

West Hartford Public Library Presents

Simple Swaps for A Healthier Plate

Change Your Plate to Change Your Life

Learn how easy and delicious gluten-free can be.

Recipes for Class Menu:

Black Bean Quinoa Salad

Apple Overnight Oats

Chocolate Brownie Bites

Simple Black Bean Quinoa Salad

This Simple Black Bean Quinoa Salad has quickly become one of our go-to meals. It's easy, delicious, and satisfying for lunch or dinner. Easy to change up in many ways!

Did you know that quinoa is a gluten-free seed? Right, it's not a grain. Quinoa is also a nutritional powerhouse, high in protein and containing all essential amino acids.

Due to its outer coating, quinoa can be very bitter. Rinsing it well under water before cooking takes away this bitter, soapy-like taste.

Quinoa is as simple to cook as rice, one part quinoa to two parts water, vegetable or chicken broth, depending on the recipe you're creating.

There are many different varieties of quinoa. Some have stronger flavors than others. Give them a try to see which will be your favorite.

You will need:

1 cup quinoa

2 cups of water

¼ - ½ red onion

1 red or orange pepper

½ can olives

½ bunch of fresh parsley

1 can of black beans (rinsed & soaked)

1 lime

2-3 T olive oil

Prepare the beans first, as they need to soak for a few hours or overnight. Open and rinse a can of organic black beans. Place them in a bowl with enough water to cover them, along with a bay leaf or a piece of Kombu (a Japanese sea vegetable). This helps make the beans less gassy for digestion. Let them sit for 1-4 hours or overnight before use. (*You can also add the beans to the salad without soaking.)

Measure one cup of quinoa. Rinse well in a mesh strainer until the water runs clear.

Place quinoa in a pot. Add two cups of water. (You may substitute vegetable or chicken broth, this does alter the flavor.)

Bring to a boil, then cover the pot. Turn off the heat and leave the pot alone for 15 minutes – do not lift the lid. The quinoa should be completely cooked. If not yet ready, cover for another 5 minutes until all the water is absorbed.

While the quinoa is cooking, chop your veggies into small bite-sized pieces.

Add all chopped veggies to a large bowl.

Rinse the beans after they have soaked, and add them to the veggies.

Fluff up the quinoa with a fork and place warm quinoa over beans and veggies. You can use leftover cooked quinoa for this dish as well.

Add 1 t dried basil and 1 T parsley (use a bunch of fresh chopped parsley if available)

Add 2 T olive oil (more if needed). Add the juice of one medium-sized lime.

Stir all together. Sprinkle with sea salt or pink Himalayan salt.

Place in the fridge until ready to serve.

Serve in bowls with diced avocado and fresh chopped parsley over the top.

Top it off with a protein of choice (chicken or fish) if needed.

This makes a great dinner or lunch – perfect to take to school or work.

When will you make this delicious, easy dinner? Let me know!

Apple-Cinnamon Overnight Oats

This is a delicious version of overnight oats, easy to prepare ahead to have breakfast ready when you wake. You really can mix this up in many different ways!

IMPORTANT: Make sure you are using Certified GF Oats. Some people can not digest oats well on their GF journey.

This recipe works well with a pint-size Mason jar.

You will need:

- ½ cup oats
- ½ - 1 apple, peeled and diced
- Lemon
- 1 T ground flax seeds
- 2/3 cup coconut milk (or milk of choice)
- ½ t cinnamon
- ¼ t nutmeg (optional)
- ¼ t cloves (optional)

Peel and dice the apple. Squeeze lemon over the apple pieces to keep them fresh.

Measure all ingredients directly into the jar in the order listed (everything except the lemon). Stir well with a spoon until all mixed. Cover the jar with a lid and place it in the fridge overnight.

By the morning all the ingredients will have blended to form a creamy delicious, nutritious breakfast.

You can eat this cold right out of the jar. Or, warm it up before eating.

Top with additional cinnamon, chopped nuts, raisins, or pure maple syrup.

The recipe makes two servings.

Enjoy!

Chocolate Brownie Bites

These little bites hit the spot every time and are a fabulous snack for the whole family. They are so good the kids won't even know they just had a healthy treat!

This recipe is allergy-friendly and delicious!

You will need:

- 1 cup pitted dates, soaked
- 3/4 cups of oats
- 3 tablespoons cocoa or cacao powder
- 1 T plant-based protein powder (optional)
- 1- 2 teaspoons water (if needed)
- 1t. pure maple syrup
- 1/4 cup coconut flakes for coating (optional)

Soak the dates in hot water for 5 minutes. Then drain.

Blend dates in a food processor. Add all ingredients and pulse until combined.

Spoon into bite-sized balls.

Roll the balls in coconut flakes, chopped nuts, or mini chocolate chips.

Place in the refrigerator for at least one hour before serving to allow the balls to set.

Store in an airtight container for up to 7 days.

THANK YOU FOR JOINING ME!

Thank you so much for joining me for this Gluten-Free Cooking Class.

I hope the information inspires you to get in the kitchen and plan your meals and treats. This can make a HUGE difference in what you put on the table every night to create a healthier lifestyle. Find more delicious recipes on my website: www.glutenfreemarcksthespot.com

Let's Chat:

Are you ready to create a healthier lifestyle? I would love to invite you to Book a FREE Call with Jennifer to chat about getting your gluten-free life on the right path to healthy living or cook together to learn more about simple swaps for a healthier plate.

[Schedule a Call with Jennifer](#)

Jennifer Marcks is a Gluten-Free Health Coach helping women create a sustainable and delicious gluten-free lifestyle that becomes routine in their everyday lives.

As the creator of Gluten-Free MARCKS The Spot, Jennifer helps you finally say goodbye to gluten so that you can get back your health and happiness. Having Celiac Disease and gluten-intolerance in her family, she knows exactly what you are going through. Jennifer helps empower your kitchen skills to gain back your energy and learn how to change your plate to change your life. You'll be amazed as your family starts devouring your new gluten-free meals. She'll help you ditch the overwhelm and have you back with coffee with friends, lunch with the girls, and traveling to the beach on vacation. No more sitting on the couch and missing out on life!

When Jennifer is not whipping up a new gluten-free treat, you can find her sneaking off to read a good book, going for a walk, snuggling up with her family for games or possibly binge-watching Netflix.

Find Jennifer:

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FREE Facebook Community: [Saying Goodbye to Gluten](#)

****Check out the [Saying Goodbye to Gluten Podcast](#)**

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