

# **COTTER CRUNCH 30-MINUTE MEALS**

## **GLUTEN FREE MEAL PLAN**



**Recipes compiled into PDF format from**

<http://www.cottercrunch.com/30-minute-gluten-free-meal-plan/>

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# **BREAKFAST**

## CRANBERRY PUMPKIN OVERNIGHT OATS WITH CINNAMON CASHEW CREAM

{VEGAN, GLUTEN FREE}

Preparation: 24 hr

Serves: 2

### Ingredients

For the Pumpkin Overnight Oats

3/4 cup gluten free quick oats (I use Love Grown Superfood oats)

1/3 cup pumpkin puree

1 tsp vanilla extract

2 tbsp chia seed

1-2 tbsp maple syrup (depends on how sweet you want it)

1 cup coconut or almond milk

dash of pumpkin spice

For the Cinnamon Cashew Cream - Vegan

1/2 cup raw cashews (soaked 2 hrs to 24 hrs)

1/4 cup coconut cream

1 tsp cinnamon

1/4 tsp nutmeg (optional)

1 tbsp coconut sugar

Topping

dried or fresh cranberries (few tbsp's)

banana slices

toasted or crushed pecans or walnuts (1 -2 tbsp)

### Instructions

1. Combine all your ingredients for the overnight oats. Mix and place in fridge for 2 - 24hrs, letting it soak. The oats and chia will expand once they start soaking, so you will get more volume after.

2. Be sure to soak your cashews as well. Soak in purified water for 2 – 24 hrs. Discard water once soaked.
3. While the oats are sitting, make your cashew cream. Place your soaked cashews in food processor. Add in your cream and spices. Blend until smooth. Then add in your sugar. Blend again. Should be almost like a thick cream like texture. A little grainy. Pour into a bowl or container to keep for when ready.
4. Once your oats are ready, remove from fridge.
5. Pour oats into bowl or bowls. Should make 2 or more serving.
6. Place 2-3 tbsp or more of cashew cream on top of oats. (you will have extra cashew cream so be sure to keep extra in fridge later)
7. Top with banana, toasted or crushed nuts, and 1 tbsp cranberries.
8. Should be sweet enough but if not, feel free to add maple syrup on top.
9. If you want it more of a porridge, heat 1/4 cup more milk and pour on top before eating.

## **TURKISH STYLE SAVORY BREAKFAST BOWLS {GRAIN FREE, LOW CARB}**

Preparation: 10 min   Cook Time: 10 min   Total Time: 0:20

### **Ingredients**

14 oz diced canned tomatoes (drained)  
14 oz gluten free spicy ground sausage or meat (Turkey, chicken, beef, or chorizo)  
2-3 tbsp chopped green chilies (canned or diced)  
1/2 cup chopped dried Turkish apricots  
2-3 tbsp chopped fresh parsley (and some for garnish)  
1 tbsp cream (milk or coconut)  
1 tsp minced garlic  
1/2 tsp smoked paprika or hot paprika  
dash of onion salt  
1/4 tsp ground black pepper and sea salt (each)  
dash of lemon juice  
1 tsp red chili flakes  
2 hard boiled eggs  
6oz goats milk yogurt (plain)  
Optional bacon crumbles  
Grain free flat bread with herbs added to scoop

### **Instructions**

1. First drain your tomatoes and green chilies if you are using canned. If you are using fresh, be sure to chop extra ne.
2. Place tomatoes, ground chorizo/sausage, and chilies in a skillet on medium heat for few minutes until mixed together.
3. Add in cream, rest of your spices, diced apricots, and parsley (save some for topping too). Cook for 10 minutes or until meat is thoroughly cooked through.
4. Add a 1 tsp or more of lemon juice (to enhance spices) and mix again.

5. Remove from heat.
6. Place 1 cup of tomato/meat mixture into individual bowls. Top with 1/2 a hard-boiled egg and 3 - 4tbsp goats milk yogurt.
7. Garnish with extra parsley, bacon crumbles, pepper/salt, and red pepper.
8. Serve with grain free at bread and cucumber if desired.

**Recipe Notes**

This dish can easily be made vegetarian by using tempeh or scrambled tofu with the tomatoes.

## PALEO WARM BREAKFAST SALAD

Preparation: 10 min   Cook Time: 10 min   Total Time: 0:20

Serves: 4

### Ingredients

- 1 1/3 cup chopped peeled butternut squash
- 1/3 c chopped red onion or shallot
- 1 1/2 tbsp olive oil or butter (divided)
- 12 ounces broccoli coleslaw salad mix
- 1 tbsp balsamic vinegar
- 1 tbsp water
- 1/4 tsp minced garlic or one garlic clove minced
- 1/4 tsp or more sea salt and black pepper each (to taste)
- 1/3 cup blueberries
- 4 eggs
- Red pepper flakes and cilantro to garnish
- 1 avocado (sliced)
- Roasted pumpkin seeds (optional)

### Instructions

1. First peel and chop your veggies. Slice your avocado if you don't want to wait till the end.
2. Place chopped squash in steamer on in microwave safe dish with 1 tbsp water. Steam for 2 -2.5 minutes or more. Depends on microwave power. Cook until tender but not mushy.
3. Remove, drain water, set aside.
4. In a small skillet, place 1 tbsp butter or oil.
5. Heat on medium high and add your onions.
6. Fry for 2 minutes or until onions start to brown a bit.

7. Next add in your slaw, garlic, salt/pepper, 1 tbsp water, and balsamic vinegar.
  8. Mix all together in skillet.
  9. Cover and let cook on medium for about 2-3 minutes.
  10. Slaw will be slightly tender but not fully cooked.
  11. Remove and place in bowl.
  12. Add your squash and 1/3 cup berries to the bowl and toss.
  13. Next fry your eggs in the same skillet.
  14. Add another 1/2 tbsp of butter or oil on medium high heat.
  15. Fry until crispy on outside and yolk in orange and round. Probably 4 minutes or less depending on how you like your yolk.
  16. Serve slaw onto plates.
  17. Place fried egg on top of each.
  18. Garnish with red pepper, 1 tbsp pumpkin seeds, cilantro, and any extra salt/pepper.
  19. Add sliced avocado on the side.
- Optional - Not paleo but feel free to add in feta or goat cheese crumbles.

## **SNACKS/DESSERTS**

### 3 STEP NO BAKE CHOCOLATE COCONUT CASHEW BARS {VEGAN, PALEO}

Preparation: 15 min Total Time: 0:15

Serves: 8-11 bars

#### Ingredients

1 1/4 cup dried unsulphured figs or about 5-6 ounces (stems cut off)

2 cups raw cashews

1 cup unsweetened coconut flakes (plus extra for topping)

1 tsp vanilla

Dash of sea salt (1/4 tsp)

1/3 to 2/3 cup or more of dark chocolate or dark chocolate chips to melt (we use Enjoy Life vegan dark chocolate)

Optional add-ins: 1 tbsp protein powder, chia, nuts, cocoa powder

#### Instructions

1. Line a square baking pan with parchment paper. Set aside.
2. Next make sure your dried figs have all the stems cut off.
3. Place cashew, coconut, salt, vanilla, and figs in food processor.
4. Blend until all is mixed well but not pureed. See pictures above.
5. Pour mixture into baking dish and press down well. See notes if you are not getting it to stick well.
6. While the g/cashew mix sets in pan, melt your dark chocolate.
7. Place dark chocolate in a microwave safe bowl or on stove top. Heat until melted. About 60-90 seconds in microwave mixing half way.
8. You can also use my homemade magic chocolate shell recipe (<http://www.cottercrunch.com/vegan-chocolatepeanut-butter-dough-balls/>) if you want a thicker chocolate coat.
9. Next pour the chocolate over the cashew coconut batter and spread it evenly in the dish to cover all. noted if you need more dark chocolate to cover, just melt an additional 1/4 cup.
10. Sprinkle extra coconut and dash of sea salt on top of chocolate (evenly).

11. Place in freezer for 20 minutes or fridge for a few hours.
12. Once they are hardened, remove from fridge.
13. Slice into bars and wrap each one in foil for a quick grab and go bar. Or store in an air tight container.
14. Best kept in fridge for freshness.
15. Feel free to freezer for up to 8-10 weeks. These really do keep well!

### **Recipe Notes**

If your batter is not sticking to the pan after mixing, remove from pan and place in bowl, mix in a tbs of honey or maple syrup if needed. If batter is too sticky, add in 1 tbsp of coconut flour.

8x8 pan or 9x13 work. Your bars will be thinner with 9x13.

Fig Notes depending on the type of dried fig you use, you may need to use more than 5oz to get it "sticky" in the batter.

Chocolate use as much or as little as you'd like to top. The less you use the thinner the layer of chocolate and vice versa.

These are made for great meal bars, cut in 6 LARGER Bars if desired. They will be around 300 calories each.

## EASY BAKED JALAPENO CHEESE CRISPS {GLUTEN FREE, LOW CARB}

Preparation: 10 min   Cook Time: 20 min   Total Time: 0:30

Serves: 20-25 crisps

### Ingredients

5 medium jalapenos

2-3 tbsp olive oil

1/2 tsp onion salt or powder

6 -8 one ounce naturally aged cheese slices. (parmesan works best, but swiss, provolone, havarti all work too. See notes for the cooking times.)

Pepper

Tabasco or ranch sauce for dipping

Parchment paper

### Instructions

1. preheat oven to 450F.
2. Slice your jalapeno into thin slices. About half an inch thick. Make sure to cut out seeds if you don't want them spicy.
3. Toss jalapeno slices with olive oil and onion powder or onion salt, pepper, and arrange at on baking tray with parchment paper.
4. Bake for 10 to 15 minutes or until jalapeno slices are crispier. This is why it's important to cut them thin. If you cut thicker they will take long to bake.
5. Next remove jalapenos and let cool. Blot jalapenos with towel so you remove extra oil.
6. Place your oven at 400F now. Then Re-line your baking tray with parchment paper.
7. Take half of your cheese slice and cut in half or into 2-3 pieces. You can also just pull them apart into pieces. .
8. Fold it around the jalapeno slice/ring. Make sure it's still flat. Not a ball.
9. Place on baking sheet with parchment paper.
10. Repeat until you have used up all your slices.
11. Bake at 400 for about 6-7 minutes or until cheese is crispy. Provolone and havarti take around 10 minutes or so to bake crispy. Just depends on oven.

12. Be sure to check after 5 minutes so they don't burn.

13. Remove from oven, let cool, then season with more pepper/sea salt if desired.

14. Serve with tabasco or ranch sauce. It's great!

### **Recipe Notes**

Storage - once cooked and cooled, keep in an airtight container.

Makes anywhere between 20-25 crisps

Certain cheese will take longer in oven to get crispy. Parmesan bakes fastest. Check after 6 minutes or so.

## **CINNAMON SPICED ALMOND SUGAR COOKIES (GRAIN FREE)**

Preparation: 15 min   Cook Time: 15 min   Total Time: 0:30

Serves: 24-26

### **Ingredients**

2 1/4 cup Almond Flour, cassava our, or multi-purpose Gluten Free Flour (to make paleo I used grain free cassava flour)

1/2 tsp baking soda

1/2 tsp baking powder

1 tsp vanilla extract

1 tsp cinnamon

1/4 tsp pumpkin spice (optional)

3/4 cup cup butter (softened) or coconut butter/oil. Softened. Not liquid. (if batter is to try, add 2-3 tbsp more)

1 egg

1 cup coconut sugar or sugar of choice Erythritol for those looking for lower sugar option.

1-2 tbsp honey

Almond slivers for topping

### **Instructions**

1. Preheat oven to 350F. In a small bowl, soften your butters but do not let them melt. Combine in mixing bowl with egg and sugar.

2. Beat on low until creamy.

3. Keep mixer on low and slowly add in your flour, baking soda/powder, extract, and spices.

4. Beat or mix until smooth and then add your honey last.

5. Mix again.

6. Scoop onto greased cookie sheet

7. Bake for 8 or 9 minutes, then pull out of oven and place almonds on top, when the cookies are more at.

8. Return to oven and cook for 4-5 more minutes or until cookies are golden brown. total baking time will be 12-15 minutes

9. Remove from oven and let cool. Add cinnamon on top if desired.

### **Recipe Notes**

You can sub other our if need be. It's 1:1 ratio for other grain flours and gluten free flours.

Cooking times will vary though. If you using almond flour, add in 1 tbsp potato starch or tapioca start as well.

## **BACON CHOCOLATE CHIP HOMEMADE CRUNCH BARS {GLUTEN FREE}**

Preparation: 10 min   Cook Time: 20 min   Total Time: 0:30

Serves: 9-11

Bacon Chocolate Chip Homemade Crunch Bars! These gluten free crunch bars are sweet, salty, crunchy, and healthy! Made with ancient grains! Ready in 30 minutes.

### **Ingredients**

3/4 to 1 cup groats (buckwheat seeds) See more options and for toasting first below.

1/2 c almond flour

1/2 cup dark chocolate chips (we use Enjoy Life brand)

1/2 c cooked cured bacon (chopped or in bits)

2 tbsp cocoa powder

1/4 tsp sea salt

1/2 tsp baking powder

1/2 c coconut oil or melted real butter

1/3 - 1/2 cup maple syrup (or honey). Add more to adjust to your sweetness

3/4 cup tapioca flour or gluten free multi-purpose flour

1 egg

1 tsp vanilla

### **Instructions**

1. Options for toasting buckwheat - toss your groats in coconut oil (1 tbsp or so). Feel free to add any spices like cinnamon. Toast groats spread out on baking tray at 350F for 5-6 minutes. This is optional but makes EXTRA crunchy.

2. Preheat oven to 350F. Mix your dried ingredients in one bowl. Whisk your egg, oil or butter, maple syrup, and extracts in another bowl. Combine your wet to dry and mix thoroughly. Should be like a crunchy thick batter.

3. Pour into 8x8 brownie pan (greased) and bake at 350F for 20 minutes or so. Check at 18 minutes to make sure it's not overcooked. Depends on your oven.

### **Recipe Notes**

Toasting buckwheat is optional. You can also use any other ancient grain (toasted or not). Like millet, quinoa, brown rice, amaranth, etc.

**LUNCH**

## VEGAN SPICY CREAM OF CORN SOUP {BLENDER}

Preparation: 20 min   Cook Time: 10 min   Total Time: 0:30

Serves: 3

### Ingredients

2-3 cup corn kernels (non GMO, seasonal)

3 tbsp olive or avocado oil (divided)

1/4 tsp sea salt

15 ounces of light coconut milk or cream (whatever you prefer, both work great)

1 tsp paprika

2-3 garlic cloves (if they are small, use 3)

1/4 tsp black pepper

1/2 tsp sea salt

2 tbsp chili sauce or Sriracha (plus extra for topping)

1/4 cup packed fresh basil leaves (some for garnishing)

### Instructions

1. First roast your corn kernels. Preheat oven to 450F. While preheating toss your kernels in 1 tbsp oil and 1/4 tsp sea salt. Place on baking tray. Bake for 15 -20 minutes or until golden brown.
2. Remove kernels and let cool.
3. Next peel your garlic.
4. Place your corn, garlic, and the rest of your ingredients in a blender. Blend until creamy.
5. Pour blended soup into a stock pot. Heat on medium heat until it comes to a soft boil. About 2-3 minutes. Then reduce to low until ready to serve.
6. Serve in bowls with fresh basil on top, extra chili sauce, and black pepper.
7. If you are making ahead, you can store in fridge or freezer in a air tight container. note due to coconut milk/cream becoming solid at cooler temperatures, you will need to mix thoroughly or blend again if you want to reheat.
8. If you want a thinner soup, feel free to add in broth.

**Recipe Notes**

Sweet corn works great here and compliments the spices.

If you want extra spice, throw in a diced red pepper or jalapeno when blended.

## GLUTEN FREE BLACKBERRY BASIL NACHOS

Preparation: 10 min   Cook Time: 10 min   Total Time: 0:20

Serves: 3

### Ingredients

2-3 eight inch gluten free tortillas

Non-stick cooking spray or foil

2/3 cup blackberries

2 oz muenster cheese (or daiya or cashew cheese for vegans)

Fresh basil (chopped)

Dash of black pepper and sea salt

Additional toppings - chicken, tofu, beef, salsa, etc.

### Instructions

1. Preheat oven to 350F.
2. Lay out your tortillas and slice them into wedges with a knife or pizza cutter. Place tortillas on a baking sheet with foil underneath or use non-stick cooking spray.
3. in a separate bowl, gently smash your blackberries. Not much, but just enough to extract a little juice. Toss semi-smashed berries in bowl with basil, about 1 tbsp chopped fresh and a little sea salt and black pepper.
4. Next, slice your cheese into smaller strips and place on tortilla wedges.
5. Spoon blackberry mixture on top of each wedge/nacho.
6. Add any additional toppings or seasoning.
7. Bake for 10-12 minutes. For extra crispy, broil for the last minute.

## QUICK SPIRALIZED APPLE "KIMCHI" SALAD WITH GARLIC BEEF (PALEO)

Preparation: 10 min   Cook Time: 10 min   Total Time: 0:20

Serves: 2

### Ingredients

For the Spiralized Apple "Kimchi" Salad

2 apples (green and/or red). One of each is best combo!

1 shallot (can use 1/4 cup red onion or green onion as substitute)

1 tbsp hot mustard (Asian) or a spicy mustard of choice

1 tbsp chili sauce (ex: chili paste or Sriracha)

Pinch of paprika

1/4 tsp sea salt

1 tbsp rice vinegar

1-2 tsp fresh grated ginger or 1/4 to 1/2 tsp ground ginger

Black pepper to taste

For the Garlic Beef

6 - 8 oz organic lean ground beef

1 tsp avocado or sesame oil (olive oil is ne)

2 tsp minced garlic

1 tsp tamari sauce (Gluten Free)

1/2 tbsp to 1 tbsp sesame seeds for topping

Romain lettuce or Leafy green to place Beef in (optional)

### Instructions

1. First spiralize your apples or finely slice julienne style. It's best to use a green and red to even out tartness with taste. But any apple will do if you don't have one of each.
2. Next peel and slice your shallot.
3. Place in small mixing bowl.

4. Then add in your mustard, seasoning, chili sauce, vinegar, and lastly the ginger. Fresh always taste better but ground works fine too.

5. Toss salad all together.

6. Place in fridge while you cook beef.

For the beef:

1. Place oil in frying pan.

2. Add in your thawed ground beef, garlic, and tamari.

3. Mix all together.

4. Fry on medium heat for about 7-10 minutes or until meat crumbles are thoroughly cooked and browned.

5. Remove from heat, strain excess fat/grease if desired.

Make the bowl:

1. Divide the apple salad into two bowls.

2. Place a romain or green leaf on one side of the bowl for the beef.

3. Divide the beef into the two bowls and place in the romain leaf, next to the Spiralized Kimichi Salad. The romain lettuce just helps keep the juices from the meat contained.

4. Top beef with pepper and sesame seed.

5. Scoop up apple salad with beef and enjoy! Or mix all together in bowl before eating.

6. Makes 2 bowls.

### **Recipe Notes**

You don't need to use the spiralizer, it works well shredded too. Keep the peel on for much crunch.

Don't want beef? Try with chicken, tofu, tempeh, etc.

**DINNER**

## VEGAN PERSIMMON BUTTERNUT SQUASH SOUP

Preparation: 15 min Cook Time: 30 min Total Time: 0:45

Serves: 3

### Ingredients

3 medium Fuyu persimmons

2 cups chopped Butternut Squash

8 oz of vegetable broth

1 cup coconut milk

1 tbsp maple syrup

1 tbsp roasted nut butter

1 tbsp olive oil or coconut oil

3 cloves

1/2 tsp sea salt

1/2 tsp smoked paprika

1/8 tsp ground ginger or cinnamon if you prefer more sweet than spice

dash of pepper

Optional - toasted nuts and chili sauce for topping

### Instructions

1. First steam your squash in steamer or microwave until they are a little tender. About 60-90 seconds in microwave works.
2. Next cut off tops from persimmon. Peel each if desired. I left mine on but it's up to you for texture.
3. Combine persimmon, squash, and broth in a blender until smooth.
4. Transfer to a medium size pot and add in your oil, coconut milk, almond butter, and maple syrup.
5. Place on medium low and stir until smooth and everything is mixed thoroughly.
6. Then add in your spices, stir, and simmer for 30 minutes.
7. About 20 minutes into your simmer, the soup will thicken.

8. Once it thickens, place an immersion blender in the pot to make extra creamy and smooth.
9. You can also just blend again or mix with spoon repeatedly.
10. Taste and see if the seasoning is to your liking. It should be a little sweet but smoky.
11. Serve and top with a dash of pepper, chili sauce, and toasted nuts if you'd like.

**Recipe Notes**

To make it more cheesy versus smoky, just add in 1-2 tbsp nutritional yeast.

## GLUTEN FREE STEAK SALAD FLATBREAD

Preparation: 10 min Cook Time: 6 min Total Time: 0:16

Serves: 2

### Ingredients

8 inch gluten free pizza crust (thin)

1/2 to 2/3 cup tomato sauce

6 -8 oz grilled steak strips (or chicken, tempeh, etc.)

1/4 cup chopped cilantro

1/2 cup sliced onions

Shredded salad mix of choice

1/2 cup slices zucchini

Dash of pepper

Dash sea salt

Olive oil

1/2 cup feta or goat cheese

1/4 tsp garlic powder or minced (optional)

Chili sauce to top

### Instructions

1. First make sure you have your proteins cooked. See notes for steak. Next, add a few tsp of olive oil and slightly sauté your onions and zucchini in a pan until tender with a dash of garlic powder or minced garlic. Set aside.
2. Cut your pizza crust into triangles and toast in toaster oven or real oven for 3-4 minutes at 400F. Removed and place the rest of your ingredients on top of each triangle. Toast again for a few more minutes until out edge is crispy. Remove and add pepper, sea salt, cilantro and chili sauce.
3. You can add your shredded salad last with the cilantro if you'd rather the ingredients more crisp!

**Recipe Notes**

For searing steak - Heat oil in a large skillet over high heat until heavily smoking. Season steaks with pepper and coarse sea salt and add to pan and cook, flipping a few times with tongs. Check steaks after 6-8 minutes to see if internal temperature has reached 130°F for medium. Add butter and any extra seasoning and then to pan continue to cook for couple more minutes.

## EASY PALEO TUNA GREEN CHILE ZOODLE CASSEROLE {WHOLE 30 APPROVED}

Preparation: 15 min   Cook Time: 15 min   Total Time: 0:30

Serves: 5-6

Paleo Tuna Green Chile Zoodle Casserole. EASY paleo tuna casserole that's Whole 30 approved, high protein, low carb. Hearty, yet Healthy, Zoodle Casserole!

### Ingredients

Three 6-7 inch zucchini

Two 5 oz canned tuna (we used low mercury Safe Catch Tuna Elite)

4 oz of diced green chiles (no additive canned works)

1/2 c real mayo with olive oil or we use Primal Kitchen Chipotle Mayo (no additives or sugar added)

\*add 1/4 c more if you want extra creamy

2 tbsp chopped chives (plus extra for topping)

1/2 tsp seasoning salt of choice or natural sea salt with dehydrated garlic or onion added (primal palate has a great selection)

1 tbsp organic mustard (spicy or regular without added sugar. Annie's Organic is Whole30)

1/4 tsp garlic powder

1/4 tsp black pepper

1/2 c chopped onion (peeled)

1/2 cup chopped celery

1 tbsp avocado or olive oil

2 tbsp coconut flour or tapioca starch (Almond flour works too but does not hold together as well as other flours)

1/2 cup coconut milk or cream without additives (see notes for alternatives)

1/2 tsp chili pepper or red pepper flakes

Parsley to garnish (optional)

## Instructions

1. Wash and clean your veggies.
2. Preheat oven to 350F
3. Oil a 9x 13 shallow casserole dish. Set aside.
4. Ribbon cut or spiralize your zucchini into noodles. Press/Squeeze as much excess water out of them as you can. You can do so with a paper towel. Set aside.
5. In another bowl, combine your tuna (drained), mayo, green chiles, chives, mustard, pepper, and garlic powder. Mix thoroughly. Set aside.
6. Oil a medium skillet. Add in your onion and celery and seasoning of choice. Cook for about 6 minute so medium or until onion brown a bit.
7. Next add your coconut flour and milk to the skillet. Stir together with the celery and onion mix until no longer clumpy. This basically acts as a thickener. It's okay if it's not a smooth mixture, just make sure it's mixable when adding to the zucchini noodles..
8. Add your zucchini noodles to the skillet and toss all together. Cover and let the noodles and mix cook together for 1 or 2 minutes on medium heat until zucchini is softened but not thoroughly cooked. Don't let it get soggy
9. NOTE --> Try to press out ALL water from tuna and zucchini before mixing all together. You don't want the casserole to have too much liquid.
10. Remove skillet from heat and pour contents into a large bowl.
11. Mix your tuna/green chile mix in the same large bowl (with the zoodles/milk/onion mix).
12. Toss everything together.
13. Pour mix from the large bowl into your casserole dish. Top with extra seasoning of choice.
14. Bake for 10 -15 minutes or until edges are brown. If the casserole does not brown after 15 minutes, leave in an extra 5 -10 or until crispy edges.
15. Broil last minute or so to make crispier edges.
16. Remove from oven.
17. Garnish with optional parsley, chives, and top with red chili pepper flakes.
18. Serve immediately.
19. Keeps well in sealed container in fridge for up to 1 week. Freezes for up to 6 weeks but will contain extra water once thawed out.

20. See notes for tips and whole30 suggestions or regular Paleo options.

### **Recipe Notes**

Whole30 Brands we use - Primal Palate Spices, Safe Catch Foods Tuna, Annie's Homegrown Mustard (no sugar added), Primal Kitchen, Betterbody foods coconut flour, Bob Red Mills Tapioca Starch.

Regular PALEO options: If you are not needing whole30 approved, you can use almond milk and almond flour instead of the coconut our/milk.

You can also use a lighter mayo.

Feel free to freeze this dish, but it will have extra water once thawed due to zucchini. I simple add in more flour or a bit more fresh zucchini.

Updated: if the coconut our/milk mixture is too clumpy, try sifting your coconut flour beforehand. OR you can just add a few more tbsp coconut milk while mixing. You want this to be your "thickener" for the casserole. The flour will also add a little crunch when baked.

Please comment or email me if you have ANY questions!

NOTE --> Try to press out ALL water from tuna and zucchini before mixing all together. You don't want the casserole to have too much liquid.