

Zucchini Steaks

Ingredients:

- 4 zucchinis sliced in half and lengthwise
- 4 tbsp. gluten free steak seasoning
- 1/4 tsp. salt (adjust to your liking)
- 1/4 tsp. pepper (adjust to your liking)
- 1/4 c. grape seed oil (or oil of your choice)

Directions:

1. Pre-heat oven to 400 degrees.
2. Cut zucchinis into small steaks by cutting zucchini into three equal pieces. Cut in half, then lengthwise. Drizzle or rub 2tbsp oil, season zucchinis, on the seed side with steak seasoning, salt and pepper. Set aside.
3. Over medium high heat in saute pan add oil, sear zucchinis on side with seasoning for 4 minutes, (will have nice browning) flip and sear for another 3 minutes.
4. Take off heat, finish in the oven for medium doneness or eat "medium rare" just like a steak!

Frites

Ingredients:

- 2 large Idaho potatoes or russet potatoes (sliced with veggie peeler, will be fine julienne)
- 1 1/2 tbsp. salt
- 1 1/2 tsp. black pepper
- 1/4 c. grape seed oil (or oil of your choice)
- 2-3 tbsp. grape seed oil for pan (use more if needed, will make frites extra crispy)

Directions:

1. Pre-heat oven to 400 degrees.
2. Using veggie peeler, peel potatoes into thin cut frits and soak in water 10 minutes. Take the potatoes out of water, pat very dry. Set aside.
3. Drizzle oil, season with salt and pepper, set aside.
4. Over medium high heat place medium non stick pan, add oil. Fry potato frites until crispy and golden brown. Shaking and stirring pan so as to not burn frites.
5. ***TIP*** If you want extra crispy frites, place frites in oven straight from the

stove and watch carefully for 2-4 minutes.

6. Take out of even and make sure to taste before serving, season more if needed. Serve and share with friends!

Creamy Zesty Sauce

Ingredients:

1c. raw cashews
1 1/2 tsp. salt
1 1/2 tsp. black pepper
1 1/2 tsp. xanathan gum
1/4 nutritional yeast
1 1/2 tbsp. mustard
1/4 c. mint
1/4 c. cilantro
2 cloves peeled garlic (minced)
1 tbsp. smoked paprika
1 1/2 tsp. onion powder
1/4 c. gluten free rice wine vinegar (start with

Directions:

1. Soak 1 Cup of cashews overnight with filtered water or soak in boiling water for 10 minutes.
2. Drain cashews and reserve cashew water for later (this water is extra flavor). To blender add cashews, plus 1-2tbsp. of *cashew water* to blender. Add cilantro, mint, nutritional yeast, salt, pepper, garlic, smoked paprika, onion powder, deli mustard, rice wine vinegar, and xanathan gum to blender.
3. Begin to blend, adding a little water as you go to get a creamy consistency. If too watery add more xanathan gum. Taste, add more of the seasonings that you would like and finally add to a sauce bottle or store in a container for up to a week! Make sure and share.