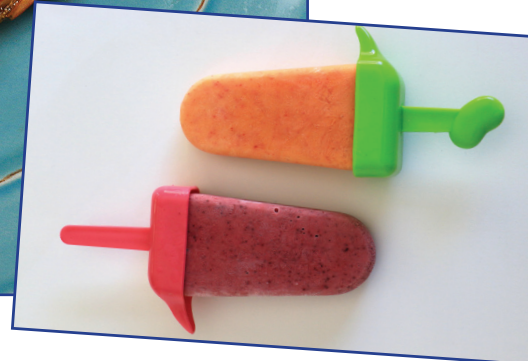


# EAT HAPPY

## Bonus Recipes



15 BONUS Gluten Free,  
Grain Free, Low Carb Recipes

anna.  
**VOCINO**  
*Laugh • Eat • Repeat*

## SEA SCALLOPS WITH PONZU DIPPING SAUCE

Ponzu is a delicious citrus soy sauce found in most Japanese restaurants. It's lighter and tangier than plain ol' soy sauce, and now you can make it at home to ensure it's entirely gluten and grain free. For the broth portion, I use chicken broth or fish broth, but if you have access to an Asian market, you can make your ponzu more authentic by using Dashi, a traditional Japanese soup stock that is salty and delicious. While traditional ponzu uses yuzu juice, yuzu are a little more difficult to find in the States, so feel free to use lemon or lime juice instead.

### SEARED SEA SCALLOPS:

---

---

#### Ingredients:

6-8 large sea scallops  
Salt and pepper  
2 tablespoons olive oil  
1/2 cup ponzu sauce for dipping

---

---

#### Directions:

Wash and pat dry sea scallops. Season the scallops with salt and pepper. Heat olive oil in a non stick pan on medium high heat. Sear scallops for two minutes per side. Remove from heat and serve immediately with ponzu sauce.

### PONZU SAUCE:

---

---

#### Ingredients:

1/3 cup soy sauce  
1/4 cup of lemon or lime juice  
1 tablespoon rice wine vinegar (be sure it's gluten free and sugar free)  
1/3 cup of fish broth, chicken broth, or Dashi

---

---

#### Directions:

Whisk together all ingredients in a bowl. Let sit in fridge for a few hours to allow the flavors to blend. Re-whisk ponzu sauce before serving.

Serve as a dipping sauce for meats and vegetables, or use as a marinade for fish and chicken.

## PICO DE GALLO

---

---

### Ingredients:

2 cups finely diced tomatoes, seeds removed  
1/2 cup diced white onion  
3 tablespoons finely chopped cilantro  
1 tablespoon finely chopped jalepeno pepper  
1 tablespoon freshly squeezed lime juice  
1 teaspoon salt

---

---

### Directions:

Combine all ingredients and stir together, being careful not to overmix. Serve with veggies or alongside chicken, steak, or fish.

## GREEN BEANS WITH THAI RED CURRY PASTE

---

---

### Ingredients:

2 tablespoons olive oil  
1 pound green beans, rough ends snapped off and discarded  
2 garlic cloves, chopped  
Salt and pepper  
2 tablespoons Thai red curry paste

---

---

### Directions:

In a large sauté pan, heat olive oil on medium high heat until shimmering. Toss in green beans and garlic, turning with tongs to coat with oil. Season with salt and pepper. Cover and reduce heat to low, letting green beans cook for 15-20 additional minutes and tossing the green beans a few times so they scald but don't burn. Add the red curry paste and toss to coat green beans evenly. Cover again and let cook a remaining 5 minutes. Serve immediately.

## MEATLOAF ON A WEDNESDAY

This meatloaf doesn't have to be made on a Wednesday, in fact, it's pretty fancy as far as meatloaf goes. The raisins give a hint of sweet and the mushrooms keep it earthy and grounded.

---

---

### Ingredients:

1/4 cup raisins  
1/4 cup cremini mushrooms  
1/2 cup freshly grated parmesan cheese  
1 small onion, cut into chunks  
1 pound of ground beef (you can also mix 1/2 pound ground pork and 1/2 pound ground beef)  
1 egg  
1/2 cup almond meal  
2 tablespoons soy sauce  
1/2 teaspoon freshly ground pepper

---

---

### Directions:

Preheat oven to 350 degrees.

In a food processor, pulse raisins, cremini mushrooms, parmesan, and onion chunks until it forms a lumpy paste.

In a large mixing bowl, add meat, egg, almond meal, soy sauce, pepper, and the paste from the food processor. Mash and mix evenly with clean hands or a stiff spatula until well blended. Place meat mixture into a 8.5"x4.5" loaf pan and smooth out the top. Pop into oven to cook for 45-50 minutes, until browned on top.



## LIME CILANTRO CHICKEN

---

### Ingredients:

1/2 cup olive oil  
Juice of 3 limes  
1-2 teaspoons minced garlic  
1/4 cup finely chopped cilantro  
1 teaspoon onion powder  
1 teaspoon sea salt  
1 teaspoon freshly ground pepper  
4-6 chicken breasts (1-2 lbs.)

---

### Directions:

Whisk together all ingredients, dump into ziploc bag with your chicken breasts. Marinate 1-3 hours. The exterior of the chicken might begin to turn white as the lime juice is a cooking agent. Discard marinade upon grilling.

### **GRILLING INSTRUCTIONS:**

Heat up grill to 450 degrees. Grill each side of chicken breasts, about 5-8 minutes on each side depending on thickness.

### **OVEN INSTRUCTIONS:**

Heat oven to 400 degrees. Place breasts evenly in pyrex or metal baking pan, not overlapping. Bake for 25-40 minutes, depending on thickness of the chicken.

## CAULIFLOWER GRATIN

---

---

### Ingredients:

1 12 ounce pack of cauliflower florets or 1 head of cauliflower  
1/2 stick butter  
1 tablespoon arrowroot starch  
1 1/2 cups whole milk  
1 teaspoon salt  
1 teaspoon pepper  
1/4 teaspoon nutmeg  
2 cups grated gruyere

---

---

### Directions:

Microwave bag of cauliflower florets for 4 minutes or cut a head of cauliflower into florets and boil in water until tender for about 20 minutes. Drain the cauliflower well and press the excess water out with paper towels. Place in 8X8 square baking pan.

Preheat oven to 350 degrees. In medium saucepan prepare bechamel sauce by heating up butter to medium high heat, whisk in arrowroot starch until there are no lumps. Slowly whisk in milk, salt, pepper, and nutmeg and bring to boil, then reduce heat to a simmer and whisk for 10 minutes to prevent any lumps from forming. Remove from heat, and whisk in gruyere, stirring thoroughly until cheese is melted into mixture. Pour over the cauliflower. Bake in oven for 20 minutes until browned and bubbly.

## POACHED CHICKEN BREAST SALAD

---

---

### Ingredients:

1/2 cup of soy sauce  
1/4 cup of salt  
3 teaspoons minced garlic  
1 pound chicken breasts trimmed of fat and pounded to less than half inch thickness  
1/4 cup of slivered almonds  
\*Tarragon Ranch Dressing

---

---

### Directions:

Fill up a dutch oven 2/3 of the way with water. Add soy sauce, salt, and garlic. On the stove, bring it to a high heat, and stir until salt is dissolved. Lay chicken evenly in a steamer basket. Once the water is boiling, turn off the heat, place steamer basket with chicken into the water, and cover the dutch oven with lid. Let it sit for 17-20 minutes or until cooked through. While the chicken is poaching, toast the almonds in a pan for 3-5 minutes stirring constantly to make sure you don't burn the almonds. Remove from heat and put aside. Once the chicken is done, remove chicken from poaching liquid and slice thinly.

Toss the chicken with Tarragon Ranch Dressing and toasted almonds, then serve.

## TARRAGON RANCH DRESSING

---

---

### Ingredients:

1 tablespoon of mayonnaise  
2 tablespoons of full fat greek yogurt  
1 tablespoon of white balsamic vinegar  
1 teaspoon of tarragon leaves finely chopped  
Dash of salt and pepper

---

---

### Directions:

Whisk ingredients together until emulsified. Serve with Poached Chicken Salad.

## HERBED PORK LOIN ROAST

---

---

### Ingredients:

1 tablespoon coarse sea salt  
1 teaspoon fresh pepper  
1 teaspoon garlic, minced (2 cloves)  
1 tablespoon fresh rosemary leaves, minced  
1 tablespoon fresh thyme leaves, plus 1 additional sprig  
1 teaspoon fresh orange zest, minced  
1 2-4 pound boneless pork loin roast  
2 tablespoons olive oil  
1 cup chicken broth  
1 tablespoon balsamic vinegar  
1 tablespoon fresh orange juice

---

---

### Directions:

Combine salt, pepper, garlic, minced rosemary, thyme leaves, and orange zest. Rub onto outside of roast. Brown roast in the olive oil in a large sauté pan on medium high heat until seared on all sides. Place in Slow Cooker. Add chicken broth, balsamic and fresh orange juice and additional salt and pepper, and additional sprigs of rosemary and thyme. Cover and slow cook on low for 8-10 hours, or high for 4-5 hours. At end of cooking time, break apart pork with fork, stirring pork pieces into the juices in slow cooker. Season with more salt and pepper. Cook an additional 15 minutes, then serve.

## BALSAMIC BRUSSELS SPROUTS

---

---

### Ingredients:

1 tablespoon olive oil  
3 slices bacon, chopped into 1/2 inch squares  
1 pound of brussels sprouts, hard stems trimmed and discarded  
1/2 teaspoon garlic powder  
1/4 cup balsamic vinegar  
1/2 cup water

---

---

### Directions:

Slice brussels sprouts lengthwise into 1/4 inch discs.

In a large sauté pan, heat olive oil at medium high heat. Add the chopped bacon pieces and cook for 3-5 minutes. Add brussels sprouts and garlic powder, toss until coated with bacon, then sauté for 5 minutes, stirring a few times. Pour in 1/4 cup balsamic and 1/2 cup water, cover, reduce heat to low, and steam for 5 minutes. Give all ingredients one final toss, then serve immediately.

## SWISS CHARD WITH ONIONS & MUSHROOMS

---

---

### Ingredients:

1 head of Swiss chard, leaves washed  
1 tablespoon olive oil  
1 medium yellow or brown onion, thinly sliced  
Salt and pepper, for seasoning  
4-6 mini portobello mushrooms, loosely chopped

---

---

### Directions:

Slice hard center stems out of chard, then cut stems into 1/2 inch slices. Loosely chop the chard leaves.

Heat olive oil in sauté pan on medium high heat. Sauté onions until soft, about 4-5 minutes. Season with salt and pepper. Sauté chard stems in onion, 4-5 minutes. Add portobello mushrooms, sauté an additional 5-10 minutes

Add chard leaves to pan, tossing to coat them, turn down heat to low, and simmer covered 5-8 minutes.

Uncover, give ingredients in pan one final toss, season with salt and pepper, and serve.



## LEMON BROCCOLI CHICKEN

---

### Ingredients:

4 tablespoons olive oil  
12 ounce bag of broccoli florets, cut into smaller pieces  
1 1/4 cups chicken broth  
2-3 chicken breasts, trimmed of fat  
Salt and pepper for seasoning  
1/4 cup coconut flour  
1 tablespoon butter  
1 shallot, finely chopped  
1/2 cup heavy cream  
1 teaspoon Worcestershire sauce  
Juice of half a lemon  
1/2 cup freshly grated parmesan cheese

---

### Directions:

Heat 2 tablespoons olive oil in a large oven-safe skillet on medium high heat until very hot (but not smoking). Add broccoli and cook until getting brown spots, turning after 1 minute. Add 1/4 cup of the chicken broth, cover pan, lower heat to medium, and cook until broccoli starts to get tender and bright green, about 5 minutes. Place broccoli in a bowl and clean out the skillet.

Season chicken breasts with salt and pepper. Place coconut flour in a shallow bowl, lightly flour the chicken breasts. Heat 2 tablespoons olive oil in your skillet on medium high heat. Cook chicken until browned on each side, about 3-4 minutes per side. Move chicken aside to a plate.

Reduce skillet heat to medium, add in butter and shallots, cooking 30 seconds, but don't let the butter burn. Add in remaining chicken broth, the heavy cream, and Worcestershire sauce. Bring to a boil while scraping up any chicken bits. Return the chicken to the skillet, coating the pieces in the sauce. Let simmer on medium heat for an additional 10 mins, flipping halfway through.

Turn your broiler onto high. Remove chicken from skillet, cut into smaller pieces. Season your sauce with salt and pepper, continue to cook your sauce until it is reduced and thickened, about 7-8 minutes. Remove the skillet from the heat, whisk in half of the parmesan and the lemon juice. Season again if necessary with salt and pepper. Add back in chicken and broccoli pieces, mix into sauce. Sprinkle remaining parmesan on top, broil for 5-7 minutes.

## CREAMY PEACH POPS/STRAWBERRY POPS

Fruit pops are delicious and refreshing. Creamy fruit pops are even better. You can make these with any in season ripe fruit. I use peaches and strawberries regularly.

---

---

### Ingredients:

3 peaches pitted and quartered (skin optional) or 2 cups of fresh strawberries  
1/4 cup heavy cream  
1 cup of ice  
1 teaspoon xylitol or stevia (optional)

---

---

### Directions:

Liquify all ingredients in Vitamix or blender. Pour into popsicle molds and freeze.

## PUMPKIN SMOOTHIE

---

---

### Ingredients:

1/2 can of pumpkin  
1 cup blueberries  
1 cup packed spinach  
1/2 teaspoon cinnamon  
1/2 teaspoon pumpkin spice (available in baking section of grocery store)  
1 cup coconut milk

---

---

### Directions:

Blend it all together in Vitamix or similar blender and voila!