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Gluten Free

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Mediterranean Chickpea Salad

Downshiftology



8 servings



10 minutes

INGREDIENTS

2 15-ounce cans chickpeas, drained and rinsed

1 large cucumber, diced

1 red bell pepper, diced

2 cups cherry tomatoes, halved

1/4 cup red onion, diced

4 oz feta cheese, crumbled

1/4 cup finely chopped parsley

lemon vinaigrette, as much or as little as you'd like

- 1/3 cup olive oil
- 1/4 cup lemon juice
- 1 teaspoon Dijon mustard
- 1/2 teaspoon honey, or maple syrup
- 1 garlic cloves, minced
- salt and pepper, to taste



INSTRUCTIONS

1. Vinaigrette: Add all of the ingredients to a small bowl and whisk together.
2. Add all of the ingredients to a mixing bowl.
3. Pour the lemon vinaigrette over the salad and give it a gentle stir.
4. Transfer the salad to a large bowl and serve.

NUTRITIONAL INFORMATION

Calories 300

Fat 14g

Protein 12g

Sugars 8g

Carbohydrates: 34g

Quinoa Deli Salad

Eating Well



1 serving



10 minutes

INGREDIENTS

3 cups coarsely chopped Bibb, Boston, or butterhead lettuce

¼ cup thinly sliced red bell pepper

2 tablespoons red-wine vinaigrette, divided

¼ cup cooked quinoa

½ cup canned low-sodium chickpeas, rinsed

¼ cup drained canned artichoke hearts, quartered

1 slice low-sodium deli ham, diced (1 oz.)

2 tablespoons shredded low-moisture, part-skim mozzarella cheese (1/2 oz.)



INSTRUCTIONS

1. Toss lettuce and pepper with 1 Tbsp. plus 1 tsp. vinaigrette and place on a 9-inch plate.
2. Toss quinoa and chickpeas with the remaining 2 tsp. vinaigrette and place on top of the lettuce and pepper. Top with artichokes, ham, and mozzarella.

NUTRITIONAL INFORMATION

Calories 404

Fat 20.6g


Protein 17.9g

Sugars 7.3g

Carbohydrates: 38.7g

Black Bean & Plantain Arepa Sandwich

Minimalist Baker

 6 servings

 30 minutes

INGREDIENTS

Arepas

- 6 large arepas (or you could sub corn tortillas)

Plantains

- 2 large ripe and spotty plantains, peeled
- 1 Tbsp oil

Black beans

- 1 15-ounce can black beans, slightly drained
- 1/2 tsp ground cumin
- 1 Pinch sea salt

Guacamole

- 2 ripe avocados
- 2-3 Tbsp lime juice
- 1/4 tsp sea salt (plus more to taste)
- 1/4 cup diced onion
- 2 Tbsp chopped cilantro

For serving (optional)

- Cabbage
- Cilantro
- Habanero Hot Sauce (or other hot sauce)



INSTRUCTIONS

1. If you haven't already prepared your arepas, which take about 30 minutes (not included in prep time), do that now.
2. Preheat oven to 400 degrees F (209 C). Peel your plantains and slice on a diagonal into 1/2-inch pieces. Then add to a parchment-lined baking sheet and toss with oil. Arrange into an even layer and bake for about 15-20 minutes or until golden brown and caramelized. Toss near the 10-minute point to ensure even baking.
3. In the meantime, add (slightly drained) black beans to a small saucepan and heat over medium heat until bubbly and hot. Season with cumin and salt and stir to combine. Then turn heat off and set aside (cover to keep warm).
4. Lastly, prepare guacamole by mashing avocado in a small mixing bowl and adding lime, salt, onion, and cilantro. Stir to combine, and taste and adjust flavor as needed. Add more salt for saltiness, lime for acidity, or onion for crunch. Set aside.
5. You're ready to serve. Slice your hot arepas in half (or cut a "pita pocket" and stuff). Add guacamole, beans, plantains, and any other desired toppings, such as Habanero Hot Sauce, cabbage, or cilantro!
6. Best when fresh. Store leftovers (separate from each other) in the refrigerator up to 3 days.

NUTRITIONAL INFORMATION

Calories 459

Fat 12g

Protein 9g

Sugars 9.8g

Carbohydrates: 81.1g

Hibachi Steak Lettuce Wraps

Unbound Wellness



4 servings



20 minutes

INGREDIENTS

For the mustard sauce

- 1/2 cup paleo mayo
- 2 tbsp coconut aminos
- 1 tbsp ground mustard (dried)
- 1 tbsp honey
- 1 tsp garlic powder

For the steak lettuce cups

- 1 lb sirloin steak
- 1 tsp sea salt
- 1/4 tsp black pepper
- 1 tbsp avocado oil
- 1 tbsp ghee, divided
- 1 tsp garlic powder
- 2 tbsp coconut aminos
- 2 tsp lemon juice
- 4 butter lettuce leaves
- 1 cup steamed rice (sub cooked cauliflower rice for AIP/paleo/whole30)
- 1/3 cup shredded carrot
- 1 tbsp green onion, chopped



INSTRUCTIONS

1. Stir all of the ingredients for the mustard sauce until well combined. Set aside in the fridge.
2. Cut the steak into bite-sized pieces, removing any gristle, and season with salt and pepper.
3. Using a large deep pan, heat the avocado oil over medium-high heat. Once the oil is hot, add the steak and cook for 3-5 minutes or until the outside has browned. The internal temperature should be 145 F for medium-rare or 160 F for medium. Add the garlic powder, coconut aminos, ghee, and lemon juice and stir to coat. Set aside.
4. Assemble the lettuce cups by using one lettuce cup then adding rice, shredded carrot, steak, green onion, and mustard sauce if desired. Repeat for all of the lettuce cups. Serve with extra sauce on the side.

NUTRITIONAL INFORMATION

Calories 408

Fat 20.2g

Protein 27.5g

Carbohydrates: 27.9g

Simple Salmon Bowl

A Couple Cooks



4 serving



30 minutes

INGREDIENTS

1 cup dry rice of any type (or couscous for a quicker meal)

1 cup of Tahini Dressing

- ½ cup tahini
- 2 tablespoons white wine vinegar
- 1 tablespoon maple syrup, honey or sugar
- 1 tablespoon olive oil
- ¼ teaspoon garlic powder
- ½ teaspoon kosher salt
- 5 tablespoons warm water

1 pound wild caught salmon fillets, skin on*

Olive oil

kosher salt and fresh ground pepper

1 1/2 pounds fresh broccoli, stem on (about 3 large heads or 6 heaping cups florets)

1 teaspoon garlic powder

½ teaspoon onion powder

¼ teaspoon dry mustard powder (optional)



INSTRUCTIONS

Tahini Dressing

1. Whisk together all ingredients, adding additional warm water if necessary to get it to come to a light and creamy consistency (this varies based on the texture of the tahini brand). Store up to 1 month refrigerated; bring to room temperature before serving (add a splash of water if it needs thinning out).

Bowl

1. Make the rice :Rinse the rice in cold water in a strainer for 15 to 20 seconds, then shake it dry. Place the rice in a pot with the water and bring it to a boil. Once boiling, cover the pot and simmer for 13 to 15 minutes, until the water is completely absorbed . Remove from the heat. Cover and rest for 10 minutes
2. Broil the salmon: Preheat the broiler to high. Place a large sheet of aluminum foil on a baking sheet and brush it with olive oil. Pat each piece of salmon dry and place it on the foil skin side down. Brush salmon with a bit of olive oil and sprinkle with ½ teaspoon salt and fresh ground pepper. Broil 4 to 5 minutes for very thin salmon or 7 to 10 minutes for 1-inch thick salmon, until it's just tender and pink at the center (the internal temperature should be between 125 to 130 degrees Fahrenheit in the center).
3. Meanwhile, make the broccoli: Chop the broccoli into medium sized florets. In small bowl, mix together ¼ cup water with the garlic powder, onion powder and mustard powder. Add 3 tablespoons olive oil to a large skillet and heat it on medium high heat. Add broccoli and ½ teaspoon salt. Cook 2 to 3 minutes until starting to brown, stirring occasionally. Reduce heat to medium, and add the water and spices. Cook an additional 4 to 5 minutes until fork tender, stirring occasionally. Taste and add additional salt and black pepper as necessary. Serve immediately.

NUTRITIONAL INFORMATION

Calories 363

Fat 13.6g

Protein 32g

Sugars 4.8g

Carbohydrates: 30.3g