

50+ MEALS THAT ARE GFE*!

1. BBQ (pork/beef/chicken)	14. Corned beef and cabbage	27. Liver and onions (beef) or fried chicken livers	40. Roasted chickpeas (great vegetarian dish or side dish)
2. Barbecued chicken	15. Crab (blue crabs, Alaskan king crab, Dungeness ... steamed, broiled, in casseroles, GF breaded soft shells)	28. Lobster	41. Rotisserie/roasted chicken
3. Beans and rice	16. Eggplant parmigiana	29. Meatloaf (use Lipton onion soup, GF breadcrumbs, parmesan cheese, mashed potatoes, oatmeal, etc.)	42. Shrimp (steamed, sautéed or oven roasted, such as for shrimp scampi)
4. Beef stroganoff	17. Enchilada casserole (chicken, beef, or turkey using corn tortillas)	30. Omelets (oven omelets work great ... can prepare overnight and pop in oven in the morning)	43. Scallops (sautéed, broiled, fried in GF flour, wrapped in bacon, etc.)
5. Breakfast casseroles (hash brown, French toast, etc.)	18. Fajitas (chicken, beef, pork, and shrimp using corn tortillas)	31. Pasta dishes (use GF fettucini, linguine, tetrazinni, shells, etc.)	44. Sloppy Joes (with just chips like tortilla or potato for dipping, or with easy GF bread like muffin/popover)
6. Caesar salad (no croutons, GF dressing)	19. Fried rice (with meat bits, seafood, and veggies; or vegetarian)	32. Pizza (flourless, popover, pre-made crust, polenta crust, zucchini crust)	45. Soup (chicken noodle, potato, tomato, turkey tortilla, bean, vegetable, etc.)
7. Chef salad (GF meat, GF dressing)	20. Garlic lime chicken (google Leanne Ely's recipe, make large batch of seasoning mix for future)	33. Porcupine meatballs (remember those? ground beef with rice in a tomato sauce)	46. Spaghetti w/meatballs (GF pasta, spaghetti squash, steamed veggies for the "spaghetti")
8. Chicken a la king, chicken cordon bleu, chicken divan, chicken satay, etc.	21. Grilled/broiled meats and fish (chicken, steaks/beef like London Broil, salmon, mahi mahi, tuna, etc.)	34. Pork chops (grilled, baked, barbecued, with reduction sauces)	47. Steak (grilled, broiled, Swiss)
9. Chicken (oven fried ... GF flour, GF breading, crushed chips, GF cereal)	22. Ham slices and ham steaks	35. Pork tenderloin (marinated, with glazes, etc.)	48. Tacos (using GF corn taco shells and GF taco seasoning—easy to do your own recipe)
10. Chicken nuggets (crushed potato chips and black pepper, crushed GF corn flakes and seasoning)	23. Hash (corned beef, roast beef, or other meat, seafood, and leftover potatoes or GF hash browns)	36. Pot pie (chicken, beef, or vegetarian using pour over GF batter, press-in easy GF crust, rice crust, potato crust, pre-made crust).	49. Tuna casserole (GF pasta, veggies, GF bread crumbs or crushed potato chips for topping)
11. Chicken salad (over greens or slaw mix, in a wrap using Romaine leaf or Napa cabbage leaf, with GF bread, in a GF puff)	24. Hungarian goulash (over GF noodles, rice, or steamed veggies)	37. Pot roast (using vinegar, Lipton Onion Soup, wine, bourbon)	50. Tuna salad (over greens or slaw mix, in a wrap using Romaine leaf or Napa cabbage leaf, with GF bread, in a GF puff)
12. Chicken wings (barbecued, oven fried, soy sauce version)	25. Jambalaya	38. Quesadillas (chicken, beef, shrimp, cheese using corn tortillas)	51. Turkey breast (roasted or crock pot, traditional or spicy)
13. Chili (traditional, vegetarian, chicken, turkey, etc.)	26. Lasagna (GF noodles)	39. Quiche (add ¼ cup GF flour to recipe to make crustless or use rice crust, potato crust, pre-made crust)	52. Your favorite meal ... just made GFE!

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*Gluten Free Easily--These main dishes are naturally gluten free or can easily be made gluten free using basic gluten-free ingredients. *Always ensure your ingredients are gluten-free.* Note: Highlighted meals offer a multitude of options.