Special Diet Recipes – March 2024

Gluten-Free Egg Muffins

36 frozen potato tots
Cooking spray
8 eggs
2 Tablespoons of milk (dairy or non-dairy) or water
Salt and pepper
1 cup cubed ham

Gluten-Free Sausage and Peppers (nut-free, dairy-free)

14 oz. kielbasa, cut up
2 Tbsp. olive oil
1 large, sweet onion, sliced
4 cloves garlic, minced
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