



gluten free promise

Gluten Free Promise Mini-Cookbook



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Appetizers & Salads

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DRIED FIG, BRIE AND ROSEMARY BITES

Ingredients:

8 to 12 large plump dried figs
2 to 3 ounces Brie, cut into small pieces
2 teaspoons extra virgin olive oil
1 tablespoon fresh rosemary leaves
Sea salt, to taste
Ground pepper, to taste

Preparation:

If figs are very dry, plump them in boiling water for 5 to 10 minutes. Drain and cool. Trim stems and make a slit in the side of each fig. Push a piece of Brie into each fig. Place in a bowl and toss gently with olive oil, rosemary, salt and pepper. Serve at room temperature or heat in a 350°F oven until warm and cheese melts, about 8 minutes.

Makes 4 to 6 servings.

Adopted from: Whole Foods.

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CRAB-STUFFED DEVILED EGGS

Ingredients:

1 dozen eggs
1/2 teaspoon Old Bay seasoning, more to taste
3 tablespoons mayonnaise
2 teaspoons Dijon mustard
2 tablespoons cold water
8 ounces cooked crab meat
Salt and pepper to taste
Paprika (optional)

Preparation:

Place eggs in a pot large enough to hold them all in a single layer. Cover by 3 inches of cold water and place on the stovetop over high heat. Once the water starts simmering briskly, reduce heat to medium high and cook for 12 minutes. Use a slotted spoon to transfer eggs to a bowl of ice-cold water. Let cool for 5 or 10 minutes, then peel. Slice eggs lengthwise. Remove yolks and place them in a medium bowl. Arrange egg white halves on a rimmed baking sheet.

To prepare the filling, add Old Bay, mayonnaise, mustard and water to yolks and mash. Fold in crab meat. Taste and adjust seasoning. Use two small spoons to scoop filling into egg white halves. Sprinkle with paprika or Old Bay and serve.

Makes 24 deviled eggs

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GLUTEN FREE SPINACH AND CRAB DIP

Ingredients:

1 block of Kraft Philadelphia light cream cheese

½ cup Hellman's light mayonnaise

½ cup parmesan cheese.

1 package of frozen spinach

1 pound of crab legs, steamed and removed from shell (note: Be careful if you opt to use imitation crab. Not all imitation crab is gluten free!)

Preparation:

Combine cream cheese, mayonnaise, parmesan cheese. Meanwhile, defrost spinach in microwave. Combine spinach and crab with other mixture and stir.

Spread mix in 8×8 glass baking dish. Sprinkle parmesan cheese on top of dip (optional). Cook at 350 degrees for 30 to 40 minutes or until sides are browned and dip is thoroughly heated. Enjoy with some gluten free corn chips or gluten free crackers.

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STIR-FRY STEAK SALAD

Ingredients:

3/4 c. gluten free chicken broth
1/3 c. gluten free soy sauce (We use La Choy)
1 small onion, sliced
2 cloves garlic, minced
1 1/2 tsp. ground ginger
1 1/2 tsp. chili powder
1/2 tsp. fresh ground pepper
1 1/2 lb. boneless round steak, cut into strips
4 tsp. vegetable oil, divided
3 medium carrots, julienned
1 c. fresh broccoli florets
1 medium green bell pepper, julienned
1 small onion, sliced thin
8 c. mixed salad greens
3 medium navel oranges, peeled and cut into bite-size pieces

Preparation:

In a bowl, combine the first seven ingredients to make marinade. Pour 2/3 of the marinade into a large resealable plastic bag; add beef. Seal bag and turn to coat. Refrigerate for up to 2 hours.

Cover and refrigerate remaining marinade. Drain and discard marinade from beef. In a large skillet or wok, heat 1-1/2 teaspoons oil; stir-fry beef until no longer pink. Remove and keep warm. In the same pan, stir-fry carrots and broccoli in remaining oil for 5 minutes. Add the green pepper and onion; stir-fry for another 5 minutes or until vegetables are crisp-tender. Stir in reserved marinade.

Toss salad greens and orange pieces; place on a large serving plate. Top with the stir-fried beef, and vegetables.

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A LITTLE CRUNCH OF CABBAGE

Ingredients:

- 1 bag of Romaine lettuce
- 1 bag of spinach
- 1/2 bag of three-color cole slaw mix
- 1 small package of slivered almonds
- 1 small package of Craisins or dried cranberries
- 1 bottle of gluten free poppy seed dressing

Preparation:

Mix all together except Craisins/cranberries. Sprinkle those over the salad once mixed and serve.

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Soups

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GLUTEN FREE CHILI

Looking for a recipe for a tailgate or to warm you up on a chilly fall afternoon? This recipe takes about 10 minutes to prepare and can be enjoyed right away or can simmer for a few hours in your crock pot.

Ingredients:

- 1 lb. ground turkey, chicken or beef.
- 1 can of kidney beans.
- 1 can black beans.
- 1 can tomato sauce (16 oz.) – we use Heinz.
- 1 package gluten free chili seasoning – we use Simply Organic.

Preparation:

I used a crock pot so that we could enjoy the chili at half time. This recipe can be made in a single pot as well.

Brown the ground turkey, chicken or beef in a medium skillet. Drain ground meat and put into crock pot.

Add both cans of beans to meat (drain beans). Stir meat and beans. Add chili seasoning package and stir. Slowly add tomato sauce. I typically do not use the entire 16 oz.

Stir ingredients together and heat thoroughly. I usually put my crock pot on low heat and let the chili simmer for a few hours, stirring occasionally.

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ROASTED PUMPKIN BISQUE

Ingredients:

5 pounds pumpkin, peeled and cut into 3/4-inch pieces

2 yellow onions, chopped

1 tablespoon finely chopped thyme

3 tablespoons extra virgin olive oil

Salt and pepper to taste

6 cups gluten-free chicken or vegetable broth

1/2 cup dry white wine

1 teaspoon ground cardamom

2/3 cup heavy cream or crème fraîche (optional)

Preparation:

Preheat oven to 425°F. Toss pumpkin, onions and thyme in oil and spread mixture onto 1 or 2 large baking sheets. Season with salt and pepper and roast for 20 to 30 minutes until tender, stirring once or twice. Remove from oven and transfer to a large pot. Add broth, wine and cardamom and simmer for 10 minutes. Working in batches, puree the soup in a blender or food processor until smooth, then transfer to a clean pot and check seasoning. When ready to serve, bring back to a simmer. Remove from heat and whisk in cream. Ladle into soup bowls and serve.

Serves 8 to 10

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GLUTEN FREE SPICY CHICKEN AND CORN **CHOWDER**

Ingredients:

2 onions, diced
2 red peppers, diced
2 russet potatoes, diced
2 jalapeños with the seeds removed and diced
2 cans or 4 cups of frozen corn kernels
1 package mushrooms, diced
Pepper to taste
Ground thyme to taste
4 cups of milk
6 cups of gluten free chicken broth
2 cups of shredded chicken

Preparation:

Combine onions, red peppers, potatoes, jalapeños, corn and mushrooms into a large skillet. Sauté the vegetables for approximately 5 minutes. While veggies are cooking, cook chicken in medium skillet and shred.

Puree half of vegetable mixture in a blender. Combine other half of vegetable mixture with chicken broth, milk, and chicken. Add vegetable puree to soup mixture and stir together. Cook soup in large pot until remaining potatoes are tender or slow cook the soup for several hours in a crock pot.

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Entrees

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BAKED CHICKEN WITH POMEGRANATE GLAZE

Ingredients:

1 large lemon
2 sprigs fresh rosemary
1 (5-pound) whole chicken
2 cups unsweetened pomegranate juice
1 tablespoon Dijon mustard
1/2 teaspoon finely chopped garlic
2 tablespoons plus 1 teaspoon arrowroot
1/4 teaspoon freshly ground black pepper
Seeds from 1 pomegranate

Preparation:

Preheat oven to 375°F. Pierce lemon in several places with a fork and place whole, along with rosemary, inside chicken cavity. Tie chicken legs together and place in a roasting pan. Combine juice, mustard, garlic and arrowroot for basting. Pour mixture over chicken, and sprinkle with black pepper. Bake 20 minutes and baste. Bake another 20 minutes, and baste again. Add pomegranate seeds. Reduce heat to 350°F and bake another hour, basting every 20 minutes. Pour off liquid and reserve. Let chicken rest 15 minutes under a foil tent. Skim fat off reserved liquid. Carve chicken and serve with reserved glaze.

Serves 4 to 6

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BAKED HAM WITH ORANGE MARMALADE GLAZE

Ingredients:

1 lean bone-in ham (7 to 9 pounds)

¼ cup orange marmalade

¼ cup packed light brown sugar

¼ teaspoon ground mustard

1/8 teaspoon ground cloves

Preparation:

Place an oven rack in the lower third of the oven. Preheat the oven to 325 degrees. Prepare the ham by scoring the fat 1/4-inch deep every two inches in a cross-hatch fashion. Place the ham on a rack in a pan that has been coated with cooking spray. Add water as needed to maintain 1/4-inch depth. Bake 1 to 2 hours or until 110 degrees F when in the center of the ham.

Combine the marmalade, brown sugar, mustard and cloves in a saucepan over medium-low heat and cook, stirring well, until melted.

Increase the oven heat to 375 degrees. Brush the glaze on the ham, replenish the water to a depth of 1/4-inch, and return the ham to the oven to bake 10 to 15 minutes more or until the glaze begins to darken. The internal temperature of the ham should read 140 degrees. Let the ham stand, covered, 10 minutes, before carving.

Makes about 20 servings

Adopted from: 1,000 Gluten-Free Recipes.

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BRISKET WITH ROOT VEGETABLES

Ingredients:

Salt and pepper to taste
1/2 tablespoon onion powder
1/2 tablespoon garlic powder
2 tablespoons extra virgin olive oil
2 1/2 pounds beef brisket
1 large carrot, cut into 1-inch pieces
1 medium rutabaga, cut into 1-inch pieces
1 medium sweet potato, cut into 1-inch pieces
1 medium turnip, cut into 1-inch pieces
1 cup low-sodium, gluten-free beef broth
1/4 cup flat-leaf parsley, finely chopped

Preparation:

Preheat oven to 325°F. In a small bowl, mix combine salt, pepper, onion and garlic powders. Add olive oil. Rub both sides of brisket with mixture. Heat large skillet over medium-high. Sear brisket on each side to form a brown crust.

Move brisket to roasting pan and add vegetables. Pour broth over the top. Sprinkle with parsley. Cover pan tightly with aluminum foil and transfer to oven. Bake for 3 to 4 hours, basting hourly with pan juices, until beef is fork tender.

Remove brisket and let rest for 15 minutes. Move vegetables to a platter, cover to keep warm. If there is a lot of fat in pan juices, skim it off. Slice brisket across grain (muscle lines) at a slight diagonal. Serve with vegetables and pan juices poured over sliced meat.

Serves 4

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ROASTED BEEF TENDERLOIN

Ingredients

2 tablespoons olive oil, divided
1 1/2 tablespoons finely chopped rosemary, divided
1/2 tablespoon finely chopped garlic
1/2 tablespoon finely chopped thyme
2 1/2 teaspoons salt, divided
3/4 teaspoon pepper, divided
1 (2-pound) piece beef tenderloin
1 1/2 pounds small red potatoes, halved
5 carrots (about 1 pound), peeled and cut into thick rounds
1/3 cup low-sodium chicken broth

Preparation:

Preheat oven to 400° F. In a small bowl, combine 1 tablespoon of oil, 1/2 tablespoon of rosemary, garlic, thyme, 1 1/2 teaspoons of salt and 1/2 teaspoon of pepper. Mix well. Rub oil-herb mixture all over beef tenderloin; set aside.

Heat remaining 1 tablespoon of oil in a large skillet over medium-high heat. Sear beef in large skillet until browned, about 10 minutes. Transfer beef to a large plate; set aside. Put potatoes, carrots, remaining 1 tablespoon rosemary, 1 teaspoon salt and 1/4 teaspoon pepper into a large bowl. Drizzle any remaining drippings in skillet over potatoes and carrots and toss to combine. Transfer to a large roasting pan and spread out in an even layer; top with beef tenderloin.

Heat same skillet over medium heat. Add broth and cook, stirring to scrape up any browned bits, for 30 seconds. Pour pan drippings over beef. Roast until a meat thermometer inserted in the thickest part of the beef registers 130°F, 20 to 25 minutes. Transfer beef to a platter, tent with foil and set aside.

Toss potatoes and carrots and continue to roast until tender and golden brown, about 10 minutes more. Transfer to a serving bowl. Cut beef into slices and serve with pan drippings drizzled over the top.

Serves 8 to 10

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PORK CHOPS WITH CRANBERRY-PEAR CHUTNEY

Ingredients:

Gluten Free Pork Chops

- 1/3 cup kosher salt
- 1/3 cup sugar
- 3 slices peeled ginger
- 1 dried bay leaf
- 1/2 teaspoon whole cloves
- 1/2 teaspoon whole peppercorns
- 1 teaspoon whole allspice berries
- 2 cups pear juice
- 4 (4-ounce) thick-cut, bone-in pork chops

Cranberry-Pear Gluten Free Chutney

- 1 teaspoon canola oil
- 1 tablespoon finely chopped shallot
- 1 teaspoon grated ginger
- 1 tablespoon lemon juice
- 2 Bartlett pears, cored and cut into 1/2-inch chunks
- 1/2 cup dried cranberries
- 3/4 cup light brown sugar
- 1/4 teaspoon ground ginger
- 1/2 cup white wine vinegar
- 1 teaspoon butter
- 1 teaspoon olive oil

(Continued)

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Preparation:

For the pork chops, combine salt, sugar, ginger, bay leaf, cloves, peppercorns, allspice, pear juice and 2 cups water in a medium pot. Bring to a boil over high heat, stirring occasionally, until salt and sugar dissolve to make a brine. Remove from heat, pour into a wide, deep dish and chill until cool. Submerge pork chops in brine, cover and refrigerate for 1 hour. Remove pork chops from brine, rinse under cool water and pat dry. Discard brine and set chops aside.

For the chutney, heat oil over low heat in a medium pot. Add shallots and grated ginger and cook until fragrant and lightly translucent, 30 seconds to 1 minute. Add lemon juice, pears, cranberries, brown sugar, ground ginger and vinegar. Bring to a simmer, stirring occasionally. Cook over medium heat until pears are tender and chutney is thick, 20 to 25 minutes, watching carefully to ensure chutney does not scorch. Set aside.

To cook the pork chops, heat a heavy skillet over high heat. Add butter and oil and swirl to coat pan. When hot, add chops and brown each side, 1 to 2 minutes. Cover skillet, reduce heat to low and continue cooking until pork is just cooked through, 5 to 7 minutes. Transfer plates and serve with chutney.

Serves 4

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GLUTEN FREE LEG OF LAMB WITH ROSEMARY AND GARLIC

Ingredients:

1/4 cup extra virgin olive oil
1 tablespoon roughly chopped rosemary
2 cloves garlic
Salt and black pepper to taste
1 (2-pound) boneless leg of lamb, rolled and tied
2 cups baby carrots
4 medium white potatoes, peeled and sliced
1 medium yellow onion, thinly sliced
1/4 cup red wine

Preparation:

In a blender, combine oil, rosemary, and 1 clove of the garlic. Add salt and pepper. Pour garlic mixture over the lamb, rubbing it into the surface of the meat. Cover and refrigerate for at least 2 hours. Preheat oven to 350°F. Arrange carrots, potatoes, and onions in the bottom of a roasting pan. Pour or spoon marinade that has dripped off the lamb onto the vegetables and toss well to coat. Season with salt and pepper. Cut small slits into the top, sides, and bottom of the lamb. Thinly slice the remaining clove of garlic and place a slice into each slit. Set the lamb in the pan with the vegetables and pour wine over the top.

Roast lamb and vegetables for 45 minutes, covered, and an additional 45 minutes, uncovered. Remove from heat and let sit for 20 minutes.

Continue to cook vegetables until tender.

Serves 4

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RED CHILI RUBBED GLUTEN FREE SALMON

Ingredients:

3 large dried red chiles
1 1/2 cups light brown sugar
1 tablespoon lime juice
2 garlic cloves, finely chopped
1 teaspoon dried oregano
2 teaspoons salt
1 (3-pound) salmon fillet, cut into 6 pieces
2 limes, thinly sliced
1 tablespoon canola oil
Cilantro sprigs

Preparation:

Soak the chile peppers in warm water for 30 minutes, until soft. When the chiles are soft, remove and discard the stems and seeds, and transfer to blender. Reserve soaking liquid. Add sugar, lime juice, garlic, oregano and salt and purée until paste-like consistency. If the mixture is too thick, add a little of the chile soaking liquid, 1 teaspoon at a time, until the desired consistency is reached.

Preheat the oven to 350°F. Arrange salmon fillets on a parchment paper-lined baking sheet skin side down. Spread the chile purée evenly over the tops of the salmon to completely cover each fillet.

Lay lime slices on salmon and brush with oil. Bake for 25 to 30 minutes, until salmon is golden brown and fully cooked through. Garnish with cilantro.

Serves 6

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SUSIE'S CRAB CASSEROLE

Oven temperature: 350 degrees Fahrenheit

Ingredients:

1 pound crab meat
½ cup milk
3 slices of gluten free bread
1 ½ – 2 tbsp prepared mustard
1 tsp Worcestershire sauce
¼ cup butter, melted
3 eggs, slightly beaten
½ tsp salt
½ tsp pepper
1 ½ tsp – 1 tbsp Old Bay seasoning
Paprika

Preparation:

Preheat the oven to 350°F. Beat eggs slightly in bowl. Crumble bread into pieces; add to eggs in bowl. Pour milk over bread, and gently stir together. Add and mix all ingredients (except paprika).

Pour into a lightly greased casserole dish. Sprinkle with paprika. Bake until toothpick/knife comes out clean, about 40 minutes.

Serves 8

Adapted from the V.I.P. Cookbook: A Potpourri of Virginia Cooking, Vol. 7

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Vegetables, Potatoes & Stuffing

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GLUTEN FREE HERB STUFFING

Ingredients:

2 loaves gluten-free bread, diced into one-inch cubes, toasted and cooled
2 large ribs celery, chunks
1 large yellow onion, chunks
2 tablespoons garlic, minced
1 tablespoon dried rosemary
1 tablespoon dried thyme
1 tablespoon dried sage
1 cup chicken stock
1 egg
Salt and pepper to taste
Olive oil

Preparation:

Sautee onion and celery in olive oil on medium-low heat until soft. Add garlic and dried spices. Continue to cook for approximately 2 minutes. Remove from heat and cool.

In a separate large bowl, combine the chicken stock and egg. Stir together. Add the cooled vegetable and spice mixture. Add salt and pepper to taste. Add the bread cubes to the bowl and mix together with your hands.

Transfer mixture into a greased casserole dish, cover and cook at 425° for approximately 25 minutes. Remove cover and cook for an additional 10 to 15 minutes or until stuffing is no longer soggy in the middle.

Serves 6.

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GLUTEN FREE STUFFING WITH SAUSAGE

Ingredients:

2 loaves of gluten free bread, broken up/torn into bite sized pieces
2 large celery stalks, diced
1 large sweet onion, diced
1 package mushrooms, diced
2 gluten free chicken bouillon cubes
1 lb of pork sausage
Salt and pepper to taste.
3 eggs, lightly beaten.
2 – 3 pads of butter.

Preparation:

Break up gluten free bread into bite sized pieces and put aside. Sauté celery, onion, mushrooms and pork sausage until fully cooked. While cooking, break up chicken bouillon cubes into vegetable and sausage mixture. Cool slightly. Add cooked vegetables and sausage mixture to bread and stir. Add salt and pepper to taste. Add a few pads of butter. Slowly add egg to stuffing mixture and mix with hands. Keep adding eggs until stuffing is moist. Stuff in turkey and cook according to turkey directions or cook in a glass baking pan for 35 to 40 minutes.

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BACON CRANBERRY GLUTEN FREE STUFFING

Ingredients:

1 quart gluten free chicken stock or broth
1 loaf of gluten free bread, with a nice crust
1/2 cup extra-virgin olive oil, divided
Salt and pepper, to taste
1/4 pound sliced bacon
2 cups dried cranberries
2 cups mushrooms, quartered
2 stalks celery, chopped into 1/4-inch dice
2 tablespoons fresh thyme leaves (removed from stems)
2 tablespoons chopped fresh rosemary

Preparation:

Bring stock a boil; reduce heat and simmer. Preheat oven to 250 degrees. Cut bread into 1-inch cubes. Drizzle with 1/4 cup of the olive oil and season with salt and pepper. Toss to coat evenly. Spread bread cubes on a baking sheet and put them in the warm oven to dry out. Cut bacon strips into 1-by 1/4-inch pieces. In a large pot, warm remaining 1/4 cup olive oil to medium heat and add bacon. Cook until fat is released and pieces are light brown and crispy. Stir in cranberries, thyme, rosemary mushrooms, and celery. Reduce heat to low and cook for 15 minutes, stirring occasionally.

Increase oven heat to 400 degrees and toast until edges start to crisp and turn dark golden brown. Remove from oven and add to bacon-cranberry mixture. Roll the bread cubes through the mixture to coat evenly. Add simmering stock and stir until stock is absorbed. Transfer to a serving bowl. Keep warm in the oven until you're ready to serve. This stuffing is meant as a side dish, not to be stuffed in the turkey.

Serves 8.

Adopted from Kitchen Café

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GOLDEN GLAZED GLUTEN FREE ACORN SQUASH **WITH BROWN SUGAR AND CINNAMON**

Ingredients:

3 acorn squash
1/2 cup brown sugar
3 tablespoons butter, melted
1 tablespoon cinnamon
1/4 teaspoon nutmeg, to taste
1/4 teaspoon sea salt, to taste

Preparation:

Cut squash into halves and scoop out seeds and fibers. Steam in a pot with a tight-fitting lid until tender, 15 to 20 minutes.

Preheat oven to 400° F. Place halves on a shallow baking dish. Mix sugar, spices, and salt, and sprinkle over squash halves. Drizzle with melted butter. Bake until squash is tender, approximately 15 to 20 minutes.

Serves 6.

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MASHED GLUTEN FREE CAULIFLOWER

Ingredients:

1 medium head cauliflower, cut into small florets (about 6 to 7 cups)

2 to 3 tablespoons extra virgin olive oil

2 to 4 tablespoons water

Sea salt to taste

Preparation:

Boil cauliflower in water until very tender, about 10 minutes. Drain and place in a blender or food processor. Add olive oil and water, one tablespoon at a time until a smooth consistency, similar to mashed potatoes, is reached. Season with salt and serve immediately.

Serves 4.

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TRADITIONAL CREAMED GLUTEN FREE SPINACH

Ingredients:

About 3 pounds fresh spinach
3 tablespoons unsalted butter
1 tablespoon chopped garlic
3/4 cup small (1/4-inch) diced yellow onions (about 1 small onion)
3/4 cup heavy cream
1/2 cup grated parmigiano-reggiano cheese
Pinch ground nutmeg
1/2 teaspoon salt
1/4 teaspoon ground black pepper

Preparation:

To prepare spinach, first remove any unwanted stems or brown parts. Rinse leaves several times in cold water until all the dirt has been rinsed off. Drain spinach but leave some water clinging to spinach leaves. Heat a large pan over medium-high heat and add wet spinach. (This step may need to be done in batches.) Turn spinach frequently with a pair of tongs as it cooks. Once it is wilted, remove from the pan and place in a strainer and squeeze out as much liquid as possible. (This step is very important.) Transfer drained spinach to a cutting board and chop coarsely. Set aside.

Meanwhile, melt butter in a saucepan over medium heat and add garlic and onions. Cook until onions are translucent and soft (about 10 to 15 minutes). Add cream, parmigiano-reggiano, nutmeg, salt and black pepper and continue cooking until it is reduced a bit (about 5 minutes). Add spinach to cream and mix well. Continue to cook until cream has almost completely been absorbed and dish is thick and creamy. Remove from heat and serve.

Serves 6.

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GLUTEN FREE GREEN BEAN CASSEROLE

Ingredients:

1 can gluten free cream of mushroom soup (try Health Valley Organic).

French Fried Onions (Try Wegmans' brand – they are gluten free)

1 3/4 – 2lbs green beans, cleaned and cut into 2 inch pieces

Preparation:

Cook green beans for 4-5 minutes. Strain and put the green beans in a large casserole dish.

Mix in the soup and sprinkle French fried onions on top.

Bake for 35 to 40 minutes at 350 degrees.

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GLUTEN FREE BROCCOLI MUSHROOM BAKE

Ingredients:

3 large broccoli crowns (about 1.5 – 2 lbs. total), chopped and steamed
6 teaspoon butter (separated)
4 cloves garlic, minced
1/2 cup green onions (2 bunches or about 15 onions), chopped
1/2 Cup parsley, chopped
1/2 Cup green pepper, chopped
8 oz. mushrooms, sliced
1/4 cup gluten-free all purpose flour
1 cup gluten free chicken broth
1/2 tsp Worcestershire sauce
1/4 tsp ground red pepper
12 oz. cheese
1 cup gluten-free bread crumbs

Preparation:

Cut broccoli into bite-size pieces and steam for about 10 minutes. In a small skillet, melt 4 tbsp butter over low heat. Add onions, garlic, mushrooms, parsley and green pepper. Saute until vegetables are tender and aromatic. In a medium saucepan over medium-low heat, make a roux by melting 2 tbsp butter and adding gluten-free flour. Stir constantly until it reaches an even pasty consistency. Gradually add in chicken broth, and continue stirring until smooth. Let it cook for a few more minutes until it starts to thicken. Stir in milk, Worcestershire sauce and red pepper. Add cheese and stir frequently until it is all melted and well blended. Combine broccoli, vegetable saute, and cheesy sauce. Stir gently, and pour into a casserole or baking dish. Top with gluten-free bread crumbs. Bake at 375° F for 30 minutes.

Makes 8 – 10 servings.

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PAN ROASTED GLUTEN FREE BRUSSEL SPROUTS **WITH PANCETTA AND CHESTNUTS**

Ingredients:

2 pounds brussel sprouts
6 ounces pre-cooked, vacuum packed chestnuts roughly chopped
4 ounces pancetta or bacon cut in matchsticks
1 clove of garlic sliced
Good pinch of fresh thyme leaves
1 tablespoon butter
1/4 cup heavy cream
Salt and Pepper to taste

Preparation:

Place a large pan of water on a high heat to come to the boil. Clean the sprouts by trimming the stem and removing any discolored leaves. When the water is at a rolling boil, add enough salt to make it taste like sea water. This might seem a little much but it should mean you do not have to season again later. Then add the sprouts and cook for about 8 minutes until tender. I do not think they should be overly crunchy. When they are ready, remove and strain. Slice in half (lengthwise) and leave to one side.

Meanwhile, in a large sauté pan over a medium heat, start to cook the pancetta. You are looking for it to be golden brown. Once the pieces are golden brown, add the sprouts, garlic, thyme, butter and chestnuts. Turn the heat up to medium high, as you are looking for a little brown on the sprouts. After about 5 minutes, quickly add the cream and bring back to a boil. Toss all the ingredients together, add salt and pepper to your liking, serve and enjoy.

Serves 8.

Adopted from the Kitchen Café.

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Bread & Dinner Rolls

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GLUTEN FREE BANANA BREAD

INGREDIENTS:

1/3 cup Olive Oil.
2/3 cup of packed brown sugar.
2 large eggs.
1 tsp. gluten free vanilla extract.
1 ¾ cups gluten free all-purpose flour.
2 tsp. gluten free baking powder.
1 ¼ tsp. cinnamon.
1 tsp xanthan gum.
½ tsp. salt.
1 ¾ cups of mashed very ripe bananas.

Optional add-ins:

2/3 cup of gluten free Semi-Sweet Chocolate Chips.
½ cup finely chopped pecans or walnuts.
½ cup raisins (Be sure these are gluten free. Some raisins are dusted with flour).

PREPARATION:

Preheat oven to 350 degrees and grease a bread pan.

Combine oil, brown sugar, eggs, and gluten free vanilla extract with a mixer. Add flour, baking powder, cinnamon, xanthan gum and salt. Mix together. Batter will appear thick. Add mashed bananas to mixture. Batter will thin out.

You can add whatever you like to the batter or nothing at all. I added chocolate chips and did not add nuts or raisins. I stirred in the chocolate chips instead of using the mixer.

Pour batter into bread pan and bake in oven for 1 hour. Enjoy!

Source: [GlutenFreePromise.com](http://www.GlutenFreePromise.com)

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GLUTEN FREE POPOVERS

Ingredients:

2 eggs

½ tsp salt

1 cup milk

1 cup gluten free all purpose flour

1 tsp xanthan gum

Preparation:

Preheat oven to 450 degrees. Grease 8 standard-size muffin cups. In a bowl, combine eggs and salt. Beat until light and airy. Add gluten free flour, xanthan gum and mix until smooth.

Fill muffin cups about ¾ full. Bake 20 minutes. Reduce oven temperature to 350 degrees and bake about 20 minutes longer, until popovers are golden brown.

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LIGHT AND FLUFFY GLUTEN FREE BISCUITS

Ingredients:

1 1/2 c. brown rice flour
2 c. corn starch
1/2 c. soy flour or sorghum flour
2 tsp. baking powder
2 tsp. salt
1 1/2 tsp. baking soda
2 tsp. xanthan gum
1 stick of butter (chilled in the freezer)
1 1/4 c. milk
1 1/4 c. water
1 Tbsp. cider vinegar
1 egg, beaten

Preparation:

Preheat your oven to 350 degrees. In a large mixing bowl combine the flours, baking powder, salt, baking soda, and xanthan gum. Grate the butter into the flour using the small holed side of a box grater. Mix the butter into the flour so that there are no large balls of grated butter. Add the milk, water, vinegar and beaten egg to the flour and stir until the dry and liquid ingredients are combined.

Using a large spoon, drop the dough onto a greased pan to make 16 biscuits. Cook at 350 degrees for 15 minutes or until golden brown.

Makes about 16.

Adopted from Gluten Free Cooking School

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GLUTEN FREE CORN MUFFINS

Ingredients:

1 c stone ground cornmeal
1c finely ground cornmeal or all purpose gluten free flour
2 T sugar
1T baking powder
1 t salt
1 t baking soda
1 egg
1 c milk
2 oz oil
1/3 cup raisins or dried cranberries

Preparation:

Beat eggs, oil and milk together. In a large bowl, stir all dry ingredients together. Add egg mix, and dried fruit, if using, to flour mixture, mixing until just combined. Use cupcake liners or spray or grease pan well. Pour batter into muffin tin. Bake at 450 degrees until tops are lightly browned, about 15 minutes.

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Pumpkin Dinner Rolls

Ingredients:

1/2 T. active dry yeast
3 T. warmed milk, 110 degrees
2 T. shortening
1 1/2 T. honey (or just use 2 T.)
1 egg
1/2 cup pumpkin puree
1/4 cup each: white rice flour, tapioca starch, cornstarch
1/4 tsp. baking soda
1/2 T. baking powder
1 tsp. xanthan gum
1/4 tsp. salt
1/2 tsp. vinegar (full recipe calls for 3/4 tsp.)

Preparation:

Proof yeast in warmed milk until bubbly with a pinch of sugar. Mix all ingredients together. Spoon batter into 6 sprayed muffin cups. Smooth tops with the back of a spoon dipped in water.

Let rolls rise about 15-20 minutes or until batter is even with the top of pan.

Preheat oven to 350 degrees and bake rolls for about 15 minutes or until light brown on edges and toothpick comes out clean.

Serve with butter or jam.

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Gluten-Free Jalapeno Cornbread

Ingredients:

1/4 cup sorghum flour
1/4 cup tapioca starch
1/4 cup potato starch
1/4 cup sweet rice flour
2 tablespoons sugar
4 teaspoons baking powder
1 teaspoon salt
1 teaspoon xanthan gum
1/4 cup shortening
2 large eggs, at room temperature
1 cup low-fat milk, at room temperature
3 jalapeno peppers, seeded and diced
1 cup yellow cornmeal
Butter or margarine for final rub

Preparation:

Place rack in the middle of the oven and preheat oven to 425 degrees. Generously grease a deep, 9-inch square baking dish with nonstick baking spray.

Sift the sorghum, tapioca, potato and sweet rice flours into a large bowl. Add the sugar, baking powder, salt and xanthan gum, mixing well. Cut the shortening into the flours with a pastry cutter or fork, as if you were making a pie crust. The batter should be crumbly, with coarse crumbs that resemble small peas.

Combine the eggs and milk in a small bowl and beat with a fork. Make a well in the center of the dry ingredients and pour in the liquid, as if making fresh pasta. Stir with a rubber spatula until everything is combined. Add the jalapeno peppers and mix just until they are evenly distributed.

Stir in the cornmeal, whisking fast, until it is just combined. Do not overstir.

Pour the batter into the greased pan. Bake for 20 to 25 minutes, or until the sides of the cornbread are slightly shrinking from the pan and a toothpick stuck into the center comes out clean. Rub a stick of butter along the top of the hot bread to coat and soften the crust. Allow to cool for 5 minutes before cutting.

Makes 8 servings

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Desserts

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GLUTEN FREE SUGAR COOKIES

Ingredients:

One bag of yellow cake mix

3/4 cup margarine

1 large egg

3 Tablespoons milk

Preparation:

Form dough into ball and refrigerate for 2 hours in plastic wrap. Divide into three pieces and roll dough between two pieces of wax paper to 1/8 inch thick.

Cut out cookies and place on parchment lined cookie sheets.

Bake at 375 degrees for 7 to 10 minutes. Sprinkle with colored sugar before baking or frost and decorate when cool.

Source: Flo from Buffalo.

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Gluten-Free, Stress-Free Pumpkin Tart

Ingredients:

Crust

6-8 oz. (about 1 package) crunchy, gluten-free cookies (gingersnaps, grahams, spice cookies, etc.)

2 tbs. butter, melted

1 egg white

Filling

1 (15 oz.) can pumpkin puree

3 oz. Neufchatel or cream cheese

1 egg

½ c. brown sugar

1 tbs. bourbon

½ tsp. vanilla extract

1 tsp. cinnamon

1 tsp. ground ginger

¼ tsp. ground cloves

Pinch each nutmeg and allspice

Pinch sea salt

Preparation:

Preheat oven to 350F. Prepare crust: place cookies in bowl of a food processor and process until you get fine crumbs. Pour in melted butter and egg white and process until combined. Press crust into a greased 9 or 10-inch tart pan with removable bottom. Crust will not come all the way up the sides; that's OK.

Bake the empty tart shell in the oven for 10-15 minutes, until it feels dry, but still soft to the touch. Turn down oven to 325F.

Prepare the filling: Place all filling ingredients in the bowl of the food processor and process until very smooth. Pour filling into par-baked crust and bake tart in the oven for 35-45 minutes, until set and just starting to brown on top.

Cool fully or refrigerate before serving with a scoop of vanilla ice cream.

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Mediterranean Chocolate Cake

Ingredients:

3/4 cup gluten-free flour mix
1/2 cup unsweetened cocoa powder
1/4 teaspoon baking soda
1/4 xanthan gum
1/4 teaspoon ground cinnamon
4 large eggs
1/4 teaspoon salt
1 cup granulated sugar
2 teaspoons finely grated lemon peel (optional)
2/3 cup olive oil

Glaze:

2 tablespoons water
1 cup powdered sugar
1/4 cup unsweetened cocoa powder
1 tablespoon olive oil
Pinch salt

Preparation:

Preheat oven to 350°F. Grease 9-inch round cake pan or 9-inch springform pan with olive oil. Line bottom of pan with parchment paper or waxed paper.

In a small bowl, combine flour, cocoa, baking soda, xanthan gum, and cinnamon.

In a large bowl, whisk together eggs and salt until blended. Slowly whisk in granulated sugar and lemon peel until combined. Sift flour mixture over egg mixture; fold in with rubber spatula until blended. Fold in olive oil, 2 tablespoons at a time, until well blended. Pour into prepared pan.

Bake 30 minutes or until cake springs back when pressed lightly in the center. Cool on a wire rack 10 minutes.

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Loosen cake from pan with knife or spatula. Invert onto wire rack; remove paper. Invert again; cool completely. Place cake on a serving plate.

(Continued)

Glaze Directions:

In small saucepan, combine water and powdered sugar until smooth. Sift cocoa over sugar mixture; blend well. Stir in olive oil and salt. Warm glaze over low heat, stirring constantly, until just warm to the touch. Drizzle glaze over top of cake. Allow to set 10 minutes before serving.

Adapted from Filippo Berio

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Flourless Chocolate Banana Honey Walnut Cake

Ingredients:

Flourless Chocolate Banana Honey Walnut Cake

3 large eggs (I used extra large, but either will work)

¼ teaspoon sea salt

½ cup honey

¼ cup olive oil

1 cup mashed ripe bananas (about 2 bananas, but make sure you have a full cup no matter how many bananas it takes)

1 cup ground walnuts (ground finely enough to hold together well, but not into a meal)

½ cup cocoa powder

1 tsp cinnamon

Preparation:

In a blender, whip eggs, honey, and salt on medium for 1-2 minutes

Add olive oil and mashed banana and blend for another minute or two.

Add cocoa powder, cinnamon, and walnuts. Blend just enough so all is mixed well.

Grease a 9-inch spring form pan and pour batter into pan.

Bake at 350° for 25-30 minutes. (I usually make a circle of parchment paper and use as well as greasing to prevent sticking.) Let cake sit in pan for 10 minutes. Remove from pan and let cool. Cake will be thin and moist.

From Gluten Free Easily

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Easy, “Crustless” Apple Pie

Ingredients:

deep-dish 9-inch pie plate, greased

5 to 6 apples, peeled and cut up (4 ½ to 5 cups)

1 tsp cinnamon

1 tbsp sugar

¾ cup butter, melted

1 cup gluten-free flour*

½ tsp xanthan gum (omit, if using a flour mix that already contains xanthan gum)

1 cup sugar

1 egg (I used a jumbo brown egg)

Preparation:

Put apples in greased pie plate and sprinkle with cinnamon and one tablespoon of sugar.

In a bowl, mix one cup of sugar, flour, xanthan gum, and butter. Blend in unbeaten egg and pinch of salt. Mix well and pour over apples. (This mixture will be thick, so you'll have to spread it with a spatula to cover all the apples.)

Sprinkle more cinnamon over top.

Bake at 350 degrees for 45 minutes.

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Baked Rice Pudding

Ingredients:

2 cups cooked white rice
1 cup 1 percent milk (cow, rice, soy, potato or nut)
1 large egg, whisked or beaten
1 tablespoon unsalted butter or buttery spread, such as Earth Balance
¼ teaspoon salt
½ cup dark or golden raisins
¼ cup sugar
¼ teaspoon pure vanilla extract
1 cup whipped topping, such as Lucrene or Soyatoo (optional)
Ground cinnamon, for dusting

Preparation:

In medium, heavy saucepan, heat rice and milk over medium-high heat. Whisk in egg, butter, salt and raisins. Heat until mixture forms bubbles around the edge, then turn down heat to low, cover, and simmer 20 to 30 minutes or until milk is absorbed. Stir occasionally so mixture doesn't scorch.

Stir in sugar, cinnamon and vanilla. For extra creaminess, stir in 1 cup of whipped cream. Transfer to a bowl, cover and chill. Serve in 4 dessert bowls or goblets, dusted lightly with ground cinnamon.

Source: '1,000 Gluten-Free Recipes'

Ingredients:

For the filling:

2 tbs. butter
4 medium sized apples, diced
nutmeg and cinnamon to taste
1 cup sugar
1/4 cup maple syrup
1/4 cup heavy cream

For the crust:

your favorite pie dough, or:

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1 c. tapioca flour
1 c. soy flour
1 c. brown rice flour
3 tbs. xanthan gum
12 oz. cream cheese, sliced
12 oz. butter, sliced
egg
cinnamon

Preparation:

In a medium saucepan, melt butter and add in diced apples, nutmeg and cinnamon to taste. Let simmer until apples are softened and liquid is reduced (about 30-40 min.).

In a separate saucepan, add sugar and let come to a boil, until a nice color develops. Add in maple syrup, and let boil a couple more minutes. Remove from heat, and whisk in heavy cream. Add to apple mixture, and cook for a few minutes go give apples a chance to soak up the caramel. Then remove from heat and let chill in the fridge.

Make the pie dough in three batches – Combine tapioca flour, soy flour, brown rice flour, xanthan gum, cream cheese and butter in a food processor and pulse until it all comes together into a ball of dough. Wrap each ball of dough with plastic wrap and let chill in the fridge for at least 30 minutes.

Take the dough out of the fridge (one at a time), and lay on a sheet of plastic wrap. Cover with plastic wrap. Now place the floured rolling pin on top and roll the dough.

Preheat oven to 400F. Cut the dough into 3 1/2 – 4" circles using a biscuit cutter, the rim of a drinking glass, whatever you happen to have. Place circles of dough on sheets parchment paper, and place a spoonful of filling in the middle of each. Then fold in half, pinch shut, and crimp the end with a fork. You should now have a bunch of fill little crimped half-circle pies, ready to be baked.

If you are making these ahead of time, this is where you freeze them at this stage. Otherwise, brush with egg/water and sprinkle cinnamon on top. Bake about 18 minutes, or until they become golden in color. Serve and enjoy!

Makes 4 servings

Source: www.jenncuisine.com

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BROWNIE GANACHE TORTE WITH RASPBERRIES

Ingredients:

- 1 box (16 oz) Betty Crocker® Gluten Free brownie mix
- 1/4 cup butter, melted
- 2 eggs
- 1/3 cup whipping cream
- 1/2 cup semi-sweet chocolate chips
- 1 cup fresh raspberries or sliced strawberries

Preparation:

Heat oven to 350°F. Spray bottom only of 8-inch springform pan with cooking spray.

In medium bowl, stir brownie mix, butter and eggs until well blended. Spread in pan.

Bake 26 to 29 minutes or until toothpick inserted 2 inches from side of pan comes out almost clean; cool 10 minutes. Run knife around edge of pan to loosen; remove side of pan. Cool completely, about 1 hour.

In 1-quart saucepan, heat whipping cream over medium-low heat until hot. Remove from heat; stir in chocolate chips until melted and smooth. Let stand 15 minutes to thicken. Carefully pour chocolate mixture onto top center of brownie; spread just to edge. Cut into wedges. Serve with raspberries.

Source: Live gluten freely

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CHEX® APPLE-ALMOND BARS

Ingredients:

- 4 cups Cinnamon Chex® or Rice Chex® cereal
- 2/3 cup chopped dried apples
- 1/2 cup sliced almonds
- 1/2 cup sweetened dried cranberries
- 1 tablespoon butter or margarine
- 1/2 cup light corn syrup
- 1/4 cup packed brown sugar

Preparation:

Line bottom and sides of 8-inch square pan with foil. Spray foil with cooking spray. In large bowl, mix cereal, apples, almonds and cranberries; set aside.

In 1-quart saucepan, heat butter, corn syrup and brown sugar over medium-high heat, stirring constantly, until sugar is dissolved and mixture comes to a boil. Boil 2 minutes, stirring constantly, until slightly thickened.

Pour over cereal mixture in bowl; stir until evenly coated. Using buttered back of spoon, press mixture firmly in pan. Refrigerate 1 hour or until firm enough to cut.

For bars, cut into 4 rows by 4 rows. Store covered at room temperature up to 1 week.

Source: Live gluten freely

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CHOCOLATE-HAZELNUT DREAM TORTE

Ingredients:

- 2/3 cup whole hazelnuts
- 1 box Betty Crocker® Gluten Free devil's food cake mix
- 1 cup water
- 1 stick (1/2 cup) butter, softened
- 3 eggs
- 1 can (14 oz) sweetened condensed milk
- 2 squares (1 oz each) white chocolate, chopped
- 1 teaspoon gluten-free vanilla

Preparation:

Heat oven to 350°F. Place hazelnuts in single layer in shallow baking pan. Toast hazelnuts 8 to 10 minutes or until golden brown and aromatic. Transfer hot nuts to several thicknesses of paper towels. Rub hazelnuts together to remove skins. Let cool. In food processor- or blender-container, grind half of the hazelnuts finely. Chop remaining hazelnuts; set aside.

Generously grease bottom only of (8- or 9-inch) round pan. (Lower oven temperature to 325°F if using dark or nonstick pan.)

In large bowl, beat ground hazelnuts, cake mix, water, butter and eggs on low speed of electric mixer 30 seconds, then on medium speed 2 minutes, scraping bowl occasionally. Pour into pan. Bake 43 to 48 minutes or until toothpick inserted in center comes out clean. Cool 10 minutes; run knife around inside edge of pan; remove from pan to wire rack. Cool completely.

In small heavy saucepan, heat sweetened condensed milk and white chocolate over medium heat until chocolate melts. Cook and stir over medium-low heat about 7 to 10 minutes longer or just until thickened. Remove from heat; cool 10 minutes. Stir in vanilla.

Cut cooled cake in half horizontally. Place bottom layer, cut side up on serving plate; spread half the white chocolate mixture over cake; sprinkle with half the chopped hazelnuts. Top with remaining cake half, cut side down. Spread remaining white chocolate mixture over top (some may drip down side). Sprinkle with remaining hazelnuts. Refrigerate any remaining cake.

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PUMPKIN-CHOCOLATE CHIP COOKIES

Ingredients:

- 3/4 cup canned pumpkin (not pumpkin pie mix)
- 1/4 cup butter, softened (not melted)
- 1 teaspoon vanilla
- 1 egg
- 1 box (19 oz) Betty Crocker® Gluten Free chocolate chip cookie mix
- 1/2 cup raisins, if desired
- 1/4 teaspoon ground cinnamon
- Powdered sugar, if desired

Preparation:

Heat oven to 350°F. Grease cookie sheets with shortening.

In large bowl, stir pumpkin, butter, vanilla and egg until blended. Stir in cookie mix, raisins and cinnamon until soft dough forms. Drop dough by rounded tablespoonfuls 2 inches apart on cookie sheets.

Bake 10 to 12 minutes or until almost no indentation remains when lightly touched in center and edges are golden brown. Immediately remove from cookie sheet to cooling rack. Cool completely, about 15 minutes. Sprinkle with powdered sugar.

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CELEBRATION TRIFLE

Ingredients:

- 1 box Betty Crocker® Gluten Free yellow cake mix
Water, butter, vanilla and eggs as called for on cake mix box
- 1/2 cup granulated sugar
- 1/4 cup cornstarch
- 2 cups milk
- 2 eggs, lightly beaten
- 1 teaspoon gluten-free vanilla
- 3/4 cup whipping cream
- 1/4 cup raspberry-liqueur, brandy or apple juice concentrate, thawed
- 2 cups raspberries or sliced strawberries
- 2 mangoes, peeled and cut-up
- 1/2 cup sweetened coconut, toasted

Preparation:

Heat oven to 350°F (325°F for dark or nonstick pan). Grease bottom only of (8- or 9-inch) square pan. Make and bake cake as directed on box using water, butter, vanilla and eggs. Run knife around sides of pan to loosen cake. Cool 1 hour. Cut cake into 1-inch pieces; set aside.

Meanwhile, in heavy 2-quart heavy saucepan, stir together sugar and cornstarch; stir in milk. Cook and stir over medium heat until thickened and bubbly. In medium bowl, beat eggs with wire whisk just until blended. Gradually stir 1 cup hot milk mixture into egg mixture, whisking constantly, until combined. Pour milk and egg mixture back into saucepan. Return to medium heat. Cook, stirring constantly, 1 to 2 minutes longer, or until thick and bubbly. Remove from heat. Stir in butter and vanilla. Press plastic wrap on filling to prevent a tough layer from forming on top. Refrigerate at least 1 hour.

In medium bowl, whip cream until stiff peaks form. Fold whipped cream into pudding mixture until combined.

In large bowl or trifle bowl, place half of the cake pieces. Brush or sprinkle half the liqueur over cake. Spoon half the berries, half the mangos and half the coconut over cake. Spread half the pudding mixture over coconut. Repeat with remaining cake, liqueur, berries, mangos and coconut. Cover; refrigerate at least 1 hour before serving. Garnish with additional fruit and coconut, if desired. Refrigerate any remaining trifle.

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Gluten-Free Butternut Squash Pie

Ingredients:

Crust

1 cup Gluten-Free Flour Mix (recipe below)

5 teaspoons sweet rice flour

2 teaspoons sugar

1/2 teaspoon xanthan gum

Pinch of salt

6 tablespoons cold salted butter

1 large egg

1 teaspoon orange juice

Preparation:

Prepare a 9-inch pie pan by greasing it with butter or nonstick baking spray and generously coating it with Gluten-Free Flour Mix (recipe below).

Mix flours, sugar, xanthan gum and salt in a bowl. Using a pastry cutter or fork, cut cold butter into dry ingredients until it becomes crumbly and resembles small peas. Add egg and orange juice, and mix with a fork until the dough combines. Form into a ball and place in the refrigerator, covered with wax paper, for 10 minutes.

Lay down a sheet of wax paper and place the ball of dough in the middle. Lay another piece of wax paper over the top and press down gently with your hands to flatten the ball. Roll the dough with a rolling pin until it is about 1/4-inch thick, making sure to keep an even thickness and fill in any cracks with dough from the edges.

Remove the top sheet of wax paper and place the dough in the pan, then peel off the remaining sheet of wax paper and gently press the dough into the pan. Take care not to puncture the dough with your fingers or fingernails. Crimp the edges and prick a few holes in the bottom of the dough with a fork. Cover pie pan loosely with wax paper and place in freezer for 15 minutes.

While the dough is freezing, place rack in the middle of the oven and preheat oven to 350 degrees.

Remove pie pan from freezer and line crust with aluminum foil, making sure to seal the edges so they don't burn. Bake for 10 minutes, then remove foil and bake for another 10 minutes, or until crust is a pale brown. Remove from oven and set aside.

Filling - Ingredients

2 pounds butternut squash

3/4 cup low-fat milk

1/2 cup packed brown sugar

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3/4 cup heavy whipping cream

5 tablespoons sugar

1 tablespoon butter, melted

1 1/4 teaspoons ground cinnamon

1/2 teaspoon ground ginger

1/8 teaspoon cayenne pepper

1/8 teaspoon salt

2 large eggs

Squash

Preheat to 425 degrees.

Cut squash in half lengthwise and scoop out seeds with a spoon. Lay squash facedown on a jelly-roll pan and pour 1/2 cup of water into the pan. Roast in oven for 1 hour, checking occasionally to make sure there is still water in the pan. Squash is done when a fork easily penetrates the flesh. Remove squash from oven, allow to cool and scoop flesh out with a spoon. You need 1 1/2 cups of mashed squash for the filling.

Preparation

Make a shield for the edge of the pie crust by cutting 3-inch-thick strips of foil and folding them over the edges of your crust to protect them from burning. The foil should not dip down into the basin of the pan. Make sure it just covers the crimped parts around the rim of the pie pan.

To make the filling, combine all ingredients in a blender or food processor. Blend on high for 1 minute, or until ingredients are liquefied. Pour filling into pie crust and carefully place on the center rack of the oven. Bake for 45 minutes, or until a toothpick inserted in the pie comes out clean.

Place pie on wire rack until completely cooled. Slice and serve with whipped cream, which is nice with a little cayenne pepper.

Variation: For standard pumpkin pie, replace the butternut squash with 1 1/2 cups of fresh, unseasoned pumpkin puree. If you are roasting your own pumpkin, cut open the top, scoop out the seeds and split the body into four pieces. Roast according to directions above.

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Wheat-Free Oatmeal Chocolate Chip Cookies

Ingredients:

1 stick butter, softened
1 cup sugar
1 tablespoon molasses
1 tablespoon vanilla extract
6 tablespoons milk, any variety
2 cups rice flour, white
2 tablespoons cornstarch
1 1/2 teaspoons baking soda
1 pinch salt
1 cup oats, rolled (raw - use gluten free if celiac)
1 cup chocolate chips

Preparation:

Beat butter, sugar, molasses, vanilla extract and milk together until smooth. Sift together rice flour, cornstarch, baking soda and salt, then add dry ingredients to wet ingredients. When mixed, add in oats and chocolate chips and mix just to incorporate. Bake at 375 degrees for 10 minutes. Let cool on baking pan before removing.

From The Best of Relish Cookbook

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Chocolate Chip Cookies

Ingredients:

1 cup canola oil
¾ cup sugar
¾ cup brown sugar
2 eggs
1 teaspoon vanilla
2 1/3 cups gluten-free baking mix (recipe below)
1 teaspoon baking soda
1 teaspoon salt
2 cups chocolate chips, white chocolate chips or a mixture of both

Preparation:

Preheat oven to 350 degrees. Grease a baking sheet.

Combine oil and sugars in a large bowl. Beat with a mixer on medium-high speed until sugars are dissolved. Add eggs, one at a time, and beat until mixture is creamy. Add vanilla.

Reduce speed to low and gradually add baking mix, baking soda and salt. Stir in chocolate chips.

Drop by level tablespoons 2 inches apart onto baking sheet. Flatten slightly.

Bake 10 to 12 minutes or until they just start to turn gold. Remove cookies from oven and cool on pan for a minute, then transfer to wire racks until completely cooled. Repeat baking as necessary, allowing pan to cool before putting more dough onto it.

Makes 2 to 3 dozen cookies.

From: Missy in St. Louis

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