

Gluten-Free Recipes



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Featuring gluten-free recipes from Crunchmaster





Vietnamese “Bánh mì” Sandwich

By Laura Hahn, Guilt Free Foodie Cutie

www.GuiltFreeFoodieCutie.com

Ingredients:

Gluten-free baguette

- 1/2 cup cilantro
- 1/2 cup mint
- 1/2 cup basil
- 1 Tbsp. sriracha
- 2 Tbsp. Korean BBQ sauce
- 1 medium carrot julienned
- 1 small cucumber julienned
- ¼ cup Vietnamese express fish sauce
(It's normal fish sauce with add garlic, ginger, vinegar.)
- Salt and pepper
- 2 tsp. Chinese five spice
- 1 Tbsp. garlic powder
- 1 hot pepper
- 1 chicken breast

Directions:

1. First, marinate the chicken breast with Chinese five spice, salt, pepper, garlic and 1 Tbsp. of Korean BBQ sauce.
2. Roast chicken at 500 degrees for 10 min and flip half way through.
3. While the chicken is cooking, give the carrots, pepper and cucumbers a quick pickle by mixing them both in a bowl with the fish sauce and some salt and let it sit for a few minutes.
4. Once chicken is done and cool to the touch, slice thin.
5. The last step is to build the sandwich. Layer the chicken on the bottom, then add the chopped herbs on top and then the pickled veggies. Top it off with the remaining BBQ sauce and sriracha.

Asian Glazed Short Ribs

By Jackie Ourman, Celiac and Allergy-Friendly Epicurean (C.A.F.E.)

www.JackieOurman.com

Directions:

1. Heat oil in a large Dutch oven or sauce pot over medium-high heat.
2. Add short ribs (in batches) and brown on all sides, about 10-12 minutes. Remove to a side dish or bowl as they are browned.
3. Add carrots, celery and onion and sauté, stirring frequently, until browned at edges, about 5 minutes.
4. Add in chopped garlic and continue to stir until fragrant but not burnt, 1-2 minutes.
5. Pour in soy sauce and rice wine vinegar and scrape up all of the browned bits at the bottom of the pan into the sauce.
6. Stir in brown sugar and add short ribs back into the pot.
7. Add water to cover $\frac{3}{4}$ of the way up the short ribs, should be about 3-4 cups.
8. Bring to a boil, reduce heat to low, cover and simmer about 3 to 3 $\frac{1}{2}$ hours until meat is very tender but still just attached to the bone.
9. Remove from heat and allow to cool to room temperature before refrigerating for 1-2 hours or overnight.
10. Once fully cooled, remove the white layer of fat from the top of the pot around the short ribs with a large spoon and then return the pot to the fire and heat over medium heat until warmed.
11. Remove the short ribs to a tray and cover with foil to keep warm (you can also place them in an oven at 250 degrees).
12. Strain the cooking liquid out through a fine mesh sieve into a medium saucepan and press on the vegetables with a spatula to get out all of the juice and flavor.
13. Heat the sauce over high heat until slightly thickened and reduced by $\frac{1}{2}$. It will be more of a glaze than a broth at this point.
14. Place the short ribs on a serving plate and spoon over the glaze, garnish with sliced scallions, serve and enjoy.



Ingredients:

- 2 Tbsp. canola oil, or enough to just coat the bottom of the pan
- 10-12 beef short ribs, on the bone
- 2 carrots, chopped
- 2 celery stalks, chopped
- 1 red onion, chopped
- 4 garlic cloves, chopped
- 1 cup tamari or other gluten-free soy sauce
- $\frac{1}{4}$ cup rice wine vinegar
- $\frac{1}{2}$ cup brown sugar
- 3 scallions, sliced thinly on the bias, for garnish

Notes: For best results, you should cool the short ribs for an additional 1-2 hours, up to overnight, to easily remove the fat from the braising liquid, but it is not required.



Vegan Walnut Caesar Salad

By Amie Valpone, The Healthy Apple

www.TheHealthyApple.com

Serves 2

Dressing Ingredients:

- 2 Tbsp. Go Veggie! Lactose Free Parmesan Cheese
- Juice of 4 large, fresh, lemons
- ¼ cup olive oil
- 1 Tbsp. water
- ¼ tsp. sea salt
- ¼ tsp. pepper
- 1 ½ Tbsp. Dijon mustard
- 1 Tbsp. whole mustard seeds
- Tbsp. finely chopped fresh dill
- 2 Tbsp. ground flax seeds
- 3 large garlic cloves
- ½ cup walnuts, soaked in water for 15 minutes, then drained

Salad Ingredients:

- 2 heads romaine lettuce, chopped
- 1 head kale, chopped
- 2 medium red radishes, thinly sliced

Directions:

1. Blend all dressing ingredients in a blender.
2. In a large salad bowl, combine romaine lettuce and kale. Drizzle blended dressing over romaine and kale mixture; add sliced radishes. Gently toss to combine.
3. Serve immediately with extra walnuts, if desired.



Super Duper Raw Power Salad

By EA Stewart, The Spicy RD

www.EAStewart.com/blog

Ingredients: Dressing

- 3/4 cup extra virgin olive oil
- 1/4 cup white balsamic vinegar or apple cider vinegar
- 1 Tbsp. maple syrup
- 1/8 tsp. salt

Ingredients: Salad

- 4 cups finely chopped kale (~1 bunch)
- 1 1/2 cups finely chopped purple cabbage
- 3/4 cup dried berries and/or tart cherries
- 1/2 cup shelled frozen edamame, thawed
- 1/2 cup shelled raw sunflower seeds 1/2 cup mung bean or other sprouts
- 2 finely chopped Granny Smith apples
- Salt and fresh ground black pepper to taste

Directions:

1. Make the dressing by combining oil, vinegar, garlic powder, and salt in a lidded jar, and shake well to combine. Set aside until ready to use.
2. To make the salad, combine all the remaining ingredients, and pour 1/2 cup dressing (you may add more or less to suit your taste) over ingredients. Toss well, then season with salt and pepper, and serve.

Brown Waffles with Sausage Apple Patties and Fried Eggs

By Silvana Nardone, Silvana's Kitchen

www.SilvanasKitchen.com



Ingredients: Serves 4

- 1 lb. sweet or spicy Italian sausages, casings removed
- 1/3 cup dried apples (about 1 ounce), finely chopped
- 1 Tbsp. brown sugar
- 3/4 tsp. dry mustard
- 1/4 tsp. paprika
- Salt and pepper
- 3 Tbsp. canola oil
- 3 Yukon Gold potatoes (about 1½ pounds)—peeled, grated and wrung dry
- 1/2 medium onion, grated
- 4 large eggs, at room temperature
- Ketchup, for serving

Directions:

The dried apples in the sausage patties add just the right amount of sweet, caramelized flavor.

1. In a medium bowl, mix together the sausage, apples, brown sugar, mustard, paprika, 1/2 tsp. salt and 1/8 tsp. pepper. Shape into eight 3-inch patties, about 1/4-inch thick. In a large nonstick skillet, heat 1 Tbsp. oil over medium heat. Add 4 patties and cook until browned and cooked through, about 4 minutes on each side. Repeat with the remaining patties.
2. In a small bowl, mix together the potato, onion, 1 Tbsp. oil and 3/4 tsp. salt. Preheat a waffle iron to medium-high heat; grease with cooking spray. Place 1/2 cup of the potato mixture into each waffle square; cook until golden and crisp, about 10 minutes.
3. Meanwhile, in a large skillet, heat the remaining 1 Tbsp. oil over medium heat. Crack the eggs into the skillet and season with salt and pepper; cook, turning once, until whites are set and yolks are slightly runny, about 3 minutes.
4. Place each waffle on a plate and top with 2 sausage patties and a fried egg. Serve with ketchup.



Gluten-Free Pasta in Bolognese Sauce

By Annette Marie, Best Life Gluten-Free

www.BestLifeGlutenFree.com

Ingredients: Sauce Ingredients

- 2 Tbsp. olive oil
- 1 small onion- minced
- 2 garlic cloves- minced
- 1 carrot- shredded. (Use a food processor for speedier preparation or shred by hand.)
- 1 celery rib, minus the green leafy end – minced or shredded in a food processor
- The above-prepared ground meat
- 1 large can crushed tomatoes
- 3 basil leaves, chopped
- Salt & pepper to taste
- Grated Italian cheese to garnish when ready to serve

Ingredients: Meat Preparation

- 2 Tbsp. vegetable oil
- 1 lb. ground beef
- 1 egg
- ¼ cup Italian-flavored gluten-free bread crumbs
- ¼ cup grated Italian cheese
- 1 slice of white gluten-free sliced bread that has soaked in small amount of milk. (You will use the center of the slice, the white part, and gently squeeze out the milk. It's ok if it's still wet, no need to get it too dry. It adds moisture.)
- Dash of salt & pepper

Directions:

1. First, prepare the ground meat, as you would for meatballs. (It's easy! Place all of those ingredients in a large bowl, use clean hands and combine well. Don't form meatballs, just leave it as combined.)
2. Take a frying pan and brown the meat in the hot vegetable oil, loosely stirring as you brown it, and turning over to brown all parts. Drain off any fat and oil and then set aside until it's time to add to the saucepan.
3. In a large saucepot, place the olive oil and when hot, sauté the onion and garlic. Don't allow to brown. After onion is translucent, add the shredded carrot and celery and sauté for about 4 – 5 minutes.
4. Now, add the browned meat, and stir into the vegetables.
5. Add the can of crushed tomatoes, the basil, salt & pepper.
6. Cover and begin to cook on a low-medium heat. Keep checking. When it's simmering, reduce to low and simmer for 45 minutes. Be sure to stir frequently and touch the bottom of the pot when you stir! This isn't something you can set and forget. It will stick to the bottom and burn if left unattended for more than 10 minutes. So, if you feel you may forget to stir, set a timer for every ten minutes so your results will be the best!
7. When it's done, you can remove from heat and leave covered until your gluten-free pasta of choice is cooked.
8. Boil the pasta until "al dente." Drain pasta and place it in a large bowl so you can pour this yummy sauce on top and fold into the pasta to coat well. Add grated Italian cheese on top and enjoy!!



Easy Massaman Curry Chicken

By Ivy Lau, Ivy's Garden

www.IvysGardenFood.com

Ingredients:

- 12 oz. of chicken (cut to 1" cubes)
- 1 small onion (cut in big pieces)
- 1 garlic clove (crushed)
- 2 carrots (peeled and cut)
- 2 small potatoes (peeled and cut)

Sauce Ingredients:

- 1/2 cup of coconut milk
- 1 Tbsp. of Mae Red Ploy Massaman Curry Paste
- 1 tsp. sugar

Directions:

1. Wash and cut all ingredients.
2. Heat 2 Tbsp. of oil on a medium-sized pot and fry the onion until medium brown (about 2-3 minutes). Add garlic, continue to fry until brown. Add Mae Ploy Red Curry paste, 1 tsp. sugar and 3/4 cup of water. Mix well. Add carrots and potatoes and simmer for 5 minutes, until soft.
3. Add chicken and coconut milk and simmer for another 8-10 minutes. Add salt and pepper to taste. Add red chili pepper flakes to spice it up.



Spicy Thai Coconut Soup with Chicken and Shrimp

By Jenny Manseau, Creative Cooking Gluten-Free

www.CreativeCookingGF.WordPress.com

Ingredients:

- 1 lb. shrimp, large, cleaned, deveined, shells removed and set aside
- 6 cups gluten-free stock: seafood, chicken, or vegetable
- 1 lb. chicken breast, boneless, skinless
- 1/3 cup mushrooms: crimini, shitake, etc., sliced
- 1/4 cup carrots, julienned
- 1/4 cup zucchini, julienned
- 2 cans coconut milk, full fat
- 1/2 cup white or basmati rice, uncooked

Directions:

1. Gather all ingredients and equipment. Clean, devein shrimp and save shells. Set aside cleaned shrimp.
2. Slice chicken breast into thin strips and set aside. Clean mushrooms, slice thin and set aside. Wash carrots and zucchini, julienne, and set aside.
3. In a high sided sauté pan, heat oil over medium heat. Add shrimp shells and cook for five minutes. Add in ginger, garlic, lime, and Thai chili pepper(s) and cook for an additional 2 minutes.
4. Add stock and simmer for 15 minutes over low heat. Strain stock and discard any solids. Return stock to pan and bring to a boil.
5. Add mushrooms, carrots, and zucchini and cook for one minute, remove and set aside. Add rice, cover pan and cook for 15 minutes or until tender. Stir in coconut milk and mix until incorporated and all solids have dissolved.
6. Turn heat to medium low, add in chicken, and shrimp. Cook for 3-5 minutes or until proteins are cooked throughout. Return the vegetables to the pan and stir well. Check for seasoning and adjust if needed.
7. Serve in a bowl with a slice of lime fresh Thai chili pepper(s), and chopped cilantro. Hold at 135° or warmer.

- 2 inches ginger, cut in half
- 3 cloves garlic, smashed
- 2 small limes, juice and zest (save one lime for garnish)
- 6 medium Thai chili peppers, cut 3-4 in half (for less spice remove seeds)
- 2-3 Tbsp. cilantro, chopped or torn
- 2 Tbsp. scallions, sliced on a diagonal
- 2 tsp. kosher salt (more to taste if needed)
- 2 Tbsp. oil of your choice
- 1/4 cup zucchini, julienned



Fish Tacos in Broccoli Slaw and Lime Cream Sauce

By Kristine Kidd

www.KristineKidd.com

Ingredients: Makes 4 servings

- 4 cups (about half of a 16 oz. bag) prepared broccoli coleslaw
- 1/4 cup (1 1/2 oz.) minced red onion
- 1/4 cup (1/3 oz.) minced fresh cilantro
- 1 Tbsp. plus 2 1/2 tsp. fresh lime juice
- 1 seeded and minced Serrano chile,
- Kosher salt and freshly ground black pepper
- 6 Tbsp. (3 fl. oz.) gluten-free mayonnaise
- 6 Tbsp. (3 oz.) plain Greek-style yogurt,
- 1 1/2 tsp. finely grated Lime zest
- 1 lb. Albacore tuna, cut into 3/4-inch cubes
- 3/4 tsp. Ancho chile powder
- 1/4 tsp. ground cumin
- 1/4 tsp. ground coriander
- 2 Tbsp. olive oil
- 1 large avocado, peeled and sliced
- 8–10 (5 1/2 to 6 inches in diameter) gluten-free corn tortillas, heated

Directions:

1. In a large bowl, combine the broccoli slaw, onion, cilantro, 1 Tbsp. plus 1 tsp. of the lime juice and the minced serrano chile. Toss to combine. Season to taste with salt and black pepper. Let the slaw stand while preparing the sauce and fish.
2. In a small bowl, mix together the mayonnaise, yogurt, lime zest and the remaining 1 1/2 tsp. lime juice. Mix a pinch of salt into the sauce.
3. In a medium bowl, mix the tuna cubes, chile powder, cumin, and coriander. Sprinkle with salt and black pepper. In a large frying pan over medium-high heat, warm the oil. Add the fish and sauté until brown on the outside but still pink inside, about 2 minutes. Transfer the fish to a warmed bowl.
4. Set out on the table the fish, slaw, sauce, avocado and tortillas and allow diners to assemble their own tacos.

Sidebar: To toast corn tortillas, set them directly over a gas burner or in a heated dry skillet and cook until a few brown spots appear, about 20 seconds on each side. Keep warm in a tortilla warmer or wrapped in foil.



Spicy Hamburger with Homemade Relish & Pineapple

By Laura Hanley, G-Free Laura

www.GFreeLaura.com

Ingredients: Makes 4 servings

- 4 beef hamburgers
- 2 tsp. cumin seeds
- 1 can sliced pineapple
- Olive oil
- Fresh basil
- Gluten-free buns

Homemade Relish

- Cut up onion and purple onion
- 1 tsp. red wine
- 3 Tbsp. balsamic vinegar
- 3 Tbsp. red wine vinegar
- 4 Tbsp. brown sugar

Directions:

1. Begin by starting your homemade relish. Turn the burner on medium low and begin by simmering your cut up onion.
2. Once onions are translucent, put in the red wine, balsamic vinegar, red wine vinegar, and the brown sugar.
3. Let simmer until it smells all sorts of wonderful. Once done, put in a bowl and set aside.
4. While your homemade relish is simmering, place the cumin seeds in a skillet over medium heat for 3-4 minutes. Then place onto cutting board and crush with a rolling pin so it will easily coat the beef hamburger patties.
5. Grill the slices of pineapple from the can for 3-4 minutes per side. Take off the grill and cut into smaller pieces on a cutting board. Place into bowl with homemade relish.
6. Brush or spray the hamburger patties with olive oil and then coat with the cumin seeds, doing your best to make both sides even.
7. Place burgers on the grill to cook evenly, approximately 5 minutes per side.
8. Take burgers off of grill and place on a gluten-free bun with fresh basil. Top the cumin-coated burger with the homemade relish and pineapple. Place on a plate with your desired side dish (we made grilled steak fries) and eat your gluten-free heart out!



Cranberry Brie with Crunchmaster Coating

Courtesy of Crunchmaster

www.Crunchmaster.com

Ingredients:

- 1 cup fresh or frozen cranberries
- ½ cup sugar
- ½ cup water
- 2 Tbsp. gluten-free flour
- 1 large egg, beaten
- ½ cup finely ground Crunchmaster Multi-Seed Crackers Rosemary & Olive Oil
- 1 – 7 oz. round of brie
- 2 Tbsp. olive oil
- 2 Tbsp. unsalted butter
- Crunchmaster Multi-Seed Crackers Rosemary & Olive Oil

Directions:

1. Combine cranberries, sugar and water in a small saucepan and bring to a boil over high heat. Reduce heat and boil gently for 10 minutes stirring occasionally and gently mashing the cranberries with the back of a spoon. Let cool.
2. Put the flour, egg and cracker crumbs on individual dinner plates. Coat the brie first in the flour, then the egg and finally the cracker crumbs, making sure it is completely coated.
3. Heat the olive oil and butter in a medium skillet over medium heat. When the butter is melted and the oil is hot, add the brie and cook for about 2 minutes per side or until golden brown.
4. Place the brie on a serving plate and top with the cranberries. Serve with crackers.

Gluten-Free Recipes



Sweet Potato Casserole

Courtesy of Crunchmaster

www.Crunchmaster.com

Ingredients: For casserole

- 2.5 lbs. sweet potatoes
- 2 eggs
- 1 tsp. dark brown sugar
- 1 tsp. salt
- 1/2 tsp. cinnamon
- 1/2 tsp. ginger
- Pinch of nutmeg

Directions:

1. Preheat oven to 350°F. Peel and cube sweet potatoes. In a large stock pot, boil potatoes until tender, then drain. Return potatoes to stock pot. Mash until smooth. Add eggs, 1 tsp. dark brown sugar, salt, cinnamon, ginger and nutmeg. Mix well.
2. Spray a 2 quart oval baking dish with non-stick cooking spray. Add potato mixture to dish and spread evenly. Set aside.
3. In a medium bowl, combine cracker crumbs, melted butter and 1/3 cup dark brown sugar. Mix well.
4. Top potato casserole with cracker mixture. Spread mixture evenly covering the entire top of the casserole. Cover with aluminum foil and bake for 25 minutes. Remove foil carefully and bake for 10 more minutes.

Ingredients: For topping

- 1/2 cup finely ground Crunchmaster Multigrain Crackers
- 1/3 cup packed dark brown sugar
- 2 Tbsp. butter melted
- Multi-Seed Crackers Rosemary & Olive Oil



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