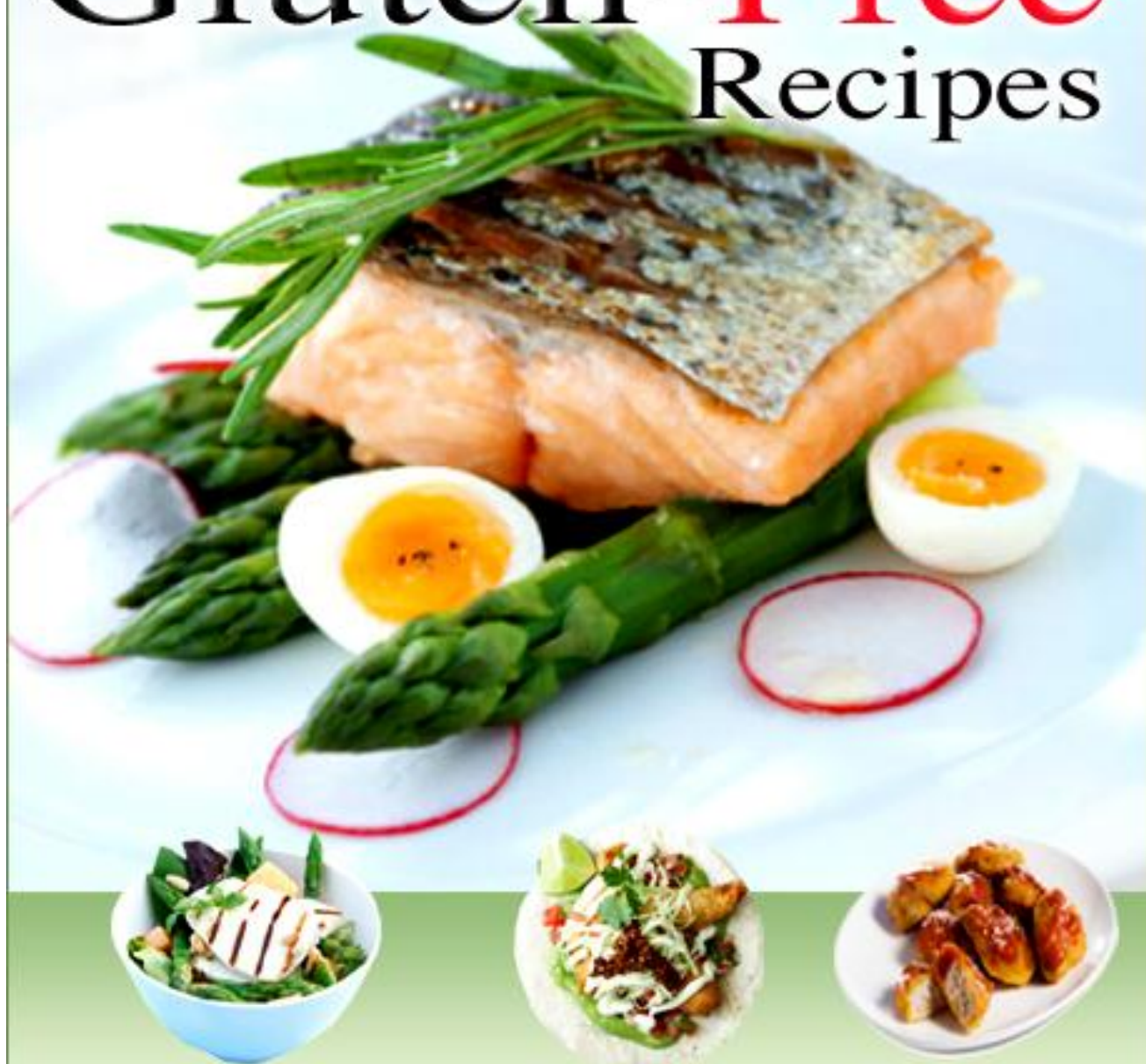


FAVEDIETS 

42 Easy Gluten-Free Recipes



Everyday Recipes Made Lighter

42 Easy Gluten-Free Recipes

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Letter from the Editors

Dear Healthy Cooking Enthusiast:

Whether for health purposes or just as a dietary choice, a growing number of people are now following a gluten-free diet, excluding bread, bagels, cake and anything else that contains the grain protein.

But just because you're not eating foods with gluten doesn't mean you can't enjoy tasty food. Let this eCookbook, *42 Easy Gluten-Free Recipes*, show you a complete list of gluten-free foods for you to make and enjoy.

We have assembled some of the best gluten-free recipes around, including vegetarian Gluten Free meals, Gluten Free desserts and Gluten Free chicken recipes. We have everything from Lentil Pasta with Mushrooms, Vodka Vanilla Pudding, Grilled Peach Salsa Chicken, plus a whole lot more.

The recipes in this crowd-pleasing collection are fun and easy, and all of them are delicious. Make one or make several, and discover the tasty and healthy delights that can only be found in gluten-free recipes!

For additional gluten-free recipes, be sure to visit [FaveDiets.com](http://www.FaveDiets.com). While you're there, subscribe to FaveDiets' free [Quick and Healthy Recipes](#) newsletter to get free recipes delivered to your inbox every week.

Enjoy your healthy easy gluten-free recipes!

Sincerely,

The Editors of FaveDiets

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www.favedietsblog.com

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Vegetarian Gluten Free Meals

Black Bean Gazpacho

By: Sherry Duquet



Description

This black bean gazpacho recipe is the perfect dairy and gluten free recipe for anyone who needs to stay away from dairy or gluten. One of our newest gluten free recipes, this healthy dish is sure to be a hit at your next dinner.

Ingredients

- 1 0.7-ounce dry powdered Italian (or Zesty Italian) salad dressing mix
- $\frac{1}{4}$ cup red wine vinegar
- 3 cups tomato juice
- $\frac{1}{4}$ cup fresh chopped cilantro (add more or less to taste)
- large cucumber, peeled, seeded and chopped (we like them in pretty small, $\frac{1}{2}$ inch sized cubes or smaller)
- 1 large pepper (red, yellow or orange), cored, seeded and chopped (ditto above on size being small)
- 1 15-ounce can of black beans, drained
- 1 15-ounce can of pinto (or northern or white kidney) beans, drained
- $\frac{1}{2}$ chopped avocado (optional)

Instructions

1. Whisk dry salad dressing mix with vinegar in large bowl until fully blended.
2. Toss in cilantro, cucumber and pepper and add tomato juice, stir again.
3. Cover and chill for at least 2 hours before serving. Garnish with chopped avocado. Gazpacho improves as it sits overnight, so for a party, try to make it the night before!

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4. Add the beans and stir just to mix everyone together. If needed, add more tomato juice to cover the ingredients. We sometimes put in a dash more red wine vinegar or cilantros as well, allow your taste buds to guide you.

Notes

Sherry Duquet runs the blog "Exploits of a Vegan Wannabe."

Dairy Free Creamed Spinach

By: Rachel Lerner, Personal Web Nutrition

Description

With this recipe for Dairy Free Creamed Spinach, learn how to make a delicious side dish that everyone will love. Full of healthy flavor, this dairy and gluten free recipe is ideal when you need to cook gluten-free.

Serves: 2

Ingredients

- 8 ounces fresh spinach, cleaned
- $\frac{1}{3}$ cup cashews, very finely ground
- $\frac{3}{4}$ cup water
- $\frac{1}{2}$ tablespoon Dijon mustard
- $\frac{1}{2}$ teaspoon salt
- 3 to 4 drops hot pepper sauce, or $\frac{1}{4}$ teaspoon freshly ground black pepper

Instructions

1. Steam spinach over boiling water until it wilts, about 3 minutes. Drain in colander, pressing out and reserving the excess liquid. Place spinach on cutting board and chop coarsely.
2. Measure the excess spinach steaming liquid and add water to equal $\frac{3}{4}$ cup. Place cashews and $\frac{1}{4}$ cup of the water in a blender and process until smooth.
3. Add mustard, onions, salt, hot pepper sauce (or pepper) and remaining $\frac{1}{2}$ cup water. Process until smooth.
4. Pour into 3 quart saucepan and bring to boil, stirring constantly, over medium high heat. Cook for 3-4 minutes, until thickened.
5. Stir in the spinach and cook another 2 minutes to heat through.

Notes

Instead of fresh spinach, you can substitute frozen chopped spinach defrosted and water squeezed out.

Rachel Lerner is a holistic health coach who specializes in food intolerances and allergies, and is the Founder of Personal Web Nutrition, a company that designs custom nutrition services to accommodate an individual's needs and lifestyle.

Lentil Pasta with Mushrooms

By: Rachel Lerner, Personal Web Nutrition

Description

A pasta recipe that is also a dairy and gluten free recipe? This recipe for Lentil Pasta with Mushrooms from Rachel Lerner of Personal Web Nutrition is a great way to cook gluten free for kids.

Serves: 4

Ingredients

- 1 cup Papadini Hi-Protein lentil bean pasta
- 1 package sliced mushrooms
- 1 medium onion, diced
- 1 tablespoon canola oil

Instructions

1. Cook pasta in 4 cups of water or all natural chicken broth until tender. Drain.
2. Heat oil in pan and sauté onion until lightly brown. Add mushrooms and sauté until browned.
3. Add onions, mushrooms and any liquid to cooked pasta. Season with salt and pepper as desired.

Notes

Papadini Hi-Protein lentil bean pasta is available at Whole Foods.

PartyCharlie's Gluten Free Corn Pasta with Fresh Tomato and Oregano

By: PartyCharlie

Description

PartyCharlie's Gluten Free Corn Pasta with Fresh Tomato and Oregano recipe is exploding with flavor. You simply cannot afford to pass up trying this awesome gluten free recipe ASAP.

Serves: 5

Ingredients

- 1 10-ounce package gluten-free corn pasta
- 1 large bunch fresh Oregano, cleaned well, stripped from stems and chopped
- 2 medium garlic cloves, peeled and minced
- 4 to 6 large ripe tomatoes, coarsely chopped (about 2 lbs.)
- ½ cup olive oil
- Salt and pepper, to taste
- Aged Romano cheese, freshly shaved

Instructions

1. Cook gluten-free Corn pasta till Al dente, (Al dente refers to the desired texture of cooked pasta in Italian cooking. It literally means "to the tooth". When the pasta is cooked al dente). Drain thoroughly, but do not rinse the pasta to avoid losing the flavor of the corn.
2. Lightly cook garlic in a sauté pan with the ½ cup of olive oil. Heat olive oil. Add the garlic once the olive oil is hot.
3. Add 4-6 diced vine ripened Roma tomatoes to the sauté pan with the olive oil and garlic. Stir. Keep on low flame cook for 15 minutes with a lid, Add salt and pepper to taste.
4. Add the oregano 3 to 5 minutes before taking the sauce off the flame.
5. Toss the hot cooked pasta with the tomato garlic and oregano sauce; add freshly shaved aged Romano cheese.
6. Additional Items like Grilled Chicken and Sautéed Shrimp can be added in to the pasta as you toss it all together. Don't forget the Crushed Red Peppers!

Notes:

"Party Charlie" Scola, author of the new book, *Party Planning Secrets*, prepared this recipe for his growing number of clients and party guests with Celiac disease.

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Rachel's Zucchini Soup

By: Rachel Lerner, Personal Web Nutrition

Description

Go ahead; add soup to your list of gluten free foods. Rachel's Zucchini Soup recipe is an easy and healthy treat that has so much flavor, it's sinfully gluten free.

Serves: 6

Ingredients

- 1 cup boiling water
- 4 sun-dried tomatoes, not packed in oil
- 2 1/2 pounds red-skinned potatoes, cut into cubes
- 3 cups water
- 2 cups all natural vegetable broth, or chicken broth without MSG
- 1/2 teaspoon ground pepper
- 3 zucchini, coarsely grated
- 1/3 cup nonfat evaporated milk
- 1/3 cup chopped fresh basil, or 1 teaspoon dried basil

Instructions

1. In small bowl, pour the boiling water over the tomatoes. Let stand until the tomatoes are soft, about 5 minutes. Drain. Finely chop the tomatoes.
2. In large saucepan over high heat, bring potatoes, water, broth and pepper to boil. Reduce heat to low, cover and simmer, stirring occasionally, until potatoes are tender, about 20 minutes.
3. Remove from heat. Using a slotted spoon, transfer half potatoes to a medium bowl. Using a potato masher, mash until almost smooth.
4. Return the mashed potatoes to the saucepan. Add the zucchini and stir to blend.
5. Return saucepan to medium heat, cover and simmer, stirring once or twice, until the zucchini are tender and wilted, 5-7 minutes.
6. Stir in evaporated milk, basil and chopped tomatoes.

Vegan Cowgirl Baked Beans

By: Sherry Duquet



Description

This cheesy bean delight is the ideal recipe for a vegan, or someone who needs to watch how much gluten they consume. This gluten free recipe does not sacrifice taste and is easily as delicious as a high gluten recipe.

Cooking Time: 35 min

Ingredients

- 1 28-ounce can of vegetarian baked beans (we used Busch's), drain off half of the sauce
- 1 15-ounce can of black beans, drained
- $\frac{3}{4}$ cup shredded vegan cheddar cheese divide into $\frac{1}{4}$ cup and $\frac{1}{2}$ cup amounts (we used Daiya cheddar cheese)
- 2 tablespoons bac'n bits (optional for smoky flavor)
- $\frac{1}{2}$ cup of your favorite spicy BBQ sauce
- $\frac{1}{8}$ cup apple cider vinegar (an extra splash never hurt anyone)

Instructions

1. In a casserole dish, stir all beans together with $\frac{1}{4}$ cup of the cheese, bac'n bits, BBQ sauce and vinegar.
2. Cover and bake in a 350 degree oven for 30 minutes or until bubbling in center.
3. Remove from oven, uncover dish and sprinkle remainder of cheese on top of casserole.
4. Bake uncovered for another 5 minutes.

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Veggie Melt

By: French Meadow Bakery



Description

Just because you're on a gluten free diet doesn't mean you can't have sandwiches on your list of gluten free foods. This Veggie Melt recipe from French Meadow Bakery is a delicious delight.

Serves: 1

Ingredients

- 2 slices French Meadow Bakery 16 Grain & Sprouted Bread
- 1 tablespoon butter
- 1 tablespoon sun-dried tomato pesto
- 2 slices cheese (Swiss, white cheddar, provolone)
- Red onion slices
- Spinach

Instructions

1. Heat pan or Panini press.
2. Spread each slice of bread with butter.
3. When pan is hot place butter side down and spread pesto on slice. Add slice of cheese, onion slices, spinach and other slice of cheese.
4. Top with other piece of bread and press sandwich down.
5. Flip sandwich over and grill until golden brown.
6. Slice in half and serve.

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Veronica's Vegetable Curry

By: Veronica Bosgraaf



Description

For an easy gluten-free recipe, make Veronica's Vegetable Curry for your next meal. Veronica says, "I love curries of all types. This is a veggie one I like but you can be creative and substitute all sorts of veggies – whatever suits you."

Ingredients

- 1/2 a large onion
- 2 cloves garlic, pressed
- 1 cauliflower head
- 2 large real carrots (not the precut and washed ones for goodness sake)
- 1/2 pound fresh green beans
- 1/4 cup olive oil
- 2 tablespoons curry
- 2 tablespoons tomato paste dissolved in 1 cup water
- Sea salt and black pepper, to taste

Instructions

1. Sauté the onion and garlic in 2 tablespoons of the olive oil until caramelized.
2. Add vegetables, curry powder and rest of olive oil. Sauté for 5 minutes.
3. Add tomato paste and water mixture, salt and pepper to taste and simmer until vegetables are soft but not falling apart.
4. Serve over white basmati rice.

Notes

Veronica Bosgraaf is a fitness and nutrition enthusiast and the creator of PURE Bar - the health industry's only real answer to a truly all-organic, vegan/vegetarian energy bars.

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Gluten Free Desserts

Coyote's Howl

By: Gabriel Constans

Description

A sweet chocolate drink that will also make a list of gluten free foods? Coyote's Howl needs to be tasted to be believed. This drink recipe is one of the best dairy and gluten free recipes for a beverage.

Serves: 4

Preparation Time: 1 min

Ingredients

- 1 cup apricot nectar
- 1/2 cup apple juice
- 1/2 cup soy milk
- 1/2 cup silken firm tofu
- 2 tablespoons raisins
- 1 banana
- 1 tablespoon cocoa powder

Instructions

1. Place ingredients in blender and mix on medium for one minute.
2. Pour into tall glasses, slurp joyfully, go outside and howl at the moon!

Notes

Gabriel Constans is the author of *Luscious Chocolate Smoothies - An Irresistible Collection of Healthy Cocoa Delights*, a cookbook featuring delicious easy chocolate smoothie recipes.

Gluten Free Dairy Free Granola Fruit Crisp

By: Bakery on Main

Description

Go ahead and add tasty everyday treats back to your complete list of gluten free foods with this tasty recipe for Gluten Free Dairy Free Granola Fruit Crisp from Bakery on Main. This is truly one of the tastiest dairy and gluten free recipes around.

Cooking Time: 30 min

Ingredients

- 2 cups Bakery On Main Gluten Free Granola, any flavor
- 4-6 cups fresh fruit, peeled and sliced
- 1 cup Florida Crystals or other dry sugar
- 1 teaspoon vanilla
- 1 teaspoon cinnamon

Instructions

1. Preheat oven to 350 degrees F.
2. In a medium bowl, toss together fruit, sugar, vanilla and cinnamon, and spread into a 9x9-inch baking dish.
3. Sprinkle granola evenly on top.
4. Bake at 350 degrees F for 20-30 minutes or until fruit is soft and granola is golden brown. Serve warm & enjoy!

Lemon Ricotta Almond Cake

By: Deana Gunn



Description

Lemon Ricotta Almond Cake - It's similar to the texture of a cheesecake and made primarily with almond meal (ground almonds). Not only is it gluten free, but it's a healthy, low-carb, and high protein alternative to cakes made with regular white flour. The bonus is that almonds are packed with protein, vitamin E, monounsaturated (good) fats, magnesium, phosphorus, zinc, calcium, folic acid and fiber. The sweet nutty flavor and great texture of this cake make it a great recipe, whether for dessert or even breakfast!

Serves: 12

Preparation Time: 10 min

Cooking Time: 1 hr.

Ingredients

2 cups Just Almond Meal
1 teaspoon baking powder
 $\frac{1}{4}$ teaspoon salt
3 eggs
1 cup sugar
1 teaspoon vanilla
1 15-ounce tub (2 cups) fresh ricotta (Traditional Fresh Ricotta Cheese at Trader Joe's)
Zest of 1 lemon
Juice of 1 lemon, about 3 tablespoons

Instructions

1. Preheat oven to 350 degrees F.
2. In a large bowl, combine almond meal, baking powder, and salt.

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3. In a medium bowl, combine the remaining ingredients and mix well.
4. Add the wet ingredients to the dry ingredients and stir well until smooth.
5. Pour mixture into oiled 9-inch pan, deep pie dish, or spring form pan. Bake 50 to 55 minutes until the cake is completely puffed up, no longer "jiggly" in the center, and very golden on the edges.
6. Cool cake completely and thoroughly chill in fridge before serving. Cake remains very moist and is even better the next day. Serve with whipped cream or garnish with lemon zest.

Notes

Deana Gunn is the co-author of the two independent Trader Joe's Cookbooks, *Cooking with All Things Trader Joe's* and the new *Trader Joe's Companion*. To learn more, go to cookingwithtraderjoes.com

Peach and Blueberry Crumble (Gluten-Free)

By: Shari Cole of Gluten Free & Fabulous

Description

Peach and Blueberry Crumble (Gluten-Free) - This is the ultimate in gluten free survival food because just about everyone, including vegans, can indulge in this recipe from Shari Cole of Gluten Free & Fabulous.

Ingredients

FRUIT FILLING:

- 1 pint blueberries
- 2 cups peaches, pits removed and then cut into quarters
- 2 tablespoons lemon juice
- 2 teaspoons gluten-free vanilla extract
- 2 tablespoons tapioca flour
- $\frac{1}{4}$ cup organic sugar

CRUMBLE TOPPING:

- $\frac{1}{2}$ cup almond flour
- $\frac{1}{2}$ cup quinoa flakes
- $\frac{1}{2}$ cup sorghum flour or brown rice flour
- $\frac{1}{2}$ cup cornmeal
- 1 teaspoon baking powder
- $\frac{1}{2}$ teaspoon salt
- $\frac{3}{4}$ cup brown sugar, tightly packed
- 1 cup Earth Balance, frozen (an hour before you begin)

Instructions

1. Preheat oven to 375 degrees F.
2. Preparing the filling: Mix peaches and apricots in a large bowl. Sprinkle the lemon juice and vanilla extract and toss. Coat the fruit with the tapioca flour, until the mix is pasty. Toss in the sugar and stir well.
3. Baking the filling: Pour the prepared filling into a buttered pan. You will need about an inch of room after you have poured the filling. Put it into the oven and bake for 30 minutes, or until the fruit is fork-tender and the juices are starting to run.
4. Preparing the topping: As the fruit is baking, put together the crumble topping. Combine the almond flour, quinoa flakes, sorghum flour, cornmeal, baking powder and salt. Sift them into another bowl. Add brown sugar and stir well.
5. Take the butter out of the freezer. Grate butter into the flours and sugar. The butter has to be frozen for this to work. This will make the pieces of butter small and easy to combine with the flours. Work the small pieces of butter into the flours with a fork. When the topping is well

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mixed, you are complete.

6. Baking the crumble: When the fruit is thoroughly baked, spoon the crumble on top of the fruit, making sure to cover it all. Put dish back into oven. Bake for an additional 15 minutes or until fruit is bubbling and topping is browned. Let cool for at least 15 minutes before eating.

Raw Pumpkin Pie

By: Veronica Bosgraaf



Description

Ingredients

CRUST:

- 2 cups almonds
- 1 cup dates, soaked 1 hour to soften
- $\frac{1}{4}$ teaspoon vanilla
- $\frac{1}{4}$ teaspoon cinnamon
- Splash of water, if needed

FILLING:

- 2 cups pumpkin puree
- 1 to $1\frac{1}{2}$ cups dates
- $\frac{1}{4}$ cup raisins
- $\frac{1}{2}$ cup cashews
- $\frac{1}{2}$ to 1 teaspoon cinnamon
- 1 to 2 teaspoons vanilla
- $\frac{1}{4}$ teaspoon cloves
- $\frac{1}{4}$ teaspoon nutmeg
- $\frac{1}{4}$ teaspoon cardamom
- Dash of sea salt

Instructions

To Make Crust:

1. Place almonds in food processor and process until mealy.
2. Slowly add in dates, water, vanilla, and cinnamon to form a dough consistency.
3. Pat into a glass pie plate so that crust is at least $\frac{1}{4}$ inch thick.

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To Make Filling:

1. Put peeled and chopped pumpkin in food processor.
2. Add dates, raisins, and nuts and then the remaining ingredients. Use a bit of water or orange juice if needed to moisten.
3. Scoop mixture into the crust and chill 2 hours before serving.

The Latin Lover

By Gabriel Constans

Description

Prepare to fall in love with The Latin Lover. This dairy and gluten free recipe is for one of the most delicious chocolate drinks around. Let this gluten free recipe courtesy Gabriel Constans transport you to a whole new world of flavor.

Serves: 5

Preparation Time: 1 min

Ingredients

4 ounces bittersweet dark chocolate, melted
2 cups soy milk
1 banana
12 ounces silken-style soft tofu
 $\frac{1}{2}$ tablespoon flaxseed oil
1 teaspoon cinnamon powder

Instructions

1. Place ingredients in blender and mix things up for one minute on medium.
2. Pour into tall cups, serve and do the samba or tango with your love.

Vodka Vanilla Pudding

By: Barbara Keller, RN

Description

Gluten free for grown-ups only - vodka vanilla pudding. This sinfully gluten free recipe is decadent and delicious. Make this recipe today.

Ingredients

- 2 cups coconut milk. The kind from Trader Joes with less fat and no added sugar or preservatives is best
- $\frac{1}{4}$ cup real maple syrup, or to taste
- $\frac{1}{2}$ cup golden raisins soaked in 1.5 ounces real potato vodka
- 1 teaspoon vanilla, either a gluten free powder or a no alcohol liquid
- $\frac{1}{2}$ teaspoon pumpkin pie spice
- 1 large egg, or 2 small eggs
- 2 heaping teaspoons potato starch
- 1 tablespoon gluten-free margarine

Instructions

1. Mix all the ingredients, except the raisins, vodka and margarine, together in a large bowl. Use a whisk to beat well or use a blender to mix it frothy.
2. Bring it slowly to a boil in a sturdy saucepan that doesn't burn easily. Stir it just about constantly so the bottom won't burn. In a few minutes, longer than you think possible, it will start to thicken. It thickens too much, if it's so thick you can't stir it, add a little more coconut milk or water, a tablespoon at a time.
3. When it is bubbling steadily, and seems almost thick enough for a pudding, turn the burner off.
4. Add the raisins with the vodka and the margarine, and stir slow and steady.
5. Taste it to see if it's sweet enough. Not too sweet is best.
6. Serve in 2 big bowls or four small bowls. Eat, enjoy and be careful not to drive too soon. It put me to sleep.

Notes

Barbara Keller is an RN with Celiac disease and the author of the cookbook *Quick and Easy Gluten Free recipes for Children*.

Choose vodka distilled only from potatoes, no added grain alcohol- again I use the one from Trader Joe's that says distilled from potatoes, and I've double checked with customer service. It is gluten free. And it doesn't make me sick.

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I microwaved the raisins and vodka in a ceramic dish for 30 seconds to warm and soften the raisins. Don't let it boil or the alcohol disappears.

Often extracts are in grain alcohol which may contain gluten and bother some people who are particularly sensitive to traces of gluten.

Be careful the potato starch not contaminated. In other words, if it's packaged on the same line as gluten containing products it may be enough to make you sick. It does me.

Gluten Free Chicken Recipes

Black Bean Salsa Soup

By: Mrs. Renfro's Gourmet Salsas



Description

Salsa in soup? This recipe for Black Bean Salsa Soup from Mrs. Renfro's Gourmet Salsas is chock full of flavor and possibly one of the tastiest and easiest gluten free recipes you're likely to try.

Ingredients

- 1 cup cooked pork or chicken, cubed
- 1 jar Mrs. Renfro's Black Bean Salsa, 16 ounces
- $\frac{1}{2}$ can chicken broth, approximately 7 ounces
- $\frac{1}{2}$ can beef broth, approximately 7 ounces

Instructions

1. Add one cup cooked cubed pork or chicken to 1 jar (16 oz.) Mrs. Renfro's Black Bean Salsa.
2. Add $\frac{1}{2}$ can (approx. 7 oz.) beef broth. Add $\frac{1}{2}$ can (approx. 7 oz.) chicken broth. Bring to simmer.
3. Garnish with grated cheese and sliced avocado. Serve with warm tortillas.

Gluten-Free Chicken Noodle Soup

By: Shari Cole of Gluten Free & Fabulous

Description

This recipe for Gluten-Free Chicken Noodle Soup from Shari Cole of Gluten Free & Fabulous is truly one of the best dairy and gluten free recipes around because it warms up your body and your soul.

Ingredients

- 1 carrot
- 2 stalks celery, cut in half lengthwise and then chopped
- 1/2 onion
- 2 cloves garlic, smashed and minced
- 1 tablespoon olive oil
- 3 cups chicken stock
- 1 chicken breast, cooked and chopped into bite sized pieces
- 1/2 cup gluten-free noodles

Instructions

1. Heat a saucepan, and then add olive oil. Sauté the carrot, celery stalks, onion, and garlic together, on medium heat. Stir occasionally, making sure they do not burn.
2. Add the chicken stock and bring heat to medium to high. Let stock and vegetables simmer until the stock has come to a gentle boil for about ten minutes.
3. Add the cooked chicken to the pan and let the soup cook for another five minutes or so. At the end, add the gluten-free noodles. After about 5-6 minutes, check noodles. Add salt to taste, stir and serve.

Gluten-Free Parmesan Chicken

By: Rachel Lerner, Personal Web Nutrition

Description

For a delicious and healthy dinner that everyone will devour, cook up this Gluten-Free Parmesan Chicken recipe. Overflowing with flavor, it's one of the tastiest gluten free recipes around.

Serves: 2

Cooking Time: 20 min

Ingredients

- 1 pound chicken cutlets, thinly sliced
- 1 egg, or 1 egg white mixed with 1 teaspoon water and slightly beaten
- $\frac{1}{2}$ cup Parmesan cheese
- Canola oil or olive oil cooking spray

Instructions

1. Dip chicken in egg mixture and then in parmesan cheese. Place in baking pan.
2. Spray top lightly with cooking oil. Bake in a 350 degree F oven for 20 minutes, or until brown and crispy.

Grilled Peach Salsa Chicken

By: Mrs. Renfro's Gourmet Salsas



Description

Yes, you really only need two ingredients to make one of the tastiest and easiest gluten free recipes around when you have this easy chicken recipe for Grilled Peach Salsa Chicken handy.

Serves: 4

Ingredients

- 4 boneless chicken breasts
- 1 jar Mrs. Renfro's Peach Salsa

Instructions

1. Place 4 boneless chicken breasts in container and pour 1 jar of Mrs. Renfro's Peach Salsa evenly over it.
2. Let marinate overnight in refrigerator.
3. Grill over medium heat, turning occasionally until done.

Rachel's Healthy Chicken Nuggets

By: Rachel Lerner, Personal Web Nutrition

Description

This recipe from Rachel Lerner of Personal Web Nutrition is one of the best dairy and gluten free recipes around because it makes a classic food item healthy. This recipe is the perfect way to make food gluten free for kids.

Serves: 4

Cooking Time: 30 min

Ingredients

- 4 skinless and boneless chicken breasts, cubed
- ½ to ¾ cup quinoa flakes or almond flour
- 1 tablespoon ground flaxseed
- Canola oil spray

Instructions

1. Preheat oven to 375 degrees F.
2. Mix flaxseed with either quinoa or almond flour. Dip cubed chicken breasts in mixture.
3. Place chicken nuggets on a baking pan. Spray lightly with canola oil.
4. Bake in oven approximately 25-30 minutes, depending on thickness of nuggets.

Gluten Free Meals with Meat and Fish

CN Janet Little's Quick and Easy Gluten-Free Lasagna

By: CN Janet Little

Description

CN Janet Little's Quick and Easy Gluten-Free Lasagna is sinfully gluten free and possibly one of the tastiest lasagna recipes period. Need to go gluten free for kids? Reach for this delight.

Serves: 8

Cooking Time: 1 hr. 30 min

Ingredients

- 1 pound lean ground hamburger or turkey (omit for vegetarian version)
- 2 14-ounce jars gluten-free pasta sauce
- Cheese (I mix ricotta, mozzarella, chef's choice but I usually mix them about equal parts)
- 2 cups Sliced or diced veggies - anything you like! Suggestions include: spinach, zucchini, olives, mushrooms, onions
- 2 to 4 tablespoons fresh basil, or 2 tablespoons dried basil
- Black pepper, freshly ground (to taste)
- 1 package gluten-free lasagna noodles, standard size package lasagna noodle box
- 1 cup Mozzarella and Parmesan cheese for topping, shredded

Instructions

1. Preheat oven to 350 degrees F.
2. Cook meat, drain fat, add one jar gluten-free pasta sauce and set aside.
3. Combine cheeses, basil, and pepper in a bowl, and set aside. Combine prepared vegetables and set aside.
4. Some gluten-free lasagna noodles do not require cooking in advance. If the brand you have does require boiling prior to lasagna assembly, cook the noodles, but reduce suggested cooking time by 2 minutes. Drain and rinse with warm water. Oil the noodles to prevent sticking. Better to cook as close to assembly of dish as possible because most gluten-free noodles are very fragile and should not sit or be handled too much
5. In a shallow baking dish spray or oil to prevent sticking, then layer the lasagna as follows:
 - 1/3 plain gluten-free pasta sauce spread over the bottom of the dish
 - noodles - just enough to cover the bottom of the dish
 - ½ of the meat/pasta sauce mixture

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- ½ of the cheese mixture
 - ½ of the vegetable mixture
 - a layer of 1/3 of the gluten-pasta sauce
1. Repeat this layering process with the other half of the ingredients.
 2. Cover with aluminum foil and bake in pre-heated 350-degree F oven for one hour.
 3. Top with mozzarella and Parmesan cheese.
 4. Remove the foil, and bake ½ hour longer, or until golden brown.

Notes

Janet Little, CN, is a popular speaker for Henry's Farmers Markets with over 20 years of experience in the health food industry and extensive knowledge of natural and organic foods, nutrition, vitamins and minerals, herbal solutions and homeopathic remedies and juicing. She is also a tri-athlete.

Delicious Pasta with Italian Sausage (Gluten-Free)

By: Shari Cole of Gluten Free & Fabulous

Description

Delicious Pasta with Italian Sausage (Gluten-Free) - How can you say no to this recipe? This is one of the most decadent dairy and gluten free recipes you are ever likely to try, and you have Shari Cole of Gluten Free & Fabulous to thank.

Ingredients

- 1 package penne pasta, Brown Rice Gluten Free (Trader Joe's)
- 1 package mushrooms
- 1 bushel asparagus
- 1 package sweet Italian sausage (Gluten Free, All Natural)
- 4 tablespoons olive oil
- $\frac{1}{4}$ cup lemon juice
- $\frac{1}{4}$ cup white wine
- 2 cloves garlic

Instructions

1. For pasta: Boil water, add salt. Once water boils, add pasta. Cook to al dente. Remove pasta from water.
2. Let cook for 1 minute, and then add pasta and rest of ingredients.
3. Sauté mushrooms in 4 tbsp. of olive oil in a sauté pan. Once brown, move to side.
4. Cut up asparagus (bite size), sauté until cooked.
5. While you're sautéing mushrooms and asparagus, put sweet Italian sausages in toaster oven at 400 degrees F until cooked. Once done, cut sausage up to bite size.
6. Throw olive oil, lemon juice, wine and garlic together. Let cook for 1 minute, and then add pasta and rest of ingredients. Add parmesan cheese if desired.

Gluten-Free Turkey Meat Loaf

By: Rachel Lerner, Personal Web Nutrition

Description

Rachel Lerner's recipe for Gluten-Free Turkey Meat Loaf shows you how dairy and gluten free recipes can become your all-time favorite recipes. With a little know-how, meat loaf can be included on the list of gluten free foods.

Serves: 12

Cooking Time: 1 hr.

Ingredients

- 1 8-ounce can no salt added tomato sauce with no sugar added
- 1 clove garlic, minced
- 1/2 teaspoon dried basil leaves
- 1/4 teaspoon dried oregano leaves
- 1/4 teaspoon salt
- 1 pound ground turkey breast
- 1/2 cup quinoa flakes or almond flour
- 1 egg, or 2 egg whites
- 1/4 cup zucchini, shredded

Instructions

1. Preheat oven to 350 degrees F.
2. Combine half of the tomato sauce, garlic, basil, oregano, salt, turkey, quinoa or almond flour, eggs and zucchini and mix in a large bowl. Mix well.
3. Shape into a loaf and place into an ungreased 8" x 4" loaf pan. Bake for 45 minutes.
4. Pour remaining tomato sauce over the top of the meatloaf and bake for an additional 15 minutes.
5. Cool for 10 minutes before slicing.

Rockfish over Shrimp and Crab Risotto

By: Burton's Grill

Description

This is a dish that blends the flavors of the coast with the nourishing tastes of tradition. Topped with a lemon butter sauce, the Rockfish over Shrimp and Crab Risotto is sure to blow any fish out of the water. Enjoy the dish at Burtons Grill, where it was created, or impress your friends at home by following the recipe below.

Ingredients

- 3 cups vegetable stock, hot
- 1 1/2 tablespoons olive oil, pomace
- 1 1/2 tablespoons white onion, 1/4 inch x 1/4 inch
- 3/4 cup Arborio rice
- 1 fluid ounce Chardonnay
- 2 teaspoons butter, salted, softened
- 1/3 teaspoon black pepper, fresh ground
- 1/2 teaspoon kosher salt
- 4 (7-ounce) pieces rockfish, skinned, 1 1/2 inch thick
- 2 teaspoons blackening seasoning
- 4 ounces butter, salted
- 24 ounces risotto, cooked
- 6 ounces corn kernels, fresh, off the cob
- 2 ounces snap peas, cut in 1/4 inch bias
- 4 teaspoons shallots, chopped
- 2 fluid ounces clarified butter
- 4 ounces Rock shrimp, cut in half
- 1/2 teaspoon kosher salt
- 1/2 teaspoon black pepper, fresh ground
- 4 ounces crab meat
- 8 tablespoons Reggiano cheese, grated
- 1 teaspoon chives, chopped
- 1/4 cup Chardonnay
- 1 1/2 tablespoons lemon juice, fresh squeezed
- 1/8 teaspoon thyme, dried
- 1/8 teaspoon kosher salt
- 3/4 teaspoon black pepper, whole
- 1/2 cup heavy whipping cream
- 4 ounces butter, unsalted, cut in small cubes
- 1/4 teaspoon sugar, white

Instructions

Risotto

1. In a small sauce pot, bring the vegetable stock to a boil and then reduce to a simmer.
2. In a medium pot, heat the olive oil over medium-high heat. Add the onions and reduce the heat. Cook until they are translucent, but do not allow them to brown.
3. Stir in the Arborio rice until each kernel is coated in oil and you start to see white dots in the rice (about 3 minutes).
4. Pour in the white wine and reduce by $\frac{3}{4}$.
5. Using a ladle, pour in just enough vegetable stock to barely cover the rice. Stir the rice until the stock is absorbed.
6. Repeat this process, tasting along the way, until the risotto is no longer crunchy but has an al dente texture. You may not use all of the vegetable stock.
7. Stir in the softened butter, salt, and pepper.
8. Keep the risotto warm and reserve some of the vegetable stock for finishing the dish.

Rockfish over Shrimp and Crab Risotto

1. Place the fish directly on top of the risotto and drizzle some of the lemon butter around the outside of the plate. Garnish with chives and serve.
2. Preheat the oven to 400 degrees F.
3. Dry off the rockfish fillets and lightly season them with the blackening seasoning.
4. In a large sauté pan (2 pans may be necessary) heat the salted butter over medium-high heat until it is just about to smoke. Place the fish fillets face down into the pan and sear until golden brown (3 to 5 minutes). Using a spatula, flip the fish over and sear for another minute.
5. Drain the oil out of the pan and place pan in the oven for 4 to 5 minutes so the fish can finish cooking.
6. In the meantime, heat the clarified butter in another sauté pan over medium-high heat and add the rock shrimp, flipping them after a minute.
7. When the shrimp are cooked on both sides, but still a little raw in the middle, add the shallots, snap peas, and corn. Stirring occasionally, cook until the snap peas are just cooked through. Season with salt and pepper.

8. Remove from the heat, toss in the crab meat to take the chill out and stir the mixture into the prepared risotto. Stir in the parmesan cheese and place equal amounts of the risotto on four plates

Lemon Butter Sauce

1. Combine the wine, lemon juice, thyme, salt, shallots, and black pepper corns in a small sauce pot and reduce until caramel color and nearly dry over medium heat.
2. Add the heavy cream and reduce until thickened and pale yellow in color.
3. Reduce heat to low and whisk in the cubed butter.
4. When butter is fully incorporated, strain through a fine mesh strainer and hold in metal bowl over a pot of water that is just barely hot (110 degrees F).

Notes

About Burtons Grill:

Burtons Grill is a full service upscale-casual restaurant specializing in contemporary American cuisine. Burtons Grill features seasonally inspired, ingredient-driven menu items in a polished, yet casual atmosphere with excellent value. Burtons began when three experienced restaurant industry veterans, Kevin Harron, Kevin Rowell and Pat Gordon put their shared experience as restaurant industry veterans together to formulate a vision for their first restaurant. These three business-savvy individuals wanted to create a dining haven for active, discerning adults with sophisticated palates and a zest for high quality food and wine in a comfortable setting. Burtons Grill currently operates in 5 locations: Boston, MA, Hingham, MA, North Andover, MA, South Windsor, CT, and Virginia Beach, VA. Please visit: www.burtonsgill.com for more information.

Tequila Sunrise Fish Tacos

By: Carol Ritchie for Renfro Foods



Description

Tequila Sunrise Fish Tacos - I love tacos of all kinds, especially fish tacos! Enhanced with a double dose of Mrs. Renfro's Tequila Salsa, these tacos are delicious for dinner with a salt-rimmed margarita, or even for breakfast with a champagne-and-freshly-squeezed-orange-juice mimosa.

Preparation Time: 10 min

Cooking Time: 8 min

Ingredients

- 1 cup Mrs. Renfro's Tequila Salsa
- 1 tablespoon olive oil
- 1 pound tilapia fish filets
- 8 corn tortillas, warmed
- 1/2 cup Cole slaw mix

Instructions

1. In a shallow bowl, mix 1/2 cup Mrs. Renfro's Tequila Salsa with olive oil.
2. Add fish fillets, turn to coat, and marinate for 10 minutes.
3. Grill over medium heat for 4 minutes per side, until fish is cooked through.
4. Place slices of fish into tortillas, garnish with Cole slaw, and spoon remaining salsa on top.

Tilapia Lettuce Wraps with Mango Salsa

By: Sheila from Livewell360.com



Description

For an easy and healthy weeknight meal that is sinfully gluten free, give this recipe for Tilapia Lettuce Wraps with Mango Salsa a try ASAP. This is absolutely one of the best dairy and gluten free recipes for dinner.

I live by the motto, less is more with fresh, flavorful ingredients. When you have high quality ingredients, you don't really need to cover them up with all kinds of spices and extras. This recipe is the perfect example of this notion. I have also made this style of fish "taco" using salmon or mahi mahi as well.

Serves: 4

Ingredients

- 1 ripe mango, diced
- 1 large red ripe tomato, diced
- 2 tablespoons white or red onion, diced
- 3 to 4 tablespoons cilantro, chopped
- 2 small Serrano peppers, seeded and minced
- Juice of 1 medium lemon
- Salt and pepper, to taste
- 12 to 16 ounces tilapia
- 1 medium-sized lemon
- Avocado, cubed
- 1 to 2 heads Romaine lettuce leaves, separated, washed and dried

Instructions

1. To make the salsa, first combine mango, tomato, onion, cilantro, Serrano peppers, lemon juice, salt and pepper in a medium bowl, and set aside. If you are making it a few hours in advance, transfer the mixture to an airtight container and refrigerate until ready to serve.

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2. Lay fish fillets on a large plate. Pat dry with a paper towel if necessary to remove excess wetness. Squeeze a drizzle of medium-sized lemon over the fish (just a little, so it is not overpowering). Salt and pepper to taste.
3. Place fish on a pre-heated (to med-high heat) and oiled grill. Grill fillets until easily flaked with a fork, about 8 to 10 minutes.
4. Remove from grill and allow the fish to cool for a few minutes. Using a fork, flake apart into bite size pieces.
5. Assemble lettuce wraps by placing desired amount of fish pieces onto lettuce leaf, top with mango salsa, avocado, and garnish with a cilantro.

Notes

Salsa is best if made a few hours ahead of time in order to let the flavors develop, although in this particular case, I made this whole recipe in a matter of 20 minutes, and it was incredibly flavorful.

Gluten Free Snacks

Gluten-Free Stuffed Mushrooms

By: Shari Cole of Gluten Free & Fabulous

Description

Need gluten-free appetizers? Check out this Gluten-Free Stuffed Mushrooms recipe from Shari Cole of Gluten Free & Fabulous then. Prepare to put appetizers on your complete list of gluten free foods that everyone loves.

Cooking Time: 30 min

Ingredients

- 24 large mushrooms, caps removed and cleaned
- 1 bag Gluten Free & Fabulous, Sweet & Savory Bites, crumble
- 1 small sweet onion
- 1/2 pound ground Italian sausage
- 1/2 stalk celery
- Parmesan cheese or vegetable cheese for topping

Instructions

1. Cut up onion finely and sauté in 2 tablespoons olive oil once browned put in celery and sauté for another minute.
2. In another pan, sauté ground Italian sausage.
3. Once cooked, combine all ingredients together. Add mixture to cleaned caps.
4. Bake at 350 degrees F for about 20 minutes or until tops are browned.
5. Top with Parmesan cheese or vegetable cheese.

Grilled Shrimp with Mango Habanero

By: Mrs. Renfro's Gourmet Salsas



Description

Not only is this recipe for Grilled Shrimp with Mango Habanero one of the tastiest grilling recipes around, it is also one of the most delicious gluten free recipes. Make this simple delight tonight.

Ingredients

- 2 to 3 pounds shrimp
- 1 jar Mrs. Renfro's Mango Habanero Salsa (16 oz.)

Instructions

1. Cover shrimp with half jar of salsa in shallow dish, marinating for 4 hours in refrigerator.
2. Baste over shrimp while grilling, reserve a little for plate.

Homemade Gourmet's Apple Coleslaw

By: Homemade Gourmet

Description

For a delicious crunchy side dish that everyone will love, try Homemade Gourmet's Apple Coleslaw recipe today. It is gluten free, fat free and guilt free – a delight you're bound to love!

Serves: 12

Ingredients

- 1/2 cup fat free mayonnaise
- 2 tablespoons vinegar
- 1 Homemade Gourmet® Coleslaw Dressing Mix
- 2 pounds coleslaw blend (shredded cabbage)
- 2 apples (preferably 1 red and 1 green), washed, cored and chopped

Instructions

1. Mix mayonnaise, vinegar, Coleslaw Dressing Mix and shredded cabbage in a large bowl.
2. Add apples; mix until all is blended well.
3. Refrigerate at least 1 hour prior to serving.

Notes

Recipe Serving Size: 4 ounces

Hot Broccoli-Cabot Cheddar Dip

By: Cabot Creamery



Description

For your next party, cater to all tastes with this recipe for Hot Broccoli-Cabot Cheddar Dip. Full of flavor but free of gluten, this dip recipe courtesy Cabot Creamery is an ideal treat for all.

Cooking Time: 10 min

Ingredients

- 1 10-ounce package frozen chopped broccoli
- 8 ounces Cabot Sharp or Extra Sharp Cheddar, grated (about 2 cups)
- 4 ounces cream cheese
- 2 quarts milk
- $\frac{1}{2}$ teaspoon Tabasco or other hot sauce, to taste
- $\frac{1}{2}$ teaspoon black pepper, freshly ground

Instructions

1. Place frozen broccoli in microwave-safe bowl; cover loosely with plastic wrap and microwave until hot and tender, about 9 minutes. Do not add any water.
2. Uncover and add cheddar, cream cheese, milk, hot sauce and pepper to bowl. Cover again and microwave just until cheeses are melted, 1 to 2 minutes longer. Stir until smooth. If mixture seems thin, it will thicken upon cooling slightly.
3. Serve with crackers and fresh vegetables.

Nutritional Information

Calories 72, Total Fat 6g, Saturated Fat 4g, Sodium 116mg, Carbohydrates 1g, Dietary Fiber <1g, Protein 4g, Calcium 110mg

Notes

Makes about 2 1/3 cups (serving size: 37 grams or 1/18 of recipe)

Mexican "Fudge"

By: Mrs. Renfro's Gourmet Salsas



Description

Trust us; this recipe for Mexican "Fudge" from Mrs. Renfro's Gourmet Salsas is unlike any other fudge recipe or gluten free recipe that you have ever had. This savory fudge is perfect with gluten free tortilla chips

Cooking Time: 40 min

Ingredients

- 1 pound Cheddar cheese, grated
- $\frac{1}{4}$ jar Mrs. Renfro's Green Salsa, 4 ounces
- 3 eggs, well beaten

Instructions

1. Spread half of cheese on 11x9-inch or 11x7-inch baking dish.
2. Combine eggs and salsa and spread on cheese. Put remaining cheese on top.
3. Bake at 350 degrees F for approximately 30 minutes.
4. Cool 10 minutes.
5. Cut in 1-inch squares. Serve on tortilla chips.

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Veronica's Baba Ganoush

By: Veronica Bosgraaf

Description

A traditional Lebanese “hummus” like dip made with roasted eggplant instead of garbanzo beans. It has a unique smoky flavor and is accompanied by cold pressed olive oil, raw garlic; fresh squeezed lemon juice, and sprinkled with pomegranate seeds. It’s beautiful and so delicious. I love to eat it with sliced jicama instead of chips.

Ingredients

- 2 eggplants, roasted
- 2 teaspoons tahini
- 2 large garlic cloves
- 2 lemons
- 1/4 cup olive oil
- 1 pinch sea salt
- 1/4 cup pomegranate seeds

Instructions

1. Turn on broiler or preheat oven to 450 degrees F.
2. Poke holes in the eggplant with a fork. Roast eggplant (skin on) until they are soft and skin is crispy.
3. Let cool and scoop insides into a food processor.
4. Add tahini, pressed garlic, olive oil, sea salt and squeeze lemons over mixture. Blend until smooth adding more olive oil or a touch of water if needed to get mixture smooth.
5. Spoon into serving bowl, sprinkle with pomegranate seeds and serve with cut pita bread.

Gluten Free Recipes for Breakfast

Delicious Blueberry Gluten-Free Pancakes

By: Shari Cole of Gluten Free & Fabulous

Description

Yes, you can add breakfast food back to your complete list of gluten free foods. The recipe for Delicious Blueberry Gluten-Free Pancakes from Shari Cole of Gluten Free & Fabulous has astounding flavor.

Ingredients

- 1 cup rice flour
- 3 tablespoons tapioca flour
- $\frac{1}{3}$ cup potato starch
- 4 tablespoons dry buttermilk powder
- 1 tablespoon organic sugar
- 1 $\frac{1}{2}$ teaspoons baking powder
- $\frac{1}{2}$ teaspoon baking soda
- $\frac{1}{2}$ teaspoon salt
- $\frac{1}{2}$ teaspoon xanthan gum
- 2 eggs
- 3 tablespoons canola oil
- 2 cups water
- 1 to 2 cups of blueberries, or a fruit of your choice

Instructions

1. Cook rice in pot or rice steamer with water. Place rice in pot, and add 1 cup (about 9 ounces) of In a bowl, mix or sift together the rice flour, tapioca flour, potato starch, dry buttermilk powder, sugar, baking powder, baking soda, salt, and xanthan gum. Stir in eggs, water, and oil until well blended and few lumps remain. Fold desired amount of blueberries into batter.
2. Heat a large, well-oiled skillet or griddle over medium high heat. Spoon batter onto skillet and cook until bubbles begin to form. Flip, and continue cooking until golden brown on bottom. Serve immediately with condiments of your choice.

Gluten-Free Vanilla-Flax French Toast

By: French Meadow Bakery



Description

For a tasty and hearty take on French Toast, make this recipe for Gluten-Free Vanilla-Flax French Toast from French Meadow Bakery for breakfast today. You will not regret making this sinfully gluten free recipe.

Serves: 1

Cooking Time: 15 min

Ingredients

- 2 slices French Meadow Bakery Gluten-Free Multigrain Bread
- 1 egg
- 1/4 cup skim milk
- 1 tablespoon ground flax
- 1/2 teaspoon vanilla

Instructions

1. Whisk egg, milk, flax and vanilla together.
2. Heat sprayed pan over medium heat.
3. Place bread in egg mixture and coat both sides.
4. Place bread in hot pan and cook for approximately 3 minutes per side or until golden brown.
5. Serve with yogurt, fresh berries or syrup!

Savory Quinoa Hash

By: Melissa Diane Smith

Description

Savory Quinoa Hash - Here's a quick, versatile, easy-to-make breakfast recipe that's a great way to use up leftovers. You can vary its flavor by using different herbs, vegetables and/or meat. Try sautéing in chicken, turkey or pork meat pieces, or serve with gluten-free turkey sausage on the side or mixed into the hash for a festive Sunday brunch.

Serves: 2

Cooking Time: 6 min

Ingredients

- 2 tablespoons organic extra virgin olive oil
- 3 tablespoons yellow onion, finely chopped
- 1 cup organic quinoa, cooked
- 3 tablespoons pecans, finely chopped
- $\frac{1}{4}$ teaspoon ground thyme
- $\frac{1}{8}$ teaspoon unrefined sea salt (I like Real Salt) or more to taste
- 1 to 2 teaspoons fresh parsley, chopped

Instructions

1. Heat olive oil in a skillet on medium.
2. Add the chopped onions and sauté for 30 seconds.
3. Add the cooked quinoa, pecans and thyme, spread mixture across pan, and cook without stirring for 45 seconds.
4. Then stir mixture and sauté about 2 to 3 minutes until golden brown.
5. Take skillet off burner, mix salt into the mixture, serve, and sprinkle with parsley.

Notes

This recipe is reprinted from *Gluten Free Throughout the Year: A Two-Year, Month-to-Month Guide for Healthy Eating* by Melissa Diane Smith

Melissa Diane Smith is a nutritionist and the author of *Gluten Free Throughout the Year: A Two-Year, Month-to-Month Guide for Healthy Eating* and *Going Against the Grain: How Reducing and Avoiding Grains Can Revitalize Your Health*.

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Gluten Free Recipes for Salad

Gluten-Free Spinach and Strawberry Salad

By: Shari Cole of Gluten Free & Fabulous

Description

In need of dairy and gluten free recipes? Then check out this Gluten-Free Spinach and Strawberry Salad from Shari Cole of Gluten Free & Fabulous. Start your meal on a tasty note with this quick and easy salad.

Ingredients

- 2 bunches spinach, rinsed and torn into bite-size pieces
- 4 cups strawberries, sliced
- 1/2 cup vegetable oil
- 1/4 cup rice wine vinegar
- 1/4 teaspoon paprika
- 2 tablespoons sesame seeds
- 1 tablespoon poppy seeds

Instructions

1. In large bowl, toss together the spinach and strawberries.
2. In a medium bowl, whisk together the oil, vinegar, paprika, sesame seeds, and poppy seeds. Pour over the spinach and strawberries, and toss to coat.

Grilled Salmon Salad

By: Fish City Grill, Coconut Creek FL

Description

This recipe for Grilled Salmon Salad from the Fish City Grill in Coconut Creek, Florida is one of the best dairy and gluten free recipes around because it is delicious and satisfying. Make restaurant quality food with this easy gluten free recipe.

Cooking Time: 5 min

Ingredients

- 4 cups Salad Mix
- 2 ounces Vinaigrette Dressing, tossed with salad
- 3 slices Roma tomatoes
- 1 Pepperoncini
- 2 ounces Asian noodles
- 7 ounces salmon, grilled
- 1 ounce fried capers
- Parsley, for garnish
- Lemon wedge, for garnish

Instructions

1. Take filet of salmon, season both sides and place on grill, presentation side down with one ounce of salad oil.
2. Grill for 2 1/2 minutes, flip and grill for an additional 2 1/2 minutes.
3. In mixing bowl, add four cups of salad mix and two ounces shallot vinaigrette dressing. Toss well with tongs.
4. Place mixture into chilled salad bowl.
5. Add 2 ounces of Asian noodles and place three Roma tomatoes slices on one side of bowl and pepperoncini
6. Remove the grilled salmon filet from grill and place on center of salad.
7. Place fried capers on top of filet. Garnish accordingly.

Notes

Fish City Grill is a seafood restaurant in Coconut Creek, Florida

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Jicama, Avocado and Cabot Cheddar Salad with Lime Dressing

By: Cabot Creamery



Description

For a delicious gluten-free salad recipe, give this Jicama, Avocado and Cabot Cheddar Salad with Lime Dressing a try today. Jicama and carrots add a satisfying crunch to this stupendous savory salad.

Serves: 4

Ingredients

- 1 medium jicama
- 3 medium carrots
- $\frac{1}{2}$ small red onion
- $\frac{1}{4}$ cup fresh lime juice
- 2 teaspoons honey
- $\frac{1}{2}$ teaspoon salt
- $\frac{1}{2}$ teaspoon ground cumin
- $\frac{1}{3}$ cup fresh cilantro, coarsely chopped
- 4 ounces Cabot 50% or 75% Reduced Fat Cheddar, grated (about 1 cup)
- $\frac{1}{2}$ small avocado, peeled and diced

Instructions

1. In food processor with julienne blade or by hand, cut jicama and carrots into matchsticks, to yield four cups of jicama and two cups of carrots. Thinly slice red onion to yield $\frac{1}{2}$ cup.
2. In large bowl, whisk together lime juice, honey, salt and cumin. Add jicama, carrots, red onion and cilantro and toss together well.
3. Mound mixture on four plates and top each with some of cheese and avocado.

Nutritional Information

Calories 220, Total Fat 9g, Saturated Fat 4g, Sodium 481mg, Carbohydrates 28g, Dietary Fiber 11g, Protein 12g, Calcium 270mg

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Quinoa Salad

By: Nutritionist Jennifer Regester, RD, CDN, CDE



Description

For a tasty salad that is super tasty and healthy, put this Quinoa Salad on your list of gluten free foods that you eat over and over again. This easy delicious salad recipe is a surefire success.

Serves: 6

Ingredients

- 2 cups quinoa, cooked
- 1 cup parsley, chopped
- 1/2 cup fresh green onions, chopped
- 1 medium garlic clove, minced
- 1 tablespoon fresh basil
- 1/2 cup fresh lemon juice
- 1/4 cup extra virgin olive oil
- 1/4 cup pine seeds
- 1 pinch salt
- 1 pinch pepper

Instructions

1. Rinse the quinoa to remove any powdery residue by placing the grains in a strainer and rinsing until the water runs clear.
2. In a large pot of boiling water, add the quinoa and cook uncovered for 10-12 minutes. Drain well.
3. Place all ingredients into a large bowl, and mix together until ingredients are lightly coated with the lemon juice and olive oil.
4. Cover and place in the refrigerator to chill for at least 30 minutes to allow flavors to blend.

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Nutritional Information

Calories- 223.3

Total Carbohydrates- 16.2 g

Dietary Fiber- 5.9 g

Total Fat- 15.3 g

Protein- 4.5 g

Notes

Jennifer Register, RD, CDN, CDE is a Nutritionist at the Gerald J. Friedman Diabetes Institute at Beth Israel Medical Center.

Some Quick Facts about Quinoa: Quinoa is a highly nutritious whole grain as well as a complete protein! It is also gluten-free and a great source of nutrients such as iron, copper, magnesium and phosphorus.

This recipe is also diabetes-friendly.

Strawberry Blueberry Salad

By: Nutritionist Jennifer Regester, RD, CDN, CDE

Description

The sweetness of the fruit melds beautifully with salty feta cheese and crunchy almonds in this gluten free recipe for Strawberry Blueberry Salad. This is definitely not your ordinary salad.

Serves: 4

Ingredients

- 8 cups spinach
- 1 cup strawberries, sliced
- 1 cup blueberries
- 1/2 cup almonds, sliced or slivered (toasted pine nuts or sunflower seeds are also good)
- 2 ounces feta cheese, crumbled

Instructions

1. Mix tequila, limeade and lime peel in medium glass or plastic bowl. Stir in chicken. Cover and Fill a 2-quart mixing bowl with spinach, strawberries, blueberries, almonds and cheese.
2. Toss to combine.
3. Serve and enjoy.

Nutritional Information

Each serving contains 10 grams of carbohydrate, 7 g fiber, 10g protein, and 175 calories.

Notes

This recipe is also diabetes-friendly.

Super Spinach and Strawberry Salad

By: Carol Ritchie for Renfro Foods



Description

Since super foods are all the rage, this Super Spinach and Strawberry Salad boasts nutrient-dense ingredients. Mrs. Renfro's Pomegranate Salsa adds just the right balance of sweet and spicy flavor. A small amount of olive oil whisked into the salsa helps carry the flavors to every corner of your taste buds!

Ingredients

- 4 cups spinach leaves
- 1 cup snow peas
- 1 cup strawberries, sliced
- $\frac{1}{2}$ cup Mrs. Renfro's Pomegranate Salsa
- 2 tablespoons olive oil
- $\frac{1}{4}$ cup almonds, sliced

Instructions

1. Arrange spinach leaves, snow peas, and strawberries on salad plates.
2. In a bowl, whisk together salsa and olive oil.
3. Drizzle dressing over salad and garnish with almonds.

Low-Carb Strawberry Vinaigrette Dressing

By: Nutritionist Jennifer Regester, RD, CDN, CDE



Description

Keep your salads healthy and guilt-free by topping them with this dairy and gluten free recipe for Low-Carb Strawberry Vinaigrette Dressing. It's diabetes-friendly and totally guilt free too.

Serves: 8

Ingredients

- 1/2 cup olive oil
- 1/2 cup strawberries, sliced
- 1 teaspoon mustard
- 2 tablespoons red wine vinegar
- Salt and pepper, to taste

Instructions

1. Puree strawberries in a blender or food processor.
2. Add vinegar, mustard and seasonings.
3. Blend, and then add olive oil. Blend until creamy.

Nutritional Information

Each 2 tablespoon serving has .5 g carbohydrate and 123 calories.

Notes

This recipe is also diabetes-friendly.

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