

The background of the cover features a textured, light-colored surface with scattered spices. In the top right corner, there are several cinnamon sticks. Below them are several star anise pods. On the right side, there are several slices of orange. In the bottom right corner, there is a silver metal cookie cutter with a scalloped edge.

# Gluten-Free, Hassle Free

## Holiday Entertaining and Recipe Guide

**By Marlisa Brown MS, RD, CDE, CDN**

Author of *Gluten-Free, Hassle Free: A Simple, Sane, Dietitian-Approved Program for Eating Your Way Back to Health, Second Edition*



# Season's Greetings!

Holidays are a special time for family and friends to gather and celebrate, and food is often center stage. Being gluten free doesn't mean missing out on the fun or on delicious meals. I hope this guide helps you and your family and friends eat well and safely, now and throughout the year!

*Marlisa Brown*



While I've made every effort to confirm the products I mention are gluten free, always double-check labels to be certain. Manufacturers often change ingredients and preparations.

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## Appetizers

### Basil Bruschetta

Serves 12

Gluten-free cooking spray

1 medium loaf of gluten-free Italian bread (such as Everybody Bats)

1 tsp onion powder

1 tsp garlic powder

2 cups chopped tomato

1 zucchini, chopped

1 cucumber, chopped

1 small red onion, chopped fine

3 Tb chopped basil

2 Tb olive oil

1–2 Tb chopped garlic

1 lime, juiced

2 Tb capers

1 tsp salt

½ tsp pepper



1. Preheat oven to 400 degrees F.
2. Coat a baking sheet with cooking spray.
3. Slice gluten-free Italian bread into ½-in. thick pieces and arrange on baking sheet.
4. Spray the bread with cooking spray or olive oil and sprinkle with onion and garlic powder.
5. Bake until lightly toasted. If you are not serving the bruschetta right away, store the toasted bread in an airtight container until ready to use.
6. Combine all other ingredients in an attractive bowl and refrigerate at least 1 hour (best if kept overnight).
7. Serve bruschetta mixture with crisp breads on the side.

**Also Try:** Top rounds of toasted gluten-free Italian bread with fresh mozzarella slices and pesto sauce or cream cheese, lox, and capers

#### NATURALLY GLUTEN FREE

- Fresh fruits and vegetables
- 100% pure cheese
- Milk, cream, butter, ricotta, sour cream, and other unflavored dairy products
- All fresh fish and meats (without breading or marinade)
- Eggs



## Crab Cakes

Serves 4

2 6-oz cans lump crabmeat, drained  
 ¼ cup crushed potato chips  
 ¼ cup finely chopped onions  
 2 Tb gluten-free ranch or blue cheese dressing  
 ¼ tsp salt  
 ¼ tsp lemon juice  
 1 egg  
 ¼ cup all-purpose gluten-free flour blend (such as Pamela's Artisan Flour Blend, Bob's Red Mill Gluten Free All Purpose Baking Flour, or King Arthur Gluten-Free All-Purpose Baking Mix)  
 ¼ cup vegetable oil  
 Lemon wedges

### *Cocktail sauce:*

½ cup gluten-free ketchup  
 3 Tb horseradish  
 ½ Tb Worcestershire sauce  
 Lemon juice, to taste

### *Tartar sauce:*

½ cup mayonnaise  
 2 Tb gluten-free pickle relish

1. Mix crabmeat with crushed potato chips and onions.
2. In a small bowl, combine salad dressing, salt, lemon juice, and egg. Whisk until smooth.
3. Add salad dressing mixture into crabmeat, stirring carefully until just combined.
4. Form crabmeat into 3-in. patties. Dip into gluten-free flour blend and place in the refrigerator until set, about 10 minutes.
5. Heat oil in a large skillet over medium heat. Carefully place crab cakes into pan. Cook for about 5 minutes on each side until golden brown.
6. Serve with gluten-free cocktail or tartar sauce and lemon wedges.

**Tip:** In recipes calling for bread crumbs, such as stuffed mushrooms and crab cakes, use gluten-free bread crumbs, crushed potato chips, crushed nuts, or crushed gluten-free cereals as an alternative to regular bread crumbs.



## Oven Baked Potato Pancakes

Serves 12

Non-stick mini muffin pan  
 Gluten-free cooking spray  
 4 large potatoes, grated  
 2 cups finely chopped onion  
 2 Tb olive oil  
 1½ tsp salt  
 ½ tsp pepper  
 1 tsp garlic powder

1 tsp minced dry onion  
 ½ cup water  
 2 eggs  
 2–3 Tb all-purpose gluten-free flour blend (such as Pamela's Artisan Flour Blend, Bob's Red Mill Gluten Free All Purpose Baking Flour, or King Arthur Gluten-Free All-Purpose Baking Mix)  
 Apple sauce or sour cream, for dipping

1. Preheat oven to 450 degrees F.
2. In a large skillet, heat olive oil, and sauté grated potatoes and onions. Add salt, pepper, garlic powder, and minced dry onion. Cook onions until golden brown. If needed, add a little water to prevent mixture from burning. Remove from heat.
3. In a bowl, combine potato mixture with remaining ingredients.
4. Coat mini muffin pan with cooking spray and fill each well ¾ full. Spray tops with cooking spray.
5. Bake 15 minutes until set. Let cool slightly and carefully remove from muffin pan.
6. Serve warm with applesauce or sour cream.

**Also Try:** Cut the prep time by using 4 cups of gluten-free frozen hash brown potatoes instead of fresh potatoes.

## Veggie Platter with Spinach Dip



Serves 12

### Vegetables:

2 cups baby carrots  
 1 zucchini, cut into sticks  
 2 cucumbers, peeled and sliced  
 1 pint cherry tomatoes  
 1 8-oz container of fresh mushroom caps  
 2 red peppers, seeded and sliced  
 2 celery sticks (cut into 4-in. pieces)  
 1 small red cabbage (hollowed out for dip)

### Dip:

2 cups gluten-free creamy salad dressing  
 8 oz sour cream  
 1 Tb minced dried onions  
 1 Tb minced dried garlic  
 8 oz chopped water chestnuts, drained  
 4 scallions, finely chopped  
 10 oz. fresh spinach, chopped or frozen chopped spinach, defrosted, drained, and squeezed dry

### To serve:

1 large basket  
 Lettuce leaves for garnish

1. Combine all dip ingredients and chill at least one hour before serving (best if made the day before).
2. Cover the bottom of the basket with lettuce leaves and arrange red cabbage in the center.
3. Decoratively arrange vegetables around the cabbage. Reserve some for refills.
4. Fill cabbage with dip and serve.

**Also Try:** Endive, radishes, pea pods, and broccoli are additional favorites for dipping.

Avoid cross-contamination!

One dunk of regular bread in your fabulous gluten-free spinach dip and the whole dip is contaminated for gluten-free guests. Keep it simple: prevent cross-contamination between dips and spreads by serving only gluten-free dips and spreads and chips, crackers, and bread.



## Christmas Tree Shrimp Cocktail

Serves 12

3 pounds cleaned and cooked large shrimp, chilled

1 bunch kale

2 lemons cut into wedges

Gluten-free cocktail sauce (see recipe on p. 5)

*To serve:*

Toothpicks

1 large green Styrofoam cone, about 12–24 inches high

Round Styrofoam base

1. Glue the Styrofoam cone to the base and let dry.
2. Separate kale, rinse and dry. Cut leaves in half.
3. Use toothpicks to pin kale to the Styrofoam cone, completely covering it. Your cone should now look like an evergreen tree.
4. Place cone and base on a platter and cover bottom of platter with kale as well.
5. Use toothpicks to attach shrimp to cone. Reserve extra shrimp for refills.
6. Place small serving bowls with cocktail sauce and lemon wedges around the bottom of the tree.

### Simple No-Cook Appetizers

- An assortment of fresh veggies with sour cream or plain Greek yogurt (such as Fage or Chobani) mixed with chopped fresh herbs like chives, rosemary, or thyme for dipping\*
- Endive leaves filled with hummus (such as Sabra brand) and a dash of paprika or sprinkled with feta cheese
- An assortment of gluten-free nuts.\*\* Or make your own spicy roasted blend: spread 2 cups of assorted raw gluten-free nuts (almonds and cashews work well) on a baking sheet and roast in a 400 degree F oven for 6–8 minutes. Toss with 2 Tb of melted butter and ½ tsp of cayenne (or more to taste), 1 tsp each of thyme and rosemary, and salt to taste.
- Mozzarella, cherry tomato, and basil skewers

\* Fresh and dried herbs, garlic and onion powder, and whole spices are gluten free, but dried spice blends may contain gluten.

\*\* Nuts and dried fruit are naturally gluten free unless coated with a flavoring, but cross-contamination is possible during processing. Just to be safe, I always choose nuts and dried fruit that are labeled gluten free.



# The Main Event: Turkey

## Buying a Turkey

Do not buy a self-basting, flavored, or marinated turkey unless it is labeled gluten free. Most added flavors, self-basting agents, and marinades contain gluten.

## Basting and Seasoning

Do not use flavor injectors as they are a possible source of gluten. Try this instead:

1. Trim and remove any excess fat from the turkey, remove giblets, rinse inside and out, and pat dry.
2. Place the bird breast up in a large roasting pan.
3. Melt 4 oz of light butter or margarine and mix with  $\frac{1}{4}$  cup water. Pour over the turkey.
4. Season with garlic powder, onion powder, paprika, salt, and pepper.
5. Don't forget to season the inside of the bird as well. I like to add an assortment of chopped fresh herbs.

**Also Try:** Other great seasonings include: thyme, sage, oregano, parsley, or basil.

Add enough water, wine, or gluten-free chicken broth to fill the pan about  $\frac{3}{4}$ –1 in. deep. Add 1 cup of sliced onions or carrots to give extra flavor to the juice while cooking. Use this juice to baste your turkey. It will also form the base of your gravy (see the recipe on p. 9).

## Cooking Your Turkey

Don't use a deep fryer unless it is only used for turkey and the oil is fresh.

Estimated oven cooking time:

If the turkey weighs less than 16 pounds: about 15 minutes per pound

If the turkey weighs more than 16 pounds: about 12 minutes per pound

1. Preheat your oven to 425 degrees F.
2. With the breast side up, cook for about 45 minutes, basting every 15 minutes with juices from the pan.
3. Lower the oven temperature to 325 degrees F for the remainder of the cooking time, basting every 30 minutes with the pan juices.

How to know if your turkey is done:

If the turkey has a temperature gauge and it pops

If the leg pulls away from the bird easily and the juices run clear

If a meat thermometer shows an internal temperature of 165 degrees F.

Remove your turkey carefully from the pan and place on a cutting board, cover with aluminum foil and cool for at least 20 minutes until you are ready to carve. Reserve pan juices for making gravy.



## Turkey Gravy

Serves 6

Gluten-free cooking spray or 1 Tb olive oil  
3 cups turkey juice (Add gluten-free chicken broth if needed to make at least 3 cups of juice)  
2 Tb rice flour, cornstarch, or potato starch  
Garlic and onion powder, to taste  
1 tsp salt  
½ tsp pepper or to taste  
½ cup sliced mushrooms  
2 green onions, chopped or ⅓ cup of chopped onions

1. Coat a large skillet with cooking spray. On medium heat, brown green onions and mushrooms in 2 Tb of turkey juice. When mushrooms are cooked, remove onions and mushrooms from the pan and set aside.
2. Add 2 Tb of turkey juice and rice flour to the skillet and whisk together. Keep adding turkey juice and whisking until desired consistency of the gravy is reached or all of the juice has been added. (To thicken the gravy, add a little more rice flour or corn or potato starch.)
3. Season with garlic and onion powder to taste and add the salt, pepper, and mushroom mixture.

**Also Try:** If you have time and want to reduce the fat content of your gravy, chill the turkey juice and remove any fat that comes to the top of the container or pour the juice into a gravy separating cup.

**Tip:** In order to thicken any sauce or stew, use rice flour, cornstarch, or potato starch mixed with warm water instead of flour.



## Sides

### Cornbread Stuffing

12 in. × 9 in. × 3 in. cake pan

#### *Cornbread:*

Gluten-free cooking spray or olive oil

1 stick butter, softened

¼ cup sugar

2 eggs

1 cup buttermilk

1 tsp vanilla extract

½ cup gluten-free all-purpose flour blend

(such as Pamela's Artisan Flour Blend, Bob's Red

Mill Gluten Free All Purpose Baking Flour, or

King Arthur Gluten-Free All-Purpose Baking Mix)

½ cup tapioca starch

⅔ cup corn meal

1 tsp xanthan gum

1 tsp salt

½ tsp gluten-free baking powder

½ tsp baking soda

1. Preheat oven to 375 degrees F.
2. Cream together butter and sugar. Once well combined, add eggs, buttermilk, and vanilla extract.
3. In a separate bowl, combine other dry ingredients. Slowly beat into wet ingredients for about 3 minutes until creamy.
4. Coat cake pan with cooking spray or lightly grease with olive oil and add the batter.
5. Bake about 25 minutes until golden brown.

#### *To make the stuffing:*

2–4 cups of assorted vegetables cut into ½-in. pieces. I like a combination of:

Onions

Celery

Carrots

Mushrooms

Winter squash

½ stick butter or margarine or 4 Tb olive oil

½–1 cup gluten-free turkey or chicken broth (varies based on desired texture)

2 Tb dried sage

2 Tb chopped parsley

Paprika, to taste

Garlic, minced or powder, to taste

Onion powder, to taste

Gluten-free poultry seasoning blend, to taste

Salt, to taste

Pepper, to taste



1. Cut cornbread into 1-in. pieces. Spread on a baking sheet and toast in the oven at 350 degrees F until lightly browned.
2. In a large frying pan, sauté vegetables in butter, margarine, or oil.
3. Add ½ cup of broth, the sage, the parsley, and any additional seasonings.
4. Add toasted cornbread.

(continued)



5. Adjust seasonings to taste and add additional broth if the stuffing is too thick.
6. Place in an oven-safe casserole dish and bake at 350 degrees F for about 40 minutes, until browned on top.

**Also Try:** Instead of cornbread, use any loaf of gluten-free bread cut into cubes and toasted in oven for about 10 minutes. Try adding a cup or more of any of the following:

- Fresh chopped fruit (apples, pears, peaches, and plums work well)
- Gluten-free dried fruit
- Gluten-free nuts such as pecans, almonds, walnuts, hazelnuts, chestnuts
- Cooked, chopped gluten-free sausage
- Scrambled eggs
- Cooked, chopped turkey giblets

## Pecan Cranberry Salad

Serves 6

- |                              |                                    |
|------------------------------|------------------------------------|
| 6 cups mixed greens, chopped | 2 oz goat cheese                   |
| 2 cups red cabbage, shredded | 1 apple, chopped                   |
| 1 small red onion, chopped   | 6 Tb gluten-free dried cranberries |
| 1 cup cherry tomatoes        | 2 Tb gluten-free pecans            |

### *Dressing:*

- ½ cup balsamic vinegar
- 1 cup whole berry cranberry sauce or citrus cranberry sauce (recipe on p. 13)
- ½ cup orange juice
- 1 cup olive oil
- 1 tsp garlic powder
- 1 tsp onion powder
- 1 tsp dried Italian herbs
- Salt and pepper, to taste

1. Toast the pecans by heating them in a skillet over a low flame for about 2–3 minutes. Stir frequently to avoid burning. Once cooled, rough chop them.
2. In a small bowl, mix the vinegar, cranberry sauce, and orange juice. Slowly whisk in the olive oil and season with garlic powder, onion powder, Italian herbs, salt, and pepper.
3. In a separate bowl, combine lettuce, cabbage, red onion, and tomatoes.
4. Garnish with goat cheese, apple, cranberries, and toasted pecans and serve with dressing on the side.

**Tip:** Many pre-made salad dressings, sauces, and marinades contain gluten. Be sure to check all labels or make your own with gluten-free ingredients. Whisk together ½ cup of balsamic vinegar, ½ cup of olive oil, a clove of crushed garlic, and 1 Tb of Dijon mustard for a quick gluten-free vinaigrette.

**Baked Sweet Potato Casserole with Marshmallows****Serves 8**

6 large sweet potatoes, baked, skins removed  
 ½ stick butter, melted  
 1 cup cinnamon flavored applesauce or plain applesauce seasoned with cinnamon  
 6 Tb brown sugar  
 1 cup mini marshmallows (almost all marshmallows are gluten free)

1. Preheat oven to 350 degrees F.
2. Puree sweet potatoes in a food processor until smooth or mash by hand.
3. Add butter, applesauce, and brown sugar and process until combined or mix by hand.
4. Place sweet potato mixture in a casserole dish, cover top with mini marshmallows, and bake until marshmallows start to brown and casserole is warm.

**Also Try:** Top with gluten-free caramels or brown sugar instead of marshmallows.

**Buttermilk Garlic Mashed Potatoes****Serves 6**

4 large potatoes, baked and peeled	1 ½ tsp salt
½ cup fat-free buttermilk	½ tsp pepper
½ stick butter	1 ½ tsp onion powder
2 green onions, chopped	1 ½ tsp garlic powder

1. Mash potatoes with all other ingredients and serve. If you prefer a creamier texture, blend all ingredients in a food processor until smooth.

**Maple Pear Baked Butternut Squash****Serves 6**

1 large butternut squash	2 ½ tsp cinnamon
2 pears, peeled and cut into 1-in. pieces	1 tsp salt
½ cup prune puree or pear puree (gluten-free baby food can be used)	4 tsp butter or margarine
	¼ cup maple syrup

1. Preheat oven to 350 degrees F.
2. Cover a baking sheet with aluminum foil.
3. Cut squash in half and scoop out seeds. Place cut side down on baking sheet.
4. Bake squash until it is pierced easily with a fork, about ½ hour.
5. While squash is baking, in a small sauce pan combine puree, cinnamon, salt, butter, and maple syrup and cook for 5–10 minutes.
6. Scoop out the meat of the squash and combine with other ingredients until well blended.

**Also Try:** Pumpkin or acorn squash instead of butternut squash.



## Crispy Baked Cheesy Green Beans

Serves 4

Gluten-free cooking spray  
1 pound fresh green beans  
½ cup water  
½ stick melted butter  
2 Tb Parmesan cheese, grated

1 tsp garlic powder  
1 tsp salt  
2 Tb seasoned gluten-free bread crumbs  
4 oz skim mozzarella cheese, shredded

1. Preheat oven to broil.
2. Break off ends of green beans, snap beans in half, and rinse well. Place washed beans into a 2-quart pan.
3. Add water, cover, and cook green beans over medium heat on the stove until they are crisp tender, about 8–12 minutes. Add extra water if needed.
4. Cover a baking sheet with aluminum foil and coat with cooking spray. Top with green beans. Mist beans with cooking spray.
5. Combine Parmesan cheese, garlic powder, salt, and GF bread crumbs. Sprinkle mixture over green beans. Drizzle with melted butter and place under broiler.
6. When topping just starts to brown, evenly cover with shredded mozzarella cheese and place under the broiler until cheese is slightly melted. Serve immediately.

**Tip:** Many recipes can be quickly converted to gluten free with simple substitutions. For example, use gluten-free broths, thickeners, sauces, and bread crumbs in place of regular.

## Citrus Cranberry Sauce

Serves 12

1 12-oz bag fresh cranberries  
1 cup orange juice  
1 Tb lemon juice  
¼ cup sugar  
1 orange cut into ¼-in. pieces, seeds removed

1 6-oz can pineapple chunks, drained  
Dash of dried ginger or ½ tsp grated fresh  
½ tsp cinnamon  
½ cup chopped gluten-free walnuts

1. Rinse cranberries and remove any bad berries.
2. In a saucepan, heat orange juice, lemon juice, and sugar until sugar melts.
3. Add cranberries, orange pieces, pineapple chunks, ginger, cinnamon, and walnuts.
4. Bring mixture to a boil, then lower heat to maintain a simmer until the cranberries crack and open and mixture thickens.
5. If a sweeter sauce is desired, add more sugar to taste.

**Also Try:** Add a cup of other berries (such as blueberries), citrus (such as grapefruit), apples, or dried fruit in Step 3. Try other nuts as well.



## Glazed Carrots with Thyme

Serves 6

- |                                 |                             |
|---------------------------------|-----------------------------|
| 1-pound package of baby carrots | ½ tsp pepper                |
| ½ cup orange juice              | Dash nutmeg                 |
| 1 cup water                     | ¼ tsp ginger                |
| 3 Tb butter                     | ¼ tsp dried thyme           |
| 2 Tb brown sugar                | 2 Tb fresh parsley, chopped |
| 1 tsp salt                      |                             |

1. In a medium saucepan, combine all ingredients except parsley. Cover and cook over medium heat for 20–30 minutes until carrots are done.
2. Garnish with chopped parsley and serve.

**Also Try:** Instead of carrots, use sweet potatoes or butternut squash.

## Roasted Garlic and Spinach Sauté

Serves 4

- |                           |                             |
|---------------------------|-----------------------------|
| Gluten-free cooking spray | ½ tsp pepper                |
| 1 head garlic             | 2 Tb fresh lemon juice      |
| ¼ stick butter            | ¼ cup white wine            |
| 3 green onions, chopped   | 2 bags baby spinach, rinsed |
| 1 tsp salt                |                             |



1. Preheat oven to 350 degrees F.
2. Cut off the top of the head of garlic, about ¼ inch, to reveal the individual cloves. Spray with cooking spray.
3. Wrap garlic in aluminum foil and bake 35–45 minutes until garlic cloves are soft to touch. Once garlic is cool enough to handle, use a small fork or your fingers to pull the roasted garlic out of its skin. Set aside.
4. Melt butter in a large skillet over medium heat. Add green onions and sauté for 2 minutes. Add the roasted garlic, salt, pepper, lemon juice, wine, and spinach. Sauté until spinach wilts.

**Also Try:** If you prefer to use less garlic in this recipe, keep the extra garlic cloves in their skin. Wrap the head with the remaining garlic cloves in aluminum foil and refrigerate. It will keep for about a week. Use in salad dressings, sauces, marinades, and stir fries.

## Broccoli Casserole

Serves 6

- |   |  |
|---|--|
| Gluten-free cooking spray                         | 2 cups gluten-free cream of mushroom soup<br>(only use a cream soup that is labeled gluten free,<br>most gluten-free soups come in boxes not cans) |
| ¼ cup chopped onion                               | ¼ cup skim milk  |
| 1 Tb margarine or butter                          | ½ cup cheddar cheese, shredded   |
| 2 10 oz. boxes of broccoli, defrosted and drained |  |
| ½ cup instant white or brown rice                 |  |

1. Preheat oven to 350 degrees F.
2. Coat a skillet with cooking spray and sauté onion until lightly browned. Add margarine or butter.
3. In a separate bowl, combine all other ingredients.

(continued)



4. Add cooked onion and mix together.
5. Place all ingredients in a casserole dish and bake for 30–40 minutes until rice is cooked and casserole is bubbly.

**Also Try:** Experiment with other vegetables and gluten-free cream soups.

## Zucchini Casserole

Serves 6

Gluten-free cooking spray	2 tsp onion powder
1 large onion, sliced thin	2 tsp garlic powder
3 medium zucchinis, sliced into ¼-in. slices	12 oz sour cream
1 tsp salt	1 egg, beaten
½ tsp pepper	½ tsp poppy seeds

1. Preheat oven to 350 degrees F.
2. Coat a large skillet with cooking spray and heat over a medium flame. Add onions and cook until translucent in color.
3. Add zucchini to onions and sauté for 3–5 minutes. Discard any liquid that may have accumulated on the bottom of the skillet then add salt, pepper, garlic powder, and onion powder.
4. Pour zucchini and onion mixture into a medium casserole dish coated with cooking spray.
5. In a separate bowl, combine sour cream and egg. Pour on top of zucchini. Top casserole with poppy seeds.
6. Bake for about 30 minutes until the sour cream mixture is set and lightly browned.

**Also Try:** Instead of zucchini, use yellow squash.

## Creamed Peas and Baby Onions

Serves 8

10 oz frozen baby green peas, defrosted and drained	2 Tb water
¼ cup butter	½ tsp salt
1 cup gluten-free chicken broth	½ tsp pepper
½ cup gluten-free evaporated skim milk	Dash nutmeg
2 tsp sugar	12-oz jar of gluten-free pearl onions
2 Tb cornstarch	2 Tb chopped fresh parsley

1. In a large pot, combine peas, butter, chicken broth, evaporated skim milk, and sugar. Cook on medium heat for about 15 minutes.
2. In a small bowl, combine cornstarch and water until well blended, and work it into the pea mixture.
3. Add salt, pepper, nutmeg, and pearl onions.
4. Reduce heat to a simmer and cook for an additional 10–15 minutes until thick and creamy.
5. Garnish with chopped parsley.

**Also Try:** You can also use frozen pearl onions in this recipe. Defrost and drain them before adding to the pot in Step 1.

## Baked Turnips

Serves 6

2 large turnips, peeled and cut into large chunks	1 cup milk
1 potato, cut into 4 pieces	1 egg
2 Tb salted melted butter	1 tsp salt
½ cup seasoned gluten-free bread crumbs	1 tsp pepper
2 Tb light margarine	2 Tb brown sugar
Gluten-free cooking spray	

1. Preheat oven to 350 degrees F.
2. Place the potato in a pot of water and bring to a boil, add turnips and cook until soft. Discard the potato. (Cooking turnips this way removes any bitterness.)
3. Mash turnips by hand, or for a smoother consistency, use a food processor. Combine mashed turnips, 1 Tb melted butter, ¼ cup bread crumbs, margarine, milk, egg, salt, pepper, and brown sugar.
4. Coat a casserole dish with cooking spray and add turnip mixture. Top with remaining bread crumbs and butter and bake for 30–45 minutes until lightly browned on top.



## Desserts

### Apple Soufflé

Serves 4

4 7-oz soufflé dishes	2 tsp lemon juice
10 oz skim milk	¼ tsp salt
5 Tb sugar	2 Tb butter, softened at room temperature
4 Tb cornmeal	3 egg whites, at room temperature
½ apple, peeled, cored, and chopped into ¼-in. pieces	½ tsp ground cinnamon

1. Pre-heat oven to 400 degrees F.
2. In a small saucepan, bring milk to a boil. Skim off any film that forms on the top. Add 3 Tb of sugar, cornmeal, apple, lemon juice, and salt. Cook on low heat for 15–20 minutes, whisking periodically to keep mixture from clumping together. When the mixture pulls away from the sides of the saucepan, it is done. Remove from heat and let cool to room temperature.
3. Rub the inside of soufflé dishes with butter (bottom and sides) and sprinkle the bottom with 1 tsp sugar.
4. Beat egg whites until they start to form soft peaks. Add remaining sugar and continue to beat until stiff peaks form. Fold egg whites into the cooled cornmeal mixture and fill soufflé dishes ¾ full. Sprinkle with cinnamon.
5. Place all soufflé dishes into a large roasting pan. Pour water into the pan to reach about ½ in. up the side of each of the soufflé dishes.
6. Bake until puffed and golden, about 25 minutes.

**Also Try:** Replace chopped apple with other chopped fruits, such as pears or peaches, berries, apple butter, or pear puree.





## Pecan Praline Cups with Cannoli Filling

Serves 16

*Cups:*

Mini muffin pan

 $\frac{1}{2}$  cup finely chopped gluten-free pecans (about  $\frac{3}{4}$  cup whole before chopping) $\frac{1}{4}$  cup brown rice flour $\frac{1}{2}$  tsp salt $\frac{1}{2}$  stick butter $\frac{1}{4}$  cup dark brown sugar $\frac{1}{4}$  cup light corn syrup or agave syrup*Filling:*1  $\frac{1}{2}$  cups ricotta cheese $\frac{1}{2}$  cup powdered sugar

1 tsp vanilla extract

*Optional garnishes:*

mini M&amp;Ms

gluten-free red and green sugar



1. Preheat oven to 350 degrees F.
2. In a small bowl, combine pecans, brown rice flour, and salt. Set aside.
3. In a small pot, bring butter, brown sugar, and corn syrup to a boil.
4. Remove from heat and combine with dry ingredients. Set aside for about 5 minutes, stirring occasionally.
5. Roll dough into 8 Tb-sized balls. Divide them evenly between 2 cookie sheets. Space the dough balls far apart as they will spread out.
6. Bake cookies for 5–7 minutes until spread out and bubbling has stopped. Be careful not to burn.
7. Set aside for 2–4 minutes until cookies can be lifted with a metal spatula and shaped without falling apart.
8. Place bumpy side of the cookie into the well of a mini muffin pan, shaping the cookie to fit (the bumpy side of the cookie will be the outside of the shell). If a cookie falls apart, push and shape the pieces into the well as best you can.
9. Let cookies set for 5–10 minutes.
10. Meanwhile, prepare cannoli filling by combining all filling ingredients.
11. Place filling mixture in a colander or cheesecloth over a bowl. Cover with plastic wrap and refrigerate for several hours, allowing some of the liquid to drain out.
12. Remove cups from the mini muffin pan and fill with cannoli filling. Use a small spoon or pipe the filling in. If you are not serving the cookies right away, store the filling in an airtight container until you are ready to use.
13. Garnish cups with mini M&Ms or a sprinkling of red and green sugar.

**Also Try:** Add  $\frac{1}{2}$  tsp of orange zest, cinnamon, or amaretto to flavor the cups. Or, serve the filling in small bowls topped with berries as another dessert option.

## Cheers! Gluten-Free Alcoholic Beverages

- Champagne
- Sparkling wine
- Wine (including port and sherry)
- Unflavored distilled alcoholic beverages, such as rum, gin, whiskey, and potato vodka





**Marlisa Brown, MS, RD, CDE, CDN** is a registered dietitian, certified diabetes educator, chef, author, and international speaker. She is president of Total Wellness Inc., a nutritional consulting company that offers private counseling, wellness programs, culinary workshops, and corporate presentations. Brown has written for and contributed to many publications including, *Shape*, *Women's World*, *Fitness*, and *Newsday's Wellness* magazine and is the author of *American Dietetic Association Easy Gluten-Free* (with Tricia Thompson, MS, RD). She lives in Long Island, New York.

For more information on celiac disease and gluten-free living, visit her website, [www.glutenfreeeasy.com](http://www.glutenfreeeasy.com), and blog, [www.glutenfreeez.com](http://www.glutenfreeez.com).