



LOVE YOUR COCO NUT

Caribbean and coconut inspired recipes
from the Grace Foods Collection



LOVE YOUR COCONUT

Tomato Coconut Soup

Prep time: 15 Minutes

Cook time: 30 minutes

Serves: 4 to 6



A twist on a Canadian favourite – this rich, creamy tomato soup adds the wonderful flavours of coconut and other spices to make you fall in love all over again.

INGREDIENTS:

- 2 tbsp Grace Organic Coconut Oil, melted
- 1 onion, chopped
- 2 cloves garlic, chopped
- 1 tbsp chopped ginger
- 2 tsp paprika
- 1 tsp ground cumin
- 1 tsp ground coriander
- 3/4 tsp salt
- 1/4 tsp freshly ground pepper
- 1/4 tsp ground cinnamon
- 1/4 tsp ground nutmeg
- 1 can (796 mL) diced tomatoes
- 2 cups no salt added chicken broth
- 1 can (400 mL) Grace Organic Coconut Milk
- 2 cups chickpeas
- 2 tbsp Grace Organic Coconut Sugar
- 2 tsp coconut vinegar
- 1/4 cup Grace Coconut Chips, toasted
- 1/4 cup finely chopped fresh cilantro

DIRECTIONS:

1. Melt coconut oil in a Dutch oven set over medium heat. Add onion, garlic and ginger. Cook, stirring occasionally, for 5 minutes or until softened.
2. Stir in paprika, cumin, coriander, salt, pepper, cinnamon and nutmeg. Cook for 1 minute.
3. Add tomatoes, broth, coconut milk and chickpeas; bring to a boil.
4. Simmer for 20 minutes or until fragrant. Cool slightly.
5. Purée in batches, until very smooth. Stir in coconut sugar and vinegar. Adjust salt and pepper to taste. Garnish with toasted coconut chips and cilantro.

TIP: Add a pinch of cayenne pepper with the other spices for a bit of heat.

LOVE YOUR COCONUT

Gluten Free Cheddar and Chive Biscuits

Prep time: 10 Minutes

Cook time: 15 minutes

Serves: 8



Coconut flour adds a subtle sweetness to these savoury cheddar and chive biscuits that make them perfect for a gluten free breakfast or lunch option.

INGREDIENTS:

1/3 cup coconut flour
1 tsp baking powder
1/4 tsp baking soda
1/4 tsp garlic powder
Pinch salt
1/4 cup Grace Organic Coconut Oil, melted
4 eggs, beaten
1 cup shredded aged Cheddar cheese
1/4 cup finely chopped fresh chives

TIP: Serve biscuits with eggs for breakfast, as a sandwich for lunch, or with a Sunday dinner.

DIRECTIONS:

1. Preheat oven to 350°F.
2. Stir coconut flour with baking powder, baking soda, garlic powder, and salt until combined.
3. Whisk in melted coconut oil and eggs until well combined. Stir in Cheddar and chives.
4. Drop eight portions of batter on to a parchment-lined baking sheet.
5. Bake for 15 to 20 minutes or until golden brown on the bottom.

Cool for at least 10 minutes before serving.

Shrimp Tacos with Pineapple Salsa and Creamy Coleslaw

Prep time: 25 Minutes

Cook time: 10 minutes

Serves: 4



Tacos are all always fun and delicious. And these ones will take your taste buds to a whole new level.

DIRECTIONS:

Pineapple Salsa: Toss pineapple with red pepper, red onion, cilantro, jalapeno, lime juice and salt. Add hot sauce to taste (if using). Chill for at least 30 minutes before serving. Adjust salt to taste.

Creamy Coleslaw: Toss cabbage with carrot and green onion. In a separate bowl, whisk mayonnaise with sour cream, coconut vinegar, honey, cumin, chipotle powder, salt and pepper. Toss dressing with cabbage mixture. Let stand for 30 minutes.

Shrimp Tacos: Heat coconut oil in a large, non-stick skillet set over medium-high heat. Add shrimp, cumin, salt and pepper. Cook, stirring for 2 minutes or until shrimp are completely pink. Add lime juice and honey. Cook for 2 minutes or until shrimp is cooked through and well glazed; toss with cilantro.

Fill each tortilla with coleslaw, shrimp and pineapple salsa. Garnish with coconut chips. Serve with extra coleslaw and lime wedges.

INGREDIENTS:

Pineapple Salsa:

2 cups finely chopped pineapple
1/2 cup chopped red pepper
1/4 cup finely chopped red onion
1/4 cup chopped cilantro
1 jalapeno, seeded and diced
2 tbsp lime juice
1 tsp lime zest
1/2 tsp salt

Creamy Coleslaw:

4 cups shredded purple cabbage
(about half small cabbage)
1 carrot, shredded (about 1 cup)
1/2 cup chopped green onion
1/4 cup low fat mayonnaise
1/4 cup sour cream
2 tbsp coconut vinegar
1 tbsp honey
1 tsp ground cumin
1/2 tsp ground chipotle powder (optional)
1/2 tsp each salt and freshly ground pepper

Shrimp Tacos:

1 tbsp Grace Organic Coconut Oil
1 lb peeled and deveined shrimp
(21-25 ct.) (about 3 shrimp per taco)
1/2 tsp ground cumin
1/2 tsp each salt and freshly ground pepper
2 tbsp lime juice
1 tbsp honey
1/4 cup chopped fresh cilantro
12 small (6-inch) white corn tortillas, warmed
Grace Coconut Chips
Lime wedges

For more delicious Caribbean-inspired recipes, visit www.gracefoods.ca

Curry Quinoa with Kale and Roasted Cauliflower

Prep time: 15 Minutes

Cook time: 35 minutes

Serves: 4



A flavourful and satisfying vegetarian dinner loaded with healthy ingredients and nutritious coconut oil.

DIRECTIONS:

Roasted Cauliflower: Preheat oven to 425°F. Toss the cauliflower florets with melted coconut oil, thyme, paprika, salt and cayenne pepper. Arrange on a parchment-lined baking sheet. Roast, turning halfway, for 25 to 30 minutes or until tender and lightly golden brown.

Curried Quinoa: Meanwhile, melt the coconut oil in a large skillet set over medium heat. Add onion, carrot, ginger, garlic, curry powder, salt and pepper. Cook, stirring frequently, for 5 minutes or until softened. Stir in curry paste and cook for 1 minute.

Stir in quinoa until well coated. Stir in coconut milk and broth; bring to a boil. Add chickpeas and raisins. Reduce heat to low. Cook, stirring occasionally, covered, for 15 to 20 minutes or until most of the broth is absorbed. Add kale. Continue to cook, covered, for 5 to 8 minutes or until quinoa is tender and all the liquid has been absorbed. Let stand covered for 5 minutes. Stir in vinegar.

Divide quinoa evenly among four plates and top with cauliflower. Garnish with parsley and toasted coconut chips before serving.

TIPS: Add peas or cooked, chopped chicken with the quinoa for an extra source of protein. For a smoky flavour, substitute smoked paprika for the paprika.

INGREDIENTS:

Roasted Cauliflower:

8 cups cauliflower florets,
about 1 head
2 tbsp Grace Organic Coconut Oil, melted
1 tsp dried thyme leaves
1 1/2 tsp paprika
1/4 tsp salt
Pinch cayenne pepper

Curried Quinoa:

2 tbsp Grace Organic Coconut Oil
1 onion, chopped
1 carrot, finely chopped
1 tbsp minced ginger
2 cloves garlic, minced
1 tbsp mild curry powder
1/2 tsp salt
1/4 tsp freshly ground pepper
4 tsp Indian curry paste
1 cup quinoa
1 cup no salt added chicken broth
1 can (400 mL) Grace Organic Coconut Milk
1 cup chickpeas, drained and rinsed
1/4 cup raisins
3 cups thinly sliced kale (ribs removed)
1 tbsp coconut vinegar
2 tbsp finely chopped fresh parsley (optional)
1/4 cup toasted Grace Coconut Chips

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Gluten Free Chicken Tenders with Mango Dipping Sauce

Prep time: 20 Minutes

Cook time: 15 minutes

Serves: 4



A delicious and easy to prepare snack that will have the whole family asking for seconds!

INGREDIENTS:

Chicken Tenders:

3 eggs
1/2 cup Grace Organic Coconut Milk
1 tsp salt, divided
1 1/2 cups coconut flour
1 1/2 tsp dry mustard powder
1 1/2 tsp garlic powder
1 tsp smoked paprika
4 boneless, skinless chicken breasts, cut into 1-inch strips
1/4 cup Grace Organic Coconut Oil, melted

Creamy Mango Dipping Sauce:

1/2 cup mayonnaise
1/2 cup frozen mango chunks, thawed and drained
1/4 cup fresh cilantro leaves
2 tbsp Grace Organic Coconut Milk
2 tsp Grace Organic Coconut Sugar
2 tsp lime juice
1/4 tsp Grace Hot Pepper Sauce
Pinch salt

DIRECTIONS:

Chicken Tenders: Preheat oven to 400°F. Line a baking sheet with parchment paper; set aside.

Whisk eggs with coconut milk and 1/2 tsp salt in a shallow bowl; set aside. In a separate bowl, stir coconut flour with mustard powder, garlic powder, smoked paprika and 1/2 tsp salt.

Coat each chicken strip in the flour mixture, dip in the egg mixture and coat again in the flour mixture. Brush with coconut oil. Place on prepared baking sheets. Bake, turning once, for 15 minutes or until cooked through. Serve with Creamy Mango Dipping Sauce.

Creamy Mango Dipping Sauce: Combine mayonnaise, mango chunks, cilantro, coconut milk, coconut sugar, lime juice, pepper sauce and salt in a food processor. Pulse until smooth.

Poached Chicken Breast in Jerk Coconut Sauce

Prep time: 1 hour 15 Minutes

Cook time: 25 minutes

Serves: 4 to 6



A perfect combination of coconut and jerk flavours brings a wonderful Caribbean flair to this dish.

INGREDIENTS:

- 4 whole boneless chicken breasts
- 1 tablespoon Grace Jerk Seasoning
- 2 tablespoons soy sauce
- 1 large onion, chopped
- 2 stalks escallion, chopped
- 3 cloves garlic, minced
- 1 sprig thyme, chopped
- 2 tablespoons Vegetable Oil
- 1 can Grace Organic Coconut Milk
- 1/2 cup chicken stock
- 1 tablespoon butter (optional)

DIRECTIONS:

1. Flatten chicken breasts with a mallet and season with Grace Jerk Seasoning, soy sauce and one half of the chopped onion, escallion, garlic and thyme. Cover and put to marinate for one hour.
2. Heat Grace Vegetable Oil in a shallow skillet and add the remaining chopped onion, escallion, garlic and thyme and saute for one minute.
3. Add the Grace Coconut Milk and chicken stock and allow to reduce for 10 minutes.
4. Arrange the flattened chicken breasts in the reduced coconut milk mixture. Bring the liquid to just under a simmer over direct heat; reduce the flame, cover and cook for 8 minutes on each side or until cooked through and the liquid is reduced by two-thirds.
5. Strain the sauce through a fine mesh sieve and whisk in the butter, if used.

To Plate: Arrange sautéed callaloo on the base of a serving plate and place a turn cornmeal mould on top. Top with the poached jerk chicken. Drizzle with the sauce and serve.

Coconut Blueberry Pancakes

Prep time: 10 Minutes

Cook time: 15 minutes

Serves: 6



A light and fluffy interior with crispy edges, these pancakes have a hint of coconut flavour. No one will ever guess they are gluten free!

INGREDIENTS:

4 eggs
1 cup Grace Organic Coconut Milk
2 tbsp Grace Organic Coconut Sugar
2 tsp vanilla extract
1/2 cup coconut flour
1 tsp baking soda
1/4 tsp salt
3/4 cup blueberries
2 tbsp Grace Organic Coconut Oil
Maple syrup

TIP: Use frozen blueberries when fresh are out of season.

DIRECTIONS:

1. Whisk eggs, vigorously, for 2 to 3 minutes.
2. Whisk in organic coconut milk, organic coconut sugar and vanilla. Stir in coconut flour with baking soda and salt until well combined.
3. Let stand for 5 minutes.
4. Stir in blueberries.
5. Melt some of the organic coconut oil in a large, non-stick skillet set over medium heat.
6. Add batter into skillet. Cook for 2 to 3 minutes or until the bottoms are set and golden. Flip and cook until golden and cooked through

Serve with maple syrup.

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Sweet and Spicy Lime Kettle Corn

Prep time: 15 Minutes

Cook time: 25 minutes

Serves: 12



Kettle corn is a delicious snack that is so simple to prepare at home. Coconut adds a delicious hint of sweetness that balances the savoury spicy flavours.

INGREDIENTS:

- 1/4 cup Grace Organic Coconut Oil
- 3/4 cup Grace Organic Coconut Sugar
- 1 cup brown sugar
- 1/4 cup lime juice
- 2 tsp Grace Hot Pepper Sauce
- 1 tsp salt
- 1/2 tsp baking soda
- 12 cups plain, air popped popcorn
- 2 cups unsalted peanuts
- 1 cup Grace Coconut Chips, lightly crushed
- 4 tsp freshly grated lime zest

DIRECTIONS:

1. Preheat oven to 300°F. Line two baking sheets with parchment paper; set aside.
2. Melt coconut oil in a saucepan set over medium heat. Add coconut sugar, brown sugar, lime juice, pepper sauce and salt. Bring to a boil, swirling pan to combine. Once sugar has dissolved, boil for 2 minutes. Remove from heat. Stir in baking soda.
3. In a large bowl, toss the brown sugar sauce with popcorn, peanuts, coconut chips and lime zest. Spread evenly on prepared pans. Bake, stirring occasionally, for 20 minutes or until caramel has set. Cool completely and break into clusters.

TIP: Store in an airtight container for up to 1 week.