

6 Go-to Gluten Free Recipes with Little Prep

from

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CRUNCH

Healthy Gluten Free Recipes One BITE at a Time!

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Most ingredients available online, www.wholefoods.com, or local grocer.

EVERYTHING BUT THE KITCHEN SINK SOUP (INSTANT POT OR STOVE TOP RECIPE)

Prep Time 5 Cook TimeCook Time on Instant pot: 14 to 16 minutes Cook time on stove top : 35-40 minutesTotal Time 0:00

Serves 4-6

***Everything But the Kitchen Sink Soup** is a HEALTHY soup recipe using holiday leftovers. This easy soup recipe has instructions for cooking in an Instant Pot or on a stove top. Gluten free, Dairy free option.*

INGREDIENTS

- 1 tsp olive oil
- 1 cup chopped onion
- 4 ounces pancetta or chopped uncured bacon
- 2/3 cup chopped celery (about 2 large celery ribs)
- 1 cup chopped or 1/2 inch sliced carrots
- 2 cups peeled cube cut squash (370 grams or close to 3/4 lb)
- 1/2 tsp garlic powder or 1 tsp minced garlic
- 1/2 tsp cumin
- pinch of paprika - close to 1/4 tsp
- 1 1/4 cup green beans (chopped, ends removed)
- 1 cup a blend of uncooked rice (wild rice and long grain white rice work great)
- 1/2 tsp kosher salt
- black pepper to taste
- 6 - 6 1/2 cups veggie broth or chicken broth

- 2 cups loosely packed spinach or other leafy green
- Optional Parmesan to garnish
- Red pepper flakes to garnish
- Pinch of Sea Salt for plating
- Herbs to garnish (cilantro) - optional
- Optional additional Add-ins: 4-5 ounces Roasted turkey, smoked ham, chickpeas, etc.
- See notes for Vegetarian option

DIRECTIONS

Instructions for INSTANT POT:

1. First make sure all your vegetables and meats/bacon are chopped or sliced according to measurements in ingredient list.
2. Place instant pot on saute setting. Add your olive oil, onion, pancetta, carrots and celery. *Sauté* for 2-4 minutes until onions are transparent and fragrant. Add your diced squash and *sauté* again for another 2 minutes.
3. Turn off *sauté* setting.
4. Stir in your garlic, paprika, and cumin. Mix together.
5. Finally, add in your rice, broth, green beans, kosher salt, and pepper.
6. Place Instant pot setting to manual pressure cook, sealed, for 12-14 minutes. If you are using wild rice, cook for 14-16 minutes. ***See notes if using pre-cooked rice***
7. After 12-14 minutes, use Quick release option to stop cooking. Then add in your spinach, stir, and seal it back up.
8. Place on warm for 10 minutes until spinach is steamed.
9. Once spinach is steamed, uncover and add sea salt.
10. Serve and garnish with shredded Parmesan, cilantro, and crushed red pepper flakes.
11. Feel free to add in ham, roast chicken or turkey with the spinach while warming.

12. **See notes for Stove Top Version and Vegetarian version.**

RECIPE NOTES

For STOVE TOP Version:

- Make sure all your ingredients are prepped/chopped.
- In a large stock pot, add your olive oil, onion, pancetta, carrots and celery. *Sauté* for 4-5 minutes until onions are transparent and fragrant. Add your diced squash, garlic, and the rest of your spices and *sauté* again for another 2-3 minute.
- Add the broth, bring to a boil, then add your rice and reduce heat.
- Place on low covered for about 20- 25 minutes or until rice is cooked. If you are using wild rice it will take a little longer.
- Mix in your spinach and any other add-ins of choice.
- Cover and simmer for another 5-8 minutes or until spinach is wilted.
- Once cooked, add a pinch of sea salt.
- Serve and garnish with Parmesan, cilantro, and red pepper flakes.

***To speed up both Stove top and Instant pot version, you can use precooked rice.** For Instant pot cook 10 minutes then place on warm with spinach. For Stove top, just cook 10 minutes after brining to a boil, versus 25 minutes.

For Vegetarian Version:

Do not add the bacon, instead add in a few teaspoons of tamari sauce, an extra pinch of paprika or smoked paprika, and 1 1/2 cups cooked (or canned, drained) chickpeas with your rice and vegetables.

ROSEMARY CITRUS ONE PAN BAKED SALMON {PALEO}

Prep Time 5 minutes Cook Time 12 to 15 minutes Total Time 0:05

Serves 3

This Rosemary Citrus Baked salmon is a healthy one pan meal ready in 20 minutes. Whole 30 and paleo friendly.

INGREDIENTS

- 1/3 c olive oil
- Pinch of ground pepper
- 2 tbsp fresh orange juice
- 2 tbsp fresh rosemary, plus 1-2 extra sprigs to garnish (See notes for dried rosemary option)
- 1 tbsp Lemon juice
- 1/2 tsp garlic minced
- 1/4 tsp of grated dried orange peel (divided)
- Kosher salt or fine sea salt to taste
- 1 bunch thin asparagus (trimmed) (Or other vegetable of choice)
- Olive oil or melted butter to drizzle
- 10-12 ounces sockeye salmon (whole fillet or around 3 fillets)
- Thinly sliced Orange (5-6)
- Optional 1/4 tsp lemon pepper to
- Additional Salt/pepper to taste - after baking

DIRECTIONS

1. Preheat oven to 400F.
2. Whisk together orange juice, lemon, 2 tbsp rosemary, 1/4 to 1/3 cup olive oil, pinch of salt, pepper, 1/4 tsp orange peel and garlic. Set aside.

3. Next Layer your dish.
4. First add your trimmed asparagus (or other vegetable of choice) and drizzle with olive oil or butter. Add a pinch (1/4 tsp or so) of lemon pepper seasoning.
5. Place your salmon (skin side down) on between the asparagus spears.
6. Drizzle the orange rosemary marinade on top of the salmon.
7. Add thin orange slices on top of the salmon and on top of the asparagus.
8. Place 2 to 2 fresh sprigs of rosemary evenly on top of the salmon and around the pan.
9. Sprinkle a bit more orange peel, pepper, and kosher salt on top of the salmon veggie bake.
10. Bake at 400F for 12-15 minutes or until salmon is not longer opaque in the middle.

RECIPE NOTES

Feel free to use green beans or broccoli instead of asparagus.

If you don't have fresh asparagus, you may use 1 tbsp dried rosemary.

This dish calls for 1 salmon fillet that's 12 ounces, or you may use three 4 ounce fillets.

For wild caught sockeye salmon fillets, we use [sizzlefish](#).

BREAKFAST/SNACK

ULTIMATE NO BAKE BREAKFAST COOKIE BITES

Prep Time 10 Cook Time 20 minutes Total Time 0:20

The Ultimate No Bake Breakfast Cookie Bites! Super Easy, wholesome, gluten free, and vegan!

INGREDIENTS

- 1/3 cup ground oats (oat flour works too)
- 1 cup almond flour
- 1/4 to 1/3 cup [peanut flour](#), protein powder, or sifted [coconut flour](#) (see notes for details)
- 2 tbsp chia or flaxseed
- 1/4 c natural nut butter (almond butter, peanut butter, or sunflower seed butter work best. No stir)
- 1 tbsp cinnamon
- 1/4 cup maple syrup
- 1/2 tsp vanilla
- 1 tbsp molasses
- Optional 1 - 2 tbsp finely crushed/chopped nuts in batter (extra for coating)
- dark chocolate shavings (optional but so good!!)
- extra flour/cinnamon to sprinkle on top

DIRECTIONS

- Finely grind 1/2 cup whole rolled oats in food processor or blender, then transfer into a mixing bowl. This should make around 1/3 cup ground oats. You can also just use oat flour.

- Add your almond flour, [peanut flour](#) or protein powder, cinnamon, chia or flaxseed, and almond butter.
- Stir ingredients all together. Add in your maple syrup, molasses, and vanilla then mix again with hands. If you are adding in nuts, do so here. Just 1 tbsp. You can also add in a 1 tbsp of dark chocolate shavings.
You might need to add more maple syrup or almond butter if batter gets to dry.
- Roll into 1-1.5 inch balls. Then roll each ball in a bit of crushed nuts (optional) and place on baking sheet or other large container with parchment paper underneath.
- Let them freeze for 20-30 minutes then transfer into a Ziploc bag.
- Dust with additional cinnamon and [peanut flour](#) (or protein powder) if desired. keep in fridge or freezer for up to 6 weeks

RECIPE NOTES

You don't have to add additional crushed nuts. You will see some of my breakfast cookie bites pictures are without the nuts. This is personal preference.

***Adjust** maple syrup/nut butter amount accordingly. If you have thicker protein or flour, you might need more, etc.

SPICY SHRIMP CAESAR SPINACH SALAD

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

Serves 2

Spicy Spinach Caesar salad with Shrimp (Paleo Option)

INGREDIENTS

FOR THE DRESSING

- 1 egg yolk
- 1/2 tbsp spicy mustard
- 4 tbsp olive oil
- sea salt or kosher salt and pepper to taste
- 1/2 tsp chili powder
- Pinch of cayenne
- 1/2 to 1 tsp anchovy paste. (Add a pinch of salt or 2 tsp capers mashed with garlic if you don't have anchovy paste)
- 1-2 tsp minced garlic
- 1 tbsp Lemon juice

FOR SPICY SHRIMP

- 6-8 ounces medium shrimp, peeled, deveined
- 1/4 to 1/2 tsp chili powder
- Pinch of onion powder
- 1/2 tsp [Avocado oil](#) or butter
- Pinch of Sea Salt or Kosher Salt
- Dash of ground pepper

FOR THE SALAD

- 4-6 cups fresh spinach (leaves)
- 1 small Cucumber - ribbon cut or thinly sliced
- 1 large carrot - ribbon cut or or thinly sliced
- 1/2 small avocado, sliced.
- 2 bell peppers - sliced thin
- 2-3 tbsp roasted almonds
- Optional Microgreens
- Optional Sprinkle of parmesan or gruyere shavings (Omit if paleo)
- Garnish red pepper flakes

GLUTEN FREE CROUTONS (OMIT FOR PALEO OPTION)

- 1/2 cup [gluten free bread](#)
- 1 tsp oil (olive or [avocado oil](#))
- 1/2 tsp garlic powder

DIRECTIONS

- Preheat oven to 450F.
- While Oven is preheating, make your caesar salad dressing.
Whisk together all your ingredients in a small bowl. Salt/pepper to taste. Adjust if needed. If too salt, add a tsp of honey or maple syrup. Set aside or keep in fridge.
- Next bake your spicy shrimp.
Toss your clean/peeled shrimp in olive oil and spices. Lay flat on cooking/baking sheet.
- Bake/roast for 4-5 minutes on each side; turning once, 3 to 4 minutes. So about 8-10 minutes all together or until shrimp are browned and opaque throughout.
Remove from oven.

- Toss your bread crumbs in garlic and oil, and place on baking sheet. Toast for about 5 minutes.
Arrange your salad.
- Place spinach, ribbon cut vegetables, croutons, and shrimp in 1 serving bowl or two small bowls.
Add a few tbsp of roasted almonds on top along with microgreens, red pepper flakes, and optional cheese.
- Drizzle with spicy Caesar dressing. Sea salt and pepper to taste.

RECIPE NOTES

For paleo option, omit croutons and cheese.

You will have extra dressing, so feel to keep the rest for later use. Store in fridge for up to 3 days.

SPIRALIZED SWEET POTATO SPAGHETTI CASSEROLE {GRAIN FREE, EASY}

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

Serves 4- 5

Spiralized Sweet Potato Spaghetti Casserole {Grain Free, Easy}

INGREDIENTS

- 2 peeled sweet potato (4.5 cups spiralized)
- 2 oz cream cheese or 1/4 to 1/3 cup sour cream (see notes for non dairy option)
- 1/2 to 2/3 cup almond or coconut milk (drinking milk works great).
- 1 egg and 2 egg whites whisked
- 1 tbsp olive oil
- 1/2 tsp garlic (minced)
- 1/4 tsp onion salt or sea salt (dash of garlic/salt for after baking as well)
- 2 oz diced olives or pimentos (drained if using canned)
- 1/4 cup tomato sauce
- 2/3 cup cooked sliced gluten free sausage (chicken sausage, chickpeas, or any gluten free breakfast sausage all work)
- 1 cup greens (spinach or kale)
- 5 oz crumbled cheese - Parmesan or Feta work great. (see notes for non dairy option)
- 4-5 basil leaves for topping
- optional black pepper seasoning on top
- Optional 2 -3 tbsp pesto mixed with spaghetti noodles before baking

DIRECTIONS

1. Preheat oven to 350F
2. Peel your sweet potatoes then spiralize them. Comes out to about 4.5 cups.
3. Place sweet potato noodles in a bowl and steam in microwave for about 1 minutes.
4. THEN add 1 tbsp oil and your garlic, onion salt. Toss so that the noodles are lightly coated.
5. updated option to make more flavorful, feel free to toss the cooked sweet potato spaghetti noodles in a pesto before placing in casserole dish.
6. In another bowl, mix your sour cream (or cream cheese), whisked eggs, and milk.
7. Lightly coat a casserole dish with oil or coconut spray. Then layer your ingredients.
8. First add noodles, then chicken sausage, olives or pimentos, then spinach or kale greens.
9. Next add your cream cheese/egg mix.
10. last add your tomato sauce and crumbled cheese (parmesan or feta work great).
11. Bake for 30-35 minutes or until cheese starts to brown. Check noodles if you can.
12. Top with basil and black pepper and any additional sea salt or garlic if you desire.

RECIPE NOTES

If you cannot eat feta/cheese, then add 1/4 to 1/3 cup nutritional yeast instead.

Instead of cream cheese or sour cream you can use a non dairy yogurt or cream cheese but consistency might be a little different.

Feel free to replace the sausage with 1 cup cooked chickpeas for meatless option

MEDITERRANEAN MARINATED BALSAMIC PORK LOIN SKILLET {PALEO}

Prep Time 25 min Cook Time 10 min Total Time 0:35

Serves 3-4

Easy Mediterranean Marinated Balsamic Pork Loin Skillet {Paleo and Whole 30 option}

INGREDIENTS

FOR THE MARINADE

- 1 lb pork tenderloin (sliced 1/3 to 1/2 in thick)
- 1/4 c balsamic vinegar
- 1/4 - 1/3 c olive oil or avocado oil
- 1/2 tsp smoked paprika or regular paprika
- 1 tbsp honey (optional)
- 1/2 tsp minced garlic
- 1/4 tsp salt/pepper
- 1/4 tsp oregano
- Optional 1/4 tsp dried marjoram or rosemary

FOR THE SKILLET AFTER PORK MARINADES

- 3/4 – 1 c sliced red onion
- 2 oz sliced olives
- 1 zucchini, thinly sliced sliced
- Fresh basil
- Salt/pepper if desired
- Extra paprika to garnish or red pepper flakes

- Serve with mixed leafy greens. See notes for other options

DIRECTIONS

1. First slice you pork. Place in container to ziplock bag.
2. Whisk together your balsamic marinade and add to pork loin slices.
3. Marinade for 20-30 minutes in fridge. (longer if desired)
4. While pork is marinated, slice your veggies.
5. Once marinated, remove and prepare your skillet.
6. Heat skillet on medium. Sauté onion first until fragrant. No oil needed.
7. Next add pork loin strips and the remaining marinade sauce.
8. Cook on medium for 5 minutes then Flip over pork slices.
9. Add in your olive/zucchini slices.
10. Cook another 5-7 minutes or until pork is no longer pink.
11. Plate your pork and vegetables. Serve w/sauce and marinade and top w/fresh basil.
12. Add more paprika, salt, pepper, if desired.

RECIPE NOTES

This dish is great served with leafy salad.

Feel free to add feta or even serve on top of rice or potatoes for extra starch. Although no paleo.

Omit honey for whole 30 option.

BONUS: VEGETARIAN

CREAMY TOMATO GLUTEN FREE PENNE PASTA {DAIRY FREE}

Prep Time 10 min Cook Time 12 min Total Time 0:22

Serves 4-6

INGREDIENTS

- 10oz bag of gluten free penne pasta {See notes for the kinds that work best}
- 8-10oz canned Italian stewed tomatoes (drained)
- 1/3 cup diced white onion
- 1/4 cup paleo mayo
- 1 egg and 1 egg yolks
- 3 tbsp olive oil
- 1/2 tsp minced garlic
- 1/4 tsp each of sea salt and crushed black pepper
- 1/2 tsp chili pepper flakes
- Fresh basil
- optional add ins-we use diced chicken or chicken sausage.
- 1/4 cup diced bell pepper (Optional add in)
- Toppings - nutritional yeast or [vegan parmesan](#), garlic salt/powder, or parmesan if not needing to be dairy free.
- See notes for Vegan option

DIRECTIONS

1. First sauté your onions and peppers in 1 tbsp olive oil with garlic. Once they are almost cooked, set aside. Then cook your gluten free penne pasta according to directions.
2. Drain, and add pasta back into pot. Keep on low
3. Add the rest of your olive oil. Mix well. Crack an egg into the pasta and mix gently
4. Then add in your tomatoes, seasonings, and the rest of your onion/pepper/garlic mix.
5. In another small bowl, mix your paleo mayo and egg yolk.
6. Add your egg yolk/mayo in with the pasta. Stir gently until creamy on low to medium low. Just enough for the egg yolk to cook but not all the way through.
7. Feel free to add in chicken sausage or a protein here too
8. Serve your pasta and add fresh basil to each bowl. Or feel free to mix a little in with the big pot.
9. Top with crushed pepper or red pepper flakes, garlic powder/salt, and [vegan parmesan](#) or regular parmesan if desired.

RECIPE NOTES

Buckwheat Pasta options - [penne](#) or [spirals](#)

For Lentil Penne pasta, check out [chickapea pasta !](#)

If you are looking to make this vegan, just replace the 1/4 cup mayo with my [vegan cashew cream sauce](#) and add 1 tbsp nutritional yeast. YUM!