

Tomato Jam V gf

- ✍ 6 tomatoes
- ✍ 2 tbsp lemon juice
- ✍ 1 tbsp olive oil
- ✍ 1c chopped onion
- ✍ 2 cloves garlic, minced
- ✍ 1 tsp dry cinnamon
- ✍ ¾ c sugar in the raw
- ✍ 2 tbsp fresh thyme
- ✍ ¼ tsp minced jalapeno pepper
- ✍ Salt and pepper
- ✍ (optional herbs, dill, basil, oregano)

Bring a large pot of water to a boil on your stove top. Prepare a large mixing bowl with ice water and set aside. Take your tomatoes and mark the bottoms with an X using a sharp knife, and then plunge them into the boiling water for 30 seconds, or until you see the skin start to peel up. Remove tomatoes from boiling water and place right into ice water. Let tomatoes sit in cold water for 5 minutes.

Remove from water and peel skin off. Chop skinned tomatoes into chunks and set aside. (You also have my permission to skip this step and leave the skins on- just remove the core, rough chop them and proceed to step 2)

Step 2- In a large pot on stovetop, heat oil and sauté onion and garlic for 4-5 minutes. Add in tomatoes, lemon juice, sugar, hot pepper, thyme, any desired optional herbs, salt and pepper. Simmer, cover off, for about an hour until liquid has thickened and you have something that looks like... Jam. **Stir frequently during this process to prevent sticking/burning.** Keeps in a sealed jar in your fridge for about 10 days.

Corn cakes with fresh veggies and goats cheese v gf

- ✍ 3 ears corn, cooked and cut off the ear.
- ✍ 1c chopped bell peppers, any color/variety
- ✍ 1c diced tomato, seeds removed
- ✍ 2-3 tbsp fresh goats cheese
- ✍ ½ red onion, minced
- ✍ 2 cloves garlic, minced
- ✍ 1 egg
- ✍ 1/4c flour of choice
- ✍ 1 tsp baking powder
- ✍ ¼ tsp salt

Begin with preheating a large sauté pan or cast iron pan if you have one. Lightly oil your cooking surface. Let this begin to warm up over medium heat while mix your chopped ingredients up. Mix all of your ingredients in a mixing bowl and mix well. Add water as needed to help flour make a pancake like batter to hold everything together. You might want more or less flour depending on what type of flour you are using. If using a gluten free flour, you will want to add a binder such as a bit of potato flour, or xanthium gum. Spoon like pancakes onto your heated pan and cook evenly on both sides, about 3 minutes on each side.

(Best served with Tomato Jam on top)

Zucchini Linguini V gf

- ✓ 1 large zucchini
- ✓ 1 large yellow squash
- ✓ 1 c cherry or plum tomatoes
- ✓ 4 cloves garlic, minced
- ✓ 1/4c fresh basil
- ✓ 1/4c olive oil
- ✓ 3c fresh leaf spinach

Slice zucchini and yellow squash in half and remove seeds from center. Proceed to slice squash into long thin strips, like linguini. Steam until soft, about 3-5 minutes. Start with the yellow squash and steam that for an extra couple of minutes because the skin is harder and needs a little more cook time.

In the meantime, sauté garlic over medium heat in 2 tbsp of the olive oil for about 4 minutes, until browned. Set aside.

In a blender or food processor, puree remaining oil with the basil and garlic.

Fine chop spinach and cut tomatoes in half.

When squash is soft, remove from heat. Toss with garlic, olive oil/basil/garlic combination. Gently toss in spinach and tomatoes.

Serve warm.

Roasted beets with goats cheese v gf

- 📏 3 med or 2 large beets
- 📏 1/2c firm goats cheese (Usually sold as a "button" or "log")
- 📏 Fresh basil

Preheat oven to 350

Wrap your beets separately in foil and bake for just about 15 minutes to loosen up the juices but still leave them fresh and crisp. Allow to cool and slip off the skin. Slice into thin rounds, no more than ¼ inch thick. Lay out in a single layer on a platter to cool completely.

Slice goat cheese into thin slices about the same size as the beet. I find this goes more smoothly if I have a firm cheese and I put it in the freezer for about 20 minutes before slicing.

When beets have cooled top each slice of beet with a slice of cheese.

Mince your basil and sprinkle on top.

Ready to go!

Quinoa and Kale burgers v gf

(You can really use any cooked grain that you have around, but I love it with quinoa)

- ✓ 1 ½ c cooked quinoa
- ✓ ½ c cooked garbanzo beans
- ✓ 1 c steamed kale, ripped into small pieces. (see go-to greens)
- ✓ 2 tbsp olive oil
- ✓ 2 tbsp tomato paste
- ✓ 1 tbsp wheat free tamari
- ✓ 2 tbsp fresh chopped basil
- ✓ ½ tsp dry ground cumin
- ✓ ½ c shredded carrot
- ✓ ¼ c minced sweet bell pepper
- ✓ 1 free range egg
- ✓ salt

In a food processor, pulse together steamed kale with cooked garbanzo beans and olive oil. When they have blended together nicely put the mixture into a large mixing bowl. Add in quinoa and tomato paste and mix gently with a wooden spoon to get everything mixed together. Add in basil, tamari, cumin, carrot, pepper, salt and egg and mix well. You might mix with your hands at this point.

Form into patties and cook on a griddle or sauté pan over medium high heat for about 4 minutes on each side, until golden brown.