

## Friday Recipes

### *Breakfast*

#### **Breakfast Paninis**

- 2 boxes of gluten-free waffles or waffle recipe below (2 waffles per serving)
- 12 slices of deli meat of choice
- soy cheese slices (if you are not CF you can use goat cheese (spreadable) or white American cheese)
- butter or olive oil

Using a cast iron skillet, melt butter or warm olive oil over medium heat. Place two waffles in pan; add cheese, meat and more cheese, just as you would a grilled cheese sandwich. A tsp. of your favorite jam is wonderful in the middle and reminiscent of a Monte Cristo. Place a heavy pot on top, after a few minutes flip and reapply the pot. Repeat until brown on both sides. I make this without cheese as well. You can make your own waffles as well (recipe below.)

#### **Gluten-free Waffles**

- ¾ c. sorghum flour
- ¾ c. brown rice flour
- ¼ c. corn flour
- ½ c. potato starch
- ¼ c. tapioca starch
- 1 tsp. sea salt
- 2 tsp. baking powder (non-aluminum)
- 1 tsp. xanthan gum (binder)
- ½ tsp. baking soda
- 2 ½ c. rice milk
- 3 eggs, separated
- 8 Tbsp. coconut oil

Mix all the dry ingredients in a bowl. Beat the egg whites until stiff peaks form. Combine the egg yolks, rice milk and oil. Add this liquid mixture to the dry ingredients and then gently fold in the egg whites. Make waffles according to your machine's instructions.

#### **Fruit of your choice**

*Lunch*

**Broccoli Salad**

- 2 bags of broccoli slaw
- 1 c. raisins
- 1 c. coleslaw dressing (1 c. mayo, ¼ c. apple cider vinegar,
- ½ tsp. celery salt or seed, 2 Tbsp. Agave nectar or honey, salt and pepper to taste)

Mix all in a bowl and serve.

**Turkey Ham Strips**

Jennie O makes a good quality turkey ham that is inexpensive, buy a chunk and cut into julienne strips and give each person 6. Save the rest of the turkey ham for next week. Sometimes I can get three meals for 6 people out of one \$5.00 chunk!

**Cornbread Muffins, adapted from Bruce Fife's Cooking with Coconut Flour**

- 6 Tbsp. of melted butter/margarine or coconut oil
- 6 eggs
- ¼ c. + 2 Tbsp. coconut milk
- ½ tsp. sea salt
- ¼ c. coconut flour
- ½ tsp. of non-aluminum baking powder
- ¼ c. + 2 Tbsp. cornmeal

Combine liquids in one bowl and dry ingredients in another. Combine both until there are no lumps. Fill greased muffin liners with batter  $\frac{3}{4}$  of the way. Bake at 400F for 10-15 minutes, until toothpick comes out clean. Makes 12. Use 6 for lunch and 6 for dinner. Keep refrigerated.

*Dinner*

**Burgers**

- 6 frozen beef patties made from organic, free-range meat (read the label to avoid fillers, otherwise buy ground beef and shape into patties)
- 6 lettuce leaves
- 6 slices of tomatoes
- Fresh sliced onions
- Condiments

Grill, bake or fry burgers until cooked. Place on top of lettuce and add onions and tomatoes. Serve.

**Health Tip**

The FDA has approved the cloning of animals for human consumption without any labeling requirements. It is unknown what effect on health this could have. For this reason I prefer organic meat. You can find local farmers to buy your meat in bulk at [www.localharvest.org](http://www.localharvest.org)

**Sweet Potato Fries**

1 bag of Alexia gluten-free sweet potato fries bake as directed (we like to sprinkle a little brown sugar on the frozen fries) or make your own:

- 3 sweet potatoes scrubbed and sliced approximately 1/8<sup>th</sup> of an inch or cut into the shape of French fries
- 2 Tbsp. Olive oil
- 2 Tbsp. melted coconut oil
- Sea salt and pepper

Toss all together. Place on oiled, foil lined cookie sheet. Bake at 450F for 15-20 minutes, flip the fries over and bake for another 15-20 minutes. Serve.

**Leftover Salads (any salads you have leftover from the week)**