

Gluten-Free Recipes

No matter your reason for eating a gluten-free diet, it can be delicious, with a good variety of healthy foods including roasted vegetables, salads, omelets, herb-grilled meats, yogurt and fresh fruits. Because gluten is a protein found in some grains, most recipes and foods made from vegetables, fruits, meat and dairy are free of gluten. To avoid gluten in processed foods, be sure to read the ingredient list on the label. Some restaurants identify gluten-free dishes on their menus, but cooking at home is the most cost-effective way to assure a gluten-free meal. Take care to plan meals with lean protein, healthy fats, vegetables, fruits and gluten-free whole grains.

Macaroni and Three Cheeses

2 teaspoons salt
1 pound gluten-free elbow macaroni, uncooked
2 tablespoons unsalted butter
2 tablespoons gluten-free all purpose flour
1½ teaspoons dry mustard
1 teaspoon fresh thyme leaves (or ½ teaspoon dried thyme)
¼ teaspoon ground nutmeg
3 cups skim milk
2 cups grated cheddar cheese
4 ounces goat cheese
½ cup finely grated Parmesan cheese

- Add salt to a large pot (6 quart) of water and bring to a boil. Cook macaroni according to package directions for *al dente*, taking care to not overcook the pasta.
- Melt the butter in a 3-4 quart saucepan over medium heat. Stir in flour, mustard, thyme and nutmeg. Stir and cook until bubbly, about 2 minutes.
- Slowly whisk in the milk, cooking until the mixture thickens. Reduce heat to low and whisk in cheddar, goat and Parmesan cheeses. Cover and remove from heat.
- Drain cooked macaroni and add to cheese sauce. Stir until pasta is well coated with sauce.

Optional: season with black pepper or hot sauce.

Makes 8 servings (½ cup)

Nutrition Facts per Serving: 390 calories, 90 calories from fat, 16 grams protein, 8 grams carbohydrate, 10 grams fat, 1 gram fiber.

Spaghetti Squash with Homemade Marinara

1 medium spaghetti squash
1 tablespoon olive oil
½ medium white onion, minced
3 cloves garlic, minced
1 14.5 ounce can diced tomatoes, drained
1 14.5 ounce can tomato sauce
1 teaspoon dried oregano
½ teaspoon dried basil
Salt and pepper to taste

- Cut spaghetti squash in half (lengthwise) and scoop out seeds. Brush lightly with olive oil and season with salt and pepper. Place squash halves flesh-side down on a baking sheet. Cover with aluminum foil and bake at 375 degrees F for 30 minutes. Squash is ready when it can be easily pierced with a paring knife. When done, remove squash from oven and let it set for 10 minutes.
- For sauce, heat olive oil over medium heat in a large (4 quart) pan. Add onions and cook until translucent. Add garlic, stir, then add tomatoes, sauce, oregano, basil and salt or pepper to taste. Reduce heat to low, cover and cook for 10 minutes, stirring occasionally.
- Before serving, scrape squash from halves into marinara sauce. Toss to coat. Top with grated Parmesan cheese, if desired.

Optional: add 1 pound lean ground beef or turkey with onion, cook until browned.

Makes 6 servings (½ cup)

Nutrition Facts per Serving: 110 calories, 20 calories from fat, 3 grams protein, 22 grams carbohydrate, 2.5 grams fat, 5 grams fiber.

Vegetable Stir-Fry

3 cups cooked brown rice
1 tablespoon peanut oil
½ onion, sliced
1 cup broccoli, cut into small pieces
1 cup cauliflower, cut into small florets
1 red bell pepper, cut into strips
1 green bell pepper, cut into strips
1 cup fresh mushrooms, sliced
1 medium zucchini, julienned
2 tablespoons corn starch
1½ cups gluten-free broth
6 teaspoons gluten-free soy sauce

- Heat oil in large skillet over medium heat. Add onions and cook, stirring, 2-3 minutes. Add broccoli and cauliflower, cook and stir for 2-3 minutes. Add red and green pepper, cook and stir for 2-3 minutes. Add mushrooms, cook and stir for 2-3 minutes. Add zucchini, cook and stir for 2-3 minutes. Reduce heat to low-medium.
- Mix cornstarch into broth (can shake in a jar with lid or whisk together in small bowl). Add mixture to vegetables ½ cup at a time, stirring constantly. Cook and stir for 1-2 minutes, after all broth is added and mixture thickens.
- Serve stir-fried vegetables and sauce over ½ cup cooked brown rice. Sprinkle with 1 teaspoon gluten-free soy sauce. Season with red pepper flakes if desired

Makes 6 servings (½ cup rice, ½ cup vegetables)

Nutrition Facts per Serving: 205 calories, 25 calories from fat, 6 grams protein, 2 grams fat, 39 grams carbohydrate, 4 grams fiber.

Triple Chocolate Flourless Brownies

For the brownies:

Cooking spray

1 cup (2 sticks) unsalted butter, cut into small pieces

1 cup sugar

1¼ cup bittersweet chocolate, chopped into small pieces

½ cup cold water

4 large eggs

1 teaspoon gluten-free pure vanilla extract

¼ cup gluten-free unsweetened cocoa powder

¼ teaspoon baking soda

¼ teaspoon salt

⅓ cup gluten-free mini chocolate chips

For the topping and drizzle:

⅓ cup semi-sweet chocolate, small pieces

⅓ cup bittersweet chocolate, small pieces

½ cup heavy cream

1½ teaspoons honey

⅛ teaspoon salt

½ teaspoon gluten-free pure vanilla extract

½ cup white chocolate, small pieces

1 teaspoon vegetable oil

- Preheat oven to 350 degrees F, with rack in center of oven. Spray an 8-inch square baking dish with cooking spray, line with parchment paper, spray paper with cooking spray.
- In a large, heatproof bowl over simmering water (not touching), combine butter, sugar, 1¼ cup bittersweet chocolate. Stir and heat until mixture is smooth with butter and chocolate melted.
- Remove bowl from heat. Whisk in water, eggs, vanilla, cocoa powder, baking soda, and salt. Stir in chocolate chips. Pour batter into prepared baking dish, scraping bowl with spatula and smoothing surface in baking dish. Bake at 350 degrees F for 50 minutes, until edges and center are set and toothpick inserted in center comes out clean. Remove from oven, cool on wire rack with brownies in pan.
- To make topping, place 1/3 cup semi-sweet and 1/3 cup bittersweet chocolate pieces in heatproof bowl. In a saucepan, heat cream, honey, and salt to boil over medium-high heat. Pour cream mixture over chocolate pieces and stir to melt. Whisk mixture until smooth. Stir in vanilla. Pour topping over brownies smoothing with spatula.
- In heatproof bowl over (not touching) simmering water, combine white chocolate and oil. Stir and heat until chocolate is melted. Drizzle over brownies. Refrigerate until set, about 2 hours.

Makes 16 servings (1/16 brownie)

Nutrition Facts per Brownie: 320 calories, 220 calories from fat, 7 grams protein, 35 grams carbohydrate, 25 grams fat, 2 grams fiber.

Oatmeal Pancakes

6 eggs
1 cup certified gluten-free rolled oats
1 cup low-fat cottage cheese
2 teaspoons sugar or substitute
1 teaspoon ground cinnamon
1 teaspoon gluten-free, pure vanilla extract
Cooking spray

- Place all ingredients in a blender, process on medium speed until mixture is smooth.
- Heat a griddle or non-stick skillet over medium-low heat. Spray lightly with cooking spray. For each pancake, pour $\frac{1}{4}$ cup batter onto griddle. When bubbles appear over most of surface, flip pancake to other side and cook until golden brown.

Makes 10 pancakes.

Nutrition Facts per Pancake: 70 calories, 5 calories from fat, 5 grams protein, 9 grams carbohydrate, 0.5 grams fat, 2 grams fiber.

For more information please consult the publication *The Gluten-Free Choice, Is it for me?* FCS3-564, University of Kentucky Cooperative Extension Service, December 2012.
<http://www2.ca.uky.edu/agc/pubs/FCS3/FCS3564/FCS3564.pdf>

This set of recipes provided by a University of Kentucky Dietetics student who has Celiac Disease and follows a gluten-free diet.

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