



If you are making these recipes for a gluten-free guest, please see our Guide to Gluten Cross Contamination: <http://bit.ly/16IVRkb>

Three Bean Salad

Donna B.

Ingredients:

1 lb green beans
1 lb wax beans
1 can kidney beans
1 medium onion (optional)

Dressing ingredients:

1 ¼ cup sugar
3 tsp cornstarch
½ tsp salt
1 tsp dried mustard
½ cup vinegar
1 ¼ cup water

Directions:

Cook green and wax beans until slightly crunchy.

Dressing directions:

1. Bring to a boil and stir for about 2 min.
2. Let cool.
3. Pour over beans.
4. Store in fridge.

Garbanzo Bean Salad

Kimberly S.

Ingredients:

Garbanzo beans
Red Onion
Red & Yellow Peppers
Feta Cheese
Green Olives
Balsamic Vinegar [with figs]

Please beans, onion, peppers, cheese, olives in a bowl. Drizzle Balsamic Vinegar and toss well refrigerate till ready to serve.

Quinoa Salad

Jane & Jeff D.

Ingredients:

1 ½ cup quinoa (dry)
1 cucumber (diced)
1 pkg grape tomatoes (halved)
1 garlic clove (minced)
1 ¼ cup olive oil
1 tbspn onion (finely chopped)
Feta cheese
Lemon Juice (to taste)
Salt & Pepper (to taste)

Directions:

Prepare quinoa according to package directions. Stir in olive oil and rest of ingredients. Chill.



Veggie Pizza

Peggy K.

Crust Ingredients:

1 cup GF brown rice flour (Authentic Foods Superfine Brown Rice Flour)
½ cup tapioca starch (Bob's Red Mill)
2 tablespoons sugar
2 teaspoons xanthan gum
1 Tablespoon instant yeast
½ teaspoon salt
¾ c. water
1 teaspoon cider vinegar
2 Tablespoons Extra Virgin Olive Oil
2 eggs
2-3 Tablespoons sweet rice flour (for dusting pan/hands)

Topping Ingredients:

1 1 oz packet [Hidden Valley Ranch Dip Mix](#)
2 - 8oz. Packages cream cheese
Broccoli (raw)
Cauliflower (raw)
Cherry Tomatoes (raw)
Red Onion (raw)
Yellow Pepper (raw)
Shredded Cheese

Directions:

Make and bake crust following Peggy's Flat Bread Recipe found here: <http://bit.ly/156AATs>

While crust is cooling, chop veggies in small bite sized pieces. In a bowl mix together Dip Mix and cream cheese.

When crust is completely cooled, spread cream cheese mixture evenly on top. Sprinkle chopped veggies. Top with shredded cheese.

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Grilled Herb Lemon Chicken

Prepared by: Al K.
Provided by: Don & Laurie P.

Ingredients:

Boneless, skinless chicken breasts
1/3 cup olive oil
1/3 cup freshly squeezed lemon juice
Fresh rosemary - minced
Fresh sage - minced
Fresh parsley - minced
Fresh basil - minced
Fresh oregano - minced
6 cloves garlic - minced
1 teaspoon sea salt
½ teaspoon freshly ground black pepper
A dash of smoked paprika (Penzey's)

Directions:

Cut chicken breasts in half make them thinner (butterfly). In a bowl mix olive oil, lemon juice, herbs, salt and pepper to make the marinade. Pour marinade in 8" baking dish, then add chicken. Make sure all pieces are coated. Cover and refrigerate for 3 to 6 hours.

Preheat grill. Cook chicken for 3 to 4 minutes on each side, or until chicken is completely cooked (juices run clear).

Beer Brats on the grill

Prepared by: Al K.
Provided by: Don & Laurie P.

Ingredients:

1 package of Johnsonville Original Brats
1 - 2 bottles Gluten-Free Redbridge Beer
Water
A few slices of onion

Directions:

Preheat the grill. In a large pot, pour in beer and fill with water. Drop in onion slices, garlic and brats. Bring to a boil. Grill 'em how you like 'em

Taylor's Carmelitas

Taylor D.

Ingredients:

1 $\frac{3}{4}$ c. all purpose GF flour
2 c. certified GF quick oats
1 $\frac{1}{2}$ c. brown sugar
1 tsp. baking soda
 $\frac{1}{4}$ tsp. salt
1 c. butter (melted)
14 oz. Kraft Caramels (unwrapped)
 $\frac{1}{3}$ c. heavy cream
2 c. (12 oz) semi-sweet chocolate chips
1 c. (6 oz) un-sweetend baking chocolate
1 c. chopped pecans

Directions:

Instructions

Heat the oven to 350F. Line a 13x9 inch baking pan with parchment paper, leaving about 1 inch of paper hanging on the sides. Set aside.

In a mixing bowl, combine flour, oats, brown sugar, soda, and salt. Stir in the melted butter and mix until crumbly.

Press $\frac{2}{3}$ of the mixture on the bottom of the prepared pan. Sprinkle with the chopped pecans and chocolate (both the chips and chopped one) over the crust.

In a small saucepan, combine caramels and heavy cream. Cook over low heat, stirring constantly until melted and smooth.

Pour the caramel in the pan, over the chocolate and pecans. Crumble the reserved oatmeal cookie dough over the caramel layer.

Bake for 23 minutes or until light golden brown. Cool completely in pan on a wire rack. Once cooled cut into bars.

Optional, melt both the remaining caramels and chocolate chips and drizzle over the bars.