



PRINTABLE RECIPES

MEXICAN QUINOA SKILLET

DESCRIPTION

This Mexican quinoa skillet is a vegetarian, gluten free one pan recipe that utilizes leftovers! Makes a quick dinner or appetizer for football season.

INGREDIENTS

- 2 tsp oil (naturally refined coconut oil, avocado oil, or olive oil)
- 2/3 cup peeled and chopped onion
- 1 tsp minced garlic
- 2 cups cooked or previously frozen corn
- 1 bell pepper, chopped
- 4 – 5 cups cooked quinoa (about 2 cups uncooked if preparing from scratch)
- 2 – 3 tbsp vegetable broth or stock

- Sea Salt and pepper to taste
 - 1/2 tsp ground cumin
 - 1/2 cup salsa or taco sauce
 - Optional – 1 cup shredded mexican cheese or vegan cheese sauce (recipe in notes) or use my [vegan queso!](#)
 - Chopped fresh cilantro to garnish
 - For serving – Optional jalapenos (sliced), tortilla chips, avocado and/or sour cream
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INSTRUCTIONS

*Tips for cooking quinoa and making vegan cheese sauce in notes.

1. Heat a large oven safe skillet on medium to medium high. Add 1 tbsp oil and Sauté the onion in olive oil in a skillet on medium high heat until translucent, 4 to 5 minutes. Add minced garlic during the final minute of cook time.
 2. Next, stir in the corn and bell peppers and continue to sauté for another 5 minutes, or until veggies are softened.
 3. Add the cooked quinoa, broth, salt, pepper and cumin. Mix together. Stir in the taco sauce, then cook for 8 to 10 minutes or until spices and sauces are absorbed and veggies are cooked.
 4. Lastly, add your optional shredded cheese (or non dairy “cheese” sauce) and mix together. Cook on medium low heat until melted, stirring occasionally.
 5. For extra crispy cheesy, add more cheese on top and place under broiler in oven for 1 minute.
 6. Top with cilantro to garnish. Serve with jalapeños and optional tortilla chips and avocado or sour cream if desired.
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NOTES

Easy Vegan Cheese Sauce

1 cup hummus, 1/4 to 1/3 cup oil, Garlic and spices of choice (red pepper, taco seasoning, etc.)

- *Combine in pan on the stove over medium high heat or in microwave until melted and combined.*

Tips for cooking quinoa!

- *Rinse the quinoa in a fine mesh sieve until the water runs clear. This removes the coating that is naturally on the quinoa. Boxed quinoa is generally pre-rinsed.*
- *For every cup of quinoa you cook, you will need two cups of water. For this recipe, if you want to prepare four cups of quinoa, boil eight cups of salted water.*
- *Once it reaches a boil, reduce the heat to medium, cover and allow the quinoa to simmer for 15 to 20 minutes or until the water is absorbed. Quinoa will look like it has popped open when it is fully cooked. Set it aside for five minutes. Fluff with a fork.*

Link to recipe <https://www.cottercrunch.com/mexican-quinoa-s skillet-dinner>

MEXICAN AVOCADO EGG SALAD WRAPS

DESCRIPTION

These Mexican avocado egg salad wraps make for a perfect low carb veggie packed lunch! Paleo Avocado Egg Salad seasoned with Mexican spices and jalapeño, all wrapped up in collard greens! Whole 30 friendly, gluten free, and grain free.

INGREDIENTS

- 1/2 large avocado
- 1 small bunch cilantro, chopped
- 3 oz fire roasted green chilies (canned, drained)

- 2 garlic cloves
 - 1/4 tsp paprika
 - 1/2 tsp cumin
 - salt/pepper to taste
 - 1 green onion, sliced or 1/4 c chopped white or red onion
 - 5 large collard greens
 - 1 bell pepper, sliced
 - juice of one lime
 - red pepper flakes garnish
 - 1–2 jalapeños
 - additional salt/pepper to season after blending
 - sprouts to garnish
 - 6 hard boiled eggs
 - *Optional* [Paleo Mayo](#) or Olive Oil
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INSTRUCTIONS

1. Slice hard boiled eggs in half. Remove yolk and place in food processor or blender. Keep the egg whites for later.
2. Combine avocado, cilantro, green chilies, spices, garlic, and optional jalapeños slices (just a few) in the [food processor](#) or blender. Blend until an egg salad consistency is formed. Taste to see if it needs more salt/pepper, to your liking. Add additional avocado, [paleo mayo](#), or oil if you want it extra creamy.
3. Chop up a few of the extra whites from the hard boiled eggs and mix into egg salad.
4. Next clean your collard green wraps and place in a towel. Pat dry. Place the leaves/wraps in microwave to steam for 30 -40 seconds. This will make them easier to bend. Remove and place on a plate.
5. Scoop 1/4 cup of the avocado egg salad into each wrap.

6. Top with bell pepper slices, optional jalapeños slices, a dash of lime, sprouts, and red pepper flakes.
 7. Salt and Pepper to taste.
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NOTES

- The avocado egg salad will keep in sealed container in fridge for 5 days or so.
- If you don't have avocado, feel free to use [chipotle paleo mayo](#).
- Lettuce wraps or romaine leafs also work!
- For less spicyness, omit jalapeños. You can also use regular green chilies, canned or fresh.

Link to recipe <https://www.cottercrunch.com/avocado-egg-salad-paleo-wraps/>

DECONSTRUCTED STUFFED BELL PEPPER

DESCRIPTION

These gluten free *Deconstructed Stuffed Bell Pepper Bowls* are family friendly, easy to make, easy to clean up and easy to devour! The combo of lean beef and bell peppers make for one iron-boosting and antioxidant-rich bowl. Dairy free friendly and option for vegetarians included!

INGREDIENTS

For the BEEF (or Turkey) – See notes for Vegetarian Option

- 1 tsp olive oil
- 1 lb (455 g) lean ground beef or turkey
- 2 tsp (7 g) minced garlic
- 1 cup (150 g) chopped onion
- 1 cup (150 g) chopped bell pepper

- ½ to 1 tsp red pepper flakes or Italian seasoning
- Fine sea salt or kosher salt, to taste Pepper, to taste
- 8 oz (230 g) tomato sauce or BBQ sauce
- 2 tsp (10 ml) gluten-free Worcestershire sauce or tamari

For the BOWLS

- 3 cups (485 g) cooked quinoa
- 3 cups (540 g) lightly steamed spinach
- 1 bell pepper, sliced thin
- Handful of fresh torn cilantro
- 1 green onion, chopped
- Handful of sliced cherry tomato
- OPTIONAL yogurt cheese or sour cream, for topping
- Red pepper flakes,
- Hot sauce or Tabasco, optional, for topping
- Lemon slices, for garnish

INSTRUCTIONS

1. To make the meat, heat the oil in a large skillet over medium heat. Add the ground meat and cook until no longer pink, about 8-10 minutes. Drain off any extra fat.
2. Add the garlic and onion, cooking for 2-3 minutes until fragrant. Add the chopped bell pepper, red pepper flakes, salt and pepper, cooking for 5 minutes. Add the tomato sauce (or BBQ sauce) and Worcestershire sauce, and cook until bubbly, about 5 more minutes.
3. For the bowl, spoon the quinoa into a large bowl, followed by the spinach. Add in the ground meat mixture, and top with the sliced bell pepper, cilantro, green onion and cherry tomatoes.
4. Season with salt and pepper to taste.

5. Toppings: Optional sour cream or yogurt cheese and red pepper flakes, if desired, and garnish with sliced lemon.
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NOTES

For Vegetarian Option:

Omit beef and replace with ground tempeh or cooked beans (black beans, chickpeas, or pinto beans work best).

Link to recipe <https://www.cottercrunch.com/stuffed-bell-pepper-bowls/>

SPICY SWEET CORN VEGAN SOUP

DESCRIPTION

Spicy Sweet Corn Vegan Soup {Blender}

INGREDIENTS

- 3 cups corn kernels (non GMO). THIS can be previously frozen if you need a quick version. Save 2 tbsp cooked corn for topping.
 - 1–2 tbsp olive oil or avocado oil (divided)
 - 1 tsp sea salt (divided)
 - 15 ounces of light coconut milk (from the can) or unsweetened non dairy milk of choice. (The coconut milk from the can makes the soup creamier).
 - 1 tsp paprika or sweet paprika
 - 2–3 garlic cloves. Equivalent to 1 tsp minced.
 - 1/4 tsp black pepper
 - 2 tbsp chili sauce, spicy curry sauce, or hot sauce
 - 1/4 cup packed fresh basil leaves plus extra for garnishing
 - Optional Peppercorns to top –
 - Optional sliced jalapeno or peppers
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INSTRUCTIONS

1. Preheat oven to 450F. While the oven is preheating, toss your kernels in 1 tbsp oil and 1/4 tsp sea salt. Place on baking tray. Roast your corn kernels for 15 -20 minutes (toss half way to prevent burning). Corn will be slightly golden brown.
2. Remove kernels and let cool just a bit before blending.
3. Next peel your garlic. Place your corn, garlic, spices, coconut milk, and 1/4 cup basil leaves in a blender. Blend until creamy. If you don't have a blender, you may use a food processor or hand held blender, but it may take extra time to get to the right consistency. If you want the soup to be a little thinner soup, add in 1/4 c vegetable broth. Then blend again.
4. Pour blended soup into a medium pot. Heat on medium heat until it comes to a soft boil. About 2-3 minutes. Then reduce to low until ready to serve.
5. Serve in bowls with fresh basil on top, extra chili sauce, extra roasted corn, and black pepper or peppercorn. OPTIONAL topping – A drizzle of coconut milk and olive oil, plus jalapeno slices.
6. If you are making ahead, you can store in fridge or freezer in an airtight container.

NOTES

1. 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.
2. *Nutrition facts below based on using light coconut milk/cream*

Link to recipe: <https://www.cottercrunch.com/vegan-spicy-cream-of-corn-soup-blender/>

TEX MEX EGG AND CHEESE

DESCRIPTION

This delicious cauliflower casserole is packed with nutrient-rich veggies, protein from organic eggs, cheesy goodness and loads of spicy Tex-Mex flavors. It's an

easy meal prep idea for breakfast, brunch, or light dinner. Best of all, it's gluten free, low carb/keto, and kid-friendly, too.

INGREDIENTS

- 4–5 cups riced cauliflower (1 large head). If you need instructions on how to rice cauliflower see [see this post](#).
 - 1/2 tsp taco seasoning or Mexican spices
 - 1 medium zucchini, quartered lengthwise and sliced into strips (see notes for alternatives)
 - 4 to 5 large [Eggland's Best Organic Eggs](#) plus 1/2 cup liquid egg whites (or 6 –7 whole eggs, whisked)
 - 2/3 to 3/4 cup enchilada sauce or hot sauce
 - 8 oz shredded mexican blend or cheddar cheese, plus extra to grate on top.
 - Kosher salt/pepper to taste
 - 1/4 cup fresh chopped cilantro, to garnish
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INSTRUCTIONS

Make Ahead Option in notes

1. Preheat oven to 400 F and oil a 12×8 casserole dish/meal prep container. If meal prepping without baking, skip preheat.
2. Rice your cauliflower or use ready-to-use cauliflower rice. Toss with mexican spices or taco seasoning then spoon into an even layer on the bottom of the casserole dish.
3. Next press (with paper towel) any extra water from the zucchini strips. Layer the zucchini strips on top.
4. Whisk your eggs, egg whites, and hot sauce or enchilada sauce together. Pour on top of the zucchini. If you end up needing more liquid to cover the dish, whisk together one extra egg and 1/4 to 1/3 c milk of choice. Pour over casserole

5. Layer your shredded cheese on top of the casserole.
 6. Bake at 400 for 25-30 minutes or until top is golden brown. Check progress at 20 minutes. If the edges are starting to brown quicker than the middle is cooking, then cover with foil and continue cooking until evenly cooked. Broil last minute for extra crispy cheese!
 7. Seasoning with salt/pepper, hot sauce, and/or cilantro before serving. Extra cheese is optional.
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NOTES

Meal Prep/Make Ahead Tips! For meal prep, allow to cool before freezing. (Keeps well in freezer for up to 3 months). Alternatively, you can also SKIP BAKING and just store prepped casserole in fridge, covered, until ready to bake. Store in fridge for up to 5 days.

- [Oven safe meal prep casserole dish](#) I used.
- Feel free to use other vegetables instead of zucchini; yellow squash, eggplant, tomato, etc.

Dairy Free Option: Hummus sauce to replace cheese on top – 1 c hummus, 1/4c oil, garlic and spices or mix in of choice. Ex – red pepper, taco seasoning, etc. Combine on stove or microwave until melted and mixed.

Link to recipe <https://www.cottercrunch.com/tex-mex-egg-cheese-cauliflower-casserole/>