Easter Menu
Rosemary and Lemon Roast Chicken

TheAllergenFreeKitchen.com

Cold Asparagus Salad with Dill

Rosemary Lemon Roast Chicken

Warm Brussels Sprouts Salad

Gluten Free Zucchini Noodles

Air Fryer Smashed Potatoes

Allergen Friendly Chocolate Cake

Produce

- Asparagus (2 lb)
- Banana (1 Ripe)
- Brussels Sprouts (2 lb)
- Carrots (2)
- Celery, ribs (3)
- Garlic (10 Cloves)
- Ginger, root fresh (1 Tbsp)
- Grape Tomatoes (8)
- Green Onions (2)
- Lemons (2)
- Onions, yellow (2)
- Potato, gem or nugget (1 ½ lb)
- Potato, Idahoan or Russet (1)
- Zucchini, large (5)

Protein

- Whole Chicken (6 lb)

Pantry

- Baking Powder (1½ tsps)
- Baking Soda (½ tsp)
- Coconut Aminos (3 Tbsps)
- Gluten Free Flour (1 ¼ cups)
- Gluten Free Panko Bread Crumbs (1 cup)
- Icing Sugar (¾ cup)
- Maple Syrup (2 Tbsps)
- Olive Oil (1⅔ Tbsps)
- Pumpkin Seeds, aka pepitas (½ cup)
- Pumpkin Seed Oil (2 Tbsps)
- Soy Free Shortening (2 Tbsps)
- Sugar (1 cup)
- Sunflower Seeds (¼ cup)
- Vinegar, rice (3 Tbsps)

Herbs & Spices

- Oregano, fresh (4 sprigs)
- Rosemary, fresh (8 sprigs)
- Thyme, fresh (4 sprigs)
- Dill, fresh (⅓ cup)

Refrigerator & Freezer

- Plant Butter (½ cup)
- Dairy Free Butter (1½ Tbsps)
- Dairy Free Butter Spread (¼ Cup)
- Dairy Free Buttery stick (½ Cup)
- Dairy Free Milk (2 Tbsps)

Staples

- Sea Salt and Ground Pepper
- Water

Always read the ingredients to make sure the product and foods you use are free from the top 9 food allergens and your allergy foods. Contact all manufacturers to verify cross contact, as well as shared lines and facilities.

All Recipes are written as free from Wheat, Egg, Dairy/Milk, Soy, Peanut, Tree Nut, Fish, Shellfish and Sesame but will depend on the ingredients and products used to make the recipe.