

GLUTEN-FREE

 *on a Dime*



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GSSC Gold Award Project

Gluten Free Hacks

- 1. Pasta** - Gluten free pasta can be expensive, so buy it when it is on sale. Sometimes you can find gluten free pasta at a lower price at discount grocery chains like Lidl or Aldi. I've even found some at Ocean State Job Lot. Also, only cook it for the person who is gluten free. The rest of the family can eat regular, gluten pasta. You can use the same pasta sauce as the rest of the family as long as it is gluten free, which many pasta sauces are.
- 2. Corn Starch** - Corn starch can be substituted as a thickener for sauces and stews. When the recipe calls for flour, use half the amount of corn starch.
- 3. Spices** - Gluten free food doesn't have to be boring. Use spices to add flavor to recipes. You can find spices inexpensively by shopping the store brands. Badia is a brand found in supermarkets that is less expensive than even store brands. Also Lidl, Aldi, and Trader Joe's carry spices that cost less than the grocery store. Some to have on hand are: Basil, Oregano, Garlic Powder, Thyme, Chili Powder, Cumin, and Paprika.
- 4. Bread** - Gluten Free bread can be expensive so buy it on sale. It freezes well, so keep it in the freezer and only take out the amount you need. Corn tortillas are gluten free and are an inexpensive way to make a sandwich into a wrap. Be sure to choose CORN tortillas. The flour ones are not gluten free unless they are labeled as such. Grocery stores have them in the aisle with the taco kits and sometimes on a separate rack with wraps.

Reading Labels and the Hidden Gluten Ingredient Watch List

Be careful to read labels. Not all labels identify gluten. Here are some things to watch for. First, look to see if wheat is listed as an allergen.

Wheat is not the only ingredient with gluten. Here are other ingredients to look for:

Rye
Barley
Malt (anything with malt in the name: flavoring, extract, malted milk...)
Semolina
Farro
Oats (unless they specifically say “gluten free oats”)
Spelt
Kamut
Couscous
Bulgur
Durum

Some Foods that might surprise you sometimes have gluten

Some Salad Dressings
Some mustards
Soy Sauce
Teriyaki Sauce
Some Candy

Some Frozen Fries/Potatoes
Some Cereals
Beer, malt liquor, wine coolers
Some processed foods

Always check the labels to be sure.

Chili with or without Meat

Ingredients

1lb ground beef **OR** a half a pound **OR** no meat and add an extra can of beans instead
1 bell pepper, chopped (fresh, frozen or jarred)
1 onion, chopped
1 TBSP chopped garlic (about 4 cloves)
1 TBSP canola oil
1 can of chicken **OR** beef broth
1 14 oz can of tomatoes (crushed or diced)
2 cans of beans (any combination of kidney, black, or pinto)
2 to 3 TBSP of Chili Powder
1 can of corn or 1 cup of frozen corn (optional)
1 TBSP of Ground Cumin (optional)
2- 4 shakes of tabasco sauce or ¼ tsp of red pepper flakes (optional)
Salt and pepper to taste

Instructions

1. In a deep saucepan, brown the ground beef (if using) in the oil. Add onion, garlic, and bell pepper. Cook until softened, about 5 minutes.
2. Add broth and tomatoes. Bring to a boil, then reduce to a simmer for about 20 minutes.
3. Add beans. Cook for about 10 more minutes.

Serve with a side of rice.

Serves 4

Rice and Beans

Ingredients

- 1 bell pepper, chopped (fresh, frozen or jarred)
- 1 onion, chopped
- 1 TBSP chopped garlic (about 4 cloves)
- 1 TBSP canola oil
- 1 14 oz can of diced tomatoes
- 1 cup of rice
- 1 can of chicken broth
- 1 cup of water
- 1 can of black or pinto beans (rinsed)
- 1 TBSP of paprika
- Salt and pepper to taste

Instructions

1. In a deep saucepan, add oil, onion, garlic, and bell pepper. Cook until softened, about 5 minutes.
2. Add tomatoes. Bring to a boil.
3. Add paprika, salt, and pepper.
4. Add rice, stir, reduce to a simmer and cover until the liquid is absorbed.
5. Add beans

Serve with shredded cheese and tortilla chips (optional).

Serves 4

Chicken Soup with Rice

Ingredients

4 cans of chicken broth
1-2 TBSP canola oil
1 onion, chopped
1 carrot, chopped
1-2 celery stalks, chopped
½ cup rice

Salt and pepper to taste

**Make your own broth
instead of using cans!**

After you have cooked a
chicken, wrap what's left
after you carve it in
cheesecloth and boil it for
1-2 hours.

Instructions

1. In a large pot, add oil, onion, carrots and celery. Cook until onions are translucent, about 5 minutes.
2. Add broth and bring to a boil.
3. Add rice.
4. Serve when vegetables are tender.

Serves 4

Vegetable Soup

Ingredients

2 cans of chicken broth
2 cups of water
1-2 TBSP canola oil
1 8 oz. can tomato sauce
1 onion, chopped
1 carrot, chopped
1-2 celery stalks, chopped
1 can of beans (any kind)
1 can of chickpeas (optional)
½ cup - 1 cup each of any vegetables you have
½ tsp basil
½ tsp oregano
Salt and pepper to taste

Possible Vegetable Options

Canned, frozen, or fresh corn
Canned, frozen, or fresh green beans
Canned, frozen, or fresh peas
Canned, frozen, or fresh spinach

Instructions

1. In a large pot, add oil, onion, carrots and celery. Cook until onions are translucent, about 5 minutes.
2. Add tomato sauce, basil, oregano, salt, and pepper.
3. Add broth and water. Bring to a boil, then lower heat.
4. When vegetables are tender, add the vegetables.
5. Simmer for 10 minutes

Serves 4

******DO NOT substitute condensed tomato soup for the tomato sauce. Condensed tomato soup is NOT gluten free!******

Cheeseburger Stuffed Baked Potato

Ingredients

4 medium russet potatoes (about 8 ounces each)
8 ounces cooked ground beef, warmed
½ cup shredded iceberg lettuce
½ cup diced tomato
¼ cup sliced red onion
4 teaspoons shredded cheese

Directions

1. Pierce potatoes all over with a fork. Microwave on Medium, turning once or twice, until soft, about 20 minutes. (Alternate method: bake potatoes at 425°F until tender, 45 minutes to 1 hour.) Let cool so you can handle them.
2. Make a lengthwise cut to open the potato, but don't cut all the way through. Pinch the ends to expose the flesh.
3. Top each potato with beef, lettuce, tomato, red onion and cheese.

Serve warm.

Oven Roasted Chicken and Potatoes

Ingredients

2 medium sweet potatoes, cut into 1-inch pieces
1 medium russet potato, cut into 1-inch pieces
1 medium yellow onion, chopped
1 tablespoon canola oil
2 teaspoons chopped fresh rosemary or ½ tsp dried rosemary
2 teaspoons chopped fresh thyme or ½ tsp dried thyme
Salt and pepper
2 pounds chicken drumsticks and/or thighs
6 tablespoons sour cream or plain yogurt (optional)
2 teaspoons lemon juice (optional)

Directions

1. Preheat to 450°F. Coat a rimmed baking sheet with cooking spray.
2. Toss sweet potatoes, potato, onion, oil, ½ the rosemary, ½ the thyme, 1/2 teaspoon pepper and 1/4 teaspoon salt in a large bowl. Spread evenly on the prepared pan.
3. Add chicken to the bowl and sprinkle with remaining herbs, 1/4 teaspoon pepper and 1/4 teaspoon salt.
4. Place the chicken on top of the vegetables. Roast the chicken and vegetables on the bottom rack, stirring once, until an instant-read thermometer inserted in the thickest part of a drumstick without touching bone registers 165°F and the potatoes are tender, about 30 minutes. Move the pan to the upper rack and turn the broiler to high. Broil until the chicken starts to brown, about 3 minutes.

Chicken and Rice

Ingredients

1 bell pepper, chopped (fresh, frozen or jarred)
1 onion, chopped
1 TBSP chopped garlic (about 4 cloves)
2 TBSP canola oil
1-2 chicken breasts or thighs
1 14 oz can of diced tomatoes
1 package of seasoned yellow rice
Water (as per the rice package instructions)
1 can of peas or 1 cup of frozen peas
Salt and pepper to taste

Substitution Options

If you don't have yellow rice, substitute 1 ½ cups of white rice, one can of chicken broth and 1 ½ cups of water.

For a vegetarian option, just leave out the chicken.

Instructions

1. Cut the chicken into strips or dices. Season with salt and pepper and in a deep frying pan or saucepan, saute in 1 TBSP of the oil.
2. Add 1 TBSP of oil, onion, garlic, and bell pepper. Cook until softened, about 5 minutes.
3. Add tomatoes. Bring to a boil.
4. Add rice and broth or water. Stir, reduce to a simmer and cover until the liquid is absorbed.
5. Add peas, cover, and cook for 5 minutes or until peas are hot.

Serves 4

Chicken (or Vegetable) Cacciatore over Polenta

Ingredients

1-2 chicken breasts or thighs
1 onion, chopped
1 TBSP chopped garlic (about 4 cloves)
2 bell pepper, chopped (fresh, frozen or jarred)
2 TBSP canola oil
1 14 oz can of diced or crushed tomatoes
1-1 ½ tsp of rosemary or thyme or oregano
1 can of chicken broth
1 ½ tbsp red wine vinegar
1 c. corn meal
4 c. water
1tsp salt

Vegetarian Substitution Options

Substitute the chicken with other vegetables like eggplant, zucchini, mushrooms or anything else you have. You can add these with the chicken as well.

Instructions

Cacciatore

1. Season chicken with salt and pepper and in a deep frying pan or saucepan, brown in 1 TBSP of oil.
2. Add onion, garlic, and bell pepper. Cook until softened, about 5 minutes.
3. Add tomatoes, herbs, and vinegar.
4. Add any additional vegetables of your choice.
5. Add 1 cup of broth and let simmer. If the pot dries out, add more broth.

Polenta

1. Bring 4 cups of water to a boil.
2. Slowly add corn meal while whisking
3. Reduce heat to simmer and whisk for 5 minutes.
4. Cover and cook whisking periodically.
5. Polenta is finished when it is too thick to whisk.

Serves 4

Fried Rice

Ingredients

2 c. water
1 c rice
3 TBSP vegetable oil
2 eggs, beaten (optional)
2 cloves garlic, chopped
1-2 TBSP ground ginger or to taste
½ c shredded carrots
½ red pepper, fresh, frozen, or jarred
4 scallions or a small onion, thinly sliced
½ c. peas, frozen or canned
¼-⅓ c **GLUTEN FREE** soy sauce***

(Soy sauce is NOT gluten free, look for one labeled as gluten free)

Add-ins

You can add in leftover chicken, beef, or pork. If it is raw, add it in between steps 1 and 2. If it is cooked, add it with the rice and peas. You can also add in any other vegetables you want like zucchini, more peppers or mushrooms.

Instructions

1. Bring water to a boil, add rice, reduce heat and cover. Cook until tender and water is absorbed, about 15 minutes. Put aside to cool slightly.
2. Heat a large, deep skillet. Add 1 TBSP of oil. Add eggs and scramble. Move to to sides of the pan when done.
3. Add more oil, garlic, carrots, pepper, scallions/onion, ginger and cook for two minutes.
4. Add rice, peas, and stir in the eggs.
5. Add soy sauce and stir-fry another minute.

Serves 4

Chicken Tenders

Ingredients

1 pound of chicken tenders
1 egg
Splash of milk
1 c. corn meal
Garlic powder
Salt and pepper

Cooking Options

You can pan fry or oven bake the tenders. You can also use an air fryer.

Instructions

1. In a shallow bowl, beat the egg, milk, garlic powder, salt and pepper.
2. Place the corn meal on a plate.
3. Dip the tenders in the egg mixture, then the cornmeal and put on a plate.
4. Cooking Method 1 - Pan Fry - Add oil to a pan and fry the tenders, turning once, until browned and cooked through.

Cooking Method 2 - Oven Bake - Place foil on a baking sheet, grease the foil with cooking spray, place the tenders on the sheet, spray with cooking spray. Bake at 400° for about 15-20 minutes, until browned and cooked through.

Serve with fries or tater tots. Most brands are gluten free, but read the label to be sure.

Black Bean Salad with Chili-Lime Chicken

Ingredients

½ - 1 pound of chicken sliced
1-2 TBSP Chili powder
1-2 TSP Ground Cumin
½ c oil.
2-3 TBSP lime juice

1 can black beans, rinsed
1 c. corn (canned or frozen)
2 small tomatoes, chopped
1/2 bell pepper, finely chopped
2 cloves garlic, chopped
¼ c oil
2-3 TBSP lime juice
Salt and pepper to taste

Note

Vegetarian option: Leave out the chicken.
This salad is great all on its own. To add bulk, toss in some cooked white or brown rice.

Instructions

1. In a shallow bowl, combine oil, lime juice, garlic, chili powder, cumin. Add chicken, and let marinate while you prepare the salad.
2. If using frozen corn, thaw, then add to a large bowl. Add beans, tomatoes, pepper, garlic, oil, lime juice, salt and pepper and stir. Add cooked rice if using.
3. Remove the chicken from marinade and brown in a skillet.
4. Serve the chicken over the salad.

Serves 4.

Chicken Piccata

Ingredients

½ - 1 pound of chicken sliced
1 small onion, chopped
2 cloves of garlic, chopped
2 TBSP oil and 2 TBSP butter OR 4 TBSP oil
2-3 TBSP lemon juice
¼ c white cooking wine (optional)
1 TBSP corn starch
1-2 c. chicken broth
1 c frozen or canned peas
Salt and pepper to taste

2 c Cooked white rice OR one package of gluten free pasta cooked al dente

Instructions

1. Season chicken with salt and pepper. In a deep skillet, brown the chicken on both sides in the oil and butter. Remove when done.
2. Add onions and garlic and saute until soft.
3. Add wine and lemon juice. Whisk in corn starch to thicken the mixture.
4. Add 1 cup of broth and the chicken back to the pan.
5. Lower the heat and simmer as the sauce thickens. Add more broth as needed.
6. Add peas.
7. Serve over rice or gluten free pasta if you have it.

Serves 4.

Winter Vegetable Stew

Ingredients

2 TBSP Oil

3 Cloves of Garlic, smashed or chopped

1 onion - chopped

1 can of chick peas or kidney beans (drained)

1 can (28 oz) diced tomatoes

1-2 cups of chicken or vegetable broth

1 ½ tsp of ground cumin

1 tsp of rosemary

Salt and pepper to taste

ANY combination of vegetables (chopped) such as: mushrooms, zucchini, eggplant, potatoes, butternut squash, sweet potatoes, carrots

Instructions

1. In a medium pot over moderate heat, add the oil and cook the garlic and onions 2-3 minutes.
2. Add the other vegetables and saute for 5 minutes.
3. Add the tomatoes, seasonings, and 1 cup of broth..
4. Bring to a boil, then lower the heat and simmer for 10 minutes. Add more broth if it is too thick.

Serve over rice or polenta (see recipe in this book)

Mushroom Quesadillas and Black Bean Salsa

Ingredients

2 TBSP Oil

1 8 oz. can of mushrooms or 1 small package of fresh mushrooms

1 tsp of dried thyme

CORN tortillas (**NOT** flour)

2 c shredded cheddar or other cheese

2 TBSP oil

1 small onion, chopped

2 cloves garlic, chopped

1 jalapeno pepper, seeded and chopped (optional)

1 can of black beans (rinsed)

1 can of corn or 1 c. frozen corn

½ c barbeque sauce

Salt and pepper to taste.

Instructions

1. In a medium skillet, add oil, mushrooms, salt, pepper, and thyme and saute 10 min. Remove from heat and transfer mushrooms to a plate.
2. Return the skillet to the stove, add oil, onions, garlic, jalapeno and saute 2-3 minutes. Add beans and corn, barbeque sauce, and salt and pepper. Remove from heat.
3. In a griddle, cook 2 tortillas for one minute, turn them over. Add cheese and mushrooms to one tortilla, then cover with the other tortilla. Flatten with a spatula. Cook the filled quesadilla 30 seconds to one minute more on each side.
4. Serve with salsa.

Summer Lentil Salad

Ingredients

3 cups water
1 cup brown lentils (uncooked and rinsed)
2 TBSP lemon juice
1 TBSP red wine vinegar
1 tsp mustard
1 tsp granulated sugar
Salt and pepper to taste
2 TBSP vegetable oil
½ cucumber-small dice
1 bell pepper-small dice
10 oz cherry tomatoes - halved
¼ cup feta cheese - crumbled (optional)
5 oz fresh or frozen spinach
2 green onions

Instructions

1. Bring 3 cups of water to a simmer in a medium pot. Add the rinsed lentils. Let the pot return to a simmer and place a lid tilted on top. Allow the lentils to simmer for about 15 minutes until lentils are tender. Drain the lentils in a colander and rinse with cold water to cool.
2. While the lentils are cooking, make the vinaigrette. Whisk the lemon juice, red wine vinegar, mustard, sugar, salt, and pepper in a small bowl until combined.
3. While constantly whisking, slowly pour the oil into the bowl until smooth. Set aside.
4. To make the salad, in a large bowl, add the cooked lentils, cucumbers, bell pepper, and cherry tomatoes. Fold until combined.
5. Add the feta, spinach, and green onions, then fold again.
6. Drizzle the salad with the vinaigrette and fold to combine.

Winter Lentil Soup

Ingredients

2 TBSP vegetable oil
1 carrot - diced
1 stalk celery - diced
1 small onion -chopped
2-3 garlic cloves - chopped
6 cups water
1 bag dried lentils
1 chicken bouillon cube
Salt and pepper to taste

Instructions

1. In a large stockpot, saute the carrots, celery, onions, and garlic in the oil until soft.
2. Add the lentils, bouillon cube, salt, pepper and water. Bring to a simmer and cover. Cook about 30 minutes, stirring occasionally until the lentils are tender.

Meatloaf

Ingredients

- 1 pound Ground Beef
- 1 cup Parmesan Cheese, grated
- ½ cup onion, diced
- 1 egg
- ¼ cup Ketchup for mixing with beef
- ⅓ cup Ketchup for spreading on top of loaf
- ½ teaspoon Salt
- ½ teaspoon Ground Pepper

Serve with
roasted potatoes,
fries, mashed
potatoes, rice or
salad.

Instructions

1. Preheat oven to 400 degrees F. Line a loaf pan with aluminum foil for easy removal of the meatloaf after it is cooked.
2. Mix all ingredients (except the ⅓ cup Ketchup reserved for the top) together in a large bowl with a fork or with hands.
3. Put in the loaf pan and bake for 35-45 minutes. Add the remaining ketchup to the top and cook an additional 15 minutes.
4. Remove from the oven and let sit for 5 minutes before serving.

Serves 4

Breakfast for Dinner

Eggs and Roasted Potatoes

Roasted Potato Recipe

Ingredients

3 tablespoons vegetable oil
1 large onion, quartered and thinly sliced
1 medium clove garlic, finely minced
6 medium potatoes, cut into 1/2-inch pieces
1 teaspoon ground paprika
Salt and pepper to taste

Make the eggs
and bacon or
ham any way you
like them.

Instructions

1. In a deep skillet, add oil and saute onion until tender. Add garlic.
2. Add potatoes, paprika, 1/2 to 1 teaspoon salt and pepper. Cover the pan and cook for about 10 to 15 minutes, or until potatoes are just tender. Uncover and increase the heat to medium-high. Continue cooking for about 8 to 10 minutes, occasionally turning, until the potatoes are golden brown.

****Note** - To cook the potatoes faster, microwave them for 3-5 minutes before adding them to the pan.

Serves 4-6

Grain Bowls

Step 1: Choose a Grain

½ cup white rice, brown rice or quinoa (rinsed to remove bitterness)
1 c water

Combine grain and water, bring to a boil, then cover and reduce to a simmer until water is absorbed. 15-20 minutes

Step 2: Choose a Protein - any of the following

½-1 c of chicken or whatever leftover meat you have
½ - 1 cup cooked lentils (dry lentils cooked to package instructions)
½-1 cup of beans (any variety)
1 hard boiled egg, sliced

Step 3: Add vegetables

Add any vegetables you have. Corn, spinach, tomatoes, peppers, mushrooms, olives....

Step 4: Choose a Dressing or Sauce

Add ¼ c of hummus, plain yogurt, Tzatziki sauce, a salad dressing, or oil and vinegar.

Add all the ingredients to a bowl and enjoy!

Broccoli Cheese Casserole

Ingredients

1 tablespoon unsalted butter or oil
1 cup onion, chopped
4 cloves garlic, minced
3 1/2 cups cooked brown rice
1 cup unsalted chicken broth
1/2 cup sour cream or plain yogurt
2 tablespoons mayonnaise
1 teaspoon mustard
Salt and pepper to taste
3 tablespoons cornstarch
3 cups broccoli florets(fresh or frozen and thawed), cut into bite-size pieces
1 cup shredded extra-sharp Cheddar cheese

Instructions

1. In a deep skillet, saute the garlic and onion in the oil until soft. Add rice, stirring to coat and break up clumps.
2. Whisk broth, sour cream, mayonnaise, mustard, salt and pepper in a bowl until smooth. Whisk in cornstarch. Add the mixture to the pan; stir to combine. Stir in broccoli; let the mixture come to a boil. Cover, reduce heat to medium and cook until the broccoli is bright green and tender, about 7 minutes. Remove from heat; sprinkle with cheese.
3. Transfer the skillet to the oven; broil until the cheese has melted, about 2 minutes. Serve hot.

Serves 4

Lentils and Rice with Fried Onions (Mujadarrah)

Ingredients

¼ cup oil
1 large white onion, sliced into rings
1 package dried lentils
1 cup uncooked white rice
salt and pepper to taste
¼ cup plain yogurt or sour cream (Optional)

Instructions

1. Saute the onions in the oil about 10 minutes, until browned. Remove from heat, and set aside.
2. Place lentils in a medium saucepan with enough lightly salted water to cover. Bring to a boil, reduce heat, and simmer about 15 minutes.
3. Stir rice and enough water to cover into the saucepan with the lentils. Season with salt and pepper. Cover saucepan, and continue to simmer 15 to 20 minutes, until rice and lentils are tender.
4. Mix half the onions into the lentil mixture. Top with yogurt or sour cream and remaining onions to serve.

Serves 4

Five Spice Stir Fry Over Rice

Ingredients

- 1-2 cups of cooked white rice
- 1 can of low sodium beef broth
- ½ - 1 pound of beef, chicken, or pork cut in bite-sized pieces
- 2 green bell peppers, cut into bite-sized pieces
- 1 medium onion, chopped
- 2 TBSP **GLUTEN FREE** Tamari Soy Sauce
- 2 TBSP cornstarch
- 1 tsp Chinese 5-spice powder
- Black pepper to taste

Make vegetarian by using
tofu instead of meat or
adding in other vegetables
like carrots, squash,
snowpeas, or canned or
fresh mushrooms.

Instructions

1. Prepare rice.
2. Heat oil in a deep skillet and add the beef, chicken, or pork.. Stir fry for about 3 minutes.
3. Add peppers and onions to the pan. Stir fry for about 2 minutes.
4. Add soy sauce.
5. Dissolve the cornstarch in the beef broth, then add it to the pan.
6. Add the Five- Spice and the pepper.
7. Cook until sauce thickens enough to coat the back of the spoon.

Serve over the rice.

Serves 4

Stuffed Peppers

Ingredients

1-2 cups of cooked white rice
1 small onion, chopped
2 cloves of garlic, chopped
½-1 pound ground beef
1 14 oz can/jar of tomato sauce
1 tsp dried basil
1 tsp dried oregano
4 bell peppers, any color, cored, seeded and cut in half lengthwise
½ c of shredded parmesan or mozzarella
Salt and pepper to taste

Instructions

1. Heat oil in a deep skillet, add the peppers on medium-high heat 3-4 minutes on each side until tender. Place the pepper halves, hollow side up, in a 9x12 inch baking pan lined with foil.
2. Brown the ground beef. Add onion and garlic until onion is translucent.
3. Combine beef, cooked rice, salt, pepper, basil, and oregano and most of the tomato sauce. Reserve some sauce to put on top of the peppers at the end.
4. Fill the peppers with the rice mixture and top with the remaining sauce and the cheese.
5. Melt under the broiler to melt the cheese 3-5 minutes.

Serves 4-6

Chicken Scarpariello

Ingredients

4 TBSP oil
4 Chicken Thighs
4 Italian Sausage Links (optional)
4 cloves Garlic, minced
1 small onion, chopped
3-4 Hot Cherry Peppers in Oil, sliced or bell peppers (jarred or fresh)
and a pinch of red pepper flakes
1 cup Chicken Stock or Broth
2 tbsp Red Wine Vinegar
1 lb Potatoes, cut in 1-inch pieces
Salt and Pepper to taste

Instructions

1. Preheat your oven to 425°F. Put potatoes in a 9x12 baking dish lined with foil or a glass baking dish with 2 TBSP oil and put in the oven to brown.
2. While the potatoes cook, season the chicken thighs with salt and pepper.
3. In a large skillet, on medium heat, add remaining 2 TBSP of oil and the Italian sausage links and cook until browned on all sides, about 5 minutes. Remove the sausage from the skillet and set aside.
3. In the same skillet, add the chicken thighs, skin side down, and cook until golden brown, about 5-6 minutes. Flip the chicken thighs and cook for another 5 minutes. Remove the chicken from the skillet and set aside. Add additional oil if necessary.
4. Add the garlic and onion to the skillet and cook for 1-2 minutes. Stir in the peppers, chicken stock, and red wine vinegar. Bring the mixture to a simmer, scraping up any browned bits from the bottom of the skillet.
6. Transfer all ingredients to the pan with the potatoes and bake for 15-20 minutes, or until the chicken is cooked through and the potatoes are tender.

Serves 4

Tuna Cakes and White Beans

Ingredients

Tuna Cakes

2 6oz cans tuna, drained
2 tablespoon cornstarch
2 beaten eggs
2 TBSP mayonnaise
2 TBSP mustard
1 tsp dry dill or parsley
Salt and pepper to taste
¼ cup oil

White Beans

2 TBSP oil
2 cloves of garlic, minced
1 small onion, chopped
2 cans Cannellini beans, rinsed and drained
1 roasted red pepper (jarred or roasted at home), chopped
1 tsp rosemary or thyme
1 tsp parsley
Salt and pepper to taste

Instructions

1. Break up tuna, cornstarch, eggs, salt, pepper, parsley or dill, mayonnaise and mustard in a medium bowl. Form the mixture into 6 patties.
2. Preheat the frying pan over medium-high heat. Add oil to the pan and slowly add tuna cakes in one layer. Cook the tuna cakes for 3-4 minutes per side until golden. Once the tuna cakes are done, let them rest on a paper towel-lined plate for a minute.
3. In a large skillet, saute the garlic and onion in the oil until onion is soft.
4. Add beans and red peppers and heat through for 2-3 minutes. Stir in salt, pepper, and rosemary or thyme and parsley.

Serves 4