



# COOKING WITH JAN ~ MARCH 29, 2017

WEEKLY RECIPES AT COBORNS & kokk.com ~ HEALTHY & CLEAN EATING

## GLUTEN-FREE SHRIMP BURRITO BOWLS

<b><u>SHRIMP</u></b>	41-50 UNCOOKED SHRIMP, PEELED, DEVEINED & THAWED IF FROZEN 1 TBLS LIME JUICE 1 TSP VEGETABLE OIL	1 TBLS CHILI POWDER
<b><u>VEGGIES</u></b>	1 TSP VEGETABLE OIL 1 1/2 CUPS CHOPPED ONIONS	1 1/2 CUPS RED PEPPERS, CUT INTO STRIPS
<b><u>RICE/BEANS</u></b>	10 OZ BAG FROZEN BROWN RICE 1/4 CUP CHOPPED CILANTRO 1/4 TSP SALT	15 OZ CAN BLACK BEANS, DRAINED & RINSED 1 TBLS LIME JUICE
<b><u>TOPPINGS</u></b>	1/2 CUP CHOPPED AVOCADO 4 TBLS SOUR CREAM	1/2 CUP CHOPPED TOMATOES LIME WEDGES (OPTIONAL)

IN MEDIUM BOWL, MIX ALL SHRIMP INGREDIENTS, EXCEPT OIL; SET ASIDE. IN A SKILLET, HEAT 1 TSP OIL OVER MEDIUM HEAT. ADD THE PEPPERS & ONIONS; SPRINKLE WITH 1/8 TSP **EACH** SALT & BLACK PEPPER. COOK, STIRRING FREQUENTLY, 3-5 MINUTES OR UNTIL CRISP-TENDER AND BEGINNING TO BROWN. REMOVE FROM SKILLET TO BOWL; COVER TO KEEP WARM. HEAT RICE AS DIRECTED ON PACKAGE; MICROWAVE THE BEANS, UNCOVERED, ON HIGH 1-2 MINUTES OR UNTIL HOT, STIRRING HALFWAY THROUGH. RETURN SKILLET TO HEAT, ADD 1 TSP OIL TO SKILLET. ADD THE SHRIMP MIXTURE; COOK 4-5 MINUTES, STIRRING OCCASIONALLY, UNTIL PINK AND THE LIQUID IS EVAPORATED. REMOVE FROM HEAT & COVER TO KEEP WARM. ADD THE RICE AND REMAINING RICE & BEAN INGREDIENTS TO THE BOWL WITH THE BEANS; MIX WELL. DIVIDE THE SHRIMP, RICE MIXTURE AND VEGETABLES EVENLY AMONG 4 SERVING BOWLS. TOP WITH THE TOPPINGS.

## GLUTEN-FREE BACON WRAPPER CHICKEN

<b><u>CHICKEN</u></b>	4 CHICKEN BREASTS 1 TBLS OLIVE OIL	4 SLICES THIN CUT GLUTEN-FREE BACON
<b><u>SALAD</u></b>	3 TBLS CIDER VINEGAR 1/4 CUP HONEY 1/4 TSP BLACK PEPPER 8 CUPS PACKED MIXED BABY GREENS (KALE, CHARD OR SPINACH)	1 TBLS DIJON MUSTARD 1/2 TSP SEA SALT FLAKES 2 TBLS OLIVE OIL

PLACE THE CHICKEN BREASTS BETWEEN 2 PIECES OF PLASTIC WRAP; POUND TO 1/4". WRAP 1 SLICE OF BACON AROUND EACH ONE, STARTING & ENDING ON BOTTOM OF CHICKEN (BACON WILL WRAP AROUND THE CHICKEN TWICE). SECURE ENDS OF BACON ON UNDERSIDE WITH TOOTHPICK, PLACE IN MEDIUM BOWL & DRIZZLE WITH 1 TBLS OF OLIVE OIL; RUB TO COAT. HEAT SKILLET; PLACE CHICKEN, TOP SIDE DOWN AND COOK UNTIL BACON IS BEGINNING TO BROWN, 4-6 MINUTES. CAREFULLY TURN THE CHICKEN AND COOK 4-6 MINUTES MORE OR UNTIL NO LONGER PINK AND THERMOMETER READS 165 DEGREES. IN LARGE BOWL, MAKE DRESSING: BEAT VINEGAR, MUSTARD, HONEY, SALT & PEPPER WITH WHISK. SLOWLY DRIZZLE IN 2 TBLS OLIVE OIL, BEATING TO COMBINE WITH THE VINEGAR MIXTURE; RESERVE 1/4 CUP, SET ASIDE. ADD THE GREENS TO REMAINING DRESSING AND TOSS TO COAT. DIVIDE EVENLY AMONG 4 SERVING PLATES. TRANSFER CHICKEN BREASTS TO PLATE TO COOL SLIGHTLY; REMOVE TOOTHPICKS AND TOP EACH OF THE SALADS WITH 1 CHICKEN BREAST. DRIZZLE 1 TBLS DRESSING OVER EACH AND SERVE IMMEDIATELY.

## VEGETARIAN BEAN BURGERS

1 CUP BREAD CRUMBS	15-16 OZ CAN SPICY CHILI BEANS, UNDRAINED	1/2 CUP OATMEAL
1/4 CUP CHOPPED GREEN ONIONS	1 EGG, SLIGHTLY BEATEN	5 SLICES TOMATOES
1 1/4 CUPS FRESH BABY SPINACH LEAVES	5 WHOLE WHEAT BURGER BUNS, SPLIT	

IN BOWL, MASH THE BEANS WITH FORK UNTIL NO WHOLE BEANS REMAIN. ADD THE BREAD CRUMBS, EGG, OATMEAL & ONIONS; MIX WELL. SHAPE MIXTURE INTO 5 PATTIES, EACH ABOUT 3 1/2" IN DIAMETER. SPRAY SKILLET WITH COOKING SPRAY; ADD PATTIES AND COOK UNTIL BROWNEED, ABOUT 10 MINUTES TURNING ONCE. FOR SANDWICHES, PLACE 1/4 CUP SPINACH LEAVES & 1 TOMATO SLICE ON BOTTOM HALF OF BUN; TOP WITH BEAN BURGER AND TOP HALF OF BUN. SERVE WITH CONDIMENT/S OF CHOICE.

## GLUTEN-FREE LEMON POUND CAKE

1 BOX GLUTEN-FREE YELLOW CAKE MIX	1 1/2 STICKS BUTTER, SOFTENED
1 1/2 CUPS COTTAGE CHEESE	3 LG EGGS
1 TSP ALMOND EXTRACT	1 TBLS VANILLA GRATED PEEL OF 2 LEMONS

PREHEAT OVEN TO 350 DEGREES: SPRAY 9X5" LOAF PAN WITH COOKING SPRAY, THEN SPRINKLE WITH 1 TSP OF DRY CAKE MIX. IN MIXING BOWL, BEAT BUTTER & COTTAGE CHEESE UNTIL WELL BLENDED; ADD IN EGGS, ONE AT A TIME. BEAT IN VANILLA, ALMOND EXTRACT AND LEMON PEEL; STIR IN CAKE MIX & BLEND WELL. THE BATTER WITH BE THICK & LUMPY; POUR INTO PAN & SPREAD EVENLY. BAKE 1 HOUR, 30 MINUTES; COOK FOR 10 MINUTES IN PAN ON WIRE RACK. REMOVE FROM PAN AND PLACE ON WIRE RACK; COOL COMPLETELY, ABOUT 3 HOURS. BEFORE SLICING, SPRINKLE WITH POWDERED SUGAR.