

Quick & Easy Gluten-Free Recipes

Nicole L.Cerillo

East Carolina University

Nutrition & Dietetics



APPETIZERS

Black Bean and Corn Dip With Cilantro and Lime

30 min | 30 min prep

Servings: 8 cups

Ingredients:

- 1 3/4 cups white corn
- 1 3/4 cups corn
- 3 1/2 cups black beans
- 1 bunch cilantro, chopped
- 1 red onion, small, chopped
- 1 lime, juice
- 1/4 cup olive oil
- 1 tablespoon garlic, minced
- 1 jalapeno, seeded, minced
- 2 teaspoons cumin
- 2 teaspoons cinnamon
- 1 teaspoon coriander
- 1 teaspoon paprika
- 1 teaspoon curry powder
- 1/2 teaspoon cayenne pepper
- 1/4 cup brown sugar
- 1 dash hot sauce
- salt and pepper

Directions:

Simply mix the ingredients as described.

Tweak the spices / sugar / olive oil ratio to suit your taste.

Nutrition Facts

Serving Size 1 cups 189g

Recipe makes 8 cups)

Calories 269	
Calories from Fat 74	(27%)
Amount Per Serving	
%DV	
Total Fat 8.3g	12%
Saturated Fat 1.2g	6%
Monounsaturated Fat 5.3g	
Polyunsaturated Fat 1.4g	
Trans Fat 0.0g	
Cholesterol 0mg	0%
Sodium 18mg	0%
Potassium 551mg	15%
Total Carbohydrate 43.9g	14%
Dietary Fiber 9.6g	38%
Sugars 9.7g	
Protein 9.5g	19%
Vitamin A 569mcg	11%
Vitamin B6 0.2mg	8%
Vitamin B12 0.0mcg	0%
Vitamin C 10mg	17%
Vitamin E 1mcg	3%
Calcium 51mg	5%
Iron 3mg	16%

Quinoa Fritters

1 hour | 30 min prep

SERVES 6, 36 Fritters

Ingredients:

- 2 cups cooked rice
- 2 cups cooked quinoa
- 1 cup onion, chopped
- 1 cup cheddar cheese, grated
- 1/4 cup kernel corn
- 4 large eggs/egg substitute
- 1/4 cup fresh parsley, chopped
- 1 teaspoon salt
- 1/4 teaspoon pepper
- oil (for frying)

Directions:

- Put all ingredients except oil in bowl
- Let mixture sit while you warm the pan to medium high.
- You don't want the oil to smoke
- Put oil in pan and heat
- Drop batter mixture by teaspoonfuls in to the pan
- Flatten each fritter slightly with a fork
- Fry each side until golden brown
- Blot excess oil on paper towel
- Serve
- Note: These re-heat really well

Nutrition Facts

Serving Size 1 (151g)

Recipe makes 6 servings

The following items or measurements
are not included below:

cooked quinoa

Calories 223	
Calories from Fat 87	(39%)
Amount Per Serving	
Total Fat 9.8g	15%
Saturated Fat 5.1g	25%
Monounsaturated Fat 3.1g	
Polyunsaturated Fat 0.7g	
Trans Fat 0.0g	
Cholesterol 160mg	53%
Sodium 570mg	23%
Potassium 144mg	4%
Total Carbohydrate 22.5g	7%
Dietary Fiber 0.8g	3%
Sugars 1.7g	
Protein 10.9g	21%
Vitamin A 562mcg	11%
Vitamin B6 0.1mg	7%
Vitamin B12 0.6mcg	9%
Vitamin C 5mg	8%
Vitamin E 0mcg	1%
Calcium 165mg	16%
Iron 1mg	10%

Hummus

5 hours | 4 hours prep

2 1/2 cups

Ingredients:

- 1 cup dried garbanzo beans
- 7 cups water (for cooking beans)
- 1 teaspoon baking soda
- 1 1/2 teaspoons salt
- 1/2 teaspoon garlic, minced
- 1/4 cup tahini
- 1/2 cup fresh lemon juice

Nutrition Facts

Serving Size 1 cups 822g

Recipe makes 2 1/2 cups)

Calories 441	
Calories from Fat 147	(33%)
Amount Per Serving	
%DV	
Total Fat 16.4g	25%
Saturated Fat 2.1g	10%
Monounsaturated Fat 5.4g	
Polyunsaturated Fat 7.2g	
Trans Fat 0.0g	
Cholesterol 0mg	0%
Sodium 1949mg	81%
Potassium 862mg	24%
Total Carbohydrate 59.2g	19%
Dietary Fiber 16.4g	65%
Sugars 9.7g	
Protein 19.9g	39%
Vitamin A 78mcg	1%
Vitamin B6 0.5mg	25%
Vitamin B12 0.0mcg	0%
Vitamin C 25mg	43%
Vitamin E 0mcg	2%
Calcium 203mg	20%
Iron 5mg	31%

Directions:

- Rinse the garbanzo beans, drain and cover with water to cover by 3 inches. Soak beans for 4 to 6 hours. Drain in a colander and rinse thoroughly.
- Remove the beans and water from the heat and let stand for 30 minutes before draining and continuing with the recipe.
- In a large pot combine soaked beans, the 7 cups water and the baking soda.
- Bring to a boil, reduce heat and simmer until the beans are falling apart, about 1 hour. Stir any foam that comes to the surface back into the beans while they cook.
- Pour beans and any remaining cooking liquid into a large bowl and cool to room temperature in the refrigerator.
- Transfer beans and liquid to a food processor.
- Add the salt, garlic, tahini and lemon juice and process until smooth.
- If the mixture is too thick (it should be the consistency of thick cream), add water 1 tablespoon at a time until the hummus is smooth.

Eggplant Rolls

35 min | 15 min prep

SERVES 4

Ingredients:

- 2 eggplants, sliced lengthwise into 1/8 inch thick strips
- 5 tablespoons olive oil, plus extra for brushing
- 1 garlic clove, crushed
- 4 tablespoons pesto sauce
- 1 1/2 mozzarella cheese, grated
- fresh basil leaf, torn
- salt
- pepper

Directions:

- Place the eggplant slices in a colander or on a plate and sprinkle liberally with salt. Set aside for 10-15 minutes to extract the bitter juices. Turn the slices over and repeat. Rinse thoroughly under cold running water and drain on paper towels.
- Heat the olive oil in a large skillet and add the garlic. Add the eggplant slices a few at a time and pan-fry lightly on both sides over medium heat. Drain them on paper towels.
- Spread the pesto on one side of the eggplant slices. Top with the grated mozzarella and sprinkle with the torn basil leaves. Season to taste with salt and pepper. Roll up the slices and secure with wooden toothpicks.
- Lightly brush an ovenproof dish with a little olive oil and arrange the eggplant rolls in it. Place in a preheated oven, 350 degrees F, and bake for 8-10 minutes.
- Transfer the eggplant rolls to a warmed serving plate. Sprinkle with fresh basil leaves and serve immediately.

Nutrition Facts

Serving Size 1 (246g)

Recipe makes 4 servings

The following items or measurements are not included below:

4 tablespoons pesto sauce

1 1/2 mozzarella cheese

Calories 205

Calories from Fat 155 (75%)

Amount Per Serving **%DV**

Total Fat 17.3g 26%

Saturated Fat 2.4g 12%

Monounsaturated Fat 12.3g

Polyunsaturated Fat 2.0g

Trans Fat 0.0g

Cholesterol 0mg 0%

Sodium 5mg 0%

Potassium 529mg 15%

Total Carbohydrate 13.3g 4%

Dietary Fiber 7.8g 31%

Sugars 5.4g

Protein 2.4g 4%

Vitamin A 61mcg 1%

Vitamin B6 0.2mg 10%

Vitamin B12 0.0mcg 0%

Vitamin C 5mg 8%

Vitamin E 2mcg 7%

Calcium 22mg 2%

Iron 0mg 3%

Spinach Squares

30 min | 15 min prep

SERVES 10 -15

Ingredients:

- lumpia skins (Spring roll wrappers)
- 1 (10 ounce) can spinach, drained
- 4 ounces feta cheese, pre-crumbled
- 2 tablespoons olive oil
- 1 teaspoon dill
- 1 tablespoon garlic powder
- 1 small onion, finely chopped (or shredded)
- 1 beaten egg
- salt and pepper
- 4-5 tablespoons vegetable oil

Directions:

- Heat olive oil in skillet, add onions, dill, salt and pepper, heat for about 5 minutes, just to soften onions and mix flavors. Remove from heat and let cool for a couple minutes.
- Mix all other ingredients together except for Lumpia wrappers and vegetable oil.
- To assemble --Lay out your wrappers, note: keep moist. Use about 2 Tbs of mixture and place about an inch from one end, spread out evenly, and don't go all the way to the sides so you can fold them. Fold corners in towards the center and use an egg wash to seal.
- Heat vegetable oil in skillet at about 350 and put in your squares. Let cook for about 5 minutes, or until golden brown. Turn over and don't burn.
- Remove from oil and dry on paper towels. Serve.

Nutrition Facts

Serving Size 1 (62g)

Recipe makes 10 servings

Calories 123	
Calories from Fat 101	(82%)
Amount Per Serving	
%DV	
Total Fat 11.3g	17%
Saturated Fat 3.0g	15%
Monounsaturated Fat	
4.2g	
Polyunsaturated Fat 3.5g	
Trans Fat 0.0g	
Cholesterol 31mg	10%
Sodium 164mg	6%
Potassium 192mg	5%
Total Carbohydrate	0%
2.9g	
Dietary Fiber 0.8g	3%
Sugars 1.1g	
Protein 3.4g	6%
Vitamin A 2739mcg	54%
Vitamin B6 0.2mg	7%
Vitamin B12 0.3mcg	4%
Vitamin C 8mg	14%
Vitamin E 2mcg	7%
Calcium 92mg	9%
Iron 0mg	5%

Vegetable & Noodle Soup

(Gluten, Dairy and Egg-Free)

40 min | 15 min prep

SERVES 6 -8

Ingredients:

- 1 tablespoon olive oil
- 1 onion, chopped
- 3 garlic cloves, crushed
- 1 1/2 lbs pumpkin, peeled and diced
- 1 red bell pepper, diced (or green)
- 6 cups water
- 1 tablespoon vegan chicken bouillon powder
- 1 cup dried red lentils
- 15 ounces kidney beans, drained & rinsed
- 15 ounces corn kernels, drained
- 4 ounces thin gluten-free pasta
- 2 cups baby spinach, roughly chopped
- salt and pepper, to taste

Directions:

- Heat oil in a large saucepan
- Add onion, garlic, pumpkin and bell pepper and cook for 5 minutes
- Pour in water and add remaining ingredients except spinach, salt and pepper
- Bring to the boil and then reduce heat and simmer covered for 20 minutes
- Stir through baby spinach and season to taste with salt and pepper
- Serve

Nutrition Facts

Serving Size 1 (577g)

Recipe makes 6 servings

Calories 300	
Calories from Fat 34	(11%)
Amount Per Serving	
%DV	
Total Fat 3.8g	5%
Saturated Fat 0.6g	2%
Monounsaturated Fat 2.0g	
Polyunsaturated Fat 0.8g	
Trans Fat 0.0g	
Cholesterol 0mg	0%
Sodium 228mg	9%
Potassium 1138mg	32%
Total Carbohydrate 55.6g	18%
Dietary Fiber 16.0g	63%
Sugars 5.2g	
Protein 16.0g	31%
Vitamin A 9954mcg	199%
Vitamin B6 0.5mg	27%
Vitamin B12 0.0mcg	0%
Vitamin C 59mg	98%
Vitamin E 1mcg	6%
Calcium 91mg	9%
Iron 4mg	27%

Cream of Mushroom Soup

50 min | 20 min prep

SERVES 6

Ingredients:

- 5 cups mushrooms
- 1 1/2 cups vegetable broth
- 1/2 cup chopped onion
- 1/8 teaspoon dried thyme
- 3 tablespoons ghee
- 3 tablespoons rice flour
- 1/4 teaspoon salt
- 1/4 teaspoon ground black pepper
- 1 cup rice milk or almond milk
- 1 tablespoon sherry wine

Nutrition Facts

Serving Size 1 (136g)

Recipe makes 6 servings

Calories 123	
Calories from Fat 62	(50%)
Amount Per Serving	%DV
Total Fat 7.0g	10%
Saturated Fat 4.0g	20%
Monounsaturated Fat 2.1g	
Polyunsaturated Fat 0.4g	
Trans Fat 0.0g	
Cholesterol 16mg	5%
Sodium 115mg	4%
Potassium 233mg	6%
Total Carbohydrate 11.8g	3%
Dietary Fiber 0.9g	3%
Sugars 1.6g	
Protein 2.3g	4%
Vitamin A 198mcg	3%
Vitamin B6 0.1mg	6%
Vitamin B12 0.0mcg	0%
Vitamin C 2mg	3%
Vitamin E 0mcg	1%
Calcium 10mg	1%
Iron 0mg	2%

Directions:

- In saucepan, cook mushrooms, broth and thyme until mushrooms are tender.
- Blend mixture in blender, leaving some chunks of veggies in it. Set it to the side.
- In saucepan, melt the butter and whisk the flour until smooth. Add salt and pepper, rice milk, and mushroom puree. Stirring consistently, bring to a boil and cook until thickened. Adjust seasoning to individual taste, and add sherry. Serve hot.

Pasta and Pine Nut Salad

30 min | 30 min prep

SERVES 4

Ingredients:

- 1 bag spiral shaped GF pasta, cooked and cooled
- 1 red pepper, seeded and chopped
- 1 purple onion, chopped
- 1/2 cup pine nuts, toasted
- 1/3 cup sun-dried tomato, chopped
- 1/4 cup fresh basil or fresh parsley, chopped
- 1 ear of corn, corn removed from cob

Dressing:

- 1/4 cup lemon juice
- 1/4 cup light olive oil
- 1 tablespoon brown sugar
- salt and pepper, to taste

Directions:

- Combine salad ingredients, mix well
- In another bowl, whisk together all of the dressing ingredients
- Toss the dressing through the salad and serve cold

Nutrition Facts

Serving Size 1 (263g)

Recipe makes 4 servings

Calories 764	
Calories from Fat 247	(32%)
Amount Per Serving	
%DV	
Total Fat 27.4g	42%
Saturated Fat 3.1g	15%
Monounsaturated Fat 13.3g	
Polyunsaturated Fat 8.1g	
Trans Fat 0.0g	
Cholesterol 0mg	0%
Sodium 107mg	4%
Potassium 663mg	18%
Total Carbohydrate 111.7g	37%
Dietary Fiber 6.9g	27%
Sugars 11.3g	
Protein 20.6g	41%
Vitamin A 1168mcg	23%
Vitamin B6 0.4mg	18%
Vitamin B12 0.0mcg	0%
Vitamin C 69mg	115%
Vitamin E 2mcg	9%
Calcium 47mg	4%
Iron 6mg	34%

Millet Bread

1¼ hours | 10 min prep

1 loaf

Ingredients:

- 1 1/2 cups millet flour
- 1/2 cup soy flour
- 3 tablespoons baking powder
- 1/2 teaspoon salt
- 1/4 cup canola oil or other cooking oil
- 1/4 cup honey
- 1 cup water

Nutrition Facts

Serving Size 1 loaf 643g

Recipe makes 1 loaf)

Calories 1557	
Calories from Fat 604	(38%)
Amount Per Serving	%DV
Total Fat 67.2g	103%
Saturated Fat 5.8g	28%
Monounsaturated Fat 34.6g	
Polyunsaturated Fat 22.8g	
Trans Fat 0.0g	
Cholesterol 0mg	0%
Sodium 4452mg	185%
Potassium 1642mg	46%
Total Carbohydrate 223.3g	74%
Dietary Fiber 22.2g	88%
Sugars 70.3g	
Protein 41.1g	82%
Vitamin A 62mcg	1%
Vitamin B6 0.8mg	39%
Vitamin B12 0.0mcg	0%
Vitamin C 0mg	0%
Vitamin E 13mcg	45%
Calcium 3200mg	320%
Iron 14mg	80%

Directions:

- Preheat oven to 375F
- Grease one 9" x 5" loaf pan
- Mix dry ingredients in a bowl
- Pour in cooking oil, honey, and water
- Stir completely until mix is thick and moist
- Spoon batter into loaf pan
- Bake 45 minutes to 1 hour or until tester comes out clean
- *Variations: Substitute 1 cup Orange Juice for Water

Gluten Free French Bread

55 min | 15 min prep

SERVES 15 -20, 2 loaves

Ingredients:

- 2 cups rice flour (white)
- 1 cup tapioca flour
- 3 teaspoons xanthan gum
- 1 1/2 teaspoons salt
- 2 teaspoons egg substitute (optional)
- 2 tablespoons sugar
- 1 1/2 cups lukewarm water
- 2 tablespoons fast rise yeast
- 2 tablespoons butter or margarine, melted
- 3 egg whites, beaten slightly
- 1 teaspoon vinegar
- melted butter, for brushing (optional)

Directions:

- In the bowl of a heavy-duty mixer, place flours, xanthan gum, salt, and egg replacer (if used). Blend with mixer on low.
- In a small bowl dissolve the sugar in the water and add yeast.
- Wait until the mixture foams slightly and then blend into the dry ingredients.
- Add the butter, egg whites, and vinegar. Beat on high for 3 minutes.
- To form loaves, spoon dough onto greased and cornmeal-dusted cookie sheets in two long French-loaf shapes or spoon into special French-bread pans.
- Slash diagonally every few inches. If desired, brush with melted butter.
- Cover the dough and let rise in a warm place until doubled in bulk, 20 to 25 minutes.
- Preheat oven to 400 degrees. Bake for 40 to 45 minutes.
- Remove from pan to cool.

Nutrition Facts

Serving Size 1 (61g)

Recipe makes 15 servings

Calories 105	
Calories from Fat 17	(16%)
Amount Per Serving %DV	
Total Fat 1.9g	2%
Saturated Fat 1.1g	5%
Monounsaturated Fat 0.5g	
Polyunsaturated Fat 0.1g	
Trans Fat 0.0g	
Cholesterol 4mg	1%
Sodium 255mg	10%
Potassium 59mg	1%
Total Carbohydrate 19.2g	6%
Dietary Fiber 0.8g	3%
Sugars 1.8g	
Protein 2.6g	5%
Vitamin A 47mcg	0%
Vitamin B6 0.1mg	5%
Vitamin B12 0.0mcg	0%
Vitamin C 0mg	0%
Vitamin E 0mcg	0%
Calcium 4mg	0%
Iron 0mg	1%



Main Meals

Gluten-Free Pizza Crust

30 min | 5 min prep

SERVES 6

Ingredients:

- 1 tablespoon dry yeast
- 2/3 cup brown rice flour or gram flour
- 1/2 cup tapioca flour
- 2 tablespoons sweet rice flour
- 2 teaspoons xanthan gum
- 1/2 teaspoon salt
- 1 teaspoon unflavored gelatin
- 1 teaspoon Italian seasoning
- 2/3 cup water (110 degrees F)
- 1/2 teaspoon sugar or honey or agave syrup
- 1 teaspoon olive oil
- 1 teaspoon cider vinegar

Directions:

- Preheat oven to 425 degrees F
- In medium bowl using regular beaters (not dough hooks), blend all ingredients on low speed
- Beat on high speed for 3 minutes
- Put mixture on lightly greased 12-inch pizza pan or 11 x 7-inch pan (for deep dish version)
- Liberally sprinkle rice flour on dough and then press dough into pan, continuing to sprinkle with flour to prevent sticking to hands.
- Make edges slightly thicker to hold toppings
- Bake pizza crust for 10 minutes
- Remove from oven
- Spread pizza crust with your favorite sauce and toppings
- Bake another 20 to 25 minutes or until top is nicely browned

Nutrition Facts

Serving Size 1 (80g)

Recipe makes 6 servings

Calories 92	
Calories from Fat 18	(19%)
Amount Per Serving	%DV
Total Fat 2.0g	3%
Saturated Fat 0.7g	3%
Monounsaturated Fat 1.0g	
Polyunsaturated Fat 0.3g	
Trans Fat 0.0g	
Cholesterol 2mg	0%
Sodium 207mg	8%
Potassium 126mg	3%
Total Carbohydrate 15.6g	5%
Dietary Fiber 1.2g	4%
Sugars 1.5g	
Protein 3.1g	6%
Vitamin A 24mcg	0%
Vitamin B6 0.2mg	8%
Vitamin B12 0.1mcg	1%
Vitamin C 0mg	0%
Vitamin E 0mcg	0%
Calcium 28mg	2%
Iron 0mg	3%

Baked Greek Style Quiche

1¼ hours | 20 min prep

SERVES 4 -6

Ingredients:

- 50 g long grain rice
- 80 ml olive oil
- 3 leeks, thinly sliced (white part only)
- 3 zucchini, coarsely grated
- 2 garlic cloves, crushed
- 1/4 cup chopped mint
- 2 tablespoons chopped dill
- 8 eggs, beaten
- 150 g marinated feta cheese, drained and crumbled
- sliced red onion, to serve
- tomato, to serve

Directions:

- Preheat oven to 350
- Grease a 1 liter round ovenproof dish
- Cook rice in boiling salted water for 8 minutes
- Drain and refresh
- Heat 2 tablespoons of oil in saucepan and add leek and cook over low heat for 8 minutes or until softened.
- Add zucchini and garlic, cook for 1-2 minutes then add rice with mint, dill eggs and feta.
- Season and Mix. Then pour into the dish or a GF pie crust and bake for 30 minutes or until golden and set.
- Toss onion and tomato in remaining oil and place on top of quiche

Nutrition Facts

Serving Size 1 (593g)

Recipe makes 4 servings

Calories 513
Calories from Fat 322 (62%)

Amount Per Serving	%DV
---------------------------	------------

Total Fat 35.8g	55%
-----------------	-----

Saturated Fat 11.2g	56%
---------------------	-----

Monounsaturated Fat 18.2g	
---------------------------	--

Polyunsaturated Fat 3.7g	
--------------------------	--

Trans Fat 0.0g	
----------------	--

Cholesterol 456mg	152%
--------------------------	-------------

Sodium 589mg	24%
---------------------	------------

Potassium 711mg	20%
------------------------	------------

Total Carbohydrate 27.7g	9%
---------------------------------	-----------

Dietary Fiber 3.4g	13%
--------------------	-----

Sugars 7.5g	
-------------	--

Protein 21.9g	43%
----------------------	------------

Vitamin A 2303mcg	46%
-------------------	-----

Vitamin B6 0.8mg	41%
------------------	-----

Vitamin B12 1.9mcg	32%
--------------------	-----

Vitamin C 34mg	57%
----------------	-----

Vitamin E 4mcg	13%
----------------	-----

Calcium 317mg	31%
---------------	-----

Iron 5mg	29%
----------	-----

Cheddar Chicken & Broccoli Dish

55 min | 15 min prep

SERVES 10

Ingredients:

- 1 lb frozen broccoli
- 4-5 chicken breasts, cut 1/2 inch strips
- 2 cups chicken stock (canned or homemade)
- 4 tablespoons rice flour
- 1/2 cup mayonnaise
- 1 teaspoon lemon juice
- 3 teaspoons curry powder
- 1-2 cup shredded cheddar cheese

Directions:

- Grease a 9 x 13 inch casserole dish
- Spread frozen broccoli in dish; set aside.
- Fry strips of chicken breast in oil or butter until done. Place over broccoli.
- Whisk chicken stock and remaining ingredients together.
- Pour over chicken and broccoli.
- Sprinkle shredded cheddar cheese over casserole.
- Bake at 350 for 40- 50 minutes until broccoli is tender.
- Serve over rice.

Nutrition Facts

Serving Size 1 (234g)

Recipe makes 10 servings

Calories 250	
Calories from Fat 126	(50%)
Amount Per Serving	%DV
Total Fat 14.0g	21%
Saturated Fat 4.7g	23%
Monounsaturated Fat 4.7g	
Polyunsaturated Fat 3.6g	
Trans Fat 0.1g	
Cholesterol 53mg	17%
Sodium 283mg	11%
Potassium 415mg	11%
Total Carbohydrate 13.0g	4%
Dietary Fiber 3.3g	13%
Sugars 2.9g	
Protein 19.3g	38%
Vitamin A 1223mcg	24%
Vitamin B6 0.5mg	25%
Vitamin B12 0.3mcg	5%
Vitamin C 56mg	94%
Vitamin E 2mcg	7%
Calcium 150mg	15%
Iron 1mg	9%

Gluten-Free Tortillas

15 min | 10 min prep

SERVES 6

Ingredients:

- 1 cup brown rice flour
- 1/2 cup rice flour or sweet rice flour
- 1/2 cup tapioca starch
- 1/2 teaspoon salt
- 1 1/2 cups water
- 1/4 cup corn oil

Directions:

- Mix all dry ingredients together
- Add the oil and water and mix well
- Heat skillet over medium high heat
- Brush skillet lightly with oil each time you pour new batter
- For large tortillas, use a little over 1/2 cup of the batter
- Pour batter into the skillet and turn using a large spatula
- Cook until done
- To keep them soft cover with towel

Nutrition Facts

Serving Size 1 (108g)

Recipe makes 6 servings

Calories 224	
Calories from Fat 90 (40%)	
Amount Per Serving	%DV
Total Fat 10.0g	15%
Saturated Fat 1.4g	6%
Monounsaturated Fat 2.8g	
Polyunsaturated Fat 5.3g	
Trans Fat 0.0g	
Cholesterol 0mg	0%
Sodium 197mg	8%
Potassium 86mg	2%
Total Carbohydrate 30.7g	10%
Dietary Fiber 1.5g	6%
Sugars 0.2g	
Protein 2.7g	5%
Vitamin A 0mcg	0%
Vitamin B6 0.3mg	12%
Vitamin B12 0.0mcg	0%
Vitamin C 0mg	0%
Vitamin E 2mcg	7%
Calcium 5mg	0%
Iron 0mg	3%

Gluten-Free Creamy Turkey Tetrazzini

40 min | 20 min prep

SERVES 6

Ingredients:

- 2-3 cups cooked turkey, cut up
- 8 ounces brown rice or regular rice spaghetti
- 3 tablespoons non-hydrogenated margarine or butter
- 1 1/4 cups rice milk
- 1 1/4 cups low sodium chicken broth
- 8 ounces sliced mushrooms
- 2 tablespoons chickpea flour
- 1 tablespoon fine rice flour
- 1 teaspoon potato starch
- 1/4 teaspoon garlic powder
- 1/8 teaspoon rubbed sage
- 1/8 teaspoon pepper
- 1/2 teaspoon oregano
- 1/2 teaspoon basil
- 1/8 teaspoon dill
- 1/4 cup parmesan cheese (optional)

Directions:

- Cook spaghetti until firm al dente.
 - Rinse in cold water immediately to remove excess starch (trust me, you need to do this).
 - Set aside. Spray a nonstick pan with cooking spray, and place over medium-high heat.
 - Sauté mushrooms and garlic powder until nicely browned, and place in the bottom of a 3 qt square casserole dish.
 - Put spaghetti in an even layer over the mushrooms. Put turkey in a layer over the spaghetti.
-
- **Make the sauce:** Melt margarine over medium heat, and whisk in the flours.
 - Dissolve the potato starch in either the milk or the broth.
 - Whisk the milk and broth into the margarine mixture, and bring to a boil.
 - Stir until thickened. Pour over all.
 - Bake at 400 degrees for 20 minutes.

Nutrition Facts

Serving Size 1 (231g)

Recipe makes 6 servings

Calories 276	
Calories from Fat 39	(14%)
Amount Per Serving	%DV
Total Fat 4.4g	6%
Saturated Fat 1.1g	5%
Monounsaturated Fat 1.3g	
Polyunsaturated Fat 1.3g	
Trans Fat 0.0g	
Cholesterol 35mg	11%
Sodium 71mg	2%
Potassium 426mg	12%
Total Carbohydrate 39.3g	13%
Dietary Fiber 2.0g	8%
Sugars 1.3g	
Protein 19.5g	39%
Vitamin A 8mcg	0%
Vitamin B6 0.5mg	24%
Vitamin B12 0.2mcg	4%
Vitamin C 1mg	1%
Vitamin E 0mcg	2%
Calcium 30mg	3%
Iron 1mg	10%

Lasagna

1 hour | 20 min prep

SERVES 8

Ingredients:

- 10 ounces lasagna noodles, gluten free
- 1 lb ground beef, browned
- 1 lb cottage cheese, fat free
- 1 lb mozzarella cheese
- 1 tablespoon Italian seasoning
- 2 teaspoons garlic, minced
- 1 (14 ounce) jar marinara sauce
- 1 lb zucchini, peeled and sliced

Nutrition Facts

Serving Size 1 (318g)

Recipe makes 8 servings

Calories 533	
Calories from Fat 231	(43%)
Amount Per Serving	%DV
Total Fat 25.7g	39%
Saturated Fat 12.7g	63%
Monounsaturated Fat 8.7g	
Polyunsaturated Fat 1.5g	
Trans Fat 0.5g	
Cholesterol 91mg	30%
Sodium 894mg	37%
Potassium 673mg	19%
Total Carbohydrate 37.7g	12%
Dietary Fiber 2.0g	8%
Sugars 7.2g	
Protein 36.7g	73%
Vitamin A 885mcg	17%
Vitamin B6 0.5mg	26%
Vitamin B12 2.9mcg	48%
Vitamin C 11mg	19%
Vitamin E 1mcg	4%
Calcium 359mg	35%
Iron 3mg	19%

Directions:

- Boil lasagna noodles as directed on box.
- Brown ground beef with Italian seasoning and garlic.
- Place a layer of noodles in pan.
- Layer beef, cheese, cottage cheese, zucchini and sauce on top of noodles.
- Repeat layers and cover with foil to prevent top layer from burning.
- Bake at 350 degrees 30 minutes or until lasagna is hot.
- Remove foil and bake 10 minutes till lightly browned.
- Let stand 10 minutes to let the lasagna set up.

Easy Chicken Nuggets

15 min | 10 min prep

SERVES 4 -6

Ingredients:

- 1-2 chicken breasts
- 1 egg
- 2 tablespoons milk
- 1 cup GF breadcrumbs
- 1 cup cornmeal
- 2 tablespoons cornstarch
- 1 tablespoon poultry seasoning
- salt and pepper
- 3 tablespoons sesame seeds
- 3 cups oil (any kind)

Directions:

- Cut up the chicken in bite size pieces.
- Use three separate bowls: in the 1st bowl, mix the egg with a fork and add the milk. Mix well.
- In the 2nd bowl, add the cornmeal, cornstarch, poultry seasoning, salt, and pepper and mix well.
- In the 3rd bowl, mix the bread crumbs and the sesame seeds. Stir well.
- Heat a large round pot. Add the oil and heat at Med/High for about 5 minutes and the oil is hot.
- Dip the chicken pieces into the cornmeal mixture, then into the egg, and then into the bread crumbs and dip into the hot oil. Fry about 5 pieces at a time.
- Fry the chicken pieces until golden brown, which should take about 5 minutes per batch.
- Remove from hot oil and allow to drain on paper towels.

Nutrition Facts

Serving Size 1 (291g)

Recipe makes 4 servings

Calories 1805

Calories from Fat 1569 (86%)

Amount Per Serving %DV

Total Fat 174.3g 268%

Saturated Fat 26.9g 134%

Monounsaturated Fat
74.1g

Polyunsaturated Fat
64.9g

Trans Fat 0.0g

Cholesterol 77mg 25%

Sodium 253mg 10%

Potassium 287mg 8%

Total Carbohydrate 49.3g 16%

Dietary Fiber 4.4g 17%

Sugars 2.0g

Protein 16.8g 33%

Vitamin A 196mcg 3%

Vitamin B6 0.4mg 20%

Vitamin B12 0.4mcg 6%

Vitamin C 0mg 0%

Vitamin E 30mcg 101%

Calcium 147mg 14%

Iron 4mg 23%

Crispy Herb-Baked Chicken

40 min | 15 min prep

SERVES 4 -6

Ingredients:

- 1 1/2 lbs boneless skinless chicken breasts
- 2 tablespoons dried Italian seasoning
- 1 teaspoon garlic powder
- 1/2 cup parmesan cheese
- 1/2 cup instant potato flakes
- 1/4 cup extra virgin olive oil

Directions:

- Preheat Oven to 375 degrees.
- Spray a 9 X 13 pan with cooking spray.
- In medium bowl, combine Italian seasoning, garlic powder, parmesan cheese and potato flakes.
- Brush chicken breasts with olive oil and roll in potato flake mixture (Chicken should be heavily coated with potato flake mixture).
- Place chicken in single layer in pan.
- Bake 20 - 25 minutes or until chicken is tender. Turn once during baking to crisp up both sides. Serve over GF spaghetti

Nutrition Facts

Serving Size 1 (202g)

Recipe makes 4 servings

Calories 384	
Calories from Fat 172	(45%)
Amount Per Serving	%DV
Total Fat 19.2g	29%
Saturated Fat 4.6g	23%
Monounsaturated Fat 11.4g	
Polyunsaturated Fat 2.1g	
Trans Fat 0.0g	
Cholesterol 109mg	36%
Sodium 308mg	12%
Potassium 522mg	14%
Total Carbohydrate 5.9g	1%
Dietary Fiber 0.5g	1%
Sugars 0.5g	
Protein 44.7g	89%
Vitamin A 91mcg	1%
Vitamin B6 1.0mg	50%
Vitamin B12 0.9mcg	15%
Vitamin C 7mg	11%
Vitamin E 2mcg	6%
Calcium 159mg	15%
Iron 1mg	8%

Gluten Free Fish & Chips

20 min | 10 min prep

SERVES 4

Ingredients:

- 2 egg whites
- 1/3 cup cornstarch
- 1/2 teaspoon paprika
- 1 lb fish fillet (cod, sole, or haddock)
- 1/4 cup sweet rice flour
- oil (for frying)
- 3 Yukon Potatoes

Directions:

- Preheat oil in deep fryer or wok to 350°F. Preheat oven to 375.
- Cut potatoes into long wedges, about 1-2 inches thick and coat with olive oil. Sprinkle and season and place on a baking pan. Bake in the oven for 20-30 minutes or until golden brown.
- In a small bowl, using an electric mixer, beat the egg whites until stiff but not dry. Sift cornstarch and paprika over the beaten egg whites. With a rubber spatula, fold it together. Set aside.
- Rinse fillets under cold running water and pat dry with paper towels. Dredge in sweet rice flour. Dip into prepared batter to generously coat, leaving as much batter on the fish as possible.
- Deep fry the fish for 2 to 4 minutes on each side or until the coating is crisp and the fish is fork tender. Blot on paper towels.

Nutrition Facts

Serving Size 1 (150g)

Recipe makes 4 servings

Calories 405

Calories from Fat 120 (5%)

Amount Per Serving %DV

Total Fat 8g 1%

Saturated Fat 2g 1%

Monounsaturated Fat
0.8g

Polyunsaturated Fat
0.4g

Trans Fat 0.0g

Cholesterol 102mg 20%

Sodium 316mg 4%

Potassium 340mg 9%

**Total Carbohydrate
34.9g 5%**

Dietary Fiber 0.9g 1%

Sugars 0.4g

Protein 29.4g 56%

Vitamin A 191mcg 3%

Vitamin B6 0.4mg 19%

Vitamin B12 1.2mcg 20%

Vitamin C 1mg 2%

Vitamin E 0mcg 1%

Calcium 18mg 1%

Iron 0mg 4%

Chicken Pasta Primavera

45 min | 20 min prep

SERVES 3, 3 servings

Ingredients:

- 1/2 cup oil, separated
- 4 tablespoons rice flour
- rice pasta, penne
- 1/2 cup Helmens olive oil mayonnaise (soy free)
- 3 1/2 cups chicken stock
- sea salt
- fresh ground black pepper
- 1/2 cup frozen baby peas
- 5 mushrooms, sliced
- 2 organic carrots, cut in very small chunks
- 2 chicken breasts, cubed
- sweet paprika, for garnish

Directions:

- Heat oil reserving 2 tbs. Add rice flour and stir until bubbling and cook just 1 minute over medium-high heat.
- Gradually add the chicken stock 1/4 cup at a time whisking with each addition until a sauce like consistency is reached, may or may not use all stock as amount was approximate.
- Remove from heat and add Helmans olive oil mayonnaise to be soy free. Mix and return to heat whisking for 1/2 -1 minute.
- Remove from heat and adjust seasoning with sea salt.
- Heat remaining 2 tbs oil (I use olive oil in this case) in a frying pan and brown chicken pieces lightly adding sea salt and freshly ground black pepper to taste.
- Add frozen peas to chicken and cook a minute or 2 until no longer frozen.
- Steam carrots and mushrooms individually in salted water until cooked to desired tenderness.
- Mix all together. Serve on top of freshly boiled rice pasta in small desired shape and sprinkle with paprika for color.

Nutrition Facts

Serving Size 1 (480g)

Recipe makes 3 servings

Calories 662	
Calories from Fat 441	(66%)
Amount Per Serving	%DV
Total Fat 49.0g	75%
Saturated Fat 9.0g	44%
Monounsaturated Fat 21.0g	
Polyunsaturated Fat 16.3g	
Trans Fat 0.1g	
Cholesterol 70mg	23%
Sodium 464mg	19%
Potassium 671mg	19%
Total Carbohydrate 24.9g	8%
Dietary Fiber 1.9g	7%
Sugars 6.3g	
Protein 30.2g	60%
Vitamin A 273mcg	5%
Vitamin B6 0.8mg	40%
Vitamin B12 0.3mcg	5%
Vitamin C 10mg	18%
Vitamin E 7mcg	23%
Calcium 27mg	2%
Iron 1mg	10%

Tuna Casserole

1¼ hours | 35 min prep

SERVES 6, 6 large pieces

Ingredients:

- 3 1/2 cups brown rice pasta
- 4 1/2 tablespoons olive oil
- 1/2 cup chopped onion
- 1 cup sliced mushrooms
- 1/2 cup frozen peas, rinsed of ice (optional)
- 1/4 cup rice flour (white)
- 2 cups chicken broth (or more if needed)
- 1/4 cup Helmans olive oil mayonnaise (soy free)
- salt
- pepper
- 2 (6 ounce) cans tuna in water (in water)
- 3/4 cup GF bread, torn into crumbs
- paprika

Directions:

- Preheat oven to 350°F
- Grease a shallow baking dish I use 9" x 13"
- Heat 2 tablespoons olive oil in a pan over medium heat, add onion & sliced mushrooms, cook until tender then remove from pan.
- Add 2 more tablespoons olive oil to pan and stir in flour whisking until smooth and frothy.
- Gradually add broth until it forms a sauce consistency
- Then stir in the mayonnaise, salt and pepper. Stir until mixture is smooth.
- Mix in drained tuna, mushroom, onions & thawed peas if using.
- Spread pasta in baking dish and pour sauce to cover.
- Tear bread into crumbs and sprinkle on top with paprika to give a nice color and drizzle the additional olive oil.
- Bake in the preheated oven for 30 minutes until slightly browned on top.

Nutrition Facts

Serving Size 1 (197g)

Recipe makes 6 servings

Calories 222

Calories from Fat 113 (51%)

Amount Per Serving %DV

Total Fat 12.6g 19%

Saturated Fat 2.1g 10%

Monounsaturated Fat
8.1g

Polyunsaturated Fat
1.9g

Trans Fat 0.0g

Cholesterol 24mg 8%

Sodium 509mg 21%

Potassium 275mg 7%

Total Carbohydrate 9.5g 3%

Dietary Fiber 0.6g 2%

Sugars 1.2g

Protein 16.9g 33%

Vitamin A 12mcg 0%

Vitamin B6 0.2mg 10%

Vitamin B12 0.8mcg 13%

Vitamin C 1mg 1%

Vitamin E 2mcg 7%

Calcium 22mg 2%

Iron 1mg 5%

Bean and Veggie Burger

25 min | 15 min prep

SERVES 4, 4 patties

Ingredients:

- 1 cup small red beans
- 1/4 cup yellow squash or zucchini, diced
- 1/4 cup carrot, diced
- 1/2 cup onion, chopped
- 1/2 teaspoon cumin
- 1/2 teaspoon coriander
- 2 teaspoons tapioca starch or other gluten-free flour
- salt and pepper
- 2 tablespoons oil

Directions:

- Sauté onion in 1-2 tbsp oil until slightly soft.
- Add carrots and squash. Cook until soft and set aside.
- Drain can of beans and mash with fork.
- Add cooled veggies. Divide mixture into four.
- Place pinch of flour or tapioca starch, and form mixture into patties.
- Put about 1 Tablespoon of oil in pan on medium high heat and cook patties about 5 minutes on each side, or until slightly crispy on the outside.
- Serve with gravy of choice, over lettuce, or on a GF bun.

Nutrition Facts

Serving Size 1 (87g)

Recipe makes 4 servings

Calories 129	
Calories from Fat 64	(49%)
Amount Per Serving	
Total Fat 7.1g	10%
Saturated Fat 1.1g	5%
Monounsaturated Fat	
3.0g	
Polyunsaturated Fat 2.7g	
Trans Fat 0.0g	
Cholesterol 0mg	0%
Sodium 7mg	0%
Potassium 255mg	7%
Total Carbohydrate	
13.2g	4%
Dietary Fiber 3.4g	13%
Sugars 1.5g	
Protein 4.2g	8%
Vitamin A 1177mcg	23%
Vitamin B6 0.1mg	5%
Vitamin B12 0.0mcg	0%
Vitamin C 3mg	5%
Vitamin E 1mcg	4%
Calcium 25mg	2%
Iron 1mg	6%

Tomato Risotto

45 min | 45 min prep

SERVES 8

Ingredients:

- 4 cups vegetable stock
- 1/4 cup unsalted butter
- 1 tablespoon extra virgin olive oil
- 8 shallots, finely chopped
- 4 garlic cloves, crushed
- 1 1/2 cups Arborio rice
- 1/3 cup white wine
- 8 tomatoes, seeded and coarsely chopped
- 1 1/2 cups parmesan cheese, grated
- 1/2 cup fresh basil leaf, torn
- sea salt
- black pepper

Directions:

- Heat the stock in a saucepan until almost boiling, and then reduce heat until barely simmering to keep it hot.
- Heat the butter and oil in a deep skillet or heavy bottomed saucepan over medium heat.
- Add the shallots and cook for 1-2 minutes, until soft but not browned. Add the garlic.
- Add the rice and stir with a wooden spoon until the grains are well coated and glistening, about 1 minute.
- Pour in the wine and stir until it has been completely absorbed.
- Add 1 ladle of hot stock and simmer, stirring until it has been absorbed. Repeat.
- After 10 minutes, add the tomatoes. Continue to add the stock at intervals stirring as before, until the liquid has been absorbed and the tomatoes and rice are tender, but still firm.
- Reserve the last ladle of stock. Add the reserved stock, parmesan, basil, salt and pepper. Mix well.
- Remove from heat, cover and let rest for 2 minutes. Sprinkle with additional parmesan when serving.

Nutrition Facts

Serving Size 1 (221g)

Recipe makes 8 servings

Calories 328	
Calories from Fat 119	(36%)
Amount Per Serving	
Total Fat 13.3g	20%
Saturated Fat 7.2g	36%
Monounsaturated Fat	
4.4g	
Polyunsaturated Fat 0.9g	
Trans Fat 0.0g	
Cholesterol 31mg	10%
Sodium 297mg	12%
Potassium 437mg	12%
Total Carbohydrate	
39.5g	13%
Dietary Fiber 2.7g	10%
Sugars 3.5g	
Protein 11.5g	22%
Vitamin A 1662mcg	33%
Vitamin B6 0.3mg	13%
Vitamin B12 0.4mcg	7%
Vitamin C 18mg	30%
Vitamin E 0mcg	3%
Calcium 238mg	23%
Iron 2mg	13%



Desserts

Carrot Cake with Orange Frosting

1½ hours | 20 min prep

SERVES 8

Ingredients:

- 1 cup soya flour
- ¾ cup maize corn flour
- 2 teaspoons gluten free baking powder
- 1 teaspoon bicarbonate of soda
- 2 teaspoons mixed spice
- 1 cup firmly packed brown sugar
- 1 ½ cups grated carrots
- 1 cup chopped walnuts
- ½ cup light olive oil
- ½ cup sour cream
- 3 eggs, lightly beaten

ORANGE FROSTING:

- 125 g cream cheese, chopped
- 1 teaspoon finely grated orange rind
- 1 ½ cups icing sugar

Directions:

CARROT CAKE:

- Preheat the oven to 360.
- Grease a deep 20cm round cake tin, line the base and sides with baking paper.
- Sift flours, baking powder, bicarbonate soda and spice into a large bowl.
- Stir in the sugar, carrot and walnuts.
- Stir in the combined oil, cream and eggs until smooth.
- Pour the mixture into prepared cake tin and bake in a moderately slow oven for about one hour.
- Stand the cake for 10 minutes before turning onto a wire cake rack to cool. Top cake with Orange Frosting.

ORANGE FROSTING:

- Beat the cheese and the rind in a small bowl with an electric mixer until light and fluffy.
- Gradually beat in the sifted icing sugar until smooth.

Nutrition Facts

Serving Size 1 (170g)

Recipe makes 8 servings

Calories 619

Calories from Fat 320 (51%)

Amount Per Serving	%DV
Total Fat 35.6g	54%
Saturated Fat 9.0g	44%
Monounsaturated Fat 14.8g	
Polyunsaturated Fat 10.2g	
Trans Fat 0.0g	
Cholesterol 102mg	34%
Sodium 265mg	11%
Potassium 555mg	15%
Total Carbohydrate 69.0g	23%
Dietary Fiber 2.7g	10%
Sugars 50.8g	
Protein 10.1g	20%
Vitamin A 3878mcg	77%
Vitamin B6 0.2mg	10%
Vitamin B12 0.4mcg	5%
Vitamin C 1mg	3%
Vitamin E 2mcg	9%
Calcium 106mg	10%
Iron 2mg	13%

Apple Cinnamon Muffins

30 min | 10 min prep

SERVES 12

Ingredients:

- 1/3 cup sugar
- 1 cup rice flour
- 1 teaspoon baking powder
- 3/4 teaspoon salt
- 1/2 teaspoon bicarbonate of soda
- 2 eggs
- 3 tablespoons canola oil
- 1 apple, grated
- 1 teaspoon cinnamon

Directions:

- Combine the dry ingredients in a bowl.
- Mix the wet ingredients in another bowl and quickly add to the dry ingredients.
- Add any additional flavorings and stir very briefly.
- Put into greased or paper lined muffin cups and bake in a moderate oven (180 degrees) until golden and firm to the touch.

Nutrition Facts

Serving Size 1 (43g)

Recipe makes 12 servings

Calories 119

Calories from Fat 40 (34%)

Amount Per Serving **%DV**

Total Fat 4.5g 6%

Saturated Fat 0.6g 2%

Monounsaturated

Fat 2.4g

Polyunsaturated Fat

1.2g

Trans Fat 0.0g

Cholesterol 35mg 11%

Sodium 239mg 9%

Potassium 34mg 0%

Total Carbohydrate 18.0g 6%

Dietary Fiber 0.7g 2%

Sugars 6.8g

Protein 1.9g 3%

Vitamin A 47mcg 0%

Vitamin B6 0.1mg 3%

Vitamin B12 0.1mcg 1%

Vitamin C 0mg 0%

Vitamin E 0mcg 2%

Calcium 37mg 3%

Iron 0mg 1%

Simple Pudding

1¼ hours | 20 min prep

SERVES 8

Ingredients:

- 115 g gluten-free self-rising flour
- 142 ml milk
- 142 ml water
- 1 pinch salt
- 1 medium egg
- 30 g vegetable oil

Directions:

- Heat the oven to 425°F
- Place the flour and salt in a mixing bowl: make a well in the centre with a wooden spoon.
- Drop the egg and half the milk and water mixture into it.
- Gradually work the flour into the egg and milk and water mixture to form a smooth creamy texture.
- Slowly add the rest of the milk and water mixture and then beat well.
- Heat the oil in 8-10 patty tins or in a 23x18cm tray (9x7-inch tin) in the oven.
- When the oil begins to smoke, pour in the batter.
- Bake in the top of the oven until well risen and brown; about 20 minutes for the small pudding or 45 minutes for the large pudding.
- Serve immediately with your roast meal or serve it with golden syrup, cream and fruit.

Nutrition Facts

Serving Size 1 (44g)

Recipe makes 8 servings

Calories 52

Calories from Fat 44 (84%)

Amount Per Serving	%DV
---------------------------	------------

Total Fat 4.9g	7%
----------------	----

Saturated Fat 1.1g	5%
--------------------	----

Monounsaturated Fat	
---------------------	--

1.4g	
------	--

Polyunsaturated Fat 2.1g	
--------------------------	--

Trans Fat 0.0g	
----------------	--

Cholesterol 25mg	8%
-------------------------	-----------

Sodium 16mg	0%
--------------------	-----------

Potassium 33mg	0%
-----------------------	-----------

Total Carbohydrate 0.9g	0%
--------------------------------	-----------

Dietary Fiber 0.0g	0%
--------------------	----

Sugars 0.0g	
-------------	--

Protein 1.3g	2%
---------------------	-----------

Vitamin A 50mcg	1%
-----------------	----

Vitamin B6 0.0mg	1%
------------------	----

Vitamin B12 0.1mcg	2%
--------------------	----

Vitamin C 0mg	0%
---------------	----

Vitamin E 0mcg	2%
----------------	----

Calcium 23mg	2%
--------------	----

Iron 0mg	0%
----------	----

Peanut Butter Cookies

22 min | 10 min prep

18 cookies

Ingredients:

- 1 cup all-purpose gluten flour
- 1 cup peanut butter
- 1 cup packed brown sugar
- 1/2 cup butter
- 1 pinch salt
- 1 egg
- 1 teaspoon vanilla extract
- 1 teaspoon baking powder

Directions:

- Mix together all the dry ingredients
- Mix together all the wet ingredients
- Combine the wet and dry ingredients
- Roll into 2-inch balls
- Place on cookie sheet about 1 inch apart
- Flatten slightly
- Bake in preheated 350°F oven for about 12 minutes

Nutrition Facts

Serving Size 1 cookies (approximately)42g

Recipe makes 18 cookies (approximately)

Calories 205

Calories from Fat 114 (55%)

Amount Per Serving %DV

Total Fat 12.7g 19%

Saturated Fat 4.8g 24%

Monounsaturated Fat
4.8g

Polyunsaturated Fat
2.3g

Trans Fat 0.0g

Cholesterol 25mg 8%

Sodium 141mg 5%

Potassium 147mg 4%

**Total Carbohydrate
15.7g 5%**

Dietary Fiber 0.9g 3%

Sugars 13.1g

Protein 9.0g 18%

Vitamin A 171mcg 3%

Vitamin B6 0.1mg 4%

Vitamin B12 0.1mcg 0%

Vitamin C 0mg 0%

Vitamin E 1mcg 5%

Calcium 47mg 4%

Iron 0mg 5%

Banana Bread

50 min | 10 min prep

1 large loaf

Ingredients:

- 2 small ripe bananas
- 1 egg
- 1/2 cup light brown sugar
- 1/4 cup oil
- 1/2 cup milk
- 1/2 teaspoon vanilla extract
- 1/2 cup potato starch
- 1/2 cup cornstarch
- 4 teaspoons baking powder
- 3/4 tsp xanthan gum
- 1/4 teaspoon baking soda
- 1 teaspoon ground coriander
- 1/4 teaspoon salt

Directions:

Preheat oven to 350F degrees.

In a large bowl, mash bananas well. Add egg, light brown sugar, oil, milk and vanilla flavoring.

Mix well. Add potato starch, cornstarch, baking powder, guar gum or xanthan gum, baking soda, salt, and coriander; mix well. Batter will be thin.

Pour into greased 9 x 4 loaf pan. Bake approximately 40 minutes, until toothpick inserted in middle tests clean.

Allow to cool briefly before removing from pan. Refrigerate or freeze extra servings.

Nutrition Facts

Serving Size 1 large loaf 707g

Recipe makes 1 large loaf

Calories 1777	
Calories from Fat 587	(33%)
Amount Per Serving	
%DV	
Total Fat 65.2g	100%
Saturated Fat 11.7g	58%
Monounsaturated Fat 18.6g	
Polyunsaturated Fat 31.0g	
Trans Fat 0.2g	
Cholesterol 228mg	76%
Sodium 2573mg	107%
Potassium 2183mg	62%
Total Carbohydrate 289.6g	96%
Dietary Fiber 11.3g	45%
Sugars 133.7g	
Protein 18.4g	36%
Vitamin A 541mcg	10%
Vitamin B6 1.5mg	75%
Vitamin B12 1.1mcg	18%
Vitamin C 22mg	38%
Vitamin E 12mcg	43%
Calcium 1696mg	169%
Iron 7mg	41%

Gluten Free Strawberry Shortcake

30 min | 15 min prep

SERVES 12 -15

Ingredients:

- 1/2 cup butter
- 1 cup icing sugar
- 4 eggs
- 1 teaspoon vanilla
- 1 cup cornstarch
- 1 1/4 teaspoons baking powder

Directions:

- Preheat oven to 375 degrees. Grease a 12-muffin pan
- In a large bowl cream butter and sugar using electric mixer
- Add the eggs and vanilla. Beat until light and fluffy
- In a small bowl mix the cornstarch and baking powder together and add slowly to the creamed mixture. (If added too quickly, it will fly about the kitchen.)
- Mix until well blended
- Fill the greased muffin tins half full
- Bake for 15 minutes. (Test with a toothpick, after 15 minutes, even if the top looks shiny).
- Remove from the pan while still warm. (They will look like little cupcakes. But trust me they will taste just like little shortcakes).
- Serve topped with strawberries, and whipped cream

Nutrition Facts

Serving Size 1 (47g)

Recipe makes 12 servings

Calories 173	
Calories from Fat 84	(48%)
Amount Per Serving	
%DV	
Total Fat 9.3g	14%
Saturated Fat 5.4g	26%
Monounsaturated Fat 2.6g	
Polyunsaturated Fat 0.5g	
Trans Fat 0.0g	
Cholesterol 90mg	30%
Sodium 116mg	4%
Potassium 25mg	0%
Total Carbohydrate 20.0g	6%
Dietary Fiber 0.1g	0%
Sugars 10.0g	
Protein 2.2g	4%
Vitamin A 317mcg	6%
Vitamin B6 0.0mg	1%
Vitamin B12 0.2mcg	3%
Vitamin C 0mg	0%
Vitamin E 0mcg	1%
Calcium 46mg	4%
Iron 0mg	2%

Gluten Free Apple Cake

1½ hours | 40 min prep

SERVES 9 -12, 1 cake

Ingredients:

- ¾ cup rice flour
- ½ cup potato starch (NOT potato flour)
- ¼ cup tapioca flour
- ¾ teaspoon xanthan gum
- 1 teaspoon baking soda
- 1 ½ teaspoons baking powder
- 1 teaspoon cinnamon
- 2 teaspoons vanilla
- ½ cup butter
- ¾ cup white sugar
- 3 tablespoons brown sugar
- 2 eggs
- 3 tablespoons milk
- 1 ½ cups apples, peeled, cored, and shredded
- icing sugar, for dusting

Directions:

- Preheat oven to 350°F; grease either 9 inch round spring form pan, or 8 inch square cake pan, and dust with rice flour.
- In a medium bowl, whisk together the flour mix, xanthan gum, baking soda, baking powder, and cinnamon; set aside.
- In the bowl of your mixer, cream the butter for about 1 minute or until softened.
- Add both sugar and beat for about 2 minutes.
- Add the eggs, one at a time, and beat until well incorporated.
- Blend in the milk.
- Then turn mixer to low and add the dry ingredients half at a time, beating after each addition, until they are well absorbed.
- Remove the bowl from the stand and gently fold in the shredded apples.
- Spoon the batter into the prepared pan and bake for 40-45 minutes, or until toothpick inserted tests clean and the cake pulls away from the edge of the pan.
- If serving from the pan, cool at least 10 minutes before removing.
- Dust lightly with icing sugar, if desired.

Nutrition Facts

Serving Size 1 (108g)

Recipe makes 9 servings

Calories 286	
Calories from Fat 106	(37%)
Amount Per Serving	
%DV	
Total Fat 11.8g	18%
Saturated Fat 7.0g	35%
Monounsaturated Fat 3.2g	
Polyunsaturated Fat 0.6g	
Trans Fat 0.0g	
Cholesterol 74mg	24%
Sodium 298mg	12%
Potassium 165mg	4%
Total Carbohydrate 42.8g	14%
Dietary Fiber 1.5g	5%
Sugars 23.8g	
Protein 3.1g	6%
Vitamin A 388mcg	7%
Vitamin B6 0.2mg	7%
Vitamin B12 0.2mcg	3%
Vitamin C 1mg	2%
Vitamin E 0mcg	1%
Calcium 87mg	8%
Iron 0mg	3%

Cornbread

35 min | 15 min prep

SERVES 9

Ingredients:

- 1/4 cup white bean flour
- 1/4 cup sorghum flour
- 1/4 cup cornstarch
- 1/4 cup tapioca flour
- 1 cup cornmeal
- 1/2 teaspoon xanthan gum
- 1 teaspoon egg substitute
- 1/4 cup sugar
- 1 teaspoon baking soda
- 1 teaspoon baking powder
- 3/4 teaspoon salt
- 1 cup plain yogurt
- 2 eggs
- 2 tablespoons margarine, melted
- 1/4 cup orange juice or water

Nutrition Facts

Serving Size 1 (73g)

Recipe makes 9 servings

Calories 143	
Calories from Fat 45	(31%)
Amount Per Serving	
%DV	
Total Fat 5.0g	7%
Saturated Fat 1.4g	7%
Monounsaturated Fat 2.0g	
Polyunsaturated Fat 1.2g	
Trans Fat 0.0g	
Cholesterol 50mg	16%
Sodium 437mg	18%
Potassium 113mg	3%
Total Carbohydrate 21.4g	7%
Dietary Fiber 1.0g	4%
Sugars 7.6g	
Protein 3.6g	7%
Vitamin A 237mcg	4%
Vitamin B6 0.1mg	3%
Vitamin B12 0.3mcg	4%
Vitamin C 3mg	5%
Vitamin E 0mcg	2%
Calcium 79mg	7%
Iron 0mg	4%

Directions:

- Preheat oven to 400 degrees. Grease 8" square pan.
- In a mixing bowl, whisk together the dry ingredients. Set aside.
- In a smaller bowl, blend the yogurt, beaten eggs, melted margarine, and orange juice.
- Add the dry ingredients and stir until just blended.
- Spoon the dough into the prepared pan and bake for 20-25 minutes, or until the bread springs back when gently pressed.
- Cut into squares and serve warm or at room temperature.

Brownies

35 min | 10 min prep

SERVES 9

Ingredient:

- 1 1/4 cups pamela's GF baking & pancake mix
- 1 cup sugar
- 6 tablespoons cocoa powder
- 1/2 teaspoon salt
- 1/3 cup oil
- 1 egg
- 1 teaspoon gluten-free vanilla extract
- 1/2 cup water
- 1/2 cup nuts 1/2 cup chocolate chips

Nutrition Facts

Serving Size 1 (87g)

Recipe makes 9 servings

Calories 241	
Calories from Fat 90	(37%)
Amount Per Serving	%DV
Total Fat 10.0g	15%
Saturated Fat 1.7g	8%
Monounsaturated Fat 2.9g	
Polyunsaturated Fat 4.8g	
Trans Fat 0.0g	
Cholesterol 27mg	9%
Sodium 357mg	14%
Potassium 124mg	3%
Total Carbohydrate 37.1g	12%
Dietary Fiber 1.7g	6%
Sugars 22.3g	
Protein 3.2g	6%
Vitamin A 39mcg	0%
Vitamin B6 0.1mg	2%
Vitamin B12 0.1mcg	2%
Vitamin C 0mg	0%
Vitamin E 1mcg	5%
Calcium 51mg	5%
Iron 1mg	6%

Directions:

- Preheat oven to 350 degrees
- Mix all ingredients together until there are no lumps
- Pour into a greased 8" square pan
- Bake for 25 minutes or when a toothpick inserted in the center comes out clean
- Be careful not to over bake

Gluten Free Cinnamon Rolls

50 min | 30 min prep

SERVES 8

Ingredients:

- 2 tablespoons margarine
- 1/4 cup sugar
- 2/3 cup milk
- 1 tablespoon instant yeast
- 1 egg
- 1/4 cup canola oil
- 1/4 cup potato starch
- 3/4 cup cornstarch
- 1/2 cup buckwheat flour
- 1/4 teaspoon baking soda
- 2 1/2 teaspoons xanthan gum
- 2 teaspoons baking powder
- 1/2 teaspoon baking powder
- 1/4 teaspoon salt
- 1 teaspoon vanilla extract
- 3/4 cup brown sugar
- 1 teaspoon cinnamon

Directions:

- Mix margarine and sugar together. Add milk and yeast, mix. Add egg and oil, mix. Add remaining ingredients dough ingredients. Mix until all lumps are gone.
- Mix cinnamon and sugar together
- Roll out to 13" X 13" between two sheets of plastic wrap. Sprinkle with cinnamon sugar mixture. Use bottom layer of plastic wrap to assist in rolling dough. Cut into 8 pieces. Place in ungreased pie plate. Bake at 350 for 20 minutes. Glaze if desired.

Nutrition Facts

Serving Size 1 (92g)

Recipe makes 8 servings

Calories 305	
Calories from Fat 102	(33%)
Amount Per Serving	
%DV	
Total Fat 11.3g	17%
Saturated Fat 1.7g	8%
Monounsaturated Fat 6.0g	
Polyunsaturated Fat 3.1g	
Trans Fat 0.0g	
Cholesterol 29mg	9%
Sodium 290mg	12%
Potassium 238mg	6%
Total Carbohydrate 49.0g	16%
Dietary Fiber 1.6g	6%
Sugars 26.6g	
Protein 3.4g	6%
Vitamin A 185mcg	3%
Vitamin B6 0.1mg	6%
Vitamin B12 0.2mcg	2%
Vitamin C 0mg	0%
Vitamin E 2mcg	7%
Calcium 163mg	16%
Iron 1mg	8%

Chocolate Peanut Butter Treats

55 min | 20 min prep

SERVES 16

Ingredients:

- 1 cup sugar
- 1 1/2 cups light corn syrup
- 1 1/2 cups peanut butter
- 6 cups gluten-free crisp rice cereal
- 1 cup semi-sweet chocolate chips

Directions:

- Place the sugar, corn syrup and peanut butter in a large saucepan over medium low heat. Stirring constantly, cook the mixture until blended and the mixture begins to bubble. Remove from heat and set aside.
- Combine the cereal with the chocolate chips in a large bowl. Stir in the hot peanut butter mixture until combined. Spread the mixture into a 13x9" lightly greased baking pan. Let cool to room temperature.
- Transfer to the refrigerator and let chill for 15-20 minutes or until set. Cut into squares or fun shapes with cookie cutters. Serve.

Nutrition Facts

Serving Size 1 (79g)

Recipe makes 16 servings

Calories 331	
Calories from Fat 138	(41%)
Amount Per Serving	%DV
Total Fat 15.4g	23%
Saturated Fat 4.3g	21%
Monounsaturated Fat 6.8g	
Polyunsaturated Fat 3.5g	
Trans Fat 0.0g	
Cholesterol 0mg	0%
Sodium 132mg	5%
Potassium 195mg	5%
Total Carbohydrate 48.4g	16%
Dietary Fiber 2.1g	8%
Sugars 29.0g	
Protein 6.5g	13%
Vitamin A 0mcg	0%
Vitamin B6 0.1mg	7%
Vitamin B12 0.0mcg	0%
Vitamin C 0mg	0%
Vitamin E 2mcg	8%
Calcium 18mg	1%
Iron 0mg	4%

Chocolate Chip Cookie Bars

12 min | 5 min prep

24 bars

Ingredients:

- 1 1/4 cups rice flour
- 1/4 teaspoon baking powder
- 1/4 teaspoon salt
- 1/2 teaspoon cinnamon
- 1/4 teaspoon nutmeg
- 1/4 teaspoon stevia powder (optional)
- 1/4 cup honey
- 1 egg
- 1/4 cup vegan butter, softened
- 1/2 teaspoon vanilla
- 1 tablespoon unsweetened applesauce
- 1/4 cup gluten-free chocolate chips

Nutrition Facts

Serving Size 1 bars 14g

Recipe makes 24 bars)

Calories 44	
Calories from Fat 2	(6%)
Amount Per Serving	%DV
Total Fat 0.3g	0%
Saturated Fat 0.1g	0%
Monounsaturated Fat 0.1g	
Polyunsaturated Fat 0.1g	
Trans Fat 0.0g	
Cholesterol 8mg	2%
Sodium 31mg	1%
Potassium 11mg	0%
Total Carbohydrate 9.7g	3%
Dietary Fiber 0.2g	0%
Sugars 2.9g	
Protein 0.8g	1%
Vitamin A 10mcg	0%
Vitamin B6 0.0mg	2%
Vitamin B12 0.0mcg	0%
Vitamin C 0mg	0%
Vitamin E 0mcg	0%
Calcium 6mg	0%
Iron 0mg	0%

Directions:

- Mix the first 6 ingredients together
- Add honey, beaten egg, semi-softened vegan butter, vanilla, and 1 Tbs. applesauce.
- Fold in chocolate chips.
- In a small greased pan bake at 350 degrees
- Check at 5 minutes to see if the bars are ready, then every 2 minutes after.



www.recipezaar.com

Prepared By,

Nicole L. Cerillo

East Carolina University

Nutrition & Dietetics