

## Gluten-Free Blueberry Bread



*Makes: 24 servings*

*Total Time: 1 hour 8 minutes*

### **Ingredients**

2 cups light buckwheat flour or coconut flour

1 heaping cup of fresh blueberries

1 ½ cups applesauce

½ cup melted coconut oil

½ cup honey

1 tsp baking soda

### **Directions**

Combine all the ingredients in a bowl and mix carefully with a spatula until a dough is formed. Be gentle, you don't want to mash the blueberries. Put the dough into a baking dish prepared with parchment paper (or greased with a bit of oil). Cover the pan with aluminum foil and bake at 375°F for 60 minutes.

<https://www.contentednesscooking.com/gluten-free-blueberry-bread> edited by Rita Sartin

## Good Enough for Guests Green Salad



*Makes: 6 Servings*

*Total Time: 10 minutes*

### **Ingredients**

6 cups mixed salad greens, torn into bite-sized pieces (or a bag of salad greens)

1/4 cup raw walnuts chopped

1/2 small red onion, finely chopped

1 large tart green apple, chopped, or

1/4 cup dried cherries

3 tablespoons seasoned rice vinegar

2 tablespoons orange juice

### **Directions**

Combine salad greens, walnuts, onions, and apples/cherries in a large bowl. In a small bowl or cup, mix vinegar and juice. Dress the salad just before serving.

From the Rooterville Kitchen

## Easy Italian Baked Tilapia



*Makes: 4 servings*

*Total time: 20 minutes*

### **Ingredients**

4 whole tilapia fillets 6-8 ounces each

1/4 cup Italian Dressing I used Olive Garden's

1/4 cup sliced Kalamata olives

1/2 cup grape tomatoes halved

salt and pepper

### **Directions**

Preheat oven to broil. Spray a 9x13" baking pan with cooking spray and lay the fish across the bottom. Sprinkle each fillet with salt and pepper and pour the Italian dressing evenly over the fish followed by the tomatoes and olives. Place fish under the broiler and cook for 8-10 minutes or until fish flakes easily in the center when turned with a fork and tomatoes are charred.

<https://heatherlikesfood.com/easy-italian-baked-tilapia/#wprm-recipe-container-16295>

# Tropical Passion Smoothie



*Makes: 1 Smoothie*

*Total Time: 5 minutes*

## **Ingredients**

1/4 c. coconut milk

1/2 c. coconut Greek yogurt

1/2 c. mango peeled and cubed

1/4 c. unsweetened coconut flakes

1 c. frozen pineapple

## **Directions**

Add all ingredients into blender and blend until smooth. Enjoy right away while cold!

**<https://www.thecreativebite.com/tropical-passion-smoothie/>**

## Rainbow Bowls with Almond-Ginger Dressing



*Makes: 4 servings*

*Total Time: 25 minutes*

### Ingredients

- 1 red pepper, thinly sliced
- 1 large cucumber, spiralized or thinly sliced
- 1 large carrot, peeled into ribbons
- 1 cup halved cherry tomatoes, any color or variety
- 6 cups loose packed soft baby kale or spinach
- 2 cups shredded purple cabbage
- 8 to 10 basil leaves, chopped
- 2 scallions, chopped
- ½ cup edamame or protein of choice
- 2 tablespoons hemp seeds
- 8 ounces cooked brown rice noodles (more if you like a higher noodle ratio)

### Almond-Ginger Dressing

- ¼ cup almond or cashew butter
- ¼ cup fresh lime juice
- 1½ tablespoons tamari, plus more to taste
- 1 garlic clove, minced
- ½ teaspoon minced ginger
- ⅓ cup Almond Breeze Almond milk Cashew milk Original
- optional: a squirt of sriracha

### Directions

Make the dressing: In a small bowl, combine the almond butter, lime juice, tamari, ginger and garlic. Whisk until smooth. Add the Almond Cashewmilk and whisk to combine. (At this point, the dressing might taste a little salty & strong but once it's tossed with all of the vegetables, the flavors will become more balanced). Chill until ready to use. If it separates, give it a little stir before using. In a very large bowl, combine the pepper, cucumber, carrot, cherry tomatoes, kale, cabbage, basil, scallions, edamame, hemp seeds and brown rice noodles. Add the dressing and toss well so that the vegetables begin to wilt. Taste and season with more tamari, if desired.

<https://www.loveandlemons.com/rainbow-bowls-almond-ginger-dressing/>

## Lemon Butter Chicken



*Makes: 4 servings*

*Total Time: 40 minutes*

### Ingredients

- 1 1/2 pounds boneless skinless chicken breasts or thighs — or a mix!
- 1 teaspoon kosher salt
- 1/2 teaspoon ground black pepper
- 3 tablespoons unsalted butter — divided (swap ghee to make Paleo friendly)
- 1 pound green beans — ends trimmed and cut in half (or swap trimmed asparagus, cut into 2-inch pieces)
- 1 shallot — minced
- 2 cloves garlic — minced
- 1/2 teaspoon Italian seasoning
- 1 medium lemon — zest and juice, plus additional lemon slices for serving
- 1 (14-ounce) can full-fat coconut milk — do not use light or the sauce won't thicken properly
  - Chopped fresh thyme or parsley

**For serving:** Prepared brown rice Cauliflower rice Nice crusty bread Whole wheat pasta

### Directions

Place a rack in the center of your oven and preheat the oven to 375 degrees F. Season the chicken with salt and pepper. In a large, ovenproof skillet, melt 2 tablespoons of butter over medium heat. Add the chicken and sear on both sides until deeply golden brown, 10 to 12 minutes total. Transfer to a plate. Reduce the heat to medium low. Add the remaining tablespoon butter, then the green beans, shallot, garlic, and Italian seasoning. Stir to combine. Cook for 7 minutes, stirring often, until the green beans are crisp-tender. Remove from the heat. Zest the lemon into the pan, then squeeze in the lemon juice. Slowly pour in the coconut milk while stirring to combine. Return the reserved chicken to the skillet.

Place the skillet in the oven and cook for 15 to 25 minutes, or until an instant-read thermometer inserted in the thickest portion of the chicken registers 165 degrees F and the juices run clear (the cook time will vary based on the size of your chicken). Top with parsley. Serve with extra lemon wedges and rice, pasta, and/or fresh bread for mopping up the sauce, if desired. <https://www.wellplated.com/lemon-butter-chicken/>

## Baked Avocado Egg Recipe



*Makes: 6 servings*

*Total Time: 10 minutes*

### **Ingredients**

3 large Fresh avocados  
6 large Eggs  
Sea salt  
Black pepper  
1/4 cup Cheddar cheese  
2 tbsp Red bell peppers (diced finely)  
2 tbsp Chives (sliced thinly)

### **Instructions**

Preheat the oven to 400 degrees F (204 degrees C). Cut the avocados in half and remove the pits. Spoon 1.5-2 tablespoons (21-28 g) of avocado flesh out of the center, so that you have a well large enough to fit an egg. (The well needs to fit about 3 tablespoons (42 g) total.) Place the avocado halves cut side up onto a baking dish. Crack an egg into the center of each, being careful not to break the yolk. Sprinkle with sea salt and black pepper. Bake for 7 minutes. Sprinkle shredded cheese on top. Bake for 5-10 more minutes, until the eggs reach your desired doneness: Sprinkle with chives and diced bell peppers for serving.

\* Additional 5-6 min - Soft boiled

\* Additional 7-8 min - Medium

\* Additional 9-10 min - Hard boiled

<https://www.wholesomeyum.com/baked-avocado-egg-recipe/#pinit>

## Easy Fajitas



*Makes: 4 Servings*

*Total Time: 30 minutes*

### Ingredients

3 multi-colored peppers, stemmed and sliced into strips  
3 Portobello mushrooms, stemmed and wiped clean  
1 red onion, sliced into wedges  
2 tablespoons Simply Nature Avocado Oil  
2 garlic cloves, chopped  
½ teaspoon Stonemill Chili Powder, more to taste  
½ teaspoon Simply Nature Cumin  
½ teaspoon sea salt, more to taste  
Splash of balsamic vinegar  
2 limes, sliced into wedges  
Freshly ground black pepper

### For serving:

8 Flour or Corn Tortillas

Guacamole or avocado slices squeezed with lime

Pickled Jalapeños or sliced plain jalapeños

Diced tomatoes or Pico de Gallo

Cilantro

Frontera Tomatillo Salsa or Pineapple Salsa

Black beans, optional

### Instructions

Heat a grill to medium heat with a 12-inch cast-iron skillet (or grill pan) inside. Arrange the peppers on a tray and the mushrooms and onion wedges on a separate rimmed plate. In a small bowl, whisk together the avocado oil, garlic, chili powder, cumin, salt, and several grinds of pepper. Drizzle 1 scant tablespoon of the mixture over the peppers and toss to coat. Drizzle the remaining marinade over the mushrooms and onions. Drizzle the mushrooms with a splash of balsamic vinegar and use your hands to coat the mushrooms on both sides. Grill the peppers in the cast-iron pan for 8 to 10 minutes, tossing occasionally, until charred and soft. Be careful not to overfill the pan or the veggies won't char on the edges - cook them in 2 batches, if necessary. Grill the mushrooms and onion wedges directly on the grill for about 4 minutes about per side. Remove everything from the grill, using a potholder to remove the cast-iron pan. Squeeze the juice of ½ lime over the peppers and season with salt, pepper, and more chili powder, to taste. Slice the mushrooms into strips and place on a serving dish. Transfer the onions and the peppers to a serving skillet or large platter. Serve with the tortillas, guacamole, jalapeños, tomatoes, cilantro, salsa, and remaining lime wedges for serving.

<https://www.loveandlemons.com/fajitas/>



## Grilled Corn on the Cob



*Makes: 6-8 servings*

*Total Time: 13 minutes*

### Ingredients

#### Chile Lime Sauce:

¼ cup Sir Kensington's Avocado Oil Mayonnaise  
1 tablespoon olive oil  
¼ cup chopped cilantro (with stems), more for garnish  
1 tablespoon fresh lime juice, plus extra slices for serving  
⅓ serrano chile (more, to taste)  
pinch of garlic powder  
pinch of onion powder  
sea salt

#### for the corn:

4 to 6 ears of fresh corn  
feta cheese, optional  
pinch of chile powder, optional

### Instructions

In a small food processor, combine the avocado mayonnaise, olive oil, cilantro, lime, serrano, garlic powder, onion powder and a few generous pinches of salt. Pulse until combined. Chill until ready to use. Preheat the grill and clean the corn, pulling back the husks and removing the silks. Grill for about 8 minutes, rotating until char marks form on all sides. Remove from the grill and brush liberally with the sauce and remaining cilantro. Top with feta cheese and pinches of chile powder, if using. Serve with extra lime slices on the side.

### Notes

Vegan version: use Sir Kensington's Fabanaise instead of Mayonnaise

Recipe by Love and Lemons at <https://www.loveandlemons.com/grilled-corn-on-the-cob>

## Vegan Peppermint Mocha Frappuccino



*Makes: 2 drinks*

*Total Time: 3 hours chill freeze time 15 minutes prep*

### **Ingredients**

½ cup cold coffee

4 medium bananas, sliced and frozen

½ cup unsweetened almond milk

1 tablespoon unsweetened cocoa powder

¼ teaspoon pure peppermint extract

**Optional Toppings** Dairy-free whipped topping, chocolate, or your favorite toppings

### **Directions**

At least 3 hours before, or the night before, pour coffee into an ice cube tray and place in the freezer. Day of, add bananas into the blender. Blend until the bananas become crumbly. Add almond milk. Blend until smooth and creamy, scraping down the sides of the blender as needed. Add coffee ice cubes. Blend until well incorporated and smooth, again scraping down the sides of the blender as needed. Add cocoa powder and peppermint extract. Blend until smooth. Pour into two cups. Top with coconut whip, chocolate or any of your favorite toppings. Enjoy!

<https://beamingbaker.com/vegan-peppermint-mocha-frappuccino-v-paleo-gluten-free-dairy-free/>

## Cucumber and Onion Salad



*Makes: 8 servings*

*Total Time: 10 minutes*

### **Ingredients**

6 Persian cucumbers, thinly sliced

½ small red onion, thinly sliced

1 tsp. kosher salt, plus more

¼ cup unseasoned rice vinegar

2 tsp. sugar

Freshly ground black pepper

Fresh mint leaves (for serving)

### **Directions**

Toss cucumbers, onion, and 1 tsp. salt in a medium bowl. Let sit until cucumbers begin to release liquid. Gently press down on cucumbers to force out more liquid, being careful not to break apart. Remove from bowl, shaking off liquid, and place vegetables in a clean bowl. Toss with vinegar and sugar; season with salt and pepper. Top with mint.

<https://www.bonappetit.com/recipe/cucumber-and-onion-salad>

## Creamy Potato Salad



*Makes 4 to 6 servings*

*Total Time: 25 minutes*

### Ingredients

2 pounds Yukon gold potatoes, cut into ½-inch pieces  
2 celery stalks, diced  
½ cup diced red onions  
2 tablespoons capers  
4 red radishes, halved and thinly sliced, reserve some for garnish  
⅓ cup chopped chives, reserve some for garnish  
2 to 4 tablespoons fresh dill, optional  
¼ teaspoon celery seed, optional

### Dressing

¾ cup plain whole milk Greek yogurt (I like Stonyfield Grassfed)  
¼ cup mayonnaise (I like [Sir Kensington's](#))  
2 tablespoons Dijon mustard  
2 tablespoons lemon juice  
1½ tablespoons extra-virgin olive oil  
3 garlic cloves, minced  
1 teaspoon sea salt  
¼ teaspoon turmeric, optional, for color  
Freshly ground black pepper

### Instructions

Place the potatoes in a large pot and cover with cold water by about 1-inch. Bring to a boil, then reduce the heat and simmer, uncovered, until fork-tender, about 10 minutes. Drain the potatoes, set aside to cool to room temperature, then transfer to a large bowl. Make the dressing: In a medium bowl, whisk together the yogurt, mayo, mustard, lemon juice, olive oil, garlic, salt, turmeric, if using, and several grinds of pepper. Note: this will taste strong and salty at this step; it'll balance once it's mixed with the potatoes. Pour the dressing over the potatoes and stir to coat. Stir in the celery, red onions, capers, radishes, chives, and dill and celery seed, if using. Season to taste and garnish with the reserved radishes and chives.

<https://www.loveandlemons.com/potato-salad/>

## Baked Peach Almond Oatmeal



*Makes: 4 servings*

*Total Time: 50 minutes*

### Ingredients

2 cups rolled oats  
1/4 cup light brown sugar  
1/2 teaspoon salt  
1 teaspoon baking powder  
1 teaspoon ground cinnamon  
1/2 cup chopped almonds  
2 cups Almond Breeze Vanilla Unsweetened Almond Milk  
1 large egg  
3 tablespoons coconut oil melted and cooled slightly (or melted and cooled butter)  
1 teaspoon vanilla extract  
1/4 teaspoon almond extract  
1 1/2 cups chopped peaches  
Peach slices for the top optional

### Instructions

Preheat the oven to 350 degrees F. Grease an 8x8 square baking dish and set aside. In a medium bowl, mix together the oats, brown sugar, baking powder, salt, cinnamon, and almonds. In another medium bowl, whisk together the almond milk, egg, coconut oil, vanilla, and almond extract. Arrange the chopped peaches on the bottom of the prepared baking dish. Pour the oat mixture evenly over the peaches. Pour the almond milk mixture over the oats. Gently shake the baking dish to make sure the milk covers the oats evenly. If desired, add a few sliced peaches to the top of the oatmeal. It makes the oatmeal look pretty:) Bake for 40 minutes, until the top is golden and oatmeal is set. Let cool for 5 minutes and serve warm.

<https://www.twopeasandtheirpod.com/baked-peach-almond-oatmeal/#wprm-recipe-container-41426>

## Low Carb Greek Chicken Meal Prep Bowls



*Makes: 4 bowls*

*Total time: 40 minutes*

### Ingredients

- 1 lb Chicken breast (~3 cups after cooking)
- 1 1/2 tsp Sea salt (divided, plus more for brine)
- 3 tbsp Olive oil (divided into 1 tbsp and 2 tbsp)
- 1 tbsp Balsamic vinegar (optional)
- 1/2 tsp Black pepper (divided)
- 10 oz Zucchini (sliced into thin half moons, 1/4 inch thick, ~2.5 cups)
- 1/2 lb Grape tomatoes (halved, ~1 cup)
- 1/2 large Onion (cut into medium half moons, ~3/4 cup)
- 1/2 tbsp Dried dill
- 1/2 tbsp Dried parsley
- 1 tsp Dried oregano
- 1 tsp Garlic powder
- 1/4 cup Feta cheese (crumbled, optional - only if not dairy free, paleo or whole30)

### Directions

Preheat the oven to 400 degrees F. Line an extra large sheet pan with foil and grease well. Fill a large bowl with water. Add 2 tablespoons sea salt and stir to dissolve. Add the chicken and set aside to brine for 10 to 20 minutes. Meanwhile, cut the veggies - zucchini, grape tomatoes, and onions. In a small bowl, stir together the dried dill, parsley, oregano, and garlic powder. When the chicken is done brining, pat dry and place in one area of the baking sheet, close together but not touching. Use 1 tablespoon olive oil to brush the chicken on both sides. Use 3/4 tsp sea salt and 1/4 tsp black pepper to season both sides of the chicken. Sprinkle both sides with the herb mixture, using up half of it. Meanwhile, in a large bowl, toss the chopped vegetables and remaining 2 tablespoons olive oil. Add remaining 3/4 tsp sea salt, 1/4 tsp black pepper, and the rest of the herb mixture. Toss to mix well. Arrange the veggies in a single layer on the baking sheet, making sure they are not over the chicken. If using the optional balsamic vinegar, drizzle it over the chicken and veggies. (You could also mix some of it into the veggies and drizzle the rest onto the chicken.) Roast the chicken and veggies in the oven for about 20 minutes, until veggies are soft and chicken is cooked through. Remove from the oven and let the pan rest for 5 minutes. Slice the chicken and transfer to meal prep containers. Fill the rest with veggies. If you are not dairy-free, sprinkle with feta cheese.

<https://www.wholesomeyum.com/low-carb-greek-chicken-meal-prep-bowls-recipe/>

## Baked Salmon in Foil



*Makes: 2 servings*

*Total Time: 30 minutes*

### Ingredients

2 pound side of salmon — boneless (skin on or off, depending upon your preference), wild caught if possible  
5 sprigs fresh rosemary — or fresh herbs of your choice; do not use dried herbs  
2 small lemons — divided, plus extra for serving as desired  
2 tablespoons extra virgin olive oil  
1 teaspoon kosher salt  
1/4 teaspoon ground black pepper  
4 cloves garlic — peeled and roughly chopped  
Additional chopped fresh herbs — such as basil, thyme, parsley, dill, or green onion (optional)

### Directions

Remove the salmon from the refrigerator and let stand at room temperature for 10 minutes while you prepare the other ingredients. Heat oven to 375 degrees F. Line a large baking dish or rimmed baking sheet with a large piece of aluminum foil. Lightly coat the foil with baking spray, then arrange 2 sprigs of the rosemary down the middle. Cut one of the lemons into thin slices and arrange half the slices down the middle with the rosemary. Place the salmon on top. Drizzle the salmon with the olive oil and sprinkle with the salt and pepper. Rub to coat, then scatter the garlic cloves over the top. Lay the remaining rosemary and lemon slices on top of the salmon. Juice the second lemon, then pour the juice over the top. Fold the sides of the aluminum foil up and over the top of the salmon until it is completely enclosed. If your piece of foil is not large enough, place a second piece on top and fold the edges under so that it forms a sealed packet. Leave a little room inside the foil for air to circulate. Bake the salmon for 15-20 minutes, until the salmon is almost completely cooked through at the thickest part. The cooking time will vary based on the thickness of your salmon. If your side is thinner (around 1-inch thick) check several minutes early to ensure your salmon does not overcook. If your piece is very thick (1 1/2 inches or more), it may need longer. Remove the salmon from the oven and carefully open the foil so that the top of the fish is completely uncovered (be careful of hot steam). Change the oven setting to broil, then return the fish to the oven and broil for 3 minutes, until the top of the salmon and the garlic are slightly golden and the fish is cooked through. Watch the salmon closely as it broils to make sure it doesn't overcook and the garlic does not burn. Remove the salmon from the oven. If it still appears a bit underdone, you can wrap the foil back over the top and let it rest for a few minutes. Do not let it sit too long—salmon can progress from "not done" to "over done" very quickly. As soon as it flakes easily with a fork, it's ready. To serve, cut the salmon into portions. Sprinkle with additional fresh herbs or top with an extra squeeze of lemon as desired.

<https://www.wellplated.com/baked-salmon-in-foil/>

## Pumpkin Pie Smoothie



*Makes: 2 servings*

*Total Time: 15 minutes*

### **Ingredients:**

2 cups almond milk  
1 Tbsp chia seeds, ground  
1 cup organic pumpkin puree,  
unsweetened  
2 Tbsp maple syrup  
1 frozen ripe banana  
2 tsp cinnamon  
1/2 tsp ground ginger  
1/4 tsp ground nutmeg  
Pinch of unrefined sea salt

### **Directions:**

Place all ingredients in Vitamix or other powerful blender and blend until creamy.  
Option: Top with Sweet Dream Creme!

From the Rooterville Kitchen



## Asian Persuasion Coleslaw



*Makes: 4 servings*

*Total Time: 20 minutes*

### **Ingredients**

2 cups finely shredded green cabbage  
2 cups finely shredded red cabbage  
1 carrot, shredded or cut into matchsticks  
1/2 cup thinly sliced celery  
1/2 cup finely diced sweet onion  
1/2 cup minced fresh cilantro  
2 tablespoons dry-roasted peanuts  
2 tablespoons raw sesame seeds  
1/4 cup seasoned rice vinegar  
2 tablespoons apple juice  
1 tablespoon soy sauce  
1 tablespoon peeled and minced fresh ginger  
1 garlic clove, minced or pressed  
1/4 teaspoon ground black pepper

### **Directions:**

Combine the cabbages, carrot, celery, onion, cilantro and peanuts in a large bowl. Toast the sesame seeds in a heavy skillet over high heat for about 2 minutes, stirring constantly until they begin to pop and become fragrant. Cool, then grind in a blender or food processor and add to the salad. To make the dressing - combine the vinegar, apple juice, soy sauce, ginger, garlic, and pepper in a small bowl. Just before serving, pour the dressing over the salad and toss until evenly distributed. This salad is best served immediately. If you must make in advance, store the prepared veggies in a covered container for up to one day, then toss with dressing just before serving.

From the Rooterville Kitchen

## Super Moist Oven Baked BBQ Chicken



*Makes: 4 servings*

*Total Time: 1 hour 40 minutes*

### **Ingredients**

4 bone-in Chicken Breast Halves  
3 tablespoons olive oil  
1 1/2 teaspoons smoked paprika  
2 tablespoons fresh lemon juice  
3 cloves garlic minced  
1/2-3/4 teaspoon kosher salt  
pepper to taste  
1 cup favorite prepared BBQ sauce

### **Instructions**

Remove skin from chicken breast halves and place in a large ziplock bag. Combine olive oil, smoked paprika, lemon juice, and garlic in a small bowl and pour over chicken. Let chicken marinate for at least an hour, up to 24 in the fridge. Preheat oven to 350 degrees Remove chicken from bag and place on a baking sheet. Season with salt and pepper. Bake for 20 minutes and brush a layer of BBQ sauce on the chicken. Return to the oven and repeat brushing with BBQ sauce every 5 minutes until the chicken is cooked through, about 15 to 20 minutes longer. Chicken is done when it reaches an internal temperature of 165 degrees F when read with a thermometer inserted into the thickest part of the breast.

<https://heatherlikesfood.com/super-moist-oven-baked-bbq-chicken/>

## Classic French Toast



*Makes: 4 Servings*

*Total Time: 22 minutes*

### Ingredients

#### Macerated Berries

2 cups diced strawberries

½ cup frozen raspberries, thawed, with their juices

Pinches of cane sugar

#### French Toast

4 eggs

1 cup almond milk (or any milk)

1 teaspoon cinnamon

¼ teaspoon cardamom

Pinch of sea salt

8 (1-inch) slices challah bread\* (see note)

Coconut oil, for brushing

Maple syrup, for serving

### Directions

Make the macerated berries: In a medium bowl, combine the strawberries, raspberries, and a few pinches of sugar. Set aside for 10 minutes for the berries to soften. Stir before serving.

Make the French toast: In a large bowl, whisk together the eggs, milk, cinnamon, cardamom, and salt. Dip each slice of bread into the mixture and set the soaked bread aside on a large tray or plate. Heat a non-stick skillet to medium heat and brush with coconut oil. Add the bread slices and cook until golden brown, about 2 minutes per side. Reduce the heat to low as needed to cook thoroughly without burning. Serve with maple syrup and the macerated berries.

### Notes

\*To make dairy-free french toast, use ciabatta bread.

Recipe by Love and Lemons at <https://www.loveandlemons.com/french-toast/>

## Veggie Chow Mein



*Makes: 4 servings*

*Total Time: 30 minutes*

### **Ingredients**

8 ounces soft lo Mein noodles (or fettuccine)  
1 tablespoon dark sesame oil  
6 scallions, thinly sliced  
4 garlic cloves, minced  
2 tablespoons fresh ginger, minced  
1 red bell pepper, cut in thin strips  
1 green bell pepper, cut in thin strips  
2 celery ribs, 1/4-inch slices  
1/2-pound button mushrooms, halved  
2 teaspoons cornstarch  
3/4 cup vegetable broth  
3 tablespoons liquid aminos or low sodium soy sauce  
2 tablespoons dry sherry  
1 tablespoon fresh lemon juice

### **Directions**

Cook the noodles until tender and drain well. Heat the sesame oil in a no-stick skillet or wok, then add the scallions, garlic and ginger and stir fry 1 minute, until tender-crisp. Add celery, peppers and mushrooms and stir fry 3-4 minutes more. Stir in the pasta and cook about 1 minute, until lightly crisp. Combine the rest of the ingredients in a small bowl with rest of oil. Stir into to the skillet mixture and cook for 1 minute until thickened.

From the Rootersville Kitchen

## Grilled Red Snapper with Green Beans and Lime



*Makes: 4 servings*

*Total Time: 35 minutes + 2 hours marinating time*

### Ingredients

3 Tbsp. plus  $\frac{1}{4}$  cup extra-virgin olive oil, divided; plus more for grill  
1 small shallot, thinly sliced into rings  
4 Tbsp. fresh lime juice, divided  
 $\frac{1}{2}$  tsp. plus 1 Tbsp. light brown sugar  
Kosher salt, freshly ground pepper  
4 skin-on red snapper fillets (about 5 oz. each)  
8 oz. green beans, trimmed  
2 Tbsp. crushed salted, dry-roasted peanuts  
5 tsp. fish sauce

### Directions

Prepare a grill for medium-high heat; lightly oil grate. Mix shallot, 1 Tbsp. lime juice, and  $\frac{1}{2}$  tsp. brown sugar in a small bowl to combine; season with salt and pepper. Set aside. Pat fish dry with paper towels and season all over with salt and pepper. Toss green beans with 1 Tbsp. oil on a rimmed baking sheet; season with salt and pepper. Grill beans, turning often (be careful not to let them fall through the grate), until softened and charred in spots, about 2 minutes. (To keep the green beans from falling through the grate, place a wire rack crosswise on the grill to create smaller squares and extra insurance.) Transfer to a platter. Pat fish dry again and rub fillets with 2 Tbsp. oil. Gently place on grate, skin side down, and grill, undisturbed, until flesh is opaque except for the thickest part, 6–8 minutes. Carefully slide a thin metal spatula underneath fillet, trying not to tear skin, and turn over; grill 1 minute longer. Place, skin side up, on platter with green beans. Whisk fish sauce, remaining  $\frac{1}{4}$  cup oil, remaining 3 Tbsp. lime juice, and remaining 1 Tbsp. brown sugar in a small bowl until sugar is dissolved. Drizzle over fish and beans and scatter shallot mixture over. Let marinate at least 15 minutes and up to 2 hours. Cover and chill if holding longer than 30 minutes. Bring to room temperature before serving. Top with peanuts just before serving.

<https://www.bonappetit.com/recipe/grilled-red-snapper-with-green-beans-and-lime>

