



## Crispy Gluten-Free Baked Chicken

**Serves 2. Prep time: 15 minutes active; 40 minutes total.**

Vegetable oil spray	1 teaspoon Dijon mustard
¼ cup whole almonds	½ teaspoon dried thyme
½ package gluten-free multigrain crackers (about 2.5 ounces)	¼ teaspoon salt
½ teaspoon paprika	¼ teaspoon pepper
1 large egg	4 boneless, skinless chicken breasts

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### Preparation

Heat the oven to 400 degrees F. Line a baking sheet with foil, then place an oiled baking rack on the foil-lined sheet. Set aside.

Put the almonds in a food processor and pulse until the nuts are finely chopped. Transfer to a medium bowl. Place the crackers in the processor bowl and pulse to make crunchy crumbs; stop before they are powdered. Transfer to the bowl with the almonds, add the paprika and toss to mix.

In another medium bowl, whisk the egg with Dijon mustard, thyme, salt and pepper. Dip each breast half in the egg mixture, then roll in crumbs, packing them on the top. Place on the oiled rack on the prepared pan.

Bake for 20 to 25 minutes, until a thermometer inserted in the center registers 165 degrees F. Let cool for 5 minutes before serving.

# Crispy Gluten-Free Baked Chicken

## Ingredient checklist

### GROCERY

- ☐ Vegetable oil spray
- ☐ Gluten-free multigrain crackers
- ☐ Dijon mustard

### BULK

- ☐ Almonds

### REFRIGERATED/DAIRY

- ☐ Egg

### MEAT/SEAFOOD

- ☐ Chicken breast

### SPICES/SEASONINGS

- ☐ Paprika
- ☐ Dried thyme
- ☐ Salt
- ☐ Pepper

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## Nutritional information per serving

700 calories	30 g. carbohydrate
27 g. fat	5 g. fiber
300 mg. cholesterol	80 g. protein
740 mg. sodium	

*The nutritional values and information provided are approximations.*



# Mixed Berry Crumble

**Serves 8. Prep time: 15 minutes active; 40 minutes total.**

- |  |                                      |
|--|--------------------------------------|
| 1 cup rolled oats                          | 2 cups fresh raspberries             |
| $\frac{3}{4}$ cup light brown sugar        | 1 cup fresh blueberries              |
| $\frac{3}{4}$ cup whole wheat pastry flour | 2 tablespoons sugar                  |
| $\frac{1}{2}$ teaspoon salt                | 1 tablespoon arrowroot or cornstarch |
| 2 teaspoons lemon zest                     | 1 teaspoon vanilla                   |
| $\frac{1}{2}$ cup unsalted butter, melted  |                                      |
| 4 cups fresh strawberries, stems removed   |                                      |

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## Preparation

Heat the oven to 400 degrees F. In a large bowl, combine the oats, brown sugar, flour, salt and zest. Add the melted butter and stir to mix. Reserve. Place the berries in a 2-quart baking dish, and sprinkle with sugar, arrowroot or cornstarch, and vanilla. Toss gently to coat, until well combined. Crumble the oat mixture over the berries in the dish. Bake for 25 minutes, or until the topping is golden and the juices are thick and bubbly all the way around the dish. Let cool on a rack for 5 minutes before serving.

# Mixed Berry Crumble

## Ingredient checklist

### PRODUCE

- ☐ Lemon
- ☐ Strawberries
- ☐ Raspberries
- ☐ Blueberries

### BULK

- ☐ Rolled oats
- ☐ Brown sugar
- ☐ Whole wheat pastry flour
- ☐ Sugar
- ☐ Arrowroot or cornstarch

### REFRIGERATED/DAIRY

- ☐ Butter

### SPICES/SEASONINGS

- ☐ Vanilla
- ☐ Salt

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## Serving suggestion

Vary the flavors by adding a teaspoon of cinnamon to the topping, or change the balance of berries in the mix. Substitute a gluten-free flour blend if you prefer. Serve this warm with a scoop of ice cream and you can't miss.

## Nutritional information per serving

270 calories	39 g. carbohydrate
12 g. fat	5 g. fiber
30 mg. cholesterol	3 g. protein
160 mg. sodium	

*The nutritional values and information provided are approximations.*



# Mushroom Swiss Burgers

**Serves 4. Prep time: 20 minutes active; 30 minutes total.**

8 ounces button mushrooms	½ teaspoon salt
½ teaspoon olive oil	½ teaspoon black pepper
1 pound grass-fed ground beef	4 slices Swiss cheese
1 large egg	4 hamburger buns
1 teaspoon Worcestershire sauce	

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## Preparation

Place half of the mushrooms in a food processor and pulse several times to mince. Place a large skillet over medium-high heat and add the olive oil, then scrape the mushrooms into the hot pan. Add the remaining mushrooms to the food processor and mince, then add to the pan. Stir, scraping the bottom of the pan, until the mushrooms are sizzling and give up their liquids. Add the Worcestershire sauce, salt and pepper and reduce the heat to medium. Stir until the pan is dry, about 5 minutes. Transfer to a large bowl and let cool.

Add the ground beef to the mushroom mixture and stir with your hands to combine. Divide the mixture into 4 equal portions and gently shape into patties. Refrigerate until time to cook.

Grill or pan-fry the patties for about 3 minutes per side. When the burgers are done, top each with a slice of Swiss cheese and let sit in the hot pan for a few seconds to melt the cheese, then serve on toasted buns.

# Mushroom Swiss Burgers

## Ingredient checklist

### PRODUCE

- ☐ Mushrooms

### GROCERY

- ☐ Olive oil
- ☐ Worcestershire sauce
- ☐ Hamburger buns

### REFRIGERATED/DAIRY

- ☐ Egg
- ☐ Swiss cheese

### MEAT/SEAFOOD

- ☐ Grass-fed ground beef

### SPICES/SEASONINGS

- ☐ Salt
- ☐ Black pepper

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## Nutritional information per serving

500 calories

24 g. fat

145 mg. cholesterol

770 mg. sodium

36 g. carbohydrate

1 g. fiber

35 g. protein

*The nutritional values and information provided are approximations.*



# Grilled Japanese Eggplant

**Serves 4 to 6. Prep time: 15 minutes active;  
30 minutes total.**

4 tablespoons red miso

4 tablespoons mirin  
(sweet rice wine)

4 tablespoons tamari

2 tablespoons brown sugar

Vegetable oil

6 medium Japanese eggplants

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## Preparation

In a small saucepan, whisk the miso, mirin, tamari and sugar. Place the pan over medium heat and whisk as the mixture comes to a boil. Cook, stirring, just to thicken slightly. Let cool.

Trim the stem ends from the eggplants and halve each lengthwise. Use the tip of the knife to cut slashes in the flesh of each eggplant, cutting almost to the skin but not through it. Brush lightly with oil. Preheat a grill pan or grill. When hot, place the eggplants on the grill, cut side down. Cook for about 3 minutes, until the eggplant is marked and softened on that side. Flip the eggplant pieces cut side up, and drizzle with the miso sauce, using a brush to spread the sauce to the edges. Cook for another 3 minutes, until the eggplant is fork tender and the sauce is bubbling. Serve hot.

# Grilled Japanese Eggplant

## Ingredient checklist

### PRODUCE

- ☐ Japanese eggplant

### GROCERY

- ☐ Mirin
- ☐ Tamari
- ☐ Vegetable oil

### BULK

- ☐ Brown sugar

### REFRIGERATED/DAIRY

- ☐ Red miso

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## Serving suggestion

These are a great izakaya-style appetizer, or chop coarsely and add to a bowl of hearty udon noodles. Make extra miso sauce, and use as a dressing for a cold grilled eggplant udon noodle salad, served with chopped scallions on top.

## Nutritional information per serving

100 calories	19 g. carbohydrate
1.5 g. fat	7 g. fiber
0 mg. cholesterol	5 g. protein
1350 mg. sodium	

*The nutritional values and information provided are approximations.*