



Cookbooks/Recipes from June's Community Meal

GF = Gluten free

The China Study Cookbook

Mixed Fruit Cobbler

The PlantPure Kitchen cookbook

Mango Salsa (GF)

Forks Over Knives the Cookbook

Taco Salad with Cilantro Lime Dressing (GF with tamari)

Spring Pasta Salad (with GF noodles)

Reverse and Prevent Heart Disease

Black Bean Oatmeal Burgers (GF)

ON line-

Curried Eggplant (GF)

<https://www.drmcDougall.com/health/education/recipes/mcdougall-recipes/?recipe-id=1237&recipe-name=Curried-Eggplant>

Three Bean Chili for a Crowd (GF)

<https://www.forksoverknives.com/recipes/three-bean-chili-for-a-crowd/#gs.fd20bws>

Enchilada Casserole (GF)

<http://www.straightupfood.com/blog/2014/04/14/enchilada-casserole/>

Crunchy Cold Lentil Salad (GF) (replaced cranberries with corn)

<http://kidtestedfirefighterapproved.com/2012/03/23/crunchy-cold-lentil-salad-oil-free/>

Zucchini Spaghetti with Tomato Garlic Sauce and Herbs (GF)

<http://www.thisrawsomeveganlife.com/2014/04/zucchini-spaghetti-tomato-garlic-sauce.html>



Guacamole Potato Skins (GF)

<http://blog.fatfreevegan.com/2016/02/guacamole-potato-skins.html>

Paul's Peanut Butter Power Pudding (GF)

<https://www.lighter.world/recipe/56c49731f83f55a2e4d91bd5?ref=discover>

Everything-Free Chocolate Cupcakes (GF)

<http://www.feastingonfruit.com/healthy-chocolate-cupcakes/>

Bean Salad (GF)

3 -15 ounce cans cannellini beans, 1 cup pitted kalamata olives, 2- 8 ounce containers cherry tomatoes, 3 tablespoons balsamic vinegar.