

*Random Recipes*  
*Spring - 2022*





*Spring inspires meals cooked with fresh produce enjoyed on the back deck, yet still holds space for an occasional bowl of soup enjoyed on a cool night.*

### **Spring Inspired Random Recipes.**

Banana Pancakes

Quinoa Salad

Veggie Pasta Salad

Slow Cooker Tortilla Soup

Fish Tacos

Slow Cooker Pulled Pork Sandwiches and Slaw

Simple Gluten-Free Vanilla Cake with Chocolate Icing

Note: These recipes are either gluten/dairy-free or easily adapted as needed.

*Random Reflection*

# Banana Pancakes

## Ingredients

1 ½ cups oat flour  
(Pulse 1 ½ cups of rolled oats in a blender until the consistency of course flour. You can also substitute whole wheat flour)  
½ cup all-purpose flour  
(you can substitute gluten-free)  
2 tsp baking powder  
½ tsp salt  
1 cup of milk (or milk substitute)  
¾ cup of mashed bananas (approx. 2 bananas)  
2 eggs  
2 Tbsps coconut oil or butter, melted  
1 tsp vanilla



## To make:

- In a large mixing bowl combine flours, baking powder, and salt.
- In a separate bowl, whisk together milk, banana, eggs, melted coconut oil, and vanilla.
- Add wet ingredients to the dry ingredients, stirring just until combined, and allow to sit for at least 15 minutes.
- Heat your pan or griddle over medium heat, coating the pan with oil or butter.
- Spoon the batter onto the pan, cooking until bubbles begin to form before flipping and cooking on the other side. Approximately 3 minutes per side.

Serve these pancakes with your favorite toppings. They taste great with nut butter, maple syrup, banana slices, and/or blueberries.

**Note:** This batter can be stored in the refrigerator for up to three days. Or cook up the full batch of pancakes, lay them out on parchment paper on a cookie sheet, and freeze. Once frozen store in a ziplock bag and pop in the toaster to reheat.

*Recipe adapted from Run Fast, Cook Fast, Eat Slow*

# Quinoa Salad

## Ingredients

1 cup of cooked quinoa  
2 cups of grated carrots  
2 cups of thinly sliced purple cabbage  
3 green onions, sliced (both white and green parts)  
2 cups of chopped herbs (such as cilantro, parsley, and basil)

## Dressing:

¼ cup olive oil  
⅓ cup fresh lime juice (2 or 3 limes)  
2 Tbsp coconut aminos or soy sauce  
2 Tbsp honey  
1 Tbsp fish sauce

## To make:

- To cook quinoa, bring 1 ½ cups of water and 1 cup of quinoa to a boil in a medium saucepan over medium heat. Reduce heat to low and simmer, covered, until the water has been absorbed, approximately 15 minutes. Fluff with a fork and set aside to cool.
- Mix all the dressing ingredients together and then all the salad ingredients together.
- Add the dressing to the salad and toss to combine.
- Chill in the fridge for at least an hour or until ready to serve.

Note: This salad will keep in the fridge for up to five days in an airtight container.

*Recipe Adapted from Run Fast, Cook Fast, Eat Slow*



# Veggie Pasta Salad

## Ingredients

8 oz of penne or rotini style pasta  
(for gluten-free, I use Banza pasta)  
1 head of broccoli cut into bite-size florets  
4 cups of spinach  
1 pint of cherry tomatoes, halved  
1 can of garbanzo beans, rinsed and drained  
½ cup of Kalamata olives, chopped  
1 cup of crumbled goats cheese or feta (optional)

## Dressing:

½ cup of olive oil  
½ cup of lemon juice  
2 garlic cloves, minced  
2 tsp mellow white miso paste  
½ tsp salt  
¼ black pepper



## To make:

- Cook pasta according to instructions, rinse under cold water and allow to drain completely.
- Combine all dressing ingredients in a jar or container with a tight-fitting lid, seal, and shake until combined well.
- In a large bowl, combine cooled pasta, broccoli, spinach, tomatoes, garbanzo beans, and olives. Add dressing and mix well, then gently stir in the goats' cheese (or feta) if using.
- Allow salad to sit in the refrigerator for at least an hour before serving.

Note: Leftovers will keep for at least three days in the refrigerator.

*Recipe adapted from Run Fast, Cook Fast, Eat Slow*

# Slow Cooker Tortilla Soup

## Ingredients

3-4 chicken thighs, skin and bones removed  
10 oz can diced tomatoes with green chilies  
16 oz can of black beans, drained and rinsed  
1-2 cups of frozen corn  
1 ½ cups of chicken broth  
1 ½ cups of water  
1 yellow onion, finely chopped  
3 garlic cloves, minced  
1 jalapeno, finely chopped  
¼ tsp cumin  
½ tsp chili powder



## To make:

- Place all the ingredients in a slow cooker and cook on low for 6-8 hours or high for 3-4 hours. Once cooked remove chicken, shred, and return to slow cooker.

Optional: Serve with fresh cilantro, Monterey jack cheese, and crumbled tortilla chips.

This recipe was developed as a result of inspiration from several recipes to become an original by Joy Marker  
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# Fish Tacos

## Ingredients

### Marinade

Juice of 2 limes

¼ cup of olive oil

1 tsp chili powder

1 lb white fish (such as tilapia)

1 sweet potato

### Coleslaw

½ green cabbage, thinly sliced

½ red onion, thinly sliced

Juice of 1 lime

¼ cup mayonnaise

1 Tbsp sugar (optional)



## To make:

- Preheat the oven to 450 degrees
- Combine marinade ingredients in a gallon size ziplock bag. Season fish with salt and pepper, then place in bag with marinade, seal, and marinate for no more than 20 minutes.
- While fish is marinading peel and thinly slice, and quarter a sweet potato. Lay on a sheet pan, drizzle with olive oil, and season with salt and pepper. Roast for 18 to 20 minutes, flipping once.
- To make the coleslaw, in a medium-size bowl, combine cabbage, onion, lime juice, mayonnaise, and sugar(if using), adding salt and pepper to taste.
- Once sweet potatoes are cooked, reduce oven temperature to 350 degrees. Place marinated fish on a foil-lined baking sheet, and cook 3-4 minutes per side.
- Stack street taco-sized tortillas or corn tortillas and wrap in foil, warm in oven 6 - 8 minutes.
- To serve layer tortillas with roasted sweet potatoes, cooked tilapia, and coleslaw. Optional, top with fresh cilantro and a squeeze of lime juice.

*This recipe was developed as a result of inspiration from several recipes to become an original by Joy Marker*

*Random Reflection*

# Slow Cooker Pulled Pork Sandwiches and Slaw

## Ingredients

For Pulled Pork

3 Tbsp brown sugar  
2 tsp paprika  
1 tsp mustard powder  
¼ tsp cumin  
Salt and pepper  
1 3-4 pound boneless pork shoulder  
¾ cup of water  
2 tsp oil  
½ cup apple cider vinegar  
3 Tbsp tomato paste

For Coleslaw

1 cup mayonnaise  
1 Tbsp dijon mustard  
Drizzle olive oil  
Juice of ½ lemon  
1 Tbsp red wine vinegar  
1 Tbsp sugar (optional)  
1 store-bought bag of shredded slaw mix  
Salt and pepper to taste

Buns for serving

## To make:

- Combine 1 Tbsp brown sugar, paprika, mustard, cumin, 2 tsp salt, and ½ pepper in a small bowl. Rub spice mixture over pork.
- Heat oil in a large skillet over medium-high heat, add the pork, searing each side of the pork. Transfer pork to a plate, whisk ¾ cup of water into the drippings, add the vinegar, tomato paste, and remaining 2 Tbsp brown sugar, then pour the mixture into the slow cooker.
- Add 2 cups of water to the slow cooker, whisking to combine, then add the pork.
- Cook on low for 8 hours.
- In a large bowl combine all the ingredients for the coleslaw, and store in the refrigerator until ready to serve.
- Once the pork is cooked, remove it from the slow cooker (I like to transfer it to a sheet pan with sides).
- Strain the liquid into a saucepan, over medium-high heat bring to a boil, and continue to boil until reducing the liquid by half, about 10 minutes. Meanwhile, roughly chop or shred the pork. Once the liquid is reduced add 1 cup to a boil with the shredded pork.

Serve on buns(or not) with your favorite barbecue sauce and coleslaw.

*This recipe was developed as a result of inspiration from several recipes to become an original by Joy Marker*

*Random Reflection*



# Simple Gluten-Free Vanilla Cake with Chocolate Icing

## Ingredients

2 ½ cups of almond flour  
1 tsp baking powder  
¼ tsp salt  
4 eggs, separated yolks, and whites  
½ cup butter (or non-dairy alternative)  
¾ cup of sugar  
1 tsp vanilla

## Icing

¼ cup of butter (or non-dairy alternative)  
1 ½ cups of powdered sugar  
2 Tbsp cocoa powder  
2-3 Tbsp Milk (almond or oat milk for non-dairy)



## To make:

- Preheat the oven to 350 degrees, and grease an eight-inch round cake pan.
- Mix almond flour, baking powder, and salt, and set aside.
- Separate the yolks and whites of the eggs, whisking egg whites to a soft peak.
- In a large bowl or standing mixer beat butter(or non-dairy alternative), and sugar until light and creamy. Add the egg yolks and vanilla. Beating until smooth and creamy.
- Add dry ingredients ⅓ at a time, gently mixing between additions. Gently fold in egg whites, until combined. Do not overmix to keep it light and airy.
- Pour batter into the prepared pan, and bake for 35 - 40 minutes, until the top is golden and a toothpick comes out clean.
  
- Allow cake to cool in pan for approximately 30 minutes before removing from pan, then transfer to a cake plate and allow to cool completely before icing.
  
- While the cake is cooling, beat butter, powdered sugar, and cocoa powder together, adding milk or milk alternative until smooth.
- Ice cake and serve.

*This recipe was developed as a result of inspiration from a traditional cake to be GF and is an original by Joy Marker*