## 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) |
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| 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 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, premade 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, broth, 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 $1 / 4$ 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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Website: http://glutenfreeeasily.com Email: glutenfreeeasily@gmail.com
*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.

