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“Lighter Than Air” Chocolate Cake



My sister brought this naturally gluten-free cake (no flour) over yesterday to cheer me up. She joked that she brought me a “lighter than air” chocolate cake in hopes that I would feel lighter than air instead of nine months pregnant. HILARIOUS. It is an

** My sister substituted 4 tablespoons cocoa and 1 teaspoon vanilla since she did not have the Grand Marnier with excellent results!*

For Cake Layers:

12 ounces fine-quality bittersweet chocolate (not unsweetened) chopped

6 tablespoons water

12 large eggs, separated, at room temperature

1 1/3 cups sugar

1/2 teaspoon salt

2 tablespoons Dutch-processed unsweetened cocoa powder

For Filling:

2 cups heavy cream

6 tablespoons confectioners sugar, sifted

4 tablespoons Grand Marnier*

To Make cake layers: Preheat oven to 350°F. Grease four 9-inch circular cake pans and line bottoms of circles with a piece of parchment paper.

Melt chocolate with water in a small heavy saucepan over very low heat, stirring. Cool to lukewarm.

In your stand mixer, beat yolks, 2/3 cup sugar, and salt until thick and pale for about 5 minutes. Stir in melted chocolate until combined. In a separate HUGE bowl, beat 12 egg whites until they hold stiff peaks (clean your beaters). I use hand held mixer with a very large stainless steel bowl for this-

Add remaining sugar and beat until whites just hold stiff peaks. Fold one third of whites into melted-chocolate mixture, then fold in remaining whites carefully.

Spread batter evenly over four baking pans. Bake until the cake has puffed and the top is dry to the touch, maybe 16 minutes. I rotated my cake pans once to ensure they cooked evenly. Once the cake is done, cool the cake pans on cooling racks for about 10 minutes.

If you wish, sift cocoa powder over top of cake layers. Then place a piece of waxed paper over the top of the cake pans. Place a cookie sheet over paper and invert cake onto it, gently peeling off wax paper lining. For best results, place all of the layers in the freezer for at least 2 hours or until they are firm enough to be carefully lifted without breaking.

In order to make the filling: In a clean large bowl, beat cream with powdered sugar and Grand Marnier (or cocoa powder) until it just holds stiff peaks.

To assemble the cake:

Bring first cake layer out of the freezer (leave the others in the freezer until you are ready for them) and arrange on your cake plate, cocoa side down. Spread 1/4 of filling evenly over the cake layer. Bring the next cake layer out of the freezer, placing it gently over the filling, again cocoa side down. Repeat until the cake is assembled!

Keep cake in the refrigerator until serving time. The cake layers should thaw after about 2-3 hours of being in the refrigerator and the cake will be ready to serve.

Dark chocolate grated into curls with a vegetable peeler makes for an excellent garnish. OR writing out the word 'BABY' with gluten-free chocolate chips is awesome too.

Per Serving (excluding unknown items): 3561 Calories; 236g Fat (58.9% calories from fat); 85g Protein; 284g Carbohydrate; 0g Dietary Fiber; 3197mg Cholesterol; 1024mg Sodium. Exchanges: 9 1/2 Lean Meat; 1 1/2 Non-Fat Milk; 40 Fat; 18 Other Carbohydrates.

5 Minute Chocolate Cake In a Mug!

recipezaar.com

URL: <http://www.recipezaar.com/Gluten-Free-5-Minute-Chocolate-Cake-in-a-Mug-355637>



Servings: 1

Preparation Time: 2 minutes

The most dangerous gluten free cake recipe in the world! WHY! Because now we are all only 5 minutes away from chocolate cake at any time of the day or night!

4 tablespoons sweet rice flour

4 tablespoons sugar

2 tablespoons cocoa

1 egg

3 tablespoons milk

3 tablespoons oil

3 tablespoons chocolate chips (optional)

1 dash vanilla extract

Also required: 1 large coffee mug.

Add dry ingredients to mug, and mix well.

Add the egg and mix thoroughly.

Pour in the milk and oil and mix well.

Add the chocolate chips (if using).

Add vanilla extract, and mix again.

Put your mug in the microwave and cook for 2.5 minutes at 1000 watts.

The cake will rise over the top of the mug, but don't be alarmed!

Allow to cool a little, and tip out onto a plate if desired.

EAT! (can serve 2 if you want to feel slightly more virtuous).

Per Serving (excluding unknown items): 883 Calories; 61g Fat (58.8% calories from fat); 12g Protein; 85g Carbohydrate; 6g Dietary Fiber; 218mg Cholesterol; 100mg Sodium. Exchanges: 1/2 Grain(Starch); 1 Lean Meat; 0 Non-Fat Milk; 1 1/2 Fat; 5 Other Carbohydrates.

5-Minute Chocolate Cake À La Hungry Mouse



So, how does it taste?

All that said, I'm not sure it's quite OK on its own. Eaten alone, it's a passable—but pretty mediocre—chocolate cake.

But if you used it as a base for stuff you might have in the fridge, like chocolate sauce, whipped cream, fresh raspberries...if you, say, soaked it in a little Kahlua and crowned it with a scoop or two of Haagen-Dazs vanilla, you might just have something there.

6 Tbls. sugar
5 Tbls. flour
4 Tbls. cocoa powder (NOT hot chocolate mix)
1/2 teaspoon baking powder
1 jumbo egg
2 Tbls. creme de cocoa or any other chocolate liquor
1 teaspoon vanilla
3 Tbls. chocolate milk
2 Tbls. olive oil
1/2 cup mini chocolate chips
spray oil for the pan

Put the sugar in a medium-sized mixing bowl.

Add the cocoa powder and the flour.

Toss in the baking powder.

Whisk them together to combine.

Your goal is a uniform mixture.

Add all the wet ingredients to the dry before stirring. Crack in the egg.

Add the liquor, vanilla, chocolate milk, and olive oil. Whisk together to combine well.

Your goal is a smooth cake batter. At this point, it should look like regular chocolate cake batter. Not too thick, not too thin. (Sorry, Goldilocks again.)

So far, so good.

: Add in the mini chocolate chips

This step is optional, because not everyone keeps mini chocolate chips on hand. If you have them, stir them in now.

Don't use regular size chips, as they're too big to melt properly.

Microwave your cake

Spray your bread pan with oil. Wipe it out lightly with a paper towel to soak up any excess oil. (If you don't, it will pool around the sides of the cake and make it gummy.)

Pour the batter into your greased pan, scraping all of it out with a spatula or wooden spoon. It should look about like this:

Put your pan in the microwave, and cook on high for 3 minutes, 25 seconds. If you don't have an 800-watt microwave, you'll need to adjust the time up or down a little.

This is what it looked like after about a minute. At this point, it should start to poof up and solidify. It'll be a little concave in the middle.

This is what it looked like after two minutes. It should be more solid, and the center should rise to be about even with the sides.

After 3 minutes 25 seconds, the surface of the cake should be even, relatively firm, and dappled with tiny bubbles. It should be just pulling away from the edges of your bread pan. When you press on it lightly with a finger, it should spring back, just like an oven-baked cake.

Now, what you do with your microwave cake from here is completely up to you. If you need your cake fix right away, have at it. (Just don't burn yourself.)

I cooled my cake in the pan for maybe 20 minutes. After that, I ran a thin-bladed knife in between the cake and the pan to loosen it. I turned it out onto a rack and cooled it another 20 minutes before slicing.

Per Serving (excluding unknown items): 111 Calories; 7g Fat (57.8% calories from fat); 8g Protein; 3g Carbohydrate; 0g Dietary Fiber; 280mg Cholesterol; 326mg Sodium. Exchanges: 1 Lean Meat; 1/2 Fat; 0 Other Carbohydrates.

A Tasty Frittata Recipe

101cookbooks.com

URL: <http://www.101cookbooks.com/archives/a-tasty-frittata-recipe.html>



Servings: 3

I love the color you get from the pink potatoes, but I recognize not everyone has access to pink-fleshed potatoes. Another way to get some pink in your frittata still using complimentary flavors is to use a few chopped red onions.

Cilantro Chile Sauce

2 large cloves garlic

1/2 cup extra virgin olive oil

2 tablespoons lemon juice, freshly squeezed

1 small bunch cilantro

1 green chile (serrano) seeds removed

2 pinches ground cumin

big pinches of salt, a couple

Frittata

6 large organic eggs

1 tablespoon olive oil

1 small yellow onion, chopped

3 small potatoes, very very thinly sliced

1/2 cup yellow zucchini or cauliflower, 1/2-inch pieces

1/4 cup goat cheese, crumbled

1/4 cup pumpkin seeds, toasted

couple pinches of salt

Preheat your oven to 450F degrees. Make the cilantro chile sauce by pureeing the garlic, olive oil, lemon juice, cilantro, chile, cumin, and salt until very smooth. Taste and add more salt if needed. Set aside.

In a medium bowl whisk the eggs with a small pinch of salt. Set aside. In a (small) 8 1/2-inch ovenproof nonstick skillet over medium-high heat add the olive oil, onion, and another pinch of salt. Saute, stirring constantly, until the onion starts to brown, 5 - 7 minutes. Add the potatoes and zucchini (or cauliflower), cover, and cook for another 3 minutes or so. Slide everything out of the skillet onto a plate and set aside.

Turn down the heat a bit. Using the same skillet, add the eggs and cook over medium-low heat for about 5 minutes or until the eggs are just set and there isn't a lot of liquid running around the pan. To facilitate this, run a spatula underneath the sides of the frittata and tilt the pan so the uncooked eggs run to the underside and cook. Drizzle the eggs with a few tablespoons of the cilantro chile sauce, now sprinkle the potato onion mixture over the top.

Place the skillet in the oven and bake for about 9 minutes, or until well set and puffy. Add a crumble of goat cheese and the pumpkin seeds across the top of the frittata in the final 2 minutes of baking. Remove from oven (be careful the handle is hot!), cut into wedges and serve.

Serves 2 to 4.

Per Serving (excluding unknown items): 519 Calories; 44g Fat (74.9% calories from fat); 6g Protein; 27g Carbohydrate; 3g Dietary Fiber; 10mg Cholesterol; 43mg Sodium. Exchanges: 1 1/2 Grain(Starch); 1/2 Lean Meat; 1/2 Vegetable; 0 Fruit; 8 1/2 Fat.

Alison's Gluten Free Bread

Alison

allRecipes.com

URL: <http://allrecipes.com/Recipe/Alisons-Gluten-Free-Bread/Detail.aspx>



Servings: 12

"Yummy bread without a speck of gluten."

1 egg
1/3 cup egg whites
1 tablespoon apple cider vinegar
1/4 cup canola oil
1/4 cup honey
1 1/2 cups warm skim milk
1 teaspoon salt
1 tablespoon xanthan gum
1/2 cup tapioca flour
1/4 cup garbanzo bean flour
1/4 cup millet flour
1 cup white rice flour
1 cup brown rice flour
1 tablespoon active dry yeast

Place ingredients in the pan of the bread machine in the order recommended by the manufacturer. Select cycle; press Start. Five minutes into the cycle, check the consistency of the dough. Add additional rice flour or liquid if necessary.

When bread is finished, let cool for 10 to 15 minutes before removing from pan.

Per Serving (excluding unknown items): 170 Calories; 6g Fat (29.2% calories from fat); 3g Protein; 27g Carbohydrate; 1g Dietary Fiber; 18mg Cholesterol; 196mg Sodium. Exchanges: 1 1/2 Grain(Starch); 0 Lean Meat; 0 Fruit; 1 Fat; 1/2 Other Carbohydrates.

Almond Biscotti Toscani (Gluten-Free)

recipezaar.com

URL: <http://www.recipezaar.com/biscotti-toscani-gluten-free-360802>



Servings: 16

Preparation Time: 15 minutes

I went to a gluten-free baking class and this was one of the featured recipes. I had never had biscotti before, so I don't really know how this compares. I liked it however. It was quite good dipped in my coffee and had just the right amount of crunch and sweetness. Makes a fair amount and supposedly keeps for a long time.

1/3 cup butter

3/4 cup white sugar

2 eggs

1 teaspoon vanilla extract

1/2 teaspoon almond extract

2 teaspoons orange zest

1 cup soy flour

1 cup rice flour

1/4 cup potato starch (NOT potato flour)

1/4 cup tapioca flour

1 teaspoon xanthan gum

1/8 teaspoon ground nutmeg

1/2 teaspoon salt

1/2 cup almonds, toasted and chopped fine

Preheat oven to 325°F Cover baking sheet with parchment paper or grease and flour baking sheet.

Cream butter and sugar until light and fluffy. Add eggs, extracts, and orange zest.

Combine flours together in a bowl. Slowly blend dry ingredients into creamed mixture. Stir in almonds. Add water if dough is too dry. Consistency should be similar to play dough.

Roll half of mixture into a log approximately 12 inches long. Place on baking sheet and smooth into loaf about 1/2" thick and still 12 inches long. Repeat with other half of mixture side by side on same baking sheet.

Bake for 25 minutes until set and lightly browned.

Place on rack to cool for 5 minutes. Cut loaves diagonally into slices 1/2" thick.

Place slices on their sides on the baking sheet. Return to oven for 5 minutes.

Remove from oven, flip slices over and bake an additional 5 minutes.

Cool completely and store in tightly covered container.

Per Serving (excluding unknown items): 137 Calories; 8g Fat (51.4% calories from fat); 4g Protein; 13g Carbohydrate; 1g Dietary Fiber; 37mg Cholesterol; 116mg Sodium. Exchanges: 1 Grain(Starch); 1/2 Lean Meat; 0 Fruit; 1 1/2 Fat.

Almost Wheat Gfcf Bread (Gluten-Free, Nut-Free, Soy-Free)

GoDairy Free

URL: <http://www.godairyfree.org/Recipes/Bread/Almost-Wheat-GFCF-Bread-Gluten-Free-Nut-Free-Soy-Free.html>



- 1 cup sorghum flour**
- 2 cups tapioca flour**
- 1 1/2 teaspoons xanthan gum**
- 1/3 cup non-dairy powdered drink mix (I used a soy shake mix that was Casein free)**
- 1/2 teaspoon salt**
- 1 teaspoon baking powder**
- 3 tablespoons sugar**
- 2 1/4 teaspoons active dry yeast**
- 2 eggs**
- 1/2 teaspoon cider vinegar**
- 3 tablespoons oil**
- 1 cup warm water**

Mix together sugar, water, and yeast in a large bowl and set aside. In a medium bowl combine first six dry ingredients. Whisk together eggs, vinegar, and oil in a small bowl. When the yeast mix is frothy add the eggs and flour mixes. Blend until incorporated.

Per Serving (excluding unknown items): 684 Calories; 51g Fat (66.1% calories from fat); 16g Protein; 43g Carbohydrate; 2g Dietary Fiber; 424mg Cholesterol; 1705mg Sodium. Exchanges: 0 Grain(Starch); 2 Lean Meat; 9 Fat; 2 1/2 Other Carbohydrates.

American Buttermilk Pancakes

bbc.co.uk

URL: http://www.bbc.co.uk/food/recipes/database/americanbuttermilkpa_74762.shtml



Preparation Time: 30 minutes

Start to Finish Time: 40 minutes

Maple syrup and crispy bacon are the classic accompaniment but cream cheese with smoked salmon, mackerel or spicy sausages are also delicious.

175ml/6fl oz buttermilk

1 egg, preferably free-range

15g/1/2oz butter, melted

50g/2oz tapioca flour

25g/1 oz fine cornmeal

good pinch of salt

1 teaspoon bicarbonate of soda

clarified butter To serve

butter

crispy bacon

maple syrup

Mix the buttermilk, egg and melted butter in a large bowl, until smooth and blended. Sift together the tapioca flour, fine cornmeal, salt and bicarbonate of soda and gently stir into the buttermilk only until the ingredients are moistened - don't worry about the lumps.

2. Heat a heavy iron or non-stick pan until medium hot. Grease with a little clarified butter. Spoon one generous tablespoon of batter onto the pan and spread slightly with the back of the spoon.

3. Cook until the bubbles rise and break on the top of the pancake. Flip over gently. Cook until pale golden on the other side. Remove and keep warm. Continue until all the batter has been used.

4. Spread each pancake with butter and serve a stack of three per person with crispy bacon and maple syrup.

Per Serving (excluding unknown items): 74 Calories; 5g Fat (62.6% calories from fat); 6g Protein; trace Carbohydrate; 0g Dietary Fiber; 212mg Cholesterol; 70mg Sodium. Exchanges: 1 Lean Meat; 1/2 Fat.

Amy's Cilantro Cream Sauce

AMYKINS

allRecipes.com

URL: <http://allrecipes.com/Recipe/Amys-Cilantro-Cream-Sauce/Detail.aspx>



Servings: 4

Preparation Time: 10 minutes

"This cilantro cream sauce can be used as a dip, or as a sauce for fish or chicken. My husband eats it on everything he can consume! Taste and add additional seasoning if necessary. tomatillo sauce is usually spicy, so be prepared!"

8 ounces cream cheese, softened

1 tablespoon sour cream

7 ounces tomatillo salsa

1 teaspoon freshly ground black pepper

1 teaspoon celery salt

1/2 teaspoon ground cumin

2 teaspoons garlic powder

1 bunch fresh cilantro, chopped

1 tablespoon fresh lime juice

Combine cream cheese, sour cream, salsa, pepper, celery salt, cumin, garlic powder, cilantro and lime juice in a blender or food processor. Blend until smooth and creamy. Place in a serving bowl.

Per Serving (excluding unknown items): 215 Calories; 21g Fat (84.6% calories from fat); 5g Protein; 4g Carbohydrate; trace Dietary Fiber; 64mg Cholesterol; 567mg Sodium. Exchanges: 0 Grain(Starch); 1/2 Lean Meat; 0 Vegetable; 0 Fruit; 0 Non-Fat Milk; 4 Fat.

Amy's Secret French Toast (Gluten-Free, Nut-Free, Soy-Free)

GoDairy Free

URL: <http://www.godairyfree.org/Recipes/Breakfast/Amy-s-Secret-French-Toast-Gluten-Free-Nut-Free-Soy-Free.html>



Amy Coccia of What Do I Eat Now? has taste-tested many GF/CF products, but one of her favorites was the Pamela's Amazing Wheat-Free Bread Mix. She used it to create this quick and easy recipe, but you can use any bread of your choosing.

2 slices gluten free bread (the thicker the slice the better..)

2 egg whites

1 full egg

1/2 teaspoon cinnamon

1/4 teaspoon vanilla

2 tablespoons vanilla rice milk

Mix together ingredients while griddle pan is heating up (use a touch of margarine on the pan to prevent sticking..)

Dip bread in the batter and place on the griddle pan, cook on a medium heat for a couple of minutes each side. Once each side is slightly brown- its done! Smother in margarine and syrup and enjoy!

Per Serving (excluding unknown items): 39 Calories; trace Fat (0.9% calories from fat); 7g Protein; 2g Carbohydrate; 1g Dietary Fiber; 0mg Cholesterol; 110mg Sodium. Exchanges: 0 Grain(Starch); 1 Lean Meat; 0 Fat.

Awesome Gluten Free Apple Pie with Crumble Topping

recipezaar.com

URL: <http://www.recipezaar.com/Awesome-Gluten-Free-Apple-Pie-With-Crumble-Topping-105376>

Servings: 8

Preparation Time: 40 minutes

Are you a Celiac? Do you crave that apple pie your grandma used to make? Well, here it is--a big thick apple pie with a crumbly top and flakey crust! You won't believe that it is really gluten free and the whole family will enjoy it! Serve with a scoop of Blue Bell Vanilla Bean Ice Cream!

Pastry Crust Makes Two Crusts

1 1/2 cups gluten-free flour (Bob's Red Mills All Purpose Gluten Free Flour, Avail at Kroger online)

1/3 cup cornstarch

1/2 cup sugar

1 teaspoon xanthan gum (Bob's Red Mills)

8 tablespoons butter, cut into pieces

1 large egg

1 tablespoon gluten-free vanilla extract (Available online at the Gluten Free Pantry)

Apple Filling

7 medium apples, peeled, cored and very thinly sliced. Use mildly sweet to tart very crisp apple (such as Granny Smith, Braeburn, Cortlands)

1/2 cup sugar

1 teaspoon ground cinnamon

1/4 teaspoon ground nutmeg

1/4 teaspoon salt

Crumble Topping

3/4 cup light brown sugar

3/4 cup gluten-free flour (See above)

1/2 teaspoon ground nutmeg

1/3 cup chilled butter, cut into small pieces

Pastry Crust Instructions*.**

In a mixing bowl stir together the flour and cornstarch.

Then add the sugar, butter, egg and vanilla and mix until combined.

Remove dough from bowl and knead and fold on a surface dusted with GF flour until well well combined.

Divide into two pieces and wrap in plastic wrap, place one in the refrigerator to chill and place the other in the freezer for later use.

Go ahead and make Apple Filling while the Pastry Crust is chilling.

After approx 20 minutes, remove dough from refrigerator and roll into a ball.

Using a rolling pin, roll the dough out on a lightly GF floured surface until it is the thickness of a normal pie crust.

Place crust in a 9 inch glass pie dish that is lightly sprayed with non stick spray.

Using a fork poke a bunch of holes in the sides and bottom of the crust.

Apple Filling Instructions*.**

In a large bowl mix apples, sugar, cinnamon, nutmeg and salt.

Set aside and let the juices mix.

Crumble Topping Instructions*.**

In small bowl mix together brown sugar, GF flour and nutmeg.

Next mix in the chilled butter and cut it in with a fork or other tool until you have a course crumbly mixture.

Assembling your Pie*.**

Preheat oven to 400°F.

Spoon apples into your pie crust, mounding in the middle and pouring the sugary juices over top.

Sprinkle your Crumble Topping all over the top (use it all).

Use tin foil to cover edges of crust as it will burn easily.

Bake for approximately 35 minutes, topping will be lightly browned and filling will be bubbly.

Let cool for at least an hour before serving.

Per Serving (excluding unknown items): 352 Calories; 13g Fat (31.1% calories from fat); 1g Protein; 62g Carbohydrate; 4g Dietary Fiber; 58mg Cholesterol; 199mg Sodium. Exchanges: 1/2 Grain(Starch); 0 Lean Meat; 1 Fruit; 2 1/2 Fat; 2 1/2 Other Carbohydrates.

Baked Doughnuts Recipe

101cookbooks.com

URL: <http://www.101cookbooks.com/archives/001561.html>



Don't over bake these, if anything, under bake them a bit - they will continue baking outside the oven for a few minutes. You want an interior that is moist and tender - not dry. Also, be sure to cut big enough holes in the center of your doughnuts - too small and they will bake entirely shut. Remember they rise, and they rise even more when they are baking. These really need to be made-to-order, but you can make and shape the dough the night before if you want to serve them for brunch. Instructions: after shaping, place doughnuts on baking sheet, cover and place in the refrigerator overnight. Pull them out an hour before baking, and let rise in a warm place before baking.

1 1/3 cups warm milk, 95 to 105 degrees (divided)

1 package active dry yeast (2 1/4 teaspoons)

2 tablespoons butter

2/3 cup sugar

2 eggs

5 cups all-purpose flour (alternately, white whole wheat might work - haven't tried it yet)

A pinch or two of nutmeg, freshly grated

1 teaspoon fine grain sea salt

1/2 cup unsalted butter, melted

1 1/2 cups sugar

1 tablespoon cinnamon

Place 1/3 cup of the warm milk in the bowl of an electric mixer. Stir in the yeast and set aside for five minutes or so. Be sure your milk isn't too hot or it will kill the yeast. Stir the butter and sugar into the remaining cup of warm milk and add it to the yeast mixture. With a fork, stir in the eggs, flour, nutmeg, and salt - just until the flour is incorporated. With the dough hook attachment of your mixer beat the dough for a few minutes at medium speed. This is where you are going to need to make adjustments - if your dough is overly sticky, add flour a few tablespoons at a time. Too dry? Add more milk a bit at a time. You want the dough to pull away from the sides of the mixing bowl and eventually become supple and smooth. Turn it out onto a floured counter-top, knead a few times (the dough should be barely sticky), and shape into a ball.

Transfer the dough to a buttered (or oiled) bowl, cover, put in a warm place (I turn on the oven at this point and set the bowl on top), and let rise for an hour or until the dough has roughly doubled in size.

Punch down the dough and roll it out 1/2-inch thick on your floured countertop. Most people (like myself) don't have a doughnut cutter, instead I use a 2-3 inch cookie cutter to stamp out circles. Transfer the circles to a parchment-lined baking sheet and stamp out the smaller inner circles using a smaller cutter. If you cut the inner holes out any earlier, they become distorted when you attempt to move them. Cover with a clean cloth and let rise for another 45 minutes.

Bake in a 375 degree oven until the bottoms are just golden, 8 to 10 minutes - start checking around 8. While the doughnuts are baking, place the butter in a medium bowl. Place the sugar and cinnamon in a separate bowl.

Remove the doughnuts from the oven and let cool for just a minute or two. Dip each one in the melted butter and a quick toss in the sugar bowl. Eat immediately if not sooner.

Makes 1 1/2 - 2 dozen medium doughnuts.

Per Serving (excluding unknown items): 5355 Calories; 142g Fat (23.8% calories from fat); 92g Protein; 934g Carbohydrate; 22g Dietary Fiber; 779mg Cholesterol; 568mg Sodium. Exchanges: 32 Grain(Starch); 2 Lean Meat; 1 1/2 Non-Fat Milk; 26 Fat; 29 Other Carbohydrates.

Baked Egg Recipe

101cookbooks.com

URL: <http://www.101cookbooks.com/archives/baked-eggs-recipe.html>



2 tablespoons extra virgin olive oil (2-3)
3 big pinches ground cumin
2 big pinches chili flakes
2 big pinches smoked paprika
2 big pinches fine sea salt
1 cup spring onion (or regular) chopped
1 clove garlic, chopped
1 cup cherry tomatoes, halved or quartered
2 pieces pita bread, cut into quarters
6 large organic eggs
Garnish: finely chopped tomatoes, chile flakes, cilantro (optional)
Special equipment: standard 12 muffin tin

Preheat oven to 350F degrees. Add the olive oil to a large skillet over medium-high heat. Stir in the cumin, chile flakes, paprika, salt, onion, and garlic. Cook until onions soften, just a minute or two. Stir in the chopped tomatoes and cook until the tomatoes soften up a bit, another two or three minutes. Set aside.

Take six pieces (quarters) of the pita bread, gently open each of them and tuck them into the muffin tin - every other slot. If the pita splits, no worries, just criss-cross the bread into a nest or tart shell of sorts so there is coverage across the bottom so the egg and filling won't run out.

Spoon a bit of the tomato filling into each pita cup, dividing it amongst the six cups. Now crack a single egg into each pita cup. You don't want the cups to overflow, hold back a bit of the egg white if you need to. Also, you don't want the egg yolk to jet up toward the sky, try to ensure it is level with the whites or the yolks can dry out while baking.

Carefully place in the oven (racks in the center) and bake for about 15 minutes. Until the whites have set and become opaque. Serve hot garnished with a sprinkling of chopped tomatoes, chile flakes, and/or a bit cilantro.

Makes six egg cups.

Per Serving (excluding unknown items): 647 Calories; 29g Fat (40.1% calories from fat); 14g Protein; 84g Carbohydrate; 6g Dietary Fiber; 0mg Cholesterol; 661mg Sodium. Exchanges: 4 1/2 Grain(Starch); 3 Vegetable; 5 1/2 Fat.

Baked Kale Chips

LucyDelRey

allRecipes.com

URL: <http://allrecipes.com/Recipe/Baked-Kale-Chips/Detail.aspx>



Servings: 6

Preparation Time: 10 minutes

"These are a low calorie nutritious snack. Like potato chips, you cannot stop at just eating one. They are great for parties and a good conversation topic."

1 bunch kale

1 tablespoon olive oil

1 teaspoon seasoned salt

Preheat an oven to 350 degrees F (175 degrees C). Line a non insulated cookie sheet with parchment paper.

With a knife or kitchen shears carefully remove the leaves from the thick stems and tear into bite size pieces. Wash and thoroughly dry kale with a salad spinner. Drizzle kale with olive oil and sprinkle with seasoning salt.

Bake until the edges brown but are not burnt, 10 to 15 minutes.

Per Serving (excluding unknown items): 26 Calories; 2g Fat (76.7% calories from fat); trace Protein; 1g Carbohydrate; trace Dietary Fiber; 0mg Cholesterol; 233mg Sodium. Exchanges: 0 Lean Meat; 0 Vegetable; 1/2 Fat; 0 Other Carbohydrates.

Baked Pasta Casserole Recipe

101cookbooks.com

URL: <http://www.101cookbooks.com/archives/baked-pasta-casserole-recipe.html>



Servings: 8

I use whole wheat shells here, but feel free to experiment with other short pasta. If you are in a pinch for time forget the baking all together and just toss the cooked pasta with the spinach skillet, and sprinkle with the mozzarella before serving.

extra-virgin olive oil

3/4 pound whole wheat pasta shells

sea salt

1 large yellow onion, chopped

2 cloves garlic, chopped

4 cups well-chopped fresh spinach

1 1/2 cups sliced almonds, lightly toasted

zest of 2 lemons

8 ounces mozzarella, shredded or torn into small pieces

Preheat the oven to 375 degrees. Butter/oil a large casserole dish or baking pan - something roughly equivalent to 13x9-inch pan.

Boil the pasta in salted water per package instructions. Drain pasta, toss with a glug of olive oil. Set aside.

In the meantime, heat a bit of olive oil in a skillet over medium-high. Saute the onions with a couple pinches of salt for a few minutes (or if you want a bit more depth of flavor until caramelized). Stir in garlic. Stir in spinach. Cook for just about 20 seconds, until the spinach collapses a bit. Remove from heat and stir in 1 cup of the almonds and 1/2 of the zest. Add to pasta and stir and stir - mixing extremely well, a minute or so.

Now sprinkle the bottom of baking dish with the rest of the zest. Add a layer of the pasta to the bottom of the baking pan, now sprinkle with some of the cheese, add more pasta, then more cheese. Finish with a layer of cheese. Cover with foil and bake for 30 minutes or until cheese on top is bubbly and melty. Serve sprinkled with the remaining almonds.

Serves 8.

Per Serving (excluding unknown items): 166 Calories; 14g Fat (72.5% calories from fat); 6g Protein; 6g Carbohydrate; 2g Dietary Fiber; 0mg Cholesterol; 3mg Sodium. Exchanges: 1/2 Grain(Starch); 1/2 Lean Meat; 1/2 Vegetable; 2 1/2 Fat.

Baking Without Butter

<http://www.godairyfree.org/200703211016/News/Nutrition-Headlines/How-to-Baking-without-Butter.html>

Several years ago I returned to a dairy-free diet when I discovered that I had not outgrown my childhood milk allergy. Since I had never been fond of milk or cheese (I know, its just me and the cows on the cheese) there were only a few rough spots in the transition. The primary issue was that milk was in everything, including my favorite breads and cookies. Not willing to sacrifice the carbohydrate department, I eagerly took up baking from scratch.

Nonetheless, butter emerged as a challenge. Margarine would seem a simple substitute, but trading one evil for a trans fat loaded other was not a good enough option.

Luckily, I was not alone. Millions of people have banished butter for weight loss, to lower their heart disease risk, or to follow a vegan diet. This growing demand has prompted several new products and inspired numerous ideas for butter substitutions. Below are some of my favorite suggestions as taken from the dairy alternatives and product sections of my book, Dairy Free Made Easy:

Straight Butter Replacement – There is one non-hydrogenated brand I have found that tastes and behaves remarkably close to butter in a one to one ratio, Earth Balance Buttery Sticks. I have trialed it in cookies, cakes, and frostings with excellent results. The Buttery Sticks come in stick form, and the package of four is a respectable \$2.50 to \$3.50 at most stores. Earth Balance Buttery Sticks are vegan, certified OU Parve, and cholesterol free. Though it should be noted that the overall fat content is similar to butter, and the saturated fat is reduced to 4.5g per serving versus the 7g per serving in butter. This may not be enough of a savings for some individuals.

Vegetable Shortening – Earth Balance and Spectrum Organics (also soy-free) have come out with mainstream shortenings, which are free of trans fats, and well suited to baking. The rule of thumb is to reduce the amount of vegetable shortening by up to ¼ cup for every 1 cup of butter that a recipe calls for. However, I have had great success with many recipes when I actually cut the amount in half. Like the Buttery Sticks, these two products are still relatively high in saturated and overall fat. Although, less is required in most recipes, and both are vegan and cholesterol free. Crisco also has a zero trans fat shortening that may be an option. As Crisco is still made with fully hydrogenated oils, I opt to avoid it. **Cooking Oils** – This often takes a little experimentation, but oil can successfully be utilized in place of butter, even in baking. Of significant importance, replacing butter with an equal amount of oil will typically yield a very “greasy” product. As a fat equivalent in baking, they say that ¾ to 7/8 cup of vegetable oil equals 1 cup of solid butter. However, I bake chocolate chip cookies using just ½ cup of oil rather than the 1 cup of butter the traditional toll house recipe calls for (I also up the flour by ¼ cup). The results are not a bit greasy, and my cookies are constantly on request. For my all-purpose oil, I like extra-light olive oil (not extra-virgin). Its very light flavor is undetectable in baked desserts, and it has a smoke point that is suitable for relatively high-heat baking or sautéing. Vegetable, canola, or rice bran oils will also work well. The saturated fat in oils (except for coconut) tends to be quite low, and though the overall fat is higher per serving than butter, much less is required for your recipes.

Fruit Puree – Now onto the top heart-healthy and weight conscious option...fruit! Blend up that apple pulp or a handful of prunes and you have an excellent, low fat butter substitute for baking sweets and quick breads. In fact, pureed bananas, pineapple, pumpkin, and pears also give an excellent “fat” consistency to recipes with an added jolt of nutrients and flavor. Here are a few tips to help maximize your results:

Because the fruit will add more sweetness than butter, reduce the sugar in your recipes a touch. * Think of the flavor of your recipe when judging which fruit will work best. For example, prune puree works best in rich desserts such as chocolate, gingerbread, or carrot cake. On the contrary, pineapple will add a light tropical flair to most quick breads.

* Use ½ cup of pureed fruit in place of one cup of butter. You may need to add one to four Tablespoons of vegetable shortening or oil back into the recipe to achieve the best results.

* If you don't have fresh fruit on hand, drained unsweetened applesauce, strained baby food fruit, or a puree of water with any dried fruit (apples, apricots, peaches, etc.) will work in a pinch. For dried fruit help, try the following recipe:

Prune (Dried Fruit) Puree for Baking Equivalent: 1 cup of Butter in Strong Flavored Desserts

Ingredients:

½ cup pitted prunes * ¼ cup hot water

Directions: Puree the prunes and water in a blender until smooth. Substitute other dried fruit such as apples, peaches, and apricots for half of the prunes for a flavor and nutrient variation.

Finally, if you aren't in a huge Betty Crocker mood, but need a low fat alternative, then pick up a jar of SunSweet's Lighter Bake™. Though not quite as economical as homemade, it is a made-for-baking jar of apple and prune puree, directions and all.

Banana Bread



I have made it again (I swear my husband let some bananas go brown on purpose!!), and cut some of the sugar out. Try it as written first; then cut out sugar to your taste. My children are used to not having much sugar, so they can tolerate a decent cut. When I make it, I use 3/4 cup sugar.

- 4 bananas**
- 5 tablespoons butter**
- 1 1/2 cups sugar**
- 2 eggs**
- 1/2 container sour cream (8 ounces)**
- 1 teaspoon vanilla**
- 1 teaspoon cinnamon**
- 1/4 teaspoon salt**
- 1 cup brown rice flour**
- 3/4 cup sweet sorghum flour**
- 1/2 cup teff flour**
- 1 1/2 teaspoons baking soda**
- 1/2 teaspoon nutmeg (optional)**
- 1 cup walnuts/ chocolate chips (optional)**

Preheat oven 325 degrees. Combine dry ingredients. In separate container mix wet (including sour cream). Pour wet ingredients into dry and mix until just combined, fold in nuts or chocolate chips if using. Divide into two 8.5 X 4.5 loaf pan. Bake 1 hour, or until knife inserted into center comes out clean. Cool and cut, if you can wait. (we didn't!!) Makes 2 loaves.

Per Serving (excluding unknown items): 3096 Calories; 99g Fat (27.9% calories from fat); 33g Protein; 540g Carbohydrate; 20g Dietary Fiber; 630mg Cholesterol; 3229mg Sodium. Exchanges: 8 Grain(Starch); 1 1/2 Lean Meat; 7 Fruit; 1/2 Non-Fat Milk; 18 Fat; 20 Other Carbohydrates.

Basic Parmesan Substitute (Vegan, Gluten-Free, Soy-Free)

GoDairy Free

URL: <http://www.godairyfree.org/Recipes/Cheese-Subs/Basic-Parmesan-Substitute-Vegan-Gluten-Free-Soy-Free.html>

1 cup Nutritional Yeast Flakes

1 cup Raw Almonds, Blanched and Peeled

½ teaspoon sea salt

Directions : To blanch and peel the almonds yourself, soak them in boiling water for 5 minutes. The skins should pop off easily. Pat the almonds dry to remove excess moisture. Place all ingredients in a food processor or blender, and reduce to a fine powder. Store in the refrigerator for a fairly long shelf life.

Per Serving (excluding unknown items): 0 Calories; 0g Fat (0.0% calories from fat); 0g Protein; 0g Carbohydrate; 0g Dietary Fiber; 0mg Cholesterol; 0mg Sodium. Exchanges: .

Beets On the Grill

MOTTSBELA

allRecipes.com

URL: <http://allrecipes.com/Recipe/Beets-on-the-Grill/Detail.aspx>



Servings: 2

Preparation Time: 10 minutes

"I couldn't decide what to do with all the beets, so I tossed them onto the grill."

6 beets, scrubbed

2 tablespoons butter

salt and pepper (to taste)

Preheat an outdoor grill for high heat.

Coat one side of a large piece of aluminum foil with cooking spray. Place beets and butter on foil; season with salt and pepper. Wrap foil over beets.

Place packet on the grill grate. Cook 30 minutes, or until beets are very tender. Allow beets to cool about 5 minutes before serving. You don't even need to peel to enjoy!

Per Serving (excluding unknown items): 207 Calories; 12g Fat (49.2% calories from fat); 4g Protein; 23g Carbohydrate; 7g Dietary Fiber; 31mg Cholesterol; 309mg Sodium. Exchanges: 4 1/2 Vegetable; 2 1/2 Fat.

Big M's Spicy Lime Grilled Prawns

Marcus Hender

allRecipes.com

URL: <http://allrecipes.com/Recipe/Big-Ms-Spicy-Lime-Grilled-Prawns/Detail.aspx>



Servings: 12

Preparation Time: 30 minutes

"Succulent and moist grilled prawns. Serve with salad, potatoes, and bread. Enjoy!"

48 large tiger prawns, peeled and deveined

4 limes, zested and juiced

4 green chile peppers, seeded and chopped

4 cloves garlic, crushed

1 (2 inch) piece fresh ginger root, chopped

1 medium onion, coarsely chopped

skewers

British English recipe for Spicy Lime Barbecued Prawns .

French recipe for Crevettes marines au citron vert au barbecue .

Australian recipe for Spicy Lime Barbecued Prawns .

Place the prawns and lime zest in a large, non-metallic bowl. Place the lime juice, chile pepper, garlic, ginger, and onion in a food processor or blender, and process until smooth. You may need to add a little oil to facilitate blending. Pour over the bowl of prawns, and stir to coat. Cover, and refrigerate for 4 hours.

Preheat grill for medium-high heat. Thread prawns onto skewers, piercing each first through the tail, and then the head.

Brush grill grate with oil. Cook prawns for 5 minutes, turning once, or until opaque.

Per Serving (excluding unknown items): 13 Calories; trace Fat (3.9% calories from fat); trace Protein; 4g Carbohydrate; trace Dietary Fiber; 0mg Cholesterol; 1mg Sodium. Exchanges: 1/2 Vegetable; 0 Fruit.

Bold Raw "Cheese" Sauce (Vegan, Gluten-Free, Nut-Free)

GoDairy Free

URL: <http://www.godairyfree.org/Recipes/Cheese-Subs/Bold-Raw-Cheese-Sauce-Vegan-Gluten-Free-Nut-Free.html>

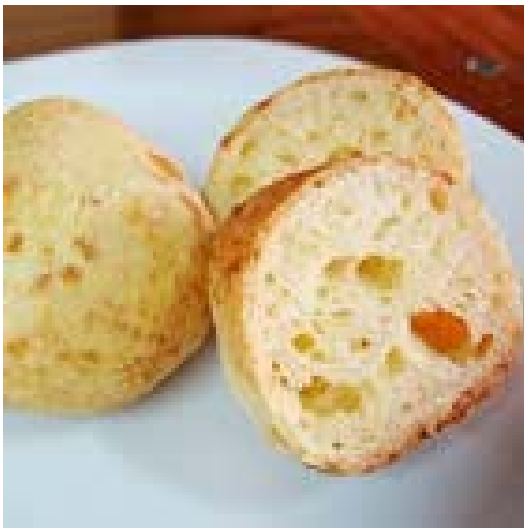
1 ounce package firm tofu (1-8) crumbled
1/3 cup Lemon Juice
1/3 cup Nutritional Yeast Flakes (see our Product List)
1/3 cup Raw Tahini (see our Product List)
3 tablespoons Wheat-Free Tamari or Low Sodium Soy Sauce
3 tablespoons Water
1 teaspoon Dried Basil
1/8 teaspoon Turmeric
1 Garlic Clove, minced
1/4 teaspoon fresh Ground Black Pepper or Paprika.

Directions : Combine all ingredients in a blender and puree until smooth. Best served at room temperature or heated a bit. Very bold flavor, a little goes a long way.

Per Serving (excluding unknown items): 127 Calories; 6g Fat (35.1% calories from fat); 11g Protein; 13g Carbohydrate; 2g Dietary Fiber; 0mg Cholesterol; 13mg Sodium. Exchanges: 1/2 Grain(Starch); 2 1/2 Lean Meat; 0 Vegetable; 1/2 Fruit; 1/2 Fat.

Brazilian Cheese Bread (Pao De Queijo)

SUBMITTED BY: GLOJAO PHOTO BY: JOE



Preparation Time: 10 minutes

"These yummy gluten/wheat free breads are good for those with Celiac disease or gluten intolerance. These are good either served plain, or with marinara sauce. For more variety, try adding a variety of herb seasonings, such as Italian seasoning or tr

INGREDIENTS (Nutrition)

- * 1/2 cup olive oil or butter
- * 1/3 cup water
- * 1/3 cup milk or soy milk
- * 1 teaspoon salt
- * 2 cups tapioca flour
- * 2 teaspoons minced garlic
- * 2/3 cup freshly grated Parmesan cheese
- * 2 beaten eggs

DIRECTIONS

Preheat oven to 375 degrees F (190 degrees C).

2. Pour olive oil, water, milk, and salt into a large saucepan, and place over high heat. When the mixture comes to a boil, remove from heat immediately, and stir in tapioca flour and garlic until smooth. Set aside to rest for 10 to 15 minutes.

3. Stir the cheese and egg into the tapioca mixture until well combined, the mixture will be chunky like cottage cheese. Drop rounded, 1/4 cup-sized balls of the mixture onto an ungreased baking sheet.

4. Bake in preheated oven until the tops are lightly browned, 15 to 20 minutes.

Per Serving (excluding unknown items): 0 Calories; 0g Fat (0.0% calories from fat); 0g Protein; 0g Carbohydrate; 0g Dietary Fiber; 0mg Cholesterol; 0mg Sodium. Exchanges: .

Bread

cooks.com

URL: <http://www.cooks.com/rec/doc/0,174,154176-250198,00.html>

2 tablespoons soy flour

1 tablespoon potato flour

1/2 teaspoon salt

1 teaspoon guar gum

2 tablespoons dry milk

Heap this cup with wheat starch flour

2 tablespoons potato flour

1 tablespoon rice bran

Finish this cup with rice flour, not quite full (7/8 c.)

Have ready two 7 1/2 x 3 3/4 x 2 1/4 inch pans. In a 3 quart bowl dissolve 1 tablespoon sugar, 1 small tablespoon Fleischmann's yeast in 1/2 cup water (105-115 degrees). Let yeast work 10 minutes. Take 6 tablespoons flour from 1st cup and stir into yeast mixture with 1 1/4 cups water (105-115 degrees). Stir in all the flour from both cups plus 2 tablespoons canola oil. Cover bowl and let raise to 1 1/4 inches from top of bowl. Stir well. Add 1 large cup wheat starch flour. Stir well. At once divide into pans and bake at 400 degrees for 35 minutes. When cool put in plastic bag overnight. Enjoy!

Note: Do not let dough rise twice.

Per Serving (excluding unknown items): 267 Calories; 8g Fat (26.4% calories from fat); 12g Protein; 40g Carbohydrate; 5g Dietary Fiber; 16mg Cholesterol; 1138mg Sodium. Exchanges: 2 Grain(Starch); 1/2 Lean Meat; 1/2 Non-Fat Milk; 1 1/2 Fat.

Brown Sugar Sandwich Cookie Recipe

101cookbooks.com

URL: <http://www.101cookbooks.com/archives/brown-sugar-sandwich-cookies-recipe.html>



Feel free to substitute unbleached all-purpose flour, spelt flour might work as well although I haven't tested it in this recipe. I also think these cookies might be great with some sort of spice infusion, but haven't played around with that angle yet either. I like to use this sugar - but you can substitute whatever fine-grain brown sugar you have on hand.

2 1/2 cups whole wheat pastry flour
1 teaspoon baking powder
scant 1 teaspoon salt
2 tablespoons poppy seeds
1 teaspoon poppy seeds
6 ounces unsalted butter (1 1/2 sticks) room temperature
2/3 cup good-quality brown sugar / natural cane sugar
2 large egg yolks
1 tablespoon vanilla extract
2 tablespoons milk (2-3)
1 tablespoon big flaky sea salt (optional)
1 tablespoon turbinado sugar (optional)
6 ounces dark chocolate (6-7) chopped
special equipment: a 1 1/2-inch cookie cutter

Preheat oven to 350 - racks in the top 1/3 of the oven.

In a medium bowl whisk together the flour, baking powder, salt and poppy seeds. Set aside. In a separate bowl, either by hand or with an electric mixer, beat the butter until it is fluffy and creamy. Add the sugar and mix some more, scraping the sides of the bowl once along the way. Mix in the egg yolks and vanilla extract, scraping the sides again if needed. Being careful not to over-mix, stir in the flour mixture by hand. If the dough is on the dry side stir in the milk as well. Turn the dough out onto the counter-top, kneed it once or twice (just so it comes together) and form one large ball. Cut the dough into four quarters, then shape each piece into a ball. Flatten each of the four balls into 1/2-inch thick pancakes, and wrap each piece individually in plastic before chilling in the refrigerator for at least a half an hour.

Roll out the dough thin as can be on a lightly floured surface - wafer thin, about 1/8-inch, and stamp out using the cookie cutter. Arrange cookies 1-inch apart on prepared baking sheets before sprinkling with a small pinch of salt and sugar. Bake for about seven minutes on a parchment-lined baking sheet or until the cookie edges are golden brown. Remove from oven and cool completely on a rack.

When you are ready to assemble the cookies, place the chocolate in a double boiler (or a bowl placed over a bit of simmering water) to melt. Spread about 1/2 teaspoon of melted chocolate onto the center of the flat side of one cookie. Top with another cookie - matching flat side to flat side. Repeat with the remaining cookies, setting them aside to let the chocolate set.

Makes 2 dozen 1 1/2-inch sandwich cookies.

Per Serving (excluding unknown items): 3462 Calories; 215g Fat (54.2% calories from fat); 50g Protein; 359g Carbohydrate; 51g Dietary Fiber; 802mg Cholesterol; 557mg Sodium. Exchanges: 1/2 Grain(Starch); 1 Lean Meat; 0 Non-Fat Milk; 41 Fat; 8 Other Carbohydrates.

Carob Cake

cooks.com

URL: <http://www.cooks.com/rec/doc/0,176,154177-250199,00.html>

3 eggs

1/2 cup oil

1/2 cup honey

1/2 cup soya flour

1/2 cup carob flour

Preheat oven to 325 degrees. Place the first 3 ingredients in blender; liquify and pour over the flours in a bowl. Mix well and place in an oiled pan. Bake 20 to 30 minutes. Watch closely, burns easily.

Per Serving (excluding unknown items): 1898 Calories; 124g Fat (57.3% calories from fat); 22g Protein; 187g Carbohydrate; 21g Dietary Fiber; 636mg Cholesterol; 235mg Sodium. Exchanges: 3 Grain(Starch); 2 1/2 Lean Meat; 23 Fat; 9 1/2 Other Carbohydrates.

Carrot Beet Cake (With or Without Chocolate)

recipezaar.com

URL: <http://www.recipezaar.com/Gluten-Free-Carrot-Beet-Cake-With-or-Without-Chocolate-171078>

Servings: 12

Preparation Time: 20 minutes

One of my daughters cannot have grain flour so here is the recipe. You don't know it is beets and it is good for you. Kids love it. Icing cream cheese or glaze or plain. Canned beets can be used or fresh.

2 cups ground fresh carrots
1 cup ground fresh beet or canned beets, drained, chopped
4 eggs, separated
1 cup vegetable oil
2 teaspoons vanilla
3 tablespoons hot water
1 teaspoon orange extract (optional)
1 teaspoon coconut extract (optional)
1 teaspoon almond extract (optional)
2 cups rice flour
1/2 teaspoon salt or salt substitute
1 1/2 cups sugar
2 teaspoons baking powder
1 teaspoon cinnamon
1 cup chopped nuts (optional)
1 1/2 teaspoons baking soda
2 teaspoons cocoa powder (optional)
Pam cooking spray

In large mixing bowl, mix carrots, grated or ground beets, eggs, vegetable oil, vanilla and hot water and only (1) of the extracts, if desired.

Note: If using canned beets, make sure they are drained well, before cutting.

In another bowl, mix dry ingredients: rice flour, salt, baking powder, cinnamon, baking soda. Mix well.

Add nuts.

Beat Egg whites in a separate bowl until stiff.

Add dry mixture into wet mixture, a little at a time, and mix well.

Now add cocoa powder if you want a chocolate flavor. Any of the extracts go well with the chocolate.

Preheat oven 350*.

Fold in beaten egg whites into the batter.

Spray Pam into bundt pan, grease well.

Carefully pour mixed batter.

Bake for 50 minutes. Take out of oven and let set at least 10 minutes before inverting. I use a narrow spatula to run around the inside outside of bundt pan.

If using orange extract, decorate cake platter with thin slices of cut fresh oranges.

Per Serving (excluding unknown items): 383 Calories; 20g Fat (47.4% calories from fat); 4g Protein; 47g Carbohydrate; 1g Dietary Fiber; 71mg Cholesterol; 262mg Sodium. Exchanges: 1 1/2 Grain(Starch); 1/2 Lean Meat; 4 Fat; 1 1/2 Other Carbohydrates.

Carrot Cake



Servings: 20

Preparation Time: 35 minutes

Pineapple makes this delicious cake extremely moist. Xanthan gum is a corn-based, gluten-free thickener that can be found on your grocery store's baking aisle. —Taste of Home Test Kitchen, Greendale, Wisconsin

* One serving:

* 1 piece

* Calories:

* 287

* Fat:

* 9 g

* Saturated Fat:

* 4 g

* Cholesterol:

* 52 mg

* Sodium:

* 311 mg

* Carbohydrate:

* 51 g

* Fiber:

* 2 g

* Protein:

* 4 g

1 cup Domino® or C&H® Granulated Pure Cane Sugar (1-1/2)
2 cans unsweetened crushed pineapple (8 ounces each) drained
4 eggs
3/4 cup reduced-fat mayonnaise
1 cup white rice flour (1-1/2)
1/2 cup potato starch
1/2 cup soy flour

2 teaspoons baking soda
2 teaspoons ground cinnamon
1 teaspoon xanthan gum
1/2 teaspoon ground ginger
1/4 teaspoon salt
3 cups shredded carrots (3-1/4)
1 cup flaked coconut
Frosting:
4 ounces reduced-fat cream cheese
1/4 cup reduced-fat butter, softened
2 cups Domino® or C&H® Pure Cane Powdered Sugar (2-1/2)
3/4 teaspoon grated orange peel
1/4 teaspoon vanilla extract

In a large bowl, beat the sugar, pineapple, eggs and mayonnaise until well blended. Combine the rice flour, potato starch, soy flour, baking soda, cinnamon, xanthan gum, ginger and salt; gradually beat into sugar mixture until blended. Stir in carrots and coconut.

Pour into a 13-in. x 9-in. baking dish coated with cooking spray. Bake at 350° for 40-50 minutes or until a toothpick inserted near the center comes out clean. Cool on a wire rack.

For frosting, in a small bowl, beat cream cheese and butter until fluffy. Add the confectioners' sugar, orange peel and vanilla; beat until smooth. Spread over top of cake. Refrigerate leftovers. Yield: 20 servings. Editor's Note: Ingredient formulas and production facilities vary among brands. If you're concerned that your brand may contain gluten, contact the company. This recipe was tested with Land O'Lakes light stick butter.

Per Serving (excluding unknown items): 111 Calories; 5g Fat (40.3% calories from fat); 3g Protein; 13g Carbohydrate; 1g Dietary Fiber; 49mg Cholesterol; 248mg Sodium. Exchanges: 1/2 Grain(Starch); 1/2 Lean Meat; 1/2 Vegetable; 0 Fruit; 1 Fat; 0 Other Carbohydrates.

Carrot Cake with Orange Frosting

recipezaar.com

URL: <http://www.recipezaar.com/Gluten-Free-Carrot-Cake-with-Orange-Frosting-27627>

Servings: 8

Preparation Time: 20 minutes

This recipe is from the Australian Women's Weekly - June 200. It is a breeze to make.

1 cup soya flour or besan flour
3/4 cup maize cornflour (100% corn)
2 teaspoons gluten free baking powder
1 teaspoon bicarbonate of soda
2 teaspoons mixed spice
1 cup firmly packed brown sugar
1 1/2 cups grated carrots (about two medium carrots)
1 cup chopped walnuts
1/2 cup light olive oil
1/2 cup sour cream
3 eggs, lightly beaten **ORANGE FROSTING**
125 g cream cheese, chopped
1 teaspoon finely grated orange rind
1 1/2 cups icing sugar

CARROT CAKE: Preheat the oven to moderately slow (160c).

Grease a deep 20cm round cake tin, line the base and sides with baking paper.

Sift flours, baking powder, bicarbonate soda and spice into a large bowl.

Stir in the sugar, carrot and walnuts.

Stir in the combined oil, cream and eggs until smooth.

Pour the mixture into prepared cake tin and bake in a moderately slow oven for about one hour.

Stand the cake for 10 minutes before turning onto a wire cake rack to cool.

Top cake with Orange Frosting.

ORANGE FROSTING: Beat the cheese and the rind in a small bowl with an electric mixer until light and fluffy.

Gradually beat in the sifted icing sugar until smooth.

Per Serving (excluding unknown items): 201 Calories; 10g Fat (45.8% calories from fat); 4g Protein; 24g Carbohydrate; 0g Dietary Fiber; 103mg Cholesterol; 80mg Sodium. Exchanges: 1/2 Lean Meat; 0 Non-Fat Milk; 2 Fat; 1 1/2 Other Carbohydrates.

Cauliflower with a Kick

JEN

allRecipes.com

URL: <http://allrecipes.com/Recipe/Cauliflower-With-a-Kick/Detail.aspx>

Servings: 8

Preparation Time: 10 minutes

"Hate cauliflower? Try this, you'll change your mind!"

1 head cauliflower, broken into florets

1 parsnip, peeled and sliced

1/4 cup milk

2 tablespoons butter

salt and pepper (to taste)

Place a steamer insert into a saucepan, and fill with water to just below the bottom of the steamer. Cover, and bring the water to a boil over high heat. Add cauliflower and parsnips, re-cover, and steam until soft, about 15 minutes.

Drain the vegetables. Mash using a hand masher or electric mixer. Gradually add milk and butter and mash to desired consistency. Season to taste with salt and pepper; serve warm.

Per Serving (excluding unknown items): 54 Calories; 3g Fat (51.1% calories from fat); 1g Protein; 6g Carbohydrate; 2g Dietary Fiber; 9mg Cholesterol; 40mg Sodium. Exchanges: 1/2 Grain(Starch); 0 Vegetable; 0 Non-Fat Milk; 1/2 Fat.

Chamberlayne Chicken and Kale Stew

LeighAnne

allRecipes.com

URL: <http://allrecipes.com/Recipe/Chamberlayne-Chicken-and-Kale-Stew/Detail.aspx>



Servings: 5

Preparation Time: 10 minutes

"This yummy and flavorful soup really brings out the flavor of the kale. Enjoy with some homemade cornbread on a cold night!"

3 1/2 cups chicken broth

1/2 cup vegetable broth

3/4 cup water

1 1/2 cups shredded cooked chicken

30 ounces cannellini beans, drained and rinsed

5 small red potatoes, cubed

2 tablespoons ground black pepper

salt (to taste)

1 teaspoon oregano

1 teaspoon garlic powder

2 cups shredded kale

Combine the chicken broth, vegetable broth, water, chicken, cannellini beans, potatoes, pepper, salt, oregano, and garlic powder in a large pot; bring to a boil; reduce heat to medium-high and cook until the potatoes are fork-tender, about 15 minutes. Add the kale and cook another 5 minutes; serve.

Per Serving (excluding unknown items): 678 Calories; 3g Fat (3.8% calories from fat); 46g Protein; 122g Carbohydrate; 28g Dietary Fiber; trace Cholesterol; 731mg Sodium. Exchanges: 8 Grain(Starch); 3 Lean Meat; 0 Fat.

Cheese Straws

recipezaar.com

URL: <http://www.recipezaar.com/Gluten-Free-Cheese-Straws-37457>



Preparation Time: 15 minutes

From Roben Ryberg's "Gluten-Free Kitchen". You can omit the ground red pepper, if desired. (5" long by 1/3" wide)

4 ounces cheddar cheese, grated

1/4 cup butter, softened

1/2 cup cornstarch

1/3 cup potato starch

1/4 teaspoon ground red pepper

1/4 teaspoon xanthan gum

1 pinch salt

3 tablespoons cream

Preheat oven to 375 degrees F.

In a medium bowl, combine and mix well, butter, cornstarch, potato starch, ground red pepper, xanthan gum, and salt.

Mixture will be crumbly.

Add cream and beat until smooth.

Add cheese and mix until dough is almost uniform in color.

Roll out or pat the dough to 1/4" thickness (unfloured surface).

If the dough is too sticky to work with, refrigerate it for a few minutes or so.

Cut into thin straws and place on a greased baking sheet.

Bake about 12 minutes.

Per Serving (excluding unknown items): 1376 Calories; 95g Fat (61.4% calories from fat); 30g Protein; 104g Carbohydrate; 1g Dietary Fiber; 282mg Cholesterol; 1328mg Sodium. Exchanges: 6 1/2 Grain(Starch); 4 Lean Meat; 16 1/2 Fat.

gluten free

Cheesy Potato Spoon Bread

101cookbooks.com

URL: <http://www.101cookbooks.com/archives/000150.html>



Servings: 6

4 cups leftover mashed potatoes
1 cup all-purpose flour
3T soy margarine (I used butter)
1/2 teaspoon onion powder
salt (to taste)
1/2 teaspoon ground white pepper
1/2 teaspoon cayenne pepper
4 large eggs, beaten, or 1 cup egg substitute
1/4 cup minced parsley
6 ounces Pepper Jack Cheese, shredded (I used a sharp white cheddar)
10 ounces fat-free cream cheese, softened

Preheat oven to 425F. Generously butter 6 1-cup ramekins or 2-qt. souffle dish or casserole.

If using cold mashed potatoes, warm in large nonstick skillet or saucepan over medium heat until very hot, stirring frequently to prevent scorching.

Meanwhile, bring 1 cup water to a boil. Put flour, margarine, onion powder, salt, pepper and cayenne pepper in mixing bowl, and pour boiling water over mixture. Using electric mixer on low, beat for 1 minute, and add very hot mashed potatoes. Beat again well. Add eggs, and beat again, until thoroughly combined. Set aside to cool slightly.

Mix parsley, shredded cheese and cream cheese in mixing bowl. Scoop 1/2 cup potato mixture into each ramekin, or put 4 cups into prepared casserole. Make a well in center, and spoon in 2 heaping tablespoons of parsley-cheese filling. Cover filling with 4 tablespoons potato mixture. If using casserole, top with remaining potato mixture. Place ramekins or casserole on baking sheet.

Bake 50 minutes. Let cool 15 minutes before serving. Garnish with sprigs of parsley if desired.

Serves 6.

Recipe by Joyce Piotrowski From: Vegetarian Times (March, 2005)

Chicken Corn Chowder

MJ West

allRecipes.com

URL: <http://allrecipes.com/Recipe/Chicken-Corn-Chowder/Detail.aspx>



Servings: 8

Preparation Time: 15 minutes

"A chowder made with chicken and corn. It can be reheated with the cream added without curdling, even in the microwave."

1 chicken carcass

1 bay leaf

2 tablespoons butter

1 onion, diced

3 shallots, diced

2 cubes chicken bouillon, crumbled

2 tablespoons dried parsley

salt and pepper (to taste)

2 potatoes, peeled and diced

1 1/2 cups frozen corn kernels

2 tablespoons heavy cream

Place chicken carcass (and any leftover skin and meat and other bones) in a large pot and cover with cold water. Add bay leaf, and bring to a boil. Reduce heat, and simmer 60 to 90 minutes. Remove from heat, cool slightly, and strain. Remove chicken meat from carcass, and chop into bite-size pieces.

In a large saucepan over medium heat, melt butter. Cook onion and shallots in butter until translucent. Pour in strained broth and chicken meat and stir in bouillon, parsley, salt, pepper, potatoes and corn. Simmer 15 minutes, until potatoes are cooked and corn is tender. Remove from heat and stir in cream.

Per Serving (excluding unknown items): 104 Calories; 5g Fat (39.5% calories from fat); 2g Protein; 14g Carbohydrate; 2g Dietary Fiber; 13mg Cholesterol; 407mg Sodium. Exchanges: 1 Grain(Starch); 0 Lean Meat; 1/2 Vegetable; 0 Non-Fat Milk; 1 Fat.

Chicken Sausage (Egg-Free, Gluten-Free, Soy-Free)

GoDairy Free

URL: <http://www.godairyfree.org/Recipes/Breakfast/Chicken-Sausage-Egg-Free-Gluten-Free-Soy-Free.html>

1/2 pound ground chicken (or substitute ground turkey)

1/4 teaspoon salt

1/4 teaspoon white pepper

1/4 teaspoon dried, crushed sage

1/8 teaspoon crushed red pepper flakes

1 tablespoon olive oil

Combine chicken, salt, pepper, sage, and red pepper flakes in bowl. Mix gently. Cover and chill 1 hour for flavors to blend. Shape into 4 small patties. Heat oil in medium skillet. Add patties and cook on both sides until done, 2 or 3 min. per side. Serve immediately.

Per Serving (excluding unknown items): 618 Calories; 34g Fat (51.1% calories from fat); 69g Protein; 4g Carbohydrate; trace Dietary Fiber; 213mg Cholesterol; 740mg Sodium. Exchanges: 0 Grain(Starch); 10 Lean Meat; 2 1/2 Fat.

Chickpea Flour Pizza (Vegan, Gluten-Free, Nut-Free, Soy-Free)

GoDairy Free

URL: <http://www.godairyfree.org/Recipes/Bread/Chickpea-Flour-Pizza-Vegan-Gluten-Free-Nut-Free-Soy-Free.html>

1/2 cup chickpea flour

1/4 teaspoon salt

1/4 teaspoon dried oregano, crumbled between your fingers

1/4 teaspoon dried basil, crumbled between your fingers

1/4 teaspoon garlic powder

Generous pinch of cayenne or pepper

Pinch of turmeric

1/2 cup water

1 teaspoon extra-virgin olive oil

"This unusual dish is a cross between a pizza and a high-protein flatbread. It is simple to prepare and tastes amazing. If you have chickpea flour on hand, it can be on the table in a jiffy. Serve it with sliced tomatoes, a salad, or a vegetable dish."

Per Serving (excluding unknown items): 214 Calories; 8g Fat (31.1% calories from fat); 11g Protein; 28g Carbohydrate; 5g Dietary Fiber; 0mg Cholesterol; 566mg Sodium. Exchanges: 2 Grain(Starch); 1/2 Lean Meat; 1 Fat.

Chili and Garlic Snack Mix

bettycrocker.com

URL:

<http://www.bettycrocker.com/recipes/recipe.aspx?recipeID=45853&Source=SearchResultPage&terms=gluten%20free>



Servings: 32

Preparation Time: 10 minutes

Start to Finish Time: 35 minutes

Parmesan, peanuts and popcorn create a fiesta of flavor in a savory cereal snack mix.

Cooking Gluten Free? Always read labels to make sure each recipe ingredient is gluten free. Products and ingredient sources can change.

Do-Ahead For an anytime snack, prepare this tasty mix up to 1 week before serving, and store in an airtight container.

8 cups Rice Chex® cereal (gluten free)

1 bag fat-free butter-flavor microwave popcorn (3 oz) popped

1/4 cup dry-roasted peanuts

3 tablespoons canola or vegetable oil

1/3 cup grated Parmesan cheese

2 teaspoons chili powder

2 teaspoons garlic powder

Heat oven to 300°F. In very large bowl, mix cereal, popcorn and peanuts. Drizzle with oil; toss until evenly coated.

2. In small bowl, mix remaining ingredients; sprinkle over cereal mixture. Toss until evenly coated. Spread cereal mixture in ungreased large roasting pan.

3. Bake uncovered 15 minutes, stirring once. Spread on waxed paper to cool, about 10 minutes. Store in airtight container.

High Altitude (3500-6500 ft): No change.

Per Serving (excluding unknown items): 12 Calories; 1g Fat (62.3% calories from fat); 1g Protein; trace Carbohydrate; trace Dietary Fiber; 1mg Cholesterol; 26mg Sodium. Exchanges: 0 Grain(Starch); 0 Lean Meat; 0 Fat.

Chocolate and Green Tea Pudding Recipe

101cookbooks.com

URL: <http://www.101cookbooks.com/archives/000156.html>



Servings: 5

1 cup chocolate soy milk

1 tablespoon loose green tea leaves

10 ounces semisweet vegan chocolate chips (one bag)

12 ounces silken tofu

1/4 cup soft tofu

2 tablespoons matcha tea (green tea powder, available at any good tea shop) optional

Pour the chocolate milk and tea leaves into a small pot and bring to a boil. Turn off heat and let the chocolate milk cool. Melt the chocolate chips in a double boiler (or you can do this in a small pot over low heat, stirring constantly).

Put the soy milk mixture (Heidi: this is where I strained it), melted chocolate, silken tofu, and soft tofu into a food processor. Blend until totally smooth. Put into individual cups or bowls, and refrigerate for at least one hour.

Before serving, take a paper doily or any other design cutout and lay it over the pudding.

Generously powder the top of the doily or cutout with the matcha. Lift the doily or cutout, making sure not to disturb the design you just made. Serve immediately.

Makes 5 servings.

From Teany Book: Stories, Food, Romance, Cartoons and, of Course, Tea by Moby and Kelly Tisdale (Studio, 2005) - reprinted with permission

Per Serving (excluding unknown items): 0 Calories; 0g Fat (0.0% calories from fat); 0g Protein; 0g Carbohydrate; 0g Dietary Fiber; 0mg Cholesterol; 0mg Sodium. Exchanges: .

Chocolate Buttermilk Cake

Sandy Moore

allRecipes.com

URL: <http://allrecipes.com/Recipe/Chocolate-Buttermilk-Cake/Detail.aspx>



Servings: 12

Preparation Time: 30 minutes

"One of the best chocolate cake recipes I've ever had. A must for chocolate lovers!"

1 cup semisweet chocolate chips

1/4 cup water

2 1/4 cups cake flour

1 teaspoon baking soda

1/4 teaspoon salt

3/4 cup butter, softened

2 teaspoons vanilla extract

1 3/4 cups white sugar

3 eggs

1 cup buttermilk

1 cup semisweet chocolate chips

1/4 cup honey

2 tablespoons water

1/8 teaspoon salt

2 cups heavy whipping cream

Grease three 9 inch cake pans. Line bottoms with parchment paper. Preheat oven to 375 degrees F (190 degrees C).

In a small pan over low heat, combine 1cup chocolate chips and 1/4 cup water. Stir until chocolate chips have melted, and mixture is smooth. Allow to cool to room temperature.

Sift together flour, soda and 1/4 teaspoon salt. Set aside.

In a large bowl, cream the butter or margarine with the sugar. Add vanilla. Add eggs one at a time, beating well after each addition. Beat in chocolate mixture. Stir flour mixture into creamed mixture alternately with buttermilk. Blend until smooth. Divide batter into three 9 inch pans, and smooth tops.

Bake for 25 minutes, or until pick inserted in center comes out clean. Cool cakes in pans for 10 to 15 minutes, then invert on wire racks; turn right side up to cool completely.

Place 1 cake layer upside down on cake platter. Spread with 1/2 inch layer chocolate whipped cream. Repeat with another cake layer. Top with remaining cake layer. Frost with remaining cream.

To Make Chocolate Whipped Cream Frosting: In small saucepan over low heat stir 1 cup chocolate chips, honey, 2 tablespoons water and 1/8 teaspoon salt until chocolate is melted and mixture is smooth; cool completely. In medium bowl beat cream until it holds its shape. Gradually fold about 3 large tablespoons cream

Chocolate Cake

recipezaar.com

URL: <http://www.recipezaar.com/Gluten-Free-Chocolate-Cake-224448>



Servings: 12

Preparation Time: 25 minutes

This is a great chocolate cake recipe. It is not too sweet, has a beautiful texture, and will easily fool the smartest taste tester!

1/2 cup sorghum flour

1/2 cup tapioca flour

1/2 cup rice flour

1 cup cocoa, sifted

1/2 teaspoon baking soda

2 1/2 teaspoons baking powder

1 1/2 teaspoons xanthan gum

3/4 cup salted butter, room temperature (if you use unsalted, add 1/2 teaspoon of salt to the dry ingredients)

3/4 cup brown sugar

1 cup granulated sugar

3 large eggs

2 egg yolks

2 teaspoons vanilla

1 1/2 cups buttermilk

Directions

1

Preheat the oven to 350 degrees. Lightly grease the bottom of a 9x13 baking pan. Sift the three flours together. Add cocoa, xanthan gum, baking powder, and baking soda to the flours and whisk together in a med. bowl. Beat the butter until creamy. Slowly add the brown sugar and the granulated sugar; whip until fluffy. Add the eggs and the egg yolks one at a time. Add the vanil

2

Since this was truly a no-frills chocolate cake, I made a simple frosting. Feel free to substitute your favorite frosting. This one is not very sweet, but my toddler loved it.

3

5 ounces semi-sweet chocolate.

4

1/2 cup sour cream.

5

1/2 teaspoon vanilla.

6

1 tablespoon whipping cream. (1-2)

7

Preheat the oven to 350 degrees. Lightly grease the bottom of a 9x13 baking pan. Sift the three flours together. Add cocoa, xanthan gum, baking powder, and baking soda to the flours and whisk together in a med. bowl. Beat the butter until creamy. Slowly add the brown sugar and the granulated sugar; whip until fluffy. Add the eggs and the egg yolks one at a time. Add the vanilla. Turn the mixer to low and alternately add the flour

mixture and the buttermilk. Pour into the prepared pan. Bake for 30-35 minutes until the cake is springy to the touch.

Since this was truly a no-frills chocolate cake, I made a simple frosting. Feel free to substitute your favorite frosting. This one is not very sweet, but my toddler loved it.

oz. semi-sweet chocolate.

/2 cup sour cream.

/2 teaspoon vanilla.

Tablespoons whipping cream.

Directions: Melt chocolate in the microwave or over a double boiler. Let the chocolate cool until warm. Stir in the sour cream and vanilla. Add whipping cream to desired consistency. The frosting will thicken slightly as it cools. Once the cake has cooled, frost the cake. This frosting provided a simple, thin layer of frosting for my no-frills chocolate cake.

Per Serving (excluding unknown items): 182 Calories; 3g Fat (15.7% calories from fat); 5g Protein; 37g Carbohydrate; 3g Dietary Fiber; 90mg Cholesterol; 210mg Sodium. Exchanges: 1/2 Grain(Starch); 1/2 Lean Meat; 0 Non-Fat Milk; 1/2 Fat; 1 1/2 Other Carbohydrates.

Chocolate Cake with Semi-Sweet Chocolate Icing

Gluten Free Mommy

allRecipes.com

URL: <http://allrecipes.com/Recipe/Gluten-Free-Chocolate-Cake-with-Semi-Sweet-Chocolate-Icing/Detail.aspx>



Servings: 12

Preparation Time: 35 minutes

"A delicious gluten-free chocolate cake!"

1/2 cup sorghum flour
1/2 cup tapioca flour
1/2 cup rice flour
1 cup cocoa powder, sifted
1 1/2 tablespoons xanthan gum
2 1/2 teaspoons baking powder
1 teaspoon baking soda
3/4 cup butter at room temperature
3/4 cup dark brown sugar (packed)
1 cup white sugar
3 eggs
2 egg yolks
2 teaspoons vanilla extract
1 1/2 cups buttermilk
5 ounces chocolate chips
1/2 cup sour cream
1/2 teaspoon vanilla extract
1 tablespoon heavy cream

Preheat oven to 350 degrees F (175 degrees C). Grease a 9x13 inch pan and set aside.

In a medium bowl, sift together the sorghum, tapioca, and rice flours with the cocoa powder, xanthan gum, baking powder, and baking soda.

In a large mixer bowl, cream the butter until light and fluffy. Slowly beat in the brown and white sugars; whip until fluffy. Beat in the eggs and egg yolks one at a time. Add the vanilla. On low speed, alternately combine the buttermilk with the flour mixture. Pour batter into prepared pan.

Bake in preheated oven for 30 to 35 minutes, or until a toothpick inserted into the center of the cake comes out clean. Cool in pan.

To make the icing, in the top of a double boiler over medium high heat, melt the chocolate chips (or use microwave). Remove from heat and cool until warm. Stir in the sour cream and vanilla; add heavy cream. Stir

in additional heavy cream to make desired consistency. Once the cake is thoroughly cool, spread a thin layer of frosting over the top.

Per Serving (excluding unknown items): 217 Calories; 9g Fat (35.6% calories from fat); 6g Protein; 33g Carbohydrate; 3g Dietary Fiber; 95mg Cholesterol; 271mg Sodium. Exchanges: 1/2 Grain(Starch); 1/2 Lean Meat; 0 Non-Fat Milk; 1 1/2 Fat; 1 1/2 Other Carbohydrates.

Chocolate Cake with Vegan Frosting

recipezaar.com

URL: <http://www.recipezaar.com/Gluten-Free-Chocolate-Cake-With-Vegan-Frosting-293104>



Servings: 12

Preparation Time: 25 minutes

This gluten-free, dairy-free chocolate cake (nut-free too) is a family favorite, with a thick, yummy vegan chocolate frosting. This frosting recipe is one of my all time favorites –I have been known to eat it by the spoonful and like to spread it on crackers. The chocolate vegan frosting above is a nice complement to my vanilla cupcake recipe (made from almond flour) recently featured in the Denver Post. Go ahead and see for yourself on your next special occasion or for no reason at all! View the full recipe and others like it here: <http://www.elanaspantry.com/2008/03/18/chocolate-cake-coconut-flour-continued/>

3/4 cup coconut flour, sifted

1/4 cup vegan cocoa powder, powder dagoba

1 teaspoon celtic sea salt

1 teaspoon baking soda

10 eggs

1 cup grapeseed oil

1 1/2 cups agave nectar

1 tablespoon vanilla extract

1/4 teaspoon orange zest

1 cup semisweet vegan chocolate chips, chocodrops dagoba

1/2 cup grapeseed oil

2 tablespoons agave nectar

1 tablespoon vanilla extract

1 pinch celtic sea salt

In a small bowl combine flour, cacao, salt and baking soda.

In a large bowl using an electric hand mixer, blend eggs, oil, agave nectar, vanilla and orange zest.

Add dry ingredients into large bowl and continue to blend.

Oil (2) 9 inch round cake pans and dust with coconut flour.

Pour batter into pans and bake at 325 degrees for 35-40 minutes.

Remove from oven, allow to cool completely then remove from pans.

In a small saucepan over very low heat, melt chocodrops and grapeseed oil.

Stir in agave, vanilla and salt.

Place frosting in freezer for 15 minutes to cool.

Remove from freezer and whip frosting with a hand blender until it is thick and fluffy.

Frost over cake.

Per Serving (excluding unknown items): 309 Calories; 31g Fat (91.9% calories from fat); 5g Protein; 1g Carbohydrate; trace Dietary Fiber; 177mg Cholesterol; 163mg Sodium. Exchanges: 1/2 Lean Meat; 0 Fruit; 6 Fat.

Chocolate Cupcakes

ChristinaBunny

allRecipes.com

URL: <http://allrecipes.com/Recipe/Gluten-Free-Chocolate-Cupcakes/Detail.aspx>



Servings: 24

Preparation Time: 15 minutes

"A delicious gluten free cupcake recipe using rice and millet flour. The millet lends a bit of a cornbread taste to it. This could also be made into a 8 or 9 inch cake, or without the cocoa powder for a white cake."

1 1/2 cups white rice flour
3/4 cup millet flour
1/2 cup unsweetened cocoa powder
1 teaspoon salt
1 teaspoon baking soda
1 tablespoon baking powder
1 teaspoon xanthan gum
4 eggs
1 1/4 cups white sugar
2/3 cup sour cream
1 cup milk
2 teaspoons vanilla extract

Editor's Note

Some people are extremely sensitive to gluten. Please check the labels on cocoa, baking powder and vanilla to be sure they are gluten free before serving to someone with an intolerance.

Preheat oven to 350 degrees F (175 degrees C). Grease two 12 cup muffin pans or line with paper baking cups.

In a medium bowl, stir together the rice flour, millet flour, cocoa, salt, baking soda, baking powder and xanthan gum. In a separate large bowl, beat the eggs, sugar, sour cream, milk and vanilla. Stir in the dry ingredients until smooth. Spoon the batter into the prepared cups, dividing evenly.

Bake in the preheated oven until the tops spring back when lightly pressed, 20 to 25 minutes. Cool in the pan set over a wire rack. When cool, arrange the cupcakes on a serving platter.

Per Serving (excluding unknown items): 74 Calories; 3g Fat (34.3% calories from fat); 3g Protein; 10g Carbohydrate; 1g Dietary Fiber; 40mg Cholesterol; 223mg Sodium. Exchanges: 1/2 Grain(Starch); 0 Lean Meat; 0 Non-Fat Milk; 1/2 Fat; 0 Other Carbohydrates.

Christmas Pudding

bbc.co.uk

URL: http://www.bbc.co.uk/food/recipes/database/christmaspudding_77292.shtml



Servings: 10

Preparation Time: 30 minutes

Start to Finish Time: 2 hours

Dry ingredients

100g/3½oz raisins

100g/3½oz currants

50g/2oz sultanas

50g/2oz prunes, chopped

50g/2oz apricots or figs, chopped

25g¾oz fresh or dried mixed peel

50g/2oz flaked almonds or, if you cannot eat nuts, sunflower seeds

150g/5oz fresh pear, puréed in a food processor, with the skin on

1 level teaspoon each of ground ginger and cinnamon

½ level teaspoon ground mace

25g/1oz vegetable or meat suet

Wet ingredients

2 eggs OR if you cannot eat eggs, 2 heaped tsp of wheat-free and gluten-free baking powder

150ml/5fl oz of apple or pear juice OR 100ml/3½oz apple or pear juice and 50ml/2fl oz brandy

For the flour

100g/3½oz gluten-free and wheat-free flour OR 50g/2oz each of gram flour and 50g/2oz of rice flour

Mix all the dry ingredients together in a large bowl.

2. Beat the eggs (if you are using them) with the juice and brandy if you are using it and stir it into the dry mixture.

3. Sieve the flours together with the baking powder (if you are using it instead of the eggs).

4. Fold the flour very thoroughly into the fruit.

5. Spoon the mixture into a pudding basin, cover with doubled greaseproof paper and tie with a string or rubber bands.

6. Put the basin in a deep pan, pour in water to halfway up the bowl, cover the pan tightly and simmer for 4-5 hours, checking the water level periodically.

7. Remove basin from the pot, discard the greaseproof paper and cover it with new. Allow to cool, then store in a cool larder.

8. To serve, re-steam for 1-2 hours or reheat in a microwave for 3-5 minutes.

Per Serving (excluding unknown items): 0 Calories; 0g Fat (0.0% calories from fat); 0g Protein; 0g Carbohydrate; 0g Dietary Fiber; 0mg Cholesterol; 0mg Sodium. Exchanges: .

Cinnamon Raisin Beer Bread (Gluten-Free)

recipezaar.com

URL: <http://www.recipezaar.com/cinnamon-raisin-beer-bread-gluten-free-361387>



Servings: 16

Preparation Time: 10 minutes

*I had never had beer bread before and this looked delicious. I found this on a forum and decided to give it a shot. The baking made the whole house smell delicious and the taste was great! This makes a very dense bread, so slice it thin. It is almost fat free! I calculated it to have about 0.4g fat per 1/2" slice. In addition to being fat free, it is also egg and dairy free. I didn't experience any deflating. Makes a 8" x 4" loaf. *For the gluten free flour, I used Bette Hagman's mix: 2 parts garfava bean flour, 1 part sorghum flour, 3 parts cornstarch, and 3 parts tapioca flour. I used a bottle of New Grist beer: <http://www.newgrist.com/> which I think tastes much better than Red Bridge.*

3 cups gluten-free flour

3 teaspoons xanthan gum

1 cup sugar

1/4 cup brown sugar

2 teaspoons cinnamon

3 teaspoons baking powder

1 1/2 teaspoons salt

1 teaspoon vanilla

1 cup raisins

12 ounces gluten-free beer

Preheat oven to 350°F.

Mix flour, xanthan gum, sugar, brown sugar, cinnamon, baking powder, and salt. Stir well.

Make a well in center of bowl and slowly add beer and vanilla. Stir until just combined.

Fold in raisins.

Pour into greased 8" x 4" loaf pan. This should fill the pan about 5/6th of the way. Allow for about 2-3" rising during baking.

Bake for about 1 hour, or until toothpick inserted into middle comes out clean. I took mine out too soon and the middle was a tad soggy.

Cool on wire rack in pan for 5 minutes. Remove from pan and cool to room temp before storing.

Per Serving (excluding unknown items): 86 Calories; trace Fat (0.5% calories from fat); trace Protein; 22g Carbohydrate; 1g Dietary Fiber; 0mg Cholesterol; 293mg Sodium. Exchanges: 0 Grain(Starch); 1/2 Fruit; 0 Fat; 1 Other Carbohydrates.

Cinnamon Streusel Bread (Gluten-Free)

recipezaar.com

URL: <http://www.recipezaar.com/cinnamon-streusel-bread-gluten-free-360701>



Servings: 2

Preparation Time: 15 minutes

*Went to a Gluten-Free baking class and this was one of the featured breads. Was quite delicious although I haven't made it myself yet. The outer layer was nice and crisp without being burnt and it had just the right amount of cinnamon and sugar. The recipe calls for Bette Hagman's Bean Flour Mix. *This recipe is 2 parts garfava bean flour, 1 part sorghum flour, 3 parts cornstarch, and 3 parts tapioca flour. **Soured milk can be substituted for buttermilk by adding normal milk to 1 tbsp of vinegar to total 3/4 cup.*

Dry Ingredients

2 cups gluten-free flour

1 teaspoon xanthan gum

1 cup white sugar

2 teaspoons baking powder

1/2 teaspoon baking soda

1 1/2 teaspoons cinnamon

Streusel and Topping

1/3 cup light brown sugar, packed

1 tablespoon cinnamon

1 tablespoon butter

Wet Ingredients

3/4 cup buttermilk (or soured milk)**

1/4 cup vegetable oil

2 eggs

2 teaspoons vanilla extract

Grease and flour two small loaf pans (8" x 4").

Mix dry ingredients thoroughly in large bowl.

Measure wet ingredients and have ready. You may require less than the above amount of milk, so keep it separate.

Prepare topping by first blending the brown sugar and cinnamon. Once well mixed, reserve 1 tbsp of this mixture and set aside for use as topping. Add 1 tbsp butter to remaining mixture and blend until crumbly.

Using an electric mixer, add liquid ingredients to the dry ingredients. You may require less milk, so add slowly. The consistency of the batter should be slightly thicker than cake batter and sticky.

Use the mixer at medium and high speed until smooth, about 3 minutes.

Split half to two-thirds of the mixture evenly between the 2 loaf pans.

Sprinkle the streusel mixture into each loaf pan. Swirl gently into batter.

Pour remaining batter into loaf pans, on top of the streusel swirl.

Sprinkle reserved cinnamon/brown sugar mixture on top of each loaf.

Bake bread at 350F for 40-45 minutes. Do not undercook. Check doneness with toothpick or cooking

thermometer. Internal temperature should read 210-212F when done.

Remove bread from oven and place on wire rack. Allow to cool for 5 minutes before removing from pan.

Per Serving (excluding unknown items): 522 Calories; 39g Fat (66.4% calories from fat); 10g Protein; 35g Carbohydrate; 3g Dietary Fiber; 231mg Cholesterol; 1038mg Sodium. Exchanges: 1/2 Grain(Starch); 1 Lean Meat; 1/2 Non-Fat Milk; 7 Fat; 1 1/2 Other Carbohydrates.

Coconut Macaroons II

Robin J.

allRecipes.com

URL: <http://allrecipes.com/Recipe/Coconut-Macaroons-II/Detail.aspx>



Servings: 24

"This is a very simple coconut macaroon recipe that uses only 4 ingredients. Condensed milk gives it a richer flavor than most."

5 1/2 cups flaked coconut

14 ounces sweetened condensed milk

2 teaspoons vanilla extract

1 1/2 teaspoons almond extract

Preheat oven to 350 degrees F (180 degrees C).

In large mixing bowl, combine coconut, sweetened condensed milk and extracts; mix well.

Drop by rounded teaspoonfuls onto aluminum foil-lined and generously greased baking sheets. Bake 8 to 10 minutes or until lightly browned around the edges. Immediately remove from baking sheets. Store loosely covered at room temperature.

Per Serving (excluding unknown items): 54 Calories; 1g Fat (23.8% calories from fat); 1g Protein; 9g Carbohydrate; 0g Dietary Fiber; 6mg Cholesterol; 21mg Sodium. Exchanges: 1/2 Fat; 1/2 Other Carbohydrates.

Coriander Chicken with Mango Salsa

the butterfly

allRecipes.com

URL: <http://allrecipes.com/Recipe/Coriander-Chicken-with-Mango-Salsa/Detail.aspx>

Servings: 2

Preparation Time: 30 minutes

"A great dish to try anytime. Whitefish can be substituted for chicken if you don't care for chicken."

1 skinless, boneless chicken breast half

1/2 teaspoon salt

1 teaspoon black pepper

1 tablespoon ground coriander seed

2 tablespoons extra virgin olive oil

1 mango - peeled, seeded and chopped

1 orange, peeled and chopped

1/3 red onion, chopped

1 red chile pepper, seeded and chopped

1 tablespoon chopped fresh cilantro

1/2 teaspoon black pepper

Sprinkle chicken breast with salt and 1 teaspoon black pepper; set aside for 10 minutes. Evenly coat with ground coriander.

Heat the olive oil in a skillet over medium heat. Cook the chicken breast, browning well on both sides until no longer pink in the center. Remove from heat, allow breast to cool before slicing.

In a bowl, mix together the mango, orange, onion, chile pepper, fresh cilantro and 1/2 teaspoon black pepper. Pour salsa over sliced chicken breast and serve.

Per Serving (excluding unknown items): 164 Calories; 14g Fat (71.7% calories from fat); 1g Protein; 11g Carbohydrate; 2g Dietary Fiber; 0mg Cholesterol; 535mg Sodium. Exchanges: 0 Grain(Starch); 1/2 Vegetable; 1/2 Fruit; 2 1/2 Fat.

Cornbread

Nancy Pasqualone

allRecipes.com

URL: <http://allrecipes.com/Recipe/Cornbread-I/Detail.aspx>



Servings: 8

Preparation Time: 15 minutes

"Old style cornbread that is baked in iron skillet and rises very little. Grainy, not cakey, texture."

1 cup buttermilk

1 cup stone ground cornmeal

1 teaspoon salt

1/2 teaspoon baking soda

1 egg

1 tablespoon shortening

Preheat oven to 450 degrees F (225degrees C). Melt the shortening in a 9 inch round iron skillet in the heating oven.

In a large bowl, stir the cornmeal, salt and baking soda together. Stir in the egg and buttermilk.

Remove skillet from the oven and pour the batter into the skillet, stirring the melted shortening into the batter.

Bake in the preheated oven for 30 to 40 minutes. Remove from oven when top of cornbread is brown and it feels firm to the touch. Turn out on to a serving plate. Cut into wedges and serve immediately with butter.

Per Serving (excluding unknown items): 36 Calories; 2g Fat (62.8% calories from fat); 2g Protein; 2g Carbohydrate; 0g Dietary Fiber; 28mg Cholesterol; 386mg Sodium. Exchanges: 0 Lean Meat; 0 Non-Fat Milk; 1/2 Fat.

Cornmeal Crunch Recipe

101cookbooks.com

URL: <http://www.101cookbooks.com/archives/cornmeal-crunch-recipe.html>



I make an effort to buy whole grain cornmeal - this is cornmeal that still has the nutritious bran and germ included. You can easily make this recipe vegan by omitting the cheese.

1 1/2 cups cornmeal (medium grind)
fine grain sea salt
4 cups yellow onion, chopped (about 3 medium)
1/4 cup olive oil
1/2 cup Parmesan cheese, freshly grated
3 cups water or vegetable broth

Preheat the oven to 400F degrees, racks in the middle. Butter and flour (or line bottom with parchment paper) one 9 x 12-inch baking dish or tart pan - or roughly this size.

In a medium bowl combine the corn meal with 1 1/2 cups water and 1/2 teaspoon salt. Stir and set aside.

To caramelize the onions, heat a splash of olive oil in a large thick-bottomed skillet with a pinch or two of salt. Cook over high heat, stirring and scraping the pan occasionally - more often as the onions begin to get increasingly brown. Continue cooking until the onions collapse and turn deep brown in color. Remove from skillet and set aside.

Bring 1 1/2 cups water (or broth) to a boil in a medium saucepan, add the water and cornmeal mixture, bring back up to a boil and stir until it is thicker than a heavy frosting - about 5 minutes. Remove from heat and stir in the cheese and 2/3 of the onions. Spoon the mixture into the prepared pan, spreading it to an even thickness, and drizzle with about 3 tablespoons of olive oil. Bake for about 45 minutes, or until the bottom is golden and the cornmeal begins to pull away from the sides of the pan a bit. Serve topped with the remaining onions (and more grated cheese if you like).

Makes about 16 pieces.

Per Serving (excluding unknown items): 1660 Calories; 70g Fat (38.0% calories from fat); 41g Protein; 217g Carbohydrate; 27g Dietary Fiber; 31mg Cholesterol; 770mg Sodium. Exchanges: 10 1/2 Grain(Starch); 2 1/2 Lean Meat; 9 1/2 Vegetable; 11 1/2 Fat.

Cornmeal Pastry

cooks.com

URL: <http://www.cooks.com/rec/doc/0,1937,145181-242205,00.html>



9 inchs unbaked pie shell (for reg. or gluten-free diet)

1 cup all-purpose flour (for reg. diet)

1 cup potato flour (for gluten-free diet)

1/2 cup cornmeal

1/2 teaspoon salt

1/2 cup shortening

1/3 cup shredded Cheddar cheese

In bowl stir flour with cornmeal and salt. With pastry blender, cut in shortening and cheese until mixture resembles fine crumbs. Sprinkle 1/4 cup water, a tablespoon at a time into flour mixture, mixing lightly with fork after each addition, until pastry is just moist enough to hold together.

With hands, shape into flattened ball. Roll out and line 9 inch pie plate. Fill and bake as directed in recipe. Hint: Roll out between wax paper for less trouble.

Per Serving (excluding unknown items): 2394 Calories; 119g Fat (44.4% calories from fat); 42g Protein; 292g Carbohydrate; 19g Dietary Fiber; 40mg Cholesterol; 1365mg Sodium. Exchanges: 19 Grain(Starch); 1 1/2 Lean Meat; 22 Fat.

Crepes (Vegan, Gluten-Free, Nut-Free, Soy-Free*)

<http://www.godairyfree.org/Recipes/Breakfast/Gluten-Free-Egg-Free-Dairy-Free-Crepes-Vegan-Gluten-Free-Nut-Free-Soy-Free.html>

URL: <http://www.godairyfree.org/Recipes/Breakfast/Gluten-Free-Egg-Free-Dairy-Free-Crepes-Vegan-Gluten-Free-Nut-Free-Soy-Free.html>

GoDairy Free

Crepes are in essence dairy, egg, and gluten-loaded creations, so an exact duplicate may not be feasible without these key components. However, Charmaine at Yummy Allergen Free has come up with a pretty tasty option to fit those crepe cravings nicely. After numerous trials she arrived at a single recipe that is not only free from the above noted allergens, but also sugar! These versatile "crepes" can be enjoyed with a sweet filling, such as the apple or strawberry filling Charmaine details below, or a savory filling, such as her dinner-worthy chicken and broccoli filling, also detailed below. Charmaine gives one word of caution before getting started, "If you have never made crepes before the swirling motion may take a little practice." ..

Crepes:

3 Eggs worth of prepared egg replacer

3/4c Soy milk (or rice milk for soy free)

3/4c Water

3T Melted margarine (or Spectrum Shortening for soy free)

1/3c Rice flour

1/8c Sweet rice flour

1/8c Potato starch

1/8c Tapioca flour (starch)

1/2t Salt

Preheat an 8" omelet pan to medium-high. Here are the keys to success:

Use a heavy duty Teflon coated pan, brand spankin' new if possible.

2. Keep an oiled paper towel next to you and give the pan a wipe with it after the removal of each crepe, re-oiling the paper towel as needed.

3. Make sure the pan is fully preheated or the first crepe won't brown... then again there is the old saying "the first crepe is for the dog", which pretty much means your first crepe is just for practice.

Put all ingredients into a blender and blend for 1 minute. Scrape down the sides and blend for 1 more minute.

Pour 1/4 cup of batter into the pan, then lift the pan off of the heat and swirl it until the bottom is covered and the batter has stopped flowing. Set the pan back on the heat and cook for about 2 minutes, until the edges are all curled up away from the pan and the bottom has browned a bit. Gently flip the crepe over and brown the other side for about 2 minutes. Remove from pan and lay on a piece of plastic wrap. Continue layering crepes with plastic wrap as you remove them, this will make them more pliable and keep them from sticking to each other.

Per Serving (excluding unknown items): 0 Calories; 0g Fat (0.0% calories from fat); 0g Protein; 0g Carbohydrate; 0g Dietary Fiber; 0mg Cholesterol; 0mg Sodium. Exchanges: .

Crumpets

recipezaar.com

URL: <http://www.recipezaar.com/Gluten-Free-Crumpets-37964>

Preparation Time: 10 minutes

This is a treat for people who cannot eat wheat. These are great warm. Also like the real thing.

300 g gluten-free self-raising flour

4 g dry yeast or 8 g compressed yeast

20 ml apple juice concentrate (20-40)

330 ml tepid water (OR 15g Sugar and 360ml Tepid Water)

Sift flour in a large bowl.

Dissolve yeast and apple in tepid water.

Add to dry ingredients.

Beat to a smooth consistency.

Brush metal egg rings with oil.

Heat rings in a frypan.

Three quarters fill the egg rings with the mixture.

Cook at low heat for 8 to 10 minutes or until surface holes appear.

Cover pan and continue cooking for 2 to 3 minutes.

Remove from pan and allow to cool.

Repeat with remaining mixture.

Toast and add your favourite choice of toppings.

Per Serving (excluding unknown items): 0 Calories; 0g Fat (0.0% calories from fat); 0g Protein; 0g Carbohydrate; 0g Dietary Fiber; 0mg Cholesterol; 0mg Sodium. Exchanges: .

Curried Bean Salad Recipe

101cookbooks.com

URL: <http://www.101cookbooks.com/archives/curried-bean-salad-recipe.html>



Servings: 5

The key to cooking beans from scratch for a salad like this, is to cook them until tender, but not until they are falling apart. Feel free to make the curry vinaigrette a day or two in advance. If you like a creamier dressing, toss a big dollop of Greek yogurt into the curried vinaigrette, taste, and go from there. I use black lentils here because they hold their shape quite well, you definitely don't want to use a bean or lentil that goes to mush.

3 cups cooked beans - I used equal amounts Pebble beans and Mayacoba beans, but you could certainly use white beans, black beans, black eyed beans, whatever - I bet edamame would be great in this salad. And while I like to cook my beans from their dried state , this is a forgiving salad and canned beans that have been well rinsed

1 cup cooked black lentils*

1/2 medium red onion, thinly sliced into crescents

3/4 cup celery, chopped

1 clove garlic

1/2 teaspoon fine-grain sea salt

1 1/2 teaspoons your favorite curry powder

1 teaspoon freshly grated ginger (from 1-inch cube of fresh ginger, peeled) (1-2)

juice of 1/2 a lemon

1/3 cup olive oil

2 tablespoons cilantro, chopped

In a large bowl toss the beans, black lentils, red onion, and celery. Make the curry vinaigrette by mashing the garlic clove with the salt into a thick paste. In a bowl or jar whisk together this garlic paste, the curry powder, fresh ginger, lemon juice, and olive oil. Whisk well, taste, and add adjust flavors/salt if needed. Pour about half of the dressing over the beans and give it all a toss. Add more dressing a bit at a time until it is to your liking. Taste, make sure the salad has enough salt or the the beans will taste flat and the rest of the flavors won't pop. I like to serve this salad family style in a big bowl or on a platter with a big spoon all sprinkled with cilantro.

Serves about 4 - 6 as a side.

Wash and pick over the lentils. Place them in a large saucepan and cover with water using 2-3x the quantity of lentils. Bring to a boil, scale back the heat a bit and simmer for 15-20 minutes. Taste along the way, when done the lentils should be tender but not splitting apart. Salt to taste at this point. Remove from heat and drain any remaining liquid.

Per Serving (excluding unknown items): 139 Calories; 14g Fat (91.3% calories from fat); 1g Protein; 3g Carbohydrate; 1g Dietary Fiber; 0mg Cholesterol; 18mg Sodium. Exchanges: 0 Grain(Starch); 0 Lean Meat; 1/2 Vegetable; 3 Fat.

Curried Egg Salad Recipe

101cookbooks.com

URL: <http://www.101cookbooks.com/archives/curried-egg-salad-recipe.html>



Servings: 4

Use any type of onion you like here, I've done this version of egg salad using yellow, white, and in this version I had a tiny red one on hand, so I grabbed for that.

5 good quality eggs

1 1/2 teaspoons curry powder (your favorite)

3 tablespoons plain yogurt

2 big pinches of salt

1/2 small onion, chopped

1/2 medium apple, chopped

1/4 cup pecans, toasted and chopped

1 small bunch chives, minced

First off, you need to boil the eggs properly (the key to good egg salad!). Place the eggs in a pot and cover with cold water by a 1/2-inch or so. Bring to a gentle boil. Now turn off the heat, cover, and let sit for exactly seven minutes. Have a big bowl of ice water ready and when the eggs are done cooking and place them in the ice bath for three minutes or so - long enough to stop the cooking.

While the eggs are boiling and cooling, combine the yogurt, curry powder and salt in a tiny bowl. Set aside.

Crack and peel each egg, and place in a medium mixing bowl. Add the curried yogurt, onions, apple, pecans, and chives. Now mash with a fork. Don't overdo it, you want the egg mixture to have some texture. If you need to add a bit more plain yogurt to moisten up the mixture a bit, go for it a bit at a time. taste and add more salt if needed. Enjoy as-is, or served wrapped in lettuce or between two slices of good, toasted bread.

Serves 3-4

Per Serving (excluding unknown items): 70 Calories; 5g Fat (61.3% calories from fat); 1g Protein; 6g Carbohydrate; 2g Dietary Fiber; 1mg Cholesterol; 6mg Sodium. Exchanges: 0 Grain(Starch); 0 Lean Meat; 0 Vegetable; 0 Fruit; 0 Non-Fat Milk; 1 Fat; 0 Other Carbohydrates.

Delicious Big Bowl - Quinoa Recipe

101cookbooks.com

URL: <http://www.101cookbooks.com/archives/001564.html>



Servings: 5

2 cups white quinoa, rinsed well

4 scant cups water

1 teaspoon salt

splashes of extra virgin olive oil, a few

3 medium/large potatoes (3 - 4) cut into 1/2-inch dice

1 large yellow onions, chopped

1 clove garlic, chopped

1 cup toasted nuts (walnuts, pine nuts, etc)

1 cup lightly cooked asparagus (1-2) cut into 1/2-inch segments

another splash or two of good olive oil or citrus dressing

Bring the quinoa, water and salt to a boil in a large thick-bottomed pot. Reduce heat and simmer for about 20 minutes or until the quinoa opens up revealing a little spiral and is soft and pleasant to chew. If there is any remaining liquid at this point, drain it off and set the quinoa aside.

Warm a splash of olive oil in a skillet over medium-high heat, then add the potatoes and a couple pinches of salt. Toss to coat the potatoes and cover for a few minutes to allow the insides of the potatoes to sweat and cook. Uncover, toss again, then cook a few minutes longer (uncovered) until the potatoes start to get some color. Continue tossing every few minutes to get more color and crispness. When they are cooked through and pleasantly crunchy, season to taste with salt and scoop out onto a plate. Set aside.

In the same skillet (no need to clean) warm another splash of oil. Add the onions and garlic and cook for 4-5 minutes or until they soften up a bit.

Toss the quinoa with a splash of olive oil (I had leftover citrus parmesan dressing , so I used that). Serve each bowl of quinoa topped with potatoes, onions, nuts and asparagus. Alternately, you can toss everything together in one big bowl and serve it up family-style.

Serves 4 - 6.

Per Serving (excluding unknown items): 9 Calories; trace Fat (3.3% calories from fat); trace Protein; 2g Carbohydrate; trace Dietary Fiber; 0mg Cholesterol; 427mg Sodium. Exchanges: 1/2 Vegetable.

Delicious Gluten Free Trifle

recipezaar.com

URL: <http://www.recipezaar.com/Delicious-Gluten-Free-Trifle-24113>

Servings: 9

Preparation Time: 15 minutes

This is a recipe I made for my brother, who has Celiac Disease, so he wouldn't feel different at Easter when the whole family got together. It turned out that everyone loved the trifle and weren't even aware it was Gluten-Free.

4 1/2 ounces Jell-O chocolate pudding and pie filling or vegetarian chocolate pudding mix

8 ounces kraft Cool Whip Lite

14 gluten-free chocolate chip cookies (of any brand, I prefer Toll House cookies that I make myself with Gluten-Free flour) (14-15)

Directions

1

Mix the Jell-O Pudding in a large bowl following the

Mix the Jell-O Pudding in a large bowl following the directions.

After the pudding is chilled, add a layer of the pudding (about a two inch depth for each layer).

Next, add a layer of cookies, chopped in quarters or eighths.

Add Kool Whip to the top of the cookies.

Repeat steps 2-4.

Decorate the top with seasonal candies or other decorations of your choice.

Let sit in the refrigerator for one hour.

ENJOY!

Per Serving (excluding unknown items): 0 Calories; 0g Fat (0.0% calories from fat); 0g Protein; 0g Carbohydrate; 0g Dietary Fiber; 0mg Cholesterol; 0mg Sodium. Exchanges: .

Delicious Gluten-Free Pancakes

AC6AA

allRecipes.com

URL: <http://allrecipes.com/Recipe/Delicious-Gluten-Free-Pancakes/Detail.aspx>



Servings: 10

Preparation Time: 20 minutes

"Makes fluffy pancakes with a consistency and taste comparable to those made with wheat flour. Serve with your choice of condiments."

1 cup rice flour
3 tablespoons tapioca flour
1/3 cup potato starch
4 tablespoons dry buttermilk powder
1 package sugar substitute
1 1/2 teaspoons baking powder
1/2 teaspoon baking soda
1/2 teaspoon salt
1/2 teaspoon xanthan gum
2 eggs
3 tablespoons canola oil
2 cups water

In a bowl, mix or sift together the rice flour, tapioca flour, potato starch, dry buttermilk powder, sugar substitute, baking powder, baking soda, salt, and xanthan gum. Stir in eggs, water, and oil until well blended and few lumps remain.

Heat a large, well-oiled skillet or griddle over medium high heat. Spoon batter onto skillet and cook until bubbles begin to form. Flip, and continue cooking until golden brown on bottom. Serve immediately with condiments of your choice.

Per Serving (excluding unknown items): 126 Calories; 5g Fat (38.0% calories from fat); 2g Protein; 17g Carbohydrate; trace Dietary Fiber; 42mg Cholesterol; 258mg Sodium. Exchanges: 1 Grain(Starch); 0 Lean Meat; 1 Fat; 0 Other Carbohydrates.

Delirious Chocolate Cake!

recipezaar.com

URL: <http://www.recipezaar.com/Gluten-Free-Delirious-Chocolate-Cake-118519>

Servings: 8

Preparation Time: 20 minutes

*I found this recipe in an old French cook book, it uses no flour (hence the gluten free) and its so delicious, that it just melts in the mouth. I've added a little more chocolate and less butter. Be warned no matter how much you make, you'll never have any left over! (**important**-gluten can be found in some cheaper brands of chocolate please check carefully)*

200 g chocolate (around 85% cocoa)

200 g unsalted butter

200 g caster sugar

6 eggs, separated

Preheat the oven 180c.

Break chocolate into pieces and melt with the butter in a bowl over hot water mix till smooth. Leave to cool slightly.

Whisk the egg whites till really stiff and slowly add the sugar (this will add volume to the egg whites).

Fold in (with a metal spoon) the egg yolks and finally the chocolate mixture.

Pour into a buttered (leak proof) 9inch cake tin or any oven dish lined with baking/grease proof paper.

Bake for around 60 mins (test middle of cake with clean knife. if not moist its done!).

Leave to cool if you can wait that long and lock the doors!

Per Serving (excluding unknown items): 361 Calories; 33g Fat (77.6% calories from fat); 6g Protein; 15g Carbohydrate; 1g Dietary Fiber; 214mg Cholesterol; 59mg Sodium. Exchanges: 1/2 Lean Meat; 6 Fat; 1 Other Carbohydrates.

Divine Hard-Boiled Eggs

rockyroad

allRecipes.com

URL: <http://allrecipes.com/Recipe/Divine-Hard-Boiled-Eggs/Detail.aspx>



Servings: 12

Preparation Time: 5 minutes

"These hard-boiled eggs are cooked perfectly every time without turning the yolks green."

12 eggs

Place eggs in a pot; pour enough water over the eggs to cover. Cover and turn stove to high; bring to a boil; turn off heat and place pot on a cool burner. Let the pot sit with the cover on for 15 minutes. Meanwhile, fill a large bowl halfway with cold water; transfer the eggs from the pot to the cold water. Replace the water with cold water as needed to keep cold until the eggs are completely cooled. Chill in refrigerator at least 2 hours before peeling.

Per Serving (excluding unknown items): 74 Calories; 5g Fat (62.6% calories from fat); 6g Protein; trace Carbohydrate; 0g Dietary Fiber; 212mg Cholesterol; 70mg Sodium. Exchanges: 1 Lean Meat; 1/2 Fat.

Easy Rice Bread

Lindsay Schott

allRecipes.com

URL: <http://allrecipes.com/Recipe/Easy-Rice-Bread/Detail.aspx>

Servings: 12

Preparation Time: 20 minutes

"This bread is a little heavier than ordinary bread. But it is gluten-free and easy to make."

2 1/4 cups white rice flour
1 cup brown rice flour
2 1/2 teaspoons xanthan gum
1 teaspoon unflavored gelatin
3 tablespoons superfine sugar
1 1/2 teaspoons salt
1 tablespoon egg substitute
1/2 cup dry milk powder
2 1/4 teaspoons active dry yeast
3 eggs
1 teaspoon cider vinegar
3 tablespoons walnut oil
1/2 cup warm water (110 degrees F/45 degrees C)

To help insure success have all ingredients at room temperature before proceeding. Combine the white rice flour, brown rice flour, xanthan gum, and salt. Mix very well. The flours need to be completely combined.

Combine the gelatin, sugar, egg replacer, milk powder, beaten eggs, vinegar and oil. Beat until well combined.

Combine the flour mixture, egg mixture and yeast together and beat well. A standup mixture works best for this. Add tepid water to dough if mixture is too dry. The dough should be somewhere between a normal bread dough consistency and a batter.

Pour into greased 9x5 inch bread pan and allow to rise in a warm, still place until doubled in bulk. Bake in a preheated oven at 325 degrees F (165 degrees C) until crust is a light to medium brown. Cool ten minutes in the pan, then to room temperature outside the pan before slicing.

Per Serving (excluding unknown items): 211 Calories; 6g Fat (24.3% calories from fat); 5g Protein; 35g Carbohydrate; 2g Dietary Fiber; 53mg Cholesterol; 289mg Sodium. Exchanges: 2 1/2 Grain(Starch); 1/2 Lean Meat; 1 Fat; 0 Other Carbohydrates.

Egg Salad Sandwich (The Only One I'll Eat)

101cookbooks.com

URL: <http://www.101cookbooks.com/archives/001575.html>



I've realized that 90% of the challenge here is properly boiling the egg. You need to boil it so the center sets yet stays moist. You also need to avoid the green/grey ring thing that surrounds the yolk in many hard boiled eggs. I use the same technique here that I learned camping with a hardcore egg enthusiast. It has worked for me flawlessly ever since. The key is to avoid over cooking, and to dunk the eggs in a bowl of icy water to stop the cooking after you remove them from the hot water. I always use good quality eggs - but something to keep in mind, the fresher they are, the harder they are to peel after boiling.

6 large eggs

1 tablespoon mayonnaise (1-2)

Salt and pepper

A tiny squeeze of lemon juice

2 stalks celery, washed and chopped

1/2 bunch chives, chopped

2 small handfuls lettuce

8 slices whole grain bread, toasted

Place the eggs in a pot and cover with cold water by a 1/2-inch or so. Bring to a gentle boil. Now turn off the heat, cover, and let sit for exactly seven minutes. Have a big bowl of ice water ready and when the eggs are done cooking place them in the ice bath for three minutes or so - long enough to stop the cooking. Crack and peel each egg, place in a medium mixing bowl. Add the mayonnaise, a couple generous pinches of salt and pepper, now mash with a fork. Don't overdo it, you want the egg mixture to have some texture. If you need to add a bit more mayo to moisten up the mixture a bit, go for it a bit at a time.

Stir in the celery and chives. Taste, and adjust the seasoning - adding more salt and pepper if needed.

To assemble each egg salad sandwich: place a bit of lettuce on a piece of toast, top with the egg salad mixture, and finish by creating a sandwich with a second piece of toast.

Make 4 sandwiches.

Per Serving (excluding unknown items): 1403 Calories; 56g Fat (34.8% calories from fat); 73g Protein; 164g Carbohydrate; 27g Dietary Fiber; 1277mg Cholesterol; 2349mg Sodium. Exchanges: 10 Grain(Starch); 5 Lean Meat; 1 1/2 Vegetable; 6 Fat.

Ethiopian Cabbage Dish

stamarex

allRecipes.com

URL: <http://allrecipes.com/Recipe/Ethiopian-Cabbage-Dish/Detail.aspx>



Servings: 5

Preparation Time: 25 minutes

"My Ethiopian friend brought this dish to a potluck and I've been making it ever since. It is healthy and delicious. Do not add liquid. The cabbage and potatoes release enough moisture on their own."

1/2 cup olive oil

4 carrots, thinly sliced

1 onion, thinly sliced

1 teaspoon sea salt

1/2 teaspoon ground black pepper

1/2 teaspoon ground cumin

1/4 teaspoon ground turmeric

1/2 head cabbage, shredded

5 potatoes, peeled and cut into 1-inch cubes

Heat the olive oil in a skillet over medium heat. Cook the carrots and onion in the hot oil about 5 minutes. Stir in the salt, pepper, cumin, turmeric, and cabbage and cook another 15 to 20 minutes. Add the potatoes; cover. Reduce heat to medium-low and cook until potatoes are soft, 20 to 30 minutes.

Per Serving (excluding unknown items): 324 Calories; 22g Fat (59.2% calories from fat); 4g Protein; 30g Carbohydrate; 4g Dietary Fiber; 0mg Cholesterol; 406mg Sodium. Exchanges: 1 1/2 Grain(Starch); 0 Lean Meat; 1 1/2 Vegetable; 4 1/2 Fat.

Firecracker Cornbread Recipe

101cookbooks.com

URL: <http://www.101cookbooks.com/archives/firecracker-cornbread-recipe.html>



If you don't stock whole wheat pastry flour, feel free to substitute unbleached all-purpose flour.

- 3 tablespoons butter**
- 1 teaspoon red pepper flakes**
- 1 cup whole wheat pastry flour**
- 3/4 cup instant cornmeal or fine-grain cornmeal (or instant polenta)**
- 1/4 cup natural cane sugar (or brown sugar)**
- 1 tablespoon aluminum-free baking powder**
- 1 1/2 teaspoons fine grain sea salt**
- 1 cup buttermilk**
- 1 large egg**
- 2 1/2 cups corn, fresh (or at room temperature if previously frozen)**
- more butter for drizzling (optional)**

Preheat your oven to 350F degrees, with a rack in the middle.

Just before you make the batter, in a small saucepan, melt the butter, stir in the red pepper flakes, and pour into a 9-inch pie tin (I have an enameled cast-iron one that is perfect) or equivalent baking dish. Place in the hot oven.

In a medium bowl whisk together the flour, cornmeal, sugar, baking powder and salt. In a separate bowl whisk together the buttermilk, egg, and corn. Pour the wet ingredients over the dry and stir until just combined. Now very carefully remove the hot pan with butter from the oven. Fill it with the cornbread batter, pushing the batter out to the sides if needed. Bake for 30 - 40 minutes or until the edges are golden and the center is just set. Remove and drizzle with a bit of melted butter (optional).

Makes 10 slices.

Per Serving (excluding unknown items): 1252 Calories; 48g Fat (33.3% calories from fat); 39g Protein; 178g Carbohydrate; 27g Dietary Fiber; 314mg Cholesterol; 737mg Sodium. Exchanges: 5 Grain(Starch); 1 Lean Meat; 1 Non-Fat Milk; 7 1/2 Fat.

Fish and Chips

cooks.com

URL: <http://www.cooks.com/rec/view/0,1617,128187-252192,00.html>

2 pounds fish fillet (any white fish, but cod is more authentic)

1 cup rice flour

2 teaspoons baking powder

1 teaspoon salt

¼ tsp paprika

¼ tsp garlic powder

½ tsp dill weed

¾ cup Bard's Tale beer

2 eggs

Preheat oven to 250°F.

Gently wash the fish in cold water, make sure to pat the fillets dry with plenty of paper towels. For large fillets, you may want to cut the fish into smaller pieces.

Mix dry ingredients in a large bowl. Mix beer and eggs separately then stir into dry ingredients, mix until mixture is smooth. Place fish fillets in batter mixture; coat well, and let stand for 10-15 minutes.

Heat oil to 350°F; gently place small batches of fish in oil to avoid dropping the oil temperature. Fry until golden brown, about 5 to 8 minutes, turning the fillets regularly to prevent scorching the batter.

Remove fish to paper towels to drain excess oil. Keep warm in oven until all the fish are cooked.

For a more authentic fish, use cod and skip all the seasoning except the salt. However, since I am not aware of a gluten free Malt Vinegar, I add the spices to give the batter a little more flavor than the beer alone would.

This batter works well with all kinds of fish and shrimp. If you want to eliminate the beer, try using milk.

Cooks Note: Try using carbonated water in place of beer. Serve with Hot Fries.

Submitted by: Matthew Kent

Per Serving (excluding unknown items): 1476 Calories; 18g Fat (11.6% calories from fat); 184g Protein; 130g Carbohydrate; 4g Dietary Fiber; 814mg Cholesterol; 3737mg Sodium. Exchanges: 8 1/2 Grain(Starch); 23 1/2 Lean Meat; 1 Fat; 0 Other Carbohydrates.

Five Minute Tomato Sauce

101cookbooks.com

URL: <http://www.101cookbooks.com/archives/five-minute-tomato-sauce-recipe.html>



I'm very particular about the tomatoes I use in this sauce. Look for canned crushed tomatoes, some cans you will come across will say "with added puree" - this is also fine. I avoid diced tomatoes, pass on pureed, and skip whole tomatoes as well. Avoid the crushed tomatoes with added herbs, seasonings, etc. You want pure crushed tomatoes if possible. I also look for organic crushed tomatoes which can be tricky, I often come across the Muir Glen brand, it has added basil in it - that one is actually fine. The San Marzano crushed tomatoes are great as well. Any leftover sauce keeps well in the refrigerator for three or four days.

1/4 cup extra virgin olive oil
1 1/2 teaspoons crushed red pepper flakes
1/2 teaspoon fine grain sea salt
3 medium cloves garlic, finely chopped
28 ounces crushed red tomatoes
zest of one lemon

Combine the olive oil, red pepper flakes, sea salt, and garlic in a cold saucepan. Stir while you heat the saucepan over medium-high heat, saute just 45 seconds or so until everything is fragrant - you don't want the garlic to brown. Stir in the tomatoes and heat to a gentle simmer, this takes just a couple minutes. Remove from heat and carefully take a taste (you don't want to burn your tongue)...If the sauce needs more salt add it now. Stir in the lemon zest reserving a bit to sprinkle on top of your pasta.

Makes about a quart of tomato sauce.

Per Serving (excluding unknown items): 491 Calories; 54g Fat (97.0% calories from fat); 1g Protein; 3g Carbohydrate; trace Dietary Fiber; 0mg Cholesterol; 2mg Sodium. Exchanges: 1/2 Vegetable; 11 Fat.

Free Flour Mixture Gluten free

cooks.com

URL: <http://www.cooks.com/rec/doc/0,171,154176-251198,00.html>

2 parts white rice flour

1/3 part tapioca flour

2/3 part potato starch flour

Flours can be found at health food stores. Oriental food stores are a good source of finely ground, white rice flour.

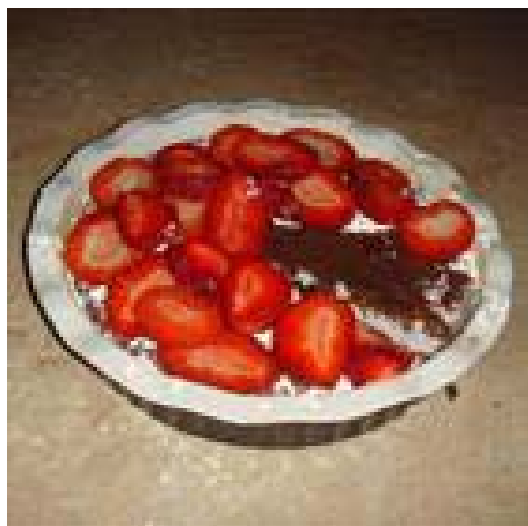
Per Serving (excluding unknown items): 0 Calories; 0g Fat (0.0% calories from fat); 0g Protein; 0g Carbohydrate; 0g Dietary Fiber; 0mg Cholesterol; 0mg Sodium. Exchanges: .

Garbanzo Bean Chocolate Cake (Gluten Free!)

CCUMMINS

allRecipes.com

URL: <http://allrecipes.com/Recipe/Garbanzo-Bean-Chocolate-Cake-Gluten-Free/Detail.aspx>



Servings: 12

Preparation Time: 15 minutes

"A very good high protein alternative to flourless chocolate cake. Give it a try!"

1 1/2 cups semisweet chocolate chips

19 ounces garbanzo beans, rinsed and drained

4 eggs

3/4 cup white sugar

1/2 teaspoon baking powder

1 tablespoon confectioners' sugar for dusting

Editor's Note

Look for labeling on chocolate chips and baking powder to be sure ingredients are truly gluten free if serving to people with severe allergies.

Preheat the oven to 350 degrees F (175 degrees C). Grease and flour a 9 inch round cake pan.

Place the chocolate chips into a microwave-safe bowl. Cook in the microwave for about 2 minutes, stirring every 20 seconds after the first minute, until chocolate is melted and smooth. If you have a powerful microwave, reduce the power to 50 percent.

Combine the beans and eggs in the bowl of a food processor. Process until smooth. Add the sugar and the baking powder, and pulse to blend. Pour in the melted chocolate and blend until smooth, scraping down the corners to make sure chocolate is completely mixed. Transfer the batter to the prepared cake pan.

Bake for 40 minutes in the preheated oven, or until a knife inserted into the center of the cake comes out clean. Cool in the pan on a wire rack for 10 to 15 minutes before inverting onto a serving plate. Dust with confectioners' sugar just before serving.

Per Serving (excluding unknown items): 289 Calories; 11g Fat (31.4% calories from fat); 12g Protein; 41g Carbohydrate; 9g Dietary Fiber; 71mg Cholesterol; 57mg Sodium. Exchanges: 2 Grain(Starch); 1/2 Lean Meat; 1 1/2 Fat; 1 Other Carbohydrates.

Gateau Surprise Chocolat Pistache Recipe

101cookbooks.com

URL: <http://www.101cookbooks.com/archives/000141.html>



next time I am going to stir in a handful (or two) of chocolate chips into the chocolate batter just before pouring it into the pan. I'm also going to give the batters a little swirl with a skewer or knife, before placing in the oven, to get a pretty ripple going (more like Clotilde's accidental swirl). I'm also going to undercook the cake just a shade...I prob. overcooked these cakes by 5 or 10 minutes, to get more of a moist texture. Forty minutes for the big loaf was too long.

270 g flour (2 C)

2 teaspoons baking powder (1 envelope)

1 teaspoon baking soda

150 g butter (2/3 C) at room temperature

300 g white sugar (1 1/4 C)

4 eggs

1 1/2 cups plain yogurt or sour cream (3 x 125 ml)

1 1/2 teaspoons vanilla extract

2 tablespoons unsweetened cocoa powder

60 g chocolate chips (1/3 C)

2 tablespoons pistachio paste

60 g shelled pistachios (1/3 C) chopped

Ganache : 120 g baking dark chocolate 125 ml whipping cream (3 oz) (1/2 C) null null null

Preheat your oven to 180°C (360°F). Grease a 25-cm (10-inch) cake pan, preferably nonstick with a removable bottom.

Prepare the chocolate batter. In a food processor, mix together half of the sugar and half of the butter until fluffy. Add in two of the eggs, one at a time, mixing between each. Add in half of the yogurts and all the vanilla extract, mix again. In a medium bowl, combine half of the flour with half of the baking powder, half of the baking soda and all of the cocoa mixture. Add the flour mixture into the food processor and mix again until just combined. Pour the batter into the cake pan, and reserve in the refrigerator.

Rince the bowl of the food processor, and prepare the pistachio batter: mix together the rest of the sugar, the rest of the butter and the pistachio paste. Add in the two last eggs, one at a time, mixing between each. Add in the rest of the yogurts and mix again. In a medium bowl, combine the rest of the flour with the rest of the baking powder and baking soda, and all of the chopped pistachios. Add into the food processor and mix again until just combined.

Take the cake pan out of the fridge, and sprinkle the chocolate chips evenly over the surface of the chocolate

batter. Gently pour the pistachio batter on top, and smooth out the surface with a spatula. Put into the oven to bake for about an hour or until a cake tester comes out clean. Let rest for five minutes on the counter, then turn out on a rack to cool completely.

Prepare the ganache. Melt the dark chocolate with the whipping cream in a double boiler (or in a bowl set over a saucepan of simmering water), stirring with a spoon regularly until completely melted and velvety. Let the ganache rest until it has thickened a bit, about 30 minutes, and frost the cake using a small spoon.

You can either wait until the ganache has cooled and set before serving, or frost the cake just before you serve it, but the cake itself needs to have cooled down completely, it tastes better that way.

hs

Per Serving (excluding unknown items): 2689 Calories; 163g Fat (53.9% calories from fat); 59g Protein; 256g Carbohydrate; 15g Dietary Fiber; 1176mg Cholesterol; 3767mg Sodium. Exchanges: 14 Grain(Starch); 3 1/2 Lean Meat; 29 1/2 Fat; 2 1/2 Other Carbohydrates.

German Chocolate Cake with Vegan Frosting

recipezaar.com

URL: <http://www.recipezaar.com/Gluten-Free-German-Chocolate-Cake-With-Vegan-Frosting-346000>



Servings: 10

Preparation Time: 15 minutes

view the full recipe (and more like it) here: <http://www.elanaspantry.com/desserts/german-chocolate-cake/>

3/4 cup coconut flour, sifted

1/2 cup cacao, powder

1 teaspoon celtic sea salt

1 teaspoon baking soda

10 eggs

1 cup grapeseed oil

1 1/2 cups agave nectar

1 tablespoon vanilla extract

In a small bowl combine flour, cacao, salt and baking soda.

In a large bowl using an electric hand mixer, blend eggs, oil, agave nectar and vanilla.

Add dry ingredients into large bowl and continue to blend.

Oil (2) 9 inch round cake pans and dust with coconut flour.

Pour batter into pans and bake at 350° for 35-45 minutes.

Remove from oven, allow to cool completely then remove from pans.

Frost and serve.

Per Serving (excluding unknown items): 270 Calories; 27g Fat (89.5% calories from fat); 6g Protein; 1g Carbohydrate; 0g Dietary Fiber; 212mg Cholesterol; 196mg Sodium. Exchanges: 1 Lean Meat; 5 Fat.

Ginger-Rice Crunch

bettycrocker.com

URL:

<http://www.bettycrocker.com/recipes/recipe.aspx?recipeID=45856&Source=SearchResultPage&terms=gluten%20free>



Servings: 24

Preparation Time: 10 minutes

Start to Finish Time: 1 hour 15 minutes

Gluten-free Rice Chex® mixes up into a honey of a snack with banana, coconut, nuts and ginger.

Cooking Gluten Free? Always read labels to make sure each recipe ingredient is gluten free. Products and ingredient sources can change.

Timer-Saver For easy cleanup, line the pan with nonstick foil instead of using cooking spray.

How-To It's okay to use two 13x9-inch pans instead of the roasting pan.

1/4 cup packed brown sugar

1/4 cup butter or margarine

1/4 cup honey

1 1/2 teaspoons ground ginger or cardamom

6 cups Rice Chex® cereal (gluten free)

1 cup dried banana chips

1 cup unblanched whole almonds

1 cup flaked coconut

1/2 cup sweetened dried cranberries or dried pineapple

Heat oven to 250°F. Spray large roasting pan with cooking spray. In 1-quart saucepan, heat brown sugar, butter, honey and ginger to boiling. Remove from heat; cool slightly.

2. Into roasting pan, measure cereal, banana chips, almonds and coconut. Stir in brown sugar mixture until evenly coated.

3. Bake 50 minutes, stirring every 15 minutes. Spread on waxed paper or foil; cool about 15 minutes. Place in serving bowl; stir in cranberries. Store in airtight container.

High Altitude (3500-6500 ft): No change.

Per Serving (excluding unknown items): 36 Calories; 2g Fat (45.5% calories from fat); trace Protein; 5g Carbohydrate; trace Dietary Fiber; 5mg Cholesterol; 21mg Sodium. Exchanges: 1/2 Fat; 1/2 Other Carbohydrates.

Gingerbread Cookies Recipe

101cookbooks.com

URL: <http://www.101cookbooks.com/archives/001536.html>



HS notes: Whatever you do, don't over bake these guys - they will dry right out. If anything under bake them just a shade (they will continue to bake for another couple of minutes once you pull them from the oven). Big cookies take longer to cook than tiny ones, keep that in mind as well. People often like to use bright white royal icing to decorate gingerbread cookies. It doesn't smear once it sets, and it can bind the seams of a gingerbread house like concrete. Many recipes for royal icing call for raw egg whites - this make a lot of people including myself nervous and unfortunately pasteurized egg whites don't whip up the way pasteurized egg whites do. Another option is to use meringue powder, a powdery blend made of dried egg whites and other ingredients (gums?)...here's a brief on royal icing in case you are interested, there is also an evolving discussion here on eGullet . I'll also add, don't bother using organic powdered sugar in your royal icing, it tends to mix up a very unappetizing shade of light gray.

4 cups white whole wheat flour

3/4 teaspoon baking soda

1 teaspoon salt

4 teaspoons ground ginger

1 teaspoon ground cloves

1 tablespoon ground cinnamon

1/2 teaspoon finely ground black pepper

11 tablespoons unsalted butter, room temperature

2/3 cup dark natural cane sugar (i.e. muscavado) or alternately use a dark brown sugar, packed

3 large eggs

2/3 cup organic unsulfured molasses (blackstrap)

large grain sugar for decoration (turbinado)

popsicle sticks (optional)

In a medium bowl, sift together flour, baking soda, salt and spices. Set aside.

In a large bowl by hand (or with an electric mixer) cream the butter until it is light and fluffy. Add the sugar and mix again until light and creamy. Blend in the eggs one at a time and then the molasses. Add the flour mixture in two additions either by hand or on low speed. Divide the dough into two pieces, wrap each in plastic and chill for an hour or so.

Heat oven to 350 degrees, racks in the middle, and line a couple baking sheets with parchment paper or Silpats. Set aside.

Roll the dough out onto a lightly floured countertop roughly 1/8-inch thick and cut into gingerbread men (or

other desired shapes). Transfer to baking sheets and arrange a popsicle stick underneath each (if desired), no need to press the stick aggressively into the dough, gently is fine – the cookies will bake right onto the sticks. Sprinkle with sugar (optional) and bake for 7 –10 minutes (for 3 – 4-inch cookies), less for smaller cookies, more for larger.

Makes about 3 dozen four-inch gingerbread men.

Per Serving (excluding unknown items): 1390 Calories; 142g Fat (90.3% calories from fat); 21g Protein; 13g Carbohydrate; 5g Dietary Fiber; 977mg Cholesterol; 3312mg Sodium. Exchanges: 1 Grain(Starch); 2 1/2 Lean Meat; 26 1/2 Fat.

Gingerbread Pancakes (Gluten-Free)

GoDairy Free

URL: <http://www.godairyfree.org/Recipes/Breakfast/Gingerbread-Pancakes-Gluten-Free.html>

This recipe is from The Ruby Range. They make several gluten-free / casein-free baking mixes that use Organic Mesquite Flour as the primary ingredient.

"Mesquite Meal or Flour is ground from the pods of the mesquite tree and adds a slightly molasses, nutty flavor to cakes, cookies, and breading. Baked items made with mesquite have a lovely golden to rust color. Traditionally tortillas were made from mesquite. Nutritionally it is high in protein, calcium, potassium, and iron. Mesquite can actually help balance blood sugar. Begin experimenting with small amounts added to your favorite recipes."

1 cup Ruby Range Southwest Pancake Mix or any Ruby Range Basic Mix + ½ teaspoon baking powder and ¼ teaspoon baking soda

1 1/2 teaspoons Ruby Range GF Dessert Spice Mix or pumpkin pie spices of choice

1/4 cup Billingham Molasses Sugar or molasses

2 large eggs separated

1 cup soy yogurt

1/4 cup melted margarine

Beat egg white until soft peaks form.

Mix flour, baking powder, baking soda, salt, and spices. In a large bowl, mix the molasses, eggs, yogurt, and melted margarine. Let the mixture sit for a minute to soften the molasses crystals and then stir until they are dissolved. Add the dry ingredients to the wet ingredients and stir until the two are just combined, gently fold in egg whites. Some lumps will remain.

Per Serving (excluding unknown items): 408 Calories; 46g Fat (99.0% calories from fat); 1g Protein; 1g Carbohydrate; 0g Dietary Fiber; 0mg Cholesterol; 535mg Sodium. Exchanges: 9 Fat.

Golden, Crispy Gnocchi with Summer Shell Beans

101cookbooks.com

URL: <http://www.101cookbooks.com/archives/001490.html>



Servings: 5

Look for fresh shell beans, still in pods at your farmers' markets. This time I used cranberry beans, not being able to resist their vibrant, mottled pink pods. I also added a few handfuls of butter beans, and of course favas (which I can get here at the market through November). Most beans you can pop right out of the pod and throw into a pot of boiling water to cook. Favas you need to remove the beans from their big outer pods, give them a quick boil (a minute or two), drain, rinse with cold water to cool them off, and then pop them out of their light colored inner shell. Intensive but worth it.

I buy fresh gnocchi from a pasta maker at the farmers' market as well. Throw them right in a well-seasoned pan with some clarified butter, toss and let them brown on each side, no boiling. This is not a typo.

fresh shell beans (try a mix of fava, cranberry beans, butter beans) shelled, roughly three cups of beans

1 pound fresh gnocchi

1/2 pound chanterelle mushrooms (optional - if you can't get chanterelles, skip the mushrooms)

sprigs of fresh thyme, a few, leaves only

3 medium shallots, thinly sliced

a big handful of small cherry tomatoes, halved

clarified butter or extra virgin olive oil

splash of cream (optional)

freshly grated parmesan (optional)

Take the shelled beans and cook each type of bean in its own pot of water. They will take between 10 and 20 minutes to cook (taste to tell when they are done). Drain and salt to taste. Set aside. See header notes re: fava beans.

Heat a couple tablespoons of clarified butter (or olive oil) in a large well-seasoned (or non-stick) skillet over medium-high heat. Add the gnocchi in a single layer and toss to coat with the butter. Let them cook until they are golden brown on the bottoms and then use a metal spatula to flip the gnocchi. Cook until they are golden all over. Salt, transfer to a platter and set aside.

Clean out that same big skillet, add a bit more butter or oil, and over medium-high heat saute the mushrooms, shallots and thyme along with a few pinches of salt and pepper. The mushrooms will release a bit of moisture,

keep cooking, and let them get a bit of color (another minute or two).

Toss the cooked shell beans into the skillet with the mushrooms, add the tomatoes and cook for another few seconds. Remove from heat and stir in a splash of cream if you like. Pour the beans and mushrooms over the gnocchi and sprinkle with grated parmesan.

Serve family style on a big plate or platter.

Serves 4-6.

Per Serving (excluding unknown items): 139 Calories; trace Fat (2.1% calories from fat); 4g Protein; 35g Carbohydrate; 5g Dietary Fiber; 0mg Cholesterol; 7mg Sodium. Exchanges: 7 Vegetable.

Golly Gee Gluten-Free Pancakes

SUBMITTED BY: Kevin Ryan

Preparation Time: 9 minutes

DIRECTIONS 1. In a medium mixing bowl, beat the egg with the apple juice and melted butter. Add the remaining ingredients and stir. 2. Heat a lightly oiled griddle or frying pan over medium high heat. Pour or scoop the batter onto the griddle, u

INGREDIENTS (Nutrition)

- * 1 egg
- * 1/4 cup apple juice
- * 1 tablespoon unsalted butter, melted
- * 1/4 cup amaranth flour
- * 1/4 cup tapioca flour
- * 3 tablespoons arrowroot flour
- * 1/4 teaspoon ground cinnamon
- * 1 pinch ground nutmeg
- * 1/2 teaspoon wheat-free baking powder
- * 1/4 teaspoon salt

DIRECTIONS

In a medium mixing bowl, beat the egg with the apple juice and melted butter. Add the remaining ingredients and stir.

2. Heat a lightly oiled griddle or frying pan over medium high heat. Pour or scoop the batter onto the griddle, using approximately 1/4 cup for each pancake. Brown on both sides and serve hot. This batter must be used right away and can not sit and wait.

Per Serving (excluding unknown items): 0 Calories; 0g Fat (0.0% calories from fat); 0g Protein; 0g Carbohydrate; 0g Dietary Fiber; 0mg Cholesterol; 0mg Sodium. Exchanges: .

Grandma's Grain Recipe

101cookbooks.com

URL: <http://www.101cookbooks.com/archives/grandmas-grain-recipe.html>



If you can't find one of the ingredients, don't be discouraged. Simply substitute more of whatever you do have - more rice, millet, etc. I made a few minor tweaks to K.J.'s recipe, mainly a bit of salt during the cooking process, along with a few little word adjustments for clarity.

- 1 cup long grain brown rice (I use Lundberg's)**
- 1 cup millet**
- 3 handfuls whole barley**
- 3 handfuls whole oats (groats)**
- 1 handful red rice, wild rice, or a mixture of wild type rices**
- 2 teaspoons salt**

Mix all grains together, rinse, drain, and put in a large thick-bottomed pot. Stir in the salt. Cover with water up to your knuckle - about two inches above the grains. Bring to a boil, then turn down flame as low as it will go. Cook uncovered (simmering) until all water is gone, about thirty-five minutes. If you overshot the amount of water you added and your grains cook before the water absorbs entirely, strain off the extra water.

This makes a big pot of mixed grains. Plenty for a family of four to use over the course of a week.

Per Serving (excluding unknown items): 756 Calories; 8g Fat (10.2% calories from fat); 22g Protein; 146g Carbohydrate; 17g Dietary Fiber; 0mg Cholesterol; 4273mg Sodium. Exchanges: 9 1/2 Grain(Starch); 1 1/2 Fat.

Grissini -Thin Bread Sticks (Vegan, Nut-Free, Soy-Free)

GoDairy Free

URL: <http://www.godairyfree.org/Recipes/Bread/Grissini-Thin-Bread-Sticks-Vegan-Nut-Free-Soy-Free.html>



Susan Tenney, Just Baking - If you think you can't bake bread (which is probably a false notion, by the way), grissini are a sure-fire way to fast success.

These thin bread sticks could not be simpler to make. If you love playing with dough, you'll get plenty of opportunity here. And who doesn't love their eminently nosh-able crunch, not to mention the visual panache a bouquet of these babies adds to the dinner table?

The recipe, adapted from Baking Illustrated by the editors of Cook's Illustrated magazine, uses a simple pizza dough. A food processor makes very short work of the mixing, but the dough may also be mixed by hand (7 to 8 minutes) or in a stand mixer (5 minutes).

If you don't need 64 grissini, refrigerate half the dough and make pizza for breakfast.

623 g flour

397 g water at room temperature

6 1/2 g instant yeast (2 t.)

9 g salt (1.5 t.)

28 g olive oil topping of your choice (2 T.) (I used a mixture of coarse Kosher salt, coarsely-ground pepper, and chopped fennel seed, as suggested by the original recipe)

Combine the flour, yeast, and salt in the bowl of a large food processor. Pulse a few times to combine.

2. Combine the water and olive oil in a liquid measuring cup. With the processor running, add the liquid to the dry ingredients in a steady stream.

3. Process until the dough is smooth and elastic, about 90 seconds.

4. Place the dough in a lightly oiled container. Cover the container and let the dough ferment at room temperature until doubled in volume, about 1.5 – 2 hours.

5. Preheat the oven to 350 °F. A baking stone and steam are not needed.

6. Line a large baking sheet with parchment paper.

7. Divide the dough into four equal pieces. The steps that follow will be repeated for each of the four pieces.

Keep the pieces you're not working with covered.

8. On a floured counter, roll the dough out into a rectangle about 12 x 8 inches. The exact dimensions are not critical.

9. Cut the dough into 16 strips of equal width. A pizza cutter works very well for this.

10. Fold each strip over on itself (according to Baking Illustrated, this makes it stronger). On an unfloured surface, roll the strip into a long snake. Make it a bit longer than the length of your baking sheet, to allow for spring-back.

11. Place the snakes evenly spaced across the width of the parchment-lined baking sheet.

12. Lightly spray or brush the grissini with olive oil and sprinkle on the topping.

13. Bake at 350 °F for 25 – 30 minutes, until golden brown.

14. Cool on a wire rack.

Yield: 64 bread sticks

Per Serving (excluding unknown items): 2268 Calories; 6g Fat (2.5% calories from fat); 64g Protein; 475g Carbohydrate; 18g Dietary Fiber; 0mg Cholesterol; 3501mg Sodium. Exchanges: 31 Grain(Starch).

Healthy Nacho Cheez Sauce (Vegan, Soy-Free)

GoDairy Free

URL: <http://www.godairyfree.org/Recipes/Cheese-Subs/Healthy-Nacho-Cheez-Sauce-Vegan-Soy-Free.html>

1 cup flour

1 cup nutritional yeast

2 teaspoons salt and 1/2 tsp pepper

1 teaspoon garlic powder

2 cups water

1/2 cup safflower oil

1 tablespoon wet mustard

1 tablespoon cider vinegar

Directions:

Per Serving (excluding unknown items): 466 Calories; 1g Fat (2.4% calories from fat); 13g Protein; 98g Carbohydrate; 4g Dietary Fiber; 0mg Cholesterol; 18mg Sodium. Exchanges: 6 1/2 Grain(Starch); 0 Other Carbohydrates.

High-Fiber Multi-Grain Bread (Gluten-Free)

GoDairy Free

URL: <http://www.godairyfree.org/Recipes/Bread/Gluten-Free-High-Fiber-Multi-Grain-Bread-Gluten-Free.html>



This beautiful loaf comes from the well respected gluten-free author, Mike Eberhart of the Gluten Free Blog.

He recommends looking for inulin in the vitamins/supplements section of your grocer.

- 1½ Cups Cornstarch**
- ½ Cup Millet Flour**
- 2 cups White Rice Flour**
- ¼ Cup Teff Flour**
- ¼ Cup Flaxseed Meal**
- ¼ Cup Inulin powder (Chicory Root type)**
- 1½ Tablespoons Xanthan Gum**
- 2 teaspoons Salt**
- 1 teaspoon Garlic Powder or Onion Powder**
- 1 tablespoon Dried Chives**
- 1 package Active Dry Yeast**
- 1 teaspoon Apple Cider Vinegar**
- 2 tablespoons Sugar**
- 1 tablespoon Honey**
- 1/3 cup Olive Oil**
- 2 Eggs**
- 1 Egg White (Reserve the Yolk for Egg Wash)**
- 1 tablespoon Sesame Seeds**
- 1¾ Cups Warm Water (110-115° F)**
- 1 tablespoon Melted Butter alternative or Margarine**

Place cornstarch, flours, flaxseed meal, Inulin, Xanthan gum, salt, chives, garlic or onion powder and yeast in mixing bowl; mix. Add, vinegar, sugar, honey, oil, eggs, egg white, sesame seeds and lastly the warm water; mix (slowly). Increase speed to high and beat for 4 minutes.

Spray a standard-sized cookie sheet with cooking spray.

Spoon dough into a gallon size zip lock bag (hint: place zip lock back in upright container then spoon dough into zip lock bag). Cut one corner off the zip lock bag to form a roughly 2 inch diameter round opening in bag when dough is dispersed through it - cut the corner off diagonally, with the cut-line being about 3.5 inches long to get proper opening size).

Gently squeeze dough through opening onto cookie sheet to form one large loaf approximately a foot long.

Reshape loaf as desired (should be minor reshaping if any needed).

Gently brush the melted butter or margarine on all exposed surfaces of the bread.

Allow bread to sit in a warm, dry location (free of drafts) covered loosely with plastic wrap for 40 minutes. Preheat oven to 375°.

Remove plastic wrap from bread and create egg wash by beating together, in a small bowl, the reserved egg yolk and one tablespoon of water. Gently brush the egg wash on all exposed surfaces of the bread and bake for 45 minutes (middle oven rack).

Yields one large loaf (which should look like this when done):

Per Serving (excluding unknown items): 2192 Calories; 91g Fat (37.6% calories from fat); 39g Protein; 302g Carbohydrate; 11g Dietary Fiber; 424mg Cholesterol; 4464mg Sodium. Exchanges: 17 Grain(Starch); 2 1/2 Lean Meat; 0 Fruit; 16 Fat; 3 Other Carbohydrates.

Homemade and All-Natural Thin Mint Recipe

101cookbooks.com

URL: <http://www.101cookbooks.com/archives/001370.html>



Chocolate Wafers :

8 ounces organic butter, room temperature

1 cup organic powdered sugar (I use Wholesome Sweeteners brand)

1 teaspoon natural vanilla extract

1 cup cocoa powder (I use Dagoba's cacao powder)

3/4 teaspoon fine grain sea salt

1 1/2 cups whole wheat pastry flour

Chocolate Peppermint Coating :

1 pound good quality semi-sweet chocolate, chopped

natural peppermint oil (to taste)

Preheat your oven to 350. Racks in the middle zone.

Make the cookie dough: In a mixer cream the butter until it is light and fluffy. Add the powdered sugar and cream some more, scraping the sides of the bowl a couple times if necessary. Stir in the vanilla extract and then the salt and cocoa powder. Mix until the cocoa powder is integrated and the batter is smooth and creamy, sort of like a thick frosting. Add the whole wheat pastry flour and mix just until the batter is no longer dusty looking, it might still be a bit crumbly, and that's o.k. You don't want to over mix and end up with tough cookies.

Turn the dough out onto a counter, gather it into a ball, and kneed it just once or twice to bring it together into once nice, smooth mass. Place the ball of dough into a large plastic bag and flatten it into a disk roughly 3/4-inch thick. Place the dough in the freezer for 20 minutes to chill.

Rollout and bake: Remove the dough from the freezer and roll it out really thin, remember how thin Thin Mints are? That's how thin you need your dough, about 1/8-inch. You can either roll it out between two sheets of plastic, or dust your counter and rolling pin with a bit of flour and do it that way. Stamp out cookies using a 1 1/2-inch cutter (this time I used one with a fluted edge, I've done hearts and other shapes in the past). Place cookies on a parchment-lined baking sheet and bake for 10 minutes. Remove the cookies from the oven and allow them to cool completely on a baking rack if you've got one.

Make the peppermint coating:

While the cookies are in the oven you can get the coating ready. I use a makeshift double boiler to melt chocolate (a metal pan over a saucepan of gently simmering water), but I know many people who swear by melting chocolate in the microwave. Slowly melt the chocolate, stirring occasionally until it is glossy and smooth. Stir in the peppermint extract. If you think the chocolate needs a bit more peppermint kick, add more extract a drop or two at a time - but don't go overboard.

Finishing the cookies: You are going to coat the cookies one at a time and then gently set them on a parchment-lined baking sheet to set. Drop one cookie into the chocolate and (using a fork) carefully make sure it gets fully coated. Lift the cookie out of the chocolate with the fork and bang the fork on the side of the pan to drain any extra chocolate off the cookie. You are after a thin, even coating of chocolate. Place on the aforementioned prepared baking sheet, and repeat for the rest of the cookies. Place the cookies in the refrigerator or freezer to set. They will set at room temperature, it just takes much longer, and I prefer them straight out of the freezer anyways ;)

Make 3 or 4 dozen cookies.

Per Serving (excluding unknown items): 857 Calories; 15g Fat (13.2% calories from fat); 35g Protein; 185g Carbohydrate; 53g Dietary Fiber; 0mg Cholesterol; 18mg Sodium. Exchanges: 3 Grain(Starch); 1 Lean Meat; 2 Fat.

Honey-Sweetened Thumbprint Cookie

Recipe

101cookbooks.com

URL: <http://www.101cookbooks.com/archives/honeysweetened-thumbprint-cookies-recipe.html>



2/3 cup honey (I use a clover honey)
1/3 cup warm coconut oil or clarified butter
1 1/2 teaspoons vanilla extract
1 1/2 cups whole wheat pastry flour
3/4 cup rolled oats
1 tablespoon all natural cornstarch (or arrowroot)
scant 1/2 teaspoon fine grain sea salt
1/4 teaspoon baking soda
zest of one lemon
your favorite jam or preserves - berry goes nicely (preferably fruit sweetened)

Preheat the oven to 350F, rack in the top 1/3. Line two baking sheets with parchment paper.

In a large mixing bowl pour the warm, melted coconut oil over the honey and whisk in the vanilla extract. In a separate medium bowl combine the flour, oats, cornstarch/arrowroot, sea salt, baking soda, and lemon zest. Add the flour mixture to the honey and stir until just combined. Let the dough sit for 2-3 minutes. Stir once or twice again - the dough should be quite stiff.

Roll the dough into balls, one level teaspoonful at a time, and place an inch or so apart on the prepared baking sheets. These will spread. Use a (damp) pinky finger or the back of a very tiny spoon to make a well in the top of each ball of dough. Fill each "well" to the top with 1/8 teaspoon of jam. If you chill the dough at this point for an hour, the cookies won't spread as much, but I'm usually too impatient.

Bake for 7 - 9 minutes or until the bottom and edges of the cookies are just golden. Resist the urge to over-bake, these tiny guys dry right out.

Makes a few dozen cookies.

Per Serving (excluding unknown items): 1599 Calories; 7g Fat (3.7% calories from fat); 28g Protein; 367g Carbohydrate; 31g Dietary Fiber; 0mg Cholesterol; 326mg Sodium. Exchanges: 2 1/2 Grain(Starch); 1/2 Fat; 12 1/2 Other Carbohydrates.

Hot Cross Muffins Gluten Free

recipezaar.com

URL: <http://www.recipezaar.com/Hot-Cross-Muffins-Gluten-Free-58841>



Preparation Time: 20 minutes

Victoria Throp for Coeliac Awareness week in Australia.

Xanthan gum can be purchased from the health food section of selected supermarkets and many health food stores.

300 g gluten-free flour or rice flour (1½ cups)
1 teaspoon gluten free baking powder
½ teaspoon bicarbonate of soda
½ teaspoon salt
1 teaspoon mixed spice
1 teaspoon xanthan gum
50 g sugar (¼ cup)
125 ml canola oil
2 eggs
1 cup unsweetened applesauce (baby works well)
½ teaspoon vanilla
2 tablespoons chopped mixed peel
2 tablespoons diced dried apricots or dried peaches
2 tablespoons currants or sultanas
2 tablespoons diced glace fruit (peach, apple, pear, pineapple)

Pre-heat oven to 180°C.

In a medium mixing bowl combine rice flour mix, baking powder, bicarb soda, salt, mixed spice, xanthan gum and sugar.

Add canola oil, eggs, applesauce and vanilla, stirring just until combined.

Lightly fold in peel, currants or sultanas and chopped fruit.

Spoon into 12-hole muffin pan either greased or lined with muffin papers.

Bake for 20-25 minutes or until starting to brown and are firm to the touch when pressed.

Makes 10 to 12 muffins.

Note: * GlutenFree Flour Mix- in a container with a lid, combine 2 cups white rice flour, 2/3 cup potato flour and 1/3 cup arrowroot.

This quantity makes 3 cups.

Note: ** or use ½ teaspoon cinnamon, ¼ teaspoon nutmeg or mace and 1/8 teaspoon cloves.

Xanthan gum stops crumbling in baked goods.

Disposable foil muffin liners work better than paper ones.

Arrowroot can be purchased from any supermarket.

Potato flour can be purchased from the health food section of selected supermarkets and health food stores.

Per Serving (excluding unknown items): 1471 Calories; 125g Fat (75.4% calories from fat); 13g Protein; 79g Carbohydrate; 3g Dietary Fiber; 424mg Cholesterol; 1211mg Sodium. Exchanges: 1 1/2 Lean Meat; 1 1/2 Fruit; 24 Fat; 3 1/2 Other Carbohydrates.

Hot Water Cornbread

Karin Christian

allRecipes.com

URL: <http://allrecipes.com/Recipe/Hot-Water-Cornbread/Detail.aspx>



Servings: 12

Preparation Time: 5 minutes

"This is a very old fashioned recipe. The cornbread is shaped into little cakes and fried, rather than baked. They are served with maple syrup over them."

1 cup cornmeal

1 teaspoon salt

1 teaspoon white sugar

1 tablespoon shortening

3/4 cup boiling water

In a medium bowl, combine cornmeal, salt, and sugar. Add boiling water and shortening; stir until shortening melts.

Pour oil or bacon fat to a depth of 1/2 inch in a large skillet and heat to 375 degrees F (190 degrees C).

Shape cornmeal mixture into flattened balls using a heaping tablespoon as a measuring guide. Fry each in hot oil, turning once, until crisp and golden brown, about 5 minutes. Drain on paper towels. Serve at once with maple syrup or honey.

Per Serving (excluding unknown items): 52 Calories; 1g Fat (22.2% calories from fat); 1g Protein; 9g Carbohydrate; 1g Dietary Fiber; 0mg Cholesterol; 178mg Sodium. Exchanges: 1/2 Grain(Starch); 0 Fat.

Hot-Cross Buns (Gluten, Dairy and Egg Free)

recipezaar.com

URL: <http://www.recipezaar.com/Hot-Cross-Buns-Gluten-Dairy-and-Egg-Free-122238>



Preparation Time: 20 minutes

These are great for Easter or leave off the crosses for fruit buns. Serve hot with melted margarine.

Per Serving (excluding unknown items): 0 Calories; 0g Fat (0.0% calories from fat); 0g Protein; 0g Carbohydrate; 0g Dietary Fiber; 0mg Cholesterol; 0mg Sodium. Exchanges: .

Hurricane Carrots

lisandreasing

allRecipes.com

URL: <http://allrecipes.com/Recipe/Hurricane-Carrots/Detail.aspx>

Servings: 6

Preparation Time: 10 minutes

"When the electricity was out for a week during Hurricane Isabel in 2003, we had to empty the fridge and try to still eat healthfully. I created this simple carrot salad--it's nutritious, doesn't require refrigeration, and is vegan/vegetari

1 cup shredded carrots

1 cup finely chopped apple

1/2 cup raisins

1/2 cup golden raisins

1 cup whole almonds

1/2 cup vegetable oil

salt and ground black pepper (to taste)

Toss carrots, apple, all raisins, and almonds with oil in medium bowl. Season to taste with salt and pepper.

Per Serving (excluding unknown items): 478 Calories; 39g Fat (69.4% calories from fat); 9g Protein; 30g Carbohydrate; 4g Dietary Fiber; 0mg Cholesterol; 14mg Sodium. Exchanges: 1/2 Grain(Starch); 1 Lean Meat; 1/2 Vegetable; 1 1/2 Fruit; 7 Fat.

In a Hurry Green Curry Recipe

101cookbooks.com

URL: <http://www.101cookbooks.com/archives/in-a-hurry-green-curry-recipe.html>



Servings: 4

I call for a very small amount of green curry paste at the beginning of this recipe - keep in mind that some brands are stronger than others. Some days I make my paste from scratch, other times I grab for the jar. The worst thing you can do is make the curry too spicy too early in the process. If you start out light on the curry paste, you'll be able to adjust the amount of curry flavor toward the end. To add more flavor make a thin paste with some of the hot broth (this will help avoid curry paste clumps), now stir the paste in to the larger curry pot a bit at a time until the flavor is to your liking. On a separate note, I don't like the way most vegetables taste when they've been overcooked. In a recipe like this one, if you make the curry ahead of time, just be sure to hold off on adding the peas and asparagus until just a few minutes before you are ready to eat. Lastly, I forgot to put the basil in the bowl in the above shot before I took the photo - it went in after - sorry in advance! In a large thick bottom pot over medium heat whisk the curry paste with the salt and a small splash of the coconut milk. Simmer for just a minute. Add the onion and saute until it softens up, just a minute or so. Add the rest of the coconut milk and broth and simmer for another five minutes. Taste and adjust for flavor - this would be the time to add more curry paste if needed (see headnotes).

Stir in the tofu and (JUST BEFORE SERVING) the peas and asparagus, simmer for just a minute or two, just long enough for the vegetables to cook a bit. Finish the pot with a squeeze of lime and basil leaves. Taste, and adjust seasoning again if needed.

Serves 4.

** The green curry paste recipe I learned while visiting Chiang Mai, Thailand:*

2 teaspoons green curry paste*
scant 1/2 teaspoon salt
14 ounces coconut milk (light ok)
1 large onion, sliced
14 ounces water or light vegetable broth
6 ounces firm tofu cut into 1/2 inch cubes
1 cup peas, fresh or frozen
2 cups asparagus, cut into 1/2-inch segments
squeeze of fresh lime juice
1/4 cup small basil leaves
2 green hot chilies (Thai chilies)
1 tablespoon chopped garlic
1 tablespoon chopped shallots
1 teaspoon chopped galangal
1/2 teaspoon chopped kaffir lime rind
1 tablespoon chopped lemongrass
1 tablespoon chopped krachai
1/4 teaspoon roasted cumin seeds
1/4 teaspoon roasted coriander seeds
1/2 teaspoon salt

In a large thick bottom pot over medium heat whisk the curry paste with the salt and a small splash of the coconut milk. Simmer for just a minute. Add the onion and saute until it softens up, just a minute or so. Add the rest of the coconut milk and broth and simmer for another five minutes. Taste and adjust for flavor - this would be the time to add more curry paste if needed (see headnotes).

Stir in the tofu and (JUST BEFORE SERVING) the peas and asparagus, simmer for just a minute or two, just long enough for the vegetables to cook a bit. Finish the pot with a squeeze of lime and basil leaves. Taste, and adjust seasoning again if needed.

Serves 4.

The green curry paste recipe I learned while visiting Chiang Mai, Thailand:

If you have a good-sized mortar and pestle, put the green chilies in the mortar and pound, add the garlic and pound. Now add the shallots and pound - continue down the ingredient list pounding away. Alternately, give it all a whirl in a food processor.

Per Serving (excluding unknown items): 288 Calories; 24g Fat (69.7% calories from fat); 6g Protein; 17g Carbohydrate; 6g Dietary Fiber; 0mg Cholesterol; 286mg Sodium. Exchanges: 1/2 Grain(Starch); 1 Vegetable; 1/2 Fruit; 5 Fat.

Irish Mum's Brown Bread Recipe

101cookbooks.com

URL: <http://www.101cookbooks.com/archives/000151.html>



3 cups whole wheat bread flour (Ross says: this is best when the flour is coarse as opposed to the whole wheat flour you get here which is fully milled. Heidi says: I used a standard whole wheat bread flour which seemed to be pretty finely milled, because that's all I could find,

1 cup unbleached white bread flour (Heidi: I used King Arthur brand)

Pinch of salt

1 teaspoon baking soda

1 3/4+ cups buttermilk

2 ounces butter (preferably Kerrygold)

1 egg

Melt the butter over gentle heat.

In a medium-sized bowl lightly beat the egg and then gradually add the buttermilk all the while stirring to incorporate the egg. Beat in the butter.

In another bowl sift and mix the dry ingredients as best you can (not really a prob if you can't find the coarse flour), and then stir in the buttermilk mixture. If you are using a baking tin the mixture should be on the wetter side - (heidi: like a thick brownie mix, something you could pour into the tin, not scoopable by hand really). If your dough is too dry, mix in small splashes of buttermilk until it is the right consistency.

Cook at 400F for 50 minutes on the middle rack. You want to hear a sort of hollow sound when you knock on the bottom of the tin. Resist the urge to take the bread out too soon, or the middle of the bread won't get cooked through.

Makes 1 loaf.

Per Serving (excluding unknown items): 481 Calories; 51g Fat (94.1% calories from fat); 7g Protein; trace Carbohydrate; 0g Dietary Fiber; 336mg Cholesterol; 1797mg Sodium. Exchanges: 1 Lean Meat; 9 1/2 Fat.

Irish Soda Bread

ChristinaBunny

allRecipes.com

URL: <http://allrecipes.com/Recipe/Gluten-Free-Irish-Soda-Bread/Detail.aspx>



Servings: 8

Preparation Time: 10 minutes

"Searching for recipes for a gluten-free diet can be challenging during the holidays. Here is a recipe for Irish soda bread that I have adapted over time for St. Patrick's Day. The recipe calls for rice and tapioca flour instead of wheat and it

1 1/2 cups white rice flour

1/2 cup tapioca flour

1/2 cup white sugar

1 teaspoon baking soda

1 teaspoon baking powder

1 teaspoon salt

1 egg

1 cup buttermilk

Remember to check all ingredients to be sure they are gluten safe.

Preheat oven to 350 degrees F (175 degrees C). Grease a 9 inch round cake pan.

Combine the rice flour, tapioca flour, sugar, baking soda, baking powder, and salt in a large bowl. In a separate bowl, whisk together egg and buttermilk. Make a well in the center of the dry ingredients and pour in the wet. Stir just until the dry ingredients are moistened. Pour into the cake pan.

Bake for 65 minutes in the preheated oven, or until a toothpick inserted into the center comes out clean. Cool on a wire rack, for 10 minutes before removing from the pan. Wrap bread in plastic wrap or aluminum foil and let stand overnight for the best flavor.

Per Serving (excluding unknown items): 130 Calories; 1g Fat (9.2% calories from fat); 4g Protein; 25g Carbohydrate; 1g Dietary Fiber; 28mg Cholesterol; 526mg Sodium. Exchanges: 1 1/2 Grain(Starch); 0 Lean Meat; 0 Non-Fat Milk; 0 Fat; 0 Other Carbohydrates.

Jamaican Veggie Patties Recipe

101cookbooks.com

URL: <http://www.101cookbooks.com/archives/jamaican-veggie-patties-recipe.html>



You can certainly experiment with different sizes here, but don't go much smaller than a 4-inch cookie cutter. Any smaller and they tend to come apart at the seams - a bit like gaping mouths (see lead photo). Also, be sure to roll the pastry dough thinly - a true 1/8-inch. And lastly, I can't resist brushing the patties with a bit of beaten egg before placing them in the oven - it makes the crust nice and golden, but also takes them out of the vegan category.

1 tablespoon coconut oil
1/2 cup 1/4-inch-diced yellow onion
1/8 teaspoon ground cinnamon
1/4 teaspoon allspice
1/2 teaspoon ground cumin
1/4 teaspoon red pepper flakes
1/8 teaspoon cayenne
Coarse sea salt
2 large cloves garlic, minced
3/4 cup coconut milk
1/4 cup 1/4-inch-diced carrots
1/4 cup 1/4-inch-diced yellow potatoes
1/2 cup fresh green peas (or frozen)
1/2 cup sweet fresh corn (or frozen)
1/2 cup shredded cabbage
1 tablespoon minced fresh thyme
1 tablespoon freshly squeezed lemon juice
1/2 teaspoon freshly ground white pepper
Pastry:
1 3/4 cups unbleached flour
1 cup whole wheat pastry flour
2 teaspoons turmeric
1/2 teaspoon fine sea salt
3/4 cup chilled coconut oil
2 teaspoons apple cider vinegar
1/2 cup ice water
2 tablespoons ice water

For the filling: In a medium-size saute pan over medium-low heat, combine the coconut oil, the onion, cinnamon, allspice, cumin, red pepper flakes, cayenne, and 1/2 teaspoon of salt. Saute, stirring occasionally, for 8 to 10 minutes, or until the vegetables are caramelized. Add the garlic and cook for an additional 2 minutes. Stir in the coconut milk, carrots, and potatoes, reduce the heat to low, cover, and cook until the carrots and potatoes are tender, 10 to 12 minutes. Stir in the green peas, corn, cabbage, thyme, and lemon juice, cover, and cook for 3 minutes more. Season with additional salt and the white pepper (or to taste) and set aside to allow the flavors to marry.

For the pastry: Combine 1 1/2 cups of the white flour with the pastry flour, turmeric, and salt in a large bowl and mix well. Set the remaining 1/4 cup white flour aside. Add the coconut butter to the flour mixture and rub with your fingertip until the mixture resembles fine sand, about 10 minutes (his note: I've also make this dough by pulsing ingredients in a food processor with good results).

Combine the vinegar and water and mix well. Then, without overworking the dough, add the vinegar mixture by the tablespoon, while stirring, just until the dough comes away from the sides of the bowl and begins to coalesce. Squeeze into a tight ball, flatten, cover in plastic wrap, and refrigerate for at least 1 hour.

Preheat the oven to 350F and remove the dough from the refrigerator.

With the reserved flour, lightly dust a clean surface, roll out the dough until it is about 1/8 inch thick. Cut six 6-inch circles from the dough (you can use a bowl). Spoon 2 heaping tablespoons of the filling onto the center of one side of each circle, leaving about a 1/8-inch border. Fold the other half over to make a half-moon, press to seal, and make ridges around the edge using a fork. (hs note: if your dough is at all on the dry side you may need to run wet fingers around the edge of the circles to help get a good seal).

Transfer the patties to a parchment-lined baking sheet and bake until golden brown, about 35 minutes. Serve immediately with some hot sauce.

Makes six big patties, or a couple dozen smaller ones.

Reprinted with permission from Vegan Soul Kitchen: Fresh, Healthy, and Creative African-American Cuisine by Bryant Terry. (Da Capo Press, March, 2009)

Per Serving (excluding unknown items): 1765 Calories; 60g Fat (29.8% calories from fat); 42g Protein; 274g Carbohydrate; 26g Dietary Fiber; 0mg Cholesterol; 46mg Sodium. Exchanges: 11 Grain(Starch); 0 Lean Meat; 1/2 Vegetable; 1/2 Fruit; 11 1/2 Fat.

Kale and Olive Oil Mashed Potato Recipe

101cookbooks.com

URL: <http://www.101cookbooks.com/archives/001566.html>



Servings: 6

For this recipe, be sure to wash the kale well (or spinach, or chard) - dirt and grit hides in the leaves. I don't like floppy leafiness in my potatoes, so I chop the kale quite finely. If you stir the kale in too much it can lend a slight green cast to your potatoes, so I just barely stir it in right before serving. Also, on the potato front - feel free to use unpeeled potatoes if you like something a bit more rustic (and nutritious). I picked up some yellow-fleshed German Butterball potatoes at the market last week and they added the visual illusion that the mashed potatoes were packed with butter. Didn't miss the real thing a bit.

3 pounds potatoes, peeled and cut into large chunks
sea salt
4 tablespoons extra virgin olive oil
4 cloves garlic, minced
1 bunch kale, large stems stripped and discarded, leaves chopped
1/2+ cup warm milk or cream
freshly ground black pepper
5 scallions, white and tender green parts, chopped
1/4 cup freshly grated Parmesan, for garnish (opt)
fried shallots, for garnish (optional)

Put the potatoes in a large pot and cover with water. Add a pinch of salt. Bring the water to a boil and continue boiling for 20 minutes, or until the potatoes are tender.

Heat two tablespoons of olive oil in a large pan or skillet over medium-high heat. Add the garlic, chopped kale, a big pinch of salt, and saute just until tender - about a minute. Set aside.

Mash the potatoes with a potato masher or fork. Slowly stir in the milk a few big splashes at a time. You are after a thick, creamy texture, so if your potatoes are on the dry side keep adding milk until the texture is right. Season with salt and pepper.

Dump the kale on top of the potatoes and give a quick stir. Transfer to a serving bowl, make a well in the center of the potatoes and pour the remaining olive oil. Sprinkle with the scallions, Parmesan cheese, and shallots.

Serves 6.

Per Serving (excluding unknown items): 271 Calories; 9g Fat (30.0% calories from fat); 5g Protein; 43g Carbohydrate; 4g Dietary Fiber; 0mg Cholesterol; 21mg Sodium. Exchanges: 2 1/2 Grain(Starch); 1/2 Vegetable; 2 Fat.

Lasagna

cooks.com

URL: <http://www.cooks.com/rec/doc/0,1735,154177-250198,00.html>

4 eggs

1/2 teaspoon salt

1/3 cup rice flour

1/2 cup milk

Beat all ingredients together until smooth. Lightly grease skillet or crepe pan. Heat on medium heat. Pour in just enough batter to cover about half the pan and quickly rotate the pan to spread the batter. Cook over low heat until done, without turning. When all batter is used, cut "pancakes" into strips and use in any lasagna recipe.

Per Serving (excluding unknown items): 564 Calories; 25g Fat (40.5% calories from fat); 32g Protein; 49g Carbohydrate; 1g Dietary Fiber; 865mg Cholesterol; 1406mg Sodium. Exchanges: 3 Grain(Starch); 3 Lean Meat; 1/2 Non-Fat Milk; 2 1/2 Fat.

Lemon String Beans

melinda

allRecipes.com

URL: <http://allrecipes.com/Recipe/Lemon-String-Beans/Detail.aspx>

Servings: 5

Preparation Time: 15 minutes

"This dish is simple and delicious for a hot summer day. Serve cold as a side dish."

1 clove garlic, peeled and cut in half

1/4 cup fresh lemon juice

1/4 cup olive oil

1 pound fresh green beans, trimmed

1 teaspoon salt

Mix together the garlic, lemon juice, and olive oil in a large bowl; set aside.

Bring a large pot of salted water to a boil. Cook the green beans in the water for 5 to 6 minutes; drain. Cool beans for about 10 minutes. Place cooled beans in the large bowl and toss with the lemon juice mixture; season with salt. Allow beans to rest for 2 minutes before stirring again. Repeat 2 minutes rest and stirring once more. Remove garlic before serving.

Per Serving (excluding unknown items): 99 Calories; 11g Fat (94.8% calories from fat); trace Protein; 1g Carbohydrate; trace Dietary Fiber; 0mg Cholesterol; 427mg Sodium. Exchanges: 0 Vegetable; 0 Fruit; 2 Fat.

Lemon Sultana Cake

bbc.co.uk

URL: http://www.bbc.co.uk/food/recipes/database/lemonsultanacake_77310.shtml



Servings: 6

Preparation Time: 30 minutes

Start to Finish Time: 30 minutes

Free from: wheat and nuts; can be dairy, egg and soya free; no added sugar

120g/4½oz virgin coconut oil or dairy-free margarine

150g/5½oz peeled banana, mashed

1 large lemon, juice and rind only

120g/4½oz rolled oats, pulverised in a food processor

2 large eggs plus ½ tsp wheat-free and gluten-free baking powder, OR if you can't eat eggs, 2 heaped tsp wheat-free and gluten-free baking powder

25g/¾oz potato flour or cornflour

100g/3½oz sultanas

Heat the oven to 180C/350F/Gas 4 and line a 15cm/6in, loose-bottomed cake tin with greaseproof paper.

2. Soften the coconut oil or margarine in a microwave and beat it with the mashed banana.

3. Beat in the lemon rind and juice, then the oats.

4. If you're using the eggs, stir them in with the potato or corn flour.

5. If you're not using eggs, sieve the baking powder with the potato or cornflour and stir well into the mixture.

6. Finally, stir in the sultanas and mix well.

7. Spoon the mixture into the cake tin and bake for 30-35 minutes.

8. Test with a skewer to make sure it's cooked (the skewer will come out clean when inserted into the middle) then allow to cool in the tin before removing.

Per Serving (excluding unknown items): 2 Calories; trace Fat (5.3% calories from fat); trace Protein; 1g Carbohydrate; trace Dietary Fiber; 0mg Cholesterol; trace Sodium. Exchanges: 0 Fruit.

Maple Syrup Scones Recipe

101cookbooks.com

URL: <http://www.101cookbooks.com/archives/maple-syrup-scones-recipe.html>



If you don't have whole wheat pastry flour on-hand (or available) unbleached all-purpose flour will work as a substitute.

1/4 cup real, good quality maple syrup
6 tablespoons milk or cream
2 1/4 cups whole wheat pastry flour
1/2 cup quinoa flakes (or rolled oats)
1 1/2 tablespoons baking powder
1/2 teaspoon fine grain sea salt
11 tablespoons unsalted butter, cold, cut into cubes
1 egg, lightly beaten
large-grain sugar (for example: turbinado)

Preheat the oven to 400F degrees, rack in the top 1/3. Line one baking sheet with parchment paper.

Whisk together the maple syrup and milk in a small cup, and set aside. Combine the flour, quinoa/oats, baking powder, and salt together in a bowl. Using a food processor, cut the butter into the flour mixture, pulsing until it resembles little pebbles in a beach of sandy flour (about 20 quick pulses). You can also cut the butter into the flour using a knife and fork, or smushing it through your thumb and fingertips. Now add the maple syrup milk. Pulse (or mix) until the dough just comes together - don't over mix. If the batter is too dry add more cream a bit at a time.

Turn out onto a floured surface, knead once or twice, just enough to bring the dough together. Now arrange the dough into a 1-inch thick rectangle (see photo). Trim the edges and slice the dough into nine equal-sized squares. Arrange the scones next to one another on the prepared baking sheet - 1/4-inch distance between each of them. Brush generously with the egg wash and sprinkle with the large-grain sugar. Bake for 20-25 minutes, or until golden along the bottom and tops.

Makes 9 scones.

Per Serving (excluding unknown items): 2193 Calories; 136g Fat (55.3% calories from fat); 35g Protein; 212g Carbohydrate; 36g Dietary Fiber; 553mg Cholesterol; 2281mg Sodium. Exchanges: 1 Lean Meat; 25 1/2 Fat; 1/2 Other Carbohydrates.

Melt-In-Your-Mouth Shortbread

recipezaar.com

URL: <http://www.recipezaar.com/Gluten-Free-Melt-In-Your-Mouth-Shortbread-146414>

Preparation Time: 15 minutes

Adapted from The Food Allergy Cookbook Found this for my friends who need gluten free dessert! I'm guessing at the servings because none was stated. This is an updated review by DreamoBway. She has an excellent other use for this dough --- UPDATE from DreamoBway: "I tried making these in mini muffin tins, hollowed out a little well, and filled them with pecan tassy filling. I also upped the cooking temp to 350 and they browned beautifully. It was a successful experiment! "

1/2 cup cornstarch

1/2 cup icing sugar (confectioner's)

1 cup rice flour

3/4 cup butter

Sift cornstarch, sugar and rice flour together.

Add butter.

Mix with hands until soft dough forms. Refrigerate one hour.

Shape dough into 1" balls.

Place about 1-1/4 inches apart on greased cookie sheet; flatten with lightly floured fork.

Bake at 300°F(150°C) for 20-25 minutes or until edges are lightly browned.

VARIATIONS: Form balls as above. Roll in finely crushed corn flakes or crushed nuts. Press top of ball with thumb. Add a dab of jelly.

Mix in 2 tbs. finely chopped citrus peel and/or 2 tbs. finely chopped nuts. Flatten with lightly floured fork.

Per Serving (excluding unknown items): 2275 Calories; 140g Fat (55.2% calories from fat); 11g Protein; 245g Carbohydrate; 4g Dietary Fiber; 373mg Cholesterol; 1411mg Sodium. Exchanges: 12 Grain(Starch); 27 1/2 Fat; 4 Other Carbohydrates.

Mock Mayonnaise

Add-ons from Jenn Borgeesen: Most commercial mayos have a little bit of "sweet" in them so some (1 tablespoon) sugar or honey may help to deepen the flavor and make your spices stand out better. Also for pepper/nightshade allergic: tumeric and/ or a pinch of saffron will give color and flavor. Dijon or brown mustard will also give it a kick.

1/2 teaspoon salt

1/4 teaspoon dry mustard

dash paprika

dash cayenne

1 tablespoon vinegar

1 cup canola oil

1 cup water

2 teaspoons arrowroot

1 teaspoon xanthan gum

1 tablespoon lemon juice

dash onion powder (other spices?)

Blend together until mayonnaise consistency, store as you would mayonnaise. Looks, smells, and tastes like the real thing! Use for pasta and bean salads.

Per Serving (excluding unknown items): 1954 Calories; 218g Fat (98.6% calories from fat); trace Protein; 7g Carbohydrate; trace Dietary Fiber; 0mg Cholesterol; 1073mg Sodium. Exchanges: 1/2 Grain(Starch); 0 Lean Meat; 0 Fruit; 43 1/2 Fat; 0 Other Carbohydrates.

Mock Tuna Salad

NICE_GIRL1965

allRecipes.com

URL: <http://allrecipes.com/Recipe/Mock-Tuna-Salad/Detail.aspx>



Servings: 4

Preparation Time: 20 minutes

"This is a chickpea spread that tastes like tuna salad! No kidding! Great served in a sandwich."

19 ounces garbanzo beans, drained and mashed

2 tablespoons mayonnaise

2 teaspoons spicy brown mustard

1 tablespoon sweet pickle relish

2 green onions, chopped

salt and pepper (to taste)

British English recipe for Chickpea Sandwich Spread .

French recipe for Sauce aux pois chiches pour sandwich .

Australian recipe for Chickpea Sandwich Spread .

In a medium bowl, combine garbanzo beans, mayonnaise, mustard, relish, chopped green onions, salt and pepper. Mix well.

Per Serving (excluding unknown items): 547 Calories; 14g Fat (22.3% calories from fat); 26g Protein; 84g Carbohydrate; 24g Dietary Fiber; 2mg Cholesterol; 104mg Sodium. Exchanges: 5 1/2 Grain(Starch); 1 1/2 Lean Meat; 0 Vegetable; 1 1/2 Fat; 0 Other Carbohydrates.

Mom's Mayonnaise

cooks.com

URL: <http://www.cooks.com/rec/doc/0,1730,148175-229200,00.html>

1 cup water
2 cups vinegar
1 cup sugar
2 tablespoons flour (substitute cornstarch for gluten-free)
1 tablespoon salt
1 tablespoon dry mustard
6 eggs

Bring water and vinegar to a boil. Make a paste of remaining ingredients. Stir the paste into the boiling vinegar water. Cook over moderate heat, stirring constantly until mixture thickens. Cool and refrigerate. (When making for potato salad, I put it over the potatoes hot.)

Per Serving (excluding unknown items): 1362 Calories; 31g Fat (19.9% calories from fat); 41g Protein; 243g Carbohydrate; 1g Dietary Fiber; 1272mg Cholesterol; 6830mg Sodium. Exchanges: 1 Grain(Starch); 5 Lean Meat; 2 1/2 Fat; 15 1/2 Other Carbohydrates.

Nikki's Healthy Cookie Recipe

101cookbooks.com

URL: <http://www.101cookbooks.com/archives/nikkis-healthy-cookies-recipe.html>



You can use unsweetened carob, or grain sweetened chocolate chips, or do what I did and chop up 2/3 of a bar of Scharffen berger 70%. I sort-of shaved half the bar with a knife and then cut the rest into bigger chip-sized chunks. You can make your own almond meal by pulsing almonds in a food processor until it is the texture of sand - don't go too far or you'll end up with almond butter. And lastly, the coconut oil works beautifully here, just be sure to warm it a bit - enough that it is no longer solid, which makes it easier to incorporate into the bananas. If you have gluten allergies, seek out GF oats.

- 3 large, ripe bananas, well mashed (about 1 1/2 cups)**
- 1 teaspoon vanilla extract**
- 1/4 cup coconut oil, barely warm - so it isn't solid (or alternately, olive oil)**
- 2 cups rolled oats**
- 2/3 cup almond meal**
- 1/3 cup coconut, finely shredded unsweetened**
- 1/2 teaspoon cinnamon**
- 1/2 teaspoon fine grain sea salt**
- 1 teaspoon baking powder**
- 6 ounces chocolate chips or dark chocolate bar chopped (6 - 7)**

Preheat oven to 350 degrees, racks in the top third.

In a large bowl combine the bananas, vanilla extract, and coconut oil. Set aside. In another bowl whisk together the oats, almond meal, shredded coconut, cinnamon, salt, and baking powder. Add the dry ingredients to the wet ingredients and stir until combined. Fold in the chocolate chunks/chips. The dough is a bit looser than a standard cookie dough, don't worry about it. Drop dollops of the dough, each about 2 teaspoons in size, an inch apart, onto a parchment (or Silpat) lined baking sheet. Bake for 12 - 14 minutes. I baked these as long as possible without burning the bottoms and they were perfect - just shy of 15 minutes seems to be about right in my oven.

Makes about 3 dozen bite-sized cookies.

Per Serving (excluding unknown items): 1580 Calories; 91g Fat (49.8% calories from fat); 63g Protein; 142g Carbohydrate; 20g Dietary Fiber; 0mg Cholesterol; 506mg Sodium. Exchanges: 9 Grain(Starch); 4 1/2 Lean Meat; 1/2 Fruit; 15 Fat; 0 Other Carbohydrates.

Nutty Apple Cinnamon Breakfast Rice (Vegan, Gluten-Free, Soy-Free)

GoDairy Free

URL: <http://www.godairyfree.org/Recipes/Breakfast/Nutty-Apple-Cinnamon-Breakfast-Rice-Vegan-Gluten-Free-Soy-Free.html>



Servings: 4

Because this recipe contains no sugar, this is one time to pass up those super-tart Pippins or Granny Smiths that you might typically bake with. I used Fuji, but feel free to use any firm apple, such as Braeburn, Jonagold, or Gala.

4 large Apples, cut into ½” pieces (unpeeled)

½ cup Chopped Walnuts (cashews or pecans will also work well)

2 tablespoons Coconut Oil or Margarine (may use just 1T if watching fat intake)

1 teaspoon Ground Cinnamon

Generous pinch of Salt

½ cup Raisins

2 cups Cooked Brown Rice

Cooking times: Feel free to experiment with the cooking temp and time a bit on this recipe. My apples were perfect after 40 minutes, baked at 350°F. This is the maximum temperature I recommend when baking with coconut oil.

Apples: Do not peel the apples, as the peel contains a good deal of fiber and nutrients. Plus, since this is a breakfast dish (rather than dessert), the delicateness of peeled apples is not required. **Organic:** Try to go for organic apples and raisins, which rank high on the pesticide load

Cooking Brown Rice: You may choose to use any type of brown rice, but in general, cook every 1 cup of dry rice in a generous 2 cups of water. I also add a pinch of salt and at least one teaspoon of oil per cup of rice. This tends to improve results dramatically.

Preheat your oven to 350°F.

In a 9 x 13” baking dish, stir together the chopped apples and nuts. Drizzle with the coconut oil or margarine, and stir to coat. Sprinkle the mixture with the cinnamon and salt, and stir until the apples and nuts are evenly coated with spice. Place the dish in the oven, and bake for 30-45 minutes, or until the apples are nice and tender. Check in every 15 minutes while baking to give the apples a stir.

Remove the apples from the oven, and stir in the raisins and brown rice.

Yields 4 servings

Extra

Cooking times: Feel free to experiment with the cooking temp and time a bit on this recipe. My apples were perfect after 40 minutes, baked at 350°F. This is the maximum temperature I recommend when baking with coconut oil.

* **Apples:** Do not peel the apples, as the peel contains a good deal of fiber and nutrients. Plus, since this is a breakfast dish (rather than dessert), the delicateness of peeled apples is not required.

* **Organic:** Try to go for organic apples and raisins, which rank high on the pesticide load scale.

* **Cooking Brown Rice:** You may choose to use any type of brown rice, but in general, cook every 1 cup of

dry rice in a generous 2 cups of water. I also add a pinch of salt and at least one teaspoon of oil per cup of rice. This tends to improve results dramatically.

Per Serving (excluding unknown items): 192 Calories; 1g Fat (5.9% calories from fat); 3g Protein; 44g Carbohydrate; 6g Dietary Fiber; 0mg Cholesterol; 1mg Sodium. Exchanges: 1 1/2 Grain(Starch); 1 1/2 Fruit; 0 Fat.

Oprah's Scrambled Tofu (Vegan, Gluten-Free, Nut-Free)

GoDairy Free

URL: <http://www.godairyfree.org/Recipes/Breakfast/Oprah-s-Scrambled-Tofu-Vegan-Gluten-Free-Nut-Free.html>

"Oprah classified this recipe as heart-healthy. She's right! But what's also right is that this Scrambled Tofu is so good, the only thing you'll be thinking about is the amazing taste. Eggs are high in cholesterol, which raises your risk of heart attack and stroke. Veggie alternatives offer a healthy way of getting all of your necessary nutrients."

16-oz. firm tofu

3 cloves garlic, peeled sliced

3 tablespoons red bell pepper, diced

2 tablespoons olive oil

1/2 teaspoon turmeric

1/2 teaspoon salt

1/4 teaspoon freshly ground black pepper

3/4 cup green onions, scallions, chives, sliced

1/2 cup onion, minced

2 teaspoons soy sauce [use wheat-free tamari for gluten-free]

salsa corn tortillas (optional)

Drain and crumble tofu.

In a medium frying pan, sauté garlic and diced pepper with olive oil on medium heat for about 2 minutes.

Stir in the crumbled tofu first, then add remaining ingredients.

Cook for 3 more minutes, stirring occasionally; serve with salsa and warm corn tortillas!

Per Serving (excluding unknown items): 318 Calories; 27g Fat (74.5% calories from fat); 3g Protein; 18g Carbohydrate; 4g Dietary Fiber; 0mg Cholesterol; 1083mg Sodium. Exchanges: 0 Grain(Starch); 3 Vegetable; 5 1/2 Fat.

Pasta Fazule



2 cans cannolini beans
1 can 28 ounces crushed tomatoes
1 1/2 cups elbows or small pasta, cooked al dente (I used Tinkyada)
1 chopped onion
3 cloves garlic (3-4) chopped or put through garlic press
1 can chicken broth, water, or reserved pasta liquid
salt
pepper
basil
olive oil

Cook onion and garlic in olive oil over medium to low heat. Cook until soft, not browned. Add tomatoes, beans with liquid, and chicken broth or water to thin to desired consistency. Simmer 20 minutes. Add salt, pepper, and basil to taste. Add pasta.

Don't forget to top with grated cheese and crushed red pepper.

This gets better the day after, but don't forget, the pasta will absorb a bunch of the liquid, don't be surprised. And, big tip here in Italian cooking, a lot of the time we use the cooking liquid in the pasta to thin the sauce to the right consistency. It adds a whole heck of a lot more than just water.

Per Serving (excluding unknown items): 94 Calories; 2g Fat (14.9% calories from fat); 7g Protein; 13g Carbohydrate; 2g Dietary Fiber; 0mg Cholesterol; 768mg Sodium. Exchanges: 1/2 Lean Meat; 2 Vegetable.

Pasta In Spicy Peanut Sauce

cooks.com

URL: <http://www.cooks.com/rec/view/0,1818,134189-243193,00.html>

Servings: 4

1 pound gluten-free spaghetti or linguini (Deboles, Thai Kitchen, or Tinkyada)

2 tablespoons peanut oil

1 small red onion, peeled and minced

6 garlic cloves, minced

1 teaspoon good curry powder (as hot as you prefer)

a good pinch of cayenne pepper, or more, for desired heat

2/3 cup all natural peanut butter

1 tablespoon brown sugar

1 tablespoon wheat-free tamari sauce

3 tablespoons rice or apple cider vinegar

1 1/2 cups hot gluten-free vegetable broth (or chicken)

sea salt and freshly ground white pepper, to taste

Garnishes::

4 green onions, chopped

small bowl of flaked coconut

small bowl of chopped peanuts

Bring a large pot of salted, fresh water to a rolling boil and (following the cooking directions on the pasta package) cook the pasta to al dente, firm but tender to the bite. Rinse and set aside in a warmed serving bowl.

Meanwhile, heat the oil in a saucepan over medium heat, and sauté the onion for about 5 minutes until softened. Add the garlic, curry powder and cayenne and stir 1 minute. Add the peanut butter, brown sugar, tamari sauce, and vinegar, and stir to make a smooth paste. Slowly begin adding the heated broth, stirring or whisking to blend. Heat through gently. Taste for seasoning adjustments, and add salt and pepper to taste.

Pour the peanut sauce on the noodles and toss well. Serve at the table, and offer small bowls of chopped green onions, flaked coconut and chopped fresh peanuts for garnish. Add more nutrition by tossing in cooked vegetables, tofu, shrimp, leftover chicken pieces, etc. Serves 4.

Submitted by: Karri Ann Allrich

Per Serving (excluding unknown items): 95 Calories; 7g Fat (62.5% calories from fat); 1g Protein; 8g Carbohydrate; 1g Dietary Fiber; 0mg Cholesterol; 5mg Sodium. Exchanges: 1 Vegetable; 1 1/2 Fat; 0 Other Carbohydrates.

Pastry Gluten Free

recipecenter.com

URL: <http://www.recipecenter.com/recipe.aspx?Code=1524285>

1 1/2

cup

Whole bean flour (try puree)

4

tbsp

Cornstarch

1

tbsp

Cornmeal

1

teasp

GF baking powder

1/2

teasp

Salt

6

tbsp

Vegetable shortening

1

Egg White

12

tbsp

Cold water

Bean flour is a new product being promoted by the ontario coloured bean growers of ontario.

2. If not available to you, try white bean puree.

3. Less fat is required with bean flour than whole wheat flour for pastry.

4. Stir together dry ingredients, then cut in shortening until mixture is crumbly using pastry blender or 2 knives.

5. Try adding puree alternately with shortening.

6. Whisk together egg white and a little less water if using bean puree.

7. Stir into dry ingredients to make a soft dough.

8. Divide dough in half.

9. Roll dough out to 1/8" thickness on a cornstarch dusted surface, between layers of waxed paper or layers of plastic wrap.

10. Press into pan, patching if necessary.

11. For pie shell or single crust: trim edge leaving half-inch overhang to tuck under and flute edge.

12. Line inside of pastry shell with piece of foil.

13. Bake at 400°F for 15 minutes or until edges are golden brown, remove foil.

14. For double-crust pie: trim edge, fill, roll top pastry.

15. Tuck 1/2 inch overhang under edge of bottom crust, press firmly together.

16. Flue edges.

17. Cut steam vents.

18. Bake as recipe directs for filling.

19. Makes 1 double-crust, 2 single pie shells or 24 medium tart shells.

20. Double crust: 184 calories, 1 starch, 1 fat choice 8 grams total fat, 2 grams saturated, 0 mg cholesterol, 4 grams protein, 18 grams carbohydrate, 44 mg sodium, 274 mg potassium.

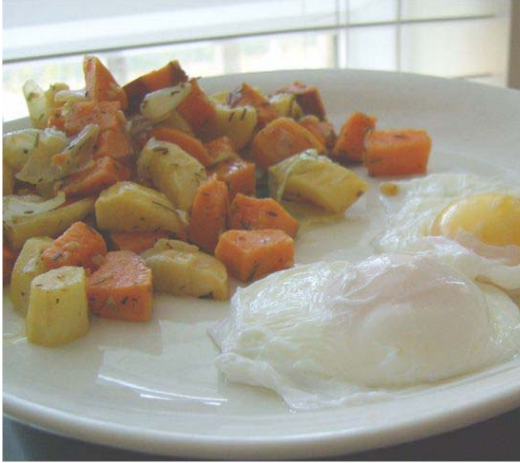
21. High fibre.

Per Serving (excluding unknown items): 0 Calories; 0g Fat (0.0% calories from fat); 0g Protein; 0g Carbohydrate; 0g Dietary Fiber; 0mg Cholesterol; 0mg Sodium. Exchanges: .

Perfectly Poached Eggs (Gluten-Free, Nut-Free, Soy-Free)

GoDairy Free

URL: <http://www.godairyfree.org/Recipes/Breakfast/Perfectly-Poached-Eggs-Gluten-Free-Nut-Free-Soy-Free.html>



Vinegar Note: Some recipes recommend adding a dash of white vinegar to help the eggs appearance. Honestly, I can't stand the taste of the eggs when vinegar is used. Even a tiny amount seems to permeate their mild and delicate flavor. Also, aren't we taught that appearances don't matter?

Fill a saucepan about 2/3 full with water and bring it to a boil.

* Crack an egg into a bowl (I do one at a time since I am a newbie; also, if the yolk breaks it won't work for poaching, but you can scramble it or use it in a recipe) * Reduce the heat to medium (you want the water simmering, but not boiling for the best cooked eggs), give the water a quick swirl, and gently slide/pour the egg into the simmering water.

* Allow the eggs to cook for 3 to 5 minutes – 3 if you like the yolk runny, 4 if you like it partially cooked but still a bit runny, 5 or more if you like those eggs solid! * Remove the eggs with a slotted spoon, sifting out any excess water, and serve while still hot / warm.

Honestly, I couldn't believe it was that easy!

Per Serving (excluding unknown items): 0 Calories; 0g Fat (0.0% calories from fat); 0g Protein; 0g Carbohydrate; 0g Dietary Fiber; 0mg Cholesterol; 0mg Sodium. Exchanges: .

Peter Reinhart's Napoletana Pizza Dough Recipe

101cookbooks.com

URL: <http://www.101cookbooks.com/archives/001199.html>



Heidi notes: Peter's recipe says the olive (or vegetable oil) is optional. I use it every time - always olive oil, not vegetable oil. I love the moisture and suppleness it adds to the dough, and it makes your hands soft too.

4 1/2 cups unbleached high-gluten (20.25 ounces) bread, or all-purpose flour, chilled

3/4 ounce salt

1 teaspoon instant yeast (.11 ounce)

1/4 cup olive oil (2 ounces) (optional)

1 3/4 cups water (14 ounces) (40°F) ice cold

Semolina flour or cornmeal for dusting

Stir together the flour, salt, and instant yeast in a 4-quart bowl (or in the bowl of an electric mixer). With a large metal spoon, stir in the oil and the cold water until the flour is all absorbed (or mix on low speed with the paddle attachment). If you are mixing by hand, repeatedly dip one of your hands or the metal spoon into cold water and use it, much like a dough hook, to work the dough vigorously into a smooth mass while rotating the bowl in a circular motion with the other hand. Reverse the circular motion a few times to develop the gluten further. Do this for 5 to 7 minutes, or until the dough is smooth and the ingredients are evenly distributed. If you are using an electric mixer, switch to the dough hook and mix on medium speed for 5 to 7 minutes, or as long as it takes to create a smooth, sticky dough. The dough should clear the sides of the bowl but stick to the bottom of the bowl. If the dough is too wet and doesn't come off the sides of the bowl, sprinkle in some more flour just until it clears the sides. If it clears the bottom of the bowl, dribble in a tea-spoon or two of cold water. The finished dough will be springy, elastic, and sticky, not just tacky, and register 50 to 55F.

Sprinkle flour on the counter and transfer the dough to the counter. Prepare a sheet pan by lining it with baking parchment and misting the parchment with spray oil (or lightly oil the parchment). Using a metal dough scraper, cut the dough into 6 equal pieces (or larger if you are comfortable shaping large pizzas). You can dip the scraper into the water between cuts to keep the dough from sticking to it. Sprinkle flour over the dough. Make sure your hands are dry and then flour them. Lift each piece and gently round it into a ball. If the dough sticks to your hands, dip your hands into the flour again. Transfer the dough balls to the sheet pan, Mist the dough generously with spray oil and slip the pan into a food-grade plastic bag.

Put the pan into the refrigerator overnight to rest the dough, or keep for up to 3 days. (Note: If you want to save some of the dough for future baking, you can store the dough balls in a zippered freezer bag. Dip each dough ball into a bowl that has a few tablespoons of oil in it, rolling the dough in the oil, and then put each ball into a

separate bag. You can place the bags into the freezer for up to 3 months. Transfer them to the refrigerator the day before you plan to make pizza.)

On the day you plan to make the pizza, remove the desired number of dough balls from the refrigerator 2 hours before making the pizza. Dust the counter with flour, and then mist the counter with spray oil. Place the dough balls on top of the floured counter and sprinkle them with flour; dust your hands with flour. Gently press the dough into flat disks about 1/2 inch thick and 5 inches in diameter. Sprinkle the dough with flour, mist it again with spray oil, and cover the dough loosely with plastic wrap or a food-grade plastic bag. Let rest for 2 hours.

At least 45 minutes before making the pizza, place a baking stone either on the floor of the oven (for gas ovens), or on a rack in the lower third of the oven. Preheat the oven as hot as possible, up to 800F (most home ovens will go only to 500 to 550F, but some will go higher). If you do not have a baking stone, you can use the back of a sheet pan, but do not preheat the pan.

Generously dust a peel or the back of a sheet pan with semolina flour or cornmeal. Make the pizzas one at a time. Dip your hands, including the backs of your hands and knuckles, in flour and lift 1 piece of dough by getting under it with a pastry scraper. Very gently lay the dough across your fists and carefully stretch it by bouncing the dough in a circular motion on your hands, carefully giving it a little stretch with each bounce. If it begins to stick to your hands, lay it down on the floured counter and re-flour your hands, then continue shaping it. Once the dough has expanded outward, move to a full toss as shown on page 208. If you have trouble tossing the dough, or if the dough keeps springing back, let it rest for 5 to 20 minutes so the gluten can relax, and try again. You can also resort to using a rolling pin, though this isn't as effective as the toss method.

When the dough is stretched out to your satisfaction (about 9 to 12 inches in diameter for a 6-ounce piece of dough), lay it on the peel or pan, making sure there is enough semolina flour or cornmeal to allow it to slide. Lightly top it with sauce and then with your other toppings, remembering that the best pizzas are topped with a less-is-more philosophy. The American "kitchen sink" approach is counterproductive, as it makes the crust more difficult to bake. A few, usually no more than 3 or 4 toppings, including sauce and cheese is sufficient.

Slide the topped pizza onto the stone (or bake directly on the sheet pan) and close the door. Wait 2 minutes, then take a peek. If it needs to be rotated 180 degrees for even baking, do so. The pizza should take about 5 to 8 minutes to bake. If the top gets done before the bottom, you will need to move the stone to a lower shelf before the next round. If the bottom crisps before the cheese caramelizes, then you will need to raise the stone for subsequent bakes.

Remove the pizza from the oven and transfer to a cutting board. Wait 3 to 5 minutes before slicing and serving, to allow the cheese to set slightly.

Makes six 6-ounce pizza crusts.

from *The Bread Baker's Apprentice* by Peter Reinhart (Ten Speed Press) - reprinted with permission

Per Serving (excluding unknown items): 477 Calories; 54g Fat (100.0% calories from fat); 0g Protein; 0g Carbohydrate; 0g Dietary Fiber; 0mg Cholesterol; 8473mg Sodium. Exchanges: 11 Fat.

Pignoli Cookies

Adele

allRecipes.com

URL: <http://allrecipes.com/Recipe/Pignoli-Cookies-I/Detail.aspx>



Servings: 36

Preparation Time: 30 minutes

"They are pleasantly sweet, made with almond paste and pine nuts, but no flour."

12 ounces almond paste

1/2 cup white sugar

1 cup confectioners' sugar

4 egg whites

1 1/2 cups pine nuts

Preheat oven to 325 degrees F (165 degrees C). Line 2 cookie sheets with foil; lightly grease foil.

Mix almond paste and granulated sugar in food processor until smooth. Add confectioners' sugar and 2 egg whites; process until smooth.

Whisk remaining 2 egg whites in small bowl. Place pine nuts on shallow plate. With lightly floured hands roll dough into 1 inch balls. Coat balls in egg whites, shaking off excess, then roll in pine nuts, pressing lightly to stick. Arrange balls on cookie sheets, and flatten slightly to form a 1 1/2 inch round.

Bake 15 to 18 minutes in the preheated oven, or until lightly browned. Let stand on cookie sheet 1 minute. Transfer to wire rack to cool.

Per Serving (excluding unknown items): 77 Calories; 6g Fat (60.9% calories from fat); 3g Protein; 5g Carbohydrate; 1g Dietary Fiber; 0mg Cholesterol; 7mg Sodium. Exchanges: 1/2 Grain(Starch); 0 Lean Meat; 1 Fat.

Pizza Base

bbc.co.uk

URL: http://www.bbc.co.uk/food/recipes/database/pizzabase_74776.shtml



Preparation Time: 30 minutes

There'll be no stopping you once you've made your first gluten-free pizza dough. Pizza is universally appealing, a quick and easy lunch or supper dish, for which you can endlessly vary the toppings.

- 1 teaspoon sugar**
- 225ml/8fl oz lukewarm water**
- 15g/½oz dried active yeast**
- 175g/6oz rice flour, plus extra for dusting**
- 75g/3oz potato flour**
- 50g/2oz tapioca flour**
- 25g/1oz dried milk**
- 1 ½ tsp gluten-free baking powder**
- 1 teaspoon xanthan gum**
- 1 teaspoon salt**
- 1 tablespoon sunflower oil**
- 1 egg, preferably free-range**

Dissolve the sugar in 150ml/¼ pint of the lukewarm water in a small bowl and stir in the dried yeast. Sit the bowl for a few minutes in a warm place to allow the yeast to start to work. After about 4-5 minutes it will have a creamy, slightly frothy appearance.

2. Place the rice flour, potato flour, tapioca flour, dried milk, gluten-free baking powder, xanthan gum and salt into the bowl of a food mixer. Using the paddle attachment, thoroughly mix the dry ingredients together. In a small bowl, whisk together the sunflower oil and egg and stir into the dry ingredients on a low speed.
3. When the yeast mixture is ready, stir and pour with the remaining lukewarm water into the mixer bowl. Using the K-blade attachment on a low speed, mix the liquid through the contents of the bowl. Continue to mix for 3-4 minutes, until a smooth dough is produced.
4. Transfer the dough to a rice-floured work surface. The dough will be slightly sticky, so it helps if you put a little rice flour on your hands too. Divide the dough into four equal parts, each weighing about 150g/5oz. Place a sheet of parchment paper on a baking tray. Transfer one piece of the dough to the baking tray and, using the 'heel' of your hand, flatten it to form a circle measuring 20cm/8in in diameter. Repeat with the remaining three pieces of dough.
5. Cover the dough circles with a clean tea towel and allow them to rise in a warm place for about 15 minutes.
6. Preheat the oven to 200C/400F/Gas 6.
7. Transfer the baking sheets to the oven and bake for 8-10 minutes before removing and adding the toppings of your choice. Return the pizzas, with the toppings to the oven and bake for a further 10-15 minutes until the bases are crisp and the toppings are bubbly and golden.
8. Serve immediately.

Per Serving (excluding unknown items): 211 Calories; 19g Fat (79.4% calories from fat); 6g Protein; 5g Carbohydrate; 0g Dietary Fiber; 212mg Cholesterol; 2202mg Sodium. Exchanges: 1 Lean Meat; 3 Fat; 1/2 Other Carbohydrates.

Poached Eggs Over Rice

101cookbooks.com

URL: <http://www.101cookbooks.com/archives/poached-eggs-over-rice-recipe.html>



You can use any type of wholegrain rice you like - just think non-white. There are many wonderful whole grain rice varieties out there to try - brown rice, red rice, wild rice - I used a black Japonica rice in the version pictured here. If I were sharing this with a friend or guests I might make the dressing a bit more elaborate (for example using the dressing from Otsu salad in Super Natural Cooking). As far as poaching the eggs is concerned, I've tried varying techniques over the years to achieve nicely poached eggs - recently abandoning the vinegar-water (as well as the whirlpool/ vortex technique) and instead opting for an approach more in line with the one highlighted in Michael Ruhlman's new book - utilizing a strainer to minimize flyaway whites.

1 tablespoon olive oil
1/2 onion, chopped
2 pinches salt
pinch of crushed red pepper flakes (optional)
3/4 cup organic extra-firm tofu (optional) 1/4 inch dice
1 small clove garlic, chopped
2 cups dark leafy green (2 - 3) deveined and finely chopped
2 cups pre-cooked whole grain rice (brown is fine) (2 - 3)
4 good quality eggs

Fill a wide-mouthed saucepan with 3-4 inches of water and bring to a simmer.

Separately, warm the olive oil in a large skillet over medium-high heat. Stir in the onion, salt, and crushed red pepper flakes. Let the onions soften up a bit - a couple minutes. Stir in the tofu if you are using it - let that heat up and brown a tad. Now stir in the garlic and greens. Cook the greens for a couple minutes, until they collapse and soften up. Stir in the pre-cooked rice and saute until hot. Remove from heat, and set aside. Taste for seasoning as well.

Now back to the simmering water. You are going to use this to poach the eggs one at a time. Gently crack egg into a ramekin, carefully slip it into a mesh strainer over your sink - some of the whites will run through and strain off (if the mesh is too fine, you won't get the desired effect). This minimizes the fly-away whites you normally get. Now, carefully slide the egg back into the ramekin. Lower the ramekin down into the simmering water and let the egg slip out. Let it simmer there for a few minutes, past the point when the whites have become opaque. If you like a loose yolk, cook for less time. Remove the egg with a strainer or slotted spoon and either serve it atop some rice or set aside while you repeat the process with the remaining eggs.

Divide the rice between four bowls and serve each topped with one of the poached eggs.

Makes four servings.

Per Serving (excluding unknown items): 145 Calories; 14g Fat (82.3% calories from fat); 1g Protein; 6g Carbohydrate; 1g Dietary Fiber; 0mg Cholesterol; 269mg Sodium. Exchanges: 1 Vegetable; 2 1/2 Fat.

Pumpkin Bread

recipezaar.com

URL: <http://www.recipezaar.com/gluten-free-pumpkin-bread-359480>

Servings: 6

Preparation Time: 20 minutes

Found the original recipe posted on a forum. This is a slightly modified version of it to be more nutritious. Extremely yummy and fluffy. Tasted delicious right out of the oven and the smell was heavenly. For the flour mix I used Bette Hagman's Bean Mix (6 Cups Rice Flour (white or brown), 2 Cups Potato Flour, 1 Cup Tapioca Starch) The recipe calls for 6 5 3/4"x3"x2 1/2 bread pans. You can also make muffins with the batter, just decrease the cooking time. I made one medium sized loaf, 2 mini loaves, and 12 muffins. I sprinkled cinnamon and sugar on top of all of them. Even my sister who doesn't like pumpkin ate a muffin.

4 cups flour (Gluten-Free)
2 teaspoons cinnamon
2 teaspoons baking soda
1 teaspoon baking powder
1 1/2 teaspoons salt
2 teaspoons xanthan gum or guar gum
1/2 teaspoon clove
1 teaspoon allspice
1 teaspoon nutmeg
1 cup white sugar
2/3 cup brown sugar
15 ounces pumpkin puree (Such as Libby's)
4 large eggs
1/4 cup canola oil
1 cup unsweetened applesauce
1 cup nonfat milk
1 1/2 cups semi-sweet chocolate chips (optional)

In a very large mixing bowl, beat eggs.

Beat in sugar, pumpkin, applesauce and oil.

Whisk together all the dry ingredients and beat in 1/2 at a time.

Slowly beat in milk until mixed and there are no flour lumps. If you're adding chocolate chips, now would be the time to add them.

Pour batter into 6 greased and floured small loaf pans until each is about 2/3 to 3/4 from the top. Be aware that the loaves will rise a few inches.

Sprinkle brown sugar and cinnamon on top of each loaf.

Bake in preheated 350 degree oven for about 40-45 minutes or until toothpick comes out clean. Muffins need only be cooked about 30-35 minutes.

Per Serving (excluding unknown items): 555 Calories; 14g Fat (22.2% calories from fat); 15g Protein; 93g Carbohydrate; 6g Dietary Fiber; 142mg Cholesterol; 1115mg Sodium. Exchanges: 4 Grain(Starch); 1/2 Lean Meat; 1 Vegetable; 1/2 Fruit; 0 Non-Fat Milk; 2 Fat; 1 Other Carbohydrates.

Pumpkin Custard with a Kick

Zafira Vauxhall

allRecipes.com

URL: <http://allrecipes.com/Recipe/Pumpkin-Custard-with-a-Kick/Detail.aspx>



Servings: 6

Preparation Time: 20 minutes

"Cayenne pepper is the unexpected ingredient that gives this not-so-traditional pumpkin custard its added kick! Enjoy it as is for a fat-free treat or add a little whipped cream (the real stuff, please) for a more indulgent dessert."

1/3 cup packed brown sugar
1 teaspoon pumpkin pie spice
1/4 teaspoon cayenne pepper
1 teaspoon vanilla extract
1/4 cup orange juice
4 egg whites, lightly beaten
15 ounces pumpkin puree
1 can fat-free evaporated milk (12 fluid ounce)
whipped cream, to garnish (optional)

Preheat an oven to 350 degrees F (175 degrees C). Place 6 custard cups in a 9x13-inch baking dish. Bring a kettle of water to the boil.

Combine the brown sugar, pumpkin pie spice, cayenne pepper, vanilla extract, orange juice, and lightly beaten egg whites in a mixing bowl. Stir in the pumpkin and evaporated milk until well blended.

Carefully ladle the custard into each cup, dividing the mixture evenly. Pour boiling water around the cups to a depth of at least 1 inch. Bake the custards in the preheated oven until a knife inserted into the center of the custard comes out clean, about 45 minutes.

Carefully remove the pan from the oven; allow to cool. Remove the custard cups from the water bath and cool completely on a wire rack. Refrigerate before serving. Serve garnished with a tablespoon of real whipped cream, if desired.

Per Serving (excluding unknown items): 89 Calories; trace Fat (2.6% calories from fat); 3g Protein; 19g Carbohydrate; 2g Dietary Fiber; 0mg Cholesterol; 45mg Sodium. Exchanges: 0 Grain(Starch); 1/2 Lean Meat; 1 Vegetable; 0 Fruit; 0 Fat; 1 Other Carbohydrates.

Pumpkin Pancakes (Gluten-Free)

GoDairy Free

URL: <http://www.godairyfree.org/Recipes/Breakfast/Pumpkin-Pancakes-Gluten-Free.html>



This recipe is from The Ruby Range. They make several gluten-free / casein-free baking mixes that use Organic Mesquite Flour as the primary ingredient.

"Mesquite Meal or Flour is ground from the pods of the mesquite tree and adds a slightly molasses, nutty flavor to cakes, cookies, and breadings. Baked items made with mesquite have a lovely golden to rust color. Traditionally tortillas were made from mesquite. Nutritionally it is high in protein, calcium, potassium, and iron. Mesquite can actually help balance blood sugar. Begin experimenting with small amounts added to your favorite recipes."

1 bag Ruby Range Southwest Pancake Mix or any Ruby Range Basic Mix + ½ teaspoon baking powder and ¼ teaspoon baking soda

1/16 teaspoon Ruby Range Spice Blend or pumpkin pie spice of choice

1 cup soy yogurt (add a little more if batter is too stiff)

1 cup pumpkin puree

2 tablespoons canola oil

2 eggs

Separate eggs. Beat white until soft peaks form. In a separate bowl, combine pumpkin, yogurt, oil, egg yolks and spices. Add pancake mix and stir until all ingredients are just combined.

Cook on a griddle or in a frying pan over medium heat until bubble come to the top. Turn and brown the second side.

Per Serving (excluding unknown items): 472 Calories; 38g Fat (70.4% calories from fat); 15g Protein; 21g Carbohydrate; 7g Dietary Fiber; 424mg Cholesterol; 152mg Sodium. Exchanges: 1 1/2 Lean Meat; 4 Vegetable; 6 1/2 Fat.

Quinoa Pudding

Graycat

allRecipes.com

URL: <http://allrecipes.com/Recipe/Quinoa-Pudding/Detail.aspx>



Servings: 6

Preparation Time: 5 minutes

"Quinoa is a high-protein grain native to South America. You can find it in most health food stores and some grocery stores. This is a simple, delicious vegan recipe full of plump raisins, and sweetened with apple juice. Serve with berries, sliced ba

1 cup quinoa

2 cups water

2 cups apple juice

1 cup raisins

2 tablespoons lemon juice

1 teaspoon ground cinnamon, or to taste

salt (to taste)

2 teaspoons vanilla extract

Questions about quinoa ?

Place quinoa in a sieve and rinse thoroughly. Allow to drain, then place quinoa in a medium saucepan with water. Bring to a boil over high heat. Cover pan with lid, lower heat, and allow to simmer until all water is absorbed and quinoa is tender, about 15 minutes.

Mix in apple juice, raisins, lemon juice, cinnamon, and salt. Cover pan and allow to simmer for 15 minutes longer. Stir in vanilla extract. Serve warm.

Per Serving (excluding unknown items): 224 Calories; 2g Fat (7.2% calories from fat); 5g Protein; 49g Carbohydrate; 3g Dietary Fiber; 0mg Cholesterol; 14mg Sodium. Exchanges: 1 1/2 Grain(Starch); 2 Fruit; 1/2 Fat.

Raspberry Mega Scones Recipe

101cookbooks.com

URL: <http://www.101cookbooks.com/archives/raspberry-mega-scones-recipe.html>



This particular scone recipe lends itself to endless combinations. I used raspberry jam here because of its color and flavor, but use whatever you have on hand - the chunkier the better. If you can't be bothered with making the glaze, just sprinkle some coarse raw sugar over the scone before baking after brushing with a bit of cream.

- 4 cups whole wheat pastry flour (or unbleached all-purpose flour)**
- 3 tablespoons aluminum-free baking powder**
- 1 teaspoon fine-grain sea salt**
- 4 ounces unsalted butter (4 oz) chilled and cut into 1/4-inch cubes**
- 3/4 cup fine grain natural cane sugar or granulated sugar**
- 1 1/4 cups half-and-half (or you can also use heavy cream or whole milk)**
- 1 teaspoon vanilla extract**
- zest of one lemon**
- 2/3 cup raspberry preserves**
- Glaze:**
- 1/2 cup powdered sugar**
- 1 tablespoon lemon juice**
- zest of one lemon**

Preheat oven to 375. Line a baking sheet with parchment paper or a Silpat.

Combine the flour, baking powder, and salt in a bowl. Using a food processor, cut the butter into the flour mixture until it resembles little pebbles in a beach of sandy flour (about 20 quick pulses). You can also cut the butter in using a knife and fork . Pulse in the sugar. Now add the half-and-half, vanilla extract, and lemon zest. Pulse (or mix until) dough just comes together - don't over mix, but if the batter is too dry add more cream a bit at a time.

Turn out onto a floured piece of parchment paper or Silpat mat, divide into two equal sized pieces of dough and set one aside. Take the first piece of dough and roll out into (roughly) a 9x9 inch square, 1/2-inch thick. You want to keep the dough from sticking to the mat/paper if possible, so sprinkle with more flour if needed. Slather the slab of dough with the jam and fold the left side of the dough in toward the center. To discourage the dough from breaking or falling apart I fold it in by folding the Silpat in and then peeling the Silpat back afterwards. Fold the other side in using the same technique (if I'm not making sense, see the photo). Slide onto prepared baking sheet. Repeat with the other piece of dough. The two scones will fit on one baking sheet but give them a few inches between each other so they don't bake into each other. Brush with a bit of cream (optional), and bake for about 25 minutes or until golden where the scones touch the pan.

While the scones are baking, prepare the glaze. Combine the powdered sugar, lemon juice, and lemon zest in a small bowl. Stir until well combined, and set aside. When the scones come out of the oven brush them generously with the glaze and let cool. Slice into pieces as big or small as you like.

Makes two mega scones.

Per Serving (excluding unknown items): 2823 Calories; 100g Fat (32.0% calories from fat); 49g Protein; 430g Carbohydrate; 64g Dietary Fiber; 248mg Cholesterol; 13mg Sodium. Exchanges: 0 Fruit; 18 1/2 Fat; 4 Other Carbohydrates.

Roasted Garlic

CONI67

allRecipes.com

URL: <http://allrecipes.com/Recipe/Roasted-Garlic-2/Detail.aspx>



Servings: 4

Preparation Time: 5 minutes

"I love garlic! It's so easy to roast, and there are so many different ways to do it. It's great when spread on crackers or bread, or mixed into hummus, pasta sauce or just about anything else!"

1 medium head garlic

2 tablespoons olive oil

Method 1: Preheat oven to 250 degrees F (125 degrees C). Slice 1/4 inch off top of garlic bulb. Place in a small baking dish and drizzle with olive oil. Bake in preheated oven for 20 minutes, until outside is lightly browned and garlic cloves are soft. When cool enough to touch, squeeze each clove to extract softened garlic.

Method 2: Preheat oven to 250 degrees F (125 degrees C). Peel each garlic clove. Place in a single layer in a small baking dish and drizzle with olive oil. Bake for 15 minutes, until garlic is soft.

Per Serving (excluding unknown items): 61 Calories; 7g Fat (98.1% calories from fat); trace Protein; trace Carbohydrate; trace Dietary Fiber; 0mg Cholesterol; trace Sodium. Exchanges: 0 Vegetable; 1 1/2 Fat.

Roasted Sweet Potato Corn Chowder

Mellie

allRecipes.com

URL: <http://allrecipes.com/Recipe/Roasted-Sweet-Potato-Corn-Chowder/Detail.aspx>

Servings: 10

Preparation Time: 30 minutes

"The great thing about this recipe is that anyone can eat it because it has no meat, dairy, or gluten. It tastes FANTASTIC! Vegans love it, gluten, and dairy intolerant folks love it too. It's a people pleaser!"

2 sweet potatoes, peeled and cubed

1 tablespoon corn oil

salt and pepper (to taste)

12 ounces frozen corn kernels, thawed

1 cup water

1 tablespoon corn oil

1 1/2 cups finely diced celery

1 cup diced red onion

1/4 cup shallot, minced

1 tablespoon tomato paste

1/2 teaspoon dried thyme leaves

3 cups vegetable broth

1 bay leaf

1 teaspoon salt

1 potato, peeled and cubed

2 tablespoons chopped fresh parsley

Preheat an oven to 425 degrees F (220 degrees C). Place the sweet potatoes into a 9x13 inch baking dish, drizzle with 1 tablespoon of corn oil, and season with salt and pepper. Stir to coat the sweet potatoes in oil.

Roast in the preheated oven until the sweet potatoes are golden and tender, 15 to 20 minutes. Stir occasionally as they cook so the sweet potatoes cook evenly.

Meanwhile, measure out 1 cup of corn kernels and set aside. Place the remaining corn into a blender, and puree with the water until smooth; set aside.

Heat the remaining 1 tablespoon of corn oil in a large saucepan over medium heat. Stir in the celery, onion, and shallot. Cook and stir until the onion has softened, about 5 minutes. Stir in the tomato paste and dried thyme leaves; cook 1 minute more. Pour in the vegetable broth, corn puree, bay leaf, salt, and cubed potato. Bring to a boil over medium-high heat, then reduce the heat to medium-low, cover, and simmer until the potato is tender, 25 to 35 minutes.

Once the potato is tender, remove and discard the bay leaf. Stir in the whole corn kernels, sweet potato, and chopped parsley. Return to a simmer and season to taste with salt and pepper before serving.

Per Serving (excluding unknown items): 150 Calories; 4g Fat (24.4% calories from fat); 4g Protein; 26g Carbohydrate; 3g Dietary Fiber; 1mg Cholesterol; 721mg Sodium. Exchanges: 1 1/2 Grain(Starch); 1/2 Vegetable; 1 Fat.

Sante's Hermit Cookie Recipe

101cookbooks.com

URL: <http://www.101cookbooks.com/archives/santes-hermit-cookies-recipe.html>



I use whole wheat pastry flour here, but you can substitute unbleached all-purpose flour if that's what you have on hand.

- 1 1/2 cups whole wheat pastry flour (or unbleached all-purpose)**
- 2 teaspoons aluminum-free baking powder**
- 1/2 teaspoon fine grain salt**
- 1/2 teaspoon ground cloves**
- 1 teaspoon ground cinnamon**
- 1 teaspoon ground allspice**
- 1/2 cup unsalted butter, room temperature**
- 1 cup natural cane sugar, sift out any chunks**
- 1 large egg**
- 1 teaspoon pure vanilla extract**
- 1 cup currants**
- 1 cup walnuts, chopped**
- 1/4 cup milk**
- 1 cup organic powdered sugar, sifted**
- 4 tablespoons heavy cream (4 - 5)**
- 1 teaspoon pure vanilla extract**

Preheat the oven to 350F degrees. Racks in the top and bottom third.

Sift the flour, baking powder, salt, cloves cinnamon, and allspice into a medium bowl - set aside. In the bowl of an electric mixer (or by hand), cream together the butter and sugar. Add the egg and vanilla. Blend well, scraping down the side of the bowl a few times along the way. Add the currants and walnuts. Add the dry ingredients in three batches, alternating with the milk. Chill (covered) for one hour.

Drop the cookie dough (one level tablespoon at a time) onto un-greased cookie sheets, leaving an inch or so between cookies. Dampen your fingers with a bit of water and gently flatten the dough. Bake for 12 -15 minutes or until the bottoms of the cookies are deeply golden. Cool on a wire rack.

While the cookies are cooling, make the icing. Whisk the powdered sugar, heavy cream, and vanilla together in a small bowl - use immediately. Frost each cookie with an off-set spatula (or pastry bag) - but not until they are completely cool.

Makes about three dozen hermits.

Per Serving (excluding unknown items): 2971 Calories; 196g Fat (56.9% calories from fat); 65g Protein; 269g Carbohydrate; 42g Dietary Fiber; 550mg Cholesterol; 152mg Sodium. Exchanges: 1 1/2 Grain(Starch); 4 1/2 Lean Meat; 7 Fruit; 1/2 Non-Fat Milk; 35 1/2 Fat.

Savoury Pancake Batter

bbc.co.uk

URL: http://www.bbc.co.uk/food/recipes/database/savourypancakebatter_74778.shtml



Servings: 16

Preparation Time: 1 minute

175g/6oz tapioca flour

175g/6oz rice flour

½ tsp salt

4 large eggs, preferably free-range, lightly beaten

350ml/12fl oz milk

4 tablespoons melted butter

Sift the tapioca flour, rice flour and salt into a large bowl. Make a well in the centre and drop in the lightly beaten eggs. Using a whisk and starting in the centre, mix the eggs gradually bringing in the flour mixture. Add the milk slowly and beat until the batter is smooth and covered in bubbles.

2. Refrigerate the pancake batter for at least one hour. Just before you cook the pancakes, whisk the batter again, as some of the flour will have settled to the bottom, and stir in the melted butter.

3. To cook the pancakes, heat a heavy cast-iron crêpe pan or a 20-23cm/8-9in non-stick frying pan until very hot. Using a ladle, pour in just enough batter to cover the base of the pan thinly. Loosen the pancake around the edge, flip over with a spatula or thin-bladed fish knife, cook for 1-2 seconds on the other side and slide off the pan onto a plate.

4. The pancakes may be stacked on top of each other and peeled apart later. Alternatively, they will keep in the fridge for several days or, if a disc of parchment paper is placed between each pancake, they freeze perfectly.

Per Serving (excluding unknown items): 44 Calories; 4g Fat (84.5% calories from fat); 2g Protein; trace Carbohydrate; 0g Dietary Fiber; 61mg Cholesterol; 47mg Sodium. Exchanges: 0 Lean Meat; 1/2 Fat.

Skinny Omelette Recipe

101cookbooks.com

URL: <http://www.101cookbooks.com/archives/skinny-omelette-recipe.html>



I didn't mention it up above, but ricotta spiked with lemon zest and some herbs would be a perfect, easily spreadable slather for this recipe as well .

2 large eggs (preferably organic)
a tiny pinch of fine grain sea salt
tablespoons of chopped chives, a few
a dollop of pesto
a bit of goat cheese or feta
mixed salad greens, a small handful

Use a fork to beat the eggs and salt in a small bowl. Beat well, until the eggs are mostly uniform in color - they seem to run around the pan more evenly when there aren't huge patches of yolk vs. whites.

In your largest non-stick skillet over medium heat (this is one of the few occasions I actually use non-stick) pour the egg mixture and give it a good swirl so that they spread out thinly across the entire pan. Alternately, you can use a crepe pan or crepe maker - this works beautifully as well. Sprinkle the eggs with some of the chives and let them set, this happens quickly depending on the heat of your pan - 15 seconds to one minute. Run a spatula underneath the omelette and slide it out of the pan (flat) onto a countertop, large cutting board or Silpat-line cookie sheet. Do this with confidence (or practice). Spread the pesto across the surface of the omelette (if you have a thick pesto, thin it a bit with water to make it easily spreadable), and then sprinkle with the cheese and salad greens. Starting with one end, roll the omelette away from you. Cut in half on a deep diagonal. Season with a bit more salt if needed and serve garnished with a few chopped chives.

Serves one or two.

Per Serving (excluding unknown items): 148 Calories; 10g Fat (62.6% calories from fat); 13g Protein; 1g Carbohydrate; 0g Dietary Fiber; 424mg Cholesterol; 140mg Sodium. Exchanges: 1 1/2 Lean Meat; 1 Fat.

Slow Cooker Tapioca Pudding

GF.food

allRecipes.com

URL: <http://allrecipes.com/Recipe/Slow-Cooker-Tapioca-Pudding/Detail.aspx>



Servings: 8

Preparation Time: 5 minutes

"Classic tapioca pudding is made with very little hassle in a slow cooker. There is no need to presoak small tapioca pearls prior to cooking."

4 cups milk

2/3 cup white sugar

1/2 cup small pearl tapioca

2 eggs, lightly beaten

Stir together the milk, sugar, tapioca, and eggs in a slow cooker. Cover, and cook on Medium for 3 hours, or on Low for 6 hours, stirring occasionally. Serve warm.

Per Serving (excluding unknown items): 93 Calories; 5g Fat (51.3% calories from fat); 6g Protein; 6g Carbohydrate; 0g Dietary Fiber; 70mg Cholesterol; 77mg Sodium. Exchanges: 0 Lean Meat; 1/2 Non-Fat Milk; 1 Fat.

Spicy Slow Cooker Black Bean Soup

TOOBUSY2

allRecipes.com

URL: <http://allrecipes.com/Recipe/Spicy-Slow-Cooker-Black-Bean-Soup/Detail.aspx>



Servings: 6

Preparation Time: 5 minutes

"This soup can be served as is or run through the blender for a creamy version. You can adjust the spice to cool it down."

1 pound dry black beans, soaked overnight

4 teaspoons diced jalapeno peppers

6 cups chicken broth

1/2 teaspoon garlic powder

1 tablespoon chili powder

1 teaspoon ground cumin

1 teaspoon cayenne pepper

3/4 teaspoon ground black pepper

1/2 teaspoon hot pepper sauce

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Drain black beans, and rinse.

Combine beans, jalapenos, and chicken broth in a slow cooker. Season with garlic powder, chili powder, cumin, cayenne, pepper, and hot pepper sauce.

Cook on High for 4 hours. Reduce heat to Low, and continue cooking for 2 hours, or until you are ready to eat.

Per Serving (excluding unknown items): 46 Calories; 2g Fat (34.1% calories from fat); 5g Protein; 2g Carbohydrate; 1g Dietary Fiber; 0mg Cholesterol; 787mg Sodium. Exchanges: 0 Grain(Starch); 1/2 Lean Meat; 0 Fat; 0 Other Carbohydrates.

Sun-Dried Tomato Cottage Cheese Muffin

Recipe

101cookbooks.com

URL: <http://www.101cookbooks.com/archives/cottage-cheese-muffins-recipe.html>



You can use the flour of your choice in this recipe. The original recipe calls for soy flour (great for people looking for a gluten-free option), I use white whole wheat flour - unbleached all-purpose flour will work as well. To grind the almonds I gave them a whirl in my food processor. You are looking for a flour-like consistency - be sure to stop short of turning them into an almond paste.

1 cup plain cottage cheese (low-fat is fine)
3/4 cup parmesan cheese, freshly grated
1/4 cup flour (see headnotes)
1 cup almonds, very finely ground
1 teaspoon baking powder
1/4 cup sun-dried tomatoes (in oil) finely chopped
1/4 cup basil, finely chopped
1/4 cup water
4 eggs, lightly beaten
1/2 teaspoon salt

Preheat oven to 400F degrees. Line a muffin pan with medium-sized paper baking cups, you'll need nine of them.

Put the cottage cheese into a bowl with all but 1/4 cup of the Parmesan cheese, the flour, ground almonds, baking powder, sun-dried tomatoes, basil, water, and eggs, and season with salt, then mix all together.

Spoon the mixture into the muffing cups 3/4 full, scatter with the remaining Parmesan, and bake for 30-35 minutes, or until set, risen, and golden brown. Serve as hot or at room temperature.

Makes 9 muffins.

Per Serving (excluding unknown items): 1599 Calories; 113g Fat (61.2% calories from fat); 86g Protein; 76g Carbohydrate; 25g Dietary Fiber; 895mg Cholesterol; 3236mg Sodium. Exchanges: 4 1/2 Grain(Starch); 10 Lean Meat; 16 Fat; 0 Other Carbohydrates.

Sunburst Carrot Salad Recipe

101cookbooks.com

URL: <http://www.101cookbooks.com/archives/sunburst-carrot-salad-recipe.html>



Servings: 5

Generally speaking, I don't buy the huge woody-textured carrots you find in many produce departments. I seek out bunches of seasonal carrots this time of year from various farmers, farmers markets, etc.

- 2 bunchs carrots, preferably spring carrots**
- extra virgin olive oil**
- fine grain sea salt**
- 1 green chile (serrano) deveined and minced**
- 1 lemon, zest and juice**
- 1 cup cilantro, chopped**
- 1 cup green pumpkin seeds (pepitas) toasted**

Start by washing the carrots. Use a vegetable peeler to shave each carrot into wide ribbons. If your carrots have beat up, dirty skins, peel them first before making ribbons.

Heat a big splash of olive oil in a skillet over medium-high heat. Add a big pinch of salt and stir in the carrot ribbons. Saute for just 20 seconds or so - barely long enough to take the raw edge and a bit of crunch off the carrots. Quickly stir in the chiles and lemon zest. Remove from heat and stir in the cilantro, about one tablespoon of lemon juice, and then most of the pepitas. Taste. Add more salt and/or lemon juice if needed. Garnish with remaining pepitas.

Serves 4 to 6.

Per Serving (excluding unknown items): 34 Calories; trace Fat (7.6% calories from fat); 2g Protein; 8g Carbohydrate; 2g Dietary Fiber; 0mg Cholesterol; 23mg Sodium. Exchanges: 0 Grain(Starch); 0 Lean Meat; 1/2 Vegetable; 0 Fruit.

Sweet and Tangy Sauteed Collard Greens

Lauren C.

allRecipes.com

URL: <http://allrecipes.com/Recipe/Sweet-and-Tangy-Sauteed-Collard-Greens/Detail.aspx>

Servings: 8

Preparation Time: 10 minutes

"Honey and balsamic vinegar add the sweet and tangy aspects of this delicious and nutritious vegetarian side dish or salad!!"

1 tablespoon vegetable oil

1/2 Vidalia or other sweet onion, sliced

1 1/2 pounds collard greens - rinsed, trimmed and chopped

1/2 cup water

3 tablespoons balsamic vinegar

2 tablespoons honey

1 teaspoon grated fresh ginger root

5 tablespoons melted butter

salt and freshly ground black pepper (to taste)

Heat oil in large skillet over medium heat. Add onion and cook, stirring, until softened, about 5 minutes. Stir in collard greens, in batches if necessary, until they wilt slightly and all fit in the skillet. Pour in water and cook, stirring occasionally, until bright green and tender, 5 to 7 minutes, regulating heat to prevent burning. Drain.

Meanwhile, whisk vinegar, honey, ginger and butter together in a serving bowl for dressing. Add greens to bowl and toss with dressing. Season to taste with salt and pepper; serve warm.

Per Serving (excluding unknown items): 96 Calories; 9g Fat (80.6% calories from fat); trace Protein; 5g Carbohydrate; trace Dietary Fiber; 19mg Cholesterol; 74mg Sodium. Exchanges: 0 Fruit; 2 Fat; 1/2 Other Carbohydrates.

Sweet Potato Pot Pie Recipe

101cookbooks.com

URL: <http://www.101cookbooks.com/archives/000127.html>



Servings: 4

- 3 tablespoons extra-virgin olive oil**
- 1 medium white or yellow onion, chopped**
- 3 cloves garlic, chopped**
- 2 1/2 cups sweet potatoes (2 1/2 to 3) peeled and diced into 1/4-inch pieces**
- 1/2 teaspoon salt (plus more to taste)**
- 1 tablespoon adobo sauce from a can of chipotle chilies (or more to taste)**
- 1 cup corn kernels, fresh or frozen**
- 2 cups cold whole or low-fat milk**
- 2 tablespoons cornstarch**
- 1 container puff pastry dough (allow 20 to 30 minutes to thaw)**
- 1 egg white**

Preheat oven to 400 degrees.

In a large pot over medium-high heat, add the oil, onion, garlic, sweet potato and salt. Saute, stirring occasionally, for about 10 minutes, or until the potatoes are tender. Stir in the adobo sauce and corn.

In a small bowl, combine the milk and cornstarch, then pour the mixture into the sweet potato pot. Leave the heat at medium-high for a few minutes to bring to a boil, stirring constantly, and cook until the filling starts to thicken, about 2 minutes. Remove from heat and season with more salt to taste. Pour the filling into small ovenproof bowls, each three quarters full.

Cut a piece of puff pastry dough to fit over each bowl, with some overlap. Place the dough on the bowls and fold over the edge of the dish. Brush the dough lightly with egg white (this creates a golden crust).

Using a fork, poke a few holes in the top of each pie to allow steam to escape, and bake until the crusts are tall and deeply golden, about 15 minutes. Tip: Bake the potpies on a baking sheet lined with foil in case some of the filling bubbles over.

Serves 4 as a main course.

Per Serving (excluding unknown items): 232 Calories; 11g Fat (39.7% calories from fat); 4g Protein; 33g Carbohydrate; 4g Dietary Fiber; 0mg Cholesterol; 294mg Sodium. Exchanges: 2 Grain(Starch); 0 Lean Meat; 0 Vegetable; 2 Fat.

Tapioca Pudding Recipe

101cookbooks.com

URL: <http://www.101cookbooks.com/archives/tapioca-pudding-recipe.html>



Servings: 5

This tapioca pudding recipe make a classic-tasting pudding. That being said, there are endless options for variations - you can add chopped chocolate and cocoa powder to taste for a chocolate version. Next time around I'm going to do one based in coconut milk with added toasted coconut folded in at the end....lots to play around with.

3 cups organic milk, divided

1/3 cup small pearl tapioca

2 extra-larges egg yolks, lightly beaten

1/4 teaspoon fine-grain sea salt

1/3 cup sugar

1 vanilla bean, split along the length (or 1 teaspoon vanilla extract)

Pour 3/4 cup of the milk into a medium-sized, thick-bottomed pot. Add the tapioca and soak for 60 minutes. Whisk in the egg yolks, salt, sugar, and the remaining milk. Scrape the vanilla bean along its length with a knife and add that bean "paste" along with the bean itself to the pot (if you are using vanilla extract in place of the vanilla bean stir it in at the very end, after the pudding is completely cooked).

Over medium heat slowly bring the mixture just barely to a boil, stirring all along - this should take about 15 minutes. Reduce the heat and let the mixture fall to a simmer - you keep it here until the tapioca is fully cooked, another 20 minutes or so. Keep in mind this time can be significantly longer (or shorter). The tapioca will tell you when it is ready if you watch carefully. The tapioca beads will swell up and become almost entirely translucent. The custardy part of pudding will thicken dramatically as well - keep tasting and assessing at this stage. It is even more critical to keep stirring at this point avoid dreaded scorching. Remove from heat and let cool a bit. This tapioca tastes its best when served warm, but is still delicious cold as well.

Serves 4-6.

Per Serving (excluding unknown items): 75 Calories; 2g Fat (24.1% calories from fat); 1g Protein; 13g Carbohydrate; 0g Dietary Fiber; 85mg Cholesterol; 3mg Sodium. Exchanges: 0 Lean Meat; 1/2 Fat; 1 Other Carbohydrates.

Thousand Layer Lasagne

101cookbooks.com

URL: <http://www.101cookbooks.com/archives/001386.html>



Headnotes: I used to make this from scratch. The pasta all the way through...This time around I got a jump start by paying \$3 for a pound of fresh egg pasta sheets at the farmers' market. Fantastic return on \$3. You still need to run those sheets through a pasta machine a few times to achieve the most thin and delicate sheets of pasta possible - but starting from pre-bought was a bit of a revelation for me, and a big timesaver. If you don't have a pasta machine (they are actually quite affordable!), try a rolling pin - not quite the same, but will help thin out the sheets....It also dawned on me that I might be able to get away with skipping the pre-boil step in this recipe altogether and dial up the amount of sauce a bit (though I've never tried it this way) - I suspect you might be sacrificing some of the tenderness of the noodles to save the time it takes to boil and drain...just a thought. Make sure the pasta sheets you buy are fresh and moist. Proper seasoning is important throughout this recipe, if you undersalt it is going to taste flat and the flavors won't pop - the right amount of salt brings the pasta forward and focuses the tomato and lemon flavors in the sauce.

1 pound fresh egg pasta sheets (or make some from scratch)
butter to prep baking dish
3 tablespoons extra-virgin olive oil
1 teaspoon fine grain sea salt
1 teaspoon crushed red pepper flakes
1 clove garlic, chopped
28 ounces crushed organic tomatoes
zest of one lemon
12 ounces balls of fresh mozzarella, torn up into little pieces
slivered basil, a handful,(optional)
freshly grated Parmesan (optional)

Preheat your oven to 375. Start by clearing off every flat space in your kitchen, you are going to need and use all of it.

Make your sauce: Place the olive oil, salt, pepper flakes, and garlic in a pan. Dial the heat up and saute for a minute or two. Add the tomatoes and slowly bring to a simmer as well. Remove from heat, stir in the lemon zest and taste for seasoning. Add more salt if needed. Set aside.

Fill your biggest pot full of water and bring to a boil.

Lavishly butter a deep, square baking dish. The one I use is 9x9 and 2 1/2-inches deep.

Thin out your pasta using a pasta machine. Start by cutting the big sheets into 2-inch(ish) wide ribbons. This means making 2 cuts along the sheets. This should yield you about 12 2-foot strips. Run them through the

pasta machine. I go to the 8 setting, one shy of the very thinnest setting. The sheets should almost be translucent. Cut the strips into manageable rectangles roughly 4-inches in length.

Pre-cook the pasta: Fill a large bowl with cold water and a few glugs of olive oil. Place a large flour sack or cotton dish towel across one of your counters. Salt your pot of boiling water generously. Ok, now you are ready to boil off your pasta. Believe it or not, you are on the home stretch. Place a handful of the pasta rectangles into the boiling water to cook (I've found I can get away with about 20 at a time), fish them out (I use a pasta claw) after just 15-20 seconds, don't over cook. Transfer them immediately to the cold olive-oil water for a quick swim and cool-off. Remove from the cold water bath and place flat and neat on the cotton towel. It is ok for them to overlap, I don't have a problem with the sheets sticking typically. Repeat until all your pasta is boiled.

Pull it all together. Ladle a bit of the sauce into the bottom of the prepared baking dish. Cover the bottom with a layer of pasta sheets. Now a thin layer of sauce, and a bit of cheese. Go for another layer of pasta, then sauce, then pasta again, then sauce and cheese. Keep going until you've used up all the sauce and pasta. You want to finish with a layer of pasta. Top with the last of the sauce and the very last of the cheese so you have a nice cheesy top.

Bake until everything is melted and fragrant, 35 minutes or so. Let it sit for 10 minutes before serving, so everything has a chance to set up a bit. Dust with parmesan and a bit of slivered basil.

Serves many.

Per Serving (excluding unknown items): 363 Calories; 41g Fat (98.6% calories from fat); trace Protein; 1g Carbohydrate; trace Dietary Fiber; 0mg Cholesterol; 1mg Sodium. Exchanges: 0 Vegetable; 8 Fat.

Toasted Peanut Bread Recipe

101cookbooks.com

URL: <http://www.101cookbooks.com/archives/001516.html>



Heidi notes: Peanuts (or groundnuts) are widely used in sub-Saharan Africa for a to thicken stews, add richness, and boost nutrition of food. In this bread they add density, flavor, and pair nicely with the spices.

1 cup coconut milk (hs note: I used a full can)

3 tablespoons honey

1 package active dry yeast (2 1/4 teaspoons)

1 1/2 cups peanuts

1 1/2 teaspoons chili powder

1/2 teaspoon ground cumin

2 1/2 cups all-purpose flour

2 1/2 cups whole-wheat flour

1 teaspoon salt

4 tablespoons unsalted butter, melted

Bring the coconut milk to a boil in a small saucepan. Add the honey and stir continuously until the honey dissolves. Remove from the heat and let cool until just warm, then whisk in the yeast. Let stand for 5 to 10 minutes.

Toast the peanuts in a large saute pan over medium heat for 1 to 2 minutes, until golden and fragrant. Add the chili powder and cumin and toast for 20 seconds. Let cool slightly, then transfer to a blender or food processor and puree until a smooth paste forms.

Mix together the flours and salt in a large bowl and make a well in the center. Add the butter, coconut milk, and peanut paste to the well and slowly combine with the flour, using your hands to work the flour into the well until all the liquid has been absorbed. Transfer the dough to a lightly floured work surface and knead until a ball forms, about 5 minutes.

Place the dough in a greased bowl and turn to coat. Cover with a damp cloth or oiled plastic wrap and let rise in a warm, draft-free place for 1 1/2 hours or until doubled in size.

Butter a 9x5-inch loaf pan (hs note: or a giant brioche pan!). Punch down the dough and place in the pan. Cover and let rise in a warm, draft-free spot for 40 minutes.

Preheat the oven to 350 degrees. Bake the bread for 35 minutes, until the top is browned. Invert the pan onto a cooling rack and let sit for 5 minutes, then remove the pan and let cool.

Makes 1 loaf.

Tofu Spinach Frittata (Vegan, Gluten-Free)

GoDairy Free

URL: <http://www.godairyfree.org/Recipes/Breakfast/Tofu-Spinach-Frittata-Vegan-Gluten-Free.html>



- 1 package Silken Tofu**
- 1 tablespoon Wheat-Free Tamari**
- 1 teaspoon Spicy Mustard**
- 1 tablespoon Nutritional Yeast**
- 1/2 teaspoon Thyme**
- 1/4 teaspoon Tumeric**
- 1 teaspoon Lemon Juice**
- 1 1/2 cups Cooked or Frozen Spinach**
- 1/2 medium Onion**
- 3 cloves Garlic, Minced**

Preheat your oven to 400 degrees, grease an 8 inch cake pan and set aside.

Get out your food processor and toss in your tofu, along with all the spices. Puree so well that it makes you nervous. (I honestly thought I had overdone it and made frittata mousse, but that's actually kind of what you're aiming for.)

In a small skillet, saute your onions until translucent and deliciously fragrant. Throw in the garlic, and cook for another minute or two. Remove from heat and combine with your [thawed, if originally frozen] spinach. Add to tofu mixture, and make sure all the veggie bits are evenly distributed in the tofu. Pour into the cake pan and slide into the oven for 25 - 30 minutes. Perhaps to would help to set it under the broiler for a bit to brown the top further.

Cut into fourths, it makes 4 relatively small portions. I might suggest making a sizable side to go with it, or atleast cooking up more "Smart Bacon" than I did!

Per Serving (excluding unknown items): 42 Calories; 1g Fat (10.9% calories from fat); 2g Protein; 9g Carbohydrate; 1g Dietary Fiber; 0mg Cholesterol; 72mg Sodium. Exchanges: 0 Grain(Starch); 0 Lean Meat; 1 1/2 Vegetable; 0 Fruit; 0 Fat.

Triple Ginger Cookies

101cookbooks.com

URL: <http://www.101cookbooks.com/archives/triple-ginger-cookies-recipe.html>



Feel free to use all-purpose flour if that is what you have on hand. Again, in regards to the ginger - mince it as if you were trying to turn it into a paste. Two sugar coating. In my most recent batch of these I used a big, flaked, smoked sea salt along with sugar to finish the cookies, so that is something to experiment with as well, but totally optional. I grind whole star anise in my spice grinder and then do a bit of sifting.

1/2+ cup large-grain sugar (i.e. turbinado)
2 cups spelt flour OR whole wheat pastry flour
1 teaspoon baking soda
1 teaspoon star anise, finely ground
4 1/2 teaspoons ground ginger
1/2 teaspoon fine grain sea salt
4 ounces unsalted butter (1/2 cup) room temperature
1/4 cup unsulphured molasses (I use Wholesome Sweeteners brand)
2/3 cup fine grain natural cane sugar, sifted
1 1/2 tablespoons fresh ginger, peeled and grated
1 large egg, well beaten
1 cup crystallized ginger, then finely minced
2 lemons, zest only

Preheat the oven to 350F degree - racks in the top and bottom 1/3 of the oven. Line a couple baking sheets with unbleached parchment paper or a Silpat mat, place the large-grain sugar in a small bowl, and set aside.

In a large bowl whisk together the flour, baking soda, star anise, ground ginger, and salt.

Heat the butter in a skillet until it is just barely melted. Stir in the molasses, natural cane sugar, and fresh ginger. The mixture should be warm, but not hot at this point, if it is hot to touch let it cool a bit. Whisk in the egg. Now pour this over the flour mixture, add the crystallized ginger (make sure it isn't too clumpy), and lemon zest. Stir until just combined.

I like these cookies tiny, barely bite-sized, so I scoop out the dough in exact, level tablespoons. I then tear those pieces of dough in two before rolling each 1/2 tablespoon of dough into a ball shape. From there, grab a small handful of the big sugar you set aside earlier and roll each ball between your palms to heavily coat the outside of each dough ball. Place dough a few inches apart on prepared baking sheets. Bake for 7-10 minutes or until cookies puff up, darken a bit, get fragrant and crack.

Makes about 4 dozen or so.

Per Serving (excluding unknown items): 1528 Calories; 99g Fat (55.3% calories from fat); 11g Protein; 169g Carbohydrate; 3g Dietary Fiber; 460mg Cholesterol; 1449mg Sodium. Exchanges: 1/2 Grain(Starch); 1 Lean Meat; 1/2 Vegetable; 1/2 Fruit; 19 Fat; 10 Other Carbohydrates.

Ultimate Veggie Burger Recipe

101cookbooks.com

URL: <http://www.101cookbooks.com/archives/001567.html>



These make great do-ahead meals, and you can store shaped, ready-to-cook patties in the refrigerator for a week's worth of work lunches. Sprouted garbanzos are becoming more readily available, but if you can't find them, canned or cooked garbanzos (chickpeas) will work great. Sprouting boosts their already fantastic nutritional value even more...

- 2 1/2 cups sprouted garbanzo beans OR canned garbanzos (chickpeas) drained and rinsed**
- 4 large eggs**
- 1/2 teaspoon fine-grain sea salt**
- 1/3 cup chopped fresh cilantro**
- 1 onion, chopped**
- Grated zest of one large lemon**
- 1 cup micro sprouts, chopped (try brocolli, onion, or alfalfa sprouts - optional)**
- 1 cup toasted bread crumbs (whole-grain)**
- 1 tablespoon extra-virgin olive oil (or clarified butter)**

If you are using sprouted garbanzos, steam them until just tender, about 10 minutes. Most of you will be using canned beans, so jump right in and combine the garbanzos, eggs, and salt in a food processor. Puree until the mixture is the consistency of a very thick, slightly chunky hummus. Pour into a mixing bowl and stir in the cilantro, onion, zest, and sprouts. Add the breadcrumbs, stir, and let sit for a couple of minutes so the crumbs can absorb some of the moisture. At this point, you should have a moist mixture that you can easily form into twelve 1 1/2-inch-thick patties. I err on the moist side here, because it makes for a nicely textured burger. You can always add more bread crumbs a bit at a time to firm up the dough if need be. Conversely, a bit of water or more egg can be used to moisten the batter.

Heat the oil in a heavy skillet over medium low, add 4 patties, cover, and cook for 7 to 10 minutes, until the bottoms begin to brown. Turn up the heat if there is no browning after 10 minutes. Flip the patties and cook the second side for 7 minutes, or until golden. Remove from the skillet and cool on a wire rack while you cook the remaining patties. Carefully cut each patty in half, insert your favorite fillings, and enjoy immediately.

Makes 12 mini burgers.

Per Serving (excluding unknown items): 458 Calories; 34g Fat (66.6% calories from fat); 27g Protein; 11g Carbohydrate; 2g Dietary Fiber; 848mg Cholesterol; 286mg Sodium. Exchanges: 3 Lean Meat; 1 1/2 Vegetable; 4 1/2 Fat.

Using Alternative Flours

Don't let allergies to wheat or gluten keep you from enjoying baked products.

Potato Starch Flour

This is a gluten-free thickening agent that is perfect for cream-based soups and sauces. Mix a little with water first, then substitute potato starch flour for flour in your recipe, but cut the amount in half. It can be purchased in a health food store.

Tapioca Flour

This is a light, white, very smooth flour that comes from the cassava root. It makes baked goods impart a nice chewy taste. Use it in recipes where a chewy texture would be desirable. It would work nicely in bread recipes such as white bread or French bread. It is also ea

Soy Flour

This nutty tasting flour has a high protein and fat content. It is best when used in combination with other flours and for baking brownies, or any baked goods with nuts or fruit. It can be purchased in a health food store.

Cornstarch

This is a refined starch that comes from corn. It is mostly used as a clear thickening agent for puddings, fruit sauces and Asian cooking. It is also used in combination with other flours for baking. It can be purchased in a health food store.

Corn Flour

This flour is milled from corn and can be blended with cornmeal to make cornbread or muffins. It is excellent for waffles or pancakes. It can be purchased in a health food store.

Cornmeal

This is ground corn that comes from either yellow or white meal. This is often combined with flours for baking. It imparts a strong corn flavor that is delicious in pancakes, waffles, or simple white cakes. It can be purchased in a health food store.

White Rice Flour

This is an excellent basic flour for gluten-free baking. It is milled from polished white rice. Because it has such a bland flavor, it is perfect for baking, as it doesn't impart any flavors. It works well with other flours. White rice flour is available in most health food stores, but also in Asian markets. At the Asian markets it is sold in different textures. The one that work

Brown Rice Flour

This flour comes from unpolished brown rice. It has more food value because it contains bran. Use it in breads, muffins, and cookies. It can be purchased in a health food store.

Kamut and Spelt Flours

These are ancient forms of wheat. While they aren't appropriate for gluten-free diets, they are excellent substitutes for plain wheat flour as they add wonderful flavor and consistency.

Substituting Gluten

Wheat flour contains gluten, which keeps cookies, cakes and pies from getting crumbly and falling apart. It is what makes baked goods have a good texture because it traps pockets of air. This creates a lovely airy quality that most baked goods possess when baked with traditional whea

*** Xanthum Gum**

This comes from the dried cell coat of a microorganism called *Zanthomonas campestris*. It is formulated in a laboratory setting. This works well as a gluten substitution in yeast breads along with other baked goods. You can purchase it in health food

*** Guar Gum**

This is a powder that comes from the seed of the plant *Cyamopsis tetragonolobus*. It is an excellent gluten substitute and it is available in health food stores.

*** Pre-gel Starch**

This is an acceptable gluten substitute. It helps keep baked goods from being too crumbly. This, too can be purchased at most health food stores.

Substitution is the solution

If you are ready to try some recipes, start with recipes that use relatively small amounts of wheat flour like brownies or pancakes. These turn out lovely and the difference in taste is minimal. Here are two gluten-free flour mixtures that are suitable for substituting wheat flour cup for cup

*** Gluten-Free Flour Mixture I**

1/4 cup soy flour

1/4 cup tapioca flour

1/2 cup brown rice flour

*** Gluten-Free Flour Mixture II**

6 cups white rice flour

2 cups potato starch

1 cup tapioca flour

The above mixtures can be doubled or tripled. Another is to purchase a gluten-free flour mixture at a health food store to avoid the guesswork involved in substitutions. This flour mixture can usually substitute wheat flour cup for cup (optional); but read the package directions to be sure. Keep these flour mixtures stored in containers at room temperature and keep them on hand to simplify your baking routine.

Per Serving (excluding unknown items): 4809 Calories; 20g Fat (3.8% calories from fat); 69g Protein; 1083g Carbohydrate; 28g Dietary Fiber; 0mg Cholesterol; 9mg Sodium. Exchanges: 71 1/2 Grain(Starch); 1 Lean Meat; 1 Fat.

Vanilla Mashed Sweet Potato Recipe

Autumn Spice Oil

101cookbooks.com

URL: <http://www.101cookbooks.com/archives/000589.html>



(heidi notes: I used sea salt, and regular pepper) Preheat the oven to 350F. Put the potatoes on a baking sheet and bake in the oven until tender to a fork tip, about 1 hour. Remove from oven and let cook until warm enough to handle, 10 to 15 minutes. Peel and discard the skin. Put the potatoes in the bowl of a food processor fitted with the steel blade.

Meanwhile, pour the cream into a 2-quart pot, add the vanilla bean and orange zest, if using, and set it over medium heat. Bring to a simmer and cook for 5 minutes. Remove from heat. Use tongs to fish out and discard the vanilla bean. Pour the mixture over the potatoes in the processor and add the butter.

Puree the potato mixture until smooth. Season with salt and 4 grinds of pepper, or to taste. Keep covered and warm until ready to serve.

Serves four.

(heidi note: I think there is an ingredient omission in this recipe. The ingredient list leaves out the amount of oil to use. So, based on the other infused oils in this book I used the same amount, 1 cup.)

1 1/2 pounds sweet potatoes, cleaned and left a bit damp

1/2 cup heavy cream

3 tablespoons heavy cream

1/3 vanilla bean, split lengthwise and seeds scraped

1 teaspoon grated orange zest (optional)

2 tablespoons unsalted butter, at room temperature

kosher salt

white pepper in a mill

4 star anise

1/2 tablespoon juniper berries

1 tablespoon cardamom

1 teaspoon cardamom

1 teaspoon allspice

1 medium cinnamon stick, crushed, or 1 teaspoon ground cinnamon

1 teaspoon whole cloves

1/3 vanilla bean, split lengthwise, seeds scraped

2 pieces dried orange peel, optional

1 cup oil - He uses canola in some of his other recipes. (heidi note: I used olive oil - a mild tasting one)

Preheat the oven to 350F. Put the potatoes on a baking sheet and bake in the oven until tender to a fork tip, about 1 hour. Remove from oven and let cook until warm enough to handle, 10 to 15 minutes. Peel and discard the skin. Put the potatoes in the bowl of a food processor fitted with the steel blade.

Meanwhile, pour the cream into a 2-quart pot, add the vanilla bean and orange zest, if using, and set it over medium heat. Bring to a simmer and cook for 5 minutes. Remove from heat. Use tongs to fish out and discard the vanilla bean. Pour the mixture over the potatoes in the processor and add the butter.

Puree the potato mixture until smooth. Season with salt and 4 grinds of pepper, or to taste. Keep covered and warm until ready to serve.

Serves four.

(heidi note: I think there is an ingredient omission in this recipe. The ingredient list leaves out the amount of oil to use. So, based on the other infused oils in this book I used the same amount, 1 cup.)

Put the star anise, juniper berries, cardamom, allspice, cinnamon, and cloves in an 8-inch saute pan and toast over medium heat, shaking constantly, until fragrant, 2 to 3 minutes. Remove the pan from the heat and let cool.

Transfer the spices to a spice or coffee grinder and pulse for a few seconds.

Transfer the spices to a bowl, add the vanilla bean and orange peel, if using, and set aside.

Pour the oil into a small pot and heat it over medium-low heat until warm. Pour the oil over the spices and vanilla. Cover and let infuse at room temperature for 24 hours, periodically mixing the bowl. (heidi note: terrance says not to strain, but i strained anyways at this point - I think my spices were a bit on the chunky side of a fine grind).

Cover and keep at room temperature for up to 2 weeks or refrigerate for up to 1 month.

Makes 1 cup.

Per Serving (excluding unknown items): 1445 Calories; 91g Fat (54.0% calories from fat); 18g Protein; 156g Carbohydrate; 29g Dietary Fiber; 286mg Cholesterol; 144mg Sodium. Exchanges: 10 Grain(Starch); 1/2 Lean Meat; 1/2 Non-Fat Milk; 17 1/2 Fat.

White Bread for Bread Machines

Aaron Atkinson

allRecipes.com

URL: <http://allrecipes.com/Recipe/Gluten-Free-White-Bread-for-Bread-Machines/Detail.aspx>



Servings: 12

"A basic white bread recipe without the gluten. Easily made in your bread machine! Xanthan gum and the exotic flours are usually easily found in your local health food store."

3 eggs

1 tablespoon cider vinegar

1/4 cup olive oil

1/4 cup honey

1 1/2 cups buttermilk, at room temperature

1 teaspoon salt

1 tablespoon xanthan gum

1/3 cup cornstarch

1/2 cup potato starch

1/2 cup soy flour

2 cups white rice flour

1 tablespoon active dry yeast

Place ingredients in the pan of the bread machine in the order recommended by the manufacturer.

Select the sweet dough cycle. Five minutes into the cycle, check the consistency of the dough. Add additional rice flour or liquid if necessary.

When bread is finished, let cool for 10 to 15 minutes before removing from pan.

Per Serving (excluding unknown items): 241 Calories; 7g Fat (26.6% calories from fat); 6g Protein; 39g Carbohydrate; 1g Dietary Fiber; 54mg Cholesterol; 229mg Sodium. Exchanges: 2 Grain(Starch); 1/2 Lean Meat; 0 Non-Fat Milk; 1 Fat; 1/2 Other Carbohydrates.

White Sauce (Gluten Dairy Free)

recipezaar.com

URL: <http://www.recipezaar.com/White-Sauce-Gluten-Dairy-free-12353>

Servings: 4

Finding wheat, dairy and sugar free recipes for my daughter is hard, but I adapted a white sauce recipe and made it slightly sweet for some flavour. She loves this sauce with anything, including salad!

2 tablespoons gluten-free flour

2 tablespoons soy margarine

2 2/3 cups soymilk

2 tablespoons honey (more or less to taste)

In a warm saucepan mix margarine and flour together, stirring quickly.

When combined and melted add milk slowly, stirring quickly.

Add honey.

Simmer whilst stirring and serve with wheat-free pasta, rice noodles, roast beef, potatoes or use in a lasagna.

I even use it instead of margarine on crackers with salmon or avocado.

Per Serving (excluding unknown items): 83 Calories; 6g Fat (59.0% calories from fat); trace Protein; 9g Carbohydrate; trace Dietary Fiber; 0mg Cholesterol; 67mg Sodium. Exchanges: 1 Fat; 1/2 Other Carbohydrates.

White Soda Bread

bbc.co.uk

URL: http://www.bbc.co.uk/food/recipes/database/whitesodabread_74765.shtml



Preparation Time: 30 minutes

Start to Finish Time: 30 minutes

This soda bread is a far cry from the crumbly, dry offerings coeliacs considered to be bread in the past! If you make a loaf especially for breadcrumbs, you could freeze batches for future use

Variations Spotted Dog: This is called railway cake in some parts of Ireland: 'a currant for each station'.

Follow the master recipe, adding 110g/4oz sultanas to the dry ingredients. Serve with butter and raspberry jam. It's also delicious eaten with cheese.

White soda bread with herbs: Follow the master recipe, adding 1-2 tablespoons freshly chopped herbs (rosemary, sage, thyme, chives, parsley or lemon balm) to the dry ingredients.

White soda bread with cumin: Follow the master recipe, adding 1-2 tablespoons freshly roasted cumin seeds to the flour.

Seedy bread: If you like caraway seeds, this variation is a must and is delicious served for afternoon tea. Follow the master recipe, adding one tablespoon sugar and 2-3 teaspoons caraway seeds to the dry ingredients.

NB: This soda bread is best served the day it is made. However, it tastes lovely toasted the next day. If there is any bread left over, whiz it in a food processor and keep the gluten-free breadcrumbs in the freezer for future use.

275g/10oz rice flour

110g/4oz tapioca flour

50g/2oz dried milk

1 scant tsp bicarbonate of soda

1 heaped tsp gluten-free baking powder

1 teaspoon salt

1 heaped tsp xanthan gum

2 tablespoons caster sugar

1 egg, preferably free-range, lightly beaten

300-350ml/10-12fl oz buttermilk

Preheat the oven to 230C/450F/Gas 8.

2. Sift all the dry ingredients together into a large bowl. Mix well by lifting the dry ingredients up into your hands and then letting them fall back into the bowl through your fingers. This adds more air and therefore more lightness to your finished bread. Lightly whisk the egg and buttermilk together. Make a well in the centre of the dry ingredients and pour in most of the egg and buttermilk at once. Using one hand, with your fingers stiff and outstretched (like a claw!), stir in a full circular movement from the centre to the outside of the bowl in ever-increasing circles, adding a little more buttermilk if necessary. The dough should be softish, not too wet and sticky.

3. The trick with white soda bread is not to over-mix the dough. Mix it as quickly and as gently as possible, thus keeping it light and airy. When the dough all comes together, turn it out onto a rice-floured work surface.

4. Wash and dry your hands. With rice-floured fingers, roll lightly for a few seconds - just enough to tidy it up. Pat the dough into a round, pressing it to about 5cm/2in in height.

5. Place the dough on a baking tray dusted lightly with rice flour. With a sharp knife cut a deep cross in it, letting the cuts go over the sides of the bread. Prick with a knife at four angles which, according to Irish

folklore, is to let the fairies out! 6. Bake in the oven for five minutes, then reduce the temperature to 180C/350F/Gas 4 for a further 25-30 minutes or until cooked. If in doubt, tap the bottom of the bread. If it is cooked, it will sound hollow. Cool on a wire rack.

7. Serve freshly baked, cut into thick slices and smeared with butter and homemade jam.

Variations Spotted Dog: This is called railway cake in some parts of Ireland: 'a currant for each station'. Follow the master recipe, adding 110g/4oz sultanas to the dry ingredients. Serve with butter and raspberry jam. It's also delicious eaten with cheese.

White soda bread with herbs: Follow the master recipe, adding 1-2 tablespoons freshly chopped herbs (rosemary, sage, thyme, chives, parsley or lemon balm) to the dry ingredients.

White soda bread with cumin: Follow the master recipe, adding 1-2 tablespoons freshly roasted cumin seeds to the flour.

Seedy bread: If you like caraway seeds, this variation is a must and is delicious served for afternoon tea. Follow the master recipe, adding one tablespoon sugar and 2-3 teaspoons caraway seeds to the dry ingredients.

NB: This soda bread is best served the day it is made. However, it tastes lovely toasted the next day. If there is any bread left over, whiz it in a food processor and keep the gluten-free breadcrumbs in the freezer for future use.

Per Serving (excluding unknown items): 74 Calories; 5g Fat (62.6% calories from fat); 6g Protein; trace Carbohydrate; 0g Dietary Fiber; 212mg Cholesterol; 2202mg Sodium. Exchanges: 1 Lean Meat; 1/2 Fat.

White Yeast Bread

bbc.co.uk

URL: http://www.bbc.co.uk/food/recipes/database/whiteyeastbread_74766.shtml

Preparation Time: 30 minutes

Start to Finish Time: 30 minutes

You can make a delicious light brown yeast bread by using 110g/4oz of rice bran and 150g/5oz rice flour instead of the 250g/9oz rice flour in this recipe.

250g/9oz rice flour

110g/4oz fine cornmeal

50g/2oz dried milk powder

2½ teaspoons xanthan gum

1 rounded tsp salt

3 eggs, preferably free-range

40g/1½oz caster sugar

600ml/1 pint tepid water

40g/1½oz fresh yeast

2 each 900g/2lb loaf tins, lined with parchment paper

Place the rice flour, fine cornmeal, dried milk powder, xanthan gum and salt into the bowl of a food mixer and mix well using the paddle attachment. (Gluten-free flours are very fine and need to be very well blended before any liquid is added. The ingredients should all be at room temperature.) 2. Whisk the eggs and slowly add to the dry ingredients. Continue to beat for a few minutes on a medium speed.

3. Dissolve the sugar in 150ml/¼ pint of the tepid water in a small bowl and crumble in the fresh yeast. Sit the bowl in a warm place to allow the yeast to work. After four or five minutes it should have a creamy, slightly frothy appearance. Stir and add it gradually, along with the remaining tepid water, into the mixer bowl. Beat well for about 10 minutes. The consistency of the mixture would be too wet to knead by hand.

4. Spoon the mixture into the lined loaf tins and cover with a clean, slightly damp tea towel to prevent a skin forming. Leave to rise.

5. Preheat the oven to 190C/375F/Gas 5.

6. Just before the bread reaches the top of the tin (about 20 minutes, depending upon the temperature of the kitchen), remove the tea towel and pop both tins into the fully heated oven. Bake in the oven for 55-60 minutes or until the loaves look nicely browned and sound hollow when tapped. Remove from the tins about 10 minutes before the end of the cooking and put them back into the oven if you like your bread crisp all round. Leave to cool on a wire rack.

Per Serving (excluding unknown items): 222 Calories; 15g Fat (62.6% calories from fat); 19g Protein; 1g Carbohydrate; 0g Dietary Fiber; 636mg Cholesterol; 210mg Sodium. Exchanges: 2 1/2 Lean Meat; 1 Fat.

Whole-Grain Pancake Recipe with Blueberry Maple Syrup

101cookbooks.com

URL: <http://www.101cookbooks.com/archives/001464.html>



If you can't find white whole wheat flour, feel free to substitute unbleached all-purpose flour.

6 ounces basket blueberries, rinsed
1/4 cup natural granulated sugar (evaporated cane sugar)
1/4 cup real-deal, PURE, maple syrup
2 tablespoons water
2 cups white whole wheat flour (or unbleached all-purpose flour)
1 teaspoon aluminum-free baking powder
1/2 teaspoon baking soda
1/3 cup natural granulated sugar (evaporated cane sugar)
1/2 teaspoon fine grain sea salt
2 1/4 cups organic buttermilk
2 large organic eggs, lightly beaten
2 tablespoons butter, melted (melt in the pan skillet you are going to use)
butter, to serve (and for pan)

To make the blueberry maple syrup put 1/2 of the blueberries, the sugar, maple syrup, and water in a medium saucepan over medium-low heat. Heat and stir until the sugar dissolves and simmer for 5 or 6 minutes or until the blueberries begin to split. Remove from heat and press the blueberry mixture through a fine strainer into a bowl. Mash the fruit to get all the juiciness extracted. Throw out the solids. Stir the remaining blueberries into the warm syrup and set aside.

To make the pancakes combine the flour, baking powder, baking soda, sugar, and salt in a large bowl. Add the buttermilk, eggs, and melted butter. Stir all the ingredients until they are just combined. Don't worry if the batter is a bit lumpy, you don't want to over mix.

Heat your skillet, pan, or griddle to medium-hot and brush it with a bit of butter. Test for the right temperature. If a drop of water dropped onto the pan starts to dance, you are in the ballpark. Pour about 1/3 of a cup of batter into the skillet. Wait until the pancake bottom is deep golden in color, then flip with a spatula and cook the other side until golden and cooked through. Repeat with the remaining batter.

Serve with a golden pat of butter and plenty of blueberries and syrup.

Makes about 12 large pancakes, or dozens of silver-dollars - enough to feed a small crowd.

Per Serving (excluding unknown items): 203 Calories; 23g Fat (99.5% calories from fat); trace Protein; trace Carbohydrate; 0g Dietary Fiber; 62mg Cholesterol; 864mg Sodium. Exchanges: 4 1/2 Fat.

Wilted Spinach with Cherries and Goat Cheese

GUZA

allRecipes.com

URL: <http://allrecipes.com/Recipe/Wilted-Spinach-with-Cherries-and-Goat-Cheese/Detail.aspx>



Servings: 4

Preparation Time: 15 minutes

"I can never go wrong when I prepare spinach this way. It is also lovely over pasta."

1 tablespoon olive oil

2 cloves garlic, minced

1 small onion, chopped

1/4 cup dried cherries

1 cup sliced fresh mushrooms

10 ounces fresh baby spinach

2 tablespoons crumbled goat cheese

Heat olive oil in a large skillet over very low heat. Add garlic, onion, cherries, and mushrooms; cook and stir, without browning garlic, until onion is tender, about 5 minutes. Toss in spinach, and cook and stir until spinach is just wilted, about 3 minutes.

Remove from heat. Top with crumbled goat cheese just before serving.

Per Serving (excluding unknown items): 93 Calories; 5g Fat (45.1% calories from fat); 2g Protein; 11g Carbohydrate; 1g Dietary Fiber; 4mg Cholesterol; 15mg Sodium. Exchanges: 0 Lean Meat; 1/2 Vegetable; 1/2 Fruit; 1 Fat.

Yeast-Raised Cornbread Recipe

101cookbooks.com

URL: <http://www.101cookbooks.com/archives/yeastraised-cornbread-recipe.html>



I call for white whole wheat flour but feel free to substitute bread flour or all-purpose flour - you'll have equally tasty results. I also instruct you to let the dough rise in a warm place - it's not very eco of me, but if it is particularly chilly in my kitchen I will leave the oven on and place the bowl on top to keep it nice and happy.

4 cups white whole wheat flour
1 1/2 cups organic cornmeal
1 1/2 teaspoons fine grained sea salt
1/4 ounce active dry yeast
1 cup warm water (~105 degrees)
1/4 cup olive oil
3 tablespoons honey
3 extra-larges eggs, room temperature
2 cups fresh or frozen corn, if frozen defrosted to room temp
2/3 cup chopped chives
Cornmeal and olive oil for preparing loaf pans or muffin tins

This recipe yields two standard loaves of cornbread OR 1 1/2 dozen standard-sized muffins. Prepare your pans by rubbing them generously with olive oil, dust with cornmeal, then tap out any extra. Set aside.

In a medium bowl whisk together the flour cornmeal and salt. Set aside.

In the bowl of a Kitchen-Aid type mixer, dissolve the yeast in the warm water. Add about 2/3 of the flour/cornmeal mixture. Now add the olive oil, honey, just TWO of the eggs, corn, chives and begin to mix with the dough hook attachment at low speed. As the dough is starting to come together mixing begin adding more of the flour/cornmeal mixture a bit at a time, letting it incorporate along the way - you might not need to use all of it. Keep adding until you achieve a dough that is tacky. It should clear the sides of the bowl but stick to the bottom of the bowl. If the dough is too wet and doesn't come off the sides of the bowl, sprinkle in some more flour just until it clears the sides. If it clears the bottom of the bowl, add a teaspoon or two of water.

Dial up the speed a bit to medium, and keep mixing for about seven minutes. Turn the dough out onto a floured countertop, knead a few times, gather the dough into a ball and rub with a bit of olive oil. Place in a large, greased (olive oil) bowl, cover with a kitchen towel or plastic wrap and let rise in a warm place until doubled, about an hour.

Once the dough has doubled, turn it out onto the countertop. To make the rolls you see in the photo up above, start by cutting the dough into thirds - three big wedges. Pat each third into a square shape and cut each into six pieces - you will end up with 18 equal size pieces. Without over-handling, shape each piece into a ball and place the muffin tins. Let the rolls rise in a warm spot until roughly doubled - another hour. Alternately, if you want to bake two loaves, cut the dough into two equal pieces, shape and place in prepared pans. I imagine, you can also bake this dough freeform if you like.

Preheat the oven to 375 degrees. Just before baking whisk the remaining egg and brush on the dough, sprinkle with cornmeal. Bake the rolls for 18-20 minutes on the middle rack, or until rolls are golden. If you are baking loaves it will take significantly longer. Turn out onto cooling racks. Serve slathered with salted honey-butter.

Makes two loaves or 1 1/2 dozen rolls.

Per Serving (excluding unknown items): 923 Calories; 69g Fat (66.0% calories from fat); 23g Protein; 58g Carbohydrate; 3g Dietary Fiber; 636mg Cholesterol; 224mg Sodium. Exchanges: 0 Grain(Starch); 2 1/2 Lean Meat; 0 Vegetable; 12 Fat; 3 1/2 Other Carbohydrates.

Zoe's Famous Gluten Free Chocolate Cake

recipezaar.com

URL: <http://www.recipezaar.com/Zoes-Famous-Gluten-Free-Chocolate-Cake-197450>



Servings: 6

Preparation Time: 30 minutes

My friend Zoe made this cake recently it's dense and delicious and contains no flour. Although its not famous yet, i think it soon will be!

250 g dark chocolate (75% cocoa)

125 g unsalted butter, softened

200 g ground almonds

4 eggs, separated

200 g muscovado sugar

icing

50 g unsalted butter

100 g dark chocolate (75% cocoa)

Melt chocolate leave to cool (bowl over boiling water, do not let water touch bowl).

Mix butter and sugar.

Add egg yolks, melted chocolate, and almonds.

Whisk egg whites till stiff and fold into chocolate mixture.

Bake at 150°C for 35 minutes.

Leave to cool and smooth on the icing.

Pass this recipe on!

Per Serving (excluding unknown items): 712 Calories; 60g Fat (70.0% calories from fat); 16g Protein; 42g Carbohydrate; 5g Dietary Fiber; 205mg Cholesterol; 59mg Sodium. Exchanges: 1/2 Grain(Starch); 1 1/2 Lean Meat; 11 Fat; 2 1/2 Other Carbohydrates.

Zucchini 'Noodles'

Becka

allRecipes.com

URL: <http://allrecipes.com/Recipe/Zucchini-Noodles-2/Detail.aspx>

Servings: 4

Preparation Time: 35 minutes

"A tasty and fairly simple way for people on a gluten-free or wheat-free diet to enjoy a noodle dish. I usually use 4 zucchini and 2 summer squash for a colorful mix."

6 zucchini

2 teaspoons salt

3 tablespoons margarine

1 clove garlic, minced (optional)

salt and black pepper (to taste)

1/4 cup grated Parmesan cheese

Cut zucchini into thin, noodle-like strips (a mandoline works well for this). Toss with the 2 teaspoons salt, and place in a colander to drain for 30 minutes.

Bring a pot of water to boil. Add zucchini; cook for one minute. Drain; rinse immediately with cold water to stop cooking.

Heat margarine in a large skillet over medium high heat. Add zucchini and garlic; cook and stir until just tender, about 5 minutes. Season to taste with salt and pepper. Sprinkle with Parmesan cheese.

Per Serving (excluding unknown items): 141 Calories; 10g Fat (61.6% calories from fat); 6g Protein; 9g Carbohydrate; 4g Dietary Fiber; 4mg Cholesterol; 1268mg Sodium. Exchanges: 1/2 Lean Meat; 1 1/2 Vegetable; 2 Fat.

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