

### **Sweet Potato Fires**

2-3 medium sweet potatoes, peeled and sliced  
1 T. canola oil  
Salt to taste

Preheat oven to 400 degrees. In a large mixing bowl combine sweet potatoes, oil and salt. Toss potatoes and place on baking sheet. Bake for 30 to 35 minutes or until tender. Plate immediately and serve with cinnamon butter. Serves 2-3

### **Cinnamon Butter**

½ stick butter, softened  
½ tsp. ground cinnamon  
1 T. honey, agave or maple syrup

In a small bowl, combine butter, cinnamon and sweetener. Mix well, cover and refrigerate until needed.

### **Blackened New York Strip Sandwich with Caramelized Onions and Roasted Red Pepper**

2 New York Strip Steaks  
1 T. Blackened Seasoning  
1 T. Canola Oil

Cover steaks with blackened seasoning. In a medium skillet, heat oil over medium high heat. Place steaks in skillet and cook 1-2 minutes on each side. Remove steaks from skillet and allow meat to rest for 10 minutes. Steaks can also be grilled.

Slice steaks thinly across the grain and place on your favorite sandwich bun or roll. Top with smoked provolone, caramelized onions and roasted red pepper dressing. Serves 3-4

### **Caramelized Onions**

1 Large Onion, Sliced Thinly  
1 T. Canola Oil  
½ T. Butter  
½ tsp. Granulated Sugar  
1/8 tsp. Salt  
1/8 tsp. Freshly Ground Pepper

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**Creamy Roasted Red Pepper Dressing**

1 slice roasted red pepper, chopped  
½ cup prepared mayonnaise  
1/2 T. fresh lemon juice  
1 tsp. minced, garlic  
Salt and pepper to taste

**Sparkling Strawberry Lemonade**

½ cup granulated sugar  
½ cup water

In a small sauce pan, combine sugar and water. Dissolve over medium heat, stirring constantly until sugar is dissolved. Remove from heat and cool.

½ cup fresh lemon juice  
2 cups seltzer water or club soda  
¼ cup strawberries, hulled and quartered

Combine all ingredients in a pitcher over ice. Serve with fresh mint or berries.