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Gluten Free

Dinner

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P.F. Chang's Lettuce Wraps

The Girl on Bloor



4 servings



30 minutes

INGREDIENTS

- 1 tbsp sesame oil
- 1 lb shiitake mushrooms, *finely chopped*
- 1 lb ground chicken
- 1 pinch salt
- 1 yellow onion, diced
- 4 cloves garlic minced
- 1 tbsp freshly minced ginger (or 1 tsp dried)
- 2 tbsp tamari
- 2 tsp sriracha (optional)
- 1 (227mL) can water chestnuts, *finely chopped*
- 1/2 cup matchstick carrots
- 4 green onions, sliced
- 1 head romaine or Boston leaf lettuce



INSTRUCTIONS

1. Heat sesame oil in a large frying pan over med-high heat. Add mushrooms and cook for 4-5 minutes until juices start to release, then add chicken, season with a pinch of salt, and break up with a slotted spoon, cooking for 2 minutes until lightly browned.
2. Add onions, garlic, ginger, soy sauce, sriracha, water chestnuts and carrots, mixing all together and sauteing until chicken is fully cooked, about 8-10 minutes. Remove from heat and stir in green onions.
3. Add chicken mixture to lettuce leaves then serve and enjoy!

NUTRITIONAL INFORMATION

Calories 366

Fat 20g

Protein 31g

Sugars 6g

Carbohydrates: 15g

Coconut Curry Zoodle Ramen

Modern Proper



4 servings



20 minutes

INGREDIENTS

- 1 tbsp red curry paste
- 2 tbsp yellow curry powder
- 1 tbsp sesame oil
- 1 tbsp garlic, minced
- 1 tbsp fresh ginger, minced
- 4 cups vegetable Stock
- 2 cans full-fat coconut milk
- 1 bunch green onions, thinly sliced, divided
- 8 oz mushrooms sliced (crimini or shiitake)
- 2 limes, juiced
- 1 bell pepper, thinly sliced
- 1 tsp salt
- 6 cups zoodles (about 3 medium zucchini)
- 2 cups red cabbage shredded
- sesame seeds, optional



INSTRUCTIONS

1. In a medium sized pot set over medium heat, whisk the red curry paste, yellow curry powder, sesame oil, garlic and ginger until fragrant, about 2 minutes.
2. Add the stock, coconut milk, white and light green parts of green onion (reserve the dark green parts for garnish), mushrooms, lime juice, bell pepper and salt. Bring to a boil. Boil for 2 minutes.
3. Add the zucchini noodles and stir until noodles are incorporated. **
4. Divide the ramen into 4 bowls, garnish with remaining green onion tops, red cabbage and sesame seeds.

NUTRITIONAL INFORMATION

Calories 320

Fat 22g

Protein 11g

Sugars 9g

Carbohydrates: 24g

One Pan Chicken & Rice

DownShiftology



5 serving



1 hr 5 mins

INGREDIENTS

CHICKEN

- 5 chicken thighs, skin-on and bone-in
- 2 tablespoons olive oil

MARINADE

- 2 lemons, juiced and zested
- 2 teaspoons Dijon Mustard
- 3 garlic cloves, minced
- 1 teaspoon dried oregano
- 1 teaspoon dried thyme
- 1/2 tsp salt
- 1/4 tsp black pepper
- 1 tablespoon olive oil

RICE

- 1 yellow onion, diced
- 2 cups baby spinach, lightly packed and roughly chopped
- 2 garlic cloves, minced
- 1 teaspoon dried oregano
- 1 cup long grain white rice
- 2 cups chicken stock
- 1/2 teaspoon salt
- 1/4 teaspoon black pepper
- chopped parsley, for garnish
- lemon zest or slices, for garnish



INSTRUCTIONS

1. **Marinade:** Add all of the marinade ingredients to a bowl and stir together.
2. Place chicken thighs in a glass dish, pour marinade over the chicken, and turn each piece to coat. Cover dish and marinate chicken in the fridge for at least 30 minutes and up to overnight.
3. **Cook the Chicken & Rice:** Preheat your oven to 350 degrees F. In a large ovenproof skillet, heat 2 tablespoons olive oil on medium-high heat. Add chicken thighs skin-side down and cook until skin is golden brown, about 5 minutes. Reserve the leftover marinade as you'll add that back in later.
4. Flip the chicken and cook another 5 minutes. Remove chicken thighs from skillet and set aside.
5. Use your tongs to scrape and remove any browned bits, and bunch up a couple of paper towels to soak up some fat from the pan, but not all. Reserve a little bit of grease to cook the onions.
6. Add the diced onions and stir for 1-2 minutes, or until they start to become translucent.
7. Add the chopped spinach, garlic, oregano, salt, pepper, and reserved marinade. Stir for another 30 seconds or until the spinach starts to wilt.
8. Add the rice to the skillet, and stir well to coat the rice with the oil.
9. Pour the chicken stock into the skillet and stir well. Bring this to a simmer on the stove.
10. Arrange chicken thighs on top of the rice, then cover the skillet and place in the preheated oven. Bake for 35 minutes. Remove the lid, return the skillet to the oven, and bake until chicken is cooked through and rice is tender, about 10 minutes more.
11. Let the chicken and rice rest for 5 to 10 minutes. The rice will look really dark as the spinach and onions rise to the surface. Just fluff the rice up with a fork to mix everything back together before serving.
12. Top with chopped parsley and grilled lemon slices or fresh lemon zest.

NUTRITIONAL INFORMATION

Calories 336

Fat 6g

Protein 11g

Sugars 1g

Carbohydrates: 57g

Picadillo

Modern Proper



6 servings



1 hr 15 mins

INGREDIENTS

- 1 tbsp extra virgin olive oil
- 1 lb ground beef, 80/20
- 1 small yellow onion, diced
- 4 garlic cloves, roughly chopped
- 1 bell pepper, cored and finely chopped
- 1 large carrot, grated
- 1 tsp sea salt
- 2 tsp chili powder
- 1 tsp dried oregano
- 2 tsp cumin
- 1/2 tsp cinnamon
- 2 tbsp tomato paste
- 2 cups chicken stock
- 1 large russet potato, peeled and 1/2 inch diced
- cooked rice for serving
- warm tortillas for serving
- fresh cilantro for serving
- jalapeño peppers slices for serving



INSTRUCTIONS

1. Heat olive oil In a large skillet set over medium high heat, cook the beef with the onions, garlic, bell pepper and carrots until meat is browned, about 8 minutes.
2. Add in the salt, chili powder, oregano, cumin, cinnamon and tomato paste mix for 30 seconds until incorporated.
3. Add in the chicken stock and potatoes, mix to combine. Turn the heat up to high and bring to a simmer. Reduce the heat to medium-low and cook until potatoes are tender and the mixture has completely thickened, about 20 minutes.
4. Serve with cooked rice or warmed tortillas, fresh cilantro and peppers if you want extra heat.

NUTRITIONAL INFORMATION

Calories 236

Fat 7g

Protein 25g

Sugars 3g

Carbohydrates: 16g

Cauliflower Pizza Crust

Downshiftology



4 servings



40 minutes

INGREDIENTS

Cauliflower Pizza Crust

- 1.5 pounds cauliflower, florets
- 1/2 cup shredded cheese, or 1/3 cup soft cheese
- 1 egg, beaten
- 1 teaspoon Italian seasoning
- salt and pepper, to taste

Pesto Chicken Pizza

- 1/3 cup pesto sauce
- 1/2 cup Shredded chicken
- 3/4 cup mozzarella cheese, shredded
- 2 cups (packed) baby spinach
- 2 garlic cloves, minced

Margherita Pizza

- 1/3 cup marinara sauce
- 4 oz mozzarella ball, sliced
- fresh basil leaves
- red pepper flakes (optional)



INSTRUCTIONS

1. Preheat your oven to 400 degrees Fahrenheit. Remove the cauliflower florets from the stem or use frozen and thawed cauliflower florets. Grate them using a food processor or box grater.
2. Add the cauliflower rice to a microwave safe bowl, cover, and microwave for 4-5 minutes to soften. Alternatively, you could saute the cauliflower rice in a pan on medium heat on the stove for 8-10 minutes. Then let it cool to the touch.
3. Transfer the cauliflower rice into a nut milk bag or thin kitchen towel. Drain the cauliflower by squeezing it until all the excess moisture is out. Squeeze as hard as you can!
4. Place the drained cauliflower rice in a large mixing bowl. Add the cheese, egg and seasonings. Use your hands to mix everything together to form the pizza dough.
5. On a parchment lined baking sheet, press the dough down into an even circle. The diameter should be around 9 inches. If you have a pizza stone, that's even better and will produce a crispier crust.
6. Bake for 25 minutes, or until slightly golden, then remove from oven. You could also bake for 20 minutes and flip the crust over, then bake an additional 5-10 minutes for an even crispier crust.
7. Add the toppings and bake for an additional 10 minutes.

NUTRITIONAL INFORMATION

Calories 177

Fat 11g

Protein 13g

Sugars 4g

Carbohydrates: 10g