

ASO KITCHEN FUN

presented by the **AUTISM SOCIETY OF OREGON**

by **PRISCILLA MADORÉ** and **NIF LINDSAY**



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Magnificent Cover Art by Matt Blairstone

Colors by Dan Jackson

For my son, Noah. I love you so much! You make me proud everyday!

-Priscilla Madoré

Dedicated to my son, Lorien, who has taught me so much about thinking outside The Box, and how food impacts behavior.

-Jennifer “Nif” Lindsay

Special Thanks

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Lastly, to my son, Noah, who I love so much. He is an inspiration every single day. I would not have gone to culinary school if it had not been for him. My mother, Michelle Clovis, is a truly exceptional woman. She raised me to love good food. To my sisters, Brittany and Paige Galbreath, who have been so sweet to me about this idea. My father, Robert Galbreath, encouraged me, as well as my Aunt Yvonne Turner. This book is dedicated to my entire family, the women on the Portland Autism Mom's Facebook Page, and to every family or friend who has a truly special child or adult in their life who may benefit from this cookbook.

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Forward

The Most Important Part of This Book

I am not a pediatrician, a nutritionist, a feeding therapist, or a child psychologist. I am just a chef and single mother of an autistic 4-year-old. I was a photojournalist and forensic photographer in the Air Force, but that was years ago. I write this because I want to be as open and honest as possible, here. I used my experiences as a veteran, chef, and mother to get my son to eat and love vegetables and fruit. I want to share this advice with you in the hopes that it may help your child, friend, or family.

When my son, Noah, was one year old and transitioned into eating solid foods, my former husband and I knew he wouldn't like everything we put in front of him. We just thought of him as a picky eater, like most kids are. Then, when Noah was diagnosed with Autism Spectrum Disorder at the age of two, we did some research into sensory processing issues and realized we had to figure out a way to get nutrients into his little body.

I immediately thought of juicing. I worked at a wonderful restaurant that had a juice and smoothie bar in my twenties and remembered all of my favorite juices and wondered if Noah would be willing to drink them. Then, I flashed back to my first visit ever with a nutritionist when I was pregnant and had gestational diabetes. I told her that I liked making fresh, compressed juices, and she grimaced. She lectured me against doing this saying that too much of the nutrients of the vegetables and fruits are wasted during juicing. I thought that was true to some extent, but if Noah wasn't willing to chomp on vegetables all day, then isn't this the next best thing?

My former husband and I decided to give it a try. We made a carrot and apple juice for Noah and put it in a non-clear sippy cup, so the color of the juice wouldn't spook him. We handed it to him as if it were just another bottle of water or milk. It surprised him a little, but he drank it up. Then, later in the day we cut up some pieces of carrot and apple and put it on his highchair tray. He smelled the piece of carrot and I think what happened is that he recognized the smell from the juice, remembered that he liked it, and gave it a try. He didn't eat it all the first time, but it was a start. So, we began doing that same thing with all the vegetables and fruits we juiced for him. When we made a juice for Noah and he liked it, we would then put the solid form of the fruits and vegetables used in the juice in front of him. I knew Noah would like a juice if I masked the taste of the vegetables with a sweet fruit. I used apples, pears, watermelon, cantaloupe, just to name a few. Not all of our experiments were successes, but we never gave up trying to get him to like vegetables.

For the fruits he didn't like, we turned to smoothies. We always used frozen fruit and never added ice. This made the juices taste a lot less watered down. Then we used fruit juice and filled up the blender to the level of the frozen fruit. Noah loved smoothies. We added honey and vanilla extract to sweeten up the smoothies. There are endless combinations of juices and smoothies. I will provide some recipes of my favorites later in the book.

Now, I needed to go a step further for the things he became stubborn about eating. This is where I relied on my experience as a veteran. Let me give you the backstory.

When I did my duties as a forensic photographer in the Air Force I had to photograph the death of someone I knew. It was a terribly traumatic event, which later gave me Post-Traumatic Stress Disorder. I had something especially difficult to deal with, which were olfactory flashbacks. I would go to eat something and suddenly smell the crime scene. I don't want to go into detail here, because it would not be appropriate for this book. Just know that it had a jarring effect on me. I became acutely aware of how memories are attached to your senses and how important it is to safeguard what you are exposed to. I wanted to identify what my favorite smells are based on the best memories I have and put myself in those environments while I was healing. I still do this when I'm blue. When I visit bakeries, I immediately think of my departed grandmother, who I loved so much; I have fond memories of her baking sweets for me.

So, I set out to create food memories for my son. Anytime I took him somewhere I knew that he would have a great time, I would introduce him to a new healthy snack or give him food that he was particularly stubborn about eating. Noah would be in a better mood and more willing to try these foods. Noah is happiest outside, so when I want to expand his palate I make a picnic.

You have to think of the child's emotional attachments to food. What is the activity your child or friend loves the most? Can you turn it into a culinary exploration or opportunity to put healthy nutrients into their bodies? What is their favorite thing to eat? Can you work that ingredient into a casserole, while adding other vegetables? Do they eat off the counter when you're cooking? Set a plate of food on the counter. Linger over it, and oooh and ahhh over how wonderful it taste. Pretend they're not in the room when you do this.

Make them part of the cooking process. They will be more curious to try food if they had a hand in making it. They want to feel proud of something they did. Give them the opportunity to do so. I also used music. I played the soundtracks to his favorite movie, *The Minions*, as I cooked. He bopped along with me in the kitchen and we danced around as I was preparing dinner. We made it as fun as possible. He loved watching me be goofy as I cooked. If I could make him laugh before lunch or dinner, he was more open to whatever food I put in front of him. For hummus and mashed up beans, I sneakily smeared a little bit on his lips. I knew he would lick it off, so it forced him to try it. This is how I got him to love hummus, which he now eats it with raw carrots.

When I think of creating food memories for Noah, I do as an Italian would do. I never want him to eat alone at the table. I sit with him and talk to him as we eat. We make it social and have friends over too. It's important that children sit down and eat without the distractions of t.v. or electronics. They need to treat mealtime with respect and be with someone they love through the whole meal. I know that if I leave Noah at the table to eat alone, then Noah isn't going to think mealtime is important or attach good memories to it.

What smells does your child or friend like? Is that an ingredient you can incorporate into a dish? Here's an example. My son loves my rose perfume. So, I made blueberry bars and put rosewater in them to make sure he'd eat them up. Pastries can be a gateway drug to getting your child to love fruit. Use honey or raw sugar instead of processed sugar. There's

a wonderful scone and cupcake recipe in this book. Add any fruit you want them to try. This advice goes for both fruits and vegetables: cut up whatever ingredient they don't like really small. They won't even know they're eating it.

For tough days when my son has had a meltdown, I feed him bland food, like Masa cakes. It's literally just masa flour, water, and salt. Form patties out of it, and sauté them in a pan with a little bit of oil. It will fill their stomach and they don't have to be overwhelmed by their food, as well as their day. A nice bath after that helps. Have a quiet environment and relax their senses. A friend of mine gave me a roller ball bottle with calming essential oils in it. Sometimes I put a dab of that on his wrists and chest. I do whatever it takes to calm him down, and I try to do it in a very calm and kind manner. I don't want him to see I'm upset and feed off of that.

Now, let's address time. I know if you're a parent, you probably don't have enough hours in the day to prepare elaborate meals. We don't expect you to with this cookbook. However, if you want your family to eat delicious and healthy food and stop eating the same old dishes over and over again, then you need to set aside a couple of hours a week for prep. Do it all at once- cutting up ingredients, making marinades, prepping food to be cooked at a later time... very important. It can also be calming and enjoyable, a stress outlet for you, your quiet time to focus and feel proud of yourself that you are feeding your family with the yummiest food you possibly can. The best meals I've ever had were not elaborate fifteen step recipes. They were simple and easy to throw together.

Money... ugh. Do we ever have enough of it? If you are on a tight budget and don't think you can afford to eat healthy, you're wrong. I'm not ashamed to say that I have used food pantries to feed my family during financially difficult times. When I went, they loaded me up with around \$200 worth of food each time. I was set for at least two weeks. At some pantries you even go more than once a week! Never feel bad about yourself for feeding your family. Did you know that 211 has an app? It's actual easier to navigate than their website. They list all of the pantries on there, and many more resources.

I get most of my kitchen supplies from the dollar store. I found a juicer at Goodwill, and I have canned in the past. The Oregon Food Bank has classes on how to can. They even have a teaching garden, where you can volunteer in the spring and summer to farm some of their vegetables and fruits for four hours a week. Then, you get to take home two weeks worth of produce, whatever you farmed. Free food for free work, and you get to put your hands in the earth and enjoy gardening, very therapeutic.

I really hope this part of the book helps you. Even if one little sentence has relieved some of the stress in your life, then this has all been worth it. Cooking can be fun and rewarding- inspiring even. You and your family deserve a good mealtime. Trust me, it's worth the effort. Enjoy this cookbook, and please give us feedback. This is the first one, and we have a lot of growing to do. We will truly benefit from your opinion. Thank you, and bon appétit!

Priscilla Madoré
asocookbook@gmail.com

Introduction

Many autistics (or people with similar symptoms and behaviors) have an unhealthy balance in the eco-system of their digestion aka their Microbiome. This can cause cravings for sweets, dairy or carbs, and avoidance of certain textures. It's different in everyone, because everyone's microbiome is unique!

In order to help feed the helpful micro-flora while keeping their bodies healthy, many medical professionals recommend a "Whole Foods" diet.

This is easier said than done! (Been there, done that.)

Many of these recipes have no gluten, dairy, soy or refined sugar - some are even healthy (shhh don't tell the kids until after they eat!) Don't be afraid to try the same ingredient cooked different ways (steamed, roasted, pan-fried, baked, cut into different shapes and sizes.) For example, carrots may not be acceptable if cooked, or if raw and sliced, but are demanded in raw strips on salad! Crunch!

It's also ok to make food for different meals that what is usually served. Fried eggs and bacon for lunch? No problem! Leftover soup for breakfast? Yum.

Don't be afraid to experiment with different flavors and recipes from other cultures and regions. There are some in here, and if your family likes them, look up more ideas online or in a cookbook at your local library or bookstore.

Finally, remember it can take SEVEN exposures to a new ingredient or food to know if it's really acceptable or not. And it's ok to revisit it again in 6 months, Tastebuds are always evolving. One of my kids came home from Farm Camp one summer joyfully clutching a Kohlrabi that he had harvested... I had to look up what it was. Now we all eat kohlrabi. Sometimes.

Happy and Healthy eating, congratulations on taking this step.

Nif Lindsay

A Special Note About these Recipes:

Most of the recipes in this book are gluten-free and dairy-free. There are some recipes that include meat. There are some sweets with confectioner's sugar. However, we have omitted refined sugar whenever possible. Feel free to make substitutions. You can always experiment in your kitchen. If a dish doesn't work out the way you want it, please write us at: asocookbook@gmail.com.

We would like to find a like-minded recipe for you, or a great substitution.

With Gratitude,
Priscilla Madoré

Smoothies, Juices, and Drinks

Sleepy Smoothie

(drink one hour before bedtime. May increase nitrogen in bloodstream to improve sleep quality once or twice a week.)

gluten-free/dairy-free

Ingredients:

- 1 raw peeled medium size red beet
- ½ cup raw spinach leaves
- ¼ cup tart cherry juice (or raw pitted cherries)
- 2 Tbsp applesauce

Directions:

Blend and drink!

recipe from Nif's Kitchen

Very Berry Smoothie

gluten-free/dairy-free

Ingredients:

- 1 cup of frozen strawberries
- 1 cup of blueberries
- 1 Tbsp vanilla extract (optional)
- 1 Tbsp of honey
- 2 cups of apple juice

Directions:

Blend and drink!

recipe by Melanie's Food Fantasy

Peanut Butter Cookie Smoothie

gluten-free/dairy-free

Ingredients:

- 1 frozen banana
- 2 Tbsp peanut butter, creamy
- 1 Tbsp vanilla extract
- 1 Tbsp of honey
- 1 cup of almond, soy, or rice milk (vanilla flavored would be yummiest)

Directions:

Blend and drink!

*To freeze bananas: slice bananas and squeeze juice of 1 lemon over the bananas. Then, put them in a plastic zip lock bag. Leave a small opening for a straw to stick out. Then suck the air out of the bag and put in the freezer. This keeps the bananas from browning, and you won't taste the lemon.

recipe by Melanie's Food Fantasy

Energy Smoothie

gluten-free/dairy-free

Ingredients:

- 1 frozen banana (use advice on freezing bananas from previous recipe)
- ½ tsp vanilla extract (optional)
- ¼ cup hemp powder
- ¾ cup tart cherry juice
- ½ cup unsweetened coconut milk yogurt

Options to add: nut butter, fresh fruit (great way to use up fruit that has “scary” marks on skins).

Directions:

Blend and drink!

recipe from Nif's Kitchen

Pineapple and Coconut Smoothie

gluten-free/dairy-free

Ingredients:

- 1 can of pineapple chunks or rings, drained
- 1 frozen banana (use advice on freezing banana from previous recipe)
- 1- 1 1/2 cups almond, soy, or rice milk (vanilla flavored would be yummiest)
- 1/2 cup of shredded coconut

Directions:

Blend and drink!

recipe by Melanie's Food Fantasy

Blueberry Smoothie

gluten-free/dairy-free

Ingredients:

- 1 cup of frozen blueberries
- 1 tsp of cardamom
- 1 Tbsp of honey
- 1 cup of coconut water, or almond milk

Directions:

Blend and drink!

recipe by Chef Priscilla Madoré

Our Mango Lassi

gluten-free/dairy-free (if using dairy-free yogurt)

Ingredients:

- 1 fresh, ripe mango, peeled (or frozen chunks of mango)
- 1/2 cup of plain yogurt (dairy-free can be substituted)
- Juice of 1 lime
- a dash of cardamom (for sprinkling on top)

Directions:

Blend and drink!

recipe by Chef Priscilla Madoré

Standard Carrot Apple Juice

gluten-free/dairy-free

Ingredients:

- 4 small carrots
- 1 apple
- 1 cut of raw ginger, peeled (optional, it can be a little spicy)

Directions:

Juice and drink!

*To get more juice out of your carrots: scrape them with the edge of your knife to clean them. Then, put the whole carrots into a gallon jug. Now, fill it with water, and store it in the refrigerator. This gives the carrots a chance to soak up the water. I usually do it once a week. It should stay fresh for a week.

Common recipe

Cucumber, Carrot, and Beet Juice

gluten-free/dairy-free

Ingredients:

- 1 whole cucumber (peeling is optional)
- 2 medium sized carrots
- 1 whole beet, peeled
- 1 cut of raw ginger, peeled

Directions:

Juice and drink!

recipe by Chef Priscilla Madoré

Cantaloupe, Rutabaga, and Cucumber Juice

gluten-free/dairy-free

Ingredients:

- 1/4 cantaloupe, without rind (I would blend the cantaloupe, instead of juicing)
- 1 peeled rutabaga
- 1 whole cucumber (peeling is optional)

Directions:

Juice and drink!

recipe by Chef Priscilla Madoré

Kiwi, Ginger, Beet, and Melon Juice

gluten-free/dairy-free

Ingredients:

- 1 kiwi, peeled
- 1 cut of ginger, peeled
- 1/4 of a melon (any kind), without the rind
- 1 beet, peeled and quartered

Directions:

Juice or blend, and drink!

recipe by Chef Priscilla Madoré

The options for juices are endless. Experiment with seasonal produce and have fun with it! Fresh compressed juices are so beneficial, because when you buy processed juice the heat from the pasteurization process kills the beneficial enzymes which raw juices can provide.

Here is a list of common produce ingredients to give you some ideas:

(Use fruit sparingly! It is high in sugar).

Cantaloupe (better to blend, than juice)

Kiwi

Beets

Carrots

Rutabaga

Celery

Cucumbers

All different types of melons

Pumpkin, can be boiled or simmered first, but refrigerate after. "It's high in vitamin A and vitamin C, which helps boost your immune system, improves eye health, and protects against some types of cancer. The fiber in pumpkin aids digestion and regulates blood sugar levels, and the beta-carotene provides the much-needed anti-inflammatory and skin-rejuvenating benefits," (www.mindbodygreen.com).

Rhubarb

Apples, especially green apples

Pears

Watermelon

Oranges

Mandarins

Limes

Lemons

Tomatoes

Mangos

Peaches

Plums

Apricots

Nectarines

Wheatgrass (great detoxifier and also alkalizing)

Pineapples

Papayas

Berries

Grapes (be careful - grapes have natural fungus on the outside to help them ripen, and can trigger inflammation symptoms)

Fennel (excellent for digestion and reduces bloating)

Romaine Lettuce (very high in Vitamin C)

Red Bell Peppers (very high in Vitamin C)

Parsley (helps to chelate heavy metals)

Cilantro (helps to chelate heavy metals)

Garlic (great for immune health)

Ginger (good for digestion and cleansing)

spinach (use sparingly, "it contains oxalic acid, which can irritate the mouth and intestinal tract and block iron and calcium absorption," (<https://www.mindbodygreen.com/0-7334/the-right-and-wrong-way-to-juice.html>)).

Matcha

Turmeric

Cold/Flu Tea

gluten-free/dairy-free

Ingredients:

6 cups water - boil

1/2 bulb of garlic, peeled and sliced lengthwise

3 Tbsp whole-leaf sage

1 lemon

Raw honey, to taste

Directions:

Remove boiled water from heat.

Add other ingredients except honey, steep covered for 10 min.

Strain out one cup into mug

Add honey (I usually reheat each cup, then stir in a 1/2 tsp honey to the reheated cup, so honey doesn't get too hot and lose the enzymes)

IMPORTANT! Drink a cup/hour. Don't go too far from a potty. Repeat once if necessary.

Feel better soon - should smell like thanksgiving stuffing, but tastes just fine.

recipe from Nif's Kitchen

Ginger, Lemon, Honey Tea- great for sinuses and throat

gluten-free/dairy-free

Ingredients:

1 large chunk of ginger, peeled

juice of 1 Lemon

1-2 tbsps of honey

Directions:

In a coffee cup, Use a garlic press to squeeze the juice out of the ginger into the cup. Squirt fresh lemon juice in, and add honey. Now, add boiling water. Let cool a bit and drink! You will feel so much better soon.

Common recipe

Salads

Spinach Salad

gluten-free

Ingredients:

1 bowl of spinach leaves
a handful of pine nuts
a handful of strawberries
a handful of gorgonzola or any blue cheese
2 stems worth of basil leaves, roll and cut into thin slices
A splash of balsamic vinegar and olive oil
Salt and Pepper, to taste

Directions:

Mix all the ingredients together and enjoy!

recipe by Chef Priscilla Madoré

Blueberry Vinaigrette

gluten-free/dairy-free

Ingredients:

2 cups of fresh blueberries
1 tsp of cardamom
1/2 cup of balsamic vinegar
2 Tbsp of honey

Directions:

In a blender, combine all ingredients and blend. Enjoy over any type of lettuce or vegetables.

recipe by Chef Priscilla Madoré

Slaw

gluten-free/dairy-free

Ingredients:

- 1/4 cup of mayo (soy-free)
- 2 tsp brown mustard
- 1 tsp sweet relish
- 1/2 tsp salt
- 1/2 a sprig of dried, strong herb (rosemary, savory, basil)
- 2/3 small head of cabbage, finely shredded
- 2 shredded carrots (try multi-color, or heirlooms)

Directions:

Whisk the mayo, brown mustard, sweet relish, salt, and herbs together in a bowl

Mix dressing into tossed veggies. If not serving immediately, put salt on plain cabbage first and put in between weighted plates for an hour to drain off some liquid.

(Optional: add cubed hardboiled eggs, 1/2 can of fish or 1 cup shredded cooked chicken. Also other firm veggies like shredded broccoli stalk, summer squash, napa cabbage, and chard.)

recipe from Nif's Kitchen

Massaged Kale

gluten-free/dairy-free

Ingredients:

- 1 bunch kale
- Strip greens off stalks, roll leaves and slice thin
- 1 lemon, juiced or 4 Tbsps Lemon juice
- 1/4 cup extra-virgin olive oil
- 1 Tbsp Kosher or large grain salt. Ok, regular salt but only 3/4 Tbsp of that!
- Freshly ground black pepper, a few twists

Directions:

Toss in non-metal bowl, crush/knead with hands.

Let stand for at least 15 min before serving.

(Optional: Mango slices (1/3 cup), Toasted almonds or pepitas (1/2 cup), Apple or Pear slivers (1/3 cup), Prosciutto (never enough))

recipe from Nif's Kitchen

Side Dishes

Sweet Potato Oven Wedges

gluten-free/dairy-free

Ingredients:

raw sweet potatoes

(tip: use an apple corer if you don't want to cut them!)

Preheat oven to 400 degrees

Salt (Options: dust with cumin, chili powder, or cinnamon)

Directions:

Scrub and slice sweet potatoes into wedges. Toss with one tsp oil for each potato. Spread in single layer on tray, salt and season lightly. Bake for 20-30 minutes. If you want them crispier, turn on broiler for final 5 minutes.

recipe from Nif's Kitchen

Spaghetti Squash

gluten-free/dairy-free

Ingredients:

1 Spaghetti Squash

Directions:

Wash outside, chop in half. Scoop out seeds and goop that is slightly darker. (Option: If you want a salty treat, put seeds in small saucepan, cover with water and 1 TB salt. Boil for 5 min, then drain and put on tray to roast at 300 for 12-ish minutes!)

Turn squash halves upside down and cook in microwave one at a time, for about 8 minutes. They are done when the skin dents. Scrape out the flesh with a fork or ice cream scoop. You can serve them under sauces, or serve plain with oil/salt/pepper.

recipe from Nif's Kitchen

Roasted Veggies

gluten-free/dairy-free

Ingredients:

Any type of vegetables, at least 2 cups

Directions:

Preheat oven to 400

Wash. Slice off ends, some vegetables may need peeling. Cut into strips or wedges. Toss in container or plastic bag with balsamic or apple cider vinegar and olive oil. (1 tsp each for each veg.) Spread in single layer on tray. Bake for 10 minutes then check, may need to stir or flip.

Ideas:

Onions

Mushrooms

Squash

Beets

Broccoli

Green Beans

Kale

Parsnips

recipe from Nif's Kitchen

Rice & Peas

gluten-free/dairy-free

Rice and peas go with any meal it's more than a side dish it's a foundation. If you can make good rice and peas then you can eat good all the time. This is the perfect thing to hold up a stew or maybe a comfortable bed for a grilled fish, the choice is yours. A simple recipe with only 4 ingredients. The success of this is up to time and technique.

Ingredients:

- 1 cup of long grain rice or Jasmine rice
- 1 green onion split
- 1/2 cup red beans presoaked
- 1 cup coconut milk

Directions:

Boil your beans al denté. In a medium pot, add all ingredients. Simmer (when the hot water bubbles, but does not come to a full boil) with tight fitting lid until beans are tender and water is evaporated.

recipe from Chef Ajani Glasper

Authentic Kartoffelpuffer (German Potato Pancakes)

gluten-free/dairy-free

This German treat is a traditional recipe favored all across Germany. They are not only a favorite treat to make at home, but are also a very popular street food in Germany. This recipe helps create a small cultural connection for us by giving us the gift of indulging in its splendor.

My great grandmother Annie Kuntz and her sister, Helen, regularly cooked together, potato pancakes being one of their many creations. When my mom was younger, she and her aunt Helen spent time together. My aunt was an excellent home chef, and this was one of the many recipes they shared. My mom thought it was valuable to pass this recipe on to us. We would regularly enjoy this treat using leftover mashed potatoes instead of the grated potatoes.

Yield: 8 Kartoffelpuffer

Prep time: 15 mins

Cook time: 10 mins

Ingredients:

2 1/2 lbs starchy potatoes, finely grated

1 small yellow onion, finely grated

2 large eggs

¼ - ½ cup of flour

1 tsp sea salt

1-8 Tbsp oil for frying

Directions:

Thoroughly wring out the liquid in the potatoes by placing them in a colander and squeezing them with your hands, or by placing them in a clean dish towel and wringing out the liquid.

Place the drained, grated potatoes in a medium-sized bowl with the onion, eggs, flour and salt and use your hands to work it into a tacky mixture.

Add a little more flour if needed. Do not let the mixture sit for long before using it, (due to exposure to open air, the mixture will turn grey and lose its flavor), use it immediately.

Heat a few tablespoons of oil in a non-stick pan over medium-high heat, and place 1/3 to 1/2 cup of the mixture (depending on size preference) in the hot pan, then flatten into pancakes with the back of a spoon.

Fry on both sides for 3-5 minutes until the Kartoffelpuffer are golden. Place them briefly on paper towels to drain excess oil.

Serve immediately while hot with applesauce, fruit compote or powdered sugar. For a savory version, serve with herbed yogurt, quark creamy cheese or crème fraiche, or with meat and gravy as part of a meal.

recipe by Chef Alicia Kuntz

Easy-Peasy Entrees

Kahlua Pork- using the crockpot

gluten-free/dairy-free

Prep Time: 10 mins

Cook Time: 10 hours

Ingredients:

2-3 pounds pork shoulder or roast

2 Tbsp sea salt

3 medium onions, sliced in rings.

Directions:

Prep the pork by cutting off fat on outside, rinse and dry. Slice lightly in checkerboard pattern. Rub with salt. Lay $\frac{2}{3}$ onions on bottom of crockpot. Put pork on top, then rest of onions on top of pork. Cover and cook for 10 hours on low. (Overnight or start it at breakfast time).

recipe from Nif's Kitchen

Pan Fried Sole

gluten-free (if using almond meal)/dairy-free

Prep time: 5 mins

Cook time: 6 mins

Ingredients:

1 pound sole fish filets

$\frac{1}{2}$ cup almond meal/flour

1 tsp salt

1 tsp pepper

2 Tbsp coconut oil

Directions:

Heat skillet to med-high. Rinse and pat filets dry. Sprinkle with salt/pepper/flour. Melt oil in pan, add fish in one flat layer, dusted side down. Dust plain sides with salt/pepper/flour. Flip over. Cook another 3 minutes. (Optional: squirt with lemon before serving).

recipe from Nif's Kitchen

Sweet Potato, Spinach, and Carrot Casserole

gluten-free (if using gluten-free bread crumbs)/dairy-free

Yield: 1 medium sized casserole dish worth of servings

Prep time: 15 mins

Cook time: around 40 mins

Ingredients:

- 4 cups of sweet potato, peeled and small diced
- 1 1/4 cups onion, diced
- 3 1/2 cups chicken breasts, diced
- 1 cup of carrots, peeled and small diced
- 3 cups of raw baby spinach
- 1 tsp minced garlic cloves
- 1 tbsp cornstarch
- 1 cup white wine
- 1 cup of chicken broth
- 1/4 cup canned coconut milk
- 1/2 tsp nutmeg
- 2 cups gluten-free bread crumbs (optional, can use Panko instead, but it has gluten)
- Salt, to taste

Directions:

Preheat oven to 350 degrees.

In a medium pan with oil, sear the chicken breasts over medium heat until browned on both sides. Place chicken in the oven and cook for about 15-20 mins until the inside registers 165 degrees.

Heat some oil in a large skillet over medium heat. Sauté the onion, then when almost done, add in the minced garlic.

Add the sweet potatoes and carrots until both are al denté.

Gradually whisk in the chicken stock with the cornstarch. Be sure to scrape bits from the bottom of the pan while whisking.

Add wine and coconut milk and mix well. Add the nutmeg. Add the diced chicken. Add the salt, to taste.

Now, place the spinach leaves on the bottom of the casserole dish. Pour in the cooked vegetables and chicken. Top with the bread crumbs. Bake for 20-25 minutes until the bread crumbs are nice and toasty. Enjoy!

recipe by Chef Priscilla Madoré

Your Way Chicken Drumsticks

gluten-free/dairy-free

Prep time: 10 mins

Cook time: 30 mins

Ingredients:

Chicken drumsticks, however many you'd like.

Various spices, see below for ideas.

Directions:

Preheat oven to 450 degrees

Wash and pat dry drumsticks. Sprinkle at least two each with salt and different spice rubs:

- curry powder
- Furokake (Seaweed and sesame seed mix)
- ground cumin + coconut sugar
- Provençal or Italian Seasoning mix
- Whatever flavor combo your family likes

Roast on a rack in a roasting pan for 15 minutes. Take out, turn over, re-sprinkle. Bake for another 10-15 minutes. Should be browned with crisp edges when done.

recipe from Nif's Kitchen

Sheet Pan Meal

gluten-free/dairy-free

You can use any kind of vegetables or meat for this. The trick is to have the same cooking time on the meat, as you would the vegetables. Or, you can always roast tougher vegetables first, then add the meat halfway through. Fresh herbs make a dramatic difference, as well.

Yield: 4 meals

Prep time: 10 mins

Cook time: 20-25 minutes

Ingredients:

4 chicken breasts

3 medium sized carrots, cut into rounds

1 large onion, quartered

2 large potatoes, or 5 red potatoes, medium diced

Fresh rosemary

Fresh oregano, or you can use any fresh herbs you'd like

1 lemon

2-3 Tbsp vegetable oil

salt, to taste

pepper, to taste

Directions:

Preheat oven to 400 degrees.

Take a large pan and add some oil. Sear the chicken breasts on each side until brownish. Squirt the chicken with fresh lemon juice. Do not fully cook it in the pan. Set aside.

Cut the vegetables and toss onto the sheet pan.

De-stem and chop the fresh herbs. Toss that in with the vegetables.

Drizzle vegetable oil over the sheet pan full of herbs and vegetables. Toss until the oil is fully incorporated. Salt and pepper, to taste.

Now, add the chicken breasts on top. Place pan in oven and cook for 25 minutes, or until the vegetables are al denté and the chicken is cooked to 165 degrees. You may need to flip the vegetables over halfway through, depending on how large your cuts are and how firm the vegetables are. You can always add the roasted veggies and cut up the chicken to enjoy with some gluten-free pasta. Enjoy!

recipe by Chef Priscilla Madoré

Latin Roast Meal

gluten-free/dairy-free

Prep time: 10 mins

Cook time: 50 mins

Ingredients for the rub:

1/4 cup kosher salt

¼ cup fresh ground black pepper

¼ cup ground cumin

2 tbsp ground cinnamon (optional)

1 tbsp ground allspice (optional)

2 tbsp coconut sugar

1 tsp ground white pepper or horseradish or chili (options IF you want it to have a spicy kick for your sensory-seekers)

Mix well (can use a coffee grinder or mortar/pestle)

Directions:

Preheat the oven to 500 degrees.

Rinse and dry 2lb pork tenderloin

Score the meat in a criss-cross pattern, then rub the spices in with your hands. Put in roasting pan or cast iron dutch oven. Roast for 20 minutes to brown outside.

Ingredients for dish:

2 large sweet potatoes, medium dice

1 large or 1 med onions, peeled and medium dice

2 beets, medium dice

3 large carrots, medium dice

1 head cabbage or 2 bunches kale (cut stems out first), shredded

1 stalk celery, cut into 1" chunks

1 bulb kohlrabi or celeriac (scrub and peel on either of these, skins are too tough)

2 large apples or pears, medium dice

Can sub other root veggies such as white potatoes, yams, turnips, winter squash or parsnips.

Put in bowl, set aside.

After 20 min, turn oven heat down to 300. Lift out roast, line veggie chunks in bottom of roasting pan or cast iron dutch oven. Put roast on top, sprinkle veggies with 1 tbsp salt.

Roast for another 30 mins, meat should be 165 degrees when done. Your oven may vary on heat effectiveness so please check with thermometer for doneness.

recipe from Nif's kitchen

“Fancy” Meals

Nicaraguan Power Bowl

gluten-free/dairy-free

One staple of Nicaraguan cuisine is a rice and bean combination called Gallo Pinto, which translates to “spotted hen”. A staple in every Nicaraguan home, this is a substitute for white rice and can be eaten as breakfast with eggs or with juicy Carne Asada at night. The beans are usually made ahead of time either for red bean soup or specifically for Gallo Pinto. My mom made this cheap and easy to make meal almost every week, and I never got tired of it. For this version, we’ll grill a chicken breast and make a hearty avocado salad that would be a great meal for busy parents.

Plan Ahead: Fresh homemade beans work best.

Soak 2 cups of beans overnight. Strain the beans. In a 4 qt pot add water, salt, to taste, 2 cloves of garlic, and a quarter onion. Once it comes to a boil, bring to a simmer. Cook for 30 min, leaving the beans just a little firm. Save the water for the rice. If you do want to take a shortcut, Goya sells Central American red beans, which are smaller than red kidney beans. For the chicken, make sure it’s butterflied and pounded out for even cooking.

Yield: 2-4 servings

Prep time: 30 minS

Cook time: 45 minS

Gallo Pinto Ingredients:

- 4 Tbsp vegetable oil (divided in half)
- 1 onion, small diced (divided in half)
- 6 cloves of garlic, minced (divided in half)
- 1 cup white rice, long grain works best
- 2 cups water
- ¼ green bell pepper, (big chunks, for flavor)
- 2 cups cooked beans
- 1 cup bean water (if you are using canned beans do not drain)

Directions:

In a large saucepan add half the oil, onion, and garlic and sauté till translucent. Add uncooked rice to saucepan and coat rice with oil until it each grain shimmers. About 2 min.

Add water to the pot and place chunks of pepper on top. Bring to boil then cover the pot and lower the heat to a simmer. After 15 mins, remove lid from pot and take chunks of bell pepper out of the rice. Fork the rice to fluff lightly and set aside.

In a large saucepan add remaining oil and heat till shimmering. Add leftover onion and garlic; cook till translucent. Add the rice and beans to the pot and mix well. Add half of the bean water to rice and beans, and cook till dry. Add more if color of the rice isn't reddish brown.

Cook for 10 min to allow flavors to meld together. Set aside.

Chicken Breast Ingredients:

- 2 chicken breasts
- 2 Tbsp vegetable oil
- 2 tsp salt
- 2 tsp black pepper
- 1 tsp brown sugar
- 1 tsp smoked paprika
- 1 tsp cayenne pepper
- 1 tsp oregano
- 1 tsp thyme

Directions:

Butterfly and pound chicken breast.

Mix all dry ingredients and season chicken evenly on both sides.

In a stainless steel skillet, add oil and heat to medium high.

When oil is shimmering, add chicken and cook evenly on both sides, ensuring that the internal temp reaches 165°.

Set aside and rest for 2 mins. Slice to fan-out.

Avocado Salad Ingredients:

- 1 large Haas avocado
- ½ lime
- ½ Tomato, diced
- ¼ yellow onion, diced
- salt and pepper, to taste

Directions:

Carefully cut avocado in half and remove pit.

With a butter knife cut squares into the avocado and spoon out in a bowl.

Mix avocado, onion, tomato and lime juice.

Add salt and pepper to taste.

Bowl Arrangement:

In a small bowl, add gallo pinto to the bottom, fan out chicken strips, top with avocado salad as garnish.

recipe by Chef Alex Williams

Thai Scallops (or use any white fish)

gluten-free/dairy-free

Prep time: 10 mins

Cook time: 15 mins

Ingredients:

- 1 Shallot, cut small
- 4 Tbsp White Vinegar
- 1 stalk of lemongrass, or substitute the zest of 1/2 lemon
- 1 Tbsp of ginger, cut very small pieces
- 1 can of coconut milk
- 1 lime
- 1 1/2 tsp of fish sauce
- 1 red jalapeño (optional)
- 1 lb of scallops, or any white fish
- 1 Tbsp of coconut oil, or vegetable oil
- Salt and pepper to taste
- 4 Thai basil Leaves, or regular basil
- 2 Kaffir lime leaves (optional), can substitute 1 tsp lime zest and 1/2 tsp lemon zest

Directions:

In a medium-sized sauce pan, simmer shallots in vinegar until it reduces almost completely (5 minutes.) Add the coconut milk, 1/2 a lime worth of lime zest, the lemongrass, and ginger. Simmer on medium-low heat for 5 minutes. Stir in the fish sauce, and add 1 Tbsp of lime juice, and jalapeños. Add the oil to the pan for 2-3 minutes. Pat the scallops or white fish dry, and add them to the pan on each side. Season with salt and pepper. When the scallops or fish are done, add a squeeze of lime. Take the scallops or fish out of the pan and put on a plate. Strain the sauce, and pour over the scallops or fish. Serve and enjoy!

recipe by Earl E. Darby

Tootless Chili- a recipe for the crockpot

gluten-free/dairy-free

(nightshade-free. Can use tomatoes instead of persimmons and beets, and chili powder instead of horseradish if you want spicier!)

2 pounds ground meat

Prep time: 30 mins

Cook time: 5 hours

Ingredients:

dice:

3 small onions

2 peeled persimmons (optional, you can use 2 peeled fresh tomatoes instead), chopped

1 roasted beet, peeled and chopped

Brown the meat and onions in a large pan.

2 tsp salt

1 tsp black pepper

1 tsp white pepper

2 tsp toasted cumin seeds (whole)

1 tsp coriander

2 tsp oregano

1 bay leaf

1 tsp horseradish

4 cups broth

Directions:

Dump all together in crockpot, cook on low for 5 hours or high for 3 stirring occasionally keep covered. Remove lid for final 30 min if needs thickening. Serve with potato or sweet potato or taro chips to dip in it!

recipe from Nif's Kitchen

Thai Curry- a recipe for the crockpot

gluten-free/dairy-free

Prep time: 20 mins

Cook time: 4-6 hours

8 Tbsp Curry spice blend Ingredients:

(by ratio)

2 turmeric

1 coriander

1 ground toasted cumin seeds

½ cinnamon

½ mustard powder

1 cumin

1 salt

1 white pepper

1 black pepper

Directions for curry spice blend:

Mix all of these seasonings in a bowl.

(Optional additions: ⅛ cloves, ¼ onion powder, ½ ginger. Also cayenne, chili powder, garlic)

Make a little jar ahead of time without the salt, can use as shaker on other things, such as Chicken legs Your Way, and add salt to each individual dish.

Directions:

Brown in pan for maybe 5 mins:

8 Tsp curry spice blend

2 Tbsp oil (coconut, olive, etc)

3 med onions in wedges

1 clove shallot, or garlic

1 Tbsp peeled and minced or grated fresh ginger

Meat (Either 6 chicken thighs or 2 lbs pork cut into cubes)

Dump into crockpot

Add 1 cup stock (optional: can use can of tomatoes if using nightshades)

1 tbsp apple cider vinegar

1 onion sliced in rings on top of meat

Optional: ½ cabbage, in small wedges

Cook in crockpot on high for 4 hours, or low for 6 hours.

For final hour, add a can of coconut milk (shake VIGOROUSLY FIRST!), and bag of frozen veggies: carrots, peas, green beans, cauliflower, squash, spinach or other greens)

(Optional: serve with frozen cilantro or Thai basil stirred-in)

Serve over Spaghetti Squash or sautéed riced cauliflower

recipe from Nif's Kitchen

Larb (Thai not Klingon)

Prep time: 10 mins

Cook time: 15 mins

Ingredients:

- 2 Tbsp olive oil, avocado oil, or coconut oil
- ½ onion, slivered thin
- 4 green onions: white part diced (add to onion), greens slivered (reserve for below)
- 1 Tbsp ginger, grated or minced
- 2 tsp salt
- 1 lb ground pork or turkey
- 1 tsp dried seaweed
- 1 tsp sesame oil
- 1 Tbsp of shredded fresh herbs (basil, cilantro, or mint; etc...)
- 2 cups of cauliflower, riced and cooked
- 1/2 lime (or 2 tbsp lime juice)
- 2 Tbsp coconut amino acids (instead of soy sauce)
- 1 head of romaine

Directions:

- Stir-fry ginger, salt, onions and white of green onions in wok.
- Add 1 lb ground pork or turkey, cook until crumbly. Pour off grease.
- Add the scallion greens (slivered above), juice of 1/2 lime (or 2 Tbsp lime juice), pinch of seaweed, and coconut aminos (instead of soy sauce), or Braggs imitation soy sauce. Stir.
- Add sesame oil and herbs to stir-fry, for another 5 min or until lightly browned.
- Remove from heat.
- Serve over scoop of heated cauliflower on lettuce, eat as wraps with your hands!
- Optional: ½ tsp of chili powder added to onions will kick it up.

recipe from Nif's Kitchen

Baked Rockfish

gluten-free/dairy-free

Prep time: 10 mins

Cook time: 25 mins

Preheat oven to 350

Ingredients:

1 lb rockfish filets,

1/2 cup minced nuts

1/4 cup coconut flour

2 Tbsp grated coconut

1 tsp salt

2 Tbsp citrus zest

1/4 cup melted coconut oil, 1 tsp citrus juice.

Directions:

Lightly oil casserole dish. Mix dry ingredients in bowl. Either toss dried-off filets in bowl, or dust them in dish and flip carefully to dust on other side. Reserve some coating mix.

Bake 10 mins. Flip. Pour oil and juice over fillets, dust again with mix.

Bake another 15 mins. If starting to burn, tent with foil but should be ok. Check for doneness! Serve with Mango Salsa over noodles.

recipe from Nif's Kitchen

Mushroom Meat Muffins

gluten-free/dairy-free

Prep time: 10 mins

Cook time: 20 mins

Ingredients:

1 lb ground meat

1 lb large button mushrooms

1 egg

1 onion, diced

1 Tbsp ketchup, mustard, or other juicy sauce

½ cup diced or shredded greens

Salt and pepper, to taste

1 cup nuts or seeds

(Optional adds: 1 cup riced cauliflower, or 1 cup diced squash, or 1 cup diced apple, etc...)

Directions:

Preheat oven to 400 degrees.

Wash mushrooms, cut off bottoms, and pull out stems. Dice stems. Put into a large bowl with meat and other ingredients. Mix well with hands.

Put mushroom caps upside down in muffin tins. Fill to brim with meat, pressing down into mushrooms. Sprinkle nuts or seeds (pepitas, sunflower seeds; etc...) on top. Bake for 20 mins. Scoop out with a serving spoon.

recipe from Nif's Kitchen

Thai Curry Tofu

gluten-free/dairy-free

Prep time: 30 mins

Cook time: 10 mins

wet curry paste Ingredients:

- 1/2 cup cilantro, minced
- 1 Tbsp Kaffir lime leaf, minced (optional), you can substitute 1 tsp lime zest and 1/2 tsp lemon zest
- 4 Tbsp turmeric, grated if using fresh
- 5 each Thai chilies, minced
- 3 onions, minced
- 2 Tbsp fish sauce
- 1 1/2 Tbsp shrimp paste
- 4 Tbsp dry curry

Directions:

Add each ingredient to a mortar and pestle or food processor, one at a time. When done pulsing, then set aside.

Vegetarian Ingredients:

- 1 cup eggplant, peeled and medium dice
- 1/2 cup red potatoes, medium dice
- 1/2 cup Shiitake mushrooms, small dice
- 1 qt tofu, medium dice
- 1 qt potato starch (Bob's Red Mill has this)
- 1 tbsp Salt
- for the stew: Combine
- 1 pt coconut milk
- 1 cup vegetable stock

Veggie Prep Directions:

Put diced eggplant and salt in a metal bowl, set aside covered for 15 minutes. Rinse and dry, set aside until ready to cook curry. Soak red potatoes in water, so they don't oxidize. Then, rinse dry store until ready to cook.

Tofu Prep Directions:

Medium dice tofu place evenly on parchment lined half sheet tray dry, toss in coating evenly.

Tofu Frying Directions:

When ready to cook, preheat fryer. Fry until crunchy on the outside.

Curry Building Directions:

In a sauté pan, caramelize your onions. In a wok, stir fry ginger and chilies first. Then add fish sauce and shrimp paste. Cook together for at least 2 mins. Add caramelized onions to the paste, and add the stock. Cook it down for 5 mins. Add veggies and simmer. Then, add coconut milk and dry curry. Simmer until potatoes are tender. Finally, add 3 oz of curry and 2 oz of rice. Garnish with the minced cilantro. In a shallow bowl, lay down the rice first.

recipe by Chef Ajani Glasper

Curry Spice Blend

gluten-free/dairy-free

Yield: makes about 9 oz of spice mix

Prep time: 5 mins

Ingredients:

- 1 tsp cardamom (toasted, ground)
- 3 Tbsp cinnamon(toasted, ground)
- 2 oz cumin (toasted, ground)
- 2 oz black pepper (toasted, ground)
- 2 oz fenugreek (toasted, ground)
- 2 oz paprika
- 2 oz turmeric

Directions:

Mix all ground spices in a dry bowl make sure everything is fully mixed. In batches, grind spices in a spice grinder or use a mortar and pestle and pound spices into a fine powder.

Storage: Store in a dry pint container.

recipe by Chef Ajani Glasper

CURRY LENTIL SOUP

gluten-free/dairy-free

Prep time: 15 mins
Cook time: 20-30 mins

Ingredients for Mirepoix:

4 carrots, medium diced
1 onion, medium diced
4 stalks celery, medium diced
Sauté in a medium sized pan with oil.

Other ingredients:

2 Tbsp shallots, minced
2 cans of diced and peeled tomatoes
1 jalapeno, minced (optional)
1/4 cup of grated ginger
Soup Body:
1 pt dry lentils
3 1/2 qt veg stock
1 1/2 pt orange juice, divided (set aside 1 cup)
4 Tbsp dry curry spice mix
cardamom, to taste
black pepper, to taste
1 bay leaf, fish out before serving
cilantro stems, fish these out before serving.

Directions:

When ready to cook, have ice bath ready.

In a large soup pot, add caramelized mirepoix. Then, add shallot. Add tomatoes, jalapeños (optional), and ginger. Cook to a paste. Deglaze pan with 1 cup of orange juice, reduce and add the rest of the orange juice. Then, add dry curry and lentils. Let this simmer until tender. Add salt, to taste. Enjoy!

recipe by Chef Ajani Glasper

Ital Stew

gluten-free/dairy-free

Ital Stew is a staple in any Rasta household, and it varies where you go. My BABA often would make it, and I never complained. This is a perfect meal if you want something hardy and healthy. It's great comfort food! It's never a glamorous looking meal, but delicious. When you try it you'll be pleasantly surprised and hopefully you will start to experiment new recipes.

The key to Ital Stew is to balance your starch and vegetables. It's how you get the best consistency. This can be intimidating if you aren't used to cooking with vegetables, but as long as you don't burn it you'll be fine. Soya chunks are so good, especially when you grow up on them. They are very versatile in plant based cooking and take in whatever flavor you cook them in. Please be sure to get a plantain and not a banana.

Yield: 3-5 servings

Prep time: 30 mins

Cook time: 20 mins

Ingredients:

- 4 large cloves garlic, minced
- 1 onion, small dice
- 1 sweet potato, medium dice
- 2 cups leafy greens, rough chop
- 1 cup okra, medium slice
- 2 cups coconut milk
- 3 cups vegetable stock
- 1/2 cup Soya Chunks
- 1/4 tsp curry powder
- allspice, to taste
- thyme, to taste
- cayenne, to taste
- salt, to taste
- pepper, to taste

Directions:

In a large pot, sauté garlic, onion, and hydrated Soya Chunks. Cook until onions are slightly browned. Add okra and reduce heat. Cook until lightly browned. Add spices. In a separate pan, fry plantain in medium oil until golden brown. Add the rest of the ingredients. Turn down to low heat, partially covered, and simmer until thick.

recipe by Chef Ajani Glasper

Sauces

Ginger Sauce

gluten-free/dairy-free

Prep time: 10 mins

Cook time: 10-15 mins

Ingredients:

3 ea, star anise

2 Tbsp ginger, minced

2 limes, zest first, then squeeze

1/4 cup honey

2 tsp cayenne

2 tsp white soy sauce, optional (You can substitute 1 tsp of regular soy, or 1 tsp of Braggs Amino Acids)

1/3 cup rice wine

salt and pepper, to taste

Directions:

In a sauté pan, on medium heat, add oil. Add enough to cover the pan, no excess. Add ginger and cook until fragrant. Then, add anise and cayenne. Cook until there is no oil left in the pan. Add lime juice and white soy sauce (or Braggs Amino Acids or Coconut amino acids). Then, reduce heat and add rice wine. Finish with honey. leave on low heat until ready to serve. Add lime zest before serving. Enjoy!

recipe by Chef Ajani Glasper

Pear Sauce- a recipe for the crockpot

gluten-free/dairy-free

Prep time: 5-10 mins

Cook time: 6 hours

Ingredients:

2 cups of pears, seeded and chopped

1 Tbsp ground ginger

½ Tbsp ground cardamom (Optional: you can use cinnamon or lemon zest, instead).

½ tsp salt

Directions:

Put in crockpot, cook on low for 6 hours. Mash when done if necessary.

recipe from Nif's Kitchen

Pesto

gluten-free/dairy-free

Prep time: 8 hours (because of pepitas)

Ingredients:

Soak 1 cup of raw pepitas overnight. Roast in 300 oven for 12 minutes. Grind in blender or coffee mill into chunky powder.

1 stuffed cup of fresh basil greens

1 peeled clove shallot, or garlic

¼ tsp salt

Olive Oil, to texture (at least 3 Tbsp)

Directions:

Put all ingredients in a food processor, blend until smooth. Enjoy!

(Optional adds: pitted Kalamata olives, splash of lemon, green onions or chives, pine nuts, arugula).

recipe from Nif's Kitchen

Garbanzo Sauce

gluten-free/dairy-free

Prep time: 30 mins
Cook time: 15-20 mins

Ingredients:

- ½ onion, chopped
- ½ tsp salt
- 2 Tbsp olive oil

Add:

- 1 1/2 cups cooked/rinsed/drained chick peas
- 2 Tbsp fresh rosemary, minced

Directions:

Sauté for 5 more minutes on med heat. Remove half the peas and smash them into paste in prep bowl.

Combine:

Smashed peas

1 can tomato paste (can sub mashed cooked squash for nightshade-free)

Stir while heating for 2 mins.

Add 1 cup of water or broth. Reduce heat to simmer for 10 mins, stirring occasionally to thicken.

Serves 2 (or one very hungry human) over spaghetti squash and sausage, or any other Italian-style combo.

recipe from Nif's Kitchen

Mango Salsa

gluten-free/dairy-free

Prep time: 15 mins

Ingredients:

- 1 mango, diced
- 1 cucumber, peeled, seeded, and diced
- 1/4 red onion, minced
- 2 tbsp (or one whole) lime juice
- 1/4 tsp salt
- 1/4 tsp white pepper
- pinch of chopped fresh cilantro at end

Directions:

Dice and stir together. Enjoy! This is very versatile to add over poultry or fish.

recipe from Nif's Kitchen

Eggers

gluten-free/dairy-free

Prep time: 10 mins

Cook time: 20 mins

Ingredients:

- 1 raw sweet potato, sliced into 6 rounds (or more). You can leave skin on if desired.
- 3 pieces of bacon (or sausage, cut into 2 sections each)

Directions:

- Preheat oven to 350 degrees.
- Coat the muffin pan with coconut oil.
- Put slice of sweet potato in bottom of muffin cup. Put bacon, or sausage on top.
- While heating, chop up stir-fry, or other leftovers into diced bits.
- Beat 6 eggs with ½ tsp salt.

When oven is at temperature, remove tray. Add leftovers to muffin cups atop bacon. Pour beaten egg evenly in each muffin cup. Bake for 20 minutes. Freezes well.

recipe from Nif's Kitchen

Lemon Chicken Soup

gluten-free/dairy-free

Prep time:
depends on if you're using
homemade stock, stock cubes,
or store-bought.

Cook time:
depends on if you're using
already cooked chicken or not.

Ingredients:

8 cups homemade chicken stock (You can use store-bought chicken stock, or stock cubes, instead).

(Optional: cook some garlic into the broth if feeding a sick person!)

Bring to boil, lower heat to med-low.

1/2 lb of noodles (sweet potato starch noodles, buckwheat udon, mung bean starch noodles, or zoodles)

2 cups Massaged Kale Salad, from previous recipe in salad section

Cook noodles in stock (follow package instructions if using dried). Remove from heat.

Add 2 handfuls of leftover chicken meat

Add kale, and shredded chicken.

(Optional: Serve with sliced green olives and ground black pepper.)

recipe from Nif's Kitchen

Bread

Gluten-Free Coconut Bread

gluten-free/dairy-free

Yield: 1 small loaf

Prep time: 10 mins

Cook time: 40-50 mins

Ingredients:

6 pasteurized eggs (room temperature)

2 Tbsp of raw honey (optional but adds natural sweetness)

2 Tbsp of arrowroot powder (optional, but adds great fluffy texture to loaf)

1/2 cup of coconut oil or butter, melted

1/2 tsp of Celtic sea salt, or regular salt

3/4 cup of coconut flour, sifted

1 tsp of aluminum-free baking powder, or regular baking powder

1/4 cup of peeled and sliced or diced; bananas, or navel oranges, berries, or add anything you think would go well with the bread.

Directions:

Preheat oven to 350 degrees.

In a medium-sized bowl, combine the wet ingredients, eggs, coconut oil and honey (optional).

Once all the wet ingredients are mixed well, add the coconut flour, aluminum-free baking powder, salt, arrowroot powder (optional) and mix until the batter looks like it has no lumps.

Let the batter sit for about 5 to 10 mins.

Get a medium sized bread pan. Grease the bottom and sides well so the bread will not stick to the pan.

Transfer the batter into the bread pan, then put it into the oven for about 35-40 mins. You can get a fork or toothpick and stick it in the middle of the bread. If it comes out clean then it is done!

Let it cool in the pan for about 30 mins to 1 hour.

The best part about this recipe is that you can make it sweet, or savory. The important part about adding in whatever you want into the bread is so you can put whatever your kid likes or prefers into the bread. You can also use the bread for sandwiches, or anything that you think that would be yummy for your kid to enjoy.

recipe by Chef Annelies (Anni) van Houte

Treats

Nut Blondies

gluten-free

Prep time: 5 mins

Cook time: 20 mins

Ingredients:

2 cups Nut Butter (can sub ½ cup pepita meal)

⅓ cup honey

1 tsp baking soda

2 eggs

⅛ cup vanilla coconut yogurt

½ tsp salt

1 cup frozen blueberries

Directions:

Preheat oven to 325 degrees.

Mix by hand. Pour into greased pan, or muffin tins (cook less time if muffins).

Bake at 325 degrees for 20 mins. Try to not Eat them all!

recipe from Nif's Kitchen

Fridge Fudge

gluten-free/dairy-free

Prep time: 10 mins

Refrigerator time: around an hour

Ingredients:

9 Tbsp organic coconut oil

1 Tbsp organic coconut butter/Manna

1.5 tsp organic raw honey

1 Tbsp organic nut butter

1.5 Tbsp organic ground Flax Meal

Directions:

Whisk for at least 5 minutes, until the coconut oil is smooth, not lumpy. Pour into silicone ice cube molds (or regular, but silicone works best). Refrigerate until hardened. Enjoy!

recipe from Nif's Kitchen

Buckeyes

gluten-free

Tickle your nose with the smell of rich melted chocolate while assembling these addictive candies. Also known as peanut butter balls, the Buckeye is a confection of peanut butter fudge enrobed in chocolate, leaving a peanut butter circle on top to peak out. The candy is given this name for its striking resemblance to the nut of the Buckeye tree, found in Ohio. This luscious treat is ideal for the holidays, football season, or as a quick bite-size dessert sure to please that sweet tooth.

Variations: For those with peanut allergies, you may substitute sunflower butter for peanut butter. For those with dairy allergies, you may substitute palm shortening for butter.

Yield: 42 individual Buckeyes

Prep time: 15 mins + 30 mins to chill

Cook time: 5 mins

Ingredients:

1 ½ cups smooth peanut butter (may substitute for another nut butter)

1 cup butter (softened)

½ tsp vanilla extract

6 cups confectioners sugar

4 cups semi-sweet chocolate chips

Directions:

In a bowl, mix together peanut butter, butter, vanilla, and confectioners sugar. The mixture will look dry.

Roll into 1-inch balls and place on a sheet pan lined with parchment or wax paper.

Insert a toothpick into top of each ball, to be used later as a handle for dipping.

Chill in fridge or freezer at least 30 minutes.

Melt chocolate chips in a double boiler - bowl resting in a pan with a small amount of simmering water. Alternatively, you could microwave the chocolate, but be sure to stop and stir often to avoid scorching.

Dip peanut butter balls in chocolate, leaving a small portion of peanut butter exposed to replicate Buckeyes. Place them back on a sheet pan to refrigerate until serving.

recipe by Chef Vashti Megia

Black Bean Brownies

gluten-free

Prep time: 20 mins

Cook time: around 12 mins

Ingredients:

- 1 can of black beans, drained and dried (about 16 oz)
- 2 eggs (substitute “flax seed egg” for vegan option: 1Tbsp ground flax seed to 1 Tbsp water = 1 egg. Stir mixture and let sit aside to thicken).
- 1/4 - 1 cup sugar (sweetness depends on you! If you’re not going to add any fillings, increase the sugar)
- 3/4 cup coco powder
- 3 Tbsp coconut oil, melted
- 2 tsp vanilla
- 1/2 tsp salt
- 1/2 tsp ground cinnamon (optional)
- 1/4 tsp ground nutmeg (optional)
- Pinch of ground cloves (optional)
- 1 1/2 tsp baking powder
- 1/3 cup chocolate chips (optional)
- Other optional fillings
- White chocolate chips
- Walnuts
- Carmel drizzle on top

Directions:

Preheat oven to 350 degrees, and grease 9x13 pan with coconut oil and use baking parchment. Optional to make small cup cakes, adjust bake time accordingly.

Drain and set beans aside to dry.

If using flax seed egg substitute, prepare and set aside at this time. If not, crack eggs into a small bowl, add the vanilla, and beat gently into homogenous mixture. Set aside to reach room temp while gathering other ingredients.

Combine dry ingredients in a bowl(sugar, coco powder, salt, baking powder, cinnamon, ect...) Set aside.

Melt coconut oil in small bursts in the microwave. Set aside to cool.

Place beans in food processor, pulsing until a smooth mixture is formed, remembering to scrape down the sides regularly. The more fine the mixture, the softer the mouth feel.

Remove blended beans from processor, and mix into a bowl the beans and coconut oil, adding it slowly.

Begin to add the egg mixture slowly, alternating between adding the eggs and the bowl of dry ingredients. Folding gently until everything is combined.

Fold in chocolate chips, and any other optional fillings. (Get creative! Have fun with it!)

Pour brownie mixture into pan, spreading out and smoothing the top with the spatula.

Bake in oven until the top is no longer shiny. It may begin to crack but that’s okay! You

can make the brownie as dry or moist as you like. Start with 8-12 minutes, adding 2 minutes until you get your desired texture.

Remove from oven, cool. Cut and serve.

recipe by Chef Hayley Ouellette

More Brownies

gluten-free

Prep time: 15 mins
Cook time: 33-38 mins

Ingredients:

- 1 ½ cups white sugar
- ½ cup coconut oil
- ½ tsp salt
- 1 tsp vanilla
- ¾ cup cocoa powder
- 3 lg eggs, room temp
- ¾ cup gluten-free flour
- 1 tsp baking powder
- 1 cup chocolate chips (optional)
- 1 cup nuts (whatever you want) - toasted is always better

Directions:

Preheat oven to 350 degrees. Prepare 8x2" or 9x2" square by greasing with cooking spray (dairy free spray).

In saucepan (or microwave safe bowl), place the sugar and coconut oil and heat until melted down to a shiny sheen. Add the salt about halfway through. Take off the heat and transfer to another dish and let cool for a few mins.

Take the eggs out of the refrigerator and let come to room temp.

Sift together all of the dry ingredients.

Once the sugar has come down in temp and the eggs are at room temp, put the sugar in the mixer bowl and add the dry ingredients to the bowl. Then start adding the eggs one at a time, while adding the vanilla.

If you want to add additional things to your brownies this is where you do it. If you want to add nuts and you have raw nuts, it's better to toast/roast them before putting them in. You can add chocolate chips, who doesn't like chocolate on chocolate? If you are going for dairy free, it will have to be dark chocolate, just be careful on what kind of chocolate chips you buy. There are lots of add ins you can do and it won't increase your cooking time.

Pour it into the prepared pan, smooth out. Bake for about 33-38 mins (depending on if you did an 8x2 or 9x2).

recipe by Chef Dawn R. Shaw

Traditional Frybread with Whipped Huckleberry Butter

Essentially, Frybread is the act of Frying dough, but that's not enough to convince you to attempt this recipe. Therefore, I would like to invite you on an endeavor to explore the values of Frybread. Frybread is a traditional recipe deeply rooted in Native American culture. A simple recipe such as this can be handed down through generations, and has the ability to draw people together. Although frybread is a common Native American food, it is also usually limited to great gathering such as potlucks, pow wows, weddings, funerals, graduations, etc. This item is common enough to be an expected item on the menu; and when not present, it can be perceived as a potential cultural loss.

Growing up, Frybread would accompany large family meals such as Thanksgiving, Christmas, Easter, etc., and was a celebrated dish despite its commonality. For example, during Halloween 2017, I decided that I wanted to make Frybread as my substitute for passing out candy. I had tons of children who showed up and even had to make some recipe cards for the elders who accompanied them. It was a wonderful experience, and I encourage you to attempt this dish so that you can bring the same joy to your own family. Montanan's tend to love their huckleberries with everything, therefore the whipped butter can be made with jam or any other berries in substitute of huckleberry, Or if you fancy something lighter you can simply add a bit of honey or just leave it plain.

Yield: 8

Prep time: 25 mins

Cook time: 5 mins

Ingredients:

2 sticks butter (room temp)

¼ cup whole milk

¼ cup powdered sugar

½ cup huckleberries

4-5 cups flour

2 tsp baking powder

1 tsp salt

½ cup non-dairy creamer (optional)

1 ½ cup warm water (for precision, 110°)

3-5 cups oil

A simple alternative

4-5 cups self rising flour

1 tsp salt

1 ½ cups water

Directions:

In a medium bowl, whisk together butter, milk and powdered sugar.

Once mixture is well blended and smooth, using a rubber spatula, fold berries into butter being sure to leave some berries whole.

Cover and place in refrigerator until ready to use.

In a large bowl, combine 4 cups flour, salt, and baking powder. (For a creamier texture, you can also add ½ cup non-dairy creamer.)

Gradually stir in 1 1/2 cups lukewarm water and mix with a fork until a dough begins to form. (If dough is too sticky, add a bit of flour until surface is more smooth and tacky.)

*If using alternative method; combine self rising flour and salt.

Turn dough onto a lightly floured surface and knead until soft, but not sticky (approximately 5 mins).

Transfer to a clean bowl and cover lightly, allowing dough to rest about 10 mins.

On a lightly floured surface, divide the dough into 8 equal golfball sized portions. Pat and roll out the dough balls into roughly 6" patties, and make a small hole in the center of each patty. (Keep dough patties covered until frying time.)

In a large skillet, heat 3 cups oil over medium heat to 350 degrees.

While oil heats up, prepare a "drying rack" by placing a few paper towels on a baking sheet so that the excess oil is contained.

Once oil has reached temp, work in batches of 2-3 to fry the dough.

Fry until dough is golden brown on one side and carefully (preferably with tongs) flip the dough and allow it to become golden brown on the other side, as well.

Once golden on both sides, place Frybread onto "drying rack" and cover or place in warm oven to keep temp while you finish frying the rest of the dough.

Serve with huckleberry butter spread on top and enjoy!

Fry Bread is best served:

In a meal: topped with chili, and other taco toppings.

As a side: with soup like a roll.

As a dessert: Can be topped with butter, powdered sugar, honey, jam, fruit, or even ice-cream.

(This recipe can be made milk free if you don't include the non-dairy creamer, and whipped butter recipe).

recipe by Chef Alicia Kuntz

Chocolate Cupcakes

Yield: 15 cupcakes

Ingredients:

- 1 cup gluten-free flour
- ½ cup cocoa powder
- 1 tsp baking powder
- ½ tsp baking soda
- ½ tsp salt
- ½ tsp espresso powder
- 1 Lg eggs, room temp
- 1 cup white (granulated) sugar
- ½ cup packed light brown sugar (option: dark brown sugar)
- ¼ cup veg. (Canola) oil
- ½ hot water (boiling)
- ½ cup alternative milk product (like soy, nut, or coconut)
- ½ tsp pure vanilla extract

Directions:

Preheat oven to 325 degrees and prepare your muffin tin with your liners. Your cupcakes will release better if you spray unlined tin lightly with cooking spray.

Take out of the refrigerator the non-dairy milk and the egg and allow to come to room temp.

In one bowl sift together the dry ingredients.

In the mixer place the room temp milk, vegetable oil, egg, and vanilla. Lightly mix to incorporate the egg.

Add the dry ingredients to the wet.

When fully combined, add the hot water, slowly. You will see the batter go from thick to thin.

Whisk fast for about 1 min. to bring the batter together.

Fill the liners about ½ full, if it goes too full they will puff up too far and take too long to cook. All of them should be approximately the same size.

Bake for 20 mins.

recipe by Chef Dawn R. Shaw

Peanut Butter Frosting

gluten-free/dairy-free

Prep time: 15 mins

Ingredients:

- ½ cup vegan margarine, room temp
- 1 cup creamy peanut butter
- 3 Tbsp alternative milk (like almond, soy, or coconut), as needed
- 2 cups powdered sugar, SIFTED (as needed)

Directions:

Place the butter and peanut butter into a mixer and mix together sift in the powdered sugar (it's important to sift this, otherwise you will have lumps in your frosting and no one wants lumps in their frosting). Then, add in your milk a little at a time to begin with.

I would start with 2 tablespoons of milk and 1 cup of powdered sugar to see how you feel about the flavor of frosting, especially with what you are making it with.

If you accidentally add too much milk or too much powdered sugar or too much frosting, you add a bit more peanut butter to counteract that.

Continue to make adjustments as you like: sweeter or less sweet.

recipe by Chef Dawn R. Shaw

Vanilla Cupcakes

gluten-free/dairy-free

Prep time: 15 mins
Cook time: 19-22 mins

Ingredients:

- 1 $\frac{3}{4}$ cups gluten-free flour (spoon and leveled)
- $\frac{3}{4}$ tsp baking powder
- $\frac{1}{4}$ tsp baking soda
- $\frac{1}{4}$ tsp salt
- $\frac{1}{2}$ cup coconut oil (room temperature)
- 1 cup white sugar
- 3 lg egg whites (room temperature)
- 5 tsp pure vanilla extract
- $\frac{1}{2}$ cup non-dairy plain yogurt
- $\frac{1}{2}$ cup non-dairy milk (I used almond, but anything is a 1:1 with dairy milk)

Directions:

Preheat oven to 350 degrees. Then prepare muffin tin with liners, this may make a little bit more than 12 cupcakes, so be prepared for that.

I started by taking out all of my ingredients that needed to be brought to room temperature: eggs (and separate them, unless you purchased egg whites), yogurt, non-dairy milk, and coconut oil.

Next, get your dry ingredients together. Measure correctly gluten free flour, baking powder, baking soda, and salt. Then mix with a whisk.

You can use a stand mixer or handheld mixer to do this recipe. Once your coconut oil is at room temp (do not microwave it to liquid it cannot be too hot), mix the coconut oil until it looks smooth then add the sugar and continue mixing on medium speed until fully combined. It will look shiny.

At this point add the yogurt and non-dairy milk. I added 5 tsp of vanilla extract. (If you want your cupcakes to remain a lighter shade, you can use clear Vanilla Extract instead. They are still going to be darker because of the flour color.)

Once ingredients are fully incorporated add the dry ingredients all at once. Start on low and move medium speed. The batter may appear lumpy at first, but once the batter is mixed on medium speed for about 2-3 minutes it will smooth out.

While your batter is mixing, use a whisk (or your handheld mixer) to whip up the egg whites to a stiff peak.

Once your batter is done, add the whipped egg whites and gently fold into the batter.

Using an ice cream scoop, portion out your cupcakes into your liners to approximately $\frac{2}{3}$ full.

Bake for 19-22 min, test with a wooden toothpick (or a fork) and take out when done. Frost normally.

recipe by Chef Dawn R. Shaw

Scones

gluten-free/dairy-free

Prep time: 15 mins

Cook time: 15-20 mins + 2 hours resting time

Ingredients:

3 cups (14.75 ounces) gluten-free flour

½ cup (4 ounces) White sugar

5 tsp baking powder

½ tsp Salt

¾ cup (5.30 ounces) shortening

1 Lg egg, beaten

1 cup (8.40 ounces) alternative milk (like almond, soy, coconut)

Directions:

First take out your refrigerated ingredients, like the milk and egg.

Sift together your dry ingredients: gluten-free flour, white or raw sugar, baking powder, and salt.

Cut in your shortening, you may need to use your hands.

In a small bowl, beat your egg with your alternative milk. If you are going to add an extract, like vanilla, peppermint, orange, etc, add it to the milk and egg at this point to be combined easier into the dry ingredients.

Pour and use a bowl scraper or fork to mix gently. Do not over mix.

If you want to add fruit (you will want to use dried fruits, a frozen or fresh fruit will leech into the dough and cause the dough to need more baking time) or nuts, do it at this point.

Pre-shape the batter into a disk shape and wrap in plastic wrap for approximately 1 hr. Take out of the fridge cut in half and place on top of each other, we are creating layers. Do this a minimum of three times.

Next, cut the mixed batter into two. If you have a scale, try and make it even and then make both into a disk-like shape of approximately ¾" thick and wrap in plastic wrap then place back in the fridge for a minimum of another hour.

When set up, unwrap the dough, then loosely place the plastic back on and use a rolling pin to flatten the disk, but only to about ½ " , try to keep it roundish. You can use your hands to help with that too.

Next, use a knife to cut it like a pizza, you should make 4 cuts, making 8 pieces.

Preheat oven to 400 degrees. You can fit both disks on 1 large parchment or silpat.

Bake for 15-20 mins, or until golden brown.

recipe by Chef Dawn R. Shaw

An advanced recipe for the ambitious cook:

S'mores French Macarons

Yield: 18-25

Cook Time: 20 mins

Prep Time: 30-45 mins

Ingredients:

Cookie:

$\frac{2}{3}$ cup almond meal

$\frac{1}{2}$ cup graham cracker crumbs

1 $\frac{1}{2}$ cup powdered sugar

3 lg ea or 3 oz egg whites

$\frac{1}{3}$ cup sugar (white or raw)

Chocolate Ganache:

2.5 oz heavy cream

6 oz chocolate chips

1 tsp vanilla extract

Marshmallow Buttercream:

2 sticks (Room temp) butter

1 $\frac{1}{2}$ cups powdered sugar

One 7 oz container Marshmallow Fluff

Directions:

Cookies:

Preheat oven to 300 degrees, and line a baking sheet with parchment paper.

In bowl sift together Almond Flour, Graham Cracker Crumbs, and powdered sugar.

Whisk together egg whites

When egg whites become foamy, gradually pour in granulated or raw sugar. Whip until peaks become glossy and can hold shape on their own.

Gently fold dry ingredients into meringue mixture. (Cake batter consistency)

Transfer batter to pastry bag and pipe onto parchment lined baking sheet.

Tap pan onto counter surface to release air bubbles, and allow to sit 20-30 mins or until tacky to touch.

Bake for 20 mins.

Chocolate Ganache Filling:

In a pot, bring heavy whipping cream and vanilla to a boil.

Once cream is at a boil, immediately remove from heat and pour over chocolate chips

Stir until completely melted and smooth.

Chill to firm (Watch closely! Chocolate will firm quickly.)

Marshmallow Buttercream:

In a bowl, whisk butter. This is much easier with a handheld beater or mixer.

Add marshmallow fluff to butter and continue to beat until smooth.

Sift in powders sugar 1 cup at a time, turning mixer off in between additions.

Once all sugar is added, beat mixture on low 1 min, then switch to medium for and additional 1-2 mins or until mixture looks smooth and fluffy.

You can also use a giant marshmallow for toastiness

recipe by Chef Alicia Kuntz

Awesome Peanut Butter and Jelly Sandwich

gluten-free (if using gluten-free bread)/dairy-free

A fresh take on the peanut butter and jelly sandwich. If you were to peak in to Papa Haydn's kitchen, you will often find Jonah nibbling on this.

Prep time: 5 mins

Cook time: depends on if you have already cooked the bacon

Ingredients:

peanut butter, creamy or nutty

jelly, any kind

1 banana, sliced long ways

2 strips of bacon

1 Tbsp dried cranberries

2 slices of gluten-free, or regular bread. There is a gluten-free sandwich recipe in the "Bread" section of this book.

Directions:

Assemble ingredients onto bread and enjoy!

recipe by Chef Jonah Schaeffer
of Papa Haydn's Restaurant

Goat Cheese, Strawberry, and Basil Crostini

Prep time: 5 mins

Cook time: 6 mins

Elmer Santos is our very talented Chef de Cuisine at Papa Haydn's.

Ingredients:

Strawberries, sliced (however many you'd like)

Fresh Basil, rolled and cut into strips

1 Loaf of Baguette, or use the gluten-free bread recipe in this book

Directions:

Cut up the loaf of bread. Toast the bread slices in a pan with light oil.

When done, smear on goat cheese, add strawberries, and top with fresh basil.

recipe by Chef Elmer Santos
of Papa Haydn's Restaurant

French Toast with Apple and Cinnamon Dipping Sauce

gluten-free

John is probably the best kitchen manager I've ever met. He comes up with delicious recipes that are thoughtfully created at Papa Haydn's.

Yield: 8 servings

Prep time: 10 mins

Cook time: 10-15 mins

Ingredients:

8 slices of gluten-free white bread (bread recipe is in previous section of this book)

3 eggs

1 tsp vanilla extract

1 cup of half and half

1 cup of heavy whipping cream

3 Tbsp cinnamon, divided

3 Granny Smith apples, peeled and diced

1 1/2 cups apple cider, divided

2 Tbsp corn starch

1 Tbsp nutmeg

1/2 cup brown sugar

1/2 cup raw sugar

1 dash of salt

Directions:

Whisk eggs, cream, and half and half together. Add 1 Tbsp cinnamon, nutmeg, vanilla extract, and raw sugar to mixture. Whisk until combined.

Pour half of of apple cider in a small pot with apples, brown sugar, and remaining cinnamon. Let it cook down at medium heat until the apples are softened.

While the sauce is cooking, over medium heat, heat up butter in a non-stick pan. Then, carefully dip the gluten-free bread in the egg mixture and place in the pan. Brown on each side. Remove from pan and set aside.

Whisk the corn starch with the remaining apple cider into the small pot with the apples until it starts to thicken. Pour the sauce over the french toast. Add a dash of salt, and serve.

recipe by Chef John Rogers
of Papa Haydn's Restaurant