

# 'Tepal' Caviar

9

2 cans black beans

2 cans shoe peg or white corn

1 can black eye peas

1 can navy beans.

Red and/or yellow bell pepper

4 medium tomatoes

Branch of green onions

Fresh cilantro

Fresh parsley

Purple onion

1/6 of bottle Italian vinaigrette  
or Good Seasons dressing

Serve with corn chips (Tostitos)

\* For tonight's picnic I added 1/2 lime  
juice, omitted cilantro and garlic -  
which is optional. Dressing is Ken's  
Lite Balsamic Vinaigrette. \*

Rita Treckner

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\*Useless

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# Northern CO CSA Gluten-free Potluck Picnic

Thursday, July 9, 2015 at 6:30 pm  
 Fossil Creek Park Lake Pavilion (off College & Fossil Creek Pkwy)  
 5821 S. Lemay Ave, Fort Collins

Category: Appetizer/Salad

Main Dish

Dessert

## GF RECIPE CARD

Name of Dish Asian Turkey Meatballs (Paleo & AutoImmune Paleo!)

Ingredients: (Please list brand names of ingredients for those members with multiple food allergies)

- 3 lbs ground turkey (light & dark meat)
- 2 small scallions
- 1 large carrot, grated
- 4 cloves fresh garlic, minced
- 2 tsp. fresh grated ginger
- 3 T. fresh chopped basil
- 3 T. fresh chopped mint
- 3 T. fresh chopped lemon balm (mint)
- Juice from 1 fresh lime
- 2 T. Coconut Aminos
- 2 T. Maple Syrup
- Sea Salt

### Cooking Instructions:

- Preheat oven to 350°
- Line baking sheet w/ aluminum foil & grease w/ coconut oil
- In large mixing bowl combine all ingredients.
- Form 30 meatballs about the size of a golf ball and transfer to baking sheet.
- Bake 35 minutes or until no longer pink inside.
- Drizzle w/ olive oil & coconut aminos & serve.

Shared by: Marge Erin Phone/email: marge.b.erin@gmail.com

Is this recipe from a cookbook? YES  NO  If so, name of cookbook:

Adapted recipe from Gluten Free Goddess blog



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Category: **Appetizer/Salad**

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## GF RECIPE CARD

Name of Dish OATMEAL RAISIN COOKIES

Ingredients: (Please list brand names of ingredients for those members with multiple food allergies)

### Oatmeal Raisin Cookies

Crispy on the outside, soft on the inside - can't be beat!

#### INGREDIENTS

- 3 eggs, well beaten
- 1 cup raisins
- 1 teaspoon vanilla extract
- 1 cup butter
- 1 cup brown sugar
- 1 cup sugar
- 2 1/2 cups Domata Recipe  
Ready Flour GF
- 1 teaspoon salt
- 1 teaspoon ground cinnamon
- 2 teaspoon baking soda
- \* 2 cups oatmeal
- 1/4 cup chopped pecans (optional)

#### DIRECTIONS:

**Combine:** eggs, raisins, and vanilla and let stand for one hour, covered with plastic wrap. Cream together butter and sugars. Add flour, salt, cinnamon and soda to sugar mixture. Mix well. Blend in egg and raisin mixture, oatmeal, and chopped nuts. Dough will be stiff. Drop by heaping teaspoons onto ungreased cookie sheet or roll into small balls and flatten slightly on cookie sheet.

**Bake:** at 350 F. degrees for 10 to 12 minutes or until lightly browned.

MAKES 6 DOZEN

\* BOB'S REDMILL GF OATMEAL

INCLUDES PECANS

Shared by: ALMA KELLER

Phone/email: 970-229-1911

Is this recipe from a cookbook? YES  NO  If so, name of cookbook:

RECIPE ON BOX OF FLOUR.

## Thai Quinoa Salad with Ginger-Peanut Dressing

Vegetarian and gluten-free salad with Thai flavors and crunch.  
It's even better the next day!

### INGREDIENTS

- ¾ cup uncooked quinoa (Ancient Harvest GF Traditional)
- 1 ½ cup vegetable broth (Imagine)
- 1-2 cups shredded red cabbage, depending on how much crunch you like
- 1 red bell pepper, diced
- ½ red onion, diced
- 1 cup shredded carrots
- 1 small jalapeno pepper, chopped
- ½ cup chopped cilantro
- ½ cup cashews (Planter's)
- Optional: 1 cup edamame or chickpeas
- Fresh lime, for a bit of tang

### DRESSING

- ¼ cup all natural peanut butter (Earth Balance)
- 2 teaspoons freshly grated ginger
- 3 tablespoon soy sauce (Tamari GF)
- 1 tablespoon honey (use agave if vegan)
- 1 tablespoon red wine vinegar (or white wine vinegar – Pompeian)
- 1 teaspoon sesame oil (Sun Luck)
- 1 teaspoon olive oil
- Water to thin, if necessary

### INSTRUCTIONS

1. To cook quinoa: Rinse quinoa with cold water in mesh strainer. In a medium saucepan, bring 1 ½ cups of veggie broth to a boil. Add in quinoa and bring mixture to a boil. Cover, reduce heat to low and let simmer for 15 minutes or until quinoa has absorbed all of the water. Remove from heat and fluff quinoa with fork; place in large bowl and set aside to cool for about 10 minutes. You should have a little over 2 cups of quinoa.
2. To make dressing: Add peanut butter and honey (or agave) to a medium microwave safe bowl; heat in microwave for 20 seconds. Add in ginger, soy sauce, vinegar, and both sesame and olive oil and stir until mixture is smooth and creamy. If you want a thinner dressing, simply stir in a teaspoon or two of water or olive oil.
3. Add as much or as little dressing as you'd like to the quinoa. I always start out with a little bit of dressing and usually add more to suit my taste preferences. Alternatively you can save the dressing for later and add when you are ready to eat; however the flavors of the dressing usually soak into the salad so I love adding it to the quinoa first.
4. Next fold in red pepper, onion, cabbage, carrots, and cilantro into the quinoa. Garnish with cashews and green onions. Serve chilled or at room temperature with lime wedges if desired.

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## Watermelon Salad with Tomatoes, Goat Cheese and Basil

★★★★☆



### Serves 4

This colorful salad makes a great addition to any summer cookout. Try with feta and mint instead of goat cheese and basil, if you like.

### Ingredients

- 2 to 3 cups watermelon in bite-sized chunks, seeds removed
- 2 small ripe tomatoes, quartered
- 2 to 3 ounces fresh goat cheese, crumbled
- 2 tablespoons prepared balsamic vinaigrette dressing
- 2 to 3 tablespoons chopped fresh basil

### Method

On a large platter or individual plates, arrange watermelon, tomatoes and goat cheese. Drizzle with vinaigrette and top with basil.

### Nutrition

Per serving (about 5oz/152g-wt.): 100 calories (60 from fat), 6g total fat, 3g saturated fat, 5mg cholesterol, 140mg sodium, 10g total carbohydrate (1g dietary fiber, 7g sugar), 3g protein

[http://www.wholefoodsmarket.com/recipes/2517?utm\\_source=Responsys&utm\\_medium=email&utm\\_campaign=07\\_21\\_10\\_Recipe](http://www.wholefoodsmarket.com/recipes/2517?utm_source=Responsys&utm_medium=email&utm_campaign=07_21_10_Recipe)

**Tags:** Entertaining, Portable and Picnic, No Cook, Quick and Easy, American, Low Sodium

Verna Bodig [vsbodig@msn.com](mailto:vsbodig@msn.com)

FRUIT CRISP  
Peel + ~~st~~ chop 2 Apples  
Black Berries  
Blue Berries  
Raspberries

TOTAL OF 5  
8 CUPS OF FRUIT  
INTO 9X13 BAKING  
DISH

MIX ALL TOGETHER

SPRINKLE 2 TBSP GLUTEN FREE FLOUR

MIX TOPPING WITH 1 TSP VANILLA / 6 TBSP SUBSTITUTE BUTTER

SPRINKLE OVER FRUIT

IN OVEN 350° FOR 40-45 MIN

Shared by: FRED THOMAS

Phone/email: \_\_\_\_\_

Is this recipe from a cookbook? YES NO

If so, name of cookbook: \_\_\_\_\_