

QC Celiac Group Annual Picnic July 2011 Recipes

Gluten-Free Lasagna By Tara Lukkarinen

2 pounds ground beef
2 jars of GF spaghetti sauce (I use Prego)
1 ½ large containers of cottage cheese
16 oz. shredded mozzarella cheese
6 oz. parmesan & romano cheese (Kraft)
Tinkyada GF lasagna noodles

Brown the ground beef, drain grease, and stir in the spaghetti sauce. Put a light layer of sauce on the bottom of a 9x13 pan (so noodles don't stick to the bottom of the pan). Lay the uncooked noodles down to cover the bottom of the pan, then spread ½ of the remaining sauce, then 3 oz. of parmesan & romano cheese, then 16 oz of cottage cheese, then 8 oz. of mozzarella. Repeat the layering one more time starting with more noodles again.

Cover with tin foil and bake 1 hour at 350 degrees. Remove tin foil and bake up to 30 minutes more. Allow 30 minutes for lasagna to set up while cooling.

You can also freeze the lasagna. If baking when frozen, increase baking time to 1 ½ hrs. before removing tin foil.

Tip: The cheese may spill over so put foil or a cookie sheet on the rack under the lasagna to keep your oven clean.

Rhubarb & Cake

Butter a glass 9 x 13 cake pan.

8 - 12 stalks of rhubarb cut into 1 inch pieces (or to generously cover bottom of the pan)
1 box family size strawberry Jello
1 cup sugar
1 GF Cake mix (dry - Betty Crocker yellow)
1 stick butter of oleo
1 cup water

Spread rhubarb in cake pan (do not use an aluminum pan). Sprinkle on the box of Jello, then the sugar, next the dry cake mix. Cut the oleo into small pats and place on the cake mix. Pour water over the top. Bake about 1 hour at 350 degrees.

Snickerdoodle Chex Mix

¼ cup sugar
1 tsp. ground cinnamon
2 cups Cinnamon Chex cereal
2 cups Chocolate Chex cereal
4 cups popped popcorn
¼ cup butter or margarine

1. In small bowl, mix sugar and cinnamon; set aside. In large microwavable bowl, mix cereals and popcorn.
2. In 1-cup microwavable measuring cup, microwave butter uncovered on High about 40 seconds or until melted. Pour over cereal mixture, stirring until evenly coated.
3. Microwave uncovered on High 2 minutes, stirring 1 minute. Sprinkle half of the sugar mixture evenly over cereal mixture; stir. Sprinkle with remaining sugar mixture, stir. Microwave 1 minute longer, spread on waxed paper or paper towels to cool. Store in airtight container.

Get the classic taste of cinnamon and sugar cookies in a munchable snack mix that's ready 15 minutes!

Buttermilk Biscuits

R.J. Brown

Double the recipe for a large cookie sheet.

1 cup brown rice flour
1 cup cornstarch
4 tsp. baking powder
½ tsp. baking soda
1 tsp. salt
4 Tbl. unsalted butter-cold
1 cup buttermilk
2 egg whites
1 tsp. xanthum gum

Topping:
Strawberries, blueberries or peaches
Sprinkle sugar on top.

Combine dry ingredients, cut in butter. Combine wet ingredients, pour wet into dry. Mix to just combine. Pat out dough on parchment paper that is lightly sprayed with pam (original). ½ inch or desired thickness, cut into biscuits.

Easy method: (for double recipe) Pat dough on cookie sheet, top with fruit and sugar, cut into squares after baking.

425 degrees for 12 minutes.

Can be used for dumplings, strawberry short cake or plain biscuits.

Quinoa Salad with Red Bell Pepper and Cilantro

To make this dish spicier, add the chili seeds. Serves four.

1 cup quinoa, rinsed and dried on a towel
1 ½ cups water
salt and pepper
½ red bell pepper, seeded and chopped fine
½ jalapeno chili, stemmed and seeded and minced
2 tablespoons minced red onion
1 tablespoon minced fresh cilantro
2 tablespoons lime juice
1 tablespoon extra-virgin olive oil
2 teaspoons Dijon mustard
1 small garlic clove, minced
½ teaspoon ground cumin

Toast quinoa in a large saucepan over medium heat, stirring often, until lightly toasted and aromatic, about 5 minutes. Stir in water and ¼ teaspoon salt; bring to a simmer. Reduce heat to low, cover, and simmer until quinoa has absorbed most of the water and is nearly tender, 12 minutes. (Any remaining water will evaporate as the quinoa cools.) Spread quinoa in a rimmed baking sheet and set aside until tender and cool, 20 minutes.

Transfer quinoa to a large bowl. Stir in the bell pepper, jalapeno, onion and cilantro.

In a separate bowl, whisk the lime juice, oil, mustard, garlic and cumin. Pour over quinoa and toss to coat. Season with salt and pepper and serve. Or refrigerate in an airtight container for up to two days, season with salt, pepper and lime juice to taste before serving.

Per ¾ cup serving: 200 calories, 6 grams fat (1 gram saturated), 0 milligrams cholesterol, 30 grams carbohydrates, 6 grams protein, 3 grams fiber, 220 milligrams sodium.

Everyone's Favorite Chicken (Gluten Free)

by Sue Miller

5 cups diced, cooked chicken
2 medium celery stalks, diced
1 (8oz) can sliced water chestnuts, drained
½ cup sliced almonds' 1 (2 oz.) jar pimentos, undrained
1 T. minced onion
1 cup mayonnaise
2 T. lemon juice
½ t. salt (optional)
1 t. black pepper
8 oz. shredded cheddar cheese

Combine all ingredients; mix well. Place in greased 8x12 (or 9 x 13) baking dish. Bake, covered at 350 degrees for 30 minutes or until cheese melts.

Chicken Spareribs

8 bone-in chicken thighs
2 tablespoons vegetable oil
1 cup water
2/3 cup packed brown sugar
2/3 cup soy sauce
1/2 cup apple juice
1/4 cup ketchup
2 tablespoons cider vinegar
2 garlic cloves, minced
1 teaspoon crushed red pepper flakes
1/2 teaspoon ground ginger
2 tablespoons cornstarch
2 tablespoons cold water

In a Dutch oven, brown chicken in oil in batches on both sides; drain. Return all of the chicken to the pan.

In a bowl, combine the water, brown sugar, soy sauce, apple juice, ketchup, vinegar, garlic, pepper flakes and ginger; pour over chicken. Bring to a boil. Reduce heat; cover and simmer for 20 minutes or until chicken juices run clear.

Remove chicken to a platter and keep warm. In a small bowl, combine cornstarch and cold water until smooth; stir into cooking juices. Bring to a boil; cook and stir for 2 minutes or until thickened. Spoon over chicken. Yield 4 servings.

Strawberry Pretzel Squares

2 cups finely crushed pretzels—GF
1/2 cup sugar, divided
2/3 cup butter or margarine, melted
1 1/2 pkg. (8oz. each) Philadelphia Cream Cheese, softened
2 Tbsp. milk
1 cup thawed Cool Whip whipped topping
2 cups boiling water
1 pkg. (8 serving size) Jell-o Brand Strawberry Flavor Gelatin
1 1/2 cups cold water
1 qt. (4 cups) strawberries, sliced

Preheat oven to 350 degrees. Mix pretzel crumbs, 1/4 cup of the sugar and the butter. Press onto bottom of 9x13 inch baking pan. Bake 10 minutes. Cool.

Beat cream cheese, remaining 1/4 cup sugar and the milk until well blended. Gently stir in whipped topping. Spread over crust. Refrigerate until ready to use.

Meanwhile, stir boiling water into dry gelatin mix in large bowl at least 2 minutes until completely dissolved. Stir in cold water. Refrigerate 1 1/2 hours or until thickened (spoon drawn through leaves definite impression). Stir in strawberries. Spoon over cream

cheese layer. Refrigerate 3 hours or until firm. Cut into squares to serve. Store leftovers in refrigerator.

Lemon Chicken and Rice

by Donna Renneke

½ pound skinless, boneless chicken breast halves, cut into strips
¼ cup chopped onion
1 medium carrot, thinly sliced
1 garlic clove, minced (Donna omitted this)
1 Tbsp. butter' 1 tsp. cornstarch
¾ cup chicken broth
1 Tbsp. lemon juice
¼ tsp. salt
¾ cup uncooked instant rice
1/3 cup frozen peas

In a skillet, cook first four ingredients in butter. Combine cornstarch, broth, lemon juice and salt if desired until smooth; add to skillet. Bring to a boil; cook and stir for 2 minutes or until thickened. Stir in rice and peas. Remove from the heat; let stand 5 minutes. Fluff with a fork.

Yield 2 servings

Donna doubled the recipe and used Jasmine brown rice cooked separately. She added 1 Tbsp. minced "lemon basil" because she has that growing in her yard.

Taco Salad

by Becky Wentworth

1 head lettuce, chopped
½ pound ground beef browned
Old El Paso taco seasoning
(1/2 pkg or 1 pkg depending on how much ground beef you use)
1 large tomato, chopped
Black beans, drained and rinsed (1/2 to 1 can, to taste)
Cheddar cheese, shredded (1 cup or to taste)
Onion, chopped (use to taste)
French dressing (use to taste)
Doritos Taco Chips (not Nacho chips they are not GF), crushed, use to taste

Brown ground beef and add water and taco seasoning according to directions. Cook as directed then let cool a little.

In large bowl add chopped lettuce, seasoned ground beef, tomato, onion, black beans. Toss or mix well. Just before serving add crushed taco chips and salad dressing. Mix well.

Salad can also be made without seasoned meat.

Raspberry Cheesecake Pie

Crust:

1 ¼ cup GF graham cracker crumbs

¼ cup melted butter

Topping:

2 packages (10 ounces each) frozen sweetened raspberries, thawed

2 Tbsp. GF cornstarch

1 tsp. lemon juice

Filling:

1 Tbsp. unflavored gelatin

¼ cup cold water

1 cup heavy whipping cream

1 package (8oz.) cream cheese, softened

1 cup confectioners' sugar

1 tsp. vanilla extract

- In a bowl, combine GF graham cracker crumbs and melted butter. Press onto bottom and up the sides of an ungreased 10 inch deep-dish pie plate. Bake at 375 degrees for 10 minutes or until edges are lightly browned. Cool on wire rack.
- In a small saucepan, sprinkle gelatin over cold water; let stand for 1 minute. Cook and stir over low heat until gelatin is completely dissolved. Cool slightly.
- In a small mixing bowl, beat cream until stiff peaks form; set aside. In another small mixing bowl, beat cream cheese, confectioner' sugar and vanilla until smooth. Beat in gelatin mixture. Immediately fold in whipped cream. Pour into cooled crust. Refrigerate.
- Meanwhile, drain raspberries, reserving 1 cup juice. (If needed, add water to juice to total 1 cup of liquid). Set raspberries aside.
- In a small sauce pan, combine cornstarch and raspberry juice mixture until smooth. Bring to boil over medium heat. Cook and stir for 2 minutes or until thickened. Remove from heat; gently stir in lemon juice. Cool for 10 minutes, stirring occasionally. Gently stir in raspberries. Spoon over pie. Refrigerate until set.