



# Cookbook Recipe Chart by Dietary Need

*Always double-check recipes/ingredients for potential allergens and review noted substitutions.*

<b>Breakfast</b>	<b>Gluten-Free</b>	<b>Dairy-Free</b>	<b>Peanut/Tree Nut Free</b>	<b>Vegetarian</b>	<b>Freezer-Friendly</b>	<b>Page Number</b>
Whole-Wheat Banana Pancakes (or Waffles!)			✓	✓	✓	129
The Perfect Omelet	✓		✓ <sup>1</sup>	✓		131
Grandma Esther's (Whole-Wheat) Crepes			✓	✓	✓	132
Homemade Granola Cereal	✓	✓ <sup>2</sup>		✓	✓	134
Fruit Salad with Orange Zest	✓		✓	✓		137
Oatmeal	✓	✓ <sup>6</sup>	✓ <sup>1</sup>	✓		138
Eggs in a Basket		✓ <sup>2</sup>	✓	✓		141
Breakfast Sausage Casserole	✓		✓			143
Potato Hash (for Breakfast or Dinner!)	✓	✓ <sup>2</sup>	✓	✓		144
Breakfast Tacos	✓		✓	✓	✓	147
Sunday Brunch: Eggs Benedict with Kale	✓ <sup>7</sup>		✓	✓		148

<b>Lunch</b>	<b>Gluten-Free</b>	<b>Dairy-Free</b>	<b>Peanut/Tree Nut Free</b>	<b>Vegetarian</b>	<b>Freezer-Friendly</b>	<b>Page Number</b>
Grilled Cheese with Apples and Bacon	✓ <sup>7</sup>		✓	✓ <sup>10</sup>		153
Easy Slow- Cooker Refried Beans	✓	✓ <sup>1</sup>	✓	✓	✓	155
Black Bean Tostada	✓ <sup>9</sup>		✓	✓		156
Greek Stuffed Pitas			✓	✓		159
Southwest Chicken Wraps			✓			160
Pizza Bites			✓	✓	✓	163
Whole-Grain Pumpkin Muffins			✓	✓	✓	165
Apple Sandwich	✓	✓	✓ <sup>8</sup>	✓		167
Hummus Sandwiches Three Ways	✓ <sup>7</sup>	✓	✓	✓ <sup>11</sup>		169
Mini Lunch Box Quiches			✓	✓	✓	171
Cinnamon-Raisin Quick Bread			✓	✓	✓	173
Guacamole with Bell Pepper "Chips"	✓	✓	✓	✓		175
Tomato Bisque			✓	✓ <sup>4,10</sup>	✓	177
PB&J Smoothie	✓			✓	✓	179
Grilled Caprese Paninis	✓ <sup>7</sup>			✓		181

<b>Snacks &amp; Appetizers</b>	<b>Gluten-Free</b>	<b>Dairy-Free</b>	<b>Peanut/Tree Nut Free</b>	<b>Vegetarian</b>	<b>Freezer-Friendly</b>	<b>Page Number</b>
Onion Dip with Veggie Sticks	✓		✓	✓		189
Pimento Cheese Crackers	✓ <sup>7</sup>		✓	✓		190
Popcorn: Microwave or Stovetop	✓	✓ <sup>12</sup>	✓	✓		192
White Bean Dip	✓	✓	✓	✓		195
How to Make the Perfect Juice - Three Ways	✓	✓	✓	✓		196
Cinnamon Apple Chips	✓	✓ <sup>2</sup>	✓	✓		198
Sienna's Purple Potion Smoothie	✓		✓	✓	✓	201
Spiced Nut Mix	✓	✓		✓		202
Fruit Kabobs with Yogurt Dip	✓		✓	✓		205
Asian Lettuce Wraps	✓ <sup>3</sup>	✓			✓	206



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<b>Salads &amp; Sides</b>	<b>Gluten-Free</b>	<b>Dairy-Free</b>	<b>Peanut/Tree Nut Free</b>	<b>Vegetarian</b>	<b>Freezer- Friendly</b>	<b>Page Number</b>
Goat Cheese, Pear, and Pecan Salad	✓	✓ <sup>11</sup>		✓		213
Spinach Salad with Warm Bacon Dressing	✓	✓ <sup>11</sup>	✓			214
Shortcut Caesar Salad	✓ <sup>7</sup>		✓	✓		217
Grilled Veggie Kabobs	✓ <sup>3</sup>	✓	✓	✓		218
Asian-Inspired Rice	✓ <sup>3</sup>	✓		✓		220
Super-Easy Whole-Wheat Biscuits			✓	✓	✓	222
Carrots with Rosemary	✓	✓	✓	✓		225
Veggie Pancakes		✓ <sup>1</sup>	✓	✓	✓	226
Zucchini with Almonds and Parmesan	✓			✓		228
Cheesy Broccoli Rice Casserole			✓	✓		230

<b>Simple Dinners</b>	<b>Gluten-Free</b>	<b>Dairy-Free</b>	<b>Peanut/Tree Nut Free</b>	<b>Vegetarian</b>	<b>Freezer- Friendly</b>	<b>Page Number</b>
BBQ Chicken Quesadillas	✓ <sup>9</sup>		✓			235
Fish Cakes with Dipping Sauce			✓			237
Jason's Grass-Fed Burgers	✓ <sup>3</sup>		✓		✓	238
Shortcut Eggplant Parmesan			✓	✓		240
Quinoa and Sausage-Stuffed Peppers	✓					242
Homemade Chicken Nuggets			✓		✓	244
My Dad's (Brown Rice) Risotto	✓		✓	✓		246
Vegetable Chili	✓	✓ <sup>1</sup>	✓	✓	✓	248
Whole-Wheat Pizza			✓	✓	✓	250
Macaroni Casserole			✓	✓ <sup>1</sup>		252
Quinoa Veggie "Burgers"			✓	✓	✓	254
Whole-Wheat Spaghetti and Meatballs			✓		✓	256
Teriyaki Flank Steak Salad	✓ <sup>3</sup>	✓	✓			258
Homemade Chicken Noodle Soup	✓ <sup>7</sup>	✓	✓		✓	260
Simple Seafood		✓ <sup>12</sup>	✓			263
Taco Night!	✓	✓ <sup>1</sup>	✓		✓	264
Polenta with Mushroom Bordelaise Sauce			✓	✓ <sup>4</sup>		266
Cajun Alfredo with Shrimp	✓ <sup>7</sup>		✓			268
Veggie Corn Chowder			✓	✓ <sup>4</sup>	✓	271
Grilled Teriyaki Salmon	✓ <sup>3</sup>	✓	✓			272
Whole-Wheat Pasta with Kale-Pesto Cream Sauce	✓ <sup>7</sup>			✓		274
Slow-Cooker Potato Soup	✓		✓	✓ <sup>4</sup>	✓	276
The Best Whole Chicken in the Slow Cooker	✓	✓	✓		✓	278
Slow-Cooker BBQ Ribs	✓	✓	✓			281
Slow-Cooker Flank Steak Fajitas	✓ <sup>3,9</sup>	✓ <sup>1</sup>	✓			282
Slow-Cooker Pollo al Disco	✓	✓	✓		✓	284
The Best Pulled Pork in the Slow Cooker	✓	✓	✓		✓	286



## Cookbook Recipe Chart by Dietary Need

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<b>Special Treats</b>	<b>Gluten-Free</b>	<b>Dairy-Free</b>	<b>Peanut/Tree Nut Free</b>	<b>Vegetarian</b>	<b>Freezer-Friendly</b>	<b>Page Number</b>
Homemade Ice Cream Three Ways	✓		✓ <sup>1</sup>	✓	✓	290
Whole-Wheat Bread Pudding			✓	✓		293
(Extra) Dark Chocolate Peanut Butter Bites	✓	✓ <sup>13</sup>		✓	✓	295
Cinnamon-Glazed Popcorn	✓			✓		296
Frozen Yogurt Pops Two Ways	✓		✓	✓	✓	298
Mango Sorbet	✓	✓	✓	✓	✓	301
Peanut Butter Cookies				✓	✓	302
Mini Chocolate Truffles	✓	✓ <sup>2</sup>		✓		305
Mint Chocolate Chunk Ice Cream	✓		✓	✓	✓	306
Carrot Cake with Whipped Cream-Cheese Frosting			✓	✓	✓	308

<b>Homemade Staples</b>	<b>Gluten-Free</b>	<b>Dairy-Free</b>	<b>Peanut/Tree Nut Free</b>	<b>Vegetarian</b>	<b>Freezer-Friendly</b>	<b>Page Number</b>
Mustard Vinaigrette	✓	✓	✓	✓		312
Tahini Dressing	✓ <sup>3</sup>	✓	✓	✓		313
Homemade Cream of Mushroom Soup			✓	✓ <sup>4</sup>	✓	314
Sweet and Tangy BBQ Sauce	✓	✓	✓	✓		316
Homemade Dried Onion Soup Mix	✓	✓	✓	✓		317
Teriyaki Marinade	✓ <sup>3</sup>	✓	✓	✓		318
Sydney's Honey Mustard Sauce	✓	✓	✓	✓		319
Homemade Tomato Sauce	✓	✓	✓	✓	✓	320
Overnight Chicken Stock in the Slow Cooker	✓	✓	✓		✓	322
Basic Cheese Sauce			✓	✓		324
Whole-Wheat Tortillas		✓	✓ <sup>5</sup>	✓	✓	326
Corn Tortillas	✓	✓ <sup>2</sup>	✓	✓	✓	329
Whole-Wheat Breadcrumbs	✓ <sup>7</sup>	✓	✓	✓	✓	331
Everyday Whole-Wheat Bread		✓ <sup>1</sup>	✓	✓	✓	332
Berry Sauce	✓	✓	✓	✓		334
Pure Vanilla Extract	✓	✓	✓	✓		337
Simple Chocolate Sauce	✓	✓	✓	✓		338
Homemade Whipped Cream	✓		✓	✓		339

### **Notes**

- 1) Optional ingredients/accompaniments may contain an allergen or meat
- 2) Substitute coconut oil for the butter or ghee
- 3) Use gluten-free soy sauce
- 4) Substitute vegetable broth
- 5) If you are allergic to tree nuts, talk to your allergist before adding coconut to your diet
- 6) Substitute water instead of milk
- 7) Substitute gluten-free bread/pitas/crackers/noodles as appropriate
- 8) Substitute sunflower butter for the peanut butter
- 9) Substitute corn tortillas for the whole-wheat tortillas
- 10) Omit meat
- 11) Omit cheese
- 12) Substitute olive oil for the butter
- 13) Substitute coconut or almond milk for cow's milk