

Gluten-Free & Allergen-Free Recipes

LUNCH



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Thanks to Enjoy Life for making this eCookbook series possible!

Curry Chicken Bowl with Millet Beach Bash Pilaf

Ingredients

- 1 cup Enjoy Life Foods Beach Bash Seed and Fruit Mix
- 2 Tbsp. curry powder
- 1 yellow onion, finely diced
- 6 carrots, finely diced
- 2 cloves garlic, minced
- 4 small chicken breasts, diced
- 3 cups steamed millet
- 1 bunch green onions, thinly sliced
- 2 handfuls baby spinach, lightly chopped
- ½ cup minced cilantro
- 1 lime

Makes 4 servings.



Directions

1. Add the Beach Bash Seed and Fruit and curry powder into a large non-stick sauté pan. Warm over medium heat until curry is toasted and fragrant and coating the Beach Bash. Move to small bowl.
2. Add a large splash of olive oil to the same sauté pan. Add the diced yellow onion and carrots and sauté 3-4 minutes until lightly softened.
3. Add the minced garlic and diced chicken breasts to the pan and sauté until chicken is opaque and cooked through, about 7-8 more minutes. Add another little glug of olive oil and the steamed millet and green onions, stir to combine and sauté another 5-6 minutes until millet is lightly toasted.
4. Remove pan from heat, add back the curry toasted Beach Bash, and then add the chopped baby spinach and minced cilantro. Finish with a squeeze of lime juice and additional salt, if needed.

Walking Tacos



Ingredients

- 4 .8 oz. bags of Plentils (Enjoy Life Foods Sea Salt or Enjoy Life Foods Margherita Pizza flavors preferred)
- ½ small yellow onion
- 1 carrot
- 1 small zucchini
- ¾ lb. ground beef or ground turkey
- Your favorite allergy-friendly taco seasoning mix
- Assorted toppings: your favorite allergy-friendly cheese shreds, shredded lettuce, chopped tomato, avocado, cilantro

Makes 4 servings.

Directions

1. Gently crush the Plentils in the bags, open the top and set aside.
2. Place the yellow onion, carrot and zucchini in the bowl of a food processor. Pulse until finely chopped.
3. Preheat a medium non-stick skillet. Add a light swirl of olive oil and add the chopped vegetables. Sauté until softened and all the water has been cooked off. Add the ground beef and continue to sauté with the vegetables until the ground beef is no longer pink.
4. Add the taco seasoning mix (adding any water the package instructions direct you to) and simmer over low for about 5-10 minutes.
5. Now the fun part—assemble! Everyone gets a bag of the crushed Plentils, then divide the meat mixture between each bag and top with desired toppings. Grab a fork and dig in!

Black Bean-Cilantro Burgers

Ingredients

- ½ onion
- 1 carrot
- 1 zucchini
- 2 cloves garlic
- 1½ cups black beans, rinsed
- 1 Tbsp. flax meal or chia meal mixed with 3 Tbsp. hot water
- ¼ cup BBQ sauce
- 2 Tbsp. tomato paste mixed with 2 Tbsp. water
- 1 cup crushed Light Sea Salt Lentils, divided
- ¼ cup minced cilantro
- 1 avocado, thinly sliced

Makes 4 burgers.



Directions

1. Preheat oven to 375°.
2. Chop the ½ onion, 1 carrot, 1 zucchini and 2 cloves garlic in the bowl of a small food processor.
3. Preheat a medium sauté pan. Add 1 Tbsp. olive oil and heat 1 minute. Add the chopped vegetables and sauté 5-6 minutes until softened.
4. Add the black beans to the bowl of the food processor and pulse until roughly chopped. Remove half to a medium sized bowl and keep the remaining half in the food processor.
5. Add the flax meal-water mixture, BBQ sauce and tomato paste-water mixture to the beans still in the food processor bowl. Puree until smooth. Scoop into bowl with the reserved beans. Add the sautéed vegetables, half of the Sea Salt Lentils and the minced cilantro. Mix to combine. Your mixture should feel like very wet sand. Add more crushed Lentils or a more BBQ sauce as needed to achieve this texture.
6. Divide mixture into 4 portions. Roll each portion into a 2" thick patty and press each side into the reserved crushed Lentils to create a "crust." In the same nonstick sauté pan you used for the vegetables, add a touch more oil and lightly brown the burgers on each side for 3-4 minutes. Place on a parchment lined baking sheet and continue cooking through in the oven for 10 more minutes.
7. Top with sliced avocado and extra BBQ sauce. Enjoy!



Garlicky Veggie and Turkey Stuffed Peppers



Ingredients

- 10 sun-dried tomatoes
- 6 bell peppers
- 1 yellow onion
- 1 zucchini, finely diced
- 3 cloves garlic, minced
- ¼ cup white wine
- ¼ cup gluten-free chicken stock
- ½ cup cooked millet
- 1 cup finely ground Garlic & Parmesan Lentils Crunchy Lentil Chips
- ½ lb. ground turkey thigh
- ½ cup tomato sauce, divided
- ¼ cup minced fresh basil or 2 Tbsp. dried basil

Makes 6 stuffed peppers.

Directions

1. Preheat oven to 350°.
2. Place sun-dried tomatoes in a heat-safe bowl.
3. Pour boiling water to cover the tomatoes completely. Let them soak for at least 30 minutes.
4. Drain, reserving liquid, and slice the tomatoes.
5. Slice the tops off the peppers, discard the stem, but keep the flesh of the top. Dice finely. Set the peppers off to the side.
6. Preheat a large sauté pan over medium heat. Add a little olive oil, and then the diced yellow onion and the diced pepper tops. Sauté 6-7 minutes.
7. Add the zucchini and garlic and sauté for 1 more minute.
8. Pour in the white wine and stir, scraping up any bits that stick to the pan.

(Recipe continued on next page.)

9. Add the sliced tomatoes into the pan along with the chicken stock and a sprinkle of salt. Cover with a lid, turn the heat to low and simmer for 5 minutes.
10. Pour the vegetable mixture into a large bowl. Add the cooked millet, ground Garlic and Parmesan Plentils Crunchy Lentil Chips, turkey thigh, half of the tomato sauce and the basil.
11. With a large spoon (or your hands), mix together until evenly combined. If mixture looks dry, add some of the reserved tomato-soaking water until it is slightly moist.
12. Press the turkey-vegetable mixture into the cavity of the peppers. Cover with the remaining tomato sauce.
13. Place the peppers in a small casserole dish and pour in 1" water. Cover dish with foil and place in the oven. Bake for 35-40 minutes, until a thermometer inserted into the center of the turkey mixture reads 165°.

Triple Tomato Panzanella

Ingredients

- 1 pint grape tomatoes
- 4 heirloom tomatoes, cut into 8 slices each
- ¼ cup oil from jar of oil-packed sun-dried tomatoes
- ¼ cup white balsamic vinegar
- 1 bag Enjoy Life Foods Margherita Pizza Lentils
- 1 handful of fresh basil (about ½ cup loosely packed)
- Dash of salt and pepper

Makes 6 servings.



Directions

1. Preheat oven to 400° and line a rimmed baking sheet with parchment paper. Toss grape tomatoes lightly with olive oil, salt and pepper. Roast for 18–20 minutes until softened and lightly browned. Remove and cool.
2. Gently mix together the heirloom tomatoes, roasted and cooled grape tomatoes, oil, white balsamic vinegar and Margherita Pizza Lentils.
3. Roughly tear basil into large pieces and add to the salad. Finish with a sprinkle of salt. Let sit about 20 minutes to allow the Lentils to soften and the flavors to marry.