

**Special
Olympics**
New Jersey



Gluten-Free Recipe Book

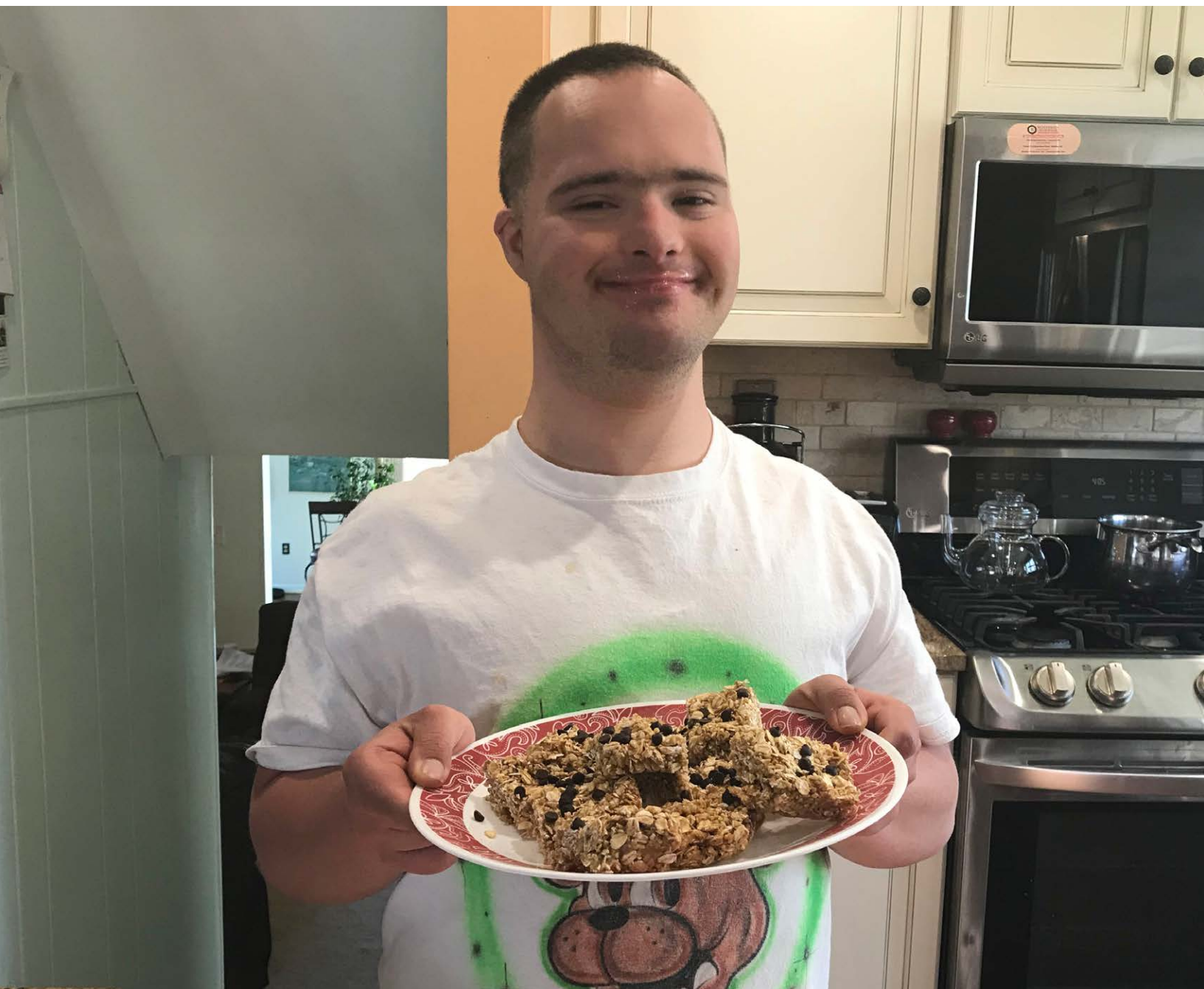


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Featuring Special Olympics New Jersey Unified Partner, Nick

What is a Gluten-Free diet?

What is “Gluten-Free?”

- Gluten-Free refers to foods with no gluten in them.
- Gluten is a protein found in wheat, rye, barley, and most oats.

Benefits of a “Gluten-Free” diet?

- Following a Gluten-Free diet is popular amongst those who are medically diagnosed with: Celiac disease and those with a gluten intolerance.
- If you have Celiac disease or a gluten intolerance, removing gluten will help prevent inflammation and symptoms.

What foods have gluten?

- Pasta
- Bread
- Canned soup
- Waffles
- Pizza
- Pancakes
- Muffins

Gluten-Free tips:

- Choose options high in fiber.
- Eat less processed foods and more FIT 5 whole foods.
- FIT 5 whole foods include: fruits, vegetables, whole grains, lean meats, & low-fat dairy products.
- Check your labels.

When buying processed foods, check your labels to determine if they contain gluten:

- Look for “Gluten-Free” or “GF Certified” on packaging.
- Check ingredients and allergen labels.





GO

- Fruit
- Eggs
- Cheese
- Vegetables
- Meat, Poultry, Fish

CAUTION

- Muffins
- Pasta
- Bread
- Cookies
- Crackers



Breakfast: Coconut Flour Pancakes

Coconut Flour Pancakes

These Coconut Flour Pancakes are amazingly fluffy and naturally Gluten-Free!

PREP TIME: 5 minutes

COOK TIME: 10 minutes

TOTAL TIME: 15 minutes

MAKES: 6 small 4-inch pancakes

SERVING SIZE: 3 small 4-inch pancakes

INGREDIENTS:

- 1/4 cup coconut flour
- 3 large eggs
- 2 tablespoons olive oil
- 2 tablespoons maple syrup (or sugar-free syrup)
- 1 teaspoon baking powder
- 1 teaspoon vanilla extract
- 1/8 teaspoon fine sea salt

INSTRUCTIONS:

1. In a large bowl, combine the coconut flour, eggs, oil, maple syrup, baking powder, vanilla extract, and salt. Use a whisk to stir it all together, breaking up any clumps.

2. In a greased skillet over medium-low heat, add 3 tablespoons of the pancake batter and allow it to cook until bubbles start to form in the middle of the pancake, about 4 to 5 minutes. Flip the pancake and let it cook on the other side, about 4 more minutes, or until both sides are golden.

3. Repeat with the remaining batter, making roughly 6 small pancakes (about 4-inches in diameter). Serve warm with your favorite toppings. Leftover pancakes can be stored in an airtight container in the fridge for up to 3 days.

Note: Don't be tempted to increase the heat to speed up the cooking time, or the outsides of the pancake might burn before the inside is cooked through and fluffy.



Grocery List

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GROCERY LIST:

- Eggs
- Coconut flour
- Olive oil
- Maple syrup
- Baking powder
- Vanilla extract
- Sea salt

NOTE: Some items you may find in your pantry or already in your household please take a look before heading to the store! Price may vary by store and location.

Estimated budget: \$3.00 - \$24.00



Featuring Special Olympics New Jersey athlete, Kimmy

Breakfast: Oatmeal Chocolate Chip Waffles

OATMEAL CHOCOLATE CHIP WAFFLES

Let's make some Waffles! Another awesome and of course delicious Gluten-Free breakfast recipe made from your pantry staples!

PREP TIME: 5 minutes

COOK TIME: 10 minutes

TOTAL TIME: 15 minutes

MAKES: 6-8 waffles

SERVING SIZE: 1 waffle

INGREDIENTS:

- 2 cups milk (low-fat or dairy-free milk)
- 2 tablespoons unsalted butter, melted
- 3 large eggs
- 1 ½ teaspoons vanilla extract
- 1 teaspoons baking powder
- ½ teaspoons sea salt
- ½ teaspoons baking soda
- 1 ¾ cup old fashioned steel cut oats
- 1 cup flour (Gluten-Free)
- 3 tablespoons semi-sweet chocolate chips

INSTRUCTIONS:

1. Lightly grease with olive oil spray and preheat your waffle iron on high.
2. Add milk, butter, eggs, and vanilla extract to a large mixing bowl. Mix ingredients together with a mixing spoon until combined.
3. Add in the baking powder, salt, baking soda, oats, and flour to the mixing bowl and mix until smooth.
4. Mix in semi-sweet chocolate chips. Make sure the chocolate chips are evenly distributed throughout the batter.
5. Pour the batter into the waffle iron so the batter is evenly distributed. Do not overfill waffle iron.
6. Cook until golden brown on the outside and fluffy in the center.
7. Top with butter and syrup if desired, serve on a plate, and enjoy!

Grocery List

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GROCERY LIST:

- Low-fat milk or dairy-free milk
- Unsalted butter
- Large eggs
- Vanilla extract
- Baking powder
- Sea salt
- Baking soda
- Old fashioned steel cut oats
- Gluten-Free flour
- Semi-sweet chocolate chips

NOTE: Some items you may find in your pantry or already in your household please take a look before heading to the store! Price may vary by store and location.

Estimated budget: \$6.00 - \$28.00



Featuring Special Olympics New Jersey athlete, James

Breakfast: Veggie Breakfast Burritos

VEGGIE BREAKFAST BURRITOS

A tasty and colorful way to brighten your mornings!

PREP TIME: 20 minutes

COOK TIME: 20 minutes

TOTAL TIME: 40 minutes

MAKES: 4 servings

SERVING SIZE: 1 burrito

INGREDIENTS:

- **1/2 cup diced red bell pepper**
- **1/4 cup diced yellow onion**
- **3 teaspoons olive oil**
- **Pinch of salt to taste**
- **Pinch of pepper to taste**
- **6 large eggs**
- **4 oz shredded Mexican style mixed blended cheese (or shredded cheese of choice)**
- **4 large Gluten-Free tortilla wraps**

INSTRUCTIONS:

1. Crack eggs into a large bowl and whisk.
2. Using a cutting board finely dice the red bell pepper and onion
3. Heat a large pan to medium-high heat with 1 teaspoon olive oil.
4. Sauté diced red bell pepper and onion in pan until tender. Season with a pinch of salt and pepper. Remove from pan and transfer to a large bowl.
5. Return pan to medium-high heat and add 2 teaspoons olive oil to coat the pan.
6. Add eggs to pan, and scramble until cooked through. Season with salt and pepper to taste.
7. Transfer eggs to bowl with diced pepper and onion and gently fold/mix together.
8. Warm each tortilla in the microwave for 20 seconds.
9. Using a spoon, scoop eggs with veggies on warmed tortilla. Sprinkle with cheese and fold/roll tortilla until sealed.
10. Serve on a plate and enjoy!

Grocery List

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GROCERY LIST:

- Red bell pepper
- Yellow onion
- Olive oil
- Table salt
- Pepper
- Large eggs
- Mexican style mixed blended cheese
- Gluten-Free tortilla wraps

NOTE: Some items you may find in your pantry or already in your household please take a look before heading to the store! Price may vary by store and location.

Estimated budget: \$7.00 - \$21.00



Breakfast: Omelette Stuffed Peppers

OMELETTE STUFFED PEPPERS

If you love peppers this recipe is for you! Enjoy a crunchy, tasty, and nutritionally packed Gluten-Free meal!

PREP TIME: 15 minutes

COOK TIME: 35-40 minutes

TOTAL TIME: 55 minutes

MAKES: 4 servings

SERVING SIZE: 1 pepper

INGREDIENTS:

- **2 bell peppers (halved & seeds removed)**
- **¼ cup low fat milk**
- **1 cup shredded cheddar cheese**
- **8 large eggs**
- **2 tablespoons finely chopped chives**
- **Pinch of sea salt**
- **Pinch of pepper to taste**

INSTRUCTIONS:

1. Preheat oven to 400°F.
2. Place peppers on a large baking pan with outer side on the bottom of the baking pan. Add a teaspoon of water to pan and bake peppers for 5 minutes.
3. In a large mixing bowl whisk eggs and milk together.
4. Add in cheese, a pinch of salt and pepper, and 1 tablespoon chives to bowl.
5. Once peppers are done baking, pour egg mixture into peppers. Place in oven and bake for 35-40 minutes until eggs are set.
6. Garnish peppers with chives, serve on a plate, and enjoy!

Grocery List

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GROCERY LIST:

- **Bell peppers**
- **Low-fat milk or dairy-free milk**
- **Shredded cheddar cheese**
- **Large eggs**
- **Table salt**
- **Pepper**
- **Chives**

NOTE: Some items you may find in your pantry or already in your household please take a look before heading to the store! Price may vary by store and location.

Estimated budget: \$5.00 - \$15.00



Snacks: Guacamole & Chips

GUACAMOLE & CHIPS

What do you call people avoiding healthy fats? Avoca-DON'T! Hope that made you smile because if not, this recipe certainly will!

PREP TIME: 15 minutes

COOK TIME: 15 minutes

TOTAL TIME: 35 minutes

MAKES: 8 servings

SERVING SIZE: 2 tablespoons guacamole & 4 chips

GUACAMOLE INGREDIENTS:

- 3 avocados, ripe
- 1/2 small onion, finely diced
- 2 Roma tomatoes, diced
- 3 tablespoons finely chopped fresh cilantro
- 2 garlic cloves, minced
- 1 lime, juiced
- 1/2 teaspoon sea salt

CHIPS INGREDIENTS:

- 1 dozen 10" corn tortillas
- 1 tablespoon sea salt
- Olive oil spray

INSTRUCTIONS:

GUACAMOLE

1. Using a cutting board finely dice onion, tomatoes, and cilantro.
2. In a medium bowl mash together avocados.
3. Add lime juice, salt, and onions to avocados. Mix gently. Then stir in cilantro, tomatoes, and garlic.
4. Serve immediately or refrigerate for 1 hour for best flavor! Enjoy!

CHIPS

1. Preheat the oven to 400°F.
2. Line two large baking sheets with aluminum foil.
3. Arrange tortillas in a single pile on a cutting board. Cut the pile in half, then cut each half into thirds. You should get 6 small triangles from each whole tortilla.
4. Arrange the tortillas in a single layer on a baking sheet. Make sure they don't overlap, or they will stick together.
5. Thoroughly brush or spray the pieces with spray olive oil, then sprinkle the salt over the tortillas.
6. Bake for 14-16 minutes, until golden brown. Note: they will not be very crispy when they are done baking.
7. Remove chips from the oven and cool completely on the cookie sheet. They will crisp up as they cool.
8. Serve with guacamole!

Grocery List

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GROCERY LIST:

- 3 avocados
- 1 white onion
- 2 Roma tomatoes
- Cilantro
- 1 garlic
- 1 lime
- Sea salt
- 1 dozen 10" corn tortillas
- Olive oil spray
- Aluminum foil

NOTE: Some items you may find in your pantry or already in your household please take a look before heading to the store! Price may vary by store and location.

Estimated budget: \$5.00 - \$18.00



Snacks: Sweet Potato Crunchies

SWEET POTATO CRUNCHIES

Craving something crispy, crunchy, but healthy? You're in luck... try these!

PREP TIME: 10 minutes

COOK TIME: 30 minutes

TOTAL TIME: 40 minutes

MAKES: 2 servings

SERVING SIZE: ½ serving of total recipe

INGREDIENTS:

- **1 sweet potato**
- **1 tablespoon olive oil**
- **Pinch of salt**
- **Pinch of pepper**

INSTRUCTIONS:

1. Preheat oven to 375°F and line 1 large baking sheet with aluminum foil.
2. Peel sweet potato and cut into julienne strips.
3. Add strips to large mixing bowl, drizzle with olive oil, pinch of salt, and pinch of pepper.
4. Spread strips evenly over a large baking sheet.
5. Cook for approximately 30 minutes or until crispy.
6. Allow to cool at room temperature and store in a zip lock bag or container.
7. Enjoy as a tasty, and crunchy snack!

Grocery List

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GROCERY LIST:

- Sweet potato
- Olive oil
- Table salt
- Pepper
- Aluminum foil

NOTE: Some items you may find in your pantry or already in your household please take a look before heading to the store! Price may vary by store and location.

Estimated budget: \$2.00 - \$14.00



Snacks: Cucumber Sandwiches

CUCUMBER SANDWICHES

What did the vegetables say to the sandwich? Lettuce all smile!

PREP TIME: 15 minutes

TOTAL TIME: 20 minutes

MAKES: 8 small sandwiches

SERVING SIZE: 2 sandwiches

INGREDIENTS:

- **¼ lb. chicken or turkey deli meat**
- **1 avocado**
- **2 cucumber**
- **1 tomato diced finely**
- **¼ teaspoon of sea salt**
- **¼ lb. cheese (as desired)**

INSTRUCTIONS:

1. Peel cucumbers and slice thinly.
2. In a small bowl mash avocado.
3. Dice tomato finely and add to mashed avocado.
4. Begin to assemble sandwich in the following order: place 1 thinly sliced cucumber on a plate, spread mashed avocado on cucumber, add a small amount of chicken or turkey and cheese (if desired) on top.
5. Sprinkle a pinch of salt, and add another half of cucumber on top (It should look like a sandwich when finished).
6. In order to keep the sandwich in place, use tooth picks to hold.
7. Enjoy immediately or keep in refrigerator for future snacking and enjoy!

Grocery List

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GROCERY LIST:

- Chicken or turkey deli meat
- 1 avocado
- 2 cucumbers
- 1 tomato
- Sea salt
- Cheese (as desired)
- Tooth picks

NOTE: Some items you may find in your pantry or already in your household please take a look before heading to the store! Price may vary by store and location.

Estimated budget: \$4.00 - \$15.00



Snacks: Oatmeal Bars

OATMEAL BARS

Craving something crispy, crunchy, but healthy? You're in luck... try these!

PREP TIME: 10 minutes

FREEZE TIME: 15 minutes

TOTAL TIME: 25 minutes

MAKES: 16 square bars

SERVING SIZE: 1 bar or 1/16th of the recipe

INGREDIENTS:

- 1 cup creamy peanut butter (no sugar added, or peanut butter alternatives)
- ½ cup honey
- 4 cups old fashioned steel cut oats
- ½ teaspoon sea salt
- ½ teaspoon cinnamon

INSTRUCTIONS:

1. In a large bowl mix together all ingredients until combined.
 2. Line a large 9"x13" baking pan with parchment paper and place the ingredients on the pan.
 3. Press ingredients down into an even layer or roll over using a small glass or rolling pin.
 4. Freeze bars for 15 minutes.
 5. Cut into 16 squares and store in refrigerator for up to 2 weeks.
- Tip: Freeze half to save for future!
6. Serve and enjoy!



Grocery List

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GROCERY LIST:

- Jar creamy peanut butter
- Honey
- Old fashioned steel cut oats
- Sea salt
- Cinnamon

NOTE: Some items you may find in your pantry or already in your household please take a look before heading to the store! Price may vary by store and location.

Estimated budget: \$5.00 - \$16.00



Featuring Special Olympics New Jersey athlete, Stefan

Lunch: Chopped Greek Salad

CHOPPED GREEK SALAD

This could be your new favorite colorful dish... Mediterranean style! It is certainly refreshing & delicious!

PREP TIME: 15 minutes

TOTAL TIME: 15 minutes

MAKES: 2 servings

SERVING SIZE: 1 serving

INGREDIENTS:

GREEK DRESSING

- 3 tablespoons fresh lemon juice
- 1 tablespoon chopped fresh oregano
- ½ teaspoon salt
- ½ teaspoon sugar
- ½ teaspoon Dijon mustard
- ¼ teaspoon pepper
- 1 garlic clove finely chopped

SALAD

- 1 (10 oz) ready-to eat bag romaine lettuce
- ¾ cup chopped cucumber
- ¼ cup diced red onion
- ¼ cup sliced olives
- ¼ cup chopped tomatoes
- ¼ cup reduced-fat feta cheese

INSTRUCTIONS:

1. Using a cutting board finely chop oregano and garlic clove.
2. For the dressing mix all ingredients in a large bowl. Refrigerate until salad is ready-to eat
3. Using a cutting board chop cucumbers, red onion, and tomatoes. Then slice olives finely.
4. In a large bowl mix all salad ingredients together.
5. When ready-to eat mix in dressing and enjoy!

Grocery List

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GROCERY LIST:

- Lemon juice
- Fresh oregano
- Sea salt
- Sugar
- Dijon mustard
- Pepper
- 1 garlic
- 1 cucumber
- 1 red onion
- 1 jar of black olives
- 1 tomato
- Reduced-fat feta cheese

NOTE: Some items you may find in your pantry or already in your household please take a look before heading to the store! Price may vary by store and location.

Estimated budget: \$10.00 - \$24.00



Lunch: Avocado Quesadilla

AVOCADO QUESADILLA

Easy, perfectly crisped quesadillas with a creamy avocado twist! Absolute must!

PREP TIME: 10 minutes

COOK TIME: 4 minutes

TOTAL TIME: 15 minutes

SERVINGS: 2 servings

SERVING SIZE: 1 6" quesadilla

INGREDIENTS:

- ½ avocado peeled and chopped
- ¼ cup shredded cheddar cheese
- Pinch of pepper to taste
- 1 teaspoon lime juice
- ½ diced tomato
- 4 small Gluten-Free tortillas

INSTRUCTIONS:

1. Dice the tomatoes and put in a small bowl. Squeeze the lime juice over. Tomatoes and add a pinch of black pepper. Mix then set aside.
2. Take a frying pan and place over high heat.
3. Place one wrap on frying pan allowing to warm up for a minute, then sprinkle cheddar cheese on top.
4. Add avocado and tomato mix on top of cheese. Place another Gluten-Free tortilla on top.
5. Cook for 2 minutes on each side or until tortillas are slightly colored.
6. Slice quesadilla in 4 triangles and enjoy!

Grocery List

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GROCERY LIST:

- Avocado
- Shredded cheddar cheese
- Pepper
- Lime juice
- 1 Tomato
- 6" Gluten-Free tortillas

NOTE: Some items you may find in your pantry or already in your household please take a look before heading to the store! Price may vary by store and location.

Estimated budget: \$7.00 - \$10.00



Lunch: Chicken Burrito Bowls

CHICKEN BURRITO BOWLS

Burrito bowls can be made with a variety of ingredients and so easy to never get bored! Enjoy a Gluten-Free burrito bowl that is easy to prepare and delicious.

PREP TIME: 10 minutes

COOK TIME: 30 minutes

TOTAL TIME: 50 minutes

MAKES: 4 servings

SERVING SIZE: 1 bowl

INGREDIENTS:

- 2 tablespoon olive oil
- 2 cup cooked short-grain Gluten-Free brown rice
- 2 cup ready-to eat romaine lettuce
- 1 cup thinly sliced shredded chicken
- 1 packet Gluten-Free taco seasoning
- ½ cup cooked corn
- 1 cup cooked black beans

INSTRUCTIONS:

1. Preheat oven to 350°F.
2. Coat a large baking pan with olive oil.
3. Place chicken on baking pan and sprinkle taco seasoning over chicken. Bake for 20-30 minutes.
4. In a medium size pot add 2 cups of water and place on stove over medium-high heat. Add brown rice and bring water to a boil. Once water is boiling, reduce the heat, cover and simmer for 30 minutes.
5. After rice and chicken have been cooking for 15 minutes begin cooking corn and black beans (as desired).
6. Once chicken is done cooking shred using a fork.
7. Add all ingredients including romaine lettuce to a bowl.
8. Serve and enjoy!

Grocery List

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GROCERY LIST:

- Olive oil
- Short-grain Gluten-Free brown rice
- 1 ready-to-eat bag Romaine lettuce
- 2 lbs thinly sliced shredded chicken
- 1 packet Gluten-Free taco seasoning
- 1 bag frozen corn
- 1 can black beans

NOTE: Some items you may find in your pantry or already in your household please take a look before heading to the store! Price may vary by store and location.

Estimated budget: \$15.00 - \$23.00



Lunch: Rainbow Collard Wraps

RAINBOW COLLARD WRAPS

The perfect portable lunch! Healthy & easy to assemble wraps with amazing colors!

PREP TIME: 15 minutes

COOK TIME: 10 minutes

TOTAL TIME: 25 minutes

MAKES: 4 servings

SERVING SIZE: 1 wrap

INGREDIENTS:

- 4 large collard green leaves
- ½ cup hummus
- 4 large carrots peeled and cut into matchsticks
- 1 cucumber peeled and cut into matchsticks
- 2 avocados sliced
- ½ red cabbage shredded
- ½ cup basil leaves
- ½ cup mint leaves

DIPPING SAUCE:

- ½ cup peanut butter
- 1 tablespoon Gluten-Free soy sauce
- ¼ cup rice vinegar
- 1 teaspoon garlic powder
- 2 tablespoons sweet chili sauce

INSTRUCTIONS

1. Bring a large pot of salted water to a boil and blanch the collard leaves in it for about 30 seconds. Pat dry with paper towels.
2. Working with one collard leaf at a time, trim away the thick, tough part of the stem.
3. Spread 2 tablespoons of the hummus down the center of one leaf. Top with a quarter of the carrots, cucumbers, avocado slices and cabbage, and 2 tablespoons each of basil and mint.
4. Fold the leaf in toward the filling (like you're rolling a burrito or wrap) and then tightly roll the filling inside the leaf.
5. Repeat with the remaining leaves and filling. Cut each wrap in half.
6. In a medium bowl, stir together the peanut butter, sweet chili sauce, soy sauce, rice vinegar and garlic powder.
7. Serve the wraps immediately with the dipping sauce or cover them tightly and store in the refrigerator for up to two days.

Grocery List

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GROCERY LIST:

- 1 bunch collard greens
- Hummus
- Large carrots
- 1 cucumber
- 2 avocados
- 1 red cabbage
- Fresh basil leaves
- Fresh mint leaves
- Peanut butter
- Gluten-Free soy sauce
- Rice vinegar
- Garlic powder
- Sweet chili sauce

NOTE: Some items you may find in your pantry or already in your household please take a look before heading to the store! Price may vary by store and location.

Estimated budget: \$15.00 - \$28.00



Dinner: Zoodles & Meatballs

ZOODLES & MEATBALLS

Pasta with a little bit of a Gluten-Free twist! Now everyone can participate in Italian night!

PREP TIME: 15 minutes

COOK TIME: 20 minutes

TOTAL TIME: 40 minutes

MAKES: 4 servings

SERVING SIZE: 1 cup zucchini with 1 meatball

INGREDIENTS:

- 1 tablespoon olive oil
- 3 cloves garlic, minced
- 10 grape tomatoes, halved
- 12 oz zucchini noodles
- 2 tablespoons chopped fresh basil
- Pinch of salt to taste
- Pinch of pepper to taste
- 2 tablespoons shredded Parmesan cheese of choice (optional)

MEATBALLS:

- 1lb ground chicken
- 2 large eggs
- 1 cup Panko bread crumbs
- 1 tablespoon minced garlic
- 1 teaspoon fresh basil chopped
- 1 teaspoon red pepper flakes
- ¼ cup olive oil

INSTRUCTIONS:

1. Preheat oven to 400°F.
2. Line a baking sheet with aluminum foil.
3. In a large mixing bowl add all ingredients for meatballs and mix using your hands. Once mixed, begin rolling meat into small spheres.
4. Arrange prepared meatballs on baking sheet.
5. Bake meatballs 15-20 minutes or until browned with crispy edges.
6. In a large frying pan, heat 1 teaspoon olive oil on medium-high heat. Add garlic and sauté for 1 minute. Add tomatoes and sauté for additional 1 minute. Add zucchini noodles and sauté for 3 minutes or until slightly soft.
7. Remove from heat. Toss with basil, salt and pepper.
8. Transfer noodles to a large serving bowl. Top with meatballs and Parmesan cheese if you choose.
9. Serve and enjoy!

Grocery List

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GROCERY LIST:

- Olive oil
- Grape tomatoes
- Already prepared zucchini noodles
- Fresh basil
- Salt
- Pepper
- Shredded parmesan
- 1lb ground chicken
- Eggs
- 1 Panko bread crumbs
- 1 small container of minced garlic
- Red pepper flakes

NOTE: Some items you may find in your pantry or already in your household please take a look before heading to the store! Price may vary by store and location.

Estimated budget: \$15.00 - \$40.00



Dinner: Baked Quinoa Chicken Nuggets

BAKED QUINOA CHICKEN NUGGETS

Craving chicken tenders? This recipe is for you! Perfectly crispy Gluten-Free chicken tenders.

PREP TIME: 10 minutes

COOK TIME: 15 minutes

TOTAL TIME: 25 minutes

MAKES: 6 servings

SERVING SIZE: 3 chicken nuggets

INGREDIENTS:

- **¾ cup Gluten-Free flour**
- **1 teaspoon garlic powder**
- **1 teaspoon sea salt**
- **1 teaspoon pepper**
- **2 large eggs**
- **2 cups cooked quinoa**
- **2 lbs boneless, skinless chicken tenders**

INSTRUCTIONS:

1. Preheat the oven to 400°F. Line a baking sheet with parchment paper.
2. Grease parchment paper with nonstick cooking spray.
3. In a medium bowl, whisk the flour with the garlic powder, salt and black pepper to combine.
4. In a second medium shallow bowl, whisk the eggs.
5. Place the cooked quinoa in a third medium shallow bowl.
6. Dredge a piece of chicken in the flour mixture until coated. Dip it into the egg, let the excess drip off and then dip it into the quinoa to coat fully. Transfer to the prepared baking sheet. Repeat with the remaining chicken pieces.
7. Spray the chicken nuggets with nonstick cooking spray and bake until they are golden brown and fully cooked, 12 to 15 minutes, flipping halfway through cooking.
8. Season with more salt and pepper, if desired.
9. Serve & enjoy!

Grocery List

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GROCERY LIST:

- **Gluten-Free flour**
- **Garlic powder**
- **Sea salt**
- **Pepper**
- **2 large eggs**
- **Quinoa**
- **2 lbs. boneless, skinless chicken tenders**
- **Parchment paper**

NOTE: Some items you may find in your pantry or already in your household please take a look before heading to the store! Price may vary by store and location.

Estimated budget: \$12.00 - \$24.00



Dinner: Roasted Tandoori Cauliflower Bowls

ROASTED TANDOORI CAULIFLOWER BOWLS

Bored of your everyday recipes? Then this recipe is for you! An authentic Indian inspired dish with a variety of flavors, and colors!

PREP TIME: 20 minutes

COOK TIME: 40 minutes

TOTAL TIME: 60 minutes

MAKES: 4 servings

SERVING SIZE: 1 bowl

INGREDIENTS:

- **1½ cups coconut milk yogurt**
- **¼ cup extra-virgin olive oil**
- **Teaspoons ground cumin**
- **Teaspoons kosher salt, plus more to taste**
- **1 teaspoon ground ginger**
- **1 teaspoon ground paprika**
- **1 teaspoon ground turmeric**
- **1 teaspoon cayenne pepper**
- **Garlic cloves, minced**
- **2 large heads cauliflower, cut into bite-size florets**
- **¼ cup Gluten-Free tahini sauce**
- **Freshly ground black pepper, to taste**
- **3 cups cooked basmati rice**
- **3 avocados, sliced into wedges**
- **Sliced scallions, for serving**
- **Sesame seeds, for serving**

INSTRUCTIONS:

1. Preheat oven to 400°F.
2. In a medium bowl, whisk together the yogurt, olive oil, cumin, salt, ginger, paprika, turmeric, cayenne pepper and garlic. Transfer to a resealable plastic bag.
3. Add the cauliflower florets to the plastic bag and shake well.
4. Allow cauliflower to marinate for 15 minutes in the refrigerator.
5. Once cauliflower is marinated, using a spoon, shake the excess marinade off the cauliflower and transfer to a baking sheet. Roast until the cauliflower begins to brown and turn crisp, 30 to 40 minutes.
6. While the cauliflower is roasting, whisk the tahini with salt and pepper to taste, adding water 1 teaspoon at a time to thin, if desired.
7. In a medium pot, bring the water and rice to a boil. Cover the pot with a tight-fitting lid, then turn the heat down to a simmer and cook for 15 to 20 minutes, until all of the water is absorbed and the rice is tender.
8. Top the rice with the warm cauliflower, avocado, scallions and sesame seeds. Drizzle with the tahini.

Grocery List

**Special
Olympics**
New Jersey



GROCERY LIST:

- Coconut milk yogurt
- Olive oil
- Ground cumin
- Sea salt
- Ground ginger
- Ground paprika
- Ground turmeric
- Cayenne pepper
- Small container minced garlic
- 2 large heads cauliflower
- Gluten-Free tahini sauce
- Pepper
- Basmati rice
- 3 avocados
- Scallions
- Sesame seeds

NOTE: Some items you may find in your pantry or already in your household please take a look before heading to the store! Price may vary by store and location.

Estimated budget: \$20.00 - \$48.00



Dinner: Veggie Town Sushi Bowl

VEGGIE TOWN SUSHI BOWL

Everything you love about sushi, but served in a bowl!

PREP TIME: 15 minutes

COOK TIME: 30 minutes

TOTAL TIME: 45 minutes

MAKES: 4 servings

SERVING SIZE: 1 bowl

INGREDIENTS:

SUSHI RICE:

- 200g short-grain brown rice
- 3 tablespoons rice vinegar
- 1 tablespoon honey
- ½ teaspoon salt

SOY VINAIGRETTE :

- 2 tablespoons reduced sodium Gluten-Free soy sauce or tamari
- 2 tablespoons unsweetened rice vinegar
- 1 teaspoon honey
- 1 teaspoon sesame oil

SUSHI BOWL:

- 1 bunch of asparagus, hard part of stem removed and sliced in half
- 1 small bunch of radishes, thinly sliced
- 2 medium carrots, julienned
- 1 large cucumber, julienned
- 1 large red bell pepper, sliced into strips
- 1 avocado, pitted and sliced
- 2 tablespoons sesame seeds

INSTRUCTIONS:

1. Cook the rice according to package instructions. Once cooked, stir in the vinegar, honey, and salt. Set aside to cool.
2. To cook the asparagus, fill a saucepan with water and bring to the boil. Add the asparagus and cook for 2-3 minutes, or until the desired tenderness is reached. Drain and transfer to a bowl of ice water for 1 minute to stop the cooking process. Drain.
3. To assemble the bowls, start with ¼ of the cooked rice. Add ¼ of the vegetables, saving the avocado for last. Top with ½ tablespoon of the sesame seeds, and a drizzle soy vinaigrette dressing. Repeat with the remaining bowls.

Grocery List

**Special
Olympics**
New Jersey



GROCERY LIST:

- Short-grain brown rice
- Rice vinegar
- Honey
- Salt
- Low-sodium, Gluten-Free soy sauce
- Sesame oil
- 1 bunch asparagus
- 1 small bunch radishes
- 1 bunch large carrots
- 1 cucumber
- 1 red bell pepper
- 1 avocado
- Sesame seeds

NOTE: Some items you may find in your pantry or already in your household please take a look before heading to the store! Price may vary by store and location.

Estimated budget: \$20.00 - \$33.00



Nutrient Analysis

COCONUT FLOUR PANCAKES

SERVING SIZE: 3 4-INCH PANCAKE

Calories: 288kcal | Carbohydrates: 9g | Protein: 9g | Fat: 21g | Saturated Fat: 6g
| Cholesterol: 246mg | Sodium: 417mg | Fiber: 6g | Sugar: 3g |

OATMEAL CHOCOLATE CHIP WAFFLES

SERVING SIZE: 1 WAFFLE

Calories: 314kcal | Carbohydrates: 41g | Protein: 12g | Fat: 10g
| Saturated Fat: 5g | Cholesterol: 110mg | Sodium: 370mg | Fiber: 4g | Sugar: 8g |

VEGGIE BREAKFAST BURRITO

SERVING SIZE: 1 BURRITO

Calories: 483kcal | Carbohydrates: 58g | Protein: 26g | Fat: 17g | Saturated Fat: 6g
| Cholesterol: 267mg | Sodium: 422mg | Fiber: 6g | Sugar: 2g |

OMELET STUFFED PEPPERS

SERVING SIZE: 1 FULL PEPPER

Calories: 151kcal | Carbohydrates: 8g | Protein: 14g | Fat: 5g | Saturated Fat: 3g
| Cholesterol: 170mg | Sodium: 823mg | Fiber: 3g | Sugar: 5g |

GUACAMOLE & CHIPS

SERVING SIZE: 2 TABLESPOONS GUACAMOLE & 4 CHIPS

Calories: 57kcal | Carbohydrates: 8g | Protein: 2g | Fat: 3g | Saturated Fat: 1g | Cholesterol: 0mg
| Sodium: 207mg | Fiber: 2g | Sugar: 2g |

SWEET POTATO CRUNCHES

SERVING SIZE: ½ SERVING OF TOTAL RECIPE

Calories: 117kcal | Carbohydrates: 13g | Protein: 1g | Fat: 7g | Saturated Fat: 1g | Cholesterol: 0mg
| Sodium: 120mg | Fiber: 2g | Sugar: 4g |

CUCUMBER SANDWICHES

SERVING SIZE: 2 SANDWICHES

Calories: 100kcal | Carbohydrates: 2g | Protein: 18g | Fat: 4g | Saturated Fat: 2g
| Cholesterol: 120mg | Sodium: 200mg | Fiber: 2g | Sugar: 2g |

OATMEAL BARS

SERVING SIZE: 1 BAR OR 1/16TH OF RECIPE

Calories: 290kcal | Carbohydrates: 39g | Protein: 9g | Fat: 2g | Saturated Fat: 0g | Fiber: 5g
| Sugar: 10g |



CHOPPED GREEK SALAD

SERVING SIZE: 1 SERVING

Calories: 45kcal | Carbohydrates: 6g | Protein: 3g | Fat: 1.5g | Saturated Fat: 0.5g | Cholesterol: 0mg
| Sodium: 300mg | Fiber: 2g | Sugar: 3g |

AVOCADO QUESADILLA

SERVING SIZE: 1 QUESADILLA

Calories: 280kcal | Carbohydrates: 35g | Protein: 6g | Fat: 3.5g | Saturated Fat: 0g | Cholesterol: 15mg
| Sodium: 430mg | Fiber: 3g | Sugar: 3g |

CHICKEN BURRITO BOWLS

SERVING SIZE: 1 BOWL

Calories: 441kcal | Carbohydrates: 47g | Protein: 14g | Fat: 17g | Saturated Fat: 2g
| Cholesterol: 121mg | Sodium: 468mg | Fiber: 10g | Sugar: 8g |

RAINBOW COLLARD WRAPS

SERVING SIZE: 1 WRAP

Calories: 264kcal | Carbohydrates: 25g | Protein: 7g | Fat: 18g | Saturated Fat: 2g | Cholesterol: 0mg
| Sodium: 468mg | Fiber: 7g | Sugar: 7g |

ZOODLES & MEATBALLS

SERVING SIZE: 1 CUP ZUCCHINI & 1 MEATBALL

Calories: 440kcal | Carbohydrates: 22g | Protein: 34g | Fat: 22g | Saturated Fat: 4g
| Cholesterol: 160mg | Sodium: 280mg | Fiber: 1g | Sugar: 5g |

BAKED QUINOA CHICKEN NUGGETS

SERVING SIZE: 3 CHICKEN NUGGETS

Calories: 180kcal | Carbohydrates: 15g | Protein: 19g | Fat: 5g | Saturated Fat: 2g
| Cholesterol: 120mg | Sodium: 50mg | Fiber: 3g | Sugar: 1g |

ROASTED TANDOORI CAULIFLOWER BOWLS

SERVING SIZE: 1 BOWL

Calories: 162kcal | Carbohydrates: 15g | Protein: 5g | Fat: 10g | Saturated Fat: 2g
| Cholesterol: 120mg | Sodium: 120mg | Fiber: 3g | Sugar: 8g |

VEGGIE TOWN SUSHI BOWLS

SERVING SIZE: 1 BOWL

Calories: 227kcal | Carbohydrates: 33g | Protein: 8g | Fat: 8g | Saturated Fat: 0g | Cholesterol: 0mg
| Sodium: 120mg | Fiber: 4g | Sugar: 6g |

Acknowledgements

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*Thank you to Erica Bastry who helped to
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