


— ALLERGY-FRIENDLY —

VALENTINE'S DINNER COOKBOOK





These recipes were created by Asia Eubanks-Tomppkins, manager and culinarian at the national-award-winning Magnolias Zero 7, and Campus Dietitian Maddie Jacobs, MS, RD, LD.

All of these recipes are made without gluten, dairy, peanuts, tree nuts, coconut, egg, wheat, soy, fish, shellfish, and sesame.

These delicious recipes will be featured at Magnolias for a special Valentine's-themed dinner on Friday, Feb 16th so make sure to stop by and try them!



MAGNOLIAS
ZERO 7



INTRODUCTION

MESSAGES FROM OUR TEAM



Asia Eubanks-Tompkins

Magnolias Zero 7 Manager

“Being a southern girl from Kentucky, I know you can make a difference in a person’s life through your signature creations. These recipes inspired me because it’s a meal that comes from the soul, and who doesn’t love Soul Food?”



Maddie Jacobs, MS, RD, LD

Campus Dietitian

“Allergy-friendly recipes can be just as delicious, nutritious, and easy to make as their allergen-containing counterparts - so give them a try!”



WHAT MAKES MAGNOLIAS ZERO 7 UNIQUE?

Magnolias Zero 7 meals are made in a dedicated kitchen free from eggs, peanuts, tree nuts, dairy, wheat, gluten, sesame, shellfish, and soy with separate storage areas, equipment, and utensils to minimize the risk of cross-contact. All menus, ingredients, and processing facilities are carefully reviewed by Allertrained managers to provide peace of mind for students with food allergies and celiac disease.

Seasoned Flank Steak

Yield: 2 Servings (4 oz portions)

INGREDIENTS

- 10 oz flank steak, raw
- 2 Tbsp olive oil
- Salt and pepper to taste

INSTRUCTIONS

1. Combine salt and pepper in a bowl.
2. Brush olive oil onto the flank steak on both sides.
3. Sprinkle salt and pepper mixture on both sides of the steak.
4. Grill or pan-sear steak, 2-4 minutes on each side.
5. Transfer steak to a sheet pan and bake in the oven at 350°F for 10 minutes or until desired doneness is reached.
6. Check internal temperature of steak with a meat thermometer. Internal temperature should be at least 145°F.
7. Slice steak on a bias, top with chimichurri sauce, and enjoy!

Seasoned Flank Steak

Notes from Asia

- Slicing steak on a bias helps make it more tender and this technique can be used on a variety of meats.
- Make sure the steak is at least 145°F for medium done, 150-155°F for medium-well done, and 160-165°F for well done, whichever you prefer!
- If you don't have a thermometer, you can slice the steak and check for a solid pink-brown color (no red) to know it is done.
- Always allow the steak to rest for about 10 minutes before cutting into it. This allows the savory juices to move back to the middle of the steak and prevents them from seeping out when cutting.

Notes from Maddie

- Steak is an excellent source of protein! One serving, approximately the size of your palm, contains about 20 grams of protein which aids in muscle maintenance and workout recovery.
- Beef is also rich in iron and zinc, two minerals that are important for strengthening your immune system.
- Steak is best eaten in moderation since it is also high in sodium and saturated fat which can contribute to chronic disease risk.

Homemade Chimichurri Sauce

Yield: 2 servings (2 oz portions)

INGREDIENTS

- 1/2 bunch of parsley, minced
- 1/2 Tbsp garlic, minced
- 1/4 tsp crushed red pepper flakes
- 3 Tbsp fresh oregano, minced
- 1 1/2 Tbsp yellow onion, minced
- 1/4 cup olive oil
- 1 Tbsp apple cider vinegar
- 1 Tbsp lemon juice

INSTRUCTIONS

1. Combine ingredients in a small mixing bowl.
2. Mix until well blended, pour on top of flank steak, and enjoy!

Note: Chimichurri can also be mixed in a blender/food processor for a smoother consistency or use a mortar and pestle to help release flavor from the fresh herbs.

Homemade Chimichurri Sauce

Notes from Asia

- Chimichurri is a great compliment to steak due to its fresh and acidic flavor. Whipped garlic butter is another topping that adds creaminess and fat for a well-rounded flavor.
- Green chimichurri is usually used for red meats and red chimichurri is usually used for poultry like chicken.
- The flavor profiles of each of the types of chimichurri complement different meats, which is why there are different types used depending on the dish.

Notes from Maddie

- Parsley is an excellent source of vitamin K, which is essential for proper blood clotting after injury and bone maintenance.
- Parsley also contains antioxidants which help to protect our bodies from stress and fend off disease.
- Olive oil is high in monounsaturated fats, which help to reduce inflammation and lower cholesterol.
- Black pepper has been shown to aid in the digestion and absorption of nutrients, making it a versatile addition to any dish!

Garlic Mashed Potatoes

Yield: 2 Servings (5 oz portions)

INGREDIENTS

- 2 cups Red Bliss potatoes, quartered
- 3 Tbsp vegan butter
- 1/2 Tbsp garlic, minced
- 1/4 cup fresh chives, chopped
- 1-2 cups oat milk
- Salt and pepper to taste

INSTRUCTIONS

1. Boil potatoes in a large pot of water for 15-20 minutes until fork tender.
2. Heat butter and 1 cup oat milk in a saute pan over low heat. Add garlic and saute for 1 minute, do not let brown.
3. In a mixer, or by hand, combine potatoes, sauteed garlic, butter, oat milk, chives, salt, and pepper. Mash until mostly smooth with few lumps.
4. If you notice the potatoes are dry, add more oat milk to taste.
5. Garnish with extra chives and enjoy!

Note: If you don't like skin in your mashed potatoes, you can peel the potatoes after boiling.

Garlic Mashed Potatoes



Notes from Asia

- Always cook your starch first because it usually has the longest cooking time!
- If you don't have a potato masher, try cutting the potatoes in half and pushing them through a wire cooling rack. This will remove the skins and partially mash the potatoes simultaneously!
- A fork or whisk can also be used in place of an electric mixer for a creamy consistency when mashing the potatoes.
- Never add cold milk to your potatoes because it will decrease the temperature of the potatoes. Always heat your milk and butter in a separate pan and then add to the cooked potatoes!

Notes from Maddie

- Garlic has been shown to help reduce cold and flu symptoms, so it is a great addition to any dish for its distinct flavor and health benefits!
- Allicin, found in garlic, has been shown to help reduce blood pressure and protect your cardiovascular system.
- Potatoes are a good source of potassium, which also helps to reduce blood pressure and improve heart health.
- Potatoes are naturally gluten-free, and therefore are a great wheat alternative in pastas, bread, and baked goods.
- Potatoes are also high in fiber which helps you to stay full between meals and decreases spikes in blood sugar.

Lemon Garlic Green Beans

Yield: 2 servings (6 oz portions)

INGREDIENTS

- 8 oz fresh green beans
- 1 tsp canola oil
- 1 tsp garlic, minced
- 1/4 tsp crushed red pepper flakes
- 1 tsp lemon rind, zested
- 1 tsp lemon juice
- Salt and pepper to taste

INSTRUCTIONS

1. Trim the ends off the green beans and blanch in boiling water for 45 seconds, quickly transfer to an ice bath to stop cooking.
2. Heat canola oil in a small saute pan, heat garlic until fragrant, don't burn.
3. Add green beans, salt, pepper, red pepper, and zested lemon to saute pan and toss for 3-5 minutes or until green beans are fork tender.
4. Stir in lemon juice, toss to coat, and enjoy!

Lemon Garlic Green Beans

Notes from Asia

- Blanching green beans is a great way to preserve the bright green color. Blanching also works well with other green vegetables like broccoli!
- The blanching process is also called “shocking”. It can be used for different types of pasta as well as it cools the food immediately and stops the cooking process.
- If you plan on storing the green beans for more than a few hours, wait to add the lemon juice until right before serving. The acid in the lemon juice can cause the green beans to turn brown over time.

Notes from Maddie

- Lemon juice is an excellent source of vitamin C which helps to boost your immune system and improve bone health.
- The vitamin C from the lemon juice also helps to increase iron absorption from the green beans, making them a perfect pair!
- Green beans are a good source of vitamin A which helps to maintain eye health and vision over time.
- Green beans are high in fiber and low in sodium, making them a crunchy and sweet heart-healthy option.

Raspberry Chocolate Cupcake w/ Avocado Icing

Yield: 12 Cupcakes

INGREDIENTS

Raspberry Chocolate Cupcake:

- 3/4 cup water
- 1/4 cup applesauce
- 1/4 cup avocado oil
- 2 tsp pure vanilla extract
- 1 tsp apple cider vinegar
- 1/2 cup raspberry jam
- 1 cup gluten-free flour
- 1/4 cup unsweetened cocoa powder
- 1/2 tsp + 1/8 tsp salt
- 1/2 tsp baking soda

Avocado Icing:

- 2 medium avocados
- 1/2 cup vegan butter
- 1/4 cup cocoa powder
- 1/2 cup powdered sugar
- 2 tsp fresh lime juice
- 6 oz raspberries

STUDENT RECIPE

This recipe was created by TCU nutrition students during Ms. Mae's Allergy-Free Bake Off!

INSTRUCTIONS

Avocado Icing:

1. Using an electric mixer, blend both avocados until smooth.
2. Mix in the butter, cocoa powder, powdered sugar, and lime juice.

Raspberry Chocolate Cupcakes:

1. Preheat the oven to 350°F.
2. Line a cupcake pan with liners or grease pan.
3. In a large bowl, whisk together the first six ingredients. Allow to sit 10 min.
4. Sift/mix all remaining ingredients in a separate bowl.
5. Pour the wet ingredients into the dry ingredients and stir until evenly mixed.
6. Fill the liners up two-thirds of the way. Bake for 20 minutes.
7. Place cupcakes into the freezer for ~8-10 minutes to cool.
8. Use a knife to spread avocado icing on top of the cupcake.
9. Garnish each cupcake with one fresh raspberry. Serve and enjoy!

Raspberry Chocolate Cupcake w/ Avocado Icing

Notes from Asia

- To check and see if the cupcakes are done, stick a toothpick in the middle of one of the cupcakes. If there is batter on the toothpick then put the cupcakes back in the oven for another five minutes and check again.
- Once the toothpick comes out clean with no batter, let the cupcakes cool for at least fifteen minutes, frost, and enjoy!

Notes from Maddie

- Chocolate is high in antioxidants, which aids in recovery from stress such as after illness or intense workouts.
- Avocado is an excellent allergy-friendly dessert ingredient because it provides a creamy texture without milk products!
- Raspberries contain antioxidants that may help to protect against cell damage, including that associated with cancer.
- Avocados are a good source of vitamin E, which helps to counteract blood clots and protect your cardiovascular system.
- Avocados are also high in fiber which is beneficial for gut health.
- The addition of fresh raspberries and avocado to this recipe makes it a more nutritious and balanced alternative to a traditional chocolate cupcake, all while being allergy-friendly!

Looking for more allergy-friendly recipes, health and wellness content, and tips for navigating dining on campus?

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