

Dairy free

Dairy Free Everyday

Comforting meals with beans, grains, herbs, and fresh sauces



Three featured recipes from this collection

PUBLIC SAMPLE - 2 RECIPES

The complete edition has 12 recipes. This sample contains the first two.

Development edition 1.2.0 - recipes not kitchen tested.

Junction Table by CrownThrive, LLC

AI-generated realistic food artwork; not a photograph or tested result.

Contents

PUBLIC SAMPLE - this file includes two recipes, not the complete twelve-recipe cookbook. The full edition adds the remaining ten recipes, techniques, menus, shopping list, and planning pages.

Make this kitchen yours 3

Food safety and ingredient labels 4

Lemon Oregano Chicken and Potatoes 5

Coconut Tomato Chickpea Curry 7

Edition, use and support 9

Typeface license 10

Make this kitchen yours

Cooking without dairy can still include creamy textures, a crisp skillet crust, and a satisfying bowl of warm food. This collection draws creaminess from blended beans, cashews, coconut milk, or avocado, using each ingredient where its own flavor makes sense. It also includes meals that need no cream-like ingredient at all, such as lemon chicken and potatoes or salmon cooked in a parchment parcel. The recipes omit milk, butter, cream, cheese, and yogurt made from dairy. Prepared ingredients still require a label check: broth, curry powder, pasta, plant beverages, and sauces can vary between brands. Dairy-free does not mean free of every allergen; nuts, eggs, soy, fish, shellfish, wheat, sesame, and peanuts appear across the collection. Choose substitutions with those distinctions in mind. Taste the sauce once it has warmed through, since lemon and salt can help a bean or nut puree feel balanced rather than heavy. These are original development-edition recipes from Junction Table by CrownThrive, LLC, and they have not been kitchen-tested. Follow the doneness cues and stated safe temperatures while adapting timing to your equipment.

Recipe development edition 1.2.0 - October 30, 2026. Original editorial recipes; not kitchen tested. Timing is an estimate. Check appliance instructions, package directions and safe internal temperatures. No nutrition or medical benefit is claimed. Allergen notes are ingredient based and do not certify freedom from cross contact. Check every label and substitution.

AI-generated photorealistic culinary artwork interprets the listed recipes. These are not documentary photographs, kitchen-test evidence, or a guarantee of finished appearance. Follow the measured recipe and safety checks.

Food safety and ingredient labels

Use a food thermometer: poultry 165°F; ground beef, pork and lamb 160°F; whole beef, pork and lamb cuts 145°F followed by a 3 minute rest; fish 145°F. Reheat leftovers to 165°F. Keep the refrigerator at 40°F or below. Refrigerate perishables in shallow containers within 2 hours, or 1 hour above 90°F. Most cooked leftovers keep 3 to 4 days; follow a shorter recipe limit. Thaw in the refrigerator, cold water or microwave, never on the counter. A freezer keeps food cold; it does not sterilize it. Wash produce under running water and keep raw meat and its tools away from ready to eat food.

Use standard US cups and spoons unless a weight is given. Oven temperatures are Fahrenheit. One tablespoon equals 3 teaspoons; one US cup equals 16 tablespoons. Spoon flour into a cup and level it.



Lemon Oregano Chicken and Potatoes - AI-generated realistic food artwork, not a photograph or tested result.

Lemon Oregano Chicken and Potatoes

4 servings | Prep: 15 minutes | Cook: 50 minutes

Ingredients

- 1 1/2 pounds boneless chicken thighs
- 1 1/2 pounds small potatoes, quartered
- 3 tablespoons olive oil
- 3 tablespoons lemon juice
- 3 garlic cloves, minced
- 1 teaspoon dried oregano
- 3/4 teaspoon kosher salt
- 1/4 teaspoon black pepper
- 1/2 cup water
- 2 tablespoons chopped parsley

Method

1. Heat the oven to 425°F. Toss potatoes with 1 tablespoon oil and half the salt in a large roasting dish. Add water and roast uncovered 20 minutes.

2. Mix remaining oil, lemon juice, garlic, oregano, remaining salt, and pepper. Coat chicken thighs with the mixture in a separate bowl, keeping raw poultry away from other ingredients.
3. Turn potatoes and arrange chicken among them in a single layer. Roast 25–30 minutes more until potatoes are tender and chicken reaches 165°F in its thickest part.
4. Rest chicken 5 minutes. Spoon the lemony pan juices over chicken and potatoes and scatter parsley across the dish. Wash utensils and surfaces that contacted raw poultry.

Cook's tip

Use a dish large enough for the chicken to sit without stacking.

Substitution

Use drumsticks instead of thighs, allowing extra time as needed to reach 165°F; substitute rosemary for oregano if desired.

Storage

Refrigerate in shallow containers at or below 40°F within 2 hours; use within 3–4 days. Reheat thoroughly.

Ingredient allergen notes

No major allergens identified in the listed ingredients. Check labels and cross contact.

Coconut Tomato Chickpea Curry

4 servings | Prep: 15 minutes | Cook: 25 minutes

Ingredients

- 1 tablespoon neutral oil
- 1 onion, diced
- 1 tablespoon grated ginger
- 2 garlic cloves, minced
- 2 teaspoons curry powder
- 1 can (14 ounces) diced tomatoes
- 2 cans (15 ounces each) chickpeas, drained
- 1 can (13.5 ounces) coconut milk
- 3 cups baby spinach
- 1/2 teaspoon kosher salt
- 1 tablespoon lime juice

Method

1. Heat oil in a saucepan over medium heat. Cook onion and salt 6 minutes until softened. Add ginger, garlic, and curry powder and stir for 30 seconds.
2. Add tomatoes with their juices, chickpeas, and coconut milk. Stir well and bring to a gentle simmer, then cook uncovered 15 minutes, stirring a few times.
3. Add spinach in handfuls and stir until wilted, about 2 minutes. If the sauce has become very thick, loosen it with 2–3 tablespoons water.
4. Remove from heat and add lime juice. Taste the sauce with a chickpea, then spoon into bowls. Let the gentle heat settle for a minute before serving.

Cook's tip

Curry powders differ in heat and flavor.

Substitution

Use drained butter beans in place of chickpeas and chopped kale instead of spinach; simmer kale 5–7 minutes until tender.

Storage

Refrigerate in shallow containers at or below 40°F within 2 hours; use within 3-4 days. Reheat thoroughly.

Ingredient allergen notes

No major allergens identified in the listed ingredients. Check labels and cross contact.

Edition, use and support

One household recipient may keep, download and print this edition for personal household use. You may cook and adapt the recipes. Do not resell, redistribute, upload the book publicly or sublicense its text, layouts or files. Copyright and other rights are not transferred. Online access follows the published refund and dispute policy.

Recipe development edition 1.2.0 - October 30, 2026. Original editorial recipes; not kitchen tested. Timing is an estimate. Check appliance instructions, package directions and safe internal temperatures. No nutrition or medical benefit is claimed. Allergen notes are ingredient based and do not certify freedom from cross contact. Check every label and substitution.

AI-generated photorealistic culinary artwork interprets the listed recipes. These are not documentary photographs, kitchen-test evidence, or a guarantee of finished appearance. Follow the measured recipe and safety checks.

Typeset in DejaVu Serif and DejaVu Sans. Copyright (c) 2003 by Bitstream, Inc. All Rights Reserved. Bitstream Vera is a trademark of Bitstream, Inc. DejaVu changes are in public domain. The embedded font software is supplied under the Bitstream Vera font license; see FONT-LICENSE.txt in the download.

Gretna Junction - CrownThrive, LLC - Go Flipbooks publishing lane. Support and corrections: contact@crownthrive.com. <https://gretnajunction.com/support>

<https://gretnajunction.com/support>

Safety references

FoodSafety.gov • safe cooking temperatures

<https://www.foodsafety.gov/food-safety-charts/safe-minimum-internal-temperatures>

USDA FSIS • leftovers and food safety

<https://www.fsis.usda.gov/food-safety/safe-food-handling-and-preparation/food-safety-basics/leftovers-and-food-safety>

Sources checked October 4, 2026. Original recipes are separate from these safety references.

Typeface license

DejaVu font software

Copyright: Copyright (c) 2003 by Bitstream, Inc. All Rights Reserved. Bitstream Vera is a trademark of Bitstream, Inc. DejaVu changes are in public domain.

Bitstream Vera font license Permission is hereby granted, free of charge, to any person obtaining a copy of the fonts accompanying this license ("Fonts") and associated documentation files (the "Font Software"), to reproduce and distribute the Font Software, including without limitation the rights to use, copy, merge, publish, distribute, and/or sell copies of the Font Software, and to permit persons to whom the Font Software is furnished to do so, subject to the following conditions:

The above copyright and trademark notices and this permission notice shall be included in all copies of one or more of the Font Software typefaces.

The Font Software may be modified, altered, or added to, and in particular the designs of glyphs or characters in the Fonts may be modified and additional glyphs or characters may be added to the Fonts, only if the fonts are renamed to names not containing either the words "Bitstream" or the word "Vera".

This License becomes null and void to the extent applicable to Fonts or Font Software that has been modified and is distributed under the "Bitstream Vera" names.

The Font Software may be sold as part of a larger software package but no copy of one or more of the Font Software typefaces may be sold by itself.

THE FONT SOFTWARE IS PROVIDED "AS IS", WITHOUT WARRANTY OF ANY KIND, EXPRESS OR IMPLIED, INCLUDING BUT NOT LIMITED TO ANY WARRANTIES OF MERCHANTABILITY, FITNESS FOR A PARTICULAR PURPOSE AND NONINFRINGEMENT OF COPYRIGHT, PATENT, TRADEMARK, OR OTHER RIGHT. IN NO EVENT SHALL BITSTREAM OR THE GNOME FOUNDATION BE LIABLE FOR ANY CLAIM, DAMAGES OR OTHER LIABILITY, INCLUDING ANY GENERAL, SPECIAL, INDIRECT, INCIDENTAL, OR CONSEQUENTIAL DAMAGES, WHETHER IN AN ACTION OF CONTRACT, TORT OR OTHERWISE, ARISING FROM, OUT OF THE USE OR INABILITY TO USE THE FONT SOFTWARE OR FROM OTHER DEALINGS IN THE FONT SOFTWARE.

Except as contained in this notice, the names of Gnome, the Gnome Foundation, and Bitstream Inc., shall not be used in advertising or otherwise to promote the sale, use or other dealings in this Font Software without prior written authorization from the Gnome Foundation or Bitstream Inc., respectively. For further information, contact: fonts at gnome dot org.

Everyday comfort with dairy-free ingredient choices.

Dairy Free Everyday offers twelve recipes across tray dinners, soup, pasta, breakfast, and a fruit-topped dessert. Lemon Oregano Chicken and Potatoes uses citrus and pan juices; Creamy Cashew Mushroom Pasta builds its sauce from soaked cashews; Baked Oats with Berries and Almonds uses an unsweetened almond beverage. The book explains how to choose a creamy ingredient, check composite-food labels, and coordinate proteins with vegetables. These are dairy-free ingredient lists, with label checks and allergen notes still important for every household. Two menus and a first-menu shopping list help organize the meals. Original recipe development edition; not kitchen-tested.

- Twelve dairy-free ingredient lists spanning savory dinners, breakfast, and dessert.
- Roasting dishes, saucepans, a blender, and a skillet for varied preparation methods.
- Label-reading and texture guidance, two menus, and a consolidated first-menu shopping list.

PUBLIC SAMPLE: two recipes only; the full edition has twelve.



Baked Oats with Berries and Almonds

AI-generated realistic food artwork