

Gluten-Free Lunchbox-Friendly Recipes

From the National Foundation for Celiac Awareness Webinar

Kids Central Special: Packing the Gluten-Free School Lunchbox, Featuring Garrett Berdan, RD, LD, Chef

Quinoa Salad with Olives and Feta

From: Garrett Berdan, RD, LD, Chef

Quinoa is so quick-cooking that it can be used even when you are in a pinch. Like with any whole grain, if you are making the effort to cook it, cook extra to use later in the week. Chilled cooked quinoa makes a perfect base for any tabouleh-style grain salad. And, the same goes for the wild rice salad below!

Ingredients:

- 2 cups quinoa, picked over for pebbles
- 3 cups water
- 1 ½ tsp. kosher salt
- ½ cup extra-virgin olive oil
- 2 lemons, zest from one and juice from both
- 2 Tbsp. fresh mint, chopped
- ¾ cup fresh flat-leaf parsley, chopped
- Fresh ground black pepper to taste
- ¼ cup black olives, pitted and chopped
- 1 seedless cucumber, diced
- 4 oz. feta cheese
- 1 cup seedless grapes, halved



Directions:

1. In a large sauté pan with a tight-fitting lid, toast the dry quinoa over medium high heat, stirring frequently, until it begins to crackle and smell toasted, about 7 minutes. Remove the toasted quinoa to a fine mesh sieve and rinse under cold water. Return the quinoa to the sauté pan and add 3 cups of water and ½ teaspoon of the kosher salt. Bring quinoa to a boil, reduce to a simmer, and cook, covered, for 12 minutes, or until the water is absorbed and the grain is tender. Remove the cooked quinoa to a shallow dish and chill in the refrigerator for at least 1 hour.
2. Meanwhile, place the olive oil, juice of two lemons, zest of one lemon, and 1 teaspoon kosher salt in a large mixing bowl and whisk to combine. Add the chopped mint and parsley, ground pepper, black olives, diced cucumber, feta cheese and sliced grapes. Add the chilled quinoa and toss to combine. Adjust seasoning with salt, pepper and lemon juice. Serve chilled or at room temperature.

Wild Rice Salad

From: Garrett Berdan, RD, LD, Chef

Serves 6

Ingredients:

- ½ tsp. orange zest
- ¼ cup orange juice
- ¼ tsp. salt
- 2 Tbsp. shallot, minced
- 1 Tbsp. balsamic vinegar
- 1 tsp. Dijon mustard
- ¼ cup extra-virgin olive oil
- 3 cups cooked wild rice
- 1 cup fresh sweet red cherries, pitted and halved
- ½ cup dried sweet or tart cherries, roughly chopped
- ¾ cup celery, diced
- ¼ cup pecans, toasted and chopped
- ¼ cup flat leaf parsley, chopped



Directions:

1. Make vinaigrette by combining orange zest and juice, salt, shallot, and vinegar in a large mixing bowl. Allow mixture to stand for 5 minutes to mellow the shallots.
2. Add Dijon mustard and whisk in extra-virgin olive oil until thoroughly mixed. Add cooked wild rice, fresh and dried cherries, celery, pecans, and parsley and mix until vinaigrette is well distributed.



Grilled Cheese Sandwiches with Prosciutto, Arugula, and Honey-soaked Figs

Recipe adapted by Garrett Berdan, RD, LD, Chef

Original recipe from: *Dishing up Oregon*, Ashley Gartland, Copyright © 2011 Storey Publishing

Serves 4

Ingredients:

- 16 dried black mission figs, halved
- ½ cup honey simple syrup*
- 8 thick slices gluten-free bread
- 4 slices prosciutto
- 1 cup arugula
- 4 oz. sharp white cheddar cheese, coarsely grated (about 1 cup)
- 2 Tbsp. unsalted butter



Directions:

1. Soak the figs in the warm honey simple syrup in a small bowl until plump, about 10 minutes. Drain the figs and discard the syrup.
2. Arrange 4 slices of the gluten-free bread on a cutting board. Layer the prosciutto, figs, and arugula over the gluten-free bread slices, dividing the filling equally between the slices.
3. Sprinkle ¼ cup of cheese over the top of each slice and gently press the second slices of gluten-free bread over the filling. Melt the butter on a griddle or in a large skillet over medium heat. Place the sandwiches on the griddle and flatten by placing a heavy skillet on top.
4. Cook the sandwiches until golden brown on the bottom, about 5 minutes. Flip the sandwiches, cover with the skillet, and cook until the bread is golden brown and the cheese is melted, about 4 minutes longer. (Alternatively, cook the sandwiches in a Panini press for about 5 minutes.)
5. Remove the sandwiches from the griddle. Slice the sandwiches in half and serve immediately.

*To make the honey simple syrup, pour ¼ cup of hot water over ¾ cup of mild honey in a small bowl and stir until the honey has dissolved. Store any remaining syrup in a clean jar at room temperature and use to add an earthy sweetness to iced tea or cocktails.

www.CeliacCentral.org



Amaranth Breakfast Porridge with Apples

From Garrett Berdan, RD, LD, Chef

Serves 4

Amaranth is such a nourishing grain full of protein and calcium. When cooked into porridge, the texture is creamy and smooth, but a bit boring to some palates. I like to add many textures to my amaranth porridge with crunchy toasted hazelnuts and crispy diced fresh apples. Experiment with this recipe and add your own flavors and textures of the season.

Ingredients:

- 1 cup amaranth
- 3 cups water
- ¼ tsp. kosher salt
- ¼ cup dried currants
- ½ tsp. cinnamon
- 1 Tbsp. butter
- ½ cup hazelnuts, toasted and chopped
- 2 fresh apples, diced
- 100% real maple syrup



Directions:

1. Bring the water to a boil in a sauce pan with a tight-fitting lid. Add the kosher salt, amaranth and dried currants. Reduce the heat to a simmer, cover and cook, stirring occasionally, until the amaranth has thickened, about 20 minutes.
2. Stir 1 tablespoon of butter and the cinnamon into the cooked amaranth. To serve, place some of the cooked porridge in a bowl and top with chopped hazelnuts, diced apple and a drizzle of real maple syrup to sweeten.

Want more kid-friendly recipes? Check out Kids Central at

www.CeliacCentral.org/Kids/Recipes

www.CeliacCentral.org