10-minute gluten-free vegetable lo mein (vegan, allergy-free)

You can have this side dish on the table in 10 minutes! A quick & easy 10-Minute Gluten-Free Vegetable Lo Mein recipe that's better than Chinese take-out, is vegan, and top-8 allergy-free! Great for dinner and perfect for using as healthy leftover lunches!

- **Author:** Rebecca Pytell
- **Cook Time:** 10 mins **Cuisine:** Chinese, Asian

ingredients

- 8 oz Stir-Fry Rice Noodles (cooked according to package directions)
- 1/2 cup Chopped Carrots
- 1/2 cup Chopped Broccoli
- 1/2 cup Chopped Sweet Onion
- 1/4 cup Sliced Water Chestnuts
- 1/4 cup Sliced Red Bell Pepper
- 1/4 cup Chopped Celery
- 1/4 cup Sliced Mushrooms
- *Sauce:*
- 1/4 cup Coconut Aminos
- 1 TB Rice Vinegar
- 1 TB Sesame Oil
- 1 TB Corn Starch
- 1 TB Sesame Seeds
- 2 tsp Honey (Vegan Honee)
- 1 tsp Minced Garlic
- 1/2 tsp Ground Ginger
- 1/2 tsp Chili Paste

instructions

1. In a greased large skillet or wok, add the veggies and the sauce ingredients and stir-fry for about 5 minutes until veggies soften a bit.

2. Now add the softened, cooked noodles to the veggies and stir everything around for another 5 minutes until all is combined and coated.

notes

*For the veggies, you can also use a large (16 oz) frozen stir-fry mix if you do not want to do the chopping of fresh! Use any veggies you would like!

Lemon & Dill Shrimp Sandwiches

Our family took a once-in-a-lifetime trip to Norway, where we got to eat incredible shrimp sandwiches like these. The crustier the bread, the better. —Monica Kolva, Millville, New Jersey

TOTAL TIME**:** Prep/Total Time: 20 min.

YIELD**:** 4 sandwiches.

Ingredients

- 4 hoagie buns, split
- 1 tablespoon butter
- 1 pound uncooked shrimp (41-50 per pound), peeled and deveined
- 1/2 cup mayonnaise
- 2 tablespoons lemon juice
- 4 teaspoons snipped fresh dill or 1-1/4 teaspoons dill weed
- 1/2 teaspoon salt
- 1/4 teaspoon pepper
- Optional: Lettuce leaves and sliced tomato

Directions

- **1.** Hollow out bun bottoms, leaving a 1/2-in. shell (save removed bread for another use). In a large skillet, heat butter over medium heat. Add shrimp; cook and stir 3-4 minutes or until shrimp turn pink.
- **2.** In a small bowl, mix mayonnaise, lemon juice, dill, salt and pepper until blended. Add shrimp; toss to coat. Spoon shrimp mixture into bun bottoms. If desired, top with lettuce and tomato. Replace tops.

Umm Ali

This Egyptian dessert is like a bread pudding with tasty little bites of nuts and raisins - delicious and easy!

Prep Time15 mins
Cook Time30 mins
Total Time45 mins

Course: DessertCuisine: Egyptian
Author: Caroline's Cooking Save

Ingredients

- 1/2 sheet puff pastry 123g (can also use ready-baked)
- 2 tbsp raisins
- 2 tbsp coconut flakes
- 2 tbsp pistachios roughly chopped
- 2 tbsp walnuts roughly chopped
- 1/2 cup whole milk 120ml
- 1/2 cup heavy cream 120ml double cream
- 3 tbsp sweetened condensed milk
- 1/8 tsp cinnamon

Instructions

1. If cooking pastry from raw dough, prepare the pastry according to package instructions - generally put it on a lightly oiled baking sheet/tray and bake for 15 minutes at 400F/200C. Remove from oven and allow to cool enough to handle - you can do this ahead of time.
2. Preheat oven to 400F/200C (if not already on for pastry).
3. Break up the pastry into roughly bite-size pieces. Put the pieces in a baking dish (approx 8x6in/20x15cm) and sprinkle over the raisins, coconut, pistachio and walnut pieces.
4. Mix together the milk, cream, condensed milk and cinnamon. Pour the mixture over the pastry and nut mixture. Try to press the pastry down in to the liquid a little, or else toss the pieces so most if not all take in some of the liquid.
5. Bake for approximately 15 minutes until the liquid is bubbling up slightly and the top is gently brown. You can eat this both warm or cooled.

Nutrition

Calories: 575kcal | Carbohydrates: 43g | Protein: 9g | Fat: 42g | Saturated Fat: 18g | Cholesterol: 65mg | Sodium: 164mg | Potassium: 364mg | Fiber: 3g | Sugar: 14g | Vitamin A: 723IU | Vitamin C: 1mg | Calcium: 144mg | Iron: 2mg

How To Make Super Easy Cheese Buns

Super easy to make cheese buns that require only 4 ingredients.

Course: Main Course

Cuisine: Armenian

Author: Tamara

Ingredients

- 1 Store-bought frozen puff pastry
- 1 10 oz pack Feta cheese
- 1 16 oz bag Shredded mozzarella cheese
- 1 Egg yok

Instructions

1. The night before take your frozen puff pastry out of the freezer and transfer to the fridge. Let it thaw overnight.
2. Mix the two types of cheese in a bowl. If your feta isn't crumbled break it into small pieces with a fork.
3. Take one of the puff pastry sheets out of the packaging. Spread it open on the table. Roll out the dough with a rolling pin from all sides. Not much rolling out is needed. Just enough to make it a bit thinner.
4. Then cut the sheet into 6 equal squares. Put the cheese mixture onto each square.
5. After all the squares are stuffed, grab 2 opposite corners and bring them together to the center. Repeat the same with the other two. Now pinch the edges tightly together making a cute looking square.
6. Preheat the oven to 375°F / 190°C.
7. Place the cheese buns on a baking sheet with the pinched side up. You can use a parchment-lined baking sheet although that's not necessary, as the buns won't stick.
8. Brush each bun with egg yolk.
9. Bake for 15-25 minutes or until the buns are golden brown.

Recipe Notes

1. If you forgot to thaw the puff pastry overnight, take it out from the freezer 2 hours before baking. It thaws quite quickly.
2. You can add a small piece of butter to each square to make your cheese buns more buttery.
3. If you prefer you can make a triangle shape instead of square by just bringing 2 of the 4 corners together and pinching the edges tightly.

Easy Greek Omelette

Served with a splash of olive oil and balsamic vinegar, this breakfast or lunch hour omelet is stuffed with a Greek-inspired mixture of vegetables and feta cheese. It only takes 15 minutes to make and will nourish you for hours!

Course: Breakfast Cuisine: Mediterranean Servings: 1 serving Calories: 262kcal Author: Jessica Haggard

Ingredients

- 1/2 tablespoon coconut oil
- 1 small green bell pepper
- 1/2 small onion chopped
- 1 clove garlic minced
- 1/4 teaspoon ground black pepper
- 1 medium tomato diced
- 3 whole eggs whisked
- 1 ounce feta cheese
- Kalamata olives
- 1/2 tablespoon extra virgin olive oil
- 1 teaspoon balsamic vinegar

Instructions

1. Saute bell pepper, onion, garlic and pepper in the coconut oil for 3 minutes over medium heat in a skillet.
2. Add the tomatoes and continue to cook for 2 more minutes, until tomatoes soft.
3. Remove veggies from heat, transfer to a bowl and set aside.
4. Return the skillet to the stove top over medium-low and pour in the eggs. The pan should be oily enough, add more coconut oil if needed.
5. Once the eggs are almost cooked through, arrange the vegetable saute on one half of the omelette. Sprinkle the cheese on over the veggies to melt.
6. Once cooked, fold over omelette style. Serve warm with a garnish of olives and splash of olive oil with balsamic vinegar.

Nutrition

Calories: 262kcal | Carbohydrates: 15g | Protein: 7g | Fat: 21g | Saturated Fat: 11g | Cholesterol: 36mg | Sodium: 332mg | Potassium: 472mg | Fiber: 3g | Sugar: 8g | Vitamin A: 1418IU | Vitamin C: 80mg | Calcium: 152mg | Iron: 1mg

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