

# **Gluten Free Cookbook**

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# Blueberry Breakfast Muffins

## Ingredients:

¾ cup fresh or frozen blueberries  
1 cup rice flour  
¾ cup tapioca flour  
1/3 cup sugar  
1 tablespoon baking powder  
¼ teaspoon salt  
½ cup milk  
¼ cup oil  
1 egg

## Directions:

1. Combine rice flour, sugar, baking powder, and salt in a medium bowl. Make a well by pushing ingredients to the sides of the bowl.
2. Combine milk, oil, and egg in a small bowl. Beat until well blended.
3. 3. Add milk mixture to the flour mixture, all at once, stir until moistened (batter will be lumpy).
4. Stir in blueberries.
5. Spoon into greased or paper-lined muffin pans, filling two-thirds full.
6. Bake 20 minutes in a 400-degree oven, or until golden and a tooth-pick inserted near the center comes out clean.

Makes 10 – 12 muffins.

# Waffles

## Ingredients:

2 cups rice flour  
1/3 cup tapioca flour  
2/3 cup potato starch flour  
3 tablespoons brown sugar  
1 tablespoon plus 2 teaspoons baking powder  
1 ½ teaspoon baking soda  
¼ teaspoon salt  
2/3 cup buttermilk powder  
2 beaten eggs  
2 ½ cups milk  
2 tablespoons oil

## Directions:

1. In a bowl, mix the rice flour, tapioca flour, potato starch flour, brown sugar, baking powder, baking soda, salt, and buttermilk powder. Make a well by pressing the ingredients to the sides of the bowl.
2. In a small bowl, mix the eggs, milk and oil.
3. Add the egg mixture to the flour mixture and combine well. Do not over mix. The batter will be slightly lumpy.
4. Drop by 1/3 cupfuls onto a hot waffle iron serving square. Cooking according to manufacturer's directions.

Makes 12- 14 waffles.

Note: Freeze any extra waffles in a zip-style freezer bag. For a quick breakfast, toast or reheat in the microwave.

Adapted from Incredible Edible Gluten-Free Food for Kids.

# Breakfast Tacos

## Ingredients:

4 corn tortillas  
1/2 cup egg whites  
1 egg  
Pam cooking spray  
1 roma tomato  
¼ cup chopped sweet onion  
2 tbsp reduced-fat shredded cheese  
Salt and pepper to taste

## Directions:

1. Spray cooking spray over a medium sized skilled and heat on medium high heat. Sauté tomatoes and onions for 1-2 minutes.
2. Add ½ cup liquid egg whites and egg to bowl. Whisk for 1 minute.
3. Heat corn tortillas in a damp towel for 1 minute in the microwave.
4. Add egg mixture to cooking tomatoes and onions and cook stirring till eggs are cooked all the way through.
5. Add salt and pepper to taste.

Makes 4 tacos.

# Lettuce wraps

## Ingredients:

1 head of Boston lettuce  
2 teaspoons olive oil  
1 pound lean ground chicken or turkey  
2-inch piece ginger, peeled and finely grated  
2 scallions, chopped  
2 cloves garlic, minced  
2 tablespoons gluten free soy sauce  
Salt and pepper to taste

## Directions:

1. Separate leaves from head of lettuce and clean as necessary.
2. In a skillet, heat olive oil over medium high heat and cook ground chicken or turkey until brown.
3. Stir in ginger, garlic, soy sauce and scallions. Cook for 1-2 minutes.
4. Season beef with salt and pepper to taste.
5. Add small amount of beef to lettuce and wrap.

Makes 4-6 servings.

# Sesame Chicken Salad

## Ingredients:

1 skinless, boneless chicken breast  
1 tablespoon cooking oil  
3 tablespoons orange juice  
1 tablespoon honey  
1 teaspoon gluten- free soy sauce  
¼ teaspoon grated ginger root  
¼ teaspoon sesame oil  
1 recipe creamy coleslaw ( )

## Directions:

1. Cut chicken breast into bite-sized pieces.
2. In a small frying pan, cook the chicken pieces with ½ cup water, adding water as needed until chicken is done.
3. Add the cooking oil. Brown the chicken pieces.
4. Meanwhile, in a small bowl, combine orange juice, honey, soy sauce, ginger root, and sesame oil.
5. Add to the chicken pieces. Cook on low until bubbly (about 30 seconds). Remove from heat, set aside to cool.
6. Prepare Creamy Coleslaw.
7. Add the chicken pieces to Creamy Coleslaw. Serve immediately or chill for 1 to 24 hours.

Makes 4 main- dish servings.

Adapted from Incredible Edible Gluten-Free Food for Kids.

# Peanut Butter and Jelly

## Ingredients:

- 1 tablespoon peanut butter
- 1 tablespoon of fruit preserves or jelly
- 2 pieces of gluten free bread

## Directions.

1. Spread peanut butter over 1 slice of bread
2. Spread preserves or jelly over 1 slice of bread.
3. Place two pieces of bread together to make a sandwich.

Makes 1 serving.



# Winter Soup

## Ingredients:

1 pound lean ground beef or turkey  
½ cup chopped onion (1 medium)  
½ cup chopped green pepper  
1 clove garlic, crushed  
1 16-ounce can tomatoes cut up  
1 8-ounce can tomato sauce  
1 10 ¾ ounce can gluten-free beef consommé (not broth) or 1 1/3 cup water with 1 tablespoon gluten-free beef bouillon  
1 tablespoon gluten-free Worcestershire Sauce  
½ teaspoon salt  
½ teaspoon pepper  
2/3 cup red wine (or water)  
1 15 ½ ounce can dark red kidney beans  
½ head cabbage, shredded or chopped

## Directions:

1. In a large saucepan or Dutch oven, sauté ground beef or turkey until brown. Add onion, green pepper, and garlic. Cook on low for 15 minutes or until onion is soft and translucent.
2. Add cut-up tomatoes, tomato sauce, beef consommé, Worcestershire sauce, salt, pepper, red wine (or water), and undrained kidney beans. Bring to a boil.
3. Cover and simmer for one hour.
4. Add cabbage and cook 30 minutes longer. (Soup will thicken when the lid is removed.)

Makes 5 servings.

Adapted from Incredible Edible Gluten-Free Food for Kids.

# Spanish Rice and Chicken

## Ingredients:

2 whole skinless, boneless chicken breast (1 ½ pounds)  
2 tablespoons oil  
½ cup chopped green pepper  
½ cup chopped celery  
½ cup chopped onion (optional)  
1 clove garlic, minced  
3 ½ cups tomatoes, diced (2 14 ½ -ounce cans)  
¾ cup long grain rice, uncooked  
1 ½ teaspoon chili powder  
1 teaspoon sugar  
1 cup shredded cheddar cheese (4 ounces)

## Directions:

1. In a large skillet with a lid, cook the chicken in one tablespoon of the oil. Remove from pan and set aside.
2. Add remaining oil, green pepper, celery, onion (if used), and garlic to the skillet. Cook over low heat until vegetables are tender, but not yet browned.
3. Meanwhile, cube the chicken breast and add to the pan. Stir in undrained tomatoes, rice, chili powder, sugar, and one cup of water. Bring to a boil.
4. Reduce heat, cover, and simmer for 20 minutes or until the rice is tender and most of the liquid is absorbed. Remove from heat.
5. Sprinkle with the cheddar cheese. Cover and let stand for five minutes or until cheese melts.

Makes 6 servings.

Adapted from Incredible Edible Gluten-Free Food for Kids

# Spaghetti Squash with Meatballs

## Ingredients:

- 1 large spaghetti squash (about 4 pounds), halved lengthwise and seeded
- 3 tablespoons unsalted butter, cut into pieces
- 1 cup gluten free pasta sauce
- 1 tablespoon olive oil
- Salt and freshly ground pepper
- 1 pound lean ground beef
- 1/4 cup freshly grated Parmesan cheese

## Directions:

Preheat Oven to 375 degrees.

1. Place the squash, cut side up, on a damp paper towel in a microwavable dish. Microwave on high until tender, about 15 minutes.
2. Using a fork, scrape the strands of squash into a microwavable bowl and toss with the butter.
3. In a skillet, heat olive oil over medium high heat and cook ground chicken or turkey until brown.
4. In a large skillet, heat the remaining 1 tablespoon olive oil over medium-high heat. Once meat is cooked, add pasta sauce to meat.
5. Reheat the shredded squash in the microwave and top with the meat sauce and parmesan cheese.

Makes 2 - 4 servings.

# Sweet Potato Fries

## Ingredients:

4 sweet potatoes, peeled and sliced into ¼ -inch thick and length size strips

2 tablespoons of olive oil

Salt and pepper to taste

## Directions:

Preheat oven to 450 degrees.

1. Line a sheet tray with parchment paper.
2. Toss fries and oil in a large bowl.
3. Spread sweet potato strips in a single layer on the sheet tray.
4. Bake until fries are tender and golden brown, turning occasionally, usually 20-30 minutes.

Makes 3-5 servings.

Adapted from Food New Work Website.

## Popeye's Spinach

### Ingredients:

1 ½ pounds baby spinach leaves  
2 tablespoons olive oil  
1 tablespoon minced garlic  
Salt and pepper to taste

### Directions:

1. Rinse spinach well in cold water. Spin in a salad spinner to rinse off excess water.
2. In a large skillet, heat olive oil over medium to high heat.
3. Sauté garlic for 1 minute, but don't allow to burn.
4. Add spinach, cover and cook for 2 minutes.
5. Uncover the pot and cook spinach for another minute stirring with spoon till spinach is completely wilted.
6. Salt and pepper to taste.

Makes 4-6 servings.

Adapted from Food Network Website.

# Macaroni and Cheese

## Ingredients:

1 pound gluten-free elbow macaroni  
3 cups 2% milk  
1 teaspoon potato starch  
½ teaspoon salt  
2 tablespoons unsalted butter  
2 tablespoons gluten-free reduced-fat cream cheese  
½ teaspoon gluten-free paprika  
½ teaspoon gluten-free garlic powder  
¼ teaspoon freshly ground black pepper (optional)  
3 cups grated mild cheddar or American cheese, or a mixture

## Directions:

1. Bring a large pot of salted water to a boil. Add the pasta, and cook it for 3 minutes less than the package instructions indicate.
2. Meanwhile, make the sauce: Combine the milk, the potato starch, and salt in a medium bowl and whisk to combine.
3. Place the butter and cream cheese in a large stockpot and heat over medium heat. When the cream cheese is soft and the butter has melted, slowly whisk in the milk mixture. Cook, stirring occasionally, until the mixture is hot and has thickened slightly, 3 to 4 minutes. Add the paprika, garlic powder, and pepper if using. Reduce the heat to low and add the cheese. Cook, stirring frequently, until thickened, about 3 minutes.
4. Drain the pasta, add it to the sauce, and cook for 1 minute, stirring to coat the pasta with the sauce.

Adapted by Chef Karen Pickus for Good Morning America.

# Apple Crisp

## Ingredients:

5 cups cooking apples, peeled, cored, and thinly sliced  
¼ cup sugar  
2 tablespoons finely ground pecans (optional)  
¼ cup bean flour (Garfava, full fat soy, or garbanzo)  
¼ cup brown rice flour  
½ cup brown sugar  
¼ cup tapioca flour  
2 tablespoons rice bran  
½ teaspoon ground cinnamon  
¼ cup margarine or butter

## Directions:

Preheat oven to 375 degrees.

1. In a bowl, combine the apples and sugar. Pour into an 8 inch round baking pan.
2. In a bowl, combine pecans, bean flour, brown rice flour, brown sugar, crust is crumbly. Pour on top of the apples.
3. Bake at 375 degrees for 30-35 minutes or until apples are tender and crust is golden. Serve with ice cream if desired.

Makes 6 servings.

Variation: Part or all of the light bean flour can be substituted with brown rice flour or rice flour, if desired. Protein levels will be changed.

Peach Crisp: Prepare as above, substituting 5 cups peeled and sliced fresh peaches for the apples.

Pear Crisp: Prepare as above, substituting 5 cups peeled, cored, and thinly sliced pears for the apples.

Adapted from Incredible Edible Gluten-Free Food for Kids

# Old Fashioned Sugar Cookies

## Ingredients:

1/3 cup margarine or butter  
1/3 cup shortening  
1 cup rice flour  
1 teaspoon xanthan gum  
1 teaspoon unflavored gelatin  
1 egg  
¾ cup sugar  
1 tablespoon milk or substitute  
2 teaspoons baking powder  
1 teaspoon vanilla  
¼ teaspoon salt  
½ cup tapioca flour  
½ cup potato starch flour

## Directions:

1. In a large bowl, beat margarine and shortening together until creamy and well combined.
2. Add rice flour, xanthan gum, unflavored gelatin, egg, sugar, milk, baking powder, vanilla and salt. Beat until thoroughly combined.
3. Add tapioca flour and potato starch flour. Beat until thoroughly combined.
4. Cover with plastic wrap and chill three hours.
5. Divide the dough in two. Keep the unused portion of the dough chilled until needed.
6. On a lightly rice-floured surface, roll half of the dough at a time, to 1/8 inch thick. Cut into desired shapes and place on ungreased cookie sheet. (If the dough becomes sticky, return to the refrigerator to chill again.)
7. Bake 375 degrees for 7-8 minutes (2 ½ inch cookies; less for smaller ones, more for larger ones) or until the edges are firm and bottoms are very lightly browned. Cool on a wire rack. Keep unused dough in the refrigerator until ready to use.

Makes 36-48 cookies.

Adapted from Incredible Edible Gluten-Free Food for Kids



# Fudge Brownies

## Ingredients:

1 cup margarine or butter  
2 squares (2 ounces) unsweetened Baker's chocolate  
1 cup sugar  
2 eggs  
1 teaspoon vanilla  
¼ cup rice flour  
¼ cup tapioca flour  
¼ cup potato starch  
¼ teaspoon xanthan gum  
½ cup chopped nuts (optional)

## Directions

1. In a medium saucepan, combine margarine or butter and chocolate over low heat until melted. Remove from heat.
2. Add sugar, eggs, and vanilla. With a spoon, lightly beat by hand until combined.
3. Stir in rice flour, tapioca flour, potato starch flour, xanthan gum, and chopped nuts, if used.
4. Spread into a well-greased 8 x 8 x 2-inch square baking pan. Bake in 350 degree oven for 30 minutes. Cool on a wire rack. When completely cool, cut into two-inch square bars.

Makes 16 brownies.

Adapted from Incredible Edible Gluten-Free Food for Kids