

CHICKEN, SQUASH, & CAPRESE SALAD

PREP TIME 45 minutes | **COOK TIME** 30 minutes | **TOTAL TIME** 1 hour 15 minutes | **SERVINGS** 6

This is a delicious symphony of flavor to your tastebuds as well as a visual cacophony of color that whets even the stingiest of appetites! There is something yummy for everyone in this meal that brings a feeling of Tuscany and the open summery countryside to your table. Mangiare bene (eat well)!

INGREDIENTS

Chicken

- 2 lb. boneless, skinless chicken breasts (cut into strips)
- 1 bottle of Italian dressing

Squash

- 3 yellow squash or zucchini
- 1 medium onion, diced
- 2 tsp garlic powder
- Salt and pepper, to taste

Caprese Salad

- 3 medium tomatoes, Roma preferably
- 2-3 fresh mozzarella cheese log (look for pre-sliced logs)
- Fresh basil leaves
- Balsamic glaze
- Olive oil
- salt & pepper
- 1 baguette, toasted (optional)



INSTRUCTIONS

Caprese Salad

1. Start by layering slices of tomatoes on a serving platter.
2. Tuck slices of mozzarella cheese between each tomato. Tuck whole basil leaves between the cheese and tomatoes.
3. Arrange the slices so you can see every layer for the prettiest presentation.
4. **RIGHT BEFORE SERVING:** Season generously with salt and pepper, drizzle with extra virgin olive oil, and drizzle balsamic glaze on top.

Chicken

1. Place chicken in a zip-top bag or bowl, cover with Italian dressing, and shake to cover.
2. Marinate for at least 30 minutes or overnight.
3. Place olive oil in pan and sear chicken. Cook for about 3 minutes on both sides over medium-high heat. Brush marinade on chicken while cooking.
4. Cut one open if necessary to check for doneness.

Squash

1. Start this while chicken is marinading.
2. Cut zucchini or squash in half. Cut into ¼ inch slices.
3. Place oil into pan on stove on medium heat. Sauté onions until translucent.
4. Add zucchini or squash and add garlic powder, salt, and pepper. Cook till zucchini or squash is starting to become clear but still slightly crunchy.

NOTES

1. Warm baguette in oven while cooking chicken and squash. Slice and serve warm with butter.

BEEF STEW

(FOR SLOW COOKER OR PRESSURE COOKER)

PREP TIME 15 minutes | **COOK TIME** 55 minutes | **TOTAL TIME** 1 hour 10 minutes | **SERVINGS** 6

This beef stew is an adaptation of the classic dish that can be made in a pressure cooker or slow cooker. Most ingredients are allergy free. For the slow cooker, cook time is 4-6 hours on high or 8-10 hours on low. For the pressure cooker, factor in 10 minutes for it to come to pressure, 35 minutes of cook time, and 10 minutes to naturally release the pressure.



INGREDIENTS

- 1/3 cup all-purpose flour
- 1/3 teaspoon salt
- 1/3 teaspoon paprika
- 1/3 teaspoon pepper
- 2 pounds beef stew meat cut into 1-inch cubes from chuck roast or round roast
- 2 cups beef broth
- 1 1/4 teaspoons Worcestershire sauce or balsamic vinegar
- 1 1/4 cloves garlic, minced
- 2 bay leaves
- 5 large carrots, sliced into 1/2 inch thick slices
- 4 medium potatoes, cubed
- 2 1/2 onions, diced
- 1 stalk celery, chopped
- 2 teaspoons dried thyme
- 1/2 teaspoon dried basil
- 2 teaspoons dried parsley
- 1 1/2 teaspoons dried rosemary

INSTRUCTIONS

For the slow cooker

1. In a small bowl, combine the flour, salt, paprika, and pepper. Put the meat in the slow cooker and add the flour mixture. Toss to coat evenly. Add the remaining ingredients and mix well.
2. Cover and cook on high for 4-6 hours or low for 10-12 hours.

For the pressure cooker

1. In a small bowl, combine the flour, salt, paprika, and pepper. Add the meat to a mixing bowl and toss with the flour mixture until coated evenly.
2. Set the pressure cooker to the saute setting and add a tablespoon of olive oil. When the pot is hot, add half of the meat and brown on all sides. Remove from the pot, add another tablespoon of oil, and brown the remaining meat. Again, remove the meat from the pot. Add the broth to the pot and scrape the bits of flour and meat from the bottom of the pan. Turn the pressure cooker off. Add the meat, Worcestershire sauce (if using), garlic, bay leaf, carrots, potatoes, onions, celery, thyme, basil, parsley, and rosemary to the pot and stir well.
3. Select the manual setting on the pressure cooker and set to cook for 35 minutes. When done cooking, allow pressure to release naturally for 10 minutes. Remove the bay leaf and serve.

from <https://www.eatingwithfoodallergies.com/gluten-free-beef-stew/>

CROCKPOT CHICKEN FAJITAS

PREP TIME 45 minutes | **COOK TIME** 30 minutes | **TOTAL TIME** 1 hour 15 minutes | **SERVINGS** 8

Fajitas! A mix of southwest and Mexican cooking that bursts with delicious flavor. Top that with the ability to make ahead and you have the makings of an ideal dinner for busy times.

INGREDIENTS

Fajita Seasoning (mix all these ahead and place in small mason or spice jar)

- Oregano
- Paprika
- Cumin
- Chili powder
- Onion powder
- Garlic Salt
- (optional) Add a touch of cayenne powder or black pepper, depending on your family's heat preference.

Fajita Filling

- 3 lb. boneless, skinless chicken breasts
- 1 whole onion, halved and cut into slices
- 2-3 green peppers, thinly sliced
- 8 tbsp. Fajita Seasoning (above)
- 2 tbsp. honey
- ¼ cup lemon or lime juice
- ¼ chicken stock (or water)
- Fajita-sized tortillas (6-inch)
- Chopped cilantro (optional topping)
- Salsa (optional topping)



1. Mix together fajita seasonings if not already done.
2. Place half of onions and peppers on bottom. Cover with chicken breasts. Sprinkle with 5 teaspoons of the fajita seasoning and chicken stock.
3. Cover and cook on HIGH heat about 2 - 3 hours or LOW heat 4 - 6 hours, until chicken has cooked through and veggies are tender.
4. Remove chicken, and cut into strips, or shred. Ladle out 1 cup of the broth in the slow cooker and discard.
5. Add chicken back into the slow cooker.
6. In a bowl mix together 5 teaspoons of the fajita seasoning, honey, lemon/lime juice. Pour over chicken, onions, and peppers. May want to add additional salt to taste at this point. Mix together.
7. Place tortillas in microwave covered with moist paper towel. Heat for about 30 seconds to 1 minute till warmed through.
8. Serve warm on warmed tortillas.

1. If you like crispier peppers and onions, wait to add them in the last hour of cooking the chicken.

from <https://howtogetyourhouseworkdonefastsoyoucangoreadabook.com/crockpot-chicken-fajitas/>

SOURDOUGH BREAD RECIPE

(ADAPTED FROM [CULINARY EXPLORATION YOUTUBE CHANNEL](#))

PREP TIME 30 minutes | **COOK TIME** 25-30 minutes | **TOTAL TIME** 1 hour | **SERVINGS** 1-2 loaves of bread

This makes wonderful loaves, quickly and easily, to fit any schedule! I will list below some very helpful tools to make this recipe run very smoothly.

INGREDIENTS FOR 1 LOAF (SECOND NUMBER IS FOR 2 LOAVES)

Starter

- To the starter each night, add ½ cup flour and ¼ cup water. Mix well and leave in warm area overnight.

Sourdough Bread

- 257g room temperature water (preferably filter) (514g)
- 12g sea salt (24g)
- 100g sourdough starter (200g)
- 388g all-purpose flour, bread flour, fresh ground whole wheat flour (776g). Make sure that the ratio of whole wheat to other flour doesn't exceed 1/3 of the total flour.



INSTRUCTIONS

1. Mix water, sourdough starter, and salt in a large bowl until almost dissolved.
2. Add flour and mix until most flour is incorporated. Then wet hands and knead dough until all the flour is incorporated. This should take about 2-5 minutes.
3. Cover with wet towel or plate and let sit for 30 minutes to 1 hour.
4. Flip dough out onto counter. (If doing 2 loaves, split dough in half at this point).
5. Wet hands with spray bottle. Do a slap fold technique on each dough ball rolling it up between slaps and stretching it back out to slap again. Shape into ball after 5th slap fold and return each ball to its own bowl and cover. Let sit for another 30 minutes to 1 hour.
6. Spray down counter lightly with water. Flip dough onto counter. Gently spread each ball into an ever-increasing circle working around the circumference. It should look like a pizza when done.
7. Fold dough into thirds then fold again the opposite direction into thirds. Fold in the corners toward the center. Turn over and shape into a ball again. Place back into the bowl. Repeat this for the other ball of dough.
8. Let it bulk ferment for 5-7 hours.
9. Scoop dough back onto counter. Put light dusting of flour on hands on ball. Flatten ball slightly and pull corners into center. Pinch off dough to stop any gaps. Turn over and shape using hands or dough scraper into a ball. (If using an oblong banneton basket, roll into a log). Place the dough into a well-floured basket. Repeat with other ball of dough.
10. Sit on counter for 1 ½ hours uncovered. Place uncovered into the fridge. Pull out dough in the morning. Heat oven to 500 degrees. Turn out dough on a piece of parchment paper and score the top with a razor blade or bread lame. Place in oven on a pizza stone or in a Dutch oven. If on pizza stone, cover with a pot that can take the high temperature. If in a Dutch oven, place the lid on.
11. Cook for 20 minutes covered. Remove cover and cook for another 5-10 minutes.
12. Remove from oven and place on counter to cool thoroughly. Enjoy the fruits of your labor!

NOTES

1. Tools to get – [pizza stone](#), [1-2 banneton baskets](#), [bread lame](#), [dough scraper](#), [bowl scraper](#), [wooden Danish whisk](#), [large frosting knife \(for stirring starter\)](#).