

BETH KELLEY'S GLUTEN FREE DIET TIPS and RECIPES

Eating Gluten Free (GF) is not as hard as it may seem. It is a very healthy diet and we have learned over the years some tips I'm glad to share with someone new starting the diet.

With a Gluten Free diet you cannot have Wheat, Rye, or Barley. So no bread, breading, pasta, sauces thickened with gravy, or casseroles that use "cream of" soups. See below for some tips and substitutes for past and "cream of" soups:

- Grilled/baked meat, veggies and salad (no croutons) is really an easy naturally GF meal.

If you want to marinate the meat in something – just be sure the sauce/marinade is GF. Most **soy sauces** have wheat in them (except for the **La Choy** brandLowe's usually carries). But any Italian dressing, or dressing based sauce (including BBQ sauce) is fine.

- GF pasta is readily available. The best is brown rice carried by Lowe's and Whole Foods is a tad pricey (\$3.99 a bag). Walmart has a brand and carry penne and spaghetti – it is only \$2 a bag – and is still good. I use Olive Oil, or Marina sauce.

If you do cook and make your own Alfredo sauce – just use Corn Starch instead of flour to thicken.

- Whole Foods has good GF frozen pie crusts. You can do quiches in them. Since they come in a pack of 2 – I also make a Chicken Pie recipe. For the top crust – let one of them thaw and peel out of pan onto a flat surface and roll it together...or as inevitably happens for me and it just crumbles....I "mush" it together in a ball and then roll out like you would a regular pie crust. Very good for Chicken Pie! 😊
- I tend to make biscuits, banana bread if we want bread around the house. Have not perfected "real" bread yet. But I make cheese and cream cheese biscuits, then banana bread I use extra bananas and "mush" them into a puree. GF Flour is very dry – so doing these types of bread with moistening items makes them not as dry...in fact hard to tell they are GF.
- My favorite Flour is Gluten Free Pantry All-Purpose Flour (\$3.99 a pound – yikes!!). Next is King Arther's All-Purpose Flour which is easily found at Harris Teeter's now. DO NOT use

Bob's Red Mill....it is awful! ☺ For either of the flours – I just substitute it for flour in a regular recipe. Have made a red velvet cake and pink lemonade cake with it and they turned out quite tasty!

- Eating out is not very hard! Most restaurants these days understand Gluten issues now and a lot have separate menus. Just make sure to stay away from the obvious (breaded things, fried things, breads, croutons, gravies and *suspect* sauces – ie – Bourbon sauce at Ryan's for Salmon. Bourbon and a lot of liquors have wheat in them). If we are not sure – we just ask the waiter/waitress and they go back and ask the chef. Always good to double check to make sure there is nothing hidden like meat being marinated in something that has gluten in it. Also – hard to do fried (like French fries) because they fry breaded things in the same oil usually. Not that any of us really need to be eating French fries anyway...

A few local restaurants that are very gluten free friendly:

- River Birch
- New Town Bistro (even though I have never been)
- Carabba's has a GF menu
- Macaroni Grill has GF menu
- Most Mexican places are good...just make sure to ask for a corn tortilla instead of flour. We have not been to one that won't make what's on the menu in a flour tortilla in a corn one.
- Pizza places that have GF pizzas: Brixx, Mellow Mushroom, and now Domino's

Here are a few of Taylor's regular menu items from places:

- Panera Bread: Salad without croutons, Chicken Salad sandwich without the bread – just get extra lettuce to eat it like a lettuce wrap, Black Bean soup.
- Cookout – has a “low carb” burger that comes without the bun.
- Chipolte – bowl or “hard” tacos.
- Grilled chicken/fish salads (even Caesar salads without croutons)
- Fast food burger place: meat without bun and salad.

- Whole Foods has lots of great GF items. A few of our regulars:
 - Whole Foods Brand White Sandwich bread (comes frozen)
 - Whole Foods Brand Hamburger buns (comes frozen; tastes more like yeast rolls)
 - Whole Foods brand corn bread (frozen)
 - They have Nature's valley soups – cream of chicken and I think cream of celery – that make good substitutes in recipes that call for “cream of” soups.
- Other grocery staples:
 - World Market has Heinz Tomato Soup (which is made in the UK and uses corn starch instead of flour)
 - Progresso Cream of Mushroom soup – I use in place of regular cream of mushroom
 - Hummus...naturally GF
 - Fruits
 - Veggies
 - Costco – has “Food That Should Taste Good” Multigrain Tortilla chips that are very good.
 - Any kind of tortilla chip is GF

Easy Party Cheese Biscuits

- 2 Sticks Butter or Margarine, melted*
- 1 (8 oz.) C. Sour Cream
- 2 C. Self-Rising GF Flour**
- 2 C. Sharp Cheddar Cheese Grated

Melt butter and add sour cream. Measure flour, then sift flour into wet ingredients, blending well. Add cheese and mix well. Pour batter evenly into four small muffin pans sprayed with vegetable spray (I use a mini muffin pan and just fill each cup almost to the top).

Bake at 400 degrees for 15 to 20 minutes. Makes 48 small biscuits.

After biscuits are cool, they can be frozen and taken out as needed.

**I use Olive Oil (extra virgin) instead of Butter. $\frac{3}{4}$ C. Olive Oil = 2 sticks butter*

***To make Self Rising Flour:*

2 C. flour (I like Gluten Free Panty – Beth's All Purpose Flour or King Arthur's GF Flour)

1 t. salt

1 T. Baking Powder

GF Tiny Cream Cheese Biscuits

- 1 (8 oz.) pkg of Cream Cheese
- ½ C. Butter (softened) OR ¼ C + 2 T Olive Oil
- 1 C. Self-Rising GF Flour**

Beat cream cheese and butter at medium speed with an electric mixer 2 minutes or until creamy. Gradually add flour, beating at low speed until blended. Spoon dough into ungreased miniature muffin pans, filling full.

Bake at 400 degrees for 15 to 17 minutes, or until golden. Serve hot.

Yield: 1 ½ Dozen

***To make Self Rising Flour:*

1 C. flour

½ t. salt

½ T. Baking Powder

BANANA CHOCOLATE CHIP BREAD

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1 1/4 c. brown sugar

1/2 c. butter

2 eggs

1 tsp. vanilla

1 tsp. soda

1/2 c. milk

2-3 bananas, cut up

2 c. GF flour

1 (12 oz.) bag Nestle chocolate chips

Mix together and pour into 2 bread loaf pans. Bake at 350 degrees for 1 hour or until toothpick comes out clean.

Flourless Peanut Butter-Chocolate Chip Cookies

- **1 C firmly packed brown sugar**
- **1 C chunky peanut butter**
- **1 large egg**
- **1 t baking soda**
- **½ t vanilla extract**
- **1 C milk chocolate morsels**

- 1. Stir together first 5 ingredients in a medium bowl, using a wooden spoon. Stir in chocolate morsels.**
- 2. Drop cookie dough by rounded tablespoonfuls onto a parchment paper-lined baking sheet.**
- 3. Bake at 350 for 12 minutes or until puffed and golden. (Cookies will be soft in the center.) Cool cookies on baking sheet 5 minutes. Remove to a wire rack.**

Flourless Peanuty-Peanut Butter Cookies: Substitute 1 cup coarse chopped lightly salted peanuts for milk chocolate morsels. Proceed with recipe as directed.

CORN DIP

From Amy Ciaccia

1 ¼ C Sour cream (I use light or Greek Yogurt)
1 can Fiesta Corn, drained
½ C mayo (light)
2-3 Tbsp diced jalapenos (jarred not fresh)
2-3 Tbsp jalapeno juice
6 oz shredded sharp cheddar (add more cheese to thicken if necessary)
1 Tbsp sugar
Green onion

Mix sour cream, mayo jalapenos, jalapeno juice, and sugar. Add corn, shredded cheddar and green onion and mix well. Refrigerate. Serve with corn chips or Frito Scoops.

BROCCOLI CHEDDAR QUICHE

Printed from **COOKS.COM**

1 (9-inch) GF deep dish pie crust (Whole Foods brand is great)

1 (10 oz.) pkg. frozen chopped broccoli

1/4 c. finely chopped onion

1 c. shredded Cheddar cheese

2/3 c. evaporated milk

1/2 tsp. salt

3 eggs

Bake pie shell as directed on package until light brown, approximately 5 minutes. Place broccoli and onion in covered casserole and microwave until tender, approximately 10 minutes. Beat together eggs, milk and salt. Layer half of broccoli and onion and cheese in bottom of shell. Repeat layer. Pour egg and milk mixture over pie. Bake at 350 degrees for 20 to 25 minutes.

SONYA BROOME'S GRITS B'FAST CASSEROLE

- 2 C Water
- ½ t. salt
- ½ C. Uncooked Reg Grits
- 4 C. Shredded Extra Sharp Cheddar Cheese
- 4 Eggs Beaten
- 1 C. Milk
- ½ t. dried whole thyme
- 1/8 t. Garlic Salt
- 2 lbs mild sausage, cooked & drained (or can substitute 2 boxes of frozen chopped broccoli)

Bring water & salt to a boil. Stir in Grits. Return to boil (reduce heat & cook 4 minutes). Combine Grits & cheese in large mixing bowl. Stir until cheese is melted.

In separate bowl, combine eggs, milk, thyme and garlic salt. Add small amount of grit mixture to eggs mixture and stir well. Stir egg mixture into reg. grit mixture. Stir well.

Pour into a 13 X 9 pan. Cover and refrigerate overnight.

Take out of refrigerator and let stand for 15 minutes. Bake at 350 degrees for 50-55 minutes.

Taco Soup

1 pd. extra lean ground beef
1 - 15 oz can crushed tomatoes
1 - 4 oz can tomato sauce
1 can corn
2 cans kidney beans, drained
1 onion chopped
1 can pinto or navy bean
1 package taco seasoning mix
1 package buttermilk ranch dressing
1 small can green chili (optional)

Add all the ingredients in a pot. Simmer. YUM. 1 cup = 2 points on the Weight Watchers diet.

Extra treat: Homemade ice cream sandwich
Use chocolate graham crackers. Fill with whipped cream. Freeze. Yum.
Use fat free whipped cream for the low fat recipe.

Tamera Wilson

Lasagna Soup

Yield: 8 servings

Ingredients

for the soup:

- 2 tsp. olive oil
- 1-1/2 lbs. Italian sausage or Ground Beef
- 3 c. chopped onions
- 4 garlic cloves, minced
- 2 tsp. dried oregano
- 1/2 tsp. crushed red pepper flakes
- 2 T. tomato paste
- 1 28-oz. can fire roasted diced tomatoes
- 2 bay leaves
- 6 c. chicken stock
- 8 oz. mafalda or fusilli GF pasta (can be found at Walmart)
- 1/2 c. finely chopped fresh basil leaves
- salt and freshly ground black pepper, to taste
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for the cheesy yum:

- 8 oz. ricotta
- 1/2 c. grated Parmesan cheese
- 1/4 tsp. salt
- pinch of freshly ground pepper
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additional cheesy yum:

- 2 c. shredded mozzarella cheese

Preparation

Heat olive oil in a large pot over medium heat. Add sausage, breaking up into bite sized pieces, and brown for about 5 minutes. Add onions and cook until softened, about 6 minutes. Add garlic, oregano, and red pepper flakes. Cook for 1 minute. Add tomato paste and stir well to incorporate. Cook for 3 to 4 minutes, or until the tomato paste turns a rusty brown color.

Add diced tomatoes, bay leaves, and chicken stock. Stir to combine. Bring to a boil and then reduce heat and simmer for 30 minutes. Add uncooked pasta and cook until al dente. Do not over cook or let soup simmer for a long period of time at this point, as the pasta will get mushy and absorb all the soup broth. You may even want to consider cooking the noodles separately, and then adding some to individual bowls before ladling the soup over them. This would be an especially smart move if you are anticipating any leftovers. Right before serving, stir in the basil and season to taste with salt and freshly ground black pepper.

While the pasta is cooking, prepare the cheesy yum. In a small bowl, combine the ricotta, Parmesan, salt, and pepper.

To serve, place a dollop of the cheesy yum in each soup bowl, sprinkle some of the mozzarella on top and ladle the hot soup over the cheese.

COMPANY CHICKEN AND MUSHROOMS

Makes 6 servings

Preparation Time: 15 minutes

Slow Cooker Cooking Time: 2½ to 3 hours on high or 5 to 6 hours on low

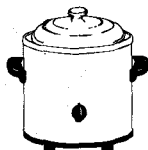
Last-Minute Cooking Time: about 5 minutes on stovetop

- 6 chicken breast halves (about 3¾ lb. total)**
- 1¼ teaspoons salt**
- ¼ teaspoon pepper**
- ¼ teaspoon paprika**
- 1¾ teaspoons chicken bouillon granules**
- 1½ cups sliced mushrooms**
- ½ cup sliced green onions**
- ½ cup dry white wine or vermouth**
- 1 can (5 oz.) evaporated milk**
- 5 teaspoons cornstarch**
- Minced fresh parsley**

1. Remove skin from chicken; rinse and pat dry.
2. In a small bowl, mix salt, pepper and paprika. Rub into surface of chicken using all of the mixture.
3. In a slow cooker, alternate layers of chicken, bouillon granules, mushrooms and green onions. Pour wine slowly over top. **DO NOT STIR.**
4. Cover and cook on high for 2½ to 3 hours or on low for 5 to 6 hours or until chicken is tender, but not falling off bone, basting once if time allows.
5. With a slotted spoon, remove chicken and vegetables to a serving platter. Cover with foil and keep warm.
6. In a small saucepan, stir evaporated milk and cornstarch until smooth. Gradually stir in 2 cups of the cooking liquid. Stirring over medium heat, bring to a boil and boil for 1 to 2 minutes or until thickened.
7. Spoon some of the sauce over chicken and garnish with parsley. Serve remaining sauce separately.

Serve with steamed rice.

High setting
2½ to 3 hours



Low setting
5 to 6 hours