

Where did February go? How can it already be March? The calendar assures us that it is.
This week, we are thinking about mixing up the meal routine, by trying to add something new to your weekly meal plan!

Gluten Free French Toast Casserole

*Prep Time: 12 hr.
Cook Time: 1 hr.
Total Time: 13 hr.*

1 lb. gluten free white bread, cut into 1-inch cubes
8 eggs
1-3/4 C. full fat coconut milk
1-1/4 C. almond milk
2 T. vanilla extract
1-1/2 T. ground cinnamon (plus 1 tsp.)
1 tsp. ground nutmeg
2/3 C. coconut sugar (plus 3 T.)
1/4 C. melted butter
1 T. orange zest
powdered sugar, for serving

Grease a 9x13 baking dish and then add the bread cubes to the baking dish.

Next, make the custard. Add the eggs, coconut milk, almond milk, vanilla extract, 1 T. cinnamon, nutmeg, 2/3 C. coconut sugar, melted butter, and orange zest to a large mixing bowl. Whisk together until everything is well combined.

Pour the custard mixture evenly over the bread. Press the bread down slightly into the custard to ensure that every piece comes in contact with the custard mixture.

Cover the casserole dish with plastic wrap and refrigerate overnight or up to 24 hrs. Or, if you are short on time, cover the casserole with plastic wrap and refrigerate for 2 hrs.

Once you are ready to bake the casserole, preheat the oven to 350°F. Remove the casserole dish from the fridge, uncover, and let sit for 30 min. to allow the baking dish to come to room temperature.

While the oven is preheating combine 3 T. of coconut sugar and 1 tsp. of ground cinnamon in a small bowl. Sprinkle the cinnamon sugar mixture over the casserole.

Place the casserole in the middle rack of the oven and bake at 350°F for 50-55 min. until it is golden brown and set in the middle.

Let the casserole cool for 10 min. before serving. Top with sifted powdered sugar, fresh berries, and maple syrup.

Sweet Potato Quesadillas

*Prep Time: 10 min.
Cook Time: 5 min.
Additional Time: 10 min.
Total Time: 25 min.
Servings: 1*

1/2 med. sweet potato
1/4 C. chopped pecans
1 pinch ground nutmeg
1 flour tortilla
1/2 C. chopped red onion
1/4 C. crumbled feta cheese
1 tsp. vegetable oil, or as needed

Poke holes into the sweet potato and microwave on high until soft throughout when poked with a fork, 3 to 4 min. Let cool before peeling, at least 10 min.

Peel sweet potato and mash flesh in a bowl. Stir in pecans and nutmeg. Spread mixture over half of the tortilla. Sprinkle onion and feta cheese over the filling.

Fold tortilla in half and press edges together to prevent filling from spilling out.

Heat oil in a medium skillet over medium heat. Cook quesadilla until golden brown, about 2 min. per side. Remove from the skillet and cut into wedges.

Brussels Sprouts Special

*Prep Time: 15 min.
Cook Time: 15 min.
Total Time: 30 min.
Servings: 4*

1 Caulipower® Three Cheese Pizza
4 oz. Brussels sprouts, thinly sliced
3 tsp. olive oil, divided
salt and pepper to taste
1/2 sm. red onion, thinly sliced
2 slices crisp-cooked bacon, crumbled
2 T. grated Parmesan cheese
1/4 tsp. red pepper flakes, or to taste (opt.)

Preheat the oven to 425 °F. Place pizza on a sheet pan or pizza pan. Do not allow to thaw before placing in the oven; it should be frozen.

Toss Brussels sprouts with 2 tsp. olive oil in a medium bowl and season with salt and pepper. Scatter the Brussels sprouts on the pizza.

Toss the red onion slices with the remaining 1 tsp. olive oil, and arrange on top of the Brussels sprouts. Sprinkle the bacon over the onions, and top with grated Parmesan cheese and crushed red pepper flakes. Bake in the preheated oven for 13 to 15 min.

Poppy Seed Chicken Pasta Salad

Prep Time: 15 min.

Cook Time: 20 min.

Total Time: 35 min.

Servings: 6

2 C. fusilli (spiral) pasta
1-1/2 C. cubed cooked chicken
6 T. chopped onion
1/4 C. dried cranberries
1/4 C. chopped celery
1/4 C. slivered almonds
1/2 C. poppy seed salad dressing

Bring a large pot of lightly salted water to a boil. Cook fusilli in the boiling water, stirring occasionally, until tender yet firm to the bite, about 12 min. Drain, rinse in cold water, and drain again.

Toss pasta, chicken, onion, cranberries, celery, and almonds together in a salad bowl. Drizzle with poppy seed dressing and stir to coat.

Easy Feta Tomato Pasta

Prep Time: 5 min.

Cook Time: 15 min.

Total Time: 20 min.

Servings: 4

1 (12 oz.) pkg. penne pasta
1/3 C. extra-virgin olive oil
16 oz. cherry tomatoes, halved
salt and black pepper to taste
2 C. crumbled feta cheese
3 T. chopped fresh basil

Bring a large pot of lightly salted water to a boil. Add penne and cook, stirring occasionally, until tender yet firm to the bite, about 11 min.

Meanwhile, heat olive oil in a skillet over medium-high heat. Add tomatoes and salt to taste. Cook gently, stirring occasionally, until tomatoes are soft and have released their juices, 5 to 10 min.

Drain the pasta and immediately add to the pan of tomatoes. Reduce heat to low and toss to coat. Add feta cheese, and basil and stir through. Season with salt and pepper. Serve immediately.

Air Fryer Chicken Cordon Bleu

Prep Time: 15 min.

Cook Time: 20 min.

Additional Time: 5 min.

Total Time: 40 min.

Servings: 2

2 boneless, skinless chicken breasts
salt and ground black pepper to taste
1 T. Dijon mustard
4 slices deli Swiss cheese
4 slices deli ham
2 toothpicks
1/4 C. all-purpose flour
1 egg, beaten
1 C. panko bread crumbs
1/3 C. grated Parmesan cheese
cooking spray

Place a chicken breast on a flat work surface. Slice horizontally through the middle, being careful not to cut all the way through to the other side. Open the 2 sides and spread them out like an open book. Place chicken breast between 2 sheets of heavy plastic on a solid, level surface; lightly pound with the smooth side of a meat mallet to a 1/4-inch thickness. Repeat with remaining chicken breast.

Season each chicken breast with salt and pepper. Spread Dijon mustard on top. Place 1 slice of cheese on each breast. Top each with 2 slices of ham and 1 slice of cheese. Roll each breast up and secure with a toothpick.

Place flour in a shallow bowl. Place egg in a second bowl. Mix panko bread crumbs and grated Parmesan in a third bowl. Preheat an air fryer to 350°F.

Meanwhile, dredge chicken breasts in flour; shake off excess. Dip into beaten egg, allowing any excess egg to drip back into the bowl. Press into bread crumb mixture to coat both sides; place breaded chicken breasts onto a plate and spray with nonstick spray. Let sit for 5 min. while the air fryer preheats, then arrange breaded chicken in a single layer in the air fryer basket.

Cook in the preheated air fryer for 10 min.; flip chicken breasts and spray any dry spots with nonstick spray. Cook until chicken is no longer pink in the center, 8 min. more. An instant-read thermometer inserted into the center should read at least 165°F.

Air Fryer Snap Peas

Prep Time: 30 min.

Total Time: 30 min.

Servings: 4

1 lb. sugar snap peas, trimmed, strings removed
2 tsp. olive oil
1/2 tsp. kosher salt
2 T. grated parmesan cheese, plus more for topping
1 tsp. fresh oregano, chopped

Toss the snap peas, olive oil and salt in a large bowl. Line an air fryer basket with foil and add the peas. Set the air fryer to 390°F and cook for 6 min.

Toss the snap peas and sprinkle with 1 T. of the parmesan. Cook for 6 more min. Toss again, then sprinkle with the remaining 1 T. parmesan and cook for 4 more min. Top with the oregano and more parmesan.

German Apple Cake

Prep Time: 15 min.

Cook Time: 45 min.

Total Time: 1 hr.

Servings: 24

1 C. vegetable oil
2 lg. eggs
2 C. white sugar
1 tsp. vanilla extract
2 C. all-purpose flour
2 tsp. ground cinnamon
1 tsp. baking soda
1/2 tsp. salt
4 C. apples - peeled, cored, and diced

Preheat the oven to 350 °F. Grease and flour a 9x13-inch cake pan.

Beat oil and eggs in a large bowl with an electric mixer until creamy. Add sugar and vanilla extract; beat until well combined.

Sift flour, cinnamon, baking soda, and salt together in a medium bowl.

Gradually stir flour mixture into oil-egg mixture until just combined; batter will be very thick. Fold in apples using a wooden spoon or spatula.

Spread batter into the prepared pan.

Bake in the preheated oven until a toothpick inserted in center comes out clean, about 45 min. Cool cake on a wire rack before slicing.

Quote of the Week:

“She does not know what the future holds, but she is grateful for slow and steady growth.”

~ Morgan Harper Nichols (Women’s History Month)