions

1. In a small bowl mix quinoa, red onion, avocado, and cilantro. Season with salt.
2. Heat up the soup.
3. Serve in bowls with salsa island-topping. Squeeze lime wedges over topping.

ROASTED YAM DIP

5.1 Ingredients

```
1 T oil
2 yams, cubed (about 3 cups)
Salt and pepper to taste
2 T pecan or other nut butter
1 clove garlic, smashed
1 t lemon juice
1/2 t lemon zest
1/2 C chopped fresh basil"
```

5.2 Instructions

Heat oil in a large cast-iron skillet over medium high heat. Add yams and cook until golden and tender, stirring occasionally, about 20 minutes. Season with salt and pepper.

Blend together yams, nut butter, garlic, lemon juice, zest, salt and pepper in a food processor until smooth. Add a splash of water if necessary for a creamy consistency. Fold in chopped basil leaves.

AWESOME POTATO SALAD

6.1 Ingredients

```
2 lbs red potatoes
3/4 C mayo
1/2 T dijon mustard
1/3 C dill relish
1 t pepper
1 t salt
2 T parsley
2 T green onion
3 celery stalks, chopped
1/2 C black olives
```

6.2 Instructions

1. Cube and cook the potatoes, cool.
2. Whisk together mayo, mustard, relish, salt and pepper.
3. Toss potatoes with parsley, onion, celery, olives, and dressing.

WARM ROOT VEGETABLE SALAD

3 carrots, peeled
2 parsnips, peeled
1 turnip, peeled
1 red beet, peeled
1 garnet **or** jewel yam, peeled
2 T extra virgin olive oil
salt **and** peper to taste
1/4 C pecans
salad greens
4-6 oz chevre **or** feta
balsamic vinegar **for** drizzling

7.1 Oven

400 for 25 min

7.2 Instructions

Preheat the oven to 400 degrees. Cube all roots, toss with olive oil. Season with salt and pepper.

Spread mix in a single layer on a sheet pan, roast for 25 minutes.

Top greens with root vegetables, pecans, and cheese. Drizzle with balsamic vinegar.”

BACON BRUSSEL SPROUT SALAD

8.1 Ingredients

```
1 lemon
1 orange
1 large shallot, minced
1/2 C olive oil
salt and pepper
6 slices cooked bacon, crumbled or chopped
4 dozen brussel sprouts
1 C almonds
1 C grated Pecorino-Romano cheese
```

8.2 Instructions

1. Cook and crumble the bacon.
2. Squeeze the juice of the lemon and orange into a large bowl with the shallots. Pour the oil into the bowl in a steady stream, whisking to form an emulsion (it should appear more creamy and less transparent). Season generously with salt and pepper. Refrigerate until ready to use.
3. Using a mandoline, shave the brussel sprouts (not including the stems) into thin slices to make a shredded/slaw texture. I rinsed and dried mine again after shaving them just to be sure they were totally clean.
4. Place the almonds in a food processor and pulse until chopped coarsely. Add $\frac{3}{4}$ of the almonds, cheese, and bacon to the shredded brussel sprouts; toss to combine.
5. When ready to serve, toss with the dressing and sprinkle remaining almonds, cheese, and bacon over the top.
6. If needed, add a few more tablespoons of olive oil and toss.

8.3 Notes

Entree 8-10 servings. Side more like 14 servings.

BBQ CHICKEN SALAD

9.1 Ingredients

1 tablespoon olive oil

2 boneless, skinless thin-sliced chicken breasts

Kosher salt **and** freshly ground black pepper, to taste

6 cups chopped romaine lettuce

1 Roma tomato, diced

3/4 cup canned corn kernels, drained

3/4 cup canned black beans, drained **and** rinsed

1/4 cup diced red onion

1/4 cup shredded Monterey Jack cheese

1/2 cup shredded cheddar cheese

1/4 cup Ranch dressing

1/4 cup BBQ sauce

1/4 cup tortilla strips

9.2 Instructions

Heat olive oil in a medium skillet over medium high heat.

Season chicken breasts with salt and pepper, to taste. Add to skillet and cook, flipping once, until cooked through, about 3-4 minutes per side. Let cool before dicing into bite-size pieces.

To assemble the salad, place romaine lettuce in a large bowl; top with chicken, tomato, corn, beans, onion and cheeses. Pour Ranch dressing and BBQ sauce on top of the salad and gently toss to combine.

Serve immediately, topped with tortilla strips.

BEEF BROCCOLI STIR FRY

10.1 Ingredients

```
1 lb broccoli florrets
2 T toasted sesame oil
1 lb sirloin steak, sliced thin
1/2 C sliced shallots
3 cloves garlic
2 t minced fresh ginger
1/4 C beef stock
2 T oyster sauce
1 t cornstarch, mixed with water
1/2 t red pepper flakes
Cooked brown or white rice
```

10.2 Instructions

1. Bring large pot of salted water to boil, cook broccoli.
2. Heat sesame oil, cook steak. Remove from pan.
3. Add shallots, garlic, and ginger to the pan, stirring constantly for about a minute. Add steak, broccoli, stock, and oyster sauce. Bring to a boil. Tilt pan until accumulated juices are on one side, stir in cornstarch paste.
4. Toss everything, add red pepper flakes, and serve once heated through.

BURRITO BOWLS WITH CARNITAS AND CHIPOTLE MAYO

11.1 Ingredients

Carnitas

3 pounds boneless pork shoulder **or** pork butt, cut into 2-inch cubes
1/2 cup orange juice
1/4 cup lime juice (**from about** 2 to 3 limes)
4 cloves garlic, peeled **and** crushed
1 teaspoon ground cumin
1 teaspoon salt **or** to taste

Chipotle Mayo

1 cup mayo
2 tablespoon water
2 - 4 teaspoons lime juice
1/4 teaspoon salt, more to taste
1 teaspoon chili powder
1 teaspoon smoked paprika
1/2 to 1 teaspoon chipotle powder

Cilantro Rice

1 C chopped fresh cilantro, plus extra **for** garnish
1 lime, juiced
2 C cooked brown rice
salt to taste

Bowl Filling

```
2 avocado, sliced
1/4 head finely sliced red cabbage
1 red bell pepper finely chopped
1 can black beans, rinsed and drained
```

11.2 Prepare Carnitas

Place the pork in a large Dutch oven or heavy pot w/ orange juice, lime juice, garlic, cumin, salt and enough water to just barely cover the meat.

Bring the pot to a boil and then reduce the heat to a simmer. Simmer uncovered for two hours. Don't touch the meat.

After two hours, increase the heat to medium-high and while occasionally stirring and turning the pieces, continue to cook for about 45 minutes, or until all of the liquid has evaporated

Let pork sizzle in its own fat long enough to brown at the edges, turn pieces gently only as needed to prevent singes.

When pork has browned on both sides, it's ready. Shred it and prepare for the bowl.

11.3 Prepare Cilantro Rice

Cook rice in rice cooker

Add cilantro, lime juice and salt. Stir.

11.4 Prepare Chipotle Mayo

Place all ingredients in a small bowl and whisk until smooth.

Taste, adjust heat, adding more if you like.

Store in a squirty condiment container to dress sandwiches, salads, and burrito bowls.

11.5 Prepare Bowl

Slice cabbage thinly. Drain and rinse beans. Saute diced RBP and add to beans on low heat.

Combine everything in a bowl, layering upward from rice and beans and finishing with chipotle mayo.

CROCKPOT BEEF STEW

12.1 Ingredients

```
2 lbs beef stew meat, cut into 1-inch cubes
1/4 C all-purpose flour
1/2 t salt
1/2 t ground black pepper
1 clove garlic, minced
1 bay leaf
1 t paprika
1 t Worcestershire sauce
1 onion, chopped
1 1/2 C beef broth + 1 C water
3 potatoes, diced
4 carrots, sliced
1 stalk celery, chopped
```

12.2 Oven/Crockpot

High

12.3 Directions

1. Place meat in slow cooker.
2. In a small bowl, mix together the flour, salt, and pepper; pour over meat, and stir to coat meat with flour mixture.
3. Stir in all other ingredients.

4. Cover and cook on low setting for 10 to 12 hours, or on high setting for 4 to 6 hours

HANGOVER HASH

13.1 Ingredients

```
5 frozen hash patties, defrosted and cubed
6 oz Canadian bacon, cubed (1 1/4 C)
1 C diced bell peppers
1/2 C diced onion
1 T olive oil"
```

13.2 Instructions

1. Heat Olive oil over medium high heat in a cast iron skillet.
2. Cook onions 3 minutes until translucent.
3. Add remaining ingredients and cook for another 5 minutes, stirring occasionally. The hash browns will crumble during cooking. Let some brown to make the entire dish crispy.
4. Serve immediately *with ketchup*.

Alternative Ending: Add a sunnyside up egg on top of the hash, and don't forget the coffee.

MEXICAN CASSEROLE WITH ROASTED CORN AND PEPPERS

14.1 Ingredients

```
2 red bell peppers
2 green bell peppers
1 jalapeno or 2 chipotle peppers (optional - just for more kick)
1/2 red onion
2 C frozen corn
2 t chili powder
2 t cumin
salt to taste (about 1 t ea)
2 C Mexican cheese
18-20 corn tortillas
1 can refried beans
2 C red enchilada sauce
cilantro, guacamole, or sour cream for topping
```

14.2 Instructions

Pan-roast the veggies: Dice the peppers and mince the onions. Heat a large nonstick skillet with a little bit of oil over high heat

Add the onion and peppers, sprinkle with chili and cumin, and stir, rest, stir, rest until you get a nice browning on the outside of the peppers. Remove and set aside.

Repeat the roasting process with the corn, sprinkling with chili and cumin, removing from the heat when browned and roasted on the outside.

Sprinkle the roasted veggies with a little bit of salt and toss to coat.

Cut the tortillas into thin strips.

Put the refried beans in a bowl and mix with a little bit of water to make them easier to spread.

14.3 Assemble

Grease a 9x13 inch baking pan and preheat the oven to **400 degrees**.

Spread a little bit of sauce on the bottom of the pan. Layer in order: half of the tortilla strips, ALL the beans, half of the veggies, half of the sauce, half of the cheese. Cover with the other half of the tortilla strips, veggies, sauce, and cheese.

14.4 Bake

Bake at 400

Cover with foil (I usually spray mine with cooking spray) and bake for 15-20 minutes, until the sauce is bubbling and the cheese is melted.

Serve with guacamole, fresh cilantro, sour cream, or anything in the world that you want.

PCC CHILI CON CARNE

15.1 Ingredients

1/2 pound lean ground beef
1 T olive oil
1/2 yellow onion, diced
2 ribs celery, diced
2 medium carrots, diced
1/2 green bell pepper, chopped
3/4 teaspoon dried oregano
1 T minced garlic
Salt **and** pepper, to taste
Pinch of crushed red pepper flakes
1 1/2 teaspoons chili powder
1 (12-ounce) can crushed tomatoes
1 (12-ounce) can diced tomatoes
1 (12-ounce) can kidney beans, rinsed **and** drained
1/2 cup water, **or as** needed
1 cup tomato sauce
2 T red wine

15.2 Preparation

1. In a large soup pot, sauté ground beef in oil over medium heat until lightly browned and cooked through, about 10 minutes.

2. Add onion, celery, carrots, green pepper, oregano, garlic, salt, pepper, red pepper flakes and chili powder. Cook until veggies are soft, about 8 minutes.
3. Add tomatoes, kidney beans, water, tomato sauce and red wine. Bring to a simmer until heated through. Adjust salt to taste.

15.3 Notes

Crumble corn chips and top with sour cream on top to make all the more filling and delicious.

PINE NUT PASTA

16.1 Ingredients

```
1 tablespoon olive oil
1 pound Jimmy Dean sausage
3 medium garlic cloves, minced finely
3 1/2 cups water
2 1/2 cups low-sodium chicken broth
1/2 cup oil-packed sun-dried tomatoes chopped
1/2 teaspoon salt
12 ounces (about 3 1/2 cups) penne pasta
1 (6-ounce) bag baby spinach
3/4 cup grated Parmesan cheese
1/4 cup toasted pine nuts
```

16.2 Directions

1. Fire up instant hot water boiler, throw pasta in a pot and top with small amount of olive oil and salt. When the water boils, pour it into the pot and set on low heat.
2. Heat the oil in a 12-inch nonstick skillet over medium heat until hot and add in the sausage. Cook until lightly browned and no longer pink about 5 minutes. Stir in the garlic and cook until fragrant, about 30 seconds.
3. Stir in the sun-dried tomatoes, spinach and pine nutes and cook until spinach is wilted.
4. Add in the pasta.
5. Season with salt, pepper, and parmesan to taste. Serve immediately.

POTATO LEEK SOUP

17.1 Ingredients

```
2 tablespoons butter  
2 large leeks, whites and pale green parts only, sliced and rinsed well  
4 large Idaho potatoes, peeled and diced into cubes  
4 cups chicken stock  
1/2 cup heavy cream  
Salt and pepper to taste  
2 teaspoons white truffle oil (optional)  
Fresh chives for garnish (optional)
```

17.2 Directions

In a large pot with a lid, melt down your butter and add your leeks. Saute leeks until soft, about eight minutes.

Add potatoes and stir together well. Add stock and bring to a boil. Once boiling, turn down heat to a simmer and cover pot.

Continue cooking for 20-30 minutes (until potatoes are tender).

Carefully blend soup in the blender (or use an emulsion blender) and puree to a desired consistency. Stir in the cream, salt and pepper to taste.

If using white truffle oil, stir it in at the very end before serving. Garnish with fresh chives and serve with homemade croutons or crusty bread.

ROASTED SQUASH RISOTTO

With Chicken & Apple Sausage

18.1 Ingredients

7 - 8 C chicken stock
2 T unsalted butter
2 t olive oil
1 medium onion, chopped
1 pack (4 links) Aidells Chicken & Appled Sausage, chopped
3 cloves garlic, chopped
2 C arborio rice
1/2 C white wine
2 C roasted butternut squash
1 t fresh thyme
Salt **and** freshly ground black pepper to taste
1/2 cup grated parmesan

18.2 Oven

350 F for 45 minutes to roast the squash

18.3 Instructions

1. Bring stock to a simmer in a large pot.

2. In a large skillet melt 1 T butter with the olive oil over medium heat. Stir in the onion and saute until fragrant. Add the sausage and the garlic and cook, stirring for 2 - 3 minutes until the sausage browns slightly. Add the rice and stir until well coated.
3. Add the wine, and 1 C of stock simmer until liquid is mostly absorbed.
4. Add the squash and another 2 ladles of stock and continue stirring until stock is absorbed. Continue adding stock and stirring until rice is tender, 15 - 20 minutes.
5. Add the thyme, salt, and pepper to taste. Remove from heat, stir in the remaining T of butter and garnish with parmesan.

Roasting the Squash

Split the squash in half, brush with olive oil and roast at *350 F for 45 minutes* to 1 hour until it's tender. Remove from the oven and allow to cool. Use a spoon to scoop out of the shell.

SKILLET LASAGNA

19.1 Ingredients

```
1  T olive oil
1  C diced onions
1/2 C diced carrots
3  cloves garlic, minced
1  T dried Italian herb mix
Salt and pepper, to taste
Pinch of red pepper flakes

1  lb ground beef or Italian sausage
1  C diced zucchini
8  oz uncooked pasta
14 oz can diced tomatoes
2  C marinara sauce
1  C shredded mozzarella cheese
1/2 C ricotta cheese
fresh basil leaves, to garnish
```

19.2 Instructions

1. Cook pasta.
2. Heat oil in a large skillet over medium heat. Add onions and carrots and cook until onions are translucent, about 5 minutes. Stir in garlic, Italian herbs, salt, pepper, and red pepper flakes; cook for 1 min. Add ground beef and cook until done; drain grease if desired.
3. Add zucchini, tomatoes and marinara. Cook for about 5 min. Add cooked pasta.

4. Sprinkle cheeses over top and let rest, covered, for about 5 min to melt cheese (Optional: place skillet under the broiler). Sprinkle with basil leaves before serving.

SOUTH AMERICAN QUINOA SALAD

Ingredients

2 C quinoa
4 C water **or** vegetable stock
1 C cooked pinto beans
1/4 C olive oil
1/4 C lime juice
1 t salt
2 green onions, thinly sliced
1 C frozen corn, thawed
3/4 C halved cherry tomatoes
1/2 C chopped cilantro
Chili powder dusted sliced almonds

20.1 Instructions

To make chili powder dusted sliced almonds lightly coat 9 x 9 baking pan with oil and toss slices. Dust with chili powder, cook at 350 for 10 minutes, stirring once.

1. Make quinoa.
2. Combine! Eat!
3. Enjoy!

SWEET POTATO HASH

21.1 Ingredients

```
2 T oil
1 lb ground sausage
1/2 onion
3 cloves garlic
1 t chopped fresh thyme
1 1/2 lbs garnet or jewel yams
1 bunch kale
salt and pepper
fried eggs
```

21.2 Instructions

1. Heat 1 T oil in cast iron skillet. Add sausage; crumble and cook until no longer pink.
2. Add onion, garlic, thyme, cook until onion is soft. Remove mixture from pan.
3. Heat remaining oil in skillet; add yams. Cook until golden and tender, about 20 min.
4. Return sausage mixture to skillet, stir in kale. Cook until tender. Season with salt and pepper.
5. Top with fried egg(s).

SWEET POTATO SOUFFLE

22.1 Ingredients

```
5-6 sweet potatoes (3 C mashed)
1/2 C sugar
1 egg
1/4 C orange juice
1 t vanilla
1/2 C butter, melted
1/2 C brown sugar
Several full sized marshmallows
```

22.2 Instructions

1. Boil and mash potatoes. Mix everything together until smooth.
2. Place in greased dish, top with marshmallows.
3. Bake at 350 F for 30 minutes uncovered until marshmallows are show golden browning on edges.

BACON AND LEEK QUICHE

23.1 Ingredients

Softened butter **for** the pie plate, about 2 t.
1/2 pound good bacon, diced
1 small leek minced
1/4 pound Gruyere, Emmenthaler, **or** Swiss cheese grated
1 medium bunch of fat asparagus spears
5 eggs
1 1/2 C heavy cream
Salt **and** pepper

23.2 Oven

400 F, 30 minutes

23.3 Instructions

Increase your oven temperature to 400 degrees F, or heat a second oven to this temperature.

Smear a little soft butter into the pie plate and up the sides.

In a large skillet over medium heat, fry the bacon until it is tender crisp. Remove with a slotted spoon to a piece of foil or a paper plate. Wipe the bacon fat from the pan with some paper toweling.

Add the leek to the same pan and sauté briefly until tender.

Grate the cheese into the bottom of the pie plate.

Scatter the bacon and then the leeks over the top.

In a small bowl, beat together the egg and cream. Season it with a bit of salt and pepper.

Pour the cream and egg mixture over the top of the bacon, leeks, and cheese.

Arrange the asparagus spears over the top and nestle them into the egg and cream.
Bake for 30 minutes, or until slightly puffed and golden.

CHICKEN ENCHILADA CASSAROLE

24.1 Ingredients

```
1 t oil
1 onion, chopped
1/2 t cumin
1/4 t oregano
4 oz diced chilies
3/4 C whipping cream
1 can diced tomato
1/2 C salsa
2 C shredded jack cheese
1 C shredded cheddar
3 C cooked chicken, diced
8-10 small tortillas
```

24.2 Oven

400 F for 20 minutes or until cheese is browned

24.3 Instructions

1. Heat oil in wide frying pan over medium heat, add onion, cumin, oregano. Cook while stirring until onion is soft.
2. Add chilies and cream. Boil over high heat until thick (2 min). Add chicken, tomato, salsa, and 1 C jack cheese.

3. Grease 9 x 13 pan and add small amount of filling, cover with tortillas, and repeat the filling process finishing with the last of the filling on top of a tortilla bed. Cover with shredded cheese and cook uncovered for 20 minutes.

POTATO PIE

25.1 Ingredients

```
12 oz Ground Sausage
6-8 Eggs
1/2 C Milk
1.5 t Herbs de Provance
Salt + Pepper
1 lb Shredded Potato
1 C Shredded Gruyere
2 C Shredded Kale
```

25.2 Oven

Set to 350

25.3 Preparation

1. Brown sausage and drain, cool.
2. Whisk eggs, milk, herbs, salt, pepper.
3. Combine all ingredients in a large bowl with 2/3 C cheese
4. Line quiche pan w/parchment paper and fill with mix, top with gruyere
5. Bake 30 minutes with foil, then remove foil and bake for 10 more minutes at 400 followed by 3 minutes on high broil.

QUICHE

26.1 Ingredients

Crust

1 1/2 C flour
1 t salt
1 t sugar
1/2 C oil
1/4 C milk

Filling

1/2 onion, diced
8 oz diced ham
optional vegetables
1 1/2 C grated monterey jack cheese
1 C grated cheddar

Egg Part

1/2 C mayonnaise
1/2 C milk
3-4 eggs"

26.2 Oven

400 F for 35 to 40 mins

26.3 Instructions

- “1. Mix dry ingredients and wet ingredients separately, combine and knead dough. Spread thin in pie dish.
2. Mix filling ingredients to a homogeneous combination.
 3. Beat liquid ingredients and pour over filling in crust.
 4. Bake at 400 F for 35 to 40 min.

SHEPHERD'S PIE

27.1 Ingredients

```
2 lbs Yukon gold potatoes, peeled and cut into chunks
4 T unsalted butter
1/2 C milk
Salt and pepper to taste
2 t olive oil
1 onion, finely chopped
3 carrots, finely chopped
3 cloves garlic, minced
1 lb ground lamb
1 T tomato paste
2 t Worcestershire sauce
1/2 C frozen peas, thawed
1/4 C chopped fresh parsley
```

27.2 Oven

375 for 35 to 40 mins

27.3 Preparation

1. Bring a large pot of salted water to a boil. Add potatoes and cook until tender, about 20 minutes. Drain and mash. Stir in butter and milk; season with salt and pepper.
2. Heat oil in a skillet over medium heat. Add onions, carrots and garlic; cook until soft, about 7 minutes. Add lamb and cook until no longer pink, 8-10 min. Drain the fat.

3. Stir in tomato paste, Worcestershire sauce, peas, and parsley; season with salt and pepper.
4. Transfer lamb mixture to an ovenproof dish. Spread potatoes over the top and crosshatch with a fork. Bake until golden.

CHOPPED THAI SALAD WITH COCONUT CURRY DRESSING

28.1 Ingredients

```
1 can low-fat coconut milk
1/4 cup creamy peanut butter
1 tablespoon yellow curry powder
1 clove garlic
juice of a lime
1-2 teaspoons sriracha
1 teaspoon kosher salt (or to taste)
3 cups chopped kale
2 cups chopped napa cabbage
1 red bell pepper, chopped
1 cup shredded carrots
1 cup chopped mango
1/2 cup chopped peanuts
1/2 cup chopped cilantro
```

28.2 Instructions

Place all dressing ingredients in a blender (coconut milk through salt) and blend on high speed until very smooth. Place dressing in a saucepan, bring to a boil then simmer until reduced and thickened, about 10 minutes. Set aside to cool.

Place remaining ingredients into a large bowl, toss with dressing and serve immediately.

CHOPPED THAI CHICKEN SALAD

29.1 Ingredients

Salad

```
2 boneless skinless chicken breasts
1 small head green or white cabbage (2 cups shredded)
1 large carrot (1½ cups shredded)
1 cucumber (shredded)
1/2 cup fresh cilantro
1/2 cup green onions
1/2 cup chopped peanuts
```

Dressing

```
2 cloves garlic
3 bird's eye chili peppers (sub ½ teaspoon minced hot pepper)
2 tablespoons soy sauce
2 tablespoons vinegar
2 tablespoons sugar
1 tablespoon fresh lime juice
1 tablespoon oil
1/2 teaspoon fish sauce
1/4 cup peanut butter
1/4 cup water
```

29.2 Instructions

Salad

Poach chicken breasts for 15 to 20 minutes and shred with two forks.

Slice cabbage into thin matchsticks

Peel and grate the carrots and cucumber

Dice cilantro, green onions.

Toss the chicken and vegetables in a large bowl and keep chilled.

Dressing

Mince the garlic and chili peppers.

Place garlic and peppers in a small mixing bowl with the soy sauce, vinegar, sugar, lime juice, oil, and fish sauce. Whisk until smooth.

Add the peanut butter and water and whisk again until smooth and creamy.

Combine

Toss the salad with the dressing. Add the crushed peanuts.

Preferred to keep the leftover salad and dressing separate until ready to serve.

FRESH ROLL BOWLS

30.1 Ingredients

Bowl

2	Chicken Breasts, poached and shredded
2	Avocado, chopped
1	Bunch Basil, diced
1	Bunch Cilantro, diced
3/4 C	Peanuts, crushed
1	Red Bell Pepper
2	Carrots, grated
3/4 C	Cucumber, grated

Sauce

1/4 C	Fish Sauce
1/3 C	Lime Juice
1/2	Package Rice Noodle
1/4 C	Brown Sugar
2 T	Rice Vinegar
1/3 C	Vegetable Oil

30.2 Instructions

Pulse together sauce in food processor and set aside.

Mince, shred, or matchstick other ingredients as appropriate.

Toss all ingredients except avocado in large bowl.

Add avocado last and fold in gently.

THAI BASIL BEEF WITH COCONUT RICE

31.1 Ingredients

Base

```
1 cup jasmine rice
1 cup coconut milk
1 cup water
1 lb flank steak, thinly sliced
1 each red, yellow, and green bell pepper, thinly sliced
Handful of fresh basil leaves
```

Sauce

```
1 T oyster sauce
1 T water
1 T fish sauce
2 t tamari
1 t sugar
2 t sesame oil, divided
2 cloves garlic, chopped
pinch of red pepper flakes
```

31.2 Instructions

1. Combine rice, coconut milk, and 1 cup of water in rice cooker.
2. In a small bowl, combine oyster sauce, fish sauce, tamari, 1 T water, and sugar. Set aside.
3. Heat 1 t sesame oil in a skillet over medium-high heat; add garlic and chilies, stir-frying for 15 seconds until fragrant. Add beef and cook until no longer pink, 2-3 minutes. Remove beef to a plate.

4. Add 1 t sesame oil and cook bell peppers until just soft, 2-3 minutes. Add beef and sauce and heat through. Toss in basil leaves and remove from heat; serve over coconut rice.

PINEAPPLE FRIED RICE

32.1 Ingredients

```
2 T sesame or peanut oil
2 eggs, beaten
2 cups chopped fresh pineapple
1 large red bell pepper
1 bunch green onions diced
2 cloves garlic, pressed or minced
3/4 cup chopped raw, unsalted cashews
2 cups cooked rice
1 - 2 T tamari (season to taste)
1 T sriracha
1 lime
Fresh cilantro
```

32.2 Instructions

1. Heat a large wok, cast iron skillet or non-stick frying pan over medium-high heat and place an empty serving bowl nearby. Once the pan is hot enough that a drop of water sizzles on contact, add 1 teaspoon oil. Pour in the eggs and cook, stirring occasionally, until the eggs are scrambled and lightly set. Transfer the eggs to the empty bowl. Wipe out the pan if necessary with a paper towel (be careful, it's hot!).
2. Add one tablespoon of oil to the pan and add the pineapple and red pepper. Cook, stirring constantly, until the liquid has evaporated and the pineapple is caramelized on the edges, about 3 to 5 minutes.
3. Add the green onion and garlic. Cook, while stirring constantly, until fragrant, about 30 seconds or longer. Transfer the contents of the pan to your bowl of eggs.
4. Add the remaining two teaspoons of oil to the pan. Pour in the cashew and cook, stirring constantly, until the cashews smell fragrant, about 30 seconds. Add the rice to the pan and stir to combine. Cook, stirring

occasionally, until the rice is hot, about 3 minutes.

5. Pour the contents of the bowl back into the pan and stir to combine. Once the contents are warmed through, remove the pan from heat.
6. Season to taste with tamari and sriracha to taste. Squeeze the juice of ½ of a lime over the dish and stir to combine.
7. Season to taste with salt. Transfer to individual serving bowls and garnish with a sprinkling of torn cilantro leaves, with jars of chili garlic sauce or sriracha on the side.

32.3 Notes

Chilled leftover rice works best, but freshly cooked is also fine.

POWER SALAD – CHOPPED THAI SALAD WITH SESAME GARLIC DRESSING

33.1 Ingredients

For the dressing:

1/3 cup canola oil
3 cloves garlic, peeled
3 tablespoons low sodium soy sauce
2 tablespoons water
2 tablespoons white distilled vinegar
2 tablespoons honey
1 tablespoon sesame oil
1 tablespoon lemongrass paste
a squeeze of lime juice

For the salad:

16 ounces frozen shelled edamame
5-6 cups baby kale
3 large carrots
2 bell peppers (1 red, 1 yellow)
1 cup cilantro leaves
3 green onions
3/4 cup Thai Lime **and** Chili Cashews

33.2 Instructions

1. Puree all the dressing ingredients in a food processor until smooth. Taste and adjust to fit your preferences. Transfer to a dressing jar and rinse the food processor out for use later.
2. Cook the edamame by boiling it for 3-5 minutes in a pot of boiling water. Drain and allow it to cool.
3. Slice up the kale, carrots, peppers, cilantro leaves, and green onions into thin strips or shreds.
4. Place the cooked edamame in the food processor and pulse 5 times to get a minced texture. Transfer to a bowl and repeat the same process for the cashews.
5. Toss the kale, carrots, peppers, cilantro, green onions, edamame, and cashews together until well combined. Drizzle with the dressing, toss gently a few times, and serve immediately.

33.3 Notes

The salad will stay fresh longer if you store the dressing separately from the salad ingredients, tossing them together just before serving.

Agave nectar or sugar would work in place of the honey for vegans.

APPLE CAKE

34.1 Ingredients

```
2 1/4 C sugar
2/3 C oil
3 eggs
5 C peeled apple chunks, raw
3 C flour
3 t baking soda
1 t salt
2 t cinnamon
1 t nutmeg"
```

34.2 Oven

350 F for 55 to 60 min

34.3 Instructions

1. Combine sugar, oil and eggs, mix well. Add apple chunks, mix well (probably by hand).
2. Mix dry ingredients together and add slowly to mix, batter is thick.
3. Pour into bundt pan and cook for 55 to 60 min at 350 degrees.

DOUBLE APPLE SPICE MUFFINS

Full of Autumn Flavors

35.1 Ingredients

```
2 C Alicia's GF Flour Blend
1 t cinnamon
1/2 t ginger
1/4 t cloves
1/4 t cardamom
2 eggs
3/4 C applesauce
1/3 C canola oil
3/4 C milk
1 t vanilla
1/3 C brown sugar
3/4 C chopped apples
1/2 C chopped walnuts or nuts
```

ALICIA'S FLOUR BLEND

```
3/4 C sorghum flour
3/4 C brown rice flour
1/2 C tapioca flour
1/2 t baking soda
1 t baking powder
1/2 t salt
```

35.2 Oven

350 F for 18 to 22 minutes

35.3 Instructions

1. In large bowl combine flour blend cinnamon, ginger, cloves, cardamom.
2. In smaller bowl whisk together eggs, applesauce, oil, milk, vanilla, and brown sugar.
3. Stir wet and dry ingredients together, let sit for 5 minutes.

4. Gently stir in apples and walnuts.
5. Line pan with paper or grease and then fill each muffin cup about 3/4 full.
6. Bake 18 to 22 minutes until toothpick comes out clean, cool on rack.

SUGARED PECANS

36.1 Ingredients

```
1 egg white
1 T water
1/4 t vanilla extract
2 C pecans
1/2 C sugar
1 t cinnamon
3/4 t salt
1/4 t ground cloves
1/4 t ground nutmeg"
```

36.2 Oven

300 F for 30 mins

36.3 Instructions

1. Preheat oven to 300 F.
2. Put sugar, cinnamon, salt, ground cloves, and ground nutmeg in a plastic bag, shake to mix.
3. Put egg, water, and vanilla in a bowl. Beat until slightly foamy, add pecans and coat well.
4. Lift pecans out of bowl with a slotted spoon and toss in sieve to shake off excess egg wash, then cycle through bag of sugar and spices. Shake pecans in bag, making sure they are well coated but not slimy.
4. Bake 30 minutes on a cookie sheet covered with parchment paper. 15 min into the baking, stir up the pecans with a fork. Let cool completely before serving.

If doubling the receipe (highly recommended) use 2 x cookie sheets and rotate racks at the time of stir.

CROCKPOT PUMPKIN PUDDING

37.1 Ingredients

```
15 oz solid pumpkin
12 oz evaporated milk
3/4 C sugar
1/2 C biscuit mix
2 eggs, beaten
2 T butter, melted
2 1/2 t pumpkin pie spice
2 t vanilla
```

37.2 Preparation

Mix all ingredients in a well-greased crock pot.

Cook 3 to 6 hours on low, or until 160 degrees.

HEALTHY PUMPKIN BREAD (CAKE)

38.1 Ingredients

```
1 stick butter, softened
1 1/2 C sugar
2 eggs
1 C mashed pumpkin
1/3 C water
1 3/4 C gluten-free flour mix
(1.15 C white rice, 0.4 C potato starch, 0.2 C tapioca)
1 t soda
3/4 t salt
3/4 t xanthan gum
1 3/4 t pumpkin pie spice
```

38.2 Oven

350 F, 45 to 50 minutes

38.3 Instructions

1. Preheat oven to 350 F. Cream first four ingredients together. Mix dry ingredients.
2. Beat in 1/2 of dry ingredients. Beat in water. Beat in remaining dry ingredients. Pour into greased loaf pan and bake 45 to 50 minutes.
3. Cool and glaze with cream glaze (3 oz cream cheese plus 1 C confectioner's sugar)."

SALTED CARAMEL FROSTING

39.1 Ingredients

```
1/2 cup salted butter  
1 cup packed dark brown sugar  
1/3 cup heavy cream  
1/4 tsp salt  
2-3 cups powdered sugar, sifted
```

39.2 Directions

Start with the frosting: Melt the butter in a small saucepan over low heat.

Once melted, add brown sugar and heavy cream. Stir constantly over medium heat until sugar is dissolved.

Add salt. Allow to bubble for exactly 2 minutes.

Remove from heat and allow to cool. Beat in powdered sugar 1 cup at a time, until you reach desired consistency.

SPICE CAKE

40.1 Ingredients

```
1 yellow cake mix
1 box vanilla pudding mix
1 C water
1/2 C water
2 eggs
1 T butter
1 T vanilla
```

SPICE MIX

```
2 T sugar
2 T cinnamon"
```

40.2 Oven

350 F for 40 - 50 minutes

40.3 Instructions

1. Whisk together dry ingredients.
2. Whisk together wet ingredients.
3. Combine wet and dry ingredients to create the dough.
4. Grease a bundt pan, then pour in about 1/3 of the dough, layer in some of the spice mix, and repeat a second time.
5. Pour in the last of the dough over the second layer of spice mix – make sure all the spice mix is covered since the sugar will burn easily if not covered.
6. Bake for 40 to 50 minutes until the center is firm and test toothpick comes out clean.