



Our very own Farmers Markets have a welcoming natural, honest approach to food – and an easy-going, warm style. In order for you to shake the hand that feeds you, I have created a simple "Field to Fork" as they say in Ireland, cookbook for you.

The gluten-free recipes focuses on using healthy, whole food ingredients. In addition, these recipes do not include any added sugar or any other pre-packaged or processed ingredients. Just fresh, real food recipes you and your family will love!

## Garden-Fresh Salsa Verde



This tasty, versatile dish can be used just about anywhere you'd use traditional tomato salsa. For example, it can be used to dress up everything from eggs to enchiladas and it is fantastic when stirred into your favorite soup and chili recipes. Try it on top of grilled chicken breasts, drizzled over sliced pork roast, or in this delicious, healthy Southwestern Chicken Soup recipe.

Prep time: 20 minutes

Cook time: 15 – 20 minutes

Serves: 4-6

### Ingredients:

1 lb. tomatillos

2 medium jalapeno peppers

3-4 cloves fresh garlic, peeled  
2 T. extra virgin olive oil  
4 green onions, chopped  
¼ c. fresh cilantro leaves  
¼ c. fresh lime juice  
2 t. ground cumin  
2 t. dried oregano  
Optional: 1 T. honey  
Sea salt and black pepper, to taste.

### **Directions:**

1. Preheat oven to 400°F and line a rimmed baking sheet with parchment paper or a Silpat baking mat. Set aside.
2. Husk tomatillos and cut in half. Arrange tomatillos in a single layer on prepared baking sheet, along with whole jalapeno peppers and garlic cloves. Drizzle with olive oil and toss gently to coat.
3. Place baking sheet in pre-heated oven for 15-20 minutes or until vegetables are tender. Remove from oven and let cool for several minutes.
4. Once cool enough to handle, cut jalapeno peppers in half and remove seeds before transferring the roasted veggies to a blender or food processor. Add green onion, cilantro, lime juice, ground cumin, and oregano. Pulse until ingredients are combined, but the mixture is still a little chunky.
5. Taste and add a drizzle of honey to sweeten, if desired. Season with salt and pepper, to taste, and serve immediately or freeze for later use. Enjoy!

Note to publisher: Southwestern Chicken Soup recipe is listed below.  
Serves: 6-8



## Delicious Southwestern Chicken Soup



This delicious, one-skillet dish packs a ton of flavor into every bite. Adding some fresh lime juice and cilantro right before serving really brightens the flavors and pulls them all together. This soup makes a great appetizer, or pair it with a crisp, green side salad for a light, yet satisfying meal.

Prep time: 20 minutes

Cook time: 60 – 80 minutes.

Serves: 8

### **Ingredients:**

2 T. extra virgin olive oil

3-4 cloves garlic, roughly chopped

2 lbs. boneless, skinless chicken thighs

Salt and black pepper, to taste

6 c. organic chicken broth, divided

4 ears fresh sweet corn, husked and kernels removed

2 15-oz. cans black beans, rinsed and drained

½ c. fresh tomatoes, chopped

1 small jalapeno pepper, finely diced

2 t. ground cumin

1 T. chili powder

2 t. dried oregano

½ t. cayenne pepper

4 limes, quartered

¼ c. fresh cilantro, chopped

### **Directions:**

1. Heat olive oil and garlic in a large, high-sided skillet over medium-high heat. Sauté garlic until golden brown, about 4-5 minutes. Remove browned garlic with a slotted spatula and discard.
2. Unroll chicken thighs and season both sides with salt and black pepper, to taste. Add chicken to hot skillet and brown on both sides, approximately 3-4 minutes per side.
3. Add just enough chicken broth to skillet to cover about 1/3 of the chicken thighs. Cover and reduce heat to medium-low. Simmer until chicken is pull-apart tender, approximately 40-45 minutes.
4. Once tender, carefully shred chicken with 2 forks while still in the skillet. Add corn kernels, black beans, chopped tomatoes, jalapeno pepper, cumin, chili powder, oregano, and cayenne pepper to skillet and top off with remaining chicken stock.

5. Stir to combine and season with additional salt and black pepper, to taste.

Increase heat to medium and simmer until heated through, approximately 15 minutes. If time permits, simmer longer to give flavors more time to mingle.



## Decadent Spicy Sweet Corn Chowder



This delicious, creamy soup isn't as decadent as you might think. Instead of using large amounts of heavy cream or other dairy products, this soup gets its silky texture by pureeing several cups of the soup from the skillet and adding a modest amount of half and half.

**Tip:** Use extreme caution when blending hot liquids as they can explode. Cool slightly and make sure the lid to your blender is properly ventilated before proceeding.

Prep time: 20 minutes

Cook time: 30-40 minutes

Serves: 6-8

### **Ingredients:**

8 oz. ground bulk Chorizo sausage  
2 stalks celery, finely chopped  
2 large carrots, finely chopped  
½ large white onion, finely chopped  
4 cloves fresh garlic, finely minced  
1 jalapeno pepper, finely chopped  
6 c. organic chicken or vegetable stock  
2 lbs. Russet potatoes, chopped  
4 ears sweet corn, kernels only  
2 t. fresh oregano  
1 bay leaf  
Sea salt and black pepper, to taste  
½ c. half and half, tempered  
Optional: fresh chives to garnish

### **Directions:**

1. Thoroughly wash all vegetables and pat dry before prepping. Potatoes peels can be left on or removed according to personal preference.
2. Brown sausage in a large, high-sided skillet over medium-high heat. Transfer sausage to a plate and drain all but 1-2 tablespoons of fat from skillet.
3. Reduce heat to medium and add chopped celery, carrots, onion, garlic, and jalapeno pepper to skillet. Sauté for several minutes, stirring continually, until vegetables are soft and fragrant.
4. Return sausage to skillet, along with chicken or vegetable stock. Add potatoes, sweet corn, oregano, and bay leaf to skillet. Season with salt and black pepper, to taste, and stir to combine.
5. Reduce heat to medium-low and simmer, uncovered, until heated through and potatoes are tender, approximately 20 minutes. Stir occasionally while cooking.



6. Transfer 3-4 cups of soup mixture to a blender or food processor and blend until smooth. (See safety tip above first!). Pour pureed soup mixture back into skillet and stir to combine.

To prevent curdling, add 2-3 tablespoons of hot soup mixture, one tablespoon at a time, to half and half before stirring into the skillet. Stir to combine and simmer another 5-10 minutes to heat through. Remove bay leaf and serve immediately – enjoy!



## Mexican Chorizo-Stuffed Poblano Peppers





You won't believe how quick and easy these tasty stuffed peppers come together. You can have this delicious, low-carb entrée on the table in just over half an hour without much fuss, because the spicy Chorizo sausage delivers a ton of flavor without adding a lot of other seasonings. As an added bonus, these peppers freeze extremely well, so you can easily double or triple this recipe for even faster weeknight meals later.

Prep time: 10 minutes

Cook time: 25-30 minutes

Serves: 4-6

### Ingredients:

2 c. sugar-free tomato sauce,\* divided  
4 large Poblano peppers  
1½ lbs. bulk Chorizo sausage  
8 oz. cream cheese, softened  
4 oz. goat cheese, softened  
½ c. freshly grated Parmesan cheese, divided  
Sea salt and black pepper, to taste

**Optional:** Additional tomato sauce and Parmesan cheese, for serving.

### Directions:

1. Preheat oven to 350°F and spread tomato sauce across bottom of 9x13" glass baking dish. Set aside.
2. Cut Poblano peppers in half lengthwise, leaving stems intact on one side. Remove seeds and set aside.
3. Brown Chorizo in a large skillet over medium-high heat, stirring occasionally, until no longer pink. Remove from heat and drain excess fat from pan.
4. Add cream cheese, goat cheese, and ¼ cup Parmesan cheese to skillet and stir until cheese is melted and sausage is thoroughly coated. Season with salt and pepper, to taste.
5. Carefully spoon sausage mixture into empty Poblano pepper halves and arrange in prepared glass baking dish and sprinkle with remaining Parmesan cheese.

6. Place baking dish in pre-heated oven for 25-30 minutes, or until cheese is melted and peppers are heated through. Remove from oven and serve immediately with additional tomato sauce and Parmesan cheese, if desired.



## Tasty Gluten-Free Garlic-Parmesan Turkey Meatballs



flavor into every bite.

These scrumptious, gluten-free meatballs are a real crowd pleaser. Here, traditional bread crumbs are replaced with a hearty portion of freshly grated Parmesan cheese, while a combination of spices and fresh herbs pack tons of

These meatballs freeze well, so make a double or triple batch if time allows. Then simply pull out of the freezer, reheat, and serve with spaghetti squash, zucchini noodles, or your favorite gluten-free pasta for a quick and delicious weeknight meal.

Tip: To help the meatballs hold their round shape, bake them on their own first before adding the tomato sauce.

Prep time: 15 minutes

Cook time: 25-30 minutes

Serves: 6

### Ingredients:

2 c. sugar-free tomato sauce\*  
2 lbs. ground turkey breast  
1 large (or 2 small) eggs  
1½ c. freshly grated Parmesan cheese  
1½ T. fresh oregano leaves  
3 T. fresh basil leaves, chopped  
3 T. fresh parsley, chopped  
3 cloves fresh garlic, finely minced  
1 T. onion salt  
½ T crushed red pepper flakes  
Sea salt and black pepper, to taste

**Optional:** Additional tomato sauce, Parmesan cheese, and fresh basil for serving.

### Directions:

1. Preheat oven to 350°F and line a rimmed baking sheet with parchment paper or a Silpat baking mat. Set aside.
2. Pour tomato sauce into 9x13" glass baking dish and spread in a thin layer to cover the bottom and set aside.
3. Add ground turkey, eggs, Parmesan cheese, oregano, basil, parsley, garlic, onion salt, and crushed red pepper flakes to a large glass bowl. Season with salt and black pepper, to taste. Thoroughly combine mixture with your hands and divide into 24 equal-sized portions. (For larger meatballs, separate into 18 portions). Add more Parmesan cheese, if necessary, to bind the ingredients.
4. Gently roll each portion into a ball and place on prepared baking sheet, leaving room between each meatball. Place baking sheet in pre-heated oven and bake for 15-20 minutes. Remove from oven and transfer meatballs to prepared baking dish. Drizzle with additional tomato sauce and Parmesan cheese, if desired.

5. Place baking dish in oven for approximately 10 minutes, or until sauce and meatballs are heated through. Remove from oven and serve immediately with additional tomato sauce, Parmesan cheese, and fresh basil, if desired.



## Garden Veggie Mason Jar Salad with Homemade Dressing



The beauty of Mason jar salads is they offer the perfect solution for a satisfying, nutritious lunch on the go or as a quick and easy weeknight dinner.

The key to success with Mason jar salads is the order you add your ingredients. Always add the dressing first, followed by harder vegetables that won't break down from the dressing. Next, add softer, more tender vegetables and legumes. Last, but not least, add green leafy vegetables and fresh herbs on top so they don't get

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all soggy from the dressing.

You can experiment and use any combination of ingredients you prefer. This vegetarian version is filled with fresh garden goodies, but don't hesitate to add your own touch in the form of cooked chicken or beef, rice, quinoa, beans, and/or your favorite types of cheese. Just be sure to add the softer ingredients toward the top to keep them nice and fresh!

Prep time: 30 minutes

Cook time: n/a

Serves: 6

### **Special Equipment:**

6 quart-sized mason jars

### **Basic Balsamic Dressing:**

2/3 c. extra virgin olive oil

1/3 c. good balsamic vinegar

2 T. Dijon mustard

2 t. fresh oregano leaves

3 T. fresh lime juice

1 T. honey

Sea salt and black pepper, to taste

### **Salad Ingredients:**

2 medium English cucumbers, chopped

2 large bell peppers, seeded, chopped 115-oz. can chickpeas, rinsed, drained

1 c. cherry or grape tomatoes, cut in half

2 heads Romaine lettuce, chopped

½ c. fresh parsley leaves, chopped

½ c. fresh basil leaves, chopped

### **Directions:**

1. To prepare the dressing, whisk the olive oil, vinegar, mustard, lime juice, and honey together in a small glass or other non-reactive bowl. Season with salt and pepper, to taste. Taste and adjust seasonings, as desired. Set aside.
2. Wash and pat dry all vegetables before prepping. Toss Romaine lettuce, parsley, and basil in a medium bowl to combine. Divide all vegetables into 6 equal

portions and set aside.

3. Divide dressing among the 6 mason jars. Add a layer of chopped cucumbers to each jar, followed by a layer of bell peppers. Next, add chickpeas and then the grape tomatoes. Top each jar with the lettuce-herb mixture and seal with a lid.
4. Store salads in the refrigerator until ready to serve. Each salad will last 4-5 days. To serve, remove from refrigerator and pour each jar into a salad bowl and enjoy!



## Hearty Delicious Classic Beef Stew



This hearty beef stew features plenty of delicious, garden-fresh herbs and vegetables, so it's a great way to enjoy those savory treasures from your own garden or the local farmers' market. This satisfying dish can be served on its own or paired

with your favorite salad for a more well-rounded meal. Either way, this recipe will feed a crowd - or leave plenty of leftovers for lunch the next day.

Prep time: 20-25 minutes

Cook time: 1½ - 2½ hours

Serves: 8

### **Ingredients:**

2 T. extra virgin olive oil  
3-4 cloves fresh garlic, minced  
8 oz. white mushrooms, sliced  
2 lbs. beef stew, cut into 1" cubes  
Sea salt and black pepper, to taste  
3-4 c. organic beef stock, divided\*  
1 c. dry red wine  
1 whole bay leaf  
3 large carrots, chopped  
2 large stalks celery, finely diced  
1 medium yellow onion, diced  
2 lbs. Russet potatoes, chopped  
2 t. fresh thyme leaves, rinsed  
2 t. fresh oregano leaves, rinsed  
1 T. fresh rosemary leaves, chopped

\*Use more or less beef stock to achieve the desired consistency

### **Directions:**

1. Wash and peel all vegetables and pat dry before prepping. (Potato skins can either be left on or removed based on personal preference).
2. Heat olive oil, garlic, and mushrooms in a large (5 or 6-quart), high-sided skillet over medium-high heat. Sauté for 5-7 minutes or until mushrooms start to release their liquid, stirring occasionally.
3. Working in batches if necessary, add beef to skillet and cook until browned on all sides. Season with salt and black pepper, to taste. Transfer browned beef and mushroom mixture to a large bowl, and return empty skillet to the cooktop.
4. Deglaze skillet with 1 cup beef stock and the red wine over medium-high heat, using a spatula or wooden spoon to scrape up any brown bits. Boil liquid until reduced by one half before returning the beef-mushroom mixture to the skillet.

5. Reduce heat to medium-low and add 2 cups of beef broth and the bay leaf to the skillet. Cover and simmer for 1-1½ hours, or until the beef is tender. Stir beef mixture occasionally while simmering.
6. Remove lid and add carrots, celery, onion, potatoes, and fresh herbs. Stir to combine and add additional beef stock, if necessary, to reach desired consistency.
7. Continue simmering, uncovered, for another 20-25 minutes or until potatoes and carrots are tender, but not mushy. Remove from heat and discard bay leaf. Season with additional salt and pepper, to taste. Spoon hot stew into individual serving bowls and serve immediately. Enjoy!



## Oven-Roasted Chicken Drumsticks with Roasted Root Vegetables



This super easy chicken drumstick recipe delivers crispy, mouthwatering results. You can further simplify this recipe by roasting the chicken and vegetables on a single baking sheet, but using the two pan method described below yields crispier, more evenly cooked chicken. Plus, it allows you to remove the vegetables from the oven a few minutes earlier than the chicken, if needed.

**Important Tip:** Be sure to pat the drumsticks completely dry before seasoning. The skin will not get nice and crispy if you omit this step!

Prep time: 15 minutes

Cook time: 35-40 minutes

Serves: 4-6

### Ingredients:

1 lb. carrots, peeled  
1 medium yellow onion  
1 T. extra virgin olive oil  
Salt and black pepper, to taste  
6 large chicken drumsticks (with skin)  
2 t. smoked paprika  
2 t. garlic salt  
2 t. onion salt  
2 t. black pepper, to taste

### Directions:

1. Arrange oven racks so they are evenly spaced apart before pre-heating to 425°F.
2. Line two rimmed baking sheets with parchment paper, Silpat baking mats, or aluminum foil and set aside.
3. Cut carrots into thin slices and onion into wedges before separating into individual slices. Place sliced carrots and onion on one of the prepared baking sheets and drizzle with olive oil. Season with salt and black pepper, to taste, and toss to coat. Spread vegetables into a single layer and set aside.
4. Place a metal baking rack on the other baking sheet and spray with non-stick cooking spray.
5. Pat drumsticks completely dry with paper towels. Sprinkle on all sides with smoked paprika, garlic salt, onion salt, and black pepper and arrange seasoned drumsticks on baking rack.
6. Place both baking sheets into pre-heated oven, with chicken on the upper rack. Roast for 20 minutes, then rotate both baking sheets and roast for another 15-20 minutes, or until an instant-read thermometer inserted into the chicken reads at least 165°F and the vegetables are tender and caramelized. (Depending on your oven and how thin you sliced the vegetables, they may be done a little sooner).

7. Remove each baking sheet from oven when ready and transfer chicken to a serving platter. Loosely cover chicken with aluminum foil and let rest for 5 minutes before serving with roasted root vegetables.



I hope you enjoy these recipes and share them with the people whose company you enjoy the most. For more delicious recipes you can always visit my website, [www.olearyskitchen.com](http://www.olearyskitchen.com). I will see you there or at the [Hamilton Farmers Market, Montana](#). Bon appétit to you.