

Fall Meal Plan: Week 5



Crock Pot Italian Beef Sandwiches • Thai Quinoa Salad
Chicken & Rice Soup • Beef & Veggie Enchilada Skillet
Gluten Free Pizza • Fall Shredded Brussels Sprouts Salad



Week 5 Menu

Monday: Crock Pot Italian Beef Sandwiches

This 5 ingredient, long cooking crock pot recipe is the perfect Monday meal because you can set it and forget it while it slow cooks all day long. My Mom makes this every time we have the family together because it's great for feeding a crowd. Pair with a fresh salad and dinner's done.

Tuesday: Thai Quinoa Salad with Peanut Dressing

This salad lives rent free in my brain, meaning I think about it all the time. The secret's in the Peanut Dressing that tastes like it came from a restaurant. This meat-free meal is packed with protein thanks to quinoa, edamame, and both minced peanuts and peanut butter in the salad and salad dressing, respectively. You will lick your bowl clean!

Wednesday: Easy Chicken and Rice Soup

This is a nice change up from Homemade Chicken Noodle Soup with all the same cozy flavors. I began making it when my now 10 year old was 2 – it's a recipe that has stood the test of time. Easy, comforting, and delicious.

Thursday: Beef & Veggie Enchilada Skillet

Love enchiladas but not the rolling part? I've got you! This Enchilada Skillet has all the flavor of ground beef enchiladas except everything – including the tortillas – are cooked in one skillet so there's no rolling required. Leftovers reheat well for an easy yet hearty lunch the following day.

Friday: Gluten Free Pizza

I shared this recipe on Iowa Girl Eats earlier this year and it became an instant favorite. I assume because the texture of the crust is reminiscent of hand tossed pizza, and also because it's made with everyday ingredients. Friday night pizza night is BACK!

Weekend: Fall Shredded Brussels Sprouts Salad

This recipe goes crazy on my website each fall, and for good reason: it's full of craveable flavor and crunch. If the thought of eating raw, shaved brussels sprouts doesn't sound appealing, just think of it as crunchy coleslaw. And it that's not appealing 😊 swap the sprouts for your favorite lettuce mix instead. Try it once and I promise you'll be scheduling it to appear on your Thanksgiving menu.



Hello!

Welcome to week 5 of your 10 week gluten free fall meal plan – we are officially halfway through!

This week's menu features tried and true, ultra-popular recipes from IowaGirlEats.com. From 5 ingredient crock pot recipes that feed (and please) a crowd, to one of my family's favorite soups, a seasonal salad recipe that readers have been loving for YEARS, and a newer recipe that became an instant hit when I shared it earlier this past year (spoiler alert: it's Gluten Free Pizza Crust made with normal, everyday ingredients!) I think you're really going to love cooking and eating dinner this week.

Don't forget to tag me, @iowagirleats and #IGEMealPlans on [Instagram](#) with your weekly progress and, as always, I'm available anytime at kristin@iowagirleats.com!

Review: How to Use this Meal Plan

Each week you'll receive a weekly meal plan as a printable PDF (like the one you're reading right now!) broken down into a shopping list, prep checklist, the recipes for the week, recipe notes, ingredient substitutions / swaps, and specific product recommendations.

Here's how I'd love for you to make your way through the PDF each week.

Step 1: Read Each Recipe

Specifically, I want you to read the recipe and recipe notes to identify any modifications you want to make to the recipe. Then, adjust the shopping list to account for the adjustment. For example, if you'd rather use crumbled feta cheese in the Fall

Shredded Brussels Sprouts Salad instead of gorgonzola cheese, make a note of it in your shopping list.

Next review the side dish suggestions for each recipe then add the ingredients needed for the ones you select using the blank lines in the shopping list.

Now review optional ingredients, such as the toppings for the Beef & Veggie Enchilada Skillet. Do you want to top your bowl with tortilla chips and guacamole? Decide then add them to your shopping list.

Lastly, I want you to keep an open mind. If you don't think you'll like a recipe included on the meal plan, I invite you to try it anyway! Part of the appeal of this meal plan (well, if you ask me!) is getting out of a dinner rut of cooking the same things over and over.

Step 2: Decide on DOTW

Decide what DOTW (day of the week) you'll be cooking each recipe. I want this meal plan to work for YOU, so feel free to mix and match the recipes to whatever day will work best for your family. For example, maybe you schedule the Crock Pot Italian Beef Sandwiches, which are extremely quick and easy, on Wednesday instead of Monday because you know you have limited time to cook dinner that night. Go for it! Once you've decided on DOTW for each recipe, you can fill out your custom meal plan and slap that sucker onto the fridge.

Step 3: Grocery Shop

Once your grocery list is final, it's time to grocery shop. Use the blank lines included in the shopping lists to pencil in weekly staples you need to pick up for breakfast, lunch, snacks, etc. then bring it with you to the store. As you're shopping, be sure to check product and packaging labels to ensure they're gluten free.

Step 4: Prep Ahead

This is THE MOST IMPORTANT PART of the meal plan: PREP AHEAD!

Take some time on the weekend to complete the tasks I've outlined in the prep checklist. This will ensure that when you're ready to cook dinner, most if not all of the recipe elements will be ready to go.

I like to use [glass storage containers with lids](#), Ziplock freezer bags, and Gladware containers to store all the items I've prepped ahead of time.

While prepping ahead is helpful, it's not mandatory and each recipe comes with full instructions.

Please note that I have included as many items as possible to be prepped/made ahead of time. That said I DON'T recommend chopping fresh herbs, garlic, and tomatoes, for example, ahead of time.

Step 5: Cook Dinner

You've figured out what DOTW you're going to enjoy each recipe, shopped for then prepped the ingredients – now it's time to cook dinner, and actually enjoy it!

I'd LOVE if you snapped a quick pic and tagged me [@iowagirleats](#) on Instagram with the hashtag #IGEMealPlan. I'll be sharing your successes on my stories!

Kristin's Notes

- If you'd like to print out this PDF, or any part of it, be sure to select "Fit" or "Fit to Screen" to ensure all the content prints out onto each page.
- Like I said, I want this meal plan to work for you, so please don't hesitate to reach out for any reason at: kristin@iowagirleats.com.

Cheering you on,

Kristin



Grocery Shopping List

PRODUCE

- Yellow onion, 1, Enchilada Skillet
- Shallot or small onion, 1, Chicken and Rice Soup
- Jumbo shallots, 2, Fall Brussels Sprouts Salad
- Green onions, 4, Thai Quinoa Salad
- Red bell peppers, 2, Thai Quinoa Salad + Enchilada Skillet
- Mixed greens OR baby spinach, 5oz, Thai Quinoa Salad
- Brussels sprouts, 12oz, Fall Brussels Sprouts Salad
- Shredded carrots, 2 cups, Thai Quinoa Salad + Chicken and Rice Soup
- Fresh cilantro, 1/2 bunch, Thai Quinoa Salad
- Garlic cloves, 8, Thai Quinoa Salad + Enchilada Skillet + Chicken and Rice Soup
- Lime, 1, Thai Quinoa Salad
- Pear OR apple, 1, Fall Brussels Sprouts Salad

REFRIGERATED

- Dijon mustard, 1 teaspoon, Fall Brussels Sprouts Salad

DAIRY

- Provolone cheese slices, 6-12, Crock Pot Italian Beef
- Gorgonzola (or feta or goat) cheese crumbles, 1/4 cup, Fall Brussels Sprouts Salad
- Shredded Mexican cheese blend, 6oz, Enchilada Skillet
- Shredded pizza-blend cheese OR shredded mozzarella cheese, 8oz, GF Pizza

MEAT

- Lean ground beef, 1lb, Enchilada Skillet
- Chuck roast, 3lb, Crock Pot Italian Beef
- Chicken breasts, 1lb, Chicken and Rice Soup

5

PANTRY

- GF all-purpose / measure-for-measure flour, 2 Tablespoons (can use Schar blend below), Enchilada Skillet
- GF baking flour blend WITH binder, Schar Mix It! Universal recommended, 2-1/2 cups, GF Pizza
- GF baking powder, 1 Tablespoon, GF Pizza

Grocery Shopping List (Cont.)

PANTRY (CONT.)

- Quick rise instant yeast, Red Star recommended, 7g packet, GF Pizza
- Sugar, 1 Tablespoon, GF Pizza
- Tomato paste, 1/4 cup, Enchilada Skillet
- GF pizza sauce, 1 – 2 cups, GF Pizza
- Black beans, 15oz can, Enchilada Skillet
- GF chicken broth or stock, 13 cups, Thai Quinoa Salad + Enchilada Skillet + Chicken and Rice Soup
- GF beef stock or broth, 1-3/4 cups, Crock Pot Italian Beef
- Long grain white rice, Lundberg Farms recommend, 1 cup, Chicken and Rice Soup
- Pre-rinsed quinoa, 1-1/2 cups, Thai Quinoa Salad
- GF white corn tortillas 8, Enchilada Skillet
- GF Pepperoncini pepper slices, Mezzetta recommended, 8oz, Crock Pot Italian Beef
- GF Chicago-Style, Mezzetta recommended, 8oz, Crock Pot Italian Beef
- GF hoagie buns / sandwich rolls, 6-8, Crock Pot Italian Beef
- Dried cranberries, 1/4 cup, Fall Brussels Sprouts Salad
- Pecan halves, 1/4 cup, Fall Brussels Sprouts Salad
- Pure maple syrup, 1 Tablespoon, Fall Brussels Sprouts Salad

PANTRY (CONT.)

- Roasted peanuts, 1/3 cup, Thai Quinoa Salad
 - Creamy peanut butter, 1/2 cup, Thai Quinoa Salad
 - Honey, 1/4 cup, Thai Quinoa Salad
 - GF reduced sodium Tamari, 3 Tablespoons, Thai Quinoa Salad
 - Toasted sesame seeds, 2 teaspoons, Thai Quinoa Salad
-
-

OIL/VINEGAR/SPICE

- Extra virgin olive oil, 1 cup + 1 Tablespoon, Enchilada Skillet + Fall Brussels Sprouts Salad + GF Pizza + Chicken and Rice Soup
- Vegetable oil, 3 Tablespoons, Enchilada Skillet
- Sesame oil, 2 teaspoons, Thai Quinoa Salad
- Balsamic vinegar, 2 Tablespoons, Fall Brussels Sprouts Salad
- Rice vinegar, 2 Tablespoons, Thai Quinoa Salad
- Mild chili powder, 3 Tablespoons + 1 teaspoon, Enchilada Skillet
- Cumin, 1-1/4 teaspoon, Enchilada Skillet
- Ground ginger, heaping 1/2 teaspoon, Thai Quinoa Salad
- Onion powder, 1/2 teaspoon, Enchilada Skillet
- Dried oregano, 1/2 teaspoon, Enchilada Skillet

This page intentionally left blank..

Prep Checklist

CHOP

- Thinly slice 1 bell pepper, Thai Quinoa Salad
- Small dice 1 bell pepper, Enchilada Skillet
- Chop 4 green onions, Thai Quinoa Salad
- Chop 1/3 cup roasted peanuts, Thai Quinoa Salad
- Chop 1 yellow onion, Enchilada Skillet
- Chop 1 shallot or small onion, Chicken and Rice Soup
- Chop 8 GF white corn tortillas into squares, Enchilada Skillet
- Thinly slice/shave 12oz brussels sprouts, Fall Brussels Sprouts Salad
- Chop 1/4 cup pecan halves, Fall Brussels Sprouts Salad
- Thinly slice 2 jumbo shallots then separate into rings, Fall Brussels Sprouts Salad

COMBINE

- Make Peanut Dressing up to 3 days ahead of time, Thai Quinoa Salad
- Make Maple-Balsamic Vinaigrette up to 5 days ahead of time, Fall Brussels Sprouts Salad

PROTEIN

- Trim 3lb chuck roast of visible fat then cut into 4-6 pieces, Crock Pot Italian Beef
- Chop 1lb chicken breasts into bite-sized pieces, Chicken and Rice Soup

COOK

- Cook 1-1/2 cups quinoa in 3 cups chicken stock or broth up to 3 days ahead of time, Thai Quinoa Salad
- Make red enchilada sauce, Enchilada Skillet
- Cook pizza toppings if needed, GF Pizza

MISCELLANEOUS

- Thaw 1 cup frozen edamame in 1 cup water, Thai Quinoa Salad
- Drain then rinse 15oz can of black beans, Enchilada skillet

Meal Plan for the Week of:



Monday:

Notes:

Side Dish:

Tuesday:

Notes:

Side Dish:

Wednesday:

Notes:

Side Dish:

Thursday:

Notes:

Side Dish:

Friday:

Notes:

Side Dish:

Weekend:

Notes:

Side Dish:

Monday: Crock Pot Italian Beef Sandwiches

Serves 6



Ingredients:

- 3lb chuck roast, trimmed of visible fat then cut into 4-6 pieces
- .7 - .9oz envelope gluten free Italian salad dressing mix
- 8oz gluten free pepperoncini pepper slices, Mezzetta recommended, plus extra for serving
- 8oz gluten free Chicago-Style Giardiniera, Mezzetta recommended, drained, plus extra for serving
- 1-3/4 cups gluten free beef stock or broth
- 6 - 12 slices provolone cheese, optional
- 6 - 8 gluten free hoagie buns / sandwich rolls

Directions:

1. Place the chuck roast pieces into the bottom of a [6 quart crock pot](#) then sprinkle the Italian salad dressing mix on top. Add the pepperoncini peppers plus a splash of juice from the jar, the drained Chicag-Style Giardiniera, and beef broth then lift up the pieces of chuck roast to get broth underneath. Cook on LOW for 9 hours or until the meat shreds easily with two forks. Shred the meat then add back into the crock pot and cook in the juices on LOW for 1 more hour. Recipe can be made up to 4 or 5 days ahead of time.
2. Split the buns/rolls in half then place on a half sheet pan and toast under the broiler. Use tongs to scoop some of the shredded meat onto the toasted buns then top with 1 or two slices of provolone cheese (optional) and return to the broiler to melt. Top with additional pepperoncini pepper slices and Chicago-Style Giardiniera, if desired, then serve.

3. [Watch how to make this on YouTube!](#)



Recipe Notes:

- Chicago-Style Giardiniera is a mix of chopped pickled vegetables and olives packed in oil — this is different than Italian-Style which is chopped pickled vegetables packed in vinegar.
- Be sure to toast the gluten free buns under the broiler before placing the shredded meat on top or they can become crumbly and soggy.
- Skip the buns! If you'd prefer to skip buns altogether the Italian beef is delicious all on its own, topped with cheese or not.
- To make ahead: feel free to slow cook the Italian Beef up to five days ahead of time. Reheat in the microwave or in a pot over medium heat on the stove.
- To freeze: leftover Italian beef freezes beautifully. Cool the shredded beef to room temperature then scoop into a gallon-size Ziplock freezer bag and freeze flat. Thaw in the refrigerator then re-heat in the microwave or in a pot over medium heat on the stove.

Side Dish Suggestions:

- This hearty meal benefits from a fresh side. I recommend a big salad with shredded carrots, chopped cucumbers, and tomatoes with your favorite dressing.
- [Marinated Vegetable Salad](#)
- Your favorite frozen french fries or sweet potato fries. I like [Ore-Ida](#) or [Alexia](#) brands.

Product Recommendations:

- I like [Simply Organic Italian Salad Dressing Mix](#), or [Good Graces Italian Dressing Mix](#).
- I like [Canyon Bakehouse Gluten Free Sub Rolls](#) for these sandwiches.
- I recommend Mezzetta brand [Pepperoncini Pepper Slices](#) and [Chicago-Style Giardiniera](#).

Tuesday: Thai Quinoa Salad with Peanut Dressing

Serves 4

Ingredients:

- 1-1/2 cups dry, pre-rinsed quinoa
- 3 cups gluten free chicken stock or broth
- 5oz mixed greens OR baby spinach
- 1 red bell pepper, thinly sliced
- 1 cup shredded carrots
- 1 cup frozen shelled edamame, thawed in a bowl of warm water
- 4 green onions, chopped
- 1/3 cup roasted peanuts, minced
- 1/2 bunch fresh cilantro, chopped

For the Peanut Dressing:

- 1/2 cup creamy peanut butter
- 1/4 cup honey
- 3 Tablespoons gluten free reduced sodium Tamari
- 2 Tablespoons rice vinegar
- 2 teaspoons toasted sesame seeds
- 2 teaspoons sesame oil
- heaping 1/2 teaspoon ground ginger
- 2 large or 4 small garlic cloves, pressed or finely minced
- juice of 1 lime
- 1/4 teaspoon salt
- 1/4 teaspoon pepper
- 1/4 cup hot water



Directions:

1. For the Peanut Dressing: Add all the ingredients to a bowl or mason jar with a tight fitting lid then whisk or shake well to combine. Can be made up to 3 days ahead of time. Store in the refrigerator.
2. Add quinoa and chicken stock or broth to a small saucepan over high heat then bring to a boil. Turn the heat down to low, place a lid on top, then simmer until the quinoa is tender and the broth has been absorbed, 12-15 minutes. Fluff the quinoa with a fork then scoop into a storage container to cool. Cover then refrigerate quinoa until chilled. Can be done 2-3 days ahead of time.
3. Divide remaining salad ingredients and chilled quinoa between four bowls then drizzle with dressing and serve.



Recipe Notes:

- Be sure to purchase quinoa that's labeled "pre-rinsed". I like [Bob's Red Mill Organic Quinoa](#).
- The quinoa is best cooked at least a day ahead of time, and up to three days ahead of time, so it's chilled and ready to be mixed with the rest of the salad ingredients on the day you want to eat.
- Make it vegan! Use vegetable stock or broth instead of chicken to keep this meal vegan.
- Feel free to add meat to bulk this salad up – I like sauteed or roasted shrimp or chicken. That said, quinoa is an excellent source of plant-based protein, plus the edamame, peanuts, and peanut dressing are all protein-sources.
- Leftovers are great for lunch the next day. Pack the peanut dressing separately then dressing just before eating.
- For peanut-free: use almond or cashew butter in the dressing, and chopped almonds or cashews in place of the minced peanuts.

Product Recommendations:

- I like [Planters Lightly Salted Cocktail Peanuts](#).

Wednesday: Easy Chicken and Rice Soup

Serves 4-6

Ingredients:

- 1-1/2 Tablespoons extra virgin olive oil
- 1 shallot or small onion, minced
- 1 cup shredded carrots
- 2 garlic cloves, pressed or minced
- homemade seasoned salt and pepper
- 1lb chicken breasts, cut into bite-sized pieces
- 8 cups gluten free chicken stock or broth
- 1 cup long grain white rice



Directions:

1. Heat extra virgin olive oil in a large soup pot or Dutch oven over medium heat. Add shallots/onions and carrots then season with seasoned salt and pepper. Stir to combine then place a lid on top of the pot and cook until the vegetables are tender, 8-10 minutes, stirring occasionally. Add garlic then saute until very fragrant, 1-2 minutes.
2. Turn the heat up to high then add the chicken stock or broth and bring to a boil. Once boiling, add the rice then stir to combine. Turn the heat down to medium then simmer for 5 minutes.
3. Season the raw, chopped chicken with seasoning salt and pepper then add to the hot broth and stir to combine. Continue to simmer until the rice is tender and the chicken is cooked through, 10-15 more minutes. Taste then add more seasoned salt and/or pepper then ladle into bowls and serve.



Recipe Notes:

- This dish will thicken slightly as it cools and the rice soaks up more of the broth. Plan to have an extra 1 to 2 cups chicken stock or broth on hand if you plan on reheating leftovers.

Side Dish Suggestions:

- Garlic Bread: spread gluten free bread slices with butter then sprinkle on garlic powder. Place on a half sheet pan then broil until toasted.
- Steamed green beans tossed with butter and salt.
- [Cucumber Tomato Salad](#)
- [Gluten Free Focaccia](#)
- [Roasted Balsamic Butternut Squash](#)
- [Easy Garlic Butter Roasted Mushrooms](#)

Product Recommendations:

- I love using [Lundberg Farms White Jasmine Rice](#) for any white rice-based dish.

Thursday: Beef & Veggie Enchilada Skillet

Serves 5-6

Ingredients:

- 1 teaspoon extra virgin olive oil
- 1 red bell pepper, seeded then chopped small
- 1 yellow onion, chopped
- 1lb lean ground beef
- 2 garlic cloves, pressed or minced
- 1 teaspoon mild chili powder
- 1 teaspoon cumin
- salt
- 15oz can black beans, drained and rinsed
- 1 cup frozen sweet corn
- 8 gluten free white corn tortillas, chopped into squares
- 6oz shredded Mexican cheese blend
- Optional toppings: chopped red onion, chopped cilantro, chopped fresh tomato, diced avocado, shredded lettuce, sour cream, salsa, guacamole

For the Red Enchilada Sauce:

- 3 Tablespoons vegetable oil, or other neutral tasting oil
- 2 Tablespoons gluten free flour
- 3 Tablespoons chili powder, see notes
- 1/2 teaspoon onion powder
- 1/2 teaspoon dried oregano
- scant 1/2 teaspoon salt
- 1/4 teaspoon garlic powder
- 1/4 teaspoon cumin
- 1/4 cup tomato paste
- 2 cups gluten free chicken broth or stock



Directions:

1. For the Red Enchilada Sauce: Heat oil in a small to medium-sized saucepan over medium heat. Add flour then whisk constantly for 1 minute. Add seasonings – chili powder through cumin – then whisk until they're toasted and very fragrant, 1-2 minutes. Add tomato paste then whisk until combined.
2. Slowly stream in chicken broth while whisking to create a smooth sauce then turn heat up to high to bring the sauce to a simmer, stirring frequently. Turn heat back down to medium then continue to simmer until the sauce has thickened, 3-4 minutes, stirring frequently. Set aside to cool slightly. Can be made up to 5 days ahead of time.
3. Preheat the broiler to high.
4. Heat the oil in a large, 11-12" oven-proof skillet over medium heat. Add peppers and

Directions (cont.):

onions then saute until they begin to soften, 5 minutes. Turn the heat up to medium-high then add the ground beef, chili powder, cumin, garlic, and a pinch of salt. Continue to saute until the beef is cooked through and the peppers are tender, 8-10 minutes, then drain beef mixture if necessary and add back into the skillet.

5. Add black beans, frozen corn, and prepared enchilada sauce to the skillet then stir to combine. Bring the mixture to a simmer then add chopped tortillas and fold to combine. Simmer until the tortillas are tender, 3-4 minutes, stirring often.
6. Remove the skillet from the heat then sprinkle the shredded cheese on top and broil until melted. Alternatively you can place a lid on top then allow the cheese to melt from the heat of the dish for several minutes. Scoop into bowls then serve with optional toppings.

Recipe Notes:

- Optional toppings are not in the shopping list, so decide on what you want to top these bowls with before going grocery shopping.
- To make the red sauce ahead: the red enchilada sauce can be made up to 5 days ahead of time. Cool to room temperature then pour into an airtight storage container with a lid (glass recommended as plastic will stain) and refrigerate.
- I use [Tone's Mild Chili Powder](#) to keep this on the low end of the heat scale – maybe 3 or 4 on a scale of 1-10 with 10 being ultra spicy. Use regular or hot chili powder to spice things up!
- For dairy-free: use your favorite dairy-free cheddar or Mexican-style cheese blend. We like [Violife vegan cheese shreds](#).

Friday: Gluten Free Pizza

Serves 4-6

Ingredients:

- 2-1/2 cups gluten free baking flour blend WITH binder, Schar Mix It! Universal Gluten Free Flour Blend recommended
- 7g packet quick rise instant yeast, Red Star recommended
- 1 Tablespoon gluten free baking powder
- 1 Tablespoon sugar
- 1 teaspoon salt
- 1-1/2 cups water
- 1/2 cup extra virgin olive oil
- 1 - 2 cups gluten free pizza sauce
- 8oz shredded pizza-blend OR mozzarella cheese
- Toppings: pepperoni, cooked italian sausage, sliced black olives, green peppers, etc.



Directions:

1. Move your oven rack to the bottom position then preheat the oven to 100 degrees using the bread proofing / warming setting. If your oven doesn't have a bread proofing setting, heat the oven to 100 degrees then turn it off (see notes if your oven doesn't display what temperature it's at while preheating).
2. Add the gluten free flour blend, instant yeast, baking powder, sugar, and salt to the bowl of an electric stand mixer, or a large glass bowl if using a hand-held mixer, then mix on low to combine. Note: if you're using a hand-held mixer, use a whisk to combine the dry ingredients so they don't fly everywhere.
3. Add the water to a microwave safe dish then heat for 50-55 seconds. Stir then take a temperature with an instant read thermometer – we're looking for 110 degrees. Pour the

Directions (cont.):

water into the dry ingredients in the mixing bowl then beat on medium speed until well combined. Let the dough rest for 1 minute then add extra virgin olive oil and beat on low speed until just combined. Turn speed up to medium then beat for 1 minute. The dough will be very thick and sticky – that’s ok! Use a spatula to scrape down the sides of the bowl and give the dough a big stir to ensure the ingredients are well combined. Cover the bowl with a tea towel then place inside the warm oven and let rise for 30 minutes.

4. After 30 minutes, remove the bowl from the oven, place the oven rack into the center position, then raise the temperature of the oven to 425 degrees.
5. Line a rimmed half sheet pan with parchment paper then scrape the dough into the center.
6. Spray the dough and your hands generously with nonstick spray then use your fingertips to spread the dough out to the edges of the sheet pan, adding more nonstick spray to the dough and/or your hands as needed.
7. Once the oven has reached 425 degrees, bake the crust for 13-15 minutes or until it's evenly browned all over – don't underbake.
8. Spread desired amount of pizza sauce evenly over the crust then top with shredded cheese and toppings. Bake for another 10-12 minutes or until the cheese is golden brown and the toppings are hot. Slice into squares then serve.
9. [Watch how to make this on YouTube!](#)

Recipe Notes:

- Optional toppings are not in the shopping list, so decide on what you want to top these bowls with before grocery shopping!
- If your oven doesn't tell you what temperature it's at while preheating, find a warm place in your home, or place the bowl of dough over a heating pad to rise.
- A note on gluten free flour blends: Your gluten free pizza dough consistency will be different depending on what brand of gluten free flour you use. For example, when Bob's Red Mill Gluten Free 1-to-1 is used, the dough is almost a soupy consistency that you will need to spread onto the sheet pan with an offset spatula. Different flour blends will still work, but the Schar Mix It! Universal flour produces the lightest, fluffiest results. I do not recommend Pamela's Gluten Free Baking Flour.



Side Dish Suggestions:

- I like to keep Friday night easy by pairing this dish with a fresh side salad with mixed greens, grated carrots, and chopped cucumbers. Or, fresh crudite (carrots, cucumbers, peppers, etc.) served with [homemade ranch](#) or your favorite store-bought ranch dressing.

Product Recommendations:

- I really love [Schar Mix It! Universal](#) flour blend for this recipe if you can find it!

This page intentionally left blank..

Weekend: Shredded Brussels Sprouts Salad

Serves 4



Ingredients:

- 12oz brussels sprouts, tough outer leaves pulled away
- 1/4 cup dried cranberries
- 1/4 cup pecan halves, chopped
- 1/4 cup gorgonzola cheese crumbles (see notes for swaps)
- 1 pear OR apple, chopped
- 2 jumbo shallots, thinly sliced then rings separated
- 1/4 cup extra virgin olive oil

For the Maple Balsamic Vinaigrette:

- 2 Tablespoons extra virgin olive oil
- 2 Tablespoons balsamic vinegar
- 1 Tablespoon pure maple syrup
- 1 teaspoon Dijon mustard
- salt and pepper

Directions:

1. For the Maple-Balsamic Vinaigrette: Add all the ingredients to a bowl or mason jar with a tight fitting lid then whisk or shake well to combine. Can be made up to 5 days ahead of time. Store in the refrigerator.
2. Using a sharp, straight-edge knife, thinly shred the brussels sprouts while holding onto the core end. Discard the cores then add the shredded sprouts to a large serving bowl with the dried cranberries, chopped pecans, gorgonzola cheese, and chopped pear/apple. Set aside.
3. Heat extra virgin olive oil in a large skillet over medium-high heat. Once the oil is hot, add half the shallots then fry until light golden brown (NOT dark brown) 2-3 minutes, stirring often. Scoop the fried shallots onto a paper towel-lined plate to drain then repeat with remaining shallots. Sprinkle with salt then let cool slightly.
4. Drizzle the Maple-Balsamic Vinaigrette over the salad then toss to coat. Add the fried shallots then toss again to combine and serve.



Recipe Notes:

- Don't care for raw brussels sprouts? Swap them for mixed greens or chopped romaine hearts instead.
- I recommend shredding your own brussels sprouts vs buying pre-shredded to make sure you can shave them very, very thin. If they're too thick, they can be hard to eat.
- Don't care for gorgonzola cheese? Use crumbled feta cheese or goat cheese. Honey-flavored goat cheese goes especially well with the flavors in this salad.
- Pump this dish up with the protein of your choice! Add sauteed, grilled, or rotisserie chicken, or [roasted shrimp](#).

Side Dish Suggestions:

- [Gluten Free Focaccia](#)
- Roasted Sweet Potatoes: Scrub then dry 4 medium-sized sweet potatoes (10-12oz each). Pierce the potatoes a few times with a fork then place on a metal cooling rack set atop a foil-lined half sheet pan. Bake for 45 minutes to 1 hour and 15 minutes, depending on how big your potatoes are, or until a knife can be easily inserted into the centers.