

## QC Celiac Group

### Annual Picnic July 2009 Recipes

#### Meatloaf – Becky Wentworth

3 lbs. ground beef (can also use 1 lb. each of ground beef, ground turkey, and ground pork)

1 packet Lipton Dry Onion Soup Mix

½ cup GF oats

1 cup milk

½ cup ketchup

1 egg

½ tsp. pepper

1 tsp. ground dry mustard

1 tbsp. Worcestershire sauce

Combine all ingredients together until well mixed. Spread mixture into loaf pan or baking dish. Cover meatloaf with more ketchup spread evenly. Bake at 350 degrees for about an hour or until done.

#### Everyone's Favorite Chicken – Pearl Smith

3 cups diced cooked chicken

2 celery stalks, diced

1 (8oz.) can sliced water chestnuts, drained

1/3 cup sliced almonds

1 (2oz.) jar pimientos, undrained

1 Tbsp. minced onion

¾ cup light mayo

2 tbsp. lemon juice

1 /2 tsp. salt

1 tsp. pepper

6 oz. shredded cheddar cheese

Combine all ingredients, mix well, place in greased 11x7 baking dish. Bake covered for 30 minutes or until cheese melts.

Mexican Chicken Casserole – Sue Miller (Recipe from Wheat-Free Recipes and Menus by Carol Fenster)

1 cup low-sodium gf chicken broth	¼ tsp. chili powder
1 cup gf canned Mexican-style tomatoes	¼ tsp. garlic powder
1 medium onion, finely diced	½ tsp. salt
½ cup gf light sour cream	2 cups cooked chicken, cubed
4 oz. can diced green chilies	2 cups corn tortilla chips
½ tsp. dried oregano	1 cup grated cheddar cheese
¼ tsp. ground cumin	1 cup grated Monterey jack cheese
¼ tsp. ground sage	2 tbsp. fresh cilantro, chopped

Preheat oven to 350 degrees. Mix chicken broth, tomatoes, onions, sour cream, green chilies, spices, and salt together in bowl to form sauce. Set aside. Coat a 10x14-inch casserole dish with cooking spray. Layer ½ of the chicken, then ½ of the sauce, cheese, and tortilla chips. Repeat layers, ending with cheese. Bake for 35-40 minutes, or until casserole is bubbly. To serve, garnish with chopped cilantro. Serves 6.

Potato Salad - Becky Wentworth

3 lbs. potatoes  
1 ½ cups Hellman's Mayonaise  
1 tbsp. sugar  
1 tbsp. cider vinegar  
2 tsp. ground mustard  
1 tsp. salt  
½ tsp. pepper  
2 stalks of celery, diced  
1 medium onion, diced  
4 hard cooked eggs, chopped

Boil potatoes until fork tender. Once cooled to the touch peel and dice the potatoes. Add celery, onion and eggs. Mix mayonnaise, sugar, vinegar, ground mustard, salt and pepper in a separate bowl. Add mayonnaise mixture to potato mixture and mix until well blended. Cover and refrigerate until chilled.

### Crunchy Pea Salad – Vicki Rosmann

1 (10oz) pkg. frozen baby peas, thawed

1 cup finely chopped celery

1 cup chopped cauliflower

¼ cup diced green onion

½ cup sour cream

1 cup chopped cashews

1 cup. Gf ranch dressing

Mix sour cream and ranch dressing together. Combine peas, celery, and cauliflower in another bowl. Pour dressing over vegetables. Stir in cashews. Chill before serving. Note: may add crisp bacon bits if desired.

### Mary Sophia's Batter Bread – Donna Renneke (recipe taken from Domata Living Flour)

3 cups Domata Living Flour

½ cup nonfat dry milk powder

¼ tsp. salt

1 ½ tsp. baking powder

¼ tsp. unflavored gelatin

2 tbsp. sugar

3 ½ tsp. saf-instant yeast

3 eggs, beaten

¼ tsp. Vinegar

1/8 cup vegetable oil

1 ¼ cup + 1/8 cup lukewarm water

Preheat oven to 400 degrees. Grease a 5x9-inch loaf pan and dust with Domata Flour

Mix all the dry ingredients in your mixing bowl first for several minutes while preparing the wet ingredients. Whisk together the wet ingredients and the yeast; then add to the dry ingredients and mix together until mixed for ONLY 1 minute. DO NOT OVERMIX. The batter should be slightly thicker than the consistency of cake batter. Add water a tablespoon at a time, as needed, to achieve this consistency. Spoon the batter into prepared pan, smooth top with wet fingers, cover and let rise in warm place until dough reaches top of pan. Then bake for 10 minutes then cover lightly with foil, and bake for another 35-40 minutes depending on your oven. Remove bread from pan immediately to cool. Cool before slicing. Store tightly covered on the counter for 3 days. Can store in freezer for several weeks. Will dry out in refrigerator.

This recipe will also make beautiful dinner rolls. Bake in muffin tins. Cover with foil to prevent overbrowning.

Can also use batter to make pizza crusts.

### Vanilla Fluff - Amanda Makula

1 1/3 c. milk

3 c. vanilla ice cream

2 boxes of instant pudding (1 vanilla and 1 banana cream)

1 container Cool Whip

Mix together and beat w/ electric mixer for 10 minutes. Add container of Cool Whip. That's it!

### Lemon Pie Bars – Pearl Smith

3/4 cup margarine

1/2 cup powdered sugar

1 1/2 cups GF Flour mix

Mix together and pat into bottom of 9 x 13 pan. Bake at 350 degrees for 20 minutes.

3 eggs, beaten lightly

3 tbsp. GF Flour mix

1 1/2 cups sugar

1/3 cup lemon juice

Mix eggs, flour, sugar & lemon juice. Pour over hot crust. Return to oven and bake 20 minutes more. Cut and sprinkle with powdered sugar as soon as you take out of oven.

### Chocolate Zucchini Cake – Vicki Rosmann

1/2 cup softened butter or margarine

1 3/4 cups sugar

1/2 cup vegetable oil

2 eggs

1 tsp. vanilla

4 tbsp. cocoa

1/2 tsp. baking powder

1 tsp. baking soda

2 1/2 cups GF Flour Mix (used Stashu's All-Purpose Mix)

1/2 cup sour milk

2 cups zucchini, shredded

1/2 cup chopped nuts

1 cup chocolate chips

Cream margarine, oil and sugar. Add eggs, vanilla, and sour milk; beat with mixer. In separate bowl mix dry ingredients together. Add dry ingredients to creamed mixture. Beat well. Stir in shredded zucchini. Spoon batter into greased 9 x 13-

inch pan, sprinkle with chocolate chips and nuts. Bake at 325 degrees for 45-50 minutes or until toothpick comes out clean. No need to frost. Very moist cake.

### Pie Filling Bars – Sue Miller

1 cup margarine

1  $\frac{3}{4}$  cups sugar

1  $\frac{3}{4}$  cups white rice flour

$\frac{1}{2}$  cup sweet rice flour

1 tsp. xanthan gum

4 eggs

1 can GF pie filling

1  $\frac{1}{2}$  tsp. baking powder

$\frac{1}{4}$  tsp. salt

1 tsp. vanilla

Cream together margarine, eggs, and sugar. Add dry remaining ingredients, leave filling for last. Spread  $\frac{2}{3}$  of the dough into a greased jelly roll pan. Spread pie filling over dough. Dot remaining dough on top of filling. Bake at 350 degrees for 35-40 minutes until done.