

Crust: 1 Cup flour, 1/8 cup gluten-free chocolate chip cookie crumbs, 1/8 cup crushed pecans, 1/4 cup shortening, 3 Tbsp. butter, 1/2 tsp. salt, 2-3 Tbsp. water or milk.

Filling: 1/2 lb. crumbled bacon, 1 1/2 cups sliced/diced pears, 1 cup shredded/sliced cheese (brie/gouda/gruyere), 3 eggs, 1/2 cup milk, 1 Tbsp. brown sugar.

In medium bowl (or use processor), mix flour, salt, cookie crumbs, and pecans. Cut in shortening and butter until it resembles very course sand. Press into 9-inch pie plate and bake at 350°F for 8 minutes.

In small bowl, beat eggs and milk until smooth, add sugar and mix well. Layer bacon, pears, and cheese over warm pie crust, then pour the egg mixture evenly over all.

Bake at 375°F until the egg is set, about 20 minutes. Divide into 4-6 servings and ENJOY!



PEAR AND BACON CASSEROLE

- 2-3 cups cooked, chopped chicken
- 2 tsp Dijon mustard
- 2 tsp. minced parsley
- 1/4-1/2 tsp. salt
- 2-3 Tbsp. sliced almonds/chopped pecans
- 4-6 whole wheat pitas
- 1/8 cup gluten-free chocolate chip cookie crumbs
- 2/3 cup plain Greek yogurt
- 1/4 cup diced apple/cut grapes
- 1/2 tsp. pepper
- 1-2 Tbsp. minced red onion
- 1/2 tsp. minced garlic

In medium bowl, mix together chicken, almonds, apple/grapes, and cookie crumbs.

In small bowl mix remaining ingredients (except pita), then pour into the medium bowl. Mix until the yogurt dressing is fully incorporated.

Serve with/in pita and ENJOY!



CHICKEN SALAD PITA

- 1 beef tenderloin, 1 to 1 1/2 lbs.
- 1-2 Tbsp. olive oil
- 1 egg
- 1 1/2 cups gluten-free chocolate chip cookie crumbs
- 3 ounces gruyere cheese, sliced
- salt and pepper to taste

Trim and silver skin from the tenderloin, then cut a pocket into the long side (leave about 1/2 inch uncut on three sides).

Season inside the tenderloin with olive oil, salt, and pepper, and layer the sliced cheese evenly inside the pocket.

Make an egg wash (egg/1 Tbsp. water/salt/pepper) and coat the outside of the tenderloin.

Roll the tenderloin in cookie crumbs, press them lightly on.

Sear the all sides of the tenderloin, add oil to the skillet to prevent sticking as needed, then bake at 425°F for ~45 minutes or until it reaches an internal temp of 145°F (this will "medium" doneness). Rest for 10-15 minutes. Sliced and ENJOY!



COOKIE CRUSTED BEEF

A decorative border with autumn-themed illustrations. It features several orange maple leaves scattered around the perimeter. In the bottom-left corner, there is a detailed illustration of a whole orange pumpkin with a stem and a small leaf.

-2 cups plain Greek yogurt
-1 pint strawberries, sliced or raspberries
-4-6 gluten-free chocolate chip cookies, broken into pieces.
In medium bowl combine yogurt and honey.
Layer cookie pieces, strawberries, and yogurt in 4-6 parfait cups.
Top with chocolate sauce and ENJOY!

-1/2 cup honey
-1/4 - 1/2 cup chocolate sauce



STRAWBERRY COOKIE PARFAIT