



# Savory Recipe Book

a compilation of 2012  
recipes from Attune Foods

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# Uncle Sam Cereal Bread

by Diane Carbonell

**YIELD:** 1 loaf

## INGREDIENTS

- 1 cup rolled oats, divided
- 1 cup Uncle Sam Original cereal, ground
- 2 cups whole wheat flour
- 4 teaspoons baking powder
- 1/2 teaspoon salt
- 3 tablespoons honey
- 1 tablespoon olive oil
- 1 to 1 1/2 cups of skim milk

## INSTRUCTIONS

Preheat oven to 450 degrees. Place a piece of parchment paper on a rectangular cookie sheet.

Grind 3/4 cup of the oatmeal in a food processor. Then grind the Uncle Sam cereal in a food processor.

In a large bowl, place the ground and unground oats, ground Uncle Sam cereal, whole wheat flour, baking powder, and salt.

Mix the dry ingredients together with a spoon.

Pour the honey, olive oil, and 1 cup of the milk in the bowl with the dry ingredients.

Stir together. The mixture should be fairly wet, but should hold its shape when you mold it with your hands. If it seems too dry, add a little more milk.

Shape the dough into a long loaf. Place on the parchment paper lined cookie sheet. (You may need to reshape it on the parchment paper as the dough is fairly wet).

Bake in the preheated oven for about 25 minutes. The loaf should sound hollow when tapped or the internal temperature should be 200 degrees.

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# Wheat-less Wheat Thins

*(Gluten-Free)*

By Amy Green

**YIELD:** makes 5 – 6 dozen crackers

## INGREDIENTS

- 1/2 cup Erewhon Crispy Brown Rice Gluten Free cereal
- 3/4 cup King Arthur Brown Rice Flour, plus more for rolling out the dough
- 1/4 cup tapioca starch
- 1/2 teaspoon sea salt
- 1/4 teaspoon paprika
- 1/4 teaspoon xanthum gum
- 4 tablespoons unsalted butter, chilled and diced
- 1/4 cup water
- 1/4 teaspoon vanilla extract
- Salt for topping (optional)

## INSTRUCTIONS

Put the Erewhon Gluten-Free Crispy Brown Rice cereal in the bowl of a food processor fitted with a steel blade. Process until finely ground. Add the brown rice flour, tapioca starch, sea salt, paprika, and xanthum gum. Pulse until combined.

Spread the diced butter around the flour and pulse until the butter has worked into the flour mixture and is the consistency of small peas.

Mix together the water and vanilla. Add to the flour and butter mixture and pulse until combined. Dough will be wetter than a pie crust.

Wrap in waxed paper and chill for at least one hour.

Preheat the oven to 400 degrees F.

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# Corn Flake Crusted Grilled Cheese Sandwiches

By Marla Meridith

## INGREDIENTS

- 1 1/2 cups Erewhon Organic Corn Flakes, crushed
- 4 pieces of your favorite Whole Grain Bread (we love sprouted grain bread)
- 2-4 pieces (1-2 ounces) Cheddar Cheese (or your favorite cheese)
- Butter or Ghee
- 2 Eggs, whisked with a splash of water or milk

## INSTRUCTIONS

Melt butter or ghee in a frying pan over medium heat. Make a cheese sandwich. Dip your cheese sandwich in whisked eggs. Roll the sandwich in crushed cornflakes. Heat sandwich in the pan a few minutes on each side. Sandwiches should be crispy, lightly browned and the cheese melted.

# Chicken Meatloaf

*Serve over quinoa, pasta, rice or veggies.*

By Marla Meridith

**YIELD:** makes about 8 servings

**DIET TYPE:** Gluten-Free

## INGREDIENTS

- ¾ cup Erewhon Crispy Brown Rice Gluten Free cereal
- ½ teaspoon Onion Powder
- ½ teaspoon Garlic Powder
- a few pinches coarse ground Black Pepper
- 2 tablespoons chopped fresh Herbs, such as Thyme or Oregano
- 2 pounds ground Chicken (I like to mix dark and light meat)
- 1 large Egg, whisked
- 2 tablespoons Gluten-Free Soy Sauce or Tamari
- ½ cup diced canned Tomatoes

## OPTIONAL:

- Hot Sauce

## TOPPING:

- Marinara Sauce

## INSTRUCTIONS

Preheat the oven to 375 degrees F with the rack in the middle. Pulse the brown rice cereal in a food processor or crush in a bag until you have a fine crumb.

Combine the chicken with the cereal crumbs, onion powder, garlic powder, pepper and herbs. Make a well in the center and slowly add in the egg, tamari sauce and tomatoes. Mix with hands until well combined. Make a mound in the center of a casserole dish and cover loosely with aluminum foil. Bake for 40 minutes. Remove foil and top the meatloaf with some marinara sauce. Bake uncovered for about another 10 minutes until meat is cooked through.

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# Buckwheat & Hemp Fish Sticks with Maple Mustard Dipping Sauce

**YIELD:** 16 fish sticks

## INGREDIENTS

For the Fish Sticks:

- 2 cups Erewhon Buckwheat & Hemp cereal
- 1 tablespoon fresh rosemary
- ½ teaspoon real salt
- ¼ teaspoon pepper
- 1 cup buckwheat flour
- ½ pound of firm white fish (I used halibut)
- 1 egg

For the Dipping Sauce:

- ¼ cup mustard
- 2 Tablespoons maple syrup

## INSTRUCTIONS

Preheat oven to 350 degrees. Grease a roasting pan or line with parchment paper.

Place cereal, rosemary, salt and pepper into a blender and process until finely ground. Pour contents onto a large plate.

Pour buckwheat flour onto a separate plate. In a small bowl, whisk the egg.

Place halibut filet on a cutting board and make narrow incisions down the length of the fish so that you cut long strips. Then you will cut these long strips in half. In the end, you should have 16 fish sticks.

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Assemble your line-up with your cutting board of fish first, followed by the plate of flour, then the egg wash, next the plate of buckwheat bread crumbs and lastly your lined or greased roasting pan.

Proceed to dredge each cut fish section into the flour until nicely coated. Then, dip into the egg wash until all surfaces are nice and eggy. Lastly, dip and roll the fish stick in the breadcrumbs until all sides are coated. Place on the lined roasting pan. Repeat the process with all remaining fish sticks until they have all been shellacked with the flour-egg-breadcrumb mixtures.

Cook for 12 minutes.

While the fish sticks are cooking combine the mustard and maple syrup in a small bowl. Set aside.

Remove the fish sticks from the oven and serve with Maple Mustard sauce.

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# Curry Chicken Nuggets

*The cooked nuggets can be frozen and reheated in the oven for an even quicker meal. This food allergy-friendly recipe is Gluten-Free, Egg-Free, Nut-Free, Peanut-Free, and Soy-Free.*

By Alisa Fleming

**YIELD:** 3 servings

## INGREDIENTS

- 3/4 lb boneless skinless chicken breast, cut into chunks about 1/2-inch thick
- 1/4 teaspoon + 1/8 teaspoon salt, divided
- 1/8 teaspoon pepper
- 1/4 cup canned coconut milk
- 1 to 1-1/2 teaspoons curry powder
- 1/8 teaspoon garlic powder
- 1-1/4 cups Erewhon Organic Buckwheat & Hemp Cereal

## INSTRUCTIONS

Preheat your oven to 375°F and place a roasting, baking or cooling rack on a baking sheet, and spray it with cooking spray. I use my cookie cooling racks – it allows air to circulate under the nuggets and crisp up both sides.

Sprinkle the chicken bites evenly with the 1/4 teaspoon of salt and about half of the pepper.

Place the remaining 1/8 teaspoon of salt and pepper in a medium-sized bowl with the coconut milk, curry powder, and garlic powder. Whisk to combine.

Place the seasoned chicken bites in the coconut milk mixture, and stir to coat.

Put the cereal in a spice grinder and pulse to create coarse crumbs. Alternately, you can put the cereal in a large plastic bag and have fun smashing!

Pour the cereal into a shallow dish, and one-by-one, roll the coated chicken nuggets in the cereal to coat. Place them on your greased baking sheet or racks.

Bake for 10 to 12 minutes, or until baked through and lightly crispy on the outside.

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# Chicken Skewers

By Marla Meridith

**YIELD:** about 15 skewers

**DIET TYPE:** Gluten-Free

## INGREDIENTS

- 2 pounds organic chicken breast, trim excess fat and cut into 1/4 inch pieces length-wise
- 2 large eggs, whisked
- 2 1/2 cups (45 grams) Erewhon Crispy Brown Rice Gluten Free cereal
- a few pinches of cracked black pepper, garlic salt and smoked paprika
- 1 tablespoon dried oregano
- Grapeseed or olive oil
- 15 wooden skewers (soak in water 30 minutes prior to using- you need to do this so the skewers do not burn)

## INSTRUCTIONS

In a food processor, grind seasonings and rice cereal until you have a fine crumb (leave out the oregano.) Put mixture in a bowl, stir in the oregano last.

Dip chicken in eggs, let excess drip off. Coat with the rice crumbs. Carefully thread each piece of chicken onto a soaked skewer. Be sure that the skewer goes through the center of the chicken.

Brush some oil in a grill pan. Heat pan over medium high heat. Reduce heat to medium and grill the chicken for about 4-5 minutes per side until golden brown and cooked through.

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# Crispy Baked Onion Rings

*If you slice your onion rings thinner, you will end up with something more akin to wispy onion onion curls and if you go for a thicker cut, you'll find the onion rings will almost melt in your mouth. Your choice – either way equally healthy and good.*

**YIELD: 2-3 servings**

## INGREDIENTS

- ½ teaspoon dried sage
- dash salt and pepper
- 1 cup Uncle Sam Original cereal
- 1 cup unsweetened plain almond milk
- 1 medium yellow onion

## INSTRUCTIONS

Preheat oven to 350 degrees Fahrenheit.

Slice off the ends of the onion and discard. Slice the onion into rings.

In a small bowl, pour your almond milk.

Meanwhile pour your cereal, sage, salt and pepper into the body of a food processor and pulse until finely ground. Pour your cereal breading onto a large plate.

Take each onion ring and dunk it in the bowl of almond milk so all surfaces get touched. Then dredge it through the cereal breading so the majority of the ring is coated. Place on a large rimmed cookie sheet and continue the onion ring dunk and dredge process until all onion rings are coated with cereal breading.

Cook for 30 minutes.

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# Roasted Provencal Tomatoes

By Amy Green

**YIELD: 6 servings**

**DIET TYPE: Gluten-Free, Dairy-Free**

## INGREDIENTS

- 3 medium or large tomatoes
- 2 cups Erewhon Organic Rice Twice Cereal
- 1/2 cup chopped Italian parsley (about 1/2 bunch)
- 2 cloves of garlic, grated on a microplane or minced
- 6 or 8 turns of the pepper mill
- 1 1/2 tablespoons extra virgin olive oil

## INSTRUCTIONS

Preheat the oven to 350 degrees.

Cut the tomatoes in half and gently squeeze out the seeds. Set them cut-side up in a baking dish.

Put the Erewhon Rice Twice in the bowl of a stand mixer fitted with the steel blade. Process until it's the consistency of bread crumbs. Transfer to a small bowl.

Add the parsley, garlic, and pepper to the cereal. Mix until combined. Drizzle with the olive oil and then work into the mixture with your hands. Divide the cereal topping evenly among the tomato halves.

Bake for 35 – 45 minutes until the tomatoes are soft. If the topping starts to get too brown, cover with a piece of aluminum foil.