

GLUTEN FREE COOKBOOK VOL. 4

GLUTEN FREE COOKBOOK VOL. 3

GLUTEN FREE COOKBOOK VOL. 2

GLUTEN FREE COOKBOOK VOL. 1

Breakfast
Recipes

Gluten FREE
COOKBOOK VOL. 1



CHARITY  WILSON

Gluten Free Cookbook Box Set

Vol.1 Breakfast Recipes

Vol. 2 Lunch Recipes

Vol. 3 Dinner Recipes

Vol. 4 Bread Recipes

By Charity Wilson

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Introduction

Thanks for purchasing **Gluten Free Cookbook Box Set**. Inside you are going to discover four gluten cookbooks containing over 140 recipes to ensure you never run out of delicious recipes. The books you get to enjoy are:

Gluten Free Cookbook: Vol.1 Breakfast Recipes

Gluten Free Cookbook: Vol.2 Lunch Recipes

Gluten Free Cookbook: Vol.3 Dinner Recipes

Gluten Free Cookbook: Vol.4 Bread Recipes

Millions of men and women across the world are living gluten-free either due to a medical reason or by personal choice. But just what does that mean? Gluten is a protein found in wheat, barley, rye and any product that contains wheat ingredients. It can also be found in oats or other products that can become cross contaminated through the manufacturing process.

Sensitivity to gluten is the most common reason that people adhere to a gluten free lifestyle. Gluten sensitivity can cause a massive number of health issues as the body starts attacking the lining of the small intestine due to the consumption of the protein. It is something that can make a person very sick, and in some cases can cause death.

Once people started to lose weight going gluten free, you can bet people took notice. A large number of people who are going gluten free choose to do so simply to help them lose weight. Significant amounts of weight can be lost when this protein is eliminated from the diet. However, a gluten-free lifestyle is not intended to be used as a weight loss program and not every individual will necessarily experience weight loss.

Here are a few tips that will help you maintain this lifestyle, as well as a few tips to help you better prepare all of the recipes that we have provided to you throughout the book:

1. Shopping for Ingredients

All of the recipes have been created with gluten-free products. When buying ingredients for any of these recipes, ensure that you are paying close attention to the manufacturer's nutrition label on the foods. It is important that you ensure you are buying products which are actually gluten-free.

Most of the products that are gluten free will have it printed on the front of the package so it is much easier to see. Before you head to the market, prepare a shopping list. Having a list on hand will make it easier to get what you need and to ensure that it is truly gluten free. Research brands and ask other people who are gluten-free where the best places are to buy gluten-free foods. For people who are just starting out on a gluten-free diet, this bit of research can really make the transition much smoother.

Cooking Times Vary

Remember that oven and stove cooking times vary and you may need to leave your food in longer or remove it before the time recommended in the recipe. Always watch closely as you prepare meals and adjust the cooking times as needed.

Gluten-Free Mix & Flour

You will notice that most of the recipes in this guide call for gluten free mix or alternative flours to wheat flour. It is vital that this is used instead of the traditional flour, which contains the gluten that you want to avoid. Have a steady supply of this on hand, as it will be used for the most part throughout your cooking experience as gluten free.

Don't be Afraid to Experiment

Many of the foods that you love to eat can be redesigned to adhere to gluten-free standards. It can be a bit of trial and error to replace standard flour with coconut, almond or other alternative flours, but it is important to try. If you don't feel like you gave up any of your favorite dishes, you will not feel deprived. Most diets end as soon as a person experiences a feeling of deprivation so have fun and experiment with your favorite

recipes.

Food Safety

Again, even the smallest amount of gluten could cause a number of health problems to a person who is allergic or has a sensitivity. So, it is equally important that you take all of the proper measures for food safety as well. This means that you must always work with clean surfaces in the kitchen.

If a non-gluten free item touches the counter, the risk of contamination is there and it is possible that even a small trace could cause you a number of problems. Of course, this is just one of the reasons that you want to ensure that you are sanitary. Keep the kitchen clean, as well as all of the work surfaces and the utensils that you will be using. It is always better to be safe than to be sorry and food poisoning and food contamination are not things that you ever want to experience.

Cooking Tips

Here are a few additional cooking tips that will help you when preparing your gluten free meals.

When you are cooking with gluten-free products, it is important that you remember to use room temperature ingredients. They are much easier to work with and can enhance the actual taste of your meals.

Investing in a cooking thermometer is a good idea. You can find these tools wherever cooking supplies are sold. They are very cheap to purchase and with them you can be sure that all of the meals that you prepare are cooked thoroughly and safe for you and your family to consume.

Remember that practice makes perfect and the more that you cook with gluten free flour, the better that you will get at it. Give yourself time to learn the ropes of cooking with gluten-free ingredients and start off cooking simple recipes. Once your skills increase you can move on to the more advanced recipes.

Ask family and friends if they have any recipes that they could share with

you, and remember that there are always tons of recipes and cookbooks available, too. Of course with fantastic gluten-free recipe books like this one, you have quite a few weeks of delicious cooking already on hand.

I hope you discover some new favorites and that these recipes make living a gluten free lifestyle feel effortless.

Here are a couple more gluten free recipe books you might be interested in:

[Gluten Free Desserts: 50 Delicious Gluten Free Recipes For Celiac, Paleo And Gluten Free Diets by Charity Wilson](#)

[Gluten Free Slow Cooker Recipes: 50 Gut Friendly Wheat Free Meals That Are Ready When You Are by Charity Wilson](#)

Charity

Gluten Free Cookbook

Vol. 1

Breakfast Recipes

Gluten-free Quiche

Use ½ cup egg substitute rather than 2 egg whites and 1 egg, to lower cholesterol and fat in this recipe.

Ingredients:

1 egg

1 9-inch ready-made gluten-free pie crust 2 egg whites

6 oz. low-fat Swiss cheese, shredded 6 oz. lean ham, chopped

½ c. fat-free sour cream ½ c. chopped onion

Directions:

1. Preheat to oven to 350° F. Coat a skillet with cooking spray before adding onion. Cook the onion over medium heat for a few minutes or until tender.
2. Whisk together sour cream, egg and egg whites in a large bowl. Stir in cheese, ham and the sautéed onions.
3. Transfer the mixture into the unbaked pie shell and bake for about 40 minutes or until the eggs are set.
4. Cut into six wedge. Serve immediately.

Bacon and Egg Cups

It just takes a single pan and you have eggs and bacon! This recipe can be easily adjusted to how many you want to make, simply use more cupcake or muffin pans.

Ingredients:

6 slices bacon

6 eggs

Salt and pepper to taste 1 ounce cheese grated, optional **Directions:**

1. Preheat your oven to 350°F. Line the holes of a cupcake or muffin pan with the slices of bacon, pressing bacon around the sides of the hole.
2. Crack one egg into each lined hole.
3. Sprinkle each with cheese and season with salt and pepper.
4. Bake for about 20 minutes or until the egg is done.
5. Take the bacon and egg cups out of the pan and serve immediately.

Gluten Free Waffles

These waffles taste even better than those made with real flour. They are also great when used as sandwich bread or strawberry shortcake.

Ingredients:

¼ c. tapioca flour ½ c. potato starch 1 c. brown rice

1 ½ c. buttermilk

2 eggs

¼ c. oil

1 tsp. salt

2 tsp. baking powder 1 tsp. sugar

Directions:

1. In a large bowl, whisk together all the ingredients.
2. Working in batches, pour the mixture into waffle iron, adding more rice flour if too runny or more milk if too thick. Cook until golden.

Rice Flour Pancakes

This is an extremely easy gluten free pancake recipe and great for those who are lactose intolerant.

Ingredients:

1 c. rice milk or 1 cup soymilk 1 c. rice flour

2 tsp. oil

1 egg, lightly beaten ½ tsp. salt

2 tsp. baking powder 2 Tbsp. sugar

Directions:

1. In a large bowl, mix together the dry ingredients until well blended. Whisk in milk until you achieve desired consistency. Whisk in oil and egg and mix until just combined.

2. Heat oil on the griddle and cook the pancakes over medium heat, turning only once.

Fruit Compote with Lemon and Green Tea

When you are unable to choose fruit in winter, poaching dried fruit that is shelf-stable in lemon infused green tea makes a tasty fruit compote perfect for breakfast. It's great when served with chopped pistachios and low-fat yogurt for breakfast.

Ingredients:

3 c. mixed fruit, such as figs, pears, apricots, apples, and/or raisins
3 ¼ cups boiling water
3 green tea bags

2 tsp. grated lemon zest
2 Tbsp. sugar

Directions:

1. Put the water into a pan and boil. Put the tea bags into the pan with boiling water and let steep for at least 3 minutes. Remove and discard the tea bags. Stir the lemon zest and sugar into the tea.
2. Cut any fruit into halves or quarters and add them to the tea. Put tea mixture into a slow cooker. Cook covered for at least 1 ½ hours on high heat or 3 ½ hours on low heat, until liquid is syrupy and fruit is plump. Transfer the fruit mixture to a large bowl and cover it.
3. Refrigerate until chilled.

Almond Milk, Pineapple, and Kale Smoothie

What better way to start your day than with this delicious, healthy and filling breakfast smoothie. It features a more robust and satisfying set of healthy ingredients.

Ingredients:

1 banana

½ c. diced pineapple ½ c. pineapple juice 1 c. chopped kale (packed) 1 c. unsweetened almond milk **Directions:**

Blend together all the ingredients in a blender until very smooth.

Cherry Tomato Clafoutis

Coconut milk adds a unique richness to these elegant but easy-to-make clafoutis.

Ingredients:

1 oz. Manchego cheese, grated $\frac{3}{4}$ c. unsweetened coconut milk $\frac{1}{4}$ c. cornstarch

5 large eggs

2 Tbsp. extra-virgin olive oil 2 cloves garlic, sliced

1 $\frac{1}{2}$ lb. cherry tomatoes

Sea salt and pepper to taste 2 Tbsp. fresh thyme

1 Tbsp. fresh parsley, chopped 5 basil leaves, roughly chopped

Directions:

1. Preheat oven to 400°F. Toss together garlic and tomatoes with thyme, salt and pepper on a rimmed baking sheet. Roast the mixture for about 30 minutes or until caramelized and then transfer the mixture to a 9-inch round baking dish to cool slightly. Reduce oven temperature to 350°F.

2. Whisk together coconut milk, cornstarch, eggs, parsley, basil and salt in a medium sized bowl until well blended. Pour the mixture over the tomatoes, sprinkle with cheese and bake for about 40 minutes or until the edges are puffed and top golden brown in color. Serve at room temperature or warm.

Fruit Salad

A tangy sauce enhances the taste of your fruit to make a healthy breakfast.

Ingredients:

2 Tbsp. orange juice

2 Tbsp. lemon juice

1 Tbsp. sugar

1 orange peeled and divided into sections 1 apple peeled, seeded and sliced 1 banana peeled, and sliced 8 grapes

Directions:

1. Combine the orange juice, lemon juice and sugar in a bowl. Stir until sugar is dissolved.
2. Add your fruit and combine with juice sauce. Let sit for a few minutes and stir again. Put into serving dishes.

Irish Soda Breakfast Bread (Gluten Free)

Although this recipe calls for tapioca and rice flour instead of wheat flour, it still tastes yummy! It's great when wrapped and left overnight. Serve with jam or butter!

Ingredients:

½ c. tapioca flour

1 ½ c. white rice flour 1 c. buttermilk

1 egg

1 tsp. salt

1 tsp. baking powder

1 tsp. baking soda

1/2 c. white sugar

Directions:

1. Preheat oven to 350°F. Prepare a 9-inch round pan by greasing it with cooking spray.
2. In large bowl, combine together tapioca flour, rice flour, salt, baking powder, baking soda and sugar.
3. In a separate bowl, beat together the egg and buttermilk until well blended. Add the wet ingredients to the dry ingredients and stir to combine well. Pour the batter into the pan and bake for about 65 minutes or until a tester inserted in center of the bread comes out clean.
4. Let the bread cool on a wire rack for at least 10 minutes. Remove the bread from the pan and wrap it in aluminum foil or plastic wrap and let sit overnight for better flavor.

Gluten-Free Breakfast Cereal

This healthy breakfast cereal is a whole grain combo of eight gluten-free grains and seeds which are ground and cooked. Great when served with fruit, honey, agave nectar or brown sugar.

Ingredients:

½ c. flax seeds

½ c. sesame seeds

½ c. buckwheat groats ½ c. millet

½ c. quinoa

1 c. brown basmati rice ½ c. amaranth

½ c. cornmeal

Directions:

1. Use a coffee grinder to grind rice into a coarse powder. Transfer the ground rice to a large bowl. Repeat the procedure with sesame seeds, buckwheat, millet, flax seeds and quinoa. Stir in amaranth and cornmeal and refrigerate in an airtight container until ready to cook.

Protein Pancakes (Gluten Free)

This is a quick and easy-to-make recipe and provides a good healthy and simple way to add protein to your diet. It tastes even better when topped with fresh berries.

Ingredients:

7 egg whites

½ c. oatmeal

½ c. cottage cheese 1 drop vanilla extract Cooking spray

Directions:

1. In a blender, blend together egg whites, oatmeal, cottage cheese and vanilla extract until very smooth.
2. Set a skillet or griddle sprayed with cooking spray over medium heat. Drop a ladleful of batter onto the skillet and cook for about 4 minutes or until edges are dry and bubbles form. Flip the pancake and cook for about 3 minutes or until browned. Repeat the process with the remaining batter.

Hearty Breakfast Sausage Patties

This recipe makes a tasty, homemade sausage for breakfast using ground pork and a blend of healthy spices.

Ingredients:

2 lbs. ground pork

1 pinch ground cloves

1/8 tsp. crushed red pepper flakes 1 Tbsp. brown sugar

1/4 tsp. dried marjoram

1 tsp. ground black pepper 2 tsp. salt

2 tsp. dried sage

Directions:

1. In a small bowl, combine the sage, salt, ground black pepper, marjoram, brown sugar, crushed red pepper and cloves. Mix well.
2. Place the pork in a large bowl and add the mixed spices to it. Mix well with your hands and form into patties.
3. Cook the patties in a large skillet over medium-high heat for 5 minutes per side, or until internal pork temperature reaches 160 degrees F on a meat thermometer.

Toasted Muesli with Cranberries, Pistachios, Coconut, and Millet

This whole grain cereal is great for portable snacking and breakfasts. You can replace pistachios with hazelnuts.

Ingredients:

¾ c. shelled pistachios, chopped 2 c. rolled oats

½ c. whole millet

2/3 c. dried cranberries

1 tsp. fine-grain sea salt 1 Tbsp. coconut oil

½ c. honey

½ c. unsweetened coconut flakes 1/3 c. boiling water

Directions:

1. Soak millet in a bowl with the boiled water. Cover bowl for about 30 minutes or until millet is softened. Drain and set aside.
2. Preheat oven to 325°F.
3. Combine together soaked millet, coconut flakes, pistachios and oats in a large bowl.
4. Bring oil, honey and salt to a gentle boil in a small saucepan. Stir the honey mixture into the millet mixture until well combined.
5. Evenly spread the mixture onto a rimmed baking sheet. Bake, stirring once through cooking, cook for about 20 minutes or until golden. Cool slightly and stir in cranberries. You can store muesli in an airtight container up to two weeks.

Almond and Chestnut Pancakes with Sautéed Plums

You won't believe that these pancakes are 100 percent gluten-free! Almond and chestnut flour lend a mild nutty flavor to these amazingly delicious pancakes and makes them fluffier.

Ingredients:

¼ c. almond flour

¼ c. chestnut flour

½ c. brown rice flour

4-5 Plums

1 Tbsp. maple syrup

1 Tbsp. unsalted butter

1 Tbsp. extra-virgin olive oil ¾ c. unsweetened almond milk 2 Tbsp. cane sugar

2 large eggs, whites and yolks separated ½ tsp. sea salt, plus a pinch 1 ¼ tsp. ground chia seeds 1 Tbsp. baking powder

1 tsp. pure almond extract 1 tsp. pure vanilla extract **Directions:**

1. Skin and cut up plums into pieces. Put plums in a pan on medium-low heat, add 1 tablespoon maple syrup. Stir until plums are cooked.

2. Combine together flours, chia seeds, baking powder and salt in a medium sized bowl.

3. Beat the egg yolks, vanilla and almond extracts together and beat into the dry ingredients.

4. Beat together egg whites and salt in a small bowl until soft peaks form. Fold egg whites into the batter.

5. In a cast iron pan, melt some butter over medium heat. Ladle $\frac{1}{4}$ cup batter in the pan, for each pancake and cook for about 3 minutes or until edges are set and bubbles form in the center. Flip the pancake and continue cooking for 2 more minutes or until golden brown in color. Serve the pancakes with sautéed plums in maple syrup.

Gluten-Free Maple Blueberry Oatmeal

Set yourself up the entire night by whipping up this quick and easy-to-make breakfast recipe.

Ingredients:

½ cup fresh blueberries

2 pouches maple brown sugar oatmeal 2 (5.3-oz.) containers gluten-free vanilla yogurt ½ c. almond or coconut milk

Fresh blueberries

¼ cup chopped pecans, toasted, optional **Directions:**

1. Mix oatmeal, yogurt and milk in a jar with a tight-fitting cover. Stir in ½ cup of blueberries. Refrigerate, covered, overnight.
2. Top with more blueberries and toasted pecans.

Gluten-Free Simple Breakfast Bake

Try out this amazingly delicious gluten free cheesy egg bake for a satisfying breakfast.

Ingredients:

6 eggs

1 lb. package bulk pork sausage 1 medium chopped red bell pepper $\frac{3}{4}$ cup gluten-free biscuit mix 2 cups milk

3 cups frozen hash brown potatoes 1 medium chopped onion 2 c. shredded Cheddar cheese $\frac{1}{4}$ tsp. pepper

Directions:

1. Preheat your oven to 400°F. Prepare a 13x9-inch baking dish by coating generously with cooking spray.

2. Cook sausage, onion and bell pepper in a 10-inch non-stick skillet over medium heat, stirring occasionally, for about 10 minutes or until sausage loses its pink color, drain. In the prepared baking dish, combine together the sausage mixture, 1 $\frac{1}{2}$ cups of cheese and potatoes.

3. Blend together eggs, milk, biscuit mix and pepper in medium sized bowl and pour over the sausage mixture in the baking dish. Bake for at least 30 minutes or until a tester inserted in the center comes out clean. Sprinkle the remaining cheese over the mixture and bake for at least 3 more minutes or until cheese is melted. Cool for at least 5 minutes and serve.

Ham and Egg Muffins

Make these yummy high protein muffins to kick start your day.

Ingredients:

4 cups hash browns, shredded, thawed 3 Tbsp. melted butter ¼ c. milk

7 eggs

1 ½ c. cheddar cheese, shredded 1 c. diced ham

¼ tsp. salt

¼ tsp. pepper

Directions:

1. Preheat oven to 400°F. Spray a 12 cup muffin pan with cooking spray.
2. Combine hash browns, melted butter, salt and pepper. Divide hash browns into the 12 muffin cups. Press down the hash browns so they cover the sides and bottom of each cup. Place into the oven and cook for 20 minutes. Remove from oven and reduce oven temperature to 350.
3. Break eggs into a bowl and whisk. Add milk and whisk until well combined. Stir in ham and cheese. Add salt and pepper to your taste, Divide egg mixture into the 12 hash brown lined muffin cups. Put into the oven and cook for 20 minutes or until eggs are set.

Gluten-Free Breakfast Pizza

If you are looking for a hearty Mexican breakfast, then gluten-free pizza is what you need.

Ingredients:

1 cup gluten-free salsa

4 beaten eggs

½ lb. spicy Italian pork sausage or chorizo sliced (gluten free)

1 container gluten-free pizza crust dough (refrigerated)

Chopped fresh cilantro, optional

4 oz. shredded Monterey Jack cheese

Directions:

1. Preheat your oven to 350°F. Grease your hands and an 11-inch cookie sheet. Place the dough into the cookie sheet, pressing to fill all the space.
2. Bake until crust begins to brown, about 14 minutes.
3. In the meantime cook stirring, sausage in a medium non-stick skillet over medium-high heat for a few minutes or until no longer pink. Drain and transfer to a bowl. Clean the skillet by wiping with paper towel and add the eggs. Cook the eggs over medium-low heat for about 3 minutes or until almost set. Stir in sausage and mix.
4. Evenly spread about half cup of salsa over the partially baked crust and top with the egg mixture to cover the crust completely. Sprinkle cheese over the egg mixture and bake for 10 more minutes or until cheese is melted and crust is golden brown in color. Sprinkle cilantro over the pizza and serve with the remaining salsa.

Gluten-Free Scrambled Eggs

Colorful veggies and pre-cooked potatoes join forces to create this easy skillet breakfast dish.

Ingredients:

$\frac{3}{4}$ c. chopped tomato $\frac{1}{4}$ c. butter or margarine 3 Tbsp. water

$\frac{3}{4}$ tsp. salt

6 eggs

1 c. chopped zucchini 1 c. hash brown potatoes (frozen) **Directions:**

1. In a large bowl, beat together the eggs, water and salt.
2. Heat butter in a 10-inch non-stick skillet set over medium heat until melted. Add zucchini, potatoes and tomato in butter and cook, stirring occasionally, for a few minutes or until hot.
3. Add the egg mixture and continue cooking until the mixture starts to set at the bottom and side. Lift gently and mix while cooking. Continue cooking for about 5 minutes or until the eggs set but are still moist.

Gluten-Free Crab Scramble Casserole

The high protein scrambled eggs meet a creamy combo of cream cheese, crabmeat, and dill weed in this breakfast favorite.

Ingredients:

12 eggs

½ c. milk

2 Tbsp. margarine or butter, melted 1 c. chopped cooked crabmeat 2 medium green onions, sliced 1 (8 oz.) package cream cheese, cut into 1/2-inch cubes ½ tsp. dried dill weed

1 tsp. salt

½ tsp. white pepper

Paprika

Directions:

1. Generously coat an 8×8×2-inch baking dish with melted butter.
2. In a large bowl, beat together the eggs, dill, white pepper, salt and milk with a wire whisk or fork. Stir in onions, cream cheese and crabmeat until well combined. Pour the mixture into the prepared baking dish and refrigerate, covered, for about 24 hours.
3. Approximately 1 hour before serving, preheat oven to 350°F. Sprinkle paprika over the egg mixture and bake for at least 45 minutes or until center is set.

Papaya Orange Breakfast Cooler

If you lack enough time for breakfast, grab this yogurt and fruit cooler you can make in a snap!

Ingredients:

1 peeled, seeded, and sliced papaya 1 (6 oz.) can orange juice concentrate (frozen) 2 c vanilla or plain fat-free yogurt 10 large or 30 small ice cubes 1 tsp. vanilla

¼ c. sugar, optional **Directions:**

1. Blend together all ingredients in a blender or food processor on high speed for 30 seconds or until very smooth. Serve the smoothie immediately.

Apple-Chicken Sausage

It's simple and quick to make your own sausage patty with a few ingredients like apples, chicken, onion and savory spices such as fennel and sage. You can substitute ground turkey for ground chicken if you like.

Ingredients:

1 lb. ground chicken

1 medium sweet apple, peeled and diced 1 small onion, diced

2 tsp. canola oil

¼ tsp. freshly ground pepper ¾ tsp. salt

½ tsp. fennel seed, chopped 1 Tbsp. brown sugar (light) 1 Tbsp. fresh sage, finely chopped **Directions:**

1. In a large skillet heat oil over medium heat; sauté onion for about 2 minutes or until it starts to soften. Toss in apples and cook for 2 minutes, stirring. Transfer the mixture to a bowl and let cool for at least 5 minutes. Clean the pan.
2. Add fennel, sugar, sage, chicken, pepper and salt to the bowl containing onions and apples; combine well. Make into patties.
3. Grease the pan with cooking spray and place over medium heat. Cook the patties for approximately 3 minutes on each side or until cooked through and browned.

Gluten Free Deviled Eggs

The creamy filling in this deviled egg recipe couldn't be easier to prepare. And it's a good way to use up all those leftover Easter eggs.

Ingredients:

1 tsp. extra virgin olive oil 2 tsp. gluten free Dijon mustard 4 Tbsp. gluten free mayonnaise 12 large eggs

Pinch of pepper

¼ tsp. salt

Directions:

1. Arrange eggs in a single layer in a large saucepan and cover with water and bring to a boil. Reduce heat and simmer for about 9 minutes. Fill a large bowl halfway with water and ice and add the cooked eggs to cool.
2. Peel the cold eggs and cut each into two equal parts lengthwise. Remove the yolks and put in a bowl; using a fork, mash the yolks until very smooth. Add mustard, mayonnaise, salt and pepper and combine well. Drizzle the yolk mixture with extra virgin olive oil and mix until well combined and fluffy.
3. Transfer the yolk mixture to a piping bag that's fitted with a star or plain tip; pipe the yolk mixture into the empty egg whites and serve.

Simple Breakfast Casserole

Want a lighter twist on a tasty breakfast casserole for the vegetarians and calorie-conscious eaters! You may want to serve this healthy breakfast casserole immediately or refrigerate overnight and enjoy the next morning! It's completely off the wall and tastes so great!

Ingredients:

1 Tbsp. extra virgin olive oil

8 slices bacon, cooked crisp and crumbled 1 (16-oz.) bag hash brown potatoes

2 c. cheddar cheese, grated, divided 2 c. 2% milk

8 eggs

3 c. chopped assorted fresh veggies (broccoli, onions, and/or peppers)

Directions:

1. Preheat your oven to 350°F. Coat a 9x13-inch baking dish with some virgin olive oil and set aside.
2. In a medium skillet, heat the olive oil over medium-high heat. Cook vegetables for about 8 minutes or until tender.
3. In a large bowl, beat the eggs and milk. Stir in potatoes, cooked veggies, 1 ½ cups cheese, and bacon; pour the mixture into the coated baking dish, cover with foil and bake for about 45 minutes. Sprinkle with the rest of the cheese and continue baking for about 30 minutes or until egg is cooked through.

Cocoa-Banana Soy Smoothie

Silken tofu, fresh banana, cocoa powder, and a touch of soy milk and honey whip up into this delicious smoothie. With lots of protein from both soymilk and tofu, this nutritious breakfast smoothie will keep you satisfied throughout the day.

Ingredients:

1 banana

1/2 cup silken tofu 1/2 cup soymilk

2 tbsp. unsweetened cocoa powder 1 tbsp. honey

Directions:

1. Cut the banana into small slices and leave in the freezer until firm. In a blender, blend honey, cocoa, soy milk, and tofu until very smooth. With the motor still running, add the frozen banana slices and continue to blend until smooth.

Onion and Herb Frittata

This traditional Italian omelet tastes great with just about any combination of herbs; try dill, parsley, marjoram or chervil. Ready in just 10 minutes!

Ingredients:

2 Tbsp. grated farmer's cheese 1 c. diced onion

2 tsp. fresh herbs of your choice, chopped ½ c. liquid egg substitute 1 tsp. extra-virgin olive oil ¼ c. plus 1 tbsp. water, divided 1/8 tsp. pepper

1/8 tsp. salt

Ingredients:

1. In a small skillet, bring ¼ cup water and onion to a boil over medium-high heat. Cook the onion, covered, for about 2 minutes or until tender. Remove the cover and continue cooking for about 2 minutes or until water has evaporated. Stir in oil until well coated and continue cooking for about 2 minutes more or until onion starts to brown.

2. Stir in the egg substitute, lower the heat and continue cooking for about 20 seconds or until egg begins to set. Lift the edges and continue cooking for 30 more seconds or until egg is mostly set. Lower heat; add salt, pepper and herbs to the frittata and top with cheese. With a spatula, lift a frittata edge and pour the remaining water under it. Continue cooking, covered, for about 2 minutes or until cheese is hot and the egg is set.

3. Use a spatula to slide the frittata out of the pan onto a serving plate.

Maple-Cinnamon Applesauce

Are you looking for a satisfying breakfast? Turn the fresh apples into tasty cinnamon-and-maple applesauce with this simple and quick recipe.

Ingredients:

2 Tbsp. pure maple syrup 2 sweet apple, peeled and cubed 6 tart apples, peeled and cubed ¼ c. water

½ tsp. ground cinnamon **Directions:**

1. In large saucepan, combine water and apple pieces and bring to a boil. Lower heat and simmer for about 30 minutes or until apples are tender and falling apart. Mash the cooked apple pieces until you achieve your desired consistency; stir in cinnamon and maple syrup.

Egg and Skinny Sausage Breakfast Casserole

This recipe brings out the perfect combination of eggs and sausages. It's tender, tasty and your family will love it.

Ingredients:

The crust:

3 Tbsp. olive oil

2 lb. peeled and shredded russet potatoes $\frac{3}{4}$ tsp. ground pepper

$\frac{3}{4}$ tsp. salt

The casserole:

$\frac{3}{4}$ c. shredded Cheddar cheese 16 oz. low-fat cottage cheese 12 oz. turkey breakfast sausage, chopped $\frac{1}{3}$ c. skim milk

1 red bell pepper, diced

4 egg whites

6 large eggs

4 green onions thinly sliced **Directions:**

The crust:

1. Preheat the oven to 425°F. Lightly grease a 9×13-inch baking dish with a tablespoon olive oil and set aside.

2. Squeeze excess moisture out of the potato with a kitchen towel or paper towel.

3. Toss together the potatoes, the remaining 2 tablespoons of olive oil, salt and pepper in a medium bowl until potatoes are well coated. Transfer the mixture to the coated baking dish; evenly press the mixture against the sides and on the bottom of the dish and bake for about 20 minutes or until golden brown on the edges.

The casserole:

1. Reduce the oven heat to 375°F.
2. In a large skillet, cook turkey sausage over medium-high heat for about 2 minutes or until it's almost cooked through. Add green onions and red bell pepper and continue cooking for 2 more minutes or until bell pepper is tender.
3. Whisk together skim milk, eggs, egg whites, and the cheeses. Stir in turkey sausage mixture; pour over the potato crust and bake for about 50 minutes. Slightly cool and cut into 12 pieces.

Corned Beef Hash

This corned beef hash is a very comforting dish with a nutritious profile.

Ingredients:

4 c. cooked potatoes, diced 2 tsp. canola oil

4 large eggs

½ c. chicken broth (sodium-reduced) 1 large onion, chopped

1 c. lean corned beef brisket, chopped ¼ c. fresh parsley, chopped Salt to taste

Ground black pepper to taste **Directions:**

1. Heat oil in a skillet over medium heat; sauté onion for about 5 minutes or until it begins to brown. Add the potato and cook for about 8 minutes or until brown. Stir in broth and corned beef and cook for about 8 minutes or until liquid is completely absorbed. Add parsley, salt and pepper.
2. In the meantime, add salted water to a large skillet and bring to a simmer. Onto a saucer, break the eggs, individually before sliding into the simmering salted water. Poach the eggs for about 5 minutes or until set to your desired firmness.
3. Divide the hash among four serving plates; top with the poached eggs.

Fruit Salad with Lime Yogurt

If you're looking for a zesty, refreshing fruit dessert then this recipe is for you. It's perfect for breakfast.

Ingredients:

Fruit

2 Tbsp. sugar

¼ c. fresh lime juice 1 pint hulled and halved strawberries 1 large seeded and sliced ripe honeydew melon Lime Yogurt

1 Tbsp. fresh lime juice 1 Tbsp. lime zest, finely grated ¼ c. sugar

2 c. non-fat plain yogurt **Directions:**

1. Toss lime juice, strawberries, melon and sugar in a large bowl. Let the mixture stand for about 15 minutes, stirring occasionally.

2. In the meantime, make lime yogurt by combining lime juice, lime zest, sugar, and yogurt in a small bowl and stir until sugar is completely dissolved. Refrigerate, covered, until chilled. Put fruit into serving dishes and top with some lime yogurt.

Artichoke and Red Pepper Frittata

When it comes to an impromptu breakfast, nothing beats a frittata, an Italian version of a healthy omelet. This recipe relies on the convenience of artichokes, which are not only delicious but also a great source of fiber.

Ingredients:

1 can (14-ounce) artichoke hearts, coarsely chopped 4 large eggs

¼ tsp. crushed red pepper

2 cloves garlic, minced

1 medium red bell pepper, diced 2 tsp. olive oil, divided

1 tsp. oregano, dried

¼ c. freshly grated Parmesan cheese Freshly ground pepper to taste ¼ tsp. salt

Directions:

1. In an oven-safe skillet, heat 1 teaspoon oil over medium heat; cook bell pepper for about 2 minutes or until tender. Add garlic and crushed red pepper and cook for about 30 seconds. Transfer the mixture to a clean plate and clean the pan.
2. In a medium bowl, beat gently beat the eggs. Stir in pepper mixture, pepper, salt, oregano, parmesan, and artichoke hearts.
3. Position rack 4 inches from heat and preheat the boiler.
4. Add remaining oil to the skillet and heat over medium heat. Add egg mixture and distribute it evenly by tilting slightly. Lower heat to medium-low and cook the egg mixture for 4 minutes. Transfer the pan to broiler and broil for about 2 ½ minutes or until set. Transfer the frittata to a serving plate and cut into wedges.

Healthy Breakfast Smoothie

A fiber and protein-rich beverage to go –perfect for breakfast.

Ingredients:

¼ c. silken tofu

½ c. apple juice

½ banana

1 c. frozen mixed berries

Directions:

1. In a blender, combine tofu, apple juice, banana, and berries; puree until very smooth. Serve.

Black Bean, Sweet Potato, and Corn Hash

Simple and quick hashes are amazing one-pot meals especially during those days when getting breakfast on the table fast is a priority.

Ingredients:

1 can (15-ounce) black beans, drained, rinsed 2 tsp. canola oil

$\frac{3}{4}$ c. frozen corn kernels

$\frac{3}{4}$ c. water

$\frac{1}{2}$ tsp. salt

4 tsp. ground cumin

1 seeded and minced jalapeño pepper 2 large cloves of garlic, minced 1 medium sweet potato, peeled and diced 2 medium onions, chopped

1 lime, cut into wedges

Black pepper to taste

2 Tbsp. fresh cilantro, chopped **Directions:**

1. In large cast-iron skillet, heat oil over medium-high heat. Sauté onions for about 5 minutes or until browned. Add sweet potato to the skillet and cook for about 7 minutes or until it begins to brown.

2. Stir in cumin, jalapeno pepper, garlic, and salt, sauté for about 30 seconds or until fragrant. Add water and let the mixture cook for about 5 minutes or until liquid is completely absorbed. Stir in black beans and corn and cook for a few minutes or until heated through.

3. Add cilantro, pepper and salt. Serve with wedges of lime.

Avocado-Raspberry Breakfast Smoothie

In this recipe, a creamy, nutritious avocado makes a surprise appearance in a sweet smoothie.

Ingredients:

½ c. frozen raspberries

¾ c. raspberry juice

¾ c. orange juice

1 avocado, peeled and pitted

Directions:

1. In a blender, puree raspberries, raspberry juice, orange juice and avocado until very smooth.

Breakfast Cinnamon Oranges

This is a simple breakfast recipe that works any season of the year, but its flavors will be the brightest and best in winter, the season when oranges are at their peak.

Ingredients:

1 Tbsp. sugar

2 Tbsp. lemon juice 2 Tbsp. orange juice 4 navel oranges

¼ tsp. ground cinnamon **Directions:**

1. Remove the white pith and rind from the oranges with a sharp knife. Cut the oranges into 5 slices each and divide among four plates. In a bowl, beat together orange juice, cinnamon, sugar and lemon juice; spoon the mixture over the orange slices.

Gluten-Free Spanish Tortilla

Please do not confuse this with the corn or flour tortillas you normally use to make wraps. This Spanish tortilla is simply a potato-and-egg omelet often found on many menus in Spain. This version is low in fat and calories, and it's faster too if you use the precooked tomatoes.

Ingredients:

3 c. roughly chopped baby spinach

½ c. shredded Jack or Manchego cheese 4 large egg whites

6 large eggs

1 c. red potatoes, precooked and diced 1 small onion, thinly sliced

3 tsp. extra-virgin olive oil, divided ½ tsp. smoked paprika

1 Tbsp. fresh thyme, chopped

½ tsp. salt

½ tsp. pepper

Directions:

1. In a medium-sized non-stick skillet, heat 2 teaspoons of olive oil over medium heat; sauté onion, stirring, for about 4 minutes or until translucent.

2. Add paprika, thyme, and potatoes and cook for 2 more minutes.

3. In large bowl, lightly beat the eggs and egg whites.

4. Stir potato mixture gently into the eggs together with pepper, salt, spinach, and cheese until well combined.

5. Clean the pan; heat the remaining oil over medium heat.

6. Add the egg and potato mixture to the pan and cook on medium heat covered, for about 5 minutes or until the bottom is browned and edges

are set.

7. Gently flip the tortilla with a spatula and cook the other side for about 6 minutes. Serve the tortilla warm or cold.

Pineapple-Raspberry Parfaits

You're three ingredients and five minutes away from dipping into a deliciously layered snack or dessert of yogurt and high-fiber low-calorie fruit.

Ingredients:

1 ½ c. fresh, canned or frozen pineapple pieces ½ pint fresh raspberries
2 containers (8-ounce) non-fat peach yogurt **Directions:**

1. Divide and layer pineapple, raspberries, and yogurt into four serving glasses.

Gluten Free Cookbook

Vol. 2

Lunch Recipes

Wild-Rice Stuffed Squash

Please vegetarians at a Thanksgiving table with stuffed baked squash, speckled with sweet dried cherries and crunchy pecans.

Ingredients:

2 (1 ½-lb.) acorn squash, cut lengthwise into halves, seeds removed
1 6 oz. box wild-rice blend
2 Tbsp. butter

2 minced garlic cloves
1 minced shallot

½ c. chopped pecans

½ c. cherries, dried

Coarse salt to taste

Ground pepper to taste
½ tsp. dried rubbed sage

Directions:

1. Preheat your oven to 450°F. Arrange the squash, cut side down, on a rimmed baking sheet and tightly cover with aluminum foil. Roast the squash in the preheated oven for about 40 minutes or until tender.

2. Warm the butter in a large saucepan over medium heat. Add garlic, shallot, sage, salt and pepper and cook, stirring occasionally, for about 5 minutes or until tender. Add 1 ¾ cups water and rice and bring the mixture to a gentle boil. Set heat to low, cover pan and cook for about 25 minutes or until rice is tender.

3. Remove pan from heat and stir in pecans and cherries. Sprinkle inside of each roasted squash with salt and pepper. Evenly divide the rice stuffing into the squash halves and serve.

Lentil and Swiss Chard Soup

A protein filled soup of lentils and Swiss chard, flavored with thyme, oregano and lemon juice.

Ingredients:

1 ½ lbs. Swiss chard, leaves cut into 2-inch pieces, stalks chopped into small pieces
1 c. rinsed lentils

1 ¼ Tbsp. olive oil

Juice from 1/2 lemon

1 (14.5-oz.) can diced tomatoes
1 Tbsp. tomato paste

1 c. finely chopped onion
Salt to taste

Ground pepper to taste

1 tsp. dried thyme

1 tsp. dried oregano

Directions:

1. Heat 1 tablespoon olive oil in large saucepan set over medium-high heat. Add onion and sauté until browned and tender. Stir in oregano, tomato paste, and thyme. Add tomatoes with juice, 5 cups water and lentils; bring the mixture to a boil.

2. Lower heat and simmer the mixture, partially covered, for about 20 minutes. Add chard stalks and cook for about 5 minutes or until starting to soften. Add chard leaves, salt and pepper and cook for about 20 minutes or until chard and lentils are tender.

3. Stir in the lemon juice and scoop the soup into serving bowls. Drizzle some of the remaining olive oil over each serving if desired.

Mexican Bean Salad

Kidney beans, black beans, corn, bell peppers, tomatoes, onions are combined with a chili powder dressing to give a Mexican flavor to this salad.

Ingredients:

Salad:

1 ½ c. grape tomatoes, halved ¼ c. fresh cilantro, chopped 8 medium green onions, sliced 1 medium red bell pepper, chopped 1 medium green bell pepper, chopped 1 (11-oz) can whole kernel sweet corn, not-salted, drained 1 (15-oz) can drained and rinsed dark red kidney beans 2 (15-oz) cans black beans, drained, rinsed *Dressing:*

1 Tbsp. chili powder

3 Tbsp. canola oil

3 Tbsp. cider vinegar or white wine vinegar ¼ tsp. pepper

½ tsp. salt

Directions:

1. Mix together all the salad ingredients in a bowl.
2. Mix together the dressing ingredients in a separate bowl, whisking with a wire whisk until well blended.
3. Toss together the salad and dressing. Cover and chill for about 4 hours to blend the flavors.

Healthy Tomato Salsa

A quick and easy salsa to make. The lime juice gives it a tangy flavor.

Ingredients:

3 c. seeded and chopped tomatoes 1 Tbsp. jalapeño chili, finely chopped
2 Tbsp. chopped fresh cilantro ½ c. sliced green onions

3 finely chopped garlic cloves ½ c. chopped green bell pepper 2 to 3
Tbsp. lime juice

½ tsp. salt

Directions:

1. In a plastic or glass bowl, combine together all the ingredients.
2. Refrigerate, covered, until ready to serve.

Vegan Lentil Soup

This is a vegan, gluten free soup that you can serve as is or over rice for a filling lunch.

Ingredients:

5 -6 new potatoes, chopped 2 c. red lentils (rinsed) 5 garlic cloves, diced

1 vegetable bouillon cube 10 c. water

2 -3 Tbsp. olive oil

1 onion, diced

2 carrots, sliced

Salt and pepper to taste **Directions:**

1. In a soup pot, heat oil over medium heat. Sauté garlic and onions for a few minutes or until onion is transparent.

2. Dissolve vegetable bouillon cube in one cup of hot water. Add potatoes, lentils, the bouillon, carrots, salt, pepper, and the remaining water to the pot with garlic and onions; stir and cover. Set heat to medium-low and simmer until lentils are soft and vegetables are cooked.

Cucumber Onion Salad

This is a very refreshing crisp salad that is not only perfect for gluten-free eaters, but also healthy for everybody.

Ingredients:

2 Tbsp. cider vinegar

2 Tbsp. olive oil

½ thinly sliced cucumber 2 Tbsp. lemon juice

¼ red onion thinly sliced 1 diced celery stalk

½ tsp. oregano

½ -1 tsp. sugar

¼ tsp. minced garlic

Directions:

1. Mix vinegar, olive oil, lemon juice, oregano, sugar and garlic together in a bowl. Add the cucumber, onions and celery to the bowl. Mix together and refrigerate for an hour. Stir again and serve.

Whole Chicken –Pressure Cooked

Cook this hearty lunch chicken dish in a snap using a pressure cooker.

Ingredients:

1 ½ c. chicken broth or 1 ½ c. water 2 Tbsp. olive oil

1 (2-lb.) whole chicken Pinch salt

Pinch ground pepper

Directions:

1. Wash the chicken and pat dry before seasoning with salt and ground pepper.
2. Heat oil in a pressure cooker and brown the seasoned chicken on both sides. Transfer the browned chicken to a plate. Place rack in the cooker and place the chicken in the rack. Add broth or water around the chicken and close the cooker with a lid. Bring the pressure up to high and cook the chicken for 25 minutes.
3. Use the quick release method to release the pressure of the cooker and transfer the chicken to a platter.
4. Transfer the accumulated juice to a small bowl and serve with chicken.

Green Pea and Chickpea Salad

A unique combo of two types of peas served in a lemony dressing. You may want to adjust cayenne and garlic to your taste.

Ingredients:

½ c. peas (frozen), thawed 1 can rinsed and drained chickpeas 4 Tbsp. olive oil

¼ tsp. cayenne pepper

¼ tsp. black pepper

½ tsp. salt

1 tsp. dried oregano

1 clove garlic, crushed

Juice of 1/2 lemon

¼ onion, peeled and grated **Directions:**

1. Combine lemon juice, onion, garlic, chickpeas, oregano, cayenne pepper, black pepper and salt. Stir in extra virgin olive oil; taste and adjust seasoning. Add garden peas and marinate in your fridge, covered, for about 1 hour.

Chickpea and Bean Salad

This Chickpea and bean salad is an excellent side dish or a great filling for the vegetarian burritos. You can also serve it on baked potatoes with cheddar.

Ingredients:

7 Tbsp. extra-virgin olive oil 1 roma tomato, diced 1 can kernel corn, drained 1 can chickpeas, drained 1 can black beans, drained Half a bunch chopped fresh coriander 1 red chili pepper, chopped 2 green chili peppers, chopped ½ onion, diced

½ tsp. honey

Juice of 1 lime

Salt to taste

Black pepper to taste **Directions:**

1. Mix olive oil, honey and lime juice together in a small bowl to make the dressing. Combine the rest of the ingredients in a large bowl. Add dressing and mix to blend well. Let stand for at least 1 hour before serving.

Bell Pepper Salad

This is a very tangy salad that is not only perfect for gluten-free eaters, but also healthy for everybody.

Ingredients:

3 Tbsp. cider vinegar

3 Tbsp. olive oil

2 red bell peppers, seeded and sliced into thin strips 1 green bell pepper, seeded and sliced into thin strips 3 Tbsp. lemon juice

½ red onion thinly sliced

2 stalks celery thinly sliced ½ tsp. basil

Feta cheese crumbled as needed 2 tsp. sugar

1/2 tsp. minced garlic

Directions:

1. Mix vinegar, olive oil, lemon juice, garlic, basil and sugar in a small bowl to make the dressing. In a large bowl, add the bell peppers, onions and celery. Pour dressing in and mix thoroughly. Cover and refrigerate for an hour. Garnish with feta cheese and serve.

2. Vegans should omit feta cheese.

Lasagna

This Italian favorite dish is low in fat and calories, but all of the flavors. Making the dish with extra-lean ground beef and low-fat cheeses saves 10 grams of fat and 100 calories per serving.

Ingredients:

1 lb. extra-lean ground beef 3 c. shredded low-fat mozzarella cheese 1 c. low-fat cottage cheese $\frac{3}{4}$ lb. gluten free lasagna noodles, cooked 3 $\frac{1}{2}$ c. water

1 8 oz. can unsalted tomato sauce 1 6oz. can unsalted tomato paste $\frac{3}{4}$ tsp. garlic powder

$\frac{3}{4}$ tsp. oregano

1 $\frac{1}{2}$ tsp. dried basil

1 onion, chopped

Directions:

1. Preheat oven to 325 F. Coat a 9×13-inch baking pan with cooking spray and set aside.

2. In large saucepan, mix beef and onion and cook over medium until onion is translucent and beef is browned and crumbly. Add tomato sauce, tomato paste, garlic powder, oregano, basil and water; stir to combine well. Bring the mixture to a boil, lower heat and simmer for about 10 minutes.

3. Place a half cup sauce into the coated pan and top with a layer of noodles, $\frac{1}{3}$ cup cottage cheese and $\frac{1}{3}$ cup mozzarella. Repeat the layers until all the ingredients are used up. Cover with foil and bake for about 45 minutes.

Roasted Salmon

Salmon is rich in omega-3 fatty acids, it is recommended to eat salmon twice a week.

Serves 2

Ingredients:

1 Tbsp. chopped chives 2 tsp. extra-virgin olive oil 2 5-ounce pieces salmon with skin 1 tbsp. tarragon leaves **Directions:**

1. Preheat oven to 425° F. Use foil to line a baking sheet. Brush oil on salmon pieces and roast on the baking sheet, skin side down, for about 12 minutes or until cooked through. Remove the salmon skin and discard. Place salmon on serving plates and garnish with chives and tarragon.

Classic Meat Loaf

This is a perfect example of a recipe that is passed down from generation to generation. This is the meal you want to prepare on a special night.

Ingredients:

Extra virgin olive oil

½ cup chopped onion

1 large egg white

1 lb. ground sirloin

¼ tsp. freshly ground black pepper ¾ tsp. dried oregano

1 tsp. Worcestershire sauce ¼ cup chopped parsley

½ cup gluten free bread crumbs 6 Tbsp. ketchup, divided

¼ tsp. salt

Directions:

1. Preheat oven to 350°F.

2. Over medium heat, heat a non-stick skillet. Put a small amount of olive oil into skillet and sauté onion, stirring occasionally, until tender, for about 6 minutes, Remove the pan from heat and let cool slightly. In a bowl, mix together 3 tablespoons of ketchup, onion, and the remaining ingredients until just combined.

3. Place the mixture in an 8 x 4-inch loaf and brush the top with the remaining ketchup.

4. Bake the meatloaf for about 47 minutes or until meat thermometer reads 160 degrees F. Cool for about 10 minutes and cut the loaf into eight slices.

Shrimp & Jack Quesadilla

Shrimp, pepper jack cheese and fresh avocado slices make for one of the tastier quesadillas you've had in a while! Serves two so you can share the yum time!

Ingredients:

1 tsp. extra virgin olive oil ½ avocado, sliced

¼ c. fresh salsa

2 Pepper Jack Cheese slices 2 (8-inch) gluten free tortillas 1/8 tsp. ground red pepper ¼ lb. shrimp, uncooked, peeled, deveined **Directions:**

1. Heat a Panini grill.
2. In a small skillet, heat the extra virgin olive oil over medium heat; sauté shrimp sprinkled with the ground red pepper for about 4 minutes or until shrimp is pink.
3. Place one tortilla on a flat working surface and top with the shrimp, one cheese slice, avocados, and the salsa. Cover with the other cheese slice and tortilla and grill for about 4 minutes or until the surface turns golden brown in color. Cut the quesadilla into wedges and serve.

Gluten-Free Glazed Meat Loaf

Comfort food at its finest –enjoy this hearty, nutritious beef loaf that’s glazed with ketchup –you can’t get enough!

Ingredients:

Meat Loaf:

½ cup gluten-free cracker crumbs, crushed 1 ½ lb. lean ground beef 2 Tbsp. milk

1 egg

1 tsp. dried sage leaves 1 Tbsp. Dijon mustard

2 Tbsp. ketchup

1 small onion, finely chopped ½ tsp. salt

¼ tsp. pepper

Glaze:

½ c. ketchup

1tsp. Dijon mustard

1Tbsp. brown sugar

Directions:

1. Preheat the oven to 350°F.
2. Mix together all the meatloaf ingredients in a large bowl. Transfer the mixture to an 8×4-inch loaf pan.
3. Combine all the glaze ingredients in a small bowl and spread over the meatloaf in the pan. Bake for an hour or until the thermometer reads 160°F, Let stand for at least 5 minutes before slicing.

Beefy Bean Soup

Irresistible aromas emerge from this beefy bean soup that has been brewing without as much as a stir. This hearty soup is loaded with veggies and beans it is a meal all in itself.

Ingredients:

1 c. dry white wine

3 c. beef broth

1 medium onion, chopped $\frac{3}{4}$ lb. beef stew meat, cut into 1-inch pieces 1 Tbsp. vegetable oil

2 Tbsp. chopped fresh thyme leaves or 2 teaspoons dried thyme leaves
2 medium celery stalks, cut into 1-inch pieces 4 medium carrots, cut into 1-inch pieces 2 cans (15 to 16 ounces) navy, lima or great northern beans, rinsed and drained 1 bay leaf

$\frac{1}{4}$ tsp. pepper

Crumbled cooked bacon

Chopped fresh parsley

Directions:

1. In a Dutch oven, heat oil over medium-high heat and cook onion and beef, stirring occasionally for about 15 minutes or until beef is just tender. Stir in wine, beef broth, thyme, bay leaf, pepper, celery, carrots, and beans, cover and simmer on low heat for about 60 minutes or until the vegetables are tender.

2. Discard bay leaf. Put into soup bowls and top with bacon and parsley.

Parmesan Baked Chicken

This Parmesan Baked Chicken is great when served with rice and fresh veggies.

Ingredients:

6 (6 oz.) chicken breasts, skinless, boneless Gluten-free, cooking spray

2/3 c. parmesan cheese, grated 1 c. gluten free panko style bread crumbs
Juice of 1 lemon

¼ c. chopped fresh basil

3 garlic cloves, minced or grated 2 Tbsp. olive oil

Black pepper to taste

Kosher salt to taste

Directions:

1. Preheat your oven to 350°F. Put a cooling rack over a baking sheet; set aside. Generously season the chicken with pepper and salt.

2. Mix together lemon juice, basil, garlic, and olive oil in a pie pan or a shallow bowl. Place the seasoned chicken in the lemon juice mixture and let stand for at least 5 minutes. Turn over the chicken and let stand again for 5 more minutes.

3. Combine parmesan cheese with breadcrumbs on a plate. Transfer the chicken from the lemon juice mixture to the plate with bread crumbs and coat well.

4. Put the chicken breasts on the rack, spray with extra-virgin olive oil or cooking spray and bake until juices run clear, for about 30 minutes.

Tasty Asian Spaghetti

If you're looking for a great Asian dish that is gluten free and healthy, then this Asian Spaghetti recipe is just what you need.

Ingredients:

¾ cup chicken broth

Gluten-free spaghetti

1 Tbsp. soy sauce

1 Tbsp. fish sauce

1 lb. lean ground pork

2 tsp. gluten free red curry paste 1 (2 inch) piece of fresh ginger, peeled and minced 4 large garlic cloves, minced 4 large shallots, minced

2 Tbsp. olive oil or grape seed ½ c. mint leaves, chopped

½ c. basil leaves, chopped

½ c. finely chopped peanuts

2 tsp. coconut palm sugar or brown sugar **Directions:**

1. Follow the package instructions to cook spaghetti in a large saucepan of boiling salted water; drain and rinse the spaghetti with mildly hot water.

2. In large skillet, heat oil over medium-high heat; sauté garlic, shallots, and ginger until the shallots become tender. Stir in the curry paste until well blended. Add ground pork and with a spatula or spoon, break it up and cook for around 5 minutes or until browned. Beat together soy sauce, fish sauce, chicken broth and sugar; add the mixture to meat and cook for around 5 minutes or until liquid is reduced to almost half. Add the cooked spaghetti and toss well to coat evenly with the sauce. Transfer the spaghetti to a serving platter and sprinkle with chopped peanuts, mint and basil, if desired.

Gluten-Free Potato Salad

Replace a mayonnaise base with fresh Italian herbs, red peppers, olives, and cherry tomatoes in this low-fat lunch dish.

Ingredients:

6 new potatoes quartered

1 Tbsp. olive oil

6 cherry tomatoes sliced

1 tsp. dried or fresh oregano 1 crushed garlic clove

1 small thinly sliced onion ½ c. red pepper chopped

Handful chopped basil leaves 6 black olives sliced

Directions:

1. In a saucepan, heat oil over medium heat; add onion and sauté for about 5 minutes or until softened. Add oregano and garlic and continue sautéing for 1 more minute. Add peppers and tomatoes and gently simmer the mixture for about 10 minutes.

2. In the meantime, cook potatoes in a medium-sized pot of boiling salted water until tender, for at least 10 minutes. Drain and mix with the onion mixture. Garnish with basil and olives and serve warm.

Braised Lima Beans and Bacon

A hearty meal of protein rich beans to fill your tummy.

Ingredients:

1 lb. frozen lima beans

4 slices bacon, cubed

1 peeled and minced clove garlic 1 small peeled and diced onion 2 Tbsp. fresh parsley, minced ¼ tsp. freshly ground black pepper ¼ cup water

Directions:

1. Heat oil in a pressure cooker and fry bacon over medium-high for a few minutes or until almost crisp. Add onion to the cooker and sauté until tender, for about 3 minutes. Stir in garlic and continue sautéing for 30 more seconds. Stir in water, lima beans, and pepper and lock the cooker with the lid.
2. Bring the pressure of the cooker to high and maintain it for about 10 minutes before removing the cooker from heat. Let the pressure drop naturally for at least 10 minutes.
3. Remove the lid and stir in parsley. Serve immediately.

Nutritious Kale

This is such a healthy and nutritious dish. The kale is perfectly seasoned to serve with a variety of your meals.

Ingredients:

1 tsp. soy sauce

12 c. chopped kale

1 Tbsp. minced garlic

1 Tbsp. olive oil

2 Tbsp. lemon juice

Ground black pepper

Salt

Directions:

1. Set a steamer insert into a medium sized saucepan and add water, enough to cover just the bottom; bring to a boil over high heat. Add in the kale and steam, covered for about 7 minutes or until tender.
2. In a large bowl, whisk together soy sauce, garlic, olive oil, lemon juice, salt and pepper to taste.
3. Toss together the steamed kale with the dressing until well coated.

Broccoli in Butter-Lemon Sauce

Ingredients:

4 c. broccoli florets

¼ tsp. Dijon mustard

1 Tbsp. fresh lemon juice

4 Tbsp. butter, melted

2 c. water

¼ tsp. salt

Directions:

1. Put water, salt and broccoli in a pot. Cook broccoli until just tender. Drain.
2. Transfer the cooked broccoli to a bowl.
3. Whisk together mustard, lemon juice and butter and pour over the broccoli. Toss to mix well.

Mediterranean Style Potatoes

This Mediterranean style potato recipe is very simple, and the closest you can get to the real thing. One good thing about this recipe is that you can adjust to your taste as you make it.

Ingredients:

6 potatoes, peeled and quartered 1/3 c. olive oil

2 cubes chicken bouillon 1 tsp. dried rosemary

1 tsp. dried thyme

1/4 c. fresh lemon juice

2 cloves garlic, finely chopped 1 1/2 c. hot water

Ground black pepper to taste **Directions:**

1. Preheat your oven to 350°F.
2. Put hot water and chicken bouillon cubes in a bowl and until cubes are dissolved. Add the lemon juice, garlic, olive oil, rosemary, thyme, and pepper and mix together.
3. Evenly arrange the potatoes in the bottom of a baking dish; top with the lemon juice mixture, cover and bake, stirring occasionally, for about an hour or until tender but firm.

Warm Broccoli Salad

Ingredients:

¼ c. extra-virgin olive oil

4 c. broccoli florets

2 Tbsp. freshly grated Parmigiano-Reggiano cheese 2 Tbsp. gluten-free mayonnaise ¼ tsp. Dijon mustard

1 Tbsp. fresh lemon juice

2 cans rinsed and drained anchovies 2 peeled and sliced cloves garlic 2 large eggs (hard boiled)

1 c. water

¼ tsp. salt

A pinch of freshly ground black pepper Additional salt to taste

Directions:

1. Add broccoli, water and salt to a pressure cooker and lock with a lid. Bring the mixture to low pressure and maintain it for about 2 minutes.
2. Remove the cooker from heat and use the quick release method to release pressure from the cooker before removing the lid. Drain the broccoli and transfer to a serving bowl.
3. Chop egg whites into small pieces and add to the bowl with broccoli.
4. In a food processor or blender, blend together mayonnaise, mustard, lemon juice, anchovies, garlic, and cheese until very smooth.
5. Slowly drizzle olive oil into the blender and continue processing to incorporate well. Pour the dressing over the broccoli mixture and stir to mix well. Season with ground pepper and salt before serving.

Easy Mediterranean Fish

This is an easy and flavorful dish. You can sprinkle the fish with cayenne pepper before pouring the mixture over it. It's sure to become a family favorite once you try it.

Ingredients:

1 Tbsp. lemon juice

4 6 oz. fillets halibut ¼ c. olive oil

¼ c. capers

1 jar kalamata olives, pitted 1 onion, chopped

1 large tomato, chopped 1 Tbsp. Greek seasoning Salt and pepper to taste **Directions:**

1. Preheat your oven to 350°.
2. Arrange the halibut filets on a large piece of aluminum foil and sprinkle filets with Geek seasoning.
3. In a bowl, combine together lemon juice, olive oil, capers, onion, tomato, salt and pepper; spoon over the filets and seal the edges of the aluminum foil to form a large packet.
4. Put the packet onto a baking sheet and bake for about 40 minutes or until the fish is cooked through.

Pressure Cooker Lemon Pork Chops

The lemon adds a tangy flavor to add zip to regular pork chops.

Ingredients:

¼ c. cooking oil

2 c. water

20 (1/2 inch thick) pork chops 2 c. ketchup

1 tsp. pepper

1 tsp. salt

4 onions, chopped into rings 20 slices lemons

Directions:

1. Heat the pressure cooker with oil. Brown the pork chops and top each chop with a lemon slice.
2. Add onions and sprinkle with salt and pepper.
3. In a bowl, mix together water and ketchup; pour over the chops and close cover securely.
4. Cook the mixture at 15 pounds pressure for 10 minutes.
5. Let the pressure drop naturally.

Thai Sweet Potatoes

Sweet potatoes are combined with onions, bell peppers, snow peas, garlic, green curry paste and coconut milk to make this creamy spicy dish.

Ingredients:

1 can (14 oz.) unsweetened coconut milk 2 Tbsp. vegetable or peanut oil

3 large peeled and diced sweet potatoes 1 Tbsp. Thai green curry paste

2 peeled and minced cloves garlic

1 large peeled and sliced onion

1 seeded and sliced orange bell pepper 1 seeded and sliced yellow bell pepper 1 seeded and sliced red bell pepper

1½ Tbsp. minced fresh cilantro

1½ c. green beans or snow peas

1 tsp. fresh lime or lemon juice

¼ c. water

Directions:

1. Heat oil in a pressure cooker over medium heat; sauté the bell peppers in the oil for about 2 minutes. Add onion and continue sautéing for 3 more minutes or until tender. Add curry paste and garlic and sauté for another 1 minute.

2. Stir in water, coconut milk, sweet potatoes, and lime or lemon juice. Lock the lid of the cooker and bring the steam to full pressure; adjust heat to maintain the pressure for 3 minutes.

3. Remove the cooker from heat and release the pressure through the quick-release method. Carefully remove the lid and taste the potatoes for the seasoning; if desired, add more curry paste.

4. Cut the green beans or snow peas into small pieces and stir into the potato mixture.

5. Return the cooker to medium-heat and bring the mixture to a gentle simmer until the veggies are tender-crisp. Stir in cilantro before serving.

Spinach with Chili & Lemon Crumbs

Spinach combined with garlic, chili, lemon and crispy breadcrumbs for a low-fat, low-calorie, healthy main course.

Ingredients:

4 c. spinach

1 red chili, finely chopped 2 Tbsp. butter

2 garlic cloves, crushed Lemon zest from one lemon ½ c. fresh breadcrumbs gluten free Salt and pepper to taste **Directions:**

1. In a large frying pan, melt butter until it starts to foam. Add the chili, garlic, lemon zest and breadcrumbs and cook for about 5 minutes or until bread crumbs are crunchy and golden. Remove from pan and set aside and set aside.

2. Add spinach to pan and cook, stirring until wilted. Season with salt and pepper. Garnish with the crunchy crumbs.

Seeded-Bread Tartines with Smoked Salmon and Herbed Goat Cheese

This healthy lunch recipe is sure to become a family favorite once you try it.

Ingredients:

8 slices Seeded-Bread gluten free, toasted ¼ c. fresh herbs (thyme, chives, dill, parsley), chopped 4 oz. soft goat cheese

1/4 red onion, thinly sliced 1 c. bitter greens, such as watercress or arugula 4 oz. smoked salmon

Ground pepper and salt to taste ½ c. caper berries, for serving

Directions:

1. Combine together goat cheese, herbs, salt and ground pepper; mix to blend well.
2. Spread the mixture over toast and top with onion, greens and salmon and serve with caper berries.

Beef in Pepper Sauce

Try out this beef and hot sauce on a weekend afternoon. It's great when served with some hot rice.

Ingredients:

Pepper Sauce:

½ tsp. ground cardamom

½ tsp. cayenne pepper

½ tsp. black pepper

1 green bell pepper or 1 red bell peppers 1 tsp. turmeric

2 tsp. ground ginger

2 garlic cloves

1 can (8 oz.) tomato sauce ½ c. baby carrots

1 tsp. salt

Remaining Ingredients: 1 sliced green bell pepper 1 sliced onion

2 lbs. sirloin steaks, boneless, stripped 2 Tbsp. olive oil

½ tsp. cumin

½ tsp. paprika

1 c. water

Salt & pepper to taste **Directions:**

1. Set aside a tablespoon tomato sauce for later use.
2. In a food processor, blend together pepper sauce ingredients until no chunks are left and set aside.
3. Heat oil in a large skillet over medium heat, add beef seasoned with

salt and pepper. Cook beef until browned. Stir in water, cumin, paprika, and reserved tomato sauce. Simmer for 5 minutes.

4. Add green peppers, sliced onion and the pepper sauce mixture, stir into beef. Cover the skillet with a lid and simmer over low heat for about 30 minutes or until the veggies are tender.

Asparagus Omelet Wraps

In this recipe, you can easily replace pecorino cheese with parmesan cheese. The wraps are excellent for a fulfilling lunch.

Ingredients:

2 Tbsp. extra virgin olive oil 24 stalks asparagus

½ c. milk

8 eggs

¼ c. grated pecorino cheese 2 garlic cloves, chopped

1 tsp. chopped fresh thyme 1 Tbsp. roughly chopped fresh sage Pepper to taste

Directions:

1. In a large bowl, beat eggs well. Stir in milk, pecorino, thyme, sage, and pepper.
2. Arrange the asparagus in a pan with enough salted boiling water to cover the asparagus. Cook until tender but still crisp, for about 2 minutes.
3. Heat olive oil in large non-stick pan on medium heat. Pour some of the egg mixture in the pan and roll the pan until the mixture is thinly layered over the bottom of the pan. Cook the egg mixture for about 2 minutes or until one side is cooked well. Lower heat and flip the eggs to cook the other side. Repeat with the rest of the egg mixture. Keep egg wraps warm until serving.
4. Fill wraps with the cooked asparagus and sprinkle with more grated pecorino. Serve immediately.

Hearty Lamb Chops with Mint

These moist grilled lamb chops are great when served with minty sauce or mint leaves.

Ingredients:

12 rib lamb chops

2 cloves garlic, crushed 1/3 c. extra virgin olive oil ¼ tsp. red pepper powder ½ c. mint leaves, fresh and chopped fine Salt to taste

Directions:

1. Preheat your grill to medium-high heat. In a bowl, mix together extra-virgin olive oil, salt, red pepper and mint. Rub the lamb chops on both sides with garlic and a few spoons of the mint mixture.
2. Grill the lamb chops for at least 4 minutes and turn to cook the other side until done. Transfer to a serving plate and brush with the remaining mint mixture. Sprinkle with the mint leaves and serve immediately.

Chicken with Turmeric Rice

Enjoy a delicious dinner packed with proteins and other essential nutrients. This recipe is sure to please.

Ingredients:

2 cups basmati rice

8 chicken legs

1 liter chicken stock

1 tbsp. olive oil

1 tsp. ground chili powder 2 tsp. ground turmeric

1 tbsp. ground coriander 1 tbsp. grated ginger

2 garlic cloves, crushed 1/2 cup chopped coriander **Directions:**

1. Preheat the oven to 350°F. Heat a tablespoon of olive oil in a medium frying pan over medium heat. Add chicken legs and cook, turning frequently, until cooked through; transfer to a plate and set aside.

2. Add rice, chili powder, turmeric, ground coriander, ginger and garlic to the pan and stir until well blended. Transfer the mixture to an 8-cup ovenproof baking dish and top with the chicken legs. Pour chicken stock over the mixture and bake for about 40 minutes.

3. Remove the chicken legs and stir in 1/2 cup chopped coriander until well blended. Serve the chicken legs and turmeric rice with coconut cream if desired.

Chilled Potato-Leek Soup

With their sweet, mild, onion flavor, leeks are a great addition to this soup. Thoroughly wash the leeks before cooking because they are grown in sand soil and tend to trap grit in their multilayered leaves.

Ingredients:

4 leeks chopped

2 c. chilled evaporated skim milk ¼ tsp. mace

4 c. unsalted chicken broth 4 medium potatoes, peeled and diced 1 Tbsp. olive oil

1 medium onion chopped

Ground black pepper to taste 6 Tbsp. chopped chives

Directions:

1. Heat olive oil in a large saucepan over medium heat; add the onion and leeks and sauté for about 7 minutes or until browned. Add mace, chicken broth and potatoes; cook over medium heat for about 10 minutes or until potatoes are tender. Blend the mixture in a food processor or blender until smooth.

2. Transfer to a large bowl and refrigerate. To serve, stir in the evaporated milk and spoon into serving bowls. Top each serving with a tablespoon chives and a sprinkle of pepper. Serve cold.

Asian Fried Rice

Cooking and refrigerating rice overnight or even longer makes fried rice better since it tends to clump together. Break up the clumps before using.

Ingredients:

2 Tbsp. reduced-sodium soy sauce 1 egg

½ c. frozen peas

½ c. green bell pepper, finely chopped 2 carrots, finely chopped.

¼ tsp. salt

4 green onions with tops, chopped 3 Tbsp. peanut oil

¾ c. rice

1 1/3 c. water

¼ c. parsley, chopped

1 Tbsp. sesame oil

Directions:

1. Boil rice in a saucepan with water, stirring occasionally cook for about 20 minutes or until rice has absorbed water and is tender. Cool rice.
2. Heat oil in large heavy skillet over medium-high heat. Add rice and soy sauce and sauté for about 2 minutes. Add peas, carrots, green onions, salt and pepper. Stir-fry for about 5 minutes or until the vegetables are tender and crisp.
3. Make a hole in the center of the skillet by pushing rice and vegetables to the sides. Break the egg into the hole and cook, scrambling it lightly as it cooks.
4. Sprinkle with chopped parsley and serve immediately.

Bean Chili

The typical chili gets kicked up a notch with the help of peppers and Anasazi, cannellini, and black beans. This dish is great when served with cornbread.

Ingredients:

¾ c. each dried Anasazi beans, red kidney and black beans or cannellini beans, washed, soaked overnight, and drained 1 Tbsp. chili powder

4 cloves garlic, minced

1 yellow onion, chopped

3 Tbsp. olive oil

2 large seeded yellow or red bell peppers 2 large seeded green bell peppers 1 ½ tsp. salt

1 bay leaf

4 c. water

2 green onions, including thinly sliced tender green tops 6 Tbsp. shredded Monterey Jack cheese 1/3 c. fresh cilantro, chopped 4 tomatoes, seeded and peeled, then diced ½ tsp. red pepper flakes

2 tsp. ground cumin

1 Tbsp. dried oregano

Directions:

1. Combine bay leaf, water, beans, and ½ tsp. salt in a saucepan on high heat; bring the mixture to boil, lower heat to low, and simmer, partially covered, for about 70 minutes or once beans are tender. Drain, discarding bay leaf.

2. Chop the bell peppers coarsely and set aside. Heat oil in a saucepan on medium-heat and sauté yellow onions for about 6 minutes or until

lightly golden. Stir in red pepper flakes, cumin, oregano, chili powder, garlic, and the remaining one teaspoon salt. Cook the mixture for about 2 minutes or until fragrant. Add tomatoes, the cooked beans, bell peppers, and cilantro and cook for about 6 minutes or until heated through.

3. Spoon chili into serving bowls and top each serving with green onions and cheese.

Hearty Clam Chowder

Made with canned clams, onions, and potatoes, this classic New England chowder turns out hearty and creamy with a great flavor that is sure to satisfy.

Ingredients:

1 Tbsp. extra virgin olive oil 4 cans (6 ½ oz.) chopped clams, ¼ c. gluten-free flour

4 bacon slices

2 c. 2% reduced-fat milk 2 (8 oz.) bottles clam juice 3 c. cubed red potato

1 garlic clove, minced

1 c. chopped celery

1 c. chopped onion

1 bay leaf

3 parsley sprigs

½ c. half-and-half

¼ tsp. black pepper

1 ½ tsp. chopped fresh thyme Thyme sprigs (optional)

Directions:

1. Drain clams and save the liquid. In a bowl, mix the clam juice and clam liquid.

2. In a Dutch oven, cook bacon over medium-high heat for a few minutes or until crisp. Transfer bacon to a bowl and crumble, reserving two teaspoons of drippings in the pan; set aside the crumbled bacon.

3. Add extra virgin olive oil to the Dutch oven; sauté garlic, celery, and onion for about 8 minutes or until tender. Add potatoes, clam juice

mixture, thyme, pepper, parsley sprigs and bay leaf and bring the mixture to a boil. Lower heat and simmer, covered, for about 15 minutes or until the potato becomes tender. Remove bay leaf.

4. In a bowl, beat together flour and milk until smooth and add to pan. Stir in half-and-half and clams and cook for about 5 minutes. Garnish with bacon and thyme.

Gluten Free Cookbook

Vol. 3

Dinner Recipes

Healthy Mediterranean Salmon

This is an excellent salmon recipe incorporating healthy Mediterranean ingredients and spices. It's sure to please everyone who tries it!

Ingredients:

4 fillets salmon (about 6 oz. each) ¼ c. of balsamic vinegar

4 pressed garlic cloves

½ c. olive oil

1 ½ tsp. garlic salt

1 Tbsp. fresh basil, chopped 1 Tbsp. fresh cilantro, chopped **Directions:**

1. Preheat the oven to 350°F.

2. In a small bowl, mix together balsamic vinegar and olive oil. Place salmon fillets in a baking dish and rub with garlic. Pour the oil mixture over the fillets, turning to coat well. Season with garlic salt, basil, and cilantro. Let marinate for at least 10 minutes.

3. Cook fillets in the oven for about 15 to 20 minutes. Turn fillets over half way through cooking time and pour some of the marinade over them as well.

Roast Lamb Rack with Mustard and Rosemary Crust

This is a really delicious roast lamb recipe perfect for a dinner of four. You can swap the herbs with your favourites.

Ingredients:

2 trimmed and quartered zucchini 4 French trimmed lamb racks

8 yellow squash, halved

1 Tbsp. fresh rosemary, chopped 2 Tbsp. ground mustard

Olive oil spray

4 c. peeled and cubed Kent pumpkin **Directions:**

1. Preheat the oven to 400°F. Line a large baking dish with parchment paper. Brush the pumpkin with oil and transfer to the prepared baking dish. Season the pumpkin with pepper and bake until tender, for around 15 minutes.
2. In the meantime, set a large frying pan coated with oil over high heat and add the lamb racks and cook for about 2 minutes or until browned.
3. In a bowl combine together mustard and rosemary and spread $\frac{1}{4}$ of the mixture over each lamb rack.
4. When pumpkin is done, add zucchini and squash to the baking dish, top with the lamb racks and bake for around 15 minutes or until the lamb is cooked to your desired doneness. Transfer the lamb to a plate, use foil to cover and let cool for at least 5 minutes. Continue cooking until the vegetables are tender.

Simple Chicken Salad

This is a delicious chicken salad made with cooked chicken, feta, green beans, cherry tomatoes, capers, lemon juice, oregano and olive oil.

Ingredients:

½ c. feta cheese, crumbled ½ lb. green beans, cooked 4 cooked chicken breasts, cut into bite-sized pieces 20 halved cherry tomatoes 2 Tbsp. drained capers

Juice of one lemon

1 ½ tsp. oregano

¼ c. extra virgin olive oil Freshly ground pepper

Salt

Directions:

1. In a large bowl, combine chicken, oregano, and oil; marinate, covered, for at least 1 hour.
2. Toss with the remaining ingredients until well coated; season with salt and ground pepper. Serve immediately.

Delicious Pork Tenderloin

Tender, full of flavor, filling, healthy...I could go on and on and on.

Ingredients:

1 tsp. extra virgin olive oil 1 tsp. minced ginger (bottled) 1 Tbsp. low-sodium soy sauce

1/3 c. salsa (bottled)

1 (1-lb.) trimmed and sliced pork tenderloin 1 Tbsp. raspberry jelly

1 tsp. minced garlic (bottled) 2 Tbsp. fresh cilantro, chopped **Directions:**

1. Mix garlic and soy sauce in a small bowl.

2. In a large non-stick skillet, heat extra virgin olive oil over medium to high heat. Using your fingers, flatten the pork pieces to about ½-inch thickness. Place the pork pieces in the pan, evenly spread soy sauce over pork pieces and cook until browned, for about 3 minutes on each side.

3. Transfer pork to a plate; add jelly and salsa to pan, raise heat and cook for about 30 seconds until slightly thick. Sprinkle the pork tenderloins with cilantro and serve with salsa jelly mixture.

Mediterranean Chicken

This Mediterranean chicken is great when served with tomatoes and capers.

Ingredients:

4 boneless chicken breast halves (6 pound each), with skin 3 Tbsp. olive oil

3 Tbsp. rinsed and drained capers 16 pitted and halved Kalamata olives
1 pint grape tomatoes

Freshly ground pepper

Coarse salt

Directions:

1. Preheat the oven to 475°F. In a medium bowl, toss together 2 tablespoons oil, capers, olives, and tomatoes and set aside.
2. Rinse the chicken breasts, pat dry and season with salt and ground black pepper. Set a large ovenproof skillet over high heat until hot. Add one tablespoon of oil to the skillet and continue heating until hot, but not smoking. Arrange the seasoned chicken breasts, skin side down and cook for about 4 minutes or until golden brown in color. Turn the chicken breasts over and add the tomato mixture.
3. Transfer the skillet to oven and roast for about 18 minutes or until the tomatoes soften and the chicken is cooked through.

Best Ever Chicken Fingers

Are you on a gluten-free diet? Savor these ultimate chicken fingers thanks to the gluten-free mix.

Ingredients:

3 Tbsp. margarine or butter, melted 2 eggs, beaten slightly

3 chicken breasts (1 lb.), boneless, skinless, sliced $\frac{3}{4}$ c. Gluten Free biscuit mix

$\frac{1}{2}$ tsp. salt or garlic salt

1 tsp. paprika

$\frac{1}{2}$ c. grated Parmesan cheese

Directions:

1. Preheat your oven to 450°F. Prepare a cookie sheet by lining it with foil and grease with cooking spray.
2. In a shallow baking dish, combine together cheese, paprika, salt and Biscuit mix. Dip the chicken strips into the beaten eggs, before coating with the cheese mixture. Arrange the chicken strips on the cookie sheet, drizzle with melted butter and bake for at least 6 minutes on each side.

Chicken with Gluten-free Greek salad

This is a very light dinner dish of grilled chicken with authentic quinoa Greek salad.

Ingredients:

1 lb. chicken fillets

½ lb. round tomatoes (sliced) 8 Kalamata olives

1 lemon for juice and zest

1 garlic clove (crushed)

1 ½ Tbsp. olive oil

8 oz. quinoa

1 Tbsp. melted butter

1 finely chopped red chili pepper 1 onion, finely chopped

½ c. feta cheese (crumbled) Mint leaves as desired (chopped) Salt

Pepper

Directions:

1. Follow package instructions to cook quinoa until done. Thoroughly rinse the cooked quinoa under running water and drain.
2. In the meantime, mix together garlic, chili pepper and butter into a paste.
3. Toss together chicken fillets with some seasoning and 1 tablespoon olive oil until well coated.
4. Arrange the coated chicken fillets in a hot griddle pan and cook until cooked through, for about 4 minutes on each side.
5. Transfer the cooked chicken to a plate, sprinkle with the spiced butter

and let melt.

6. Combine together mint, feta cheese, onion, olives and tomatoes in a bowl; toss the mixture and mix in the cooked quinoa. Stir in lemon zest, lemon juice, seasoning and the remaining olive oil. Top with the chicken fillets and spiced butter.

Easy Chicken Fajita

The kids are absolutely going to love this!

Ingredients:

2 chicken breasts cooked, finely sliced 1 red chili pepper finely sliced 1 red pepper finely sliced

1 red onion finely sliced

Marinade:

1 Tbsp. extra virgin olive oil Pinch cumin

1 Tbsp. ground coriander

4-5 drops tabasco

Juice of 1 lime

2 medium garlic cloves crushed Large pinch salt and cracked black pepper 1 Tbsp. Smoked paprika

Accompaniments:

Salsa

Bag mixed salad

One pack corn tortillas

Directions:

1. Preheat the oven to 400°F.

2. Wrap tortillas in foil.

3. Add the sliced chicken, chili pepper, red pepper and onion to a large bowl and add all the marinade ingredients. Stir to combine everything.

4. Heat griddle pan until hot. Put tortillas in oven to warm. Add the

vegetable chicken marinade mixture to griddle and move continuously with tongs until charred.

5. Once done, transfer the pan contents to a bowl and serve with warm tortillas, salsa and salad greens.

Artichokes Provencal

This unique artichokes recipe is sure to become a family dinner table favorite once you try it. Even picky eaters will fall in love with it.

Ingredients:

2 garlic cloves, minced

½ chopped red onion

Sea salt to taste

1 tsp. extra virgin olive oil ½ c. white wine

2 ripe tomatoes, sliced

2 9-oz. frozen artichoke hearts 1 tsp. water

1 lemon zest

Pepper to taste

1 Tbsp. fresh basil chopped **Directions:**

1. Heat extra-virgin olive oil in a skillet; add onion, garlic and salt and sauté for about 5 minutes. Add the wine and let it cook until it's reduced by half. Add lemon zest, water, tomatoes and the frozen artichoke hearts.
2. Cover and cook for at least 6 minutes. Add basil, pepper and salt and stir. Serve.

Cranberry-Glazed Lamb Shanks

Cranberry-glazed lamb shanks are a great way to add protein to your diet.

Ingredients:

¼ c. low-fat coconut cream

4 lamb shanks

2 bunches English spinach, trimmed, leaves washed and dried 2 tsp. butter substitute such as coconut oil 4 garlic cloves, crushed

2 Tbsp. fresh rosemary leaves, chopped fine 2 Tbsp. mustard seed

½ c. cranberry juice

1 can cranberry sauce

Salt to taste

Ground black pepper to taste **Directions:**

1. Preheat the oven to 350°F. Season the lamb shanks with salt and pepper and place them in a roasting pan.
2. In a bowl, combine together two garlic cloves, rosemary, mustard, juice, and cranberry sauce. Pour the mixture over the lamb, cover with foil and bake for about 2 ½ hours, turning occasionally, until tender. Remove pan from oven and raise temperature to 425°F.
3. Add the pan juices to a saucepan, return the lamb shanks to oven and bake, uncovered, until browned, for about 15 minutes, turning once during cooking time.
4. In the meantime, set the saucepan with juices over high and bring to a boil. Cook and stir until sauce thickens, for about 8 minutes.
5. Melt butter substitute in a large frying pan over high heat. Stir in the remaining garlic until fragrant, for about 30 seconds. Add spinach and

cook, stirring, until just wilted, for about 2 minutes. Stir in cream and bring the mixture to a boil. Season with salt and pepper if desired.

6. To serve, divide spinach among serving plates, top with lamb and drizzle with sauce.

Salmon with Warm Tomato-Olive Salad

This is a very delicious and versatile salmon recipe that should never miss out on your favorite recipe list.

Ingredients:

5 salmon fillets

6 Tbsp. olive oil

¼ c. fresh mint, well chopped ½ c. pitted kalamata olives, sliced 2 tomatoes, cut into big chunks (medium) 1 tsp. sweet honey

¼ tsp. red pepper flakes

Salt to taste

1 clove garlic, minced

1 cup celery, sliced

2 tsp. red wine vinegar

Directions:

1. Preheat your broiler and line a broiler pan with foil before brushing it lightly with olive oil.

2. In a small bowl, whisk together red pepper flakes, honey, one teaspoon vinegar, two tablespoon olive oil and one teaspoon salt. Arrange salmon, skin side down, on the lined broiler pan and brush with the honey glaze. Broil the salmon for about 6 minutes or until just cooked through and golden brown in color.

3. In the meantime, place garlic on a chopping board, sprinkle with a dash salt and mash into a fine paste. In a small saucepan, heat the garlic paste, olives, one tablespoon vinegar and the remaining olive oil over medium-high heat for about 3 minutes or until bubbling. Transfer to a large bowl; add mint, celery, tomatoes and toss to combine well. Serve the mixture with the grilled salmon.

Coconut Prawns

Coconut milk, curry, ginger and chili pepper makes this a creamy, spicy prawn dish.

Ingredients:

1 can coconut milk

24 medium green prawns

1 tsp. curry powder

1 small red chili pepper, finely chopped 1 tsp. ginger, finely grated 1 chopped garlic clove

1 ½ Tbsp. reconstituted onion flakes 2 tsp. olive oil

Steamed rice, to serve

Fresh basil leaves, torn to taste **Directions:**

1. Add a cup of water to a saucepan and bring to a boil. Lower heat, add prawns and simmer, covered, until prawns are cooked through, for about 5 minutes.

2. Transfer the mixture to a bowl to cool.

3. When cool, remove prawns from water, reserving water. Peel and devein the cooked prawns and return the shells to the reserved water.

4. Heat oil in a small saucepan over medium heat. Add ginger, chili pepper, garlic, and curry powder; cook, stirring, until fragrant and golden, for about 2 minutes.

5. Add reserved prawn water to the pan with spices, discarding prawn shells. Add onion flakes and coconut milk and bring the mixture to a boil. Lower heat to low and let the mixture simmer for at least 10 minutes. Stir in prawns and basil until just heated and serve with rice.

Lamb Lettuce Wraps

The Boston lettuce leaves offer a light, fresh alternative to whole wheat flatbread or pita.

Ingredients:

2 tsp. canola oil

1 c. onion, finely chopped 2 tsp. garlic fresh and minced 1 tsp. cinnamon, grounded $\frac{3}{4}$ tsp. sea salt

$\frac{1}{4}$ tsp. black pepper, grounded 6 oz. lean lamb sliced thin $\frac{1}{2}$ c. parsley, freshly chopped $\frac{1}{2}$ c. tomato, sliced

$\frac{1}{2}$ c. cucumber, medium size chops $\frac{1}{4}$ c. non-flavored fat-free yogurt $\frac{1}{4}$ c. hummus

$\frac{1}{4}$ c. red pepper

8 Boston lettuce leaves

2 Tbsp. mint leaves

1 Tbsp. pine nuts, toasted **Directions:**

1. Heat a large pan over medium-high heat. Add oil to pan, spread to cover the pan surface. Add lamb, onion, garlic, cinnamon, salt and pepper to pan; sauté for 5 minutes or until lamb is well done.

2. Combine cucumber, parsley and tomato in a small bowl. Stir in the lamb mixture until it is well blended. Combine non-flavored yogurt and hummus in another bowl. Top each lettuce leaf with about $\frac{1}{4}$ cup lamb mixture and one tablespoon yogurt-hummus mixture. Sprinkle each wrap with pine nuts and mint leaves and serve.

Spiced Salmon

This super zingy salmon dinner is perfect for those following gluten-free and low salt diets.

Ingredients:

4 (6 oz.) salmon fillets, with skin 1 Tbsp. onion powder

1 tsp. cayenne pepper

2 Tbsp. melted butter

½ tsp. dried oregano

½ tsp. dried thyme

½ tsp. cracked black pepper 1 tsp. sea salt

Directions:

1. In a small bowl, combine together oregano, thyme, pepper, salt, onion powder, and cayenne pepper.
2. Brush melted butter all over the fish, and then brush with the spice mixture.
3. Set a frying pan or chargrill over medium-high heat. Add fish, skin side down, and cook until crisp, for about 5 minutes per side.

Greek Lamb Chops

This is a simple and hearty lamb dish perfect for dinner. You can marinate the lamb to make it taste even better.

Ingredients:

1 Tbsp. oregano, dry

2 Tbsp. fresh lemon juice 1 Tbsp. minced garlic

½ tsp. sea salt

¼ tsp. black pepper powder 4 lean lamb chops

1 tsp. olive oil

Directions:

1. Preheat your broiler to medium heat.

2. In a bowl, combine together lemon juice, garlic, salt, oregano and black pepper; rub the mixture over the lamb chops. Broil the lamb chops on a broiler pan coated with olive oil for about 4 minutes on each side or until done. You can also let the lamb chops marinate for a while before cooking.

Coconut Milk Fish

Serve this dish with some hot rice to enjoy a delicious and flavourful dinner that is made with coconut milk, spices and fish.

Ingredients:

2 lb. firm white fish fillets, cubed 1 can coconut milk

10 fresh curry leaves, chopped 2 garlic cloves, crushed

1 long deseeded and finely chopped green chilli 1 tsp. turmeric

1 tsp. ground coriander

1 ½ Tbsp. onion flakes

1 Tbsp. olive oil

Steamed basmati rice

Coriander leaves chopped

Directions:

1. Heat oil in a large frying pan over medium. Add curry leaves, garlic, chilli, coriander, onion flakes, ground coriander and turmeric. Cook, stirring constantly, for about 1 minute or until fragrant.

2. Add coconut milk, lower heat to medium low and let the mixture simmer until slightly reduced, for about 10 minutes. Add fish and continue cooking until fish is just cooked through, for about 5 minutes.

3. Add salt and pepper to taste and top with coriander leaves. Serve the fish with basmati rice.

Fish Parcels

This is a very delicate and savoury dish perfect for a weekend dinner. Enjoy!

Ingredients:

4 (6oz.) boneless white fish fillet 4 large silverbeet leaves, with no stems
Olive oil cooking spray

1 inch piece fresh ginger, peeled, sliced 1 garlic clove, thinly sliced

Salt to taste

Ground pepper to taste

Steamed rice, to serve

Directions:

1. Set a non-stick frying pan over medium-high heat.
2. Coat 4 foil sheets with olive oil spray. Place a silver beet leaf in the centre of each sheet. Place the fish on the leaf and sprinkle each piece of fish with some ginger, garlic, salt and pepper.
3. Fold silver beet leaf over the fish fillet and seal the ends to form a parcel. Place the parcels into the frying pan and cook for about 6 minutes per side.
4. Take fish out of the leaves and drizzle any sauce from the leaves onto the fish. Serve with rice.

Grilled Swordfish with Peppers

The combo of colorful peppers and seasoning on the fish makes a flavorful and healthy dinner reminiscent of a Mediterranean summer meal.

Ingredients:

4 (3-oz.) swordfish steaks 2 Tbsp. olive oil

1 tsp. ground mustard

2 Tbsp. crushed fennel seed 1 finely chopped clove garlic 1 julienned red bell pepper 1 julienned orange bell pepper ¼ tsp. pepper

¼ tsp. garlic powder

½ tsp. salt

Directions:

1. Heat charcoal or gas grill. Heat oil in a 10-inch skillet over medium heat; sauté garlic and peppers, stirring to coat for about 2 minutes. Cover the skillet, lower heat and simmer the mixture for at least 15 minutes.
2. In the meantime, combine garlic powder, salt, mustard, fennel seed and pepper in a small bowl. Coat both sides of swordfish with the spice mixture. Remove the pepper mixture from the heat and keep warm.
3. Coat a grill pan with oil; place the coated swordfish on the grill pan, cover and grill over medium heat, turning once, for about 10 minutes or until cooked through. Serve grilled swordfish with the pepper mixture.

Crumbed Coconut Chilli Fish

This crispy chilli fish dish makes a quick dinner for four. Great when served with fresh greens and rice.

Ingredients:

1 Tbsp. olive oil

1 1/3 c. shredded coconut

6 (4 oz.) boneless or flathead white fillets, cut into halves lengthwise
1 lightly beaten egg

2 Tbsp. coconut milk

1/2 tsp. dried chilli flakes

Asian greens and steamed jasmine rice, to serve **Directions:**

1. Combine together coconut and chilli flakes on a plate. In a bowl, beat together the egg and milk. Prepare a baking tray by lining it with parchment paper and set aside.

2. Dip the fillets into the milk mixture, and then into the coconut mixture. Arrange them on the prepared baking tray and let sit for 10 minutes.

3. Heat oil in a large frying pan over medium heat. Add fish and cook until cooked through, for about 3 minutes per side.

4. Serve fish with Asian greens and steamed jasmine rice.

Gluten Free Chicken Barbecue Quesadillas

Best enjoyed while still warm, these mini quesadillas are perfect for gluten-free dieters.

Ingredients:

8 large corn Guerrero tortillas
2 c. chicken, cooked and finely chopped
1 Tbsp. minced onion

½ c. barbecue sauce

7 oz. Monterey Jack cheese, grated **Directions:**

1. Heat barbecue sauce, chicken and onion together in a saucepan until heated through. In the meantime, cut the tortillas into halves.
2. Put each pair of tortillas on your working surface and sprinkle on the cheese. Add one spoon of chicken mixture on each piece of the tortilla halves and add more cheese, then cover with the other tortilla.
3. Place the tortillas on a heated griddle and let cook over medium heat for about two minutes on each side. Serve at once.

Crisp Skin Salmon

An easy and quick way to cook fresh salmon into a hearty satisfying dinner.

Ingredients:

4 salmon fillets, with skin 1 tsp. sea salt

2 Tbsp. olive oil

Directions:

1. Arrange fish, skin side up, on a large plate; sprinkle with oil and rub salt into the skin.
2. Set a large non-stick frying pan over medium-high. Add the fish, skin side down and cook until skin is crisp, for about 5 minutes. Turn the fish, cover pan and continue cooking until fish is cooked through.

Crisp Chicken Nuggets

This is an all-time favorite recipe that even the kids who are super picky eaters will love. Serve with their favorite dipping sauce.

Ingredients:

1 ½ lb. thigh or chicken breast cubed into 40-48 pieces 1 ½ c. crushed sour cream and onion potato chips 1 egg

¼ c. milk

¼ tsp. thyme

2 Tbsp. margarine or butter, melted ½ tsp. pepper

Directions:

In a bowl, place the egg and milk and whisk lightly with a fork. Place chips crumbs, thyme, and pepper on a wax paper lined baking sheet. Spray a baking pan with cooking spray. Dip the chicken nuggets into the milk-egg mixture, roll in the potato chip crumbs and arrange the nuggets in one layer on the baking pan.

Let the nuggets sit for about 15 minutes. Drizzle the melted margarine or butter over chicken nuggets and put in a preheated 425F oven. Allow them to bake for half an hour or until the chicken is cooked through and the coating is crunchy.

Swordfish with Beans

Swordfish with beans is a traditional Southern Italy dish. It's easy to make and very delicious.

Ingredients:

2/3 c. chicken stock

2 cans rinsed and drained cannellini beans 2 green onions, finely chopped

4 (6 oz.) swordfish steaks

1/4 c. olive oil

2 Tbsp. fresh oregano leaves

6 garlic cloves - 2 sliced and 4 finely minced 2 Tbsp. flat-leaf parsley, and more to garnish, roughly chopped 2 rosemary sprigs

Directions:

1. In a dish, mix together minced garlic, oregano, and two tablespoons oil. Season fish with salt and pepper, and then coat in the garlic mixture and let marinate while you prepare the beans.
2. Heat one tablespoon oil in a large frying pan over medium-low. Add onions and chopped garlic and cook, stirring constantly for about 6 minutes or until starting to brown. Increase heat to medium, add rosemary, stock and cannellini beans; simmer the mixture until stock is almost absorbed, for about 5 minutes. Discard rosemary sprigs.
3. Place one cup of the bean mixture into a bowl and coarsely mash with a wooden fork. Return the mashed mixture to the pan and stir for 1 more minute. Add parsley and stir to mix well; keep warm.
4. Set a chargrill or a frying pan over high heat and heat remaining oil. Add swordfish and sear until cooked, about 2 minutes per side.
5. Divide the bean mixture among four serving plates; top each with

swordfish and sprinkle with more parsley. Serve immediately.

Chicken Fingers with Dipping Sauce

This chicken recipe is a great bet for picky eaters and the variation, grilled and served on a skewer, makes these chicken fingers even more appealing to kids. You may want to add your kid's favorite dipping sauce and they might not leave any for adults!

Ingredients:

Four boneless, skinless chicken breast halves 1 ¼ c. gluten free panko crumbs

2 Tbsp. gluten free barbecue sauce

3 Tbsp. vegetable oil

24(10") bamboo skewers, soaked for at least 30 minutes in water Salt and pepper to taste

Directions:

1. Cut each chicken breast lengthwise into small strips (about ½-inch-wide). Sprinkle salt and pepper on the strips, slightly fold them and place them onto the skewers.
2. Set a charcoal fire or prepare a gas grill to medium-high, close the lid and let it heat for about 15 minutes until hot.
3. In a bowl, stir together the barbecue sauce and vegetable oil. Spread the bread crumbs on a sheet of waxed paper. Brush the barbecue sauce mixture over the chicken strips and roll them in the breadcrumbs.
4. Place the chicken fingers on the charcoal fire or gas grill and grill them uncovered for about 3 minutes per side until they are no longer pink inside.
5. Serve the chicken fingers with your favorite dipping sauce.

Best Ever Beef Stew

This beef stew recipe is high in fiber and low in high-glycemic carbohydrates and fat. Although this beef stew is easy on meat, it's full of vegetables and flavor.

Ingredients:

1 lb. beef round steak

3 c. low-sodium vegetable or beef stock 1 tsp. balsamic vinegar

¼ c. red wine vinegar

¼ c. pearl barley

1 c. chopped kale

4 cloves of garlic, chopped

1 c. carrot, diced

½ c. mushrooms, diced

½ c. white potato with skin, diced ½ c. sweet potato, diced

1 c. Roma tomatoes, diced

1 c. celery, diced

2 c. yellow onions, diced

2 tsp. canola oil

1 tsp. dried rosemary, minced 1 Tbsp. dried oregano

1 Tbsp. minced fresh parsley

1 tsp. minced fresh thyme

1 tsp. dried sage, crushed

Black pepper, to taste

Directions:

1. Preheat broiler or grill and broil or grill steak, turning once, for at least 12 minutes. Remove from heat and let cool.
2. In the meantime, prepare vegetables: Sauté vegetables in large stock pot in oil over medium-high for about 10 minutes or until lightly brown. Add buckwheat and continue cooking on low for another 5 minutes.
3. Use a paper towel to pat the meat dry. Cut grilled steak into ½-inch cubes and add to pot. Add herbs, stock, vinegars, and spices.
4. Bring the mixture to a simmer and cook until barley is well cooked and the stew is well thickened.

Chicken Tagine with Sweet Potato and Ginger

Spicy chicken with sweet potatoes and carrots makes for a filling meal.

Ingredients:

6 chicken thigh filets, trimmed, halved 2 c. chicken stock

1 medium peeled carrot, sliced 1 c. chopped sweet potato

1 Tbsp. olive oil

1 ½ Tbsp. onion flakes

½ tsp. ground cinnamon

1 tsp. ground coriander

1 tsp. ground cumin

1 ½ inch piece peeled and grated fresh ginger 2 chopped garlic cloves

½ c. chopped fresh coriander leaves Pepper to taste

Directions:

1. Preheat the oven to 350°F.

2. Heat half of the oil in a large heavy-based casserole dish over medium heat. Working in batches, cook chicken until browned, for about 4 minutes per side. Transfer chicken to a plate and heat the remaining oil in the pan. Add cinnamon, coriander, cumin, ginger and garlic and cook until fragrant, for about 1 minute.

3. Stir in carrot and sweet potato until well coated. Add onion flakes, stock and chicken. Bake covered until chicken is cooked through and vegetables are tender, about 30 minutes.

4. Stir in coriander and season with pepper to serve.

Healthy Black Bean Wrap

Canned black beans are often high in sodium. Be sure to rinse the beans thoroughly under cold running water if you're watching your sodium intake –or make your own beans from scratch.

Ingredients:

1 ½ c. canned black beans, rinsed and drained ¾ c. salsa

¾ c. shredded cheddar cheese 6 fat-free gluten-free tortillas 1 Tbsp. chopped garlic

1 tomato, diced

4 green onions, diced

2 Tbsp. green chili peppers, chopped 3 Tbsp. chopped fresh cilantro 1 ½ c. frozen corn kernels, thawed **Directions:**

1. Combine tomatoes, onion, garlic, cilantro, corn, and black beans in a microwave-safe bowl; stir to mix well. Microwave the mixture on high for at least ½ minute, stir and microwave again for another ½ minute. Repeat the same process until hot.

2. Place two tortillas between paper towels or paper napkins and microwave on high for 20 seconds until warm. Repeat the process with the other tortillas.

3. Spread ½ cup bean mixture on each tortilla and top with some salsa and some cheese. Fold the tortillas to make wraps and serve immediately.

Gluten Free Lasagna

I have two words for this recipe; tasty and flavorful!

Ingredients:

1 lb. lean minced beef 3 c. shredded low-fat mozzarella cheese 1 c. low-fat cottage cheese $\frac{3}{4}$ lb. Acorn noodles, uncooked 3 $\frac{1}{2}$ c. water

1 (8-oz.) can unsalted tomato sauce 1 (6-oz.) can unsalted tomato paste $\frac{3}{4}$ tsp. garlic powder

$\frac{3}{4}$ tsp. oregano

1 $\frac{1}{2}$ tsp. dried basil

1 onion, chopped

Directions:

1. Preheat oven to 325F. Coat a 9x13-inch baking pan with oil or cooking spray. Cook onion and beef until beef is browned and crumbly. Drain off any grease. Add tomato sauce, tomato paste, garlic powder, oregano, basil and water to the beef, stir to combine well. Let the mixture boil, then lower and simmer for 10 minutes.

2. Place half cup of meat sauce into the coated pan and top with a layer of raw noodles, 1 cup mozzarella cheese and $\frac{1}{3}$ cup of cottage cheese. Repeat the layers until you use all the ingredients. Use foil to cover pan and bake for 60 to 80 minutes or until noodles are tender.

Gluten Free Quesadillas

This is a healthier version of quesadillas for those looking for gluten free, sugar-free or low carb recipe.

Ingredients:

8 10-inch fat-free gluten free tortilla 1/4 tsp. ground cumin

Half a small onion, diced

1 can (4-oz.) green chili peppers, diced, drained 2 c. shredded Monterey Jack cheese (reduced-fat) **Directions:**

1. Preheat oven to 350 degrees. Spray a baking sheet with cooking spray.
2. Combine cumin, onion and peppers in a bowl. Sprinkle each tortilla with $\frac{1}{4}$ cup cheese. Divide the onion mixture among the tortillas and spread it evenly over the cheese. Fold each tortilla before putting on coated baking sheet.
3. Cover the baking pan with foil and bake the tortillas until cheese melts, for about 15 minutes. Remove the foil, turn oven to broil and broil until lightly brown, for about 1 $\frac{1}{2}$ minutes. Cut each wrap into four equal pieces and serve with salsa of your choice for dipping.

Hearty Bean and Rice Salad

This tasty rice and bean salad combines great flavors of garbanzo beans, kidney beans, and brown rice. This healthy recipe will replace high-fat, low-nutrition picnic salads in your household. Rinse the canned beans to remove excess sodium, if you're watching sodium intake.

Ingredients:

1 ½ c. brown rice, uncooked 3 c. water

¼ c. olive oil

1 can (15-oz.) rinsed and drained unsalted dark kidney beans 1 can (15-oz.) rinsed and drained unsalted garbanzo beans ½ c. spring onion or shallots, chopped ½ c. fresh parsley, chopped 1/3 to 1/2 c. rice vinegar, to taste **Directions:**

1. Cook rice in stockpot with water for about 50 minutes or until tender. Put rice in a bowl. Let the rice cool to room temperature before stirring in the remaining ingredients. Refrigerate for at least 2 hours before serving.

Gluten Free Roasted Salmon

Salmon is rich in omega-3 fatty acids, which play an important role in keeping blood from clotting and protecting against irregular heartbeats thus preventing heart attacks. The American Heart Association recommends diabetics to take two servings of salmon every week.

Ingredients:

1 Tbsp. chopped chives

2 tsp. extra-virgin olive oil 2 5-ounce pieces salmon with skin 1 Tbsp. tarragon leaves chopped **Directions:**

1. Preheat the oven to 425° F. Use foil to line a baking sheet. Place salmon skin side down on baking sheet. Brush oil over unskinned side of salmon and sprinkle with the chives and tarragon.

2. Cook for about 12 minutes or until cooked through. Flip salmon onto serving plate with herb covered side down. Remove the salmon skin and discard. Serve with lemon wedges.

Mushroom Spinach Frittata

Using egg substitute in place of whole eggs in this recipe cuts cholesterol, fat and calories.

Ingredients:

1 Tbsp. fresh dill or 1 tsp. dried dill Egg substitute, equivalent to 10 eggs 1 Tbsp. water

10-oz. bag fresh spinach ½ tsp. dried thyme

½ lb. fresh mushrooms, sliced 1 tsp. olive oil

1 c. chopped onion

3 cloves of garlic, minced ¼ c. feta cheese crumbled ¼ tsp. black pepper

Directions:

1. Preheat oven to 350°F. In a medium oven-proof skillet, sauté garlic and onion in olive oil for at least 5 minutes. Add thyme and mushrooms and cook for an additional 5 minutes. Remove skillet from heat.

2. Place spinach in another saucepan, add 1 tablespoon water and cook, covered, until wilted; drain and let cool. Squeeze any liquid out and chop the leaves coarsely.

3. Beat together the egg substitute, pepper and dill in a bowl. Stir in feta cheese, mushroom mixture and the chopped spinach. Wipe out skillet and spray with a generous amount of cooking spray and place on stove over medium heat to get hot. Pour the egg mixture into the hot skillet and bake in oven.

4. Check the frittata after 10 minutes and check after every 5 minutes thereafter until it's a bit firm. When the frittata is done, slide it onto a serving plate; cut into 6 pieces and serve immediately.

Veggie Kebabs

Typically, kebabs are marinated pieces of fish, meat, or shellfish threaded onto the skewers and then broiled or grilled. This version uses marinated veggies instead.

Ingredients:

4 wooden skewers, soaked in water for half an hour, or metal skewers 1 c. water

½ c. brown rice

½ c. fat-free Italian dressing 1 red pepper, seeded and sliced into 4 pieces 1 green pepper, seeded and sliced into 4 pieces 1 red onion, cut into 4 wedges 1 small zucchini, sliced into 8 pieces 8 button mushrooms

8 cherry tomatoes

Directions:

1. Put zucchini, onion, mushrooms, tomatoes, and peppers into a ziplock bag. Add Italian dressing, seal and toss to evenly coat the vegetables; marinate for 10-15 minutes.

2. Combine rice and water in a pot and heat boiling over high heat. Lower heat and simmer, covered, for about 30 minutes or until the rice is fully cooked. Transfer the cooked rice to a bowl so it stays warm.

3. Heat the grill to medium heat. Spray a barbeque cooking pan with cooking spray.

4. Thread 2 mushrooms, 2 zucchini slices, 2 tomatoes, 1 wedge of onion, 1 green and 1 red pepper slice onto the skewers and place them on the barbeque pan. Coat the kebabs with the leftover marinade and grill them, rotating as needed, for at least 5 minutes or until the veggies are tender.

5. Divide rice among two serving plates, top each with two kebabs and serve.

Hearty Chicken Chili

To add more texture, color and flavor, add several types of beans, such as black, garbanzo, or kidney beans, or add more chopped veggies, such as celery and carrots. If you add more veggies, use more chicken broth to accommodate the extra ingredients.

Ingredients:

1 (10-oz.) can white chunk chicken 4 c. low-sodium chicken broth

1 (14.5-oz.) can low-sodium tomatoes, diced 3 c. cooked white beans

6 Tbsp. grated Monterey Jack cheese (reduced-fat) 6 oz. low-fat, gluten-free baked tortilla chips Cayenne pepper, to taste

1 tsp. dried oregano

1 tsp. ground cumin

2 tsp. chili powder

2 garlic cloves, minced

1 medium red pepper, chopped

½ medium green pepper, chopped

1 medium onion, chopped

3 Tbsp. chopped fresh cilantro

Directions:

1. Combine chicken broth, tomatoes, beans, and chicken in a large soup pot and simmer over medium heat.

2. In the meantime, coat a frying pan with cooking spray. Add garlic, onion and peppers to the coated pan and sauté for about 5 minutes or until the vegetables are tender.

3. Add the garlic mixture to the soup pot; stir in oregano, cumin, chili

powder, and cayenne pepper and simmer until the vegetables are tender, for about 10 minutes.

4. Scoop the chili into warmed serving bowls and sprinkle each bowl with 1 teaspoon of cilantro and 1 tablespoon of cheese. Serve each serving of chili with about 6-8 baked chips.

Chicken and Roasted Red Pepper Wrap

This is one of the delicious diabetes recipes that will help you follow your diabetes meal plan.

Ingredients:

4 ounces chicken breast, boneless, skinless, cut into ½-inch strips

2 gluten-free tortillas (garlic and herb, spinach, or pesto-flavored)

2 Tbsp. hummus

1 cup lettuce leaves chopped

½ c. tomatoes, chopped

1 roasted red bell pepper, sliced

Directions:

1. Coat a frying pan with cooking spray; sauté the chicken over medium-high heat until it's opaque throughout and lightly browned. Set aside.
2. Place another dry frying pan over medium heat. Place one tortilla on the heated pan and continue heating for about 20 seconds per side or until softened. Repeat the same process with the remaining tortilla.
3. Place the warmed tortillas on the serving plates and spread each with a tablespoon hummus. Top each tortilla with half of the tomatoes, lettuce, chicken, and the roasted pepper.
4. Fold the tortillas and make the wraps and cut each in half crosswise. Serve immediately.

Fried Pork with Black Currant Jam Sauce

These pork chops are pan-fried and topped with sauce that's currant flavored. They are low in fat and calories.

Ingredients:

1/4 c. black currant jam

6 orange slices

1/3 c. wine vinegar

6 center cut pork loin chops, visible fat removed 2 tsp. olive oil

2 Tbsp. gluten free Dijon mustard 1/8 tsp. freshly ground black pepper

Directions:

1. Whisk together mustard and jam in a small bowl.
2. Heat olive oil in a non-stick skillet over medium-high heat; add pork chops and cook for about 5 minutes per side or until the sides are brown and chops are cooked through. Top each chop with a tablespoon of mustard-jam mixture and cook, covered, for 2 more minutes. Remove and transfer to the warmed serving plates.
3. Let the pan cool until warm. Pour wine vinegar into the frying pan and stir to remove remains of jam and pork. Pour some vinegar sauce on top of each pork chop and sprinkle with pepper. Garnish with orange slices and serve immediately.

Gluten Free Cookbook

Vol. 4

Bread Recipes

Gluten Free Vanilla Bread

This is a special bread recipe that secretly dreams of being cake! This is the kind of bread you eat with a fork and is best served when hosting a civilized brunch or evening tea. Enjoy the sweet aromas.

Ingredients:

¾ c. sorghum flour, sifted 1 c. cornmeal, sifted

1 c. brown sugar

2 free range eggs

½ cup tapioca starch

1 tsp. cinnamon

1 tsp. baking soda

1/8 tsp. nutmeg

1½ tsp. baking powder

1 tsp. sea salt (very fine) 1 tsp. xanthan gum

1 Tbsp. bourbon vanilla extract ½ c. olive oil

1 cup warm water (microwave for 30 seconds) **Directions:**

1. Preheat the oven to 375F and line your 9" cake pan with parchment paper.

2. In a mixing bowl, mix all the dry ingredients and combine well. Add the remaining ingredients and beat by hand continuously until you get a smooth batter for about a minute or so. If the batter is too thick, you can add up to two tablespoons of warm water to thin. The batter should be like muffin batter but ensure it's not too stiff.

3. Transfer the batter into the prepared cake pan and bake at the center of the oven for about 30 minutes. Test if cooked by inserting a wooden

pick at the center, it should emerge dry. Allow the bread to rest for 15 minutes by placing the cake pan on a wire rack. Use a sharp knife to slice the bread into desired sizes. Serve warm.

Tip: Serve with either heated maple syrup for dipping or tangy yogurt topped with fresh berries.

Gluten Free Focaccia

Bring a little Italy into your home with this amazing flatbread recipe. Be prepared to go back to the kitchen as your family will be asking for more and more.

Ingredients:

½ c. millet flour

1 c. sorghum flour

1 c. potato/ tapioca starch

4 Tbsp. olive oil

1 Tbsp. honey

1 Tbsp. active dry yeast

2 tsp. xanthan gum

2 tsp. each: thyme, basil and chopped rosemary ½ tsp. lemon juice, freshly squeezed 1 ¼ tsp. sea salt

2 cloves garlic, minced

1 1/3 c. warm water

1 free range egg, beaten

1 pinch of raw sugar

A dusting of gluten free cornmeal Fresh tomatoes and garlic for topping

Directions:

1. Turn on the oven for 2-5 minutes just to warm it then turn it off.
2. In a mixing bowl, combine the garlic, herbs, flours, starch, sea salt and xanthan gum.
3. Proof the yeast in a separate bowl with water and a bit of sugar, a

pinch or so.

4. Once the yeast is ready, poofy, pour this mixture into the large bowl containing the flour mixture and add the rest of the ingredients.

5. At this point, your batter should have a sticky consistency like a thick muffin batter.

6. Pour the batter into your cake tin dusted with cornmeal.

7. Carefully shape the dough into a rounded loaf using wet hands.

8. Arrange the sliced tomatoes and garlic next, you can add other fresh herbs of your choice and sea salt.

9. Now place the cake tin in the oven and let it rest for 30 minutes, to allow the bread to rise, before turning on the oven to 375F.

10. Bake for 30 minutes or so and remove it from the pan to a wire rack.

11. Serve warm.

Gluten Free Easy and Quick Baguettes

This baguette recipe is in a class of its own; it is not your everyday dry and plain baguette. Instead, it is golden, sweet and has a very soft and yummy taste. You need to try this!

Ingredients:

1 packet of Pamela's gluten-free bread mix, complete with a yeast packet
1½ c. warm water

2 free range eggs, beaten

Directions:

1. Warm the oven briefly for 5 minutes then turn it off.
2. Shape two sheets of foil into baguette shapes and place them on a baking sheet.
3. In a mixing bowl, combine the bread mix, yeast, warm water and eggs and beat continuously for 3 minutes until smooth.
4. Divide the dough into two and pour out the dough onto the shaped foil papers. Smooth the dough using wet fingers to form long baguettes.
5. Transfer the loaves into the warm oven and allow them to rise for about an hour. Heat the oven to 375F and bake your baguettes for half an hour.
6. If you would like your baguettes to be super crusty, bake the breads directly on the oven rack once they are baked for the 30 minutes.
7. Let the baguettes cool before slicing.
8. Serve warm.

Gluten Free Sweet Potato Bread

Simple, tasty and 100% healthy, you need to try this recipe.

Ingredients:

1 c. gluten free cornmeal 1 c. gluten free Pamela's ultimate baking mix $\frac{3}{4}$ c. sweet potato, pureed 3 eggs

$\frac{1}{2}$ c. olive oil

$\frac{3}{4}$ c. brown sugar

1 tsp. vanilla extract 1 tsp. gluten free pumpkin pie spice blend Sea salt to taste

$\frac{1}{2}$ tsp. cinnamon

$\frac{1}{2}$ tsp. baking powder

Directions:

1. Preheat oven to 350F.
2. Grease an 8" cake pan and sprinkle with cornmeal or line it with parchment paper.
3. Whisk the eggs in a mixing bowl until they become foamy. Next add the olive oil and mix well to combine then add brown sugar, pureed sweet potatoes and bourbon vanilla extract.
4. Mix all dry ingredients in a separate bowl then add this mixture to the bowl containing the wet ingredients. Use a wooden spoon to stir the mixture until it forms a smooth batter.
5. Pour batter into the prepared pan and bake it on the center rack of the heated oven for about 45 minutes. Check with a wooden pick to ensure it is ready; the wooden pick should emerge dry.
6. Place the pan on a wire rack for 10 minutes to cool and then remove the bread from the pan.

7. Serve warm with butter. Enjoy!

Gluten Free Whole Grain Bread

If you are looking to stay healthy, to grow stronger and not fatter and if you want to feel trim and not bloated after eating bread, this gluten free whole grain bread recipe is just for you!

Ingredients:

¾ c. gluten free brown rice flour ¾ c. hazelnut flour

½ c. buckwheat flour

1/3 c. millet flour

¼ c. quinoa, flaked

2 ½ tsp. rapid dry yeast

3 Tbsp. coconut flour

1 Tbsp. buckwheat honey

1 tsp. sea salt, fine

1 ½ tsp. xanthan gum

¼ c. olive oil

1 c. warm water

3 large organic eggs, beaten **Directions:**

1. Turn your oven on for 5 minutes and switch it off.
2. Prepare a baking tin by lining it with parchment paper.
3. Add the yeast into half a cup of warm water and stir in the honey. Set this aside.
4. Whisk together all dry ingredients in a large mixing bowl. Make a well at the center and add the yeast mixture, olive oil and the eggs. Beat the mixture together by hand and add the remaining water a little at a time

until it forms a smooth batter.

5. Scoop the batter into the prepared baking tin and sprinkle the top with the quinoa flakes.

6. Place the baking tin at the center of the warm oven and let it rest for about 50 minutes.

7. Turn your oven to 350F and bake the bread for about 1 hour until the top is crusty and well browned.

8. Remove the baking tin from the oven and let it cool for 10 minutes before removing the bread.

9. Serve warm

Gluten Free Polka Dot Soda Bread with Raisins

This recipe appeals to both the eyes and the tummy.

Ingredients:

½ c. millet flour or sorghum flour ½ c. hazelnut flour

¼ c. coconut flour

½ c. potato starch

¼ c. brown sugar

½ c. gluten free brown rice flour ¾ c. coconut milk

¾ c. raisins

3 free range eggs

6 Tbsp. olive oil

2 tsp. double acting baking powder 1 tsp. xanthan gum

½ tsp. baking soda

1 tsp. lemon juice, freshly squeezed ½ tsp. sea salt

Directions:

1. Preheat the oven to 350F.

2. Line a round cake pan with parchment paper.

3. Combine all dry ingredients in a large mixing bowl and the wet ingredients in a separate bowl.

4. Make a well at the center of the bowl containing the dry ingredients and add the wet ingredients and mix with a wooden spoon.

5. Once the dough is evenly sticky and moist, add the raisins and combine them well into the dough.

6. Scoop out the dough into your baking pan and try molding the dough to form a good round loaf.

7. Add a few more raisins and press them into the dough.

8. Place the pan into your oven and bake the bread for about 30 minutes until the bread is firm and golden. Confirm with a wooden pick, it should emerge dry.

Gluten Free Rosemary and Olive Scones

Bring a little Downton Abbey fun into your home with these tender and savory scones that go well with savory soups.

Ingredients:

¼ c. almond flour

¼ c. millet flour

1/3 c. sorghum flour

½ c. plain yogurt

¼ c. olive oil

½ c. tapioca starch

1/3 c. kalamata/ black olives, chopped 2 free range eggs

1 ½ tsp. xanthan gum

2 tsp. baking powder

½ tsp. baking soda

½ tsp. garlic powder

1tsp. dried rosemary

½ tsp. black pepper, ground 1 tsp. lemon juice

Directions:

1. Preheat the oven to 400F
2. Oil the insides of a cast iron scone pan and place it in the oven.
3. Combine all dry ingredients in a mixing bowl. Add the remaining ingredients apart from the olives and beat well until well combined. Once the batter is well mixed and sticky, stir in the olives.

4. Remove the now hot scone pan from the oven and scoop the batter into the pan evenly. Sprinkle the top with more olives and dried rosemary.
5. Bake the scones on the center rack for 15 minutes until firm and golden.
6. Serve hot with your favorite soup, butter or olive oil.

Gluten Free Great Tasting Dinner Rolls

If you like bread with your dinner, this is the perfect recipe for you. These dinner rolls are soft, tender and pull apart effortlessly.

Ingredients:

½ c. millet flour

1 c. sorghum flour

¼ c. hazelnut flour

¼ c. buckwheat flour

1 tsp. sea salt

1 ½ c. potato starch

¼ c. olive oil

¾ c. hot water

¾ c. almond milk/ coconut milk 2 free range eggs, beaten 2 Tbsp. coconut flour

2 Tbsp. brown sugar

½ tsp. lemon juice

1 tsp. xanthan gum

1 packet rapid rise yeast **Directions:**

1. Turn your oven on for about 5 minutes to warm it.
2. Grease your muffin pan and sprinkle with gluten free flour then set aside.
3. Combine all dry ingredients in a large mixing bowl and add in the rest of the ingredients. Beat continuously until smooth and sturdy.

4. Scoop this dough into the muffin pan and place it at the center of the warm oven and let them rest for 50 minutes.
5. Turn on your oven to 350F and bake the rolls for about 25 minutes or until they feel hollow when you press down with your finger.
6. Place the pan on a wire rack to cool off briefly. Use a knife to loosen the edges of the rolls and remove them gently from the pan.
7. Serve immediately with the butter of your choice.

Gluten Free Pizza Crust

Finding a great tasting pizza crust with the right texture can be an uphill task but this is the best gluten free pizza I have ever tasted!

Ingredients:

1 c. sorghum flour

1 c. potato starch

½ c. millet flour

½ c. gluten free brown rice flour 1 c. tapioca starch

¼ c. olive oil

¼ c. free range egg whites, beaten 1¼ c. warm water

3 tsp. baking powder

¼ tsp. rice vinegar

2 tsp. xanthan gum

1 tsp. sea salt

3 Tbsp. and 1 tsp. of brown sugar 1 packet active dry yeast **Directions:**

1. Grease 2 baking sheets and lightly dust with brown rice flour.
2. Mix all dry ingredients in a large mixing bowl.
3. Proof the yeast in 1 cup of water with 1 teaspoon of brown sugar.
4. Add the yeast mixture, oil, egg whites and vinegar to the dry ingredients and beat the dough until smooth and sticky. You may add the remaining water. The dough should be smoother than the typical bread dough.
5. Divide the dough into two and scoop each onto the center of the prepared baking sheets. Wet your hands and use them to flatten the

dough to create a thin pizza shell with raised edges. Don't be in a hurry; it may take quite some time to achieve a perfect crust.

6. Preheat your oven to 400F.

7. Place the two baking sheets at the center racks and bake for 10 minutes.

8. Remove from the oven and preheat your broiler.

9. Lightly coat the pizza shell with olive oil and season with sea salt.

10. Sprinkle with your choice of fresh herbs and top with fresh veggies and other toppings you like on your pizza. Sprinkle on your favorite cheese.

11. Broil the pizza for about 5 minutes just to melt the cheese.

12. Serve hot.

Gluten Free Tomato Bread

Nothing is more Italian than this amazing tomato bread.

Ingredients:

½ c. almond flour

1½ c. sorghum flour

1 ½ c. tapioca starch

½ c. gluten free brown rice flour ½ c. sun-dried tomatoes, chopped 4 tsp. dried basil

1 tsp. raw sugar

2 tsp. xanthan gum

1 ½ tsp. sea salt

1 tsp. lemon juice

3 Tbsp. olive oil

2 tsp. minced garlic

2 free range eggs, beaten

1 ¼ c. warm water

1 packet rapid dry yeast

Directions:

1. Warm the oven by turning it on for 5 minutes.
2. Line a 9" pan with parchment paper.
3. Proof the yeast by adding it to a cup of warm water plus the sugar.
4. Combine all dry ingredients. Add the proofed yeast, olive oil, lemon juice, eggs and rest of the water to the dry ingredients. Mix until

combined and add tomatoes and mix.

5. Scoop the dough into the baking pan and set it in the warm oven. Allow the bread to rest for 20 minutes.

6. Turn on the oven to 375F and bake the bread for about 30 minutes (brush the top with olive oil at 20 minutes).

7. Remove the pan from the oven and let it cool on a wire rack before removing the bread.

8. Serve warm with extra virgin olive oil.

Gluten Free, Dairy Free, Sugar Free and Grain Free Bread

This recipe is the perfect definition of pure health in a bite.

Ingredients:

2/3 c. flax meal

1 1/3 c. hazelnut flour ¼ c. almond milk

5 free range eggs, beaten 1 ½ tsp. grain free baking powder ½ tsp. sea salt

2 Tbsp. olive oil

Directions:

1. Preheat the oven to 350F and grease your baking pan or line it with parchment paper.
2. Combine all dry ingredients in a large mixing bowl. Add the remaining ingredients and beat well until a smooth, thick batter is formed.
3. Scoop the batter into the prepared baking pan and bake the bread for about 25 minutes. Use a wooden pick to test, it should emerge dry.
4. Remove the pan from the oven and let it cool slightly before removing the bread.
5. Serve immediately

Gluten Free Rosemary French Bread

With a crunchy exterior and a soft center, this is the true definition of bread heaven!

Ingredients:

- ½ c. millet flour
- 1 c. arrowroot starch
- 1½ c. sorghum flour
- 1½ c. warm water
- 2 Tbsp. brown sugar
- 2 Tbsp. olive oil
- 2 Tbsp. dried rosemary
- 2 Tbsp. rapid rise yeast
- 1 Tbsp. xanthan gum
- 2 free range eggs
- 1 ½ tsp. sea salt
- 1 tsp. cider vinegar

Directions:

1. Preheat the oven to 375F.
2. Grease two sides of a French bread pan and dust with gluten free cornmeal.
3. Combine all dry ingredients except rosemary in a mixing bowl and fold together.
4. Proof the yeast in a small bowl with warm water and sugar.

5. Add the proofed yeast, eggs, olive oil and vinegar to the dry ingredients and combine well to form a smooth, thick batter.

6. Scoop out the dough into your French bread pan. Sprinkle with the dried rosemary. Let the bread rise for 30 minutes then bake it for a further 30 minutes until the bread feels hollow to the touch and is well browned.

7. Remove the pan from the oven and let it cool slightly before removing the bread.

8. Serve warm.

Gluten Free Nutty Bread

You will agree with me that most store bought gluten free bread is either too expensive or tastes yuck! Save yourself the agony by making this yummy gluten free nutty bread.

Ingredients:

1 c. flaxseed meal

¼ c. ground walnuts

½ c. arrowroot flour

½ c. tapioca flour

1½ c. garfava flour

2/3 c. potato starch

1 ¼ c. warm water

5 Tbsp. ground flax – mix with ¾ cup water 3 Tbsp. natural honey

3 Tbsp. coconut oil

1 tsp. baking soda

1 Tbsp. xanthan gum

1 ½ tsp. sea salt

2 ¼ tsp. active dry yeast Sesame seeds for sprinkling **Directions:**

1. Preheat the oven to 350F and line two bread tins with parchment paper.

2. Proof the yeast by mixing it with some warm water and sugar.

3. Meanwhile mix all dry ingredients but not the sesame seeds in a mixing bowl and add the proofed yeast, flax mixture, oil, and honey. Beat continuously until you get a fairly wet batter.

4. Scoop out the batter into your prepared bread pans, sprinkle the sesame seeds on the bread and bake the loaves for about 50 minutes (If you only have room for one bread pan in your oven, cover the other one and place in the fridge to avoid over-proofing the yeast). Use a wooden pick to check when the bread is ready and remove from oven.
5. Let the bread cool for about ten minutes then remove from the baking pans.
6. Serve warm.

Gluten Free Honey Bread

This bread is very nutritious and makes amazing sandwich bread.

Ingredients:

1 c. buckwheat flour

¼ c. teff flour

¼ c. brown rice flour

½ c. tapioca flour

2 c. cornstarch

¼ c. natural honey

1/3 c. canola oil

1/3 c. warm natural apple juice 1 ½ c. warm water

2 free range eggs

1 Tbsp. dark molasses

4 tsp. xanthan gum

2 tsp. brown sugar

1 tsp. sea salt

2 tsp. poppy seeds for sprinkling **Directions:**

1. Preheat the oven to 375F and line your baking pan with parchment paper.

2. Mix the yeast, 2 teaspoons of sugar and ½ cup of the warm water in a medium sized bowl.

3. Meanwhile, combine all dry ingredients in a mixing bowl except for the poppy seeds. Add the proofed yeast, eggs, molasses, apple juice, oil and

remaining water. Beat until you get a smooth mixture.

4. Cover the dough the dough with plastic wrap and allow to rest for 1 hour.

5. Transfer the dough to the prepared baking pan and bake for 65 minutes (cover the top of the bread with foil after 20minutes to avoid over browning).

6. Remove the bread from the oven and allow to cool before serving.

Gluten Free Challah

This bread from the Jewish community is one of the greatest culinary inventions.

Ingredients:

4 c. gluten free Jules all-purpose flour 1 c. vanilla coconut yogurt

1/3 c. canola oil

1/3 c. warm water

5 large free range egg yolks, beaten 1 large free range egg, beaten for covering top of dough 1 tsp. and 3 Tbsp. sugar

4 Tbsp. molasses

1 packet rapid rise yeast

1 tsp. apple cider vinegar

1 ¼ tsp. sea salt

½ tsp. baking soda

Raisins and sesame seeds for sprinkling and mixing **Directions:**

1. Preheat the oven to 20F then turn it off.

2. Combine the yeast, 1 teaspoon of sugar and warm water in a medium mixing bowl to proof the yeast.

3. Meanwhile, combine all dry ingredients in a mixing bowl except for raisins and sesame seeds. Stir in the yeast and the remaining ingredients apart from the raisins and sesame seeds. Beat well until you get smooth dough.

4. When your dough is ready, stir in the raisins and divide it into two halves and subdivide each of the halves into three balls. The dough is going to be quite sticky so you will need to coat your hands with flour

from time to time.

5. Roll out each ball into a long strip and set aside and repeat this action for all the other balls. Pinch together one end of each of the strips and braid them together. Connect the top and bottom ends of the braid to form a crown or you can leave it as a braid if that is what you prefer.

6. Place the crown or braid gently on the prepared baking pan and coat the bread's entire top surface with the beaten egg and sprinkle with the sesame seeds. Cover the loaves with wax paper that has been sprayed with cooking spray.

7. Place the pans in the preheated oven for 30 minutes. Once it starts rising, turn on the oven to 350F and bake the bread for about 20 minutes. Remove the pans and let them cool on a wire rack.

8. Serve warm.

Gluten Free Chocolate – Veggie Bread

Zucchini is one summer food that we can't just let go to waste. Use it to make this delicious and totally healthy bread.

Ingredients:

¼ c. cacao powder

1 ¼ c. almond flour, blanched ¾ c. zucchini shredded

¼ c. honey

2 large free range eggs

2 Tbsp. coconut oil

½ tsp. baking soda

¼ tsp. vanilla stevia

¼ tsp. sea salt

Directions:

1. Combine cacao powder and almond flour in a food processor.
2. Add the baking soda and salt as you pulse followed by the eggs, honey, coconut oil, stevia and finally the zucchini.
3. Transfer the ready batter to a baking pan lined with parchment paper.
4. Bake the bread in a preheated 350F oven for about 40 minutes.
5. Transfer the bread to a cooling rack and let it cool for 2 hours.

Gluten Free Cashew Nut Bread

Crazy about cashews? You will definitely enjoy this recipe.

Ingredients:

1 c. cashew nut butter

1 Tbsp. apple cider vinegar 5 large free range eggs

¼ tsp. sea salt

1 tsp. maple syrup

¾ tsp. baking soda

Directions:

1. Pulse the cashew nut butter together with the eggs in a food processor until you achieve a very smooth consistency.
2. Add the vinegar, maple syrup, baking soda and salt. Continue pulsing until it forms a smooth batter.
3. Scoop the batter to a baking pan lined with parchment paper 4. Preheat the oven to 350F and bake the bread for about 45 minutes.
5. Once the bread is ready, transfer it to a cooling rack and let it cool for 10 minutes.
6. Serve warm.

Gluten Free Quick and Simple Bread

You don't have to buy many ingredients or spend 5 hours in the kitchen to make bread as you will see with this recipe.

Ingredients:

2 ½ c. hazelnut flour

3 free range eggs

1 Tbsp. natural honey

½ tsp. apple cider vinegar ½ tsp. baking soda

½ tsp. sea salt

Directions:

1. Preheat your oven to 350F.
2. Combine the dry ingredients in a large mixing bowl.
3. Whisk the eggs in a separate bowl then add the vinegar and the honey then add this mixture to the dry ingredients and beat well until you get a smooth batter.
4. Scoop the batter into a baking tin that is lined with parchment paper and bake it for about 50 minutes on the bottom rack of your oven. Use a wooden pick to check if the bread is ready, it should emerge clean.
5. Cool the bread on a cooling rack and serve warm.

Gluten Free Banana Bread

Start off your day with a high protein breakfast with this easy to make tasty bread recipe.

Ingredients:

2 c. almond flour

1 ½ c. bananas, mashed

¼ c. palm shortening

3 free range eggs

1 Tbsp. maple syrup

1 Tbsp. bourbon vanilla extract 1 tsp. baking soda

½ tsp. sea salt

Directions:

1. Preheat the oven to 350F.
2. In a food processor, pulse the bananas, maple syrup, vanilla extract, eggs and shortening.
3. Once smooth add the dry ingredients and pulse until you get a smooth batter.
4. Scoop the batter into a baking pan lined with parchment paper and bake the bread for about 50 minutes.
5. Once ready remove the bread from the oven and let it cool on a wire rack before removing it from the pan.
6. Serve warm with your favorite beverage.

Gluten Free Cranberry and Walnut Bread

This fruity and nutty bread is a great way to kick start your day.

Ingredients:

½ c. coconut flour

1 c. frozen cranberries ½ c. walnuts, roughly chopped ½ c. grape seed oil

½ c. honey

5 free range eggs

1 Tbsp. bourbon vanilla extract 1 tsp. baking soda

¼ tsp. sea salt

Directions:

1. Preheat the oven to 350F
2. Pulse all dry ingredients together in a food processor, then add the eggs, honey, grape seed oil and vanilla. Blend until combined.
3. Stir in the cranberries and walnuts manually.
4. Transfer the batter into a baking pan that has been lined with parchment paper.
5. Bake for 50 minutes until the bread is firm and golden. Transfer the pan to a cooling rack and remove the bread once it has cooled for about 20 minutes.
6. Serve warm.

Gluten Free Pumpkin Bread

If you are a great fan of pumpkin pie, you need to try out this recipe. Simply amazing!

Ingredients:

1 c. hazelnut flour

½ c. roasted pumpkin

3 free range eggs

2 Tbsp. agave nectar

1 Tbsp. cinnamon

½ tsp. baking soda

½ tsp. cloves

1 tsp. nutmeg

¼ tsp. stevia

¼ tsp. sea salt

Directions:

1. Preheat the oven to 350F.
2. Combine all dry ingredients in a food processor.
3. Add the remaining ingredients and pulse for about 2 minutes until you get a smooth and thick batter.
4. Scoop the batter into a small loaf pan that is lined with parchment paper.
5. Bake the bread for 45 minutes until the bread is firm with a nice golden color.

6. Remove the pan from the oven and place it on a cooling rack.

7. Serve warm.

Gluten Free Date Bread

There's nothing better than fruity goodness to start off your day.

Ingredients:

½ c. hazelnut flour

½ c. walnuts, chopped

3 large Medjool dates, pitted 3 free range eggs

1 Tbsp. apple cider vinegar 2 Tbsp. coconut flour

¼ tsp. baking soda

¼ tsp. sea salt

Directions:

1. Preheat the oven to 350F.
2. Pulse all dry ingredients together in a food processor.
3. Add the dates and continue pulsing until the mixture attains a sand – texture.
4. Add the eggs and vinegar to the food processor and pulse for 30 seconds.
5. Briefly pulse in the chopped walnuts and transfer the batter to a small loaf pan.
6. Bake the bread for 30 minutes and transfer it to a cooling pan.
7. Serve warm.

Gluten Free Flax Bread

This flatbread is packed with fiber that is very good for your digestive system. Savor every bite.

Ingredients:

2 c. flax meal

1/3 c. olive oil

1/2 c. water

5 free range eggs, beaten until foamy 1 Tbsp. maple syrup

1 tsp. baking soda

1/2 tsp. cream of tartar 1 tsp. sea salt

Directions:

1. Preheat the oven to 350F.
2. Combine all dry ingredients in a mixing bowl.
3. Combine the wet ingredients in a smaller bowl and transfer this mixture to the flour mixture. Beat well until you attain a smooth and thick batter. Let the batter rest for about 5 minutes so that it thickens.
4. Scoop the batter into a baking pan that is lined with parchment paper and bake it for about 20 minutes. Test with a wooden pick, it should come out clean.
5. Remove from the oven and set the baking pan on a cooling rack.
6. Serve warm

Gluten Free Dark Bread

This bread is very filling and will keep you from snacking on unhealthy foods for the rest of the day.

Ingredients:

¾ c. flax meal

½ c. almond flour

½ c. hazelnut flour

¼ c. warm water

3 free range eggs

2 Tbsp. olive oil

2 Tbsp. caraway seeds

½ tsp. baking soda

1 tsp. honey

¾ tsp. cream of tartar

½ tsp. sea salt

Directions:

1. Preheat the oven to 350F.

2. Combine all dry ingredients except caraway seeds in a mixing bowl and the wet ingredients in a separate bowl. Stir the wet ingredients into the flour mixture and beat well. Stir in the caraway seeds and continue mixing until you attain a smooth and thick batter.

3. Let the batter stand for 5 minutes for it to thicken.

4. Transfer the batter to a baking pan that is lined with parchment paper and bake for 30 minutes. Use a wooden pick to see if the bread is

cooked, it should emerge dry.

5. Remove the pan from the oven and set it on a cooling rack.

6. Remove the bread and serve warm.

Gluten Free Bread 3.0

This is not your everyday bread; it has been revamped to give you an out of this world bread experience or what I like to call bread 3.0.

Ingredients:

¾ c. arrowroot flour

¼ c. flax meal

½ c. hazelnut flour

1 c. almond flour

4 free range eggs

½ tsp. baking soda

1 tsp. apple cider vinegar 1 tsp. maple syrup

½ tsp. sea salt

Directions:

1. Preheat the oven to 350F.
2. Combine all dry ingredients in a bowl and set aside.
3. Whisk the eggs in a separate bowl until foamy. Stir in the maple syrup and the vinegar into the foamy eggs.
4. Stir in all dry ingredients into the egg mixture and beat well until smooth with no lumps.
5. Scoop the batter into a baking pan that is lined with parchment paper and bake it for 30 minutes. Use a wooden pick to test if the bread is ready, it should emerge dry.
6. Remove the baking pan from the oven and put it on a cooling rack.
7. Serve warm.

Gluten Free Sweet Cake Bread

Just because you are off gluten doesn't mean you don't have a sweet tooth? Enjoy this recipe!

Ingredients:

¼ c. cornmeal

1 ½ c. corn kernels, coarsely chopped 1/3 c. brown sugar

1/3 c. masa harina

½ c. softened butter

¼ c. water

2 Tbsp. heavy cream

½ tsp. baking powder

¼ tsp. sea salt

Directions:

1. Preheat the oven to 375F.
2. Pulse the butter in a food processor, until it is nice and creamy. Pulse in the masa harina and the water until the mixture is smooth.
3. Add the chopped corn and the cornmeal into the butter mixture.
4. In a separate bowl, mix the sugar, cream, baking powder and salt and transfer the mixture to the food processor. Pulse the two mixtures until well combined.
5. Scoop the batter into an ungreased baking pan. Cover the pan with a foil and place it into a bigger pan that is filled with 1" hot water.
6. Bake in your preheated oven for 1 hour until an inserted wooden pick comes out clean.

7. Remove the pan containing the bread from the water and let it rest for 10 minutes before you serve.

8. Serve warm

Gluten Free Ethiopian Bread

This is a great substitute for dinner rolls. It goes perfectly well with spicy stews.

Ingredients:

3 c. very finely ground millet 5 c. warm water

1 Tbsp. active dry yeast 1 tsp. honey

¼ tsp. baking soda

Directions:

1. Proof the yeast by mixing it with a ¼ cup of water and the honey. Once bubbles start forming, add the remaining water and the flour and stir gently until smooth. Cover and allow to stand for 24 hours.
2. Stir the batter gently and add in the baking soda.
3. Place a large non-stick skillet on medium heat. Scoop about 1/3 cup of the batter into the pan until it covers the bottom evenly.
4. Cover the pan and cook for 1 minute. Don't let the bread brown but just rise lightly, and then remove.
5. Ethiopian bread is only cooked on one side; the top should be slightly moist. Remove the flat bread and place it on a platter to cool. Stack the cooked breads on a plate and serve with a thick and spicy stew.

Gluten Free Danish Bread

Bring a little piece of Denmark into your home with this tasty bread recipe.

Ingredients:

2 c. gluten free pancake mix 2 Tbsp. brown sugar

2/3 c. and 2 Tbsp. coconut milk 1/4 c. butter (at room temperature) 1/4 c. raspberry jam

2/3 c. confectioners' sugar 1/4 tsp. almond extract

1/2 tsp. bourbon vanilla extract **Directions:**

1. Preheat the oven to 400F and line a baking sheet with parchment paper.
2. In a mixing bowl, mix the pancake mix, sugar and butter until crumbly. Pour in the almond extract and 2/3 cup of milk and beat well until all the ingredients are well incorporated and the batter is sticky.
3. Use a spoon to scoop out the batter onto the baking sheet. Space the dough on the baking sheet so that they don't run into each other. Use a teaspoon to make an indentation at the center of each ball and fill the hollows with a teaspoon of jam each.
4. Bake for around 15 minutes until they are lightly browned. Remove the little breads from the oven and allow them to cool.
5. Meanwhile, in a medium bowl, combine the confectioners' sugar, vanilla extract and 2 tablespoons of milk until smooth. Drizzle this over the Danish breads. Let them rest for about 10 minutes.
6. Serve and enjoy!

Gluten Free Cheese Bread

What a cheesy way to start off your day?

Ingredients:

2 c. tapioca flour

2 free range eggs, beaten

½ c. olive oil

1/3 c. almond milk

2/3 c. parmesan, freshly grated 1/3 c. water

2 tsp. minced garlic

1 tsp. sea salt

Directions:

1. Preheat the oven to 375F.

2. Heat a large saucepan on medium-high heat and pour in the milk, olive oil, water and salt. Bring the mixture to a boil and remove from heat immediately.

3. Stir in the tapioca flour until you achieve a very smooth consistency and set aside for about 15 minutes.

4. Add the cheese, garlic and beaten eggs into the mixture and beat until well combined to form a chunky mixture.

5. Scoop out about ¼ cup balls of the batter onto an ungreased baking sheet and bake for 20 minutes in your preheated oven.

6. Remove from oven and let the garlic bread cool for 15 minutes.

7. Serve warm (you can have them plain or with marinara sauce).

Gluten Free Breakfast Cinnamon Rolls

Don't you just love the sweet aroma from cinnamon in your kitchen? Well, you are really going to enjoy this recipe and the taste is out of this world!

Ingredients:

3 c. gluten free self-rising flour ½ c. brown sugar

½ c. white sugar

1 ¼ c. confectioners' sugar 1 c. and 3 Tbsp. milk

¼ c. shortening, organic

½ c. butter, softened

1/3 tsp. bourbon vanilla extract 1 Tbsp. cinnamon

Directions:

1. Preheat the oven to 375F.
2. Combine the flour and the shortening either manually or using an electric mixer until well combined. Add the 1 cup of milk and continue stirring. Once well combined, transfer the dough from the bowl to a kneading surface and knead gently.
3. Roll out the dough until it's a bit thick and spread the softened butter. Combine the white and brown sugars and the cinnamon and sprinkle over the butter. Rub the sugar mixture gently onto the butter and roll the dough. Press the edges and the ends together firmly and cut into 1" slices.
4. Transfer the slices to a greased cookie sheet and bake for 20 minutes.
5. Meanwhile, create the glaze by combining the confectioners' sugar, vanilla and 3 tablespoons of milk.
6. Once the rolls are baked, drizzle the glaze over the hot cinnamon rolls.

7. Serve warm.

Gluten Free Pumpkin and Polenta Bread

Prepare your palate for greatest explosion of flavors.

Ingredients:

2 c. gluten-free polenta 2 c. roasted pumpkin, pureed 4 free range egg whites, beaten 2 free range eggs, beaten 1 c. plain yogurt

½ c. brown sugar

2 Tbsp. butter (at room temperature) 2 tsp. cinnamon

½ tsp. baking soda

1 tsp. nutmeg

1tsp. cloves

1tsp. sea salt

Directions:

1. Preheat the oven to 350F and line a square baking tin with parchment paper.
2. Combine the pumpkin, eggs, egg whites and the butter in a food processor or blender and pulse until smooth. Add the baking soda, sugar, nutmeg, cinnamon, salt and cloves and continue blending until smooth.
3. Transfer this mixture to a mixing bowl and mix in the yogurt and polenta. Combine well and scoop out the batter into the baking tin.
4. Bake the bread for about 45 minutes. Use a wooden pick to confirm the bread is ready, it should emerge dry.
5. Remove the bread from the oven and let it cool for 15 minutes before slicing.
6. Serve warm.

Gluten Free Zucchini and Walnut Bread

Take healthy up a notch with this great tasting zucchini bread that has reduced sugar than the average bread.

Ingredients:

1 c. buckwheat flour

2 c. gluten free all-purpose flour 2 c. zucchini, grated

¼ c. olive oil

1 ½ c. brown sugar

1 c. walnuts, roughly chopped 2 tsp. bourbon vanilla extract 1 tsp. baking soda

¼ tsp. baking powder

1 tsp. sea salt

Directions:

1. Preheat the oven to 325F and line two loaf pans with parchment paper.
2. Start by whisking the eggs until foamy in a mixing bowl. Add the olive oil and sugar and mix well to combine. Pour in the zucchini and vanilla and continue mixing.
3. Mix all dry ingredients in a separate bowl and add this to the egg mixture. Stir in the chopped walnuts and divide the dough into two and transfer into the bread pans.
4. Bake the bread for about 70 minutes in the preheated oven.
5. Remove from oven and let the loaves cool before serving.

Gluten Free Hot Water Corn Bread

This recipe is very unique in that the bread is fried instead of baked. Enjoy!

Ingredients:

1 c. cornmeal, stone ground $\frac{3}{4}$ c. boiling water

1 Tbsp. organic shortening 1 tsp. brown sugar

1 tsp. sea salt

Directions:

1. Start by combining the cornmeal, salt and sugar. Slowly add the boiling water and mix well. Stir in the shortening until it melts into the batter.
2. Pour canola oil to a depth of $\frac{1}{2}$ " in a skillet and place it on medium-high heat.
3. Make flattened balls using the batter and fry in hot oil until crisp (only turn once) for about 5 minutes.
4. Drain the corn breads on paper towels and serve hot with honey.

Gluten Free Peanut Butter Bread

Not only is this recipe high in protein and fiber, the taste is amazing and a great way to kick start your day.

Ingredients:

½ c. all natural peanut butter ½ c. coconut flour, sifted 6 free range eggs

1 Tbsp. maple syrup

1 tsp. baking powder

1 tsp. bourbon vanilla extract ¼ tsp. sea salt

10 drops liquid stevia

Directions:

1. Preheat the oven to 350F and line a bread pan with parchment paper.
2. In a mixing bowl, combine the eggs, vanilla extract, peanut butter, stevia, maple syrup and salt. Add the coconut flour and baking powder and mix well to get a smooth batter.
3. Scoop out the batter into the prepared bread pan and bake it for about an hour or until the bread is ready, check with a wooden pick, it should emerge dry.
4. Remove the bread from the oven and allow it to cool before slicing.

Gluten Free Chocolate Chip Banana Bread

This banana bread will melt in your mouth and is perfect for dessert!

Ingredients:

2 c. gluten free all-purpose flour 1 ½ c. brown sugar

½ c. plain yogurt

½ c. applesauce

½ c. mini chocolate chips 3 very ripe bananas, pureed 1 free range egg

2 tsp. xanthan gum

1tsp. bourbon vanilla extract 1 tsp. baking powder

1 tsp. baking soda

Directions:

1. Preheat the oven to 350F and line your bread pan with parchment paper.
2. Use an electric mixer to beat the applesauce and sugar. Add the bananas, egg, vanilla and yogurt until smooth.
3. Add the remaining ingredients and mix well until you get a smooth batter.
4. Scoop the batter into the bread pan and bake it for about 45 minutes. Use a wooden pick to check if ready, it should emerge clean.
5. Remove the bread from the oven and let it cool for about 15 minutes. Slice and serve warm.

Gluten Free Beer Bread

Who said you can't have beer for breakfast? They were wrong!

Ingredients:

¼ c. buckwheat flour

2 ¾ c. gluten free flour blend 1 bottle gluten free beer 3 free range eggs

3 Tbsp. olive oil

2 ½ tsp. xanthan gum

2 ¼ tsp. rapid rise yeast 1 Tbsp. sesame seed

2 Tbsp. honey

1 Tbsp. brown sugar

1 tsp. apple cider vinegar 1 tsp. sea salt

Directions:

1. Preheat the oven to 375F and line your bread pan with parchment paper.
2. Mix all dry ingredients apart from the yeast in a large mixing bowl.
3. Separately beat the wet ingredient apart from the beer and add this to the flour mixture. Beat well until you get a smooth batter and stir in the yeast and beer. Beat continuously until you achieve a very smooth batter.
4. Scoop the batter into the bread pan and sprinkle the sesame seeds on top. Cover the bread pan with greased wax paper and let it rise for about an hour.
5. Transfer the bread to the oven and bake it for about 45 minutes.
6. Remove from oven and allow to cool before slicing.

Gluten Free Simple Corn Bread

If you are in the mood for some old school style cooking, you will enjoy making this traditional gluten free simple corn bread.

Ingredients:

- 1 c. cornmeal, stone ground 1 free range egg
- 1 c. butter milk
- 1 Tbsp. shortening, organic 1 tsp. baking soda
- 1 tsp. sea salt

Directions:

1. Preheat the oven to 450F and melt the organic shortening in a cast iron skillet in the oven.
2. Combine all dry ingredients in a large mixing bowl and add the wet ingredients. Mix well until smooth.
3. Remove the skillet from the oven and scoop the batter into the skillet. Stir the shortening and the batter well.
4. Bake it for about 40 minutes and remove from the oven.
5. Let the bread cool for ten minutes and serve with your favorite butter.

Conclusion

Now that you have seen all the possibilities with gluten-free cooking I am sure you are ready to get on with the grocery shopping. To save money, it can pay off to find websites that can send you non-perishable foods that are gluten-free. Typically they will be cheaper than your local specialty grocer.

As mentioned in the beginning always read the labels. Some gluten-free products are loaded with so many chemicals that it negates the point of following a healthier lifestyle. I always recommend people try going gluten free for a month even if they do not suspect they have a gluten sensitivity. After checking with their doctor of course.

The reason being, I have gone gluten free (most of the time) and notice a huge decrease in bloating (a woman's worst enemy) and actually my complexion improved. My skin just seemed to clear up and I also had more energy. Again I cannot say for sure gluten was the evil culprit, just that I feel better when I am not eating it.

You never know how the food you are eating is affecting your health until it is gone. If you do not notice a difference then by all means keep eating foods containing gluten. I would not consider myself gluten intolerant but just feel better without it in my diet.

I hope you enjoy the recipes.

Charity Wilson

One last thing....

If you enjoyed this book could I ask you a favor and post an honest review on Amazon for me. Reviews mean the world to an author and I am always looking for ways to improve my books and provide more value to you, the reader.

About The Author

Charity Wilson is the loving mother of four children, well five if you count her husband of over 25 years. She has worked in various jobs over the years but realized one day home is where she needed to be. After a lot of deliberation and research, she decided to become a full-time writer.

Being a full time at home mom and writer sounds like a lot of work and for good reason, it is. She loves every minute of the organized chaos that is her daily life. It is what fuels her ideas and inspires her to write the books she does. She loves to share what she knows and is always willing to learn something new.

She loves to cook and create new recipes which you will find shared throughout her various cookbooks. She stays up to date on the most current diets but doesn't particularly follow any one of them. She eats to enjoy while consciously watching her health. She knows people need a variety of recipes to avoid the boredom that leads to weight gain and tries to fill that void.

Her passions don't stop at cooking and she is an avid gardener, organizer and loves reading. She is known amongst the kids in the sports community as "the lady with the best chocolate chip cookies ever." She enjoys being able to watch her children play sports and is quite active herself. In the end, you could call her a homebody.

Charity is all about living life with passion and enjoying every moment. Life is about enjoying good food, great company and waking up every day happy to do it all over again.

<http://www.amazon.com/Charity-Wilson/e/B00JOMC93G/>

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