

Oat bran Muffins

Yield: Makes 12 muffins | **Serving Size:** 1 muffin

Ingredients

- $\frac{3}{4}$ cup oat bran
- $\frac{1}{2}$ cup white rice flour
- 1 cup whole oats
- 1 cup chopped apples
- $\frac{1}{4}$ cup oil
- 1 $\frac{1}{2}$ tsp baking powder
- 1 $\frac{1}{2}$ tsp baking soda
- 1 tsp cinnamon
- 1 cup unsweetened applesauce
- $\frac{1}{2}$ cup brown sugar
- $\frac{1}{4}$ cup plain rice milk

Preparation:

1. Heat oven to 375°. Grease bottoms of 12 muffin cups or line with paper.
2. Combine dry ingredients.
3. Combine applesauce, oil, and milk. Add to the dry mixture and mix just until moistened. Fold in chopped apples.
4. Bake 20-25 minutes or until a toothpick inserted in the middle comes out clean.
5. Let cool in pan for approximately 5 minutes, then remove from pan.

Variations:

Substitute blueberries or raisins for the chopped apples.

Nutrition Information

One serving 160 calories, 4 gm protein, 6 gm fat, 0.5 gm sat fat, 27 gm carb, 3 gm fiber, 200 mg sodium

Sweet Potato Soup



Yield: Makes 12 servings | **Serving size:** 1 cup

Ingredients

- 5-6 medium sweet potatoes (3 lbs), cut into cubes
- 1 pound bag baby carrots, cut in half
- 4 medium apples, chopped into wedges
- 1 cup white onion, diced
- ¼ cup canola oil, split
- 6 cups chicken broth

Preparation:

1. Preheat oven to 425°
2. Place sweet potato cubes, cut carrots, and apple wedges on a baking sheet in a single layer. Drizzle with 2 Tablespoons of canola oil to coat. Bake in oven 30-45 minutes until easily able to pierce through with a fork. Remove from oven and cool. Once sweet potatoes are cool to touch, peel off skins.
3. In a large pot, sauté onions in 2 Tablespoons of canola oil over medium heat, until brown and soft.
4. Add 6 cups of chicken broth, baked potatoes, carrots, and apples to the onions. Allow to come to a boil, and then reduce heat to low and simmer for 20 minutes until carrots are soft. Remove from heat.
5. Using a food processor or blender, puree soup.

Nutrition Information

One serving 190 calories, 3 gm protein, 5 gm fat, 0 gm sat fat, 36 gm carb, 6 gm fiber, 340 mg sodium

Avocado and Chickpea Salad

Yield: 6 cups | **Serving Size:** 1 cup

Ingredients

- 1 can chickpeas, rinsed and drained
- 1 can pinto beans, rinsed and drained
- 1 medium avocado, diced
- ½ red onion, chopped
- Juice of 1 lime
- 2 Tablespoons olive oil
- 1 Tablespoon balsamic vinegar
- 2 Tablespoons sugar or sugar substitute equal to 2 Tablespoons sugar
- ½ cup cilantro, chopped

Preparation:

1. To make salad: Add the first five ingredients to a bowl.
2. To make dressing: In a small bowl add remaining ingredients and whisk. Add dressing to salad mixture and toss well. Chill until ready to serve.

Nutrition Information

One serving 250 calories, 8 gm protein, 9 gm fat, 1 gm sat fat, 35 gm carb, 8 gm fiber, 230 mg sodium

Yummy Bean & Mushroom Burgers



Yield: Makes 6 medium bean burgers | **Serving size:** 1 Burger

Ingredients

- 1 Tablespoon canola oil
- 1 onion, finely chopped
- 1 garlic clove, chopped
- 1 tsp coriander
- 1 tsp cumin
- 1 2/3 cup white mushrooms, finely chopped
- 15oz (1 can) pinto or red kidney beans, drained
- 2 Tablespoons fresh parsley, chopped
- Salt & Pepper
- Rice flour

Mango salsa

- 1 mango, peeled and chopped
- 1 red bell pepper, diced
- 2 Tablespoons cilantro
- 1 jalapeno pepper, minced
- 1 ½ tsp red wine vinegar
- 2 tsp lime juice
- 1 tsp olive oil

Preparation:

1. Heat oil in sauté pan. Lightly sauté onion. Add garlic, cumin, and coriander. Sauté for another minute. Add mushrooms and cook 4 to 5 minutes until liquid evaporates.
2. Mash beans in small bowl with a fork.
3. Stir mushroom mixture into beans and add parsley.
4. Season with salt and pepper to taste.
5. Form patties out of bean and mushroom mix. Lightly dust with rice flour. Place in sauté pan and cook until brown on both sides. May also brush with oil and cook under broiler until browned.
6. Top with mango salsa and serve.

Nutrition Information

One serving 150 calories, 6 gm protein, 4 gm fat, 0 gm sat fat, 24 gm carb, 6 gm fiber, 120 mg sodium

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Gina's Best Baked Black Bean Quinoa



Yield: 10 servings | **Serving size:** 1 cup

Ingredients

- 1 cup quinoa
- 2 cups chicken broth
- Olive oil
- 6-8 oz salsa
- 1 large red onion, sliced
- 2 cloves garlic, minced
- 1 ½ cup chopped zucchini or summer squash
- 1 cup frozen roasted corn
- 1 can rinsed black beans
- 1 4oz can of diced green chilies
- 2 Serrano peppers, diced
- Salt and pepper to taste
- Chili powder to taste and for extra kick can add chipotle powder
- 1 cup rice cheese

Preparation:

1. Preheat oven to 350°. In small saucepan, bring 1 cup quinoa and 2 cups chicken broth to boil, then cover and simmer 10-15 minutes until liquid is absorbed.
2. While quinoa is cooking, lightly coat separate frying pan in olive oil. Over medium heat, sauté onions and Serrano peppers until soft (about 4 minutes).
3. Add minced garlic and chopped squash, cook until soft (about 4 minutes).
4. Add corn, black beans and diced green chilies sauté until warm. Add spices to taste.
5. Spread cooked quinoa in baking dish, layer with salsa and then layer black bean mixture on the top.
6. Spread rice cheese over the top and bake approximately 20 minutes until cheese is melted.

Nutrition Information

One serving 160 calories, 6 gm protein, 4 gm fat, 1 gm sat fat, 27 gm carb, 4 gm fiber, 550 mg sodium

Gina's Balsamic Dressing

Yield: Makes 1 cup | **Serving Size:** 1 Tablespoon

Ingredients

- ½ tsp kosher salt
- ¼ tsp fresh ground pepper
- ¼ tsp brown sugar
- 1 clove minced garlic
- 1 Tablespoon Dijon mustard
- 1 tablespoon red wine vinegar
- 2 tablespoons balsamic vinegar
- ¾ cup extra virgin olive oil

One Serving 90 calories, 0 gm protein, 11 gm fat, 1.5 gm sat fat, 0 gm carb, 0 gm fiber, 80 mg sodium

Baked Apples with Coconut Ice Cream



Yield: 5 servings

Ingredients

- 5 medium apples, peeled and sliced
- 1 Tablespoon sugar
- 1 1/5 tsp cinnamon

Preparation:

1. Toss apples with sugar and cinnamon to coat
2. Bake at 350° for 25 minutes
3. Serve warm with coconut-milk ice cream

Chocolate Chia Pudding with Bruleed Bananas



Ingredients

- 2 cups vanilla rice milk
- ½ cup chia seeds
- ½ cup pure maple syrup
- 2 teaspoons pure vanilla extract
- 5 Tablespoons unsweetened cocoa powder
- Sliced fresh bananas (for garnish)
- Granulated sugar to sprinkle

Preparation:

1. Prepare the pudding ahead of time by combining 2 cups rice milk, chia seeds, maple syrup, and vanilla extract in a medium bowl.
2. Sift in the cocoa powder to remove any clumps, then whisk vigorously until all of the ingredients are incorporated.
3. Place the chocolate chia pudding mixture in a lidded container and refrigerate at least two hours or overnight to thicken.
4. Just before serving, top each serving of pudding with sliced bananas and sprinkle with granulated sugar. Use brulee torch to caramelize bananas. Garnish with fresh mint leaf if desired and serve.

Vanilla Chia Pudding

Ingredients

- 2 ½ cups vanilla rice milk
- 2 Tablespoons honey
- ½ cup chia seeds
- ½ tsp finely grated lemon zest
- ¼ cup dried apricots, sliced
- ¼ cup papitas
- ½ cup fresh strawberries, sliced

Preparation:

1. Prepare the pudding ahead of time by combining the rice milk, chia seeds, honey, and lemon zest in a medium bowl.
2. Whisk vigorously until all of the ingredients are incorporated.
3. Place the chia pudding mixture in a lidded container and refrigerate at least two hours or overnight to thicken.
4. Top with fresh strawberries, apricots and papitas, then serve.

Grilled Green Bean "Fries" with chive aioli dipping sauce



Yield: 6 servings

Ingredients

- 1 pound fresh green beans, rinsed with stems removed
- 1/3 cup Egg-free, soy-free mayo (such as Earth Balance original mindful mayo)
- ¼ cup fresh chives, chopped
- Canola oil
- Salt & Pepper

Preparation

1. Place green beans on a sheet of foil with sides bent upwards. Drizzle oil over beans. Add Salt and pepper to taste.
2. Grill at medium heat until slightly blackened, stirring occasionally. About 15 minutes.
3. Meanwhile, mixed together mayo and chives. Add salt and pepper to taste.

Nutrition Information

One serving 130 calories, 1 gm protein, 12 gm fat, 1 gm sat fat, 5 gm carb, 2 gm fiber, 70 mg sodium

Breakfast Quinoa with Coconut Yogurt



Yield: 4 servings

Ingredients

- ½ cup Red quinoa
- 1 cup water
- 1 Tablespoon olive oil
- ¼ cup pepitas, raw
- ½ cup dried apricots, cut into fourths
- 2 Tablespoons pure maple syrup
- 1 tsp freshly grated orange zest
- ½ tsp cinnamon
- ¼ cup coconut yogurt (such as So Delicious coconut milk yogurt)

Preparation:

1. Place quinoa and water in a small saucepan over high heat, cover and bring to a boil. Reduce heat and simmer for 15 minutes, or until water is absorbed. Lightly fluff with a fork.
2. Meanwhile, in a medium skillet, heat oil on medium heat. Add pepitas and cook until golden, stirring occasionally, about 2 minutes.
3. Add apricots, maple syrup, orange zest, and cinnamon to skillet. Stir until heated.
4. Add quinoa and stir lightly until mixed.
5. Top each portion with a tablespoon of coconut yogurt.
6. Garnish with orange zest.

Nutrition Information

One serving 230 calories, 6 gm protein, 10 gm fat, 2 gm sat fat, 34 gm carb, 3 gm fiber, 10 mg sodium

Creamy Dressing



Yield: Makes 1 cup | **Serving Size:** 1 Tablespoon

Ingredients

- ½ cup plain rice milk
- ½ cup egg-free, soy-free mayo (such as Earth Balance)
- 1 garlic clove, minced
- 1 tsp Parsley
- ¼ tsp black pepper
- ¼ tsp celery seed

Preparation:

1. Combine all ingredients and whisk until smooth.

Variations:

Add less rice milk for a thicker consistency or to make into a dip.

Nutrition Information

One Serving 50 calories, 0 gm protein, 5 gm fat, 0 gm sat fat, 1 gm carb, 0 gm fiber, 40 mg sodium

Hummus



Yield: 2 cups | **Serving size:** ¼ cup

Ingredients

- 2 can chickpeas, drained
- 4 Tablespoons Tahini
- 6 Tablespoons Olive oil
- 2 Tablespoons Canola oil
- 3 lemons, juiced
- 4 cloves garlic
- Salt to taste

Preparation:

1. Add 2 Tablespoons canola oil to a small sauce pan. Simmer garlic cloves in oil over medium-low heat until tender. Allow to cool.
2. Add lemon juice, tahini, chickpeas and olive oil in a food processor and pulse until smooth. Add garlic mixture and pulse until smooth.
3. Salt to taste.

Variations:

Blend 2 ripe avocados. Fold into hummus mixture.

Nutrition Information: One Serving 260 calories, 4 gm protein, 22 gm fat, 2.5 gm sat fat, 15 gm carb, 3 gm fiber, 90 mg sodium

Nutrition Information with added avocado: Yield: 4 cups **Serving size:** ¼ cup

One Serving 140 calories, 2 gm protein, 12 gm fat, 1.5 gm sat fat, 9 gm carb, 3 gm fiber, 10 mg sodium

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Pumpkin Seed Butter

Yield: 6 Tablespoons | **Serving size:** 1 Tablespoon

Ingredients

- 1 cup pumpkin seeds
- ¼ cup canola oil
- ½ Tablespoon honey
- 1/8 tsp salt

Preparation:

1. Add pumpkin seeds to food processor or coffee grinder and pulse until ground into a fine powder.
2. Add canola oil, honey and salt. Blend until a smooth paste.

Nutrition Information

One Serving 105 calories, 3 gm protein, 11 gm fat, 1 gm sat fat, 2 gm carb, 0 gm fiber, 26 mg sodium