

Gluten-Free Recipes

According to Trader Joe's ® "No Gluten Ingredients Used" List

Does not necessarily pertain to optional items listed on recipes or options listed beside recipes.

Chicken:

Chicken Salsa Bowl with Papaya Mango Salsa, 15
Black Bean Soup with Mango Salsa, 16
Salsa Verde Chicken, 17
Chicken and Salsa, 18
Quick Chicken Tortilla Soup, 24
Yellow Curry with Chicken and Mushrooms, 29
Thai Curried Chicken, 31
Curried Chicken Salad with Mango, 32
Fruity Curried Chicken, 40
Spicy Chicken Peanut Soup, 41
Polenta with Chicken Sausage, 48
Blue Cheese-Chicken Salad*, 49
Butternut Lentil Stew, 52
Honey-Mustard-Peach Salsa Chicken, 54
Fried Rice Italiano with Chicken Sausage, 55

Seafood:

Baja Fish Tacos**, 63
Shrimp and Papaya Mango Salsa Soft Tacos, 64
Chili Scallops with Black Bean Salsa, 65
Tilapia with Peach Salsa, 67
Ahi Tuna in Curry Simmer Sauce with Mango Salsa, 72
Curried Lentil-Spinach Salad with Shrimp, 73
Lemon Basil Shrimp with Rice, 74
Shrimp Mango Stir Fry, 76
Biryani with Shrimp, 77
Smoked Salmon Salad, 81
Veggie Shrimp Gumbo, 84
Tuna White Bean Italiano Salad, 85
Balsamic-Glazed Halibut, 86

Vegetarian:

Tofu Tacos, 95
Black Bean and Rice Soup, 96
Lentil Salsa Stew, 97
Apricot Lentil Soup, 103
Easy Curry Vegetables and Tofu, 104
Spinach Mushroom Curry, 105
Asian Style Pumpkin Soup, 110
Quick Carrot Ginger Coconut Soup, 112
Peanut-Tamarind Sweet Potato Curry, 115
Lentil Ragout, 120
Black Bean and Quinoa Salad, 123
Italian Vegetables with Bruschetta and Beans, 124
Lentil Salad, 125
Butternut Squash White Bean Soup***, 126

*Check ingredient list to determine gluten status of blue cheese.

**Check ingredient list to determine gluten status of fajita or taco mix.

***Check ingredient list to determine gluten status of bouillon.