

Cozy fall fancies...

Zucchini Bake

Use a 9-inch deep dish pie plate. You may need more zucchini and other ingredients if your pan size is quite a bit larger.

- 2 medium zucchini, sliced
- 1 large walla walla onion, cut into crescent moons
- blanched almond flour
- extra virgin olive oil
- Greek seasoning or Italian seasoning
- Herbamare

Preheat your oven to 375 degrees F. Start by adding about 1 tablespoon of olive oil to the bottom of your baking dish (I use a 9-inch pie plate). Then add a layer of zucchini. Next add a few onions. Then sprinkle with a little Herbamare (not too much) and Greek seasoning. Then add about 3 to 4 tablespoons blanched almond flour. Repeat by starting with a layer of zucchini again. Continue until you are out of ingredients. End with a layer of zucchini. Top with a few tablespoons blanched almond flour, Herbamare, and a drizzle of olive oil. Bake uncovered for about 45 minutes. *Or until the desired doneness of the zucchini.

Source: www.NourishingMeals.com

Easy Gluten-Free Chicken Stew

You can vary the vegetables and amounts of each to suit your own needs. This recipe isn't finicky, it works just about any way you do it.

- 2 tablespoons extra virgin olive oil
- 1 medium onion, chopped
- 3 to 4 stalks celery, chopped
- 4 to 5 carrots, chopped
- 2 large russet potatoes, peeled and diced
- 2 to 3 teaspoons dried thyme
- 2 to 3 cloves garlic, crushed
- 3 cups stock (chicken or vegetable – I used veggie here)
- 2 to 4 tablespoons arrowroot powder (depending on how thick you like it)
- 1 cup frozen peas
- 3 or so cups chopped cooked chicken breast (or 2 to 3 cups cooked beans)
- large handful fresh parsley, chopped
- sea salt or Herbamare
- black pepper

Heat a large 11-inch skillet over medium heat and add olive oil. Add diced onions and sauté until soft, about 5 minutes. Then add carrots, celery, potatoes; sauté a minute more. Add garlic and thyme. Combine the stock and arrowroot powder and whisk well. Add this mixture to the pan, cover and simmer for about 10 to 15 minutes. Add peas, cooked chicken, and parsley, cover and simmer 5 or so more minutes or until veggies are cooked to your liking. Add sea salt and fresh ground black pepper to taste. Source:

www.NourishingMeals.com

Spicy Peach Chutney

Serve this flavorful, fresh chutney recipe over dal and rice or your favorite curry recipe. If you would like a milder chutney, simply omit the habanero peppers. If you don't have coconut sugar (a low-glycemic granulated sugar) on hand then feel free to use another granulated sugar such as raw cane sugar.

- 8 medium-sized ripe peaches, peeled and diced
- the juice of 2 limes
- 3 habanero peppers, seeded and finely diced
- 2 to 3 jalapeno peppers, seeded and finely diced
- 1 1/2 tablespoons grated fresh ginger
- 4 to 6 cloves garlic, crushed
- 1/2 cup coconut sugar
- few dashes sea salt or Herbamare

Place all of the ingredients into a medium-sized saucepan and set heat to medium. Note: I used an 11-inch skillet in this photo because it was the last pan in the house! Simmer covered for about 20 minutes over medium to medium-low heat then remove the cover and simmer for about 10 minutes more to let some of the liquid evaporate. Serve warm or chill and serve the next day. The flavors definitely improve with age. Source: www.NourishingMeals.com

Vegan Pumpkin Dip

Tasty vegan recipe, Be sure not to use pumpkin pie filling for this recipe, use plain cooked pumpkin. Fun to make around Halloween, Thanksgiving or anytime!

Ingredients:

- 4 oz room temperature Tofutti, Better Than Cream Cheese
- 2 tbs brown sugar
- 2 tbs agave nectar
- 1/4 cup canned or cooked pumpkin
- 1/2 tsp pumpkin pie spice
- 1/4 tsp cinnamon
- 1/4 tsp vanilla extract

Directions:

Whip medium tofu, sugar and agave until creamy. Add everything else and whip. Taste, adjust sweetness, spices (add more or less to your taste), chill for a minimum of one hour. Serve with apple slices, graham crackers or anything else you like.