

Mexican Lentil Soup

GF DF* V*

I fell in love with Mexican Lentil Soup the second I tried it at a new vegetarian restaurant in my neighborhood. It's similar to chili, but not as heavy, with just the right amount of spice. The slight hint of cinnamon tastes *cinsational*! Plus, lentils are **PACKED** with protein and fiber, so they really fill you up. It's basically a bowlful of goodness and one of my favorite vegan soups.

- 1 tbsp olive oil
- 1 cup each diced onions, diced celery and diced red bell peppers
- 1 tsp minced garlic
- 1 cup peeled, cubed sweet potatoes (small cubes)
- 2 tsp each chili powder and ground cumin
- 1 tsp each ground coriander and dried oregano
- ½ tsp ground cinnamon
- 3 cups reduced-sodium vegetable broth
- 1 can (14 oz/398 mL) fire-roasted diced tomatoes (with liquid)
- 3 tbsp smoky barbecue sauce (store-bought or homemade)**
- ½ tsp each sea salt and freshly ground black pepper
- 1 can (19 oz/540 mL) lentils, drained and rinsed
- 2 to 3 tbsp minced fresh cilantro
- Diced avocados (for vegan) and/or Greek yogurt or sour cream for topping, optional

* This soup is dairy-free and vegan. The optional Greek yogurt/sour cream topping is not.

** Make sure your barbecue sauce is gluten-free and/or vegan if that's important to you. There are lots of options on store shelves, so this shouldn't be a problem.

Heat olive oil in a large soup pot over medium heat. Add onions, celery, bell peppers and garlic. Cook and stir until vegetables begin to soften, about 5 minutes.

Add sweet potatoes, chili powder, cumin, coriander, oregano and cinnamon. Mix well. Add broth, tomatoes with their liquid, barbecue sauce, salt and pepper. Bring soup to a boil. Reduce heat to low, cover and simmer for 20 minutes. Stir in lentils and simmer for 5 more minutes.

Remove soup from heat. Using an immersion blender, purée about half the soup using quick pulses, so it's still a bit lumpy but appears thicker (see photo). Stir in cilantro. Serve with diced avocados or Greek yogurt/sour cream dollop (for non-vegan).

Makes about 7 cups soup

Per cup: 162 calories, 2.9 g total fat (0.4 g saturated fat), 7.3 g protein, 27.5 g carbohydrate (8.4 g fiber, 6 g sugars), 0 mg cholesterol, 468 mg sodium

HEALTHY
HEARTY
Heavenly

YUM

Try using carrots or butternut squash instead of sweet potatoes.

YUMMER!

Top with grated cheddar or Monterey Jack cheese before serving.

SCAN FOR
VIDEO!



Melt-in-Your-Mouth Flourless Peanut Butter Cookies

GF DF

When you want cookies fast and don't want to fuss, make this one-bowl wonder your go-to recipe.

With minimum ingredients and maximum flavor, these crave-worthy cookies are a dream come true for those on a gluten-free diet.

1 cup crunchy natural peanut butter
¾ cup packed brown sugar
1 tbsp flax meal (ground flaxseed)
or ground chia seeds
1 large egg, lightly beaten
1 tsp baking powder
1 tsp vanilla
¼ tsp sea salt

Preheat oven to 350°F.

In a deep mixing bowl, combine all ingredients and stir thoroughly using a wooden spoon. Mixture will seem wet at first and then get very stiff. This is normal and good!

Using your hands, roll dough into 1¼-inch balls. If necessary, wet hands occasionally to prevent dough from sticking.

Place balls on an ungreased cookie sheet 2 inches apart. Press down lightly using the tines of a fork. Bake for 10 to 12 minutes. Cookies might seem underbaked but that's okay. Remove pan from oven and place on a wire rack to cool for 10 minutes. (Don't try to remove cookies from cookie sheet right out of the oven. They'll be too soft and will break.) Once partially cooled, carefully transfer cookies to wire rack to cool completely.

Makes 18 cookies

Per cookie: 126 calories, 7.7 g fat (1.2 g saturated fat), 4 g protein, 12 g carbohydrate (1 g fiber, 9 g sugars), 12 mg cholesterol, 53 mg sodium

KITCHEN
WHIZDOM

Yes, these are high in fat, but eating one of these cookies is basically like eating a big spoonful of peanut butter, which contains good fats plus some protein. I've made these cookies with coconut sugar and they tasted great! However, they were extremely chewy so I wouldn't recommend this variation for people with dentures. Seriously!

YUM

I've made these cookies with sunflower butter and they were delicious!

YUMMER!

Press a few mini, semi-sweet chocolate chips into the tops of each cookie before baking.

Peanut "BETTER"
cookies

NO FLOUR!



Honey Mustard & Herb Roasted Chicken

GF DF

This super-tasty chicken is truly finger-lickin' and so easy to make. Whip together the marinade, let the chicken soak in it for a few hours, then bake and devour! Serve this chicken with a green veggie and a potato, rice or quinoa side dish.

Marinade

- ¼ cup liquid honey
 - ¼ cup grainy Dijon mustard
 - 3 tbsp freshly squeezed lemon juice
 - 1 tbsp balsamic vinegar
 - 1 tbsp olive oil
 - 2 tsp minced garlic
 - 2 tsp each minced fresh thyme and rosemary (see Kitchen Whizdom)
 - 1 tsp grated lemon zest
 - ½ tsp sea salt
 - ¼ tsp freshly ground black pepper
- 5 large bone-in chicken thighs, skin on* (about 1½ lbs/680 g)
- 5 large chicken drumsticks (about 1¼ lbs/567 g)
- 1 small lemon, thinly sliced

* To lower the fat content, you can remove the chicken skin.

Whisk together all marinade ingredients in a small bowl or measuring cup. Place chicken pieces in a large, heavy-duty, resealable plastic bag. Add marinade and seal bag. Turn bag several times to coat chicken evenly with marinade. Refrigerate for at least 3 hours.

Preheat oven to 375°F. Coat a 9 x 13-inch baking pan or casserole dish with cooking spray (or line with foil). Arrange chicken pieces in pan and pour marinade over chicken. Make sure chicken pieces aren't overlapping. Scatter lemon slices over top. Bake in preheated oven for 45 minutes, or until chicken is cooked through and lightly browned on top. Delish!

Makes 5 servings

Per serving (1 drumstick, 1 thigh, with skin): 299 calories, 18 g total fat (5 g saturated fat), 26 g protein, 8 g carbohydrate (0.2 g fiber, 6.7 g sugars), 93 mg cholesterol, 311 mg sodium



I love this chicken dish and so does everyone else! The flavor is similar to the Maple Balsamic & Rosemary chicken marinade on page 163, but this recipe is made with honey and it's more mustardy. Thus, the "honey mustard" in the title. 😊 Fresh thyme and rosemary are SO nice in this marinade, but if you must use dried, reduce the quantity to 1 tsp each.

