

Gluten-Free & Allergen-Free Recipes

# DINNER



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Thanks to Enjoy Life for making this eCookbook series possible!

# Beef Stroganoff

## Ingredients

- 1 lb. hanger steak or filet mignon
- Rice flour, for dusting
- 1 tsp. garlic powder
- ½ yellow onion, thinly sliced
- ½ - ¾ lb. mixed mushrooms
- 2 Tbsp. white wine
- ⅓ cup gluten-free beef broth
- 1 cup béchamel (see recipe on following page)
- 2 cups cooked gluten-free noodles
- 2 Tbsp. minced parsley

Makes 4 servings.



## Directions

1. Slice the meat into 2"x1" strips. Lightly dust in the rice flour and sprinkle with the garlic powder.
2. Heat a pan over medium for a minute and then add a light drizzle of oil. Brown the meat quickly and remove from pan.
3. In the same pan, sauté the yellow onion and mixed mushrooms for 8-10 minutes until the mushrooms are golden brown.
4. Add the white wine and cook for a minute.
5. Add the beef broth and the béchamel (see recipe on following page) and cook over low heat until you have a nice sauce.
6. Gently stir the meat back into the pan with the sauce and warm for 2-3 minutes. Taste for seasoning and add more salt or more garlic powder as needed.
7. Evenly split the noodles between four plates. Top with the Stroganoff meat and mushroom sauce and sprinkle with the minced parsley.

Click [here](#) to watch an instructional cooking video.

# Béchamel Sauce

## Ingredients

- 3 Tbsp. allergy-friendly butter substitute
- 4 Tbsp. rice flour
- 2½-3 cups unsweetened, plain rice milk
- ½ tsp. salt

Makes approximately 3 cups.

## Directions

1. Melt the allergy-friendly butter in a medium saucepan.
2. Sprinkle in the rice flour and whisk together for 1-2 minutes.
3. Slowly drizzle in 2½ cups of the rice milk and continue whisking over medium heat until sauce is thickened. Add more milk if you would like a thinner sauce.
4. Season with salt and use right away or store in fridge up to 4-5 days until ready to use.

# Lemony Sweet Potato Stuffed Chicken Roulade



## Ingredients

- 2 medium boneless, skinless chicken breasts
- 1 large shallot, minced
- ½ cup grated sweet potato
- 2 cloves garlic, minced
- 1 cup chopped baby spinach
- ⅓ cup crushed Enjoy Life Foods Garlic and Parmesan Plentils
- 1 tsp. dried oregano
- 1 Tbsp. nutritional yeast
- 1 tsp. flax meal or chia meal and 2 Tbsp. warm water
- Zest and juice from ½ lemon
- 2 Tbsp. minced fresh chive
- Big pinch salt

Makes 2 servings.

## Directions

1. Preheat oven to 350°.
2. Cut chicken breasts two-thirds through, lengthwise (horizontally). You can also ask your butcher to do this. Open up the chicken and you should have a nice big piece. Lay it on a piece of plastic wrap and then cover the top with a large piece of plastic wrap. Using a rolling pin, gently hit the chicken until it is about ½" thick. Season with salt and pepper and set aside.
3. Heat a medium oven-safe fry pan and add a swirl of oil. Sauté the minced shallot for 4-5 minutes, until lightly golden. Add the sweet potato and sauté another few minutes. Add 2 Tbsp. water to the pan and cook until it is evaporated.
4. Add the garlic and spinach to the pan and sauté another 1-2 minutes. Remove from heat. Scoop into a bowl and add the crushed Garlic and Parmesan Plentils, dried oregano, nutritional yeast, flax-water mix, lemon zest and juice and the minced fresh chive. Mix until evenly combined, add salt and taste for seasoning.
5. Lay the pounded chicken open and flat and split the sweet potato mixture evenly between the two pieces. Spread over the breast and, starting at one end, roll up the chicken breast and secure with three pieces of cooking twine or toothpicks. Sprinkle the outside with rice flour.
6. Heat the frying pan over medium, add a swirl of oil and lay the filled chicken breasts in the pan. Brown on all sides and then place in the 350° oven (in the pan) for another 10-12 minutes until cooked through. Slice and enjoy!

# Chicken Thighs with Dark Chocolate Molé Sauce

## Ingredients

- 1¼ lb. boneless, skinless chicken thighs
- 1 Tbsp. chili powder
- ¼ tsp. chipotle powder
- ½ tsp. ground cumin
- ¼ tsp. ground cinnamon
- 3 garlic cloves, pushed through garlic press
- 8 oz. tomato sauce
- ½ cup gluten-free chicken broth
- 3 Tbsp. Enjoy Life Foods Dark Chocolate Morsels
- 1 Tbsp. creamy sunflower seed butter

Makes 4 servings.



## Directions

1. Warm a medium sauté pan and add 1 Tbsp. olive oil. Warm another 30 seconds until the oil is hot, then lay the chicken thighs in the pan. Brown on each side, about 3 minutes per side, then move to a plate.
2. Add another 1 Tbsp. olive oil and pour in the chili powder, chipotle powder, ground cumin, ground cinnamon and the pressed garlic cloves. Stir until fragrant, about 1 minute, then add the tomato sauce and chicken broth. Whisk to combine and bring to a simmer.
3. Whisk in the Dark Chocolate Morsels and the sunflower seed butter until mixed in, then lay the chicken thighs back into the pan, nestle in the sauce and add any juices that have accumulated on the plate.
4. Turn heat to medium-low and cover. Simmer for 15-20 minutes until the chicken is cooked through. Serve over rice and garnish with avocado slices and minced cilantro.

# Margherita Chicken Sauté



## Ingredients

- 1 pt. grape or cherry tomatoes
- 1 shallot, thinly sliced
- 1 Tbsp. olive oil
- ½ tsp. salt
- ¼ cup white wine
- 3 boneless, skinless chicken breasts
- ¼ cup brown rice flour
- 1 tsp. garlic powder
- 1 tsp. salt
- 4 cups baby spinach olive oil
- 10 fresh basil leaves, chopped
- 20 Garlic & Parmesan Plentils Crunchy Lentil Chips

Makes 4 servings.

## Directions

1. Preheat oven to 375°.
2. Place the tomatoes, sliced shallot, 2 Tbsp. olive oil, ½ tsp. salt and ¼ cup white wine in small oven-safe, metal fry pan or an 8" x 8" glass baking dish.
3. Stir to coat tomatoes and place in the oven.
4. Roast for 30 minutes, stir and roast an additional 10 minutes.
5. While the tomatoes are roasting, prepare the chicken by slicing in half lengthwise to create 6 thin cutlets.
6. Mix together the ¼ cup brown rice flour, 1 tsp. garlic powder and 1 tsp. salt.
7. Sprinkle over both sides of the chicken cutlets, gently rubbing it in with your fingers.
8. Preheat a large sauté pan over medium heat.
9. Add a light coat of olive oil and heat another 30 seconds.
10. Lay the chicken in the pan and cook until lightly browned on each side, about 5 minutes.
11. Move to plate. In the same pan, add another light coating of olive oil and then the spinach all at once.
12. Using tongs, turn the spinach until it begins to wilt, about 2-3 minutes total.
13. To serve, place the spinach on the bottom of a serving platter. Arrange the chicken on top.
14. Generously spoon the tomatoes and pan juices of the over the chicken and sprinkle the basil leaves over.
15. Lastly, sprinkle with the crushed Garlic & Parmesan Plentils Crunchy Lentil Chips.

# Personalized Individual Pizza

## Ingredients

- 1 box Enjoy Life Foods Pizza Crust
- 1 jar pizza sauce
- Toppings of your choosing!

Makes 2 10" pizzas.



## Directions

1. Prepare pizza crusts according to packaging instructions.
2. Evenly spread pizza sauce on top of the pizza crust and add toppings of your choosing!
3. Bake at 425° for an additional 10-15 minutes and serve.