

## Innovations in Culinary Medicine

*Bringing Together Research,  
Nutrition, and Culinary Education*



# Chicken Sausage Sheet Tray

*Yield: 4-6 servings*

## Ingredients

### Pan Items:

- 3 cups baby potatoes
- 3 large Bell peppers
- 1 large onion
- Optional - 2-3 jalapeños
- 5 chicken sausages, cut into bite sized slices
- 3-4 garlic cloves, sliced
- 1/3 cup olive oil
- 1 teaspoon garlic powder
- 1 teaspoon Italian seasoning
- 1 teaspoon chili powder or red pepper flake
- Salt and pepper to taste

### Honey Dijon Dipping Sauce:

- 1 tablespoon Dijon mustard
- 1 tablespoon mayo
- 1 tablespoon honey
- 2 teaspoons red wine vinegar
- Salt and pepper to taste

## Directions

1. Preheat oven to 375 Fahrenheit.
2. Place potatoes in microwave safe bowl, microwave covered with 1/2 cup water for 5 minutes. Drain and let cool. Meanwhile, slice up peppers and onions, removing seeds.
3. Put all veggies and chicken sausage on parchment lined baking sheet, toss with olive oil and seasonings. Bake for 20-25 minutes until desired texture is reached.
4. While sheet tray is cooking, mix all ingredients together for honey Dijon sauce. Optional: Add 2 tablespoons plain Greek yogurt for creamier sauce.
5. Drizzle sauce atop sausage and veggies and enjoy!

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# Spring Shrimp Cobb Salad

*Yield: 3-4 servings*

## Ingredients & Directions

### Salad Items:

- 1 head romaine, shredded
- 1 cup diced cucumber
- 1 cup cherry tomatoes, sliced in half
- 1 cup green peas
- 2 hard boiled eggs, quartered
- 6 slices bacon, cooked, chopped
- 1 avocado, sliced
- 1/2 cup radish, julienned
- 1/2 cup pickled onions (recipe follows)
- 8 oz roasted shrimp (recipe follows)
- 1 cup roasted asparagus, chopped (recipe follows)
- 1 cup green goddess vinaigrette (recipe follows)

### Roasted Asparagus:

Preheat oven to 375 degrees F. Place 1 pound asparagus (bottoms snapped off) on parchment lined sheet tray. Add 1 tablespoon olive oil, 1 teaspoon garlic powder, 2 teaspoons parsley flakes, juice of 1 lemon, and salt and pepper to taste. Roast for 15-18 minutes or until cooked to your liking.

### Pickled Onions:

Slice 1 large red onion thinly and place in microwave safe dish. Cover with 1/2 cup water, 1/2 cup white vinegar, dash of salt and pepper, and optional pickling spice. Microwave 2 minutes, stir, and let cool. Store in the fridge.

### Roasted Shrimp:

Preheat oven to 375 degrees F. Place 8-10 oz uncooked shrimp, deveined tail off on parchment lined sheet tray. Add 1 tablespoon olive oil, 1 teaspoon garlic powder, 2 teaspoons parsley flakes, and salt and pepper to taste. Roast for 10-12 minutes or until cooked through completely (depends on size of shrimp).

### Green Goddess Vinaigrette:

In a blender combine 1/2 cup each of fresh parsley, cilantro, and scallion. Add 1/2 cup vinegar and 3-4 garlic cloves. Blend on low speed while drizzling in 1/2 cup olive oil until creamy and fully emulsified. Add salt and pepper to taste!

