

Vegetable Tartines

Serves 2

Ingredients:

2-3 slices gluten-free bread

1 avocado, sliced

6-8 cucumber slices

4 tbsp hummus

1 tomato sliced

2-4 tbsp sprouts

1-2 tsp dijon or spicy mustard

Serve with: Cornichons, seedless grapes, blue corn chips

Directions:

Slice two pieces of bread in half.

Spread a thin layer of mustard on the bread slice, then add a layer of hummus.

Add cucumber slices, tomatoes, avocado, and sprouts.

Creamy Cucumber Salad

Ingredients:

3 cups thinly sliced peeled English cucumbers

Salt

1/2 cup thinly sliced red onions

1/3 cup all-natural plain yogurt

1 tsp sugar

1 tbsp fresh lemon juice

¼ cup diced tomato

1 tbsp fresh chopped mint

Cucumber Salad Directions:

1. Peel your English cucumbers and slice them into thin rounds.
2. Place one layer of cucumbers into a colander and then sprinkle a bit of salt over top. Add another layer with another sprinkle and so on. Let this sit for 30 minutes in the sink to drain excess moisture.
3. In the meantime, thinly slice some red onions. As you slice them, place them into a bowl full of water so they can mellow.

Dressing Directions:

1. Start with all-natural yogurt. Add sugar, lemon, finely diced tomatoes and finely chopped mint.
2. Whisk until combined.

3. Combine everything into a salad bowl and gently toss.

Eggplant Roulade

Serves 3

Eggplant Ingredients:

1 [large globe eggplant](#)

3 tbsp (45 mL) [extra virgin olive oil](#)

1 [jar store bought marinara sauce](#)

[Salt](#) & [pepper](#) to taste

Ricotta Filling Ingredients:

1 1/2 cups (340 g) [part-skim ricotta cheese](#)

1/4 cup (22 g) [grated parmesan](#)

1 [egg, lightly beaten](#)

1 tbsp (15 mL) [chives, thinly sliced](#)

1 tbsp (15 mL) [thyme, minced](#)

2 tsp (10 mL) [rosemary, minced](#)

[Salt](#) & [pepper](#) to taste

Garnish Ingredients:

3 tbsp (17 g) [grated parmesan](#)

[Basil leaves](#)

Directions:

1. Preheat oven to 375°F (190°C).
2. Pour the jar of sauce into a small saucepan and simmer for 15 minutes. Set aside until ready to use.
3. For the eggplant: Slice eggplant into 9, 1/4 inch (6 mm) rounds, place onto a baking sheet and drizzle with 1 1/2 tablespoons (23 mL) of oil.
4. Turn slices of eggplant over and drizzle remaining oil. Season with salt and pepper.
5. Roast eggplant for about 10 minutes or until just pliable. Remove eggplant from oven and allow to cool.
6. For the filling: Place ricotta, Parmesan and egg into a mixing bowl and stir together. Fold herbs into the ricotta mixture and season with salt and pepper.
7. To assemble: Place 1/4 cup (60 mL) of sauce in the bottom of each individual gratin dish.
8. Place 3 tablespoons (45 mL) of the filling onto one side of a lightly roasted eggplant round and carefully roll up. Set aside and repeat with the remaining eggplant.
9. Nestle the roulades seam-side down into the tomato sauce, three per gratin dish, and top with more tomato sauce.
10. Place gratin dishes onto a baking sheet and bake for 10 to 12 minutes.
11. Allow to cool for a few minutes before topping each with a sprinkle of grated parmesan and fresh basil leaves. Serve warm.

Tangy Brown Rice Salad

Brown Rice Ingredients:

1 1/2 cups cooked brown rice
1/4 cup grated carrot
1/4 cup diced red pepper
1/2 cup chopped baby spinach
1/4 cup chopped cilantro
Green onions

Salad Dressing Ingredients:

1 garlic clove, minced
1 T grated onion
3/4 cup fresh orange juice
1/4 cup fresh lime juice
1 T honey
1/2 tsp salt
1/4 tsp ground black pepper
1/2 cup canola oil

Brown Rice Directions:

1. Add cooked brown rice to a mixing bowl.
2. Chop, slice, and dice your favorite vegetables and add them to the rice.

Salad Dressing Directions:

1. In a mason jar, add garlic and grated onion.
2. Add in fresh squeezed orange juice followed by fresh squeezed lime juice.
3. In a mason jar, add garlic and grated onion.
4. Add liquid honey, salt, and black pepper.
5. Pour in the oil and shake to combine.
6. Pour your dressing on top of your rice and mix well.
7. Let this sit for 30 minutes at room temperature before serving.

Miso Salmon

Serves 4

Ingredients:

1/4 cup white miso

3 tbsp honey

1 tbsp mirin

1 tbsp rice vinegar

1 tbsp soy sauce

1 tbsp sesame oil

4 pieces parchment paper

4 salmon filets, 6 oz. each

4 heads baby bok choy, cut in halves

4 oz. mushrooms, sliced

4 scallions, chopped

Directions:

1. Preheat the oven to 425 degrees.
2. In a bowl, whisk together the miso, honey, vinegar, soy sauce, and sesame oil.
3. Fold each piece of parchment paper in half like a book. Cut the pieces of parchment into heart shapes. Open a parchment heart and on one side of the paper

place 2 pieces of bok choy and some mushrooms. Continue until all 4 parchment hearts have veggies. Drizzle half of the miso sauce over the vegetables. Top the veggies with a piece of salmon and drizzle the fish with the remaining sauce. Fold the other half of the parchment over the fish to cover. Starting at the top of the heart, fold both edges, overlapping folds as you move along. When you get to the bottom, make a couple of twists to seal the packet. Continue until all packets are done. Place the parchment packets on a sheet tray and bake in the oven until they puff up, about 8-10 minutes.

4. Remove from the oven and carefully break open the top of the packets. Garnish with the scallions and serve immediately.