

## Gluten Free Recipes

### Gluten Free Zucchini Noodle Lasagna

#### Ingredients

- 3 large garlic cloves
- 2 tablespoons unsalted butter
- 1 15-ounce can crushed tomatoes, fire roasted if possible
- 1 15-ounce can tomato sauce, fire roasted if possible
- 1 teaspoon dried basil
- 1 teaspoon dried tarragon (or oregano)
- 2 teaspoons kosher salt, divided
- 2 teaspoons cornstarch (or arrowroot starch)
- 2 pounds zucchini (3 large or 5 small medium)
- 2 1/2 tablespoons chopped fresh thyme
- 2 teaspoons lemon zest (1/2 lemon)
- 1 1/2 cups ricotta cheese
- 3/4 cup shredded Parmesan cheese, divided
- 2 cups (7 ounces) shredded mozzarella cheese, divided
- 1/4 teaspoon ground nutmeg
- Fresh ground black pepper



#### Directions

1. Preheat: Preheat the oven to 450 degrees Fahrenheit.
2. Prepare the sauce: Mince the garlic. Add the butter to a medium saucepan over medium heat: once melted, add the garlic and saute until fragrant, about 1 minute. Turn down the heat and carefully add the crushed tomatoes, tomato sauce, basil, tarragon, 1/2 teaspoon kosher salt, and several grinds of black pepper. Remove 1/4 cup of the sauce and stir it with the cornstarch, then add it back to the pan (this helps to thicken the sauce). Simmer while making the remainder of the recipe, at least 15 minutes. When ready to use, remove the pan from the heat.
3. Roast the zucchini noodles: Slice the zucchini into noodles 1/4 inch thick, using a knife or mandoline (if you have a mandoline, it's the easiest way to get uniform pieces). You can discard the pieces that are just the peel. Place the zucchini strips on two parchment-lined baking sheets and drizzle them with olive oil, then use your hands to rub it so they are lightly coated on both sides. Sprinkle with 1 teaspoon kosher salt, divided across the 2

trays. Roast 10 to 12 minutes, until just tender. Remove the pans from the oven and set aside.

4. Meanwhile, prepare the cheese filling: Destem the thyme, then roughly chop the leaves. Add 2 tablespoons thyme to a medium bowl and reserve about 1/2 tablespoon for topping the lasagna. To the bowl, add the lemon zest, ricotta cheese, 1/2 cup Parmesan cheese, 1 cup shredded mozzarella cheese, nutmeg, 1/2 teaspoon kosher salt, and several grinds of black pepper. Stir to combine.
5. Turn down the oven: Turn down the heat to 375 degrees Fahrenheit.
6. Assemble the lasagna: In a 9" x 9" baking dish (or similar volume baking dish), spread a 1/2 cup tomato sauce on the bottom of the pan. Then top with 1 layer of the zucchini noodles, half of the cheese mixture (in dollops) and about 1/2 cup of the tomato sauce, using a spatula to spread the sauce evenly over the cheese. Repeat again, topping with 1 layer of noodles, the remaining cheese mixture, and 1/2 cup of the remaining tomato sauce. Finally, top with a final layer of noodles, then another 1/2 cup tomato sauce. Sprinkle the entire top with the remaining 1 cup mozzarella cheese, 1/4 cup Parmesan cheese, and 1/2 tablespoon fresh thyme.
7. Bake the lasagna: Bake the lasagna for 40 minutes, uncovered. Let stand for at least 15 minutes before serving (this allows the lasagna to set; you can let it sit even longer if desired). Leftovers can be refrigerated for 2 to 3 days and reheated in a 375°F oven.

# Red Curry Poached Mahi-Mahi

## Ingredients

- ½ cup dry jasmine rice
- 1 tablespoon (10 milliliters) olive oil
- 1 medium carrot, sliced into half moons
- ¼ medium red onion, thinly sliced
- 1 cup green beans, sliced in half lengthwise
- 1 can lite coconut milk
- 2 tablespoons red curry paste
- 1 teaspoon sugar
- ½ teaspoon crushed red pepper
- ⅛ teaspoon salt (optional)
- 2 6-ounce fillets frozen mahi-mahi, thawed
- ¼ cup fresh basil leaves



## Instructions

1. Cook rice according to package instructions.
2. In a deep, large skillet, heat olive oil over medium-high heat. Add carrot, onion and green beans and sauté 5 minutes.
3. Transfer to bowl and cover with aluminum foil to keep warm.
4. Lower heat to medium and add coconut milk to the same skillet. Stir in curry paste, sugar, crushed red pepper and salt and bring to a gentle simmer.
5. Place fish into simmering coconut milk and cover with lid for 5 to 6 minutes.
6. Cook until a minimum internal temperature of 145°F (63°C) is reached. Fish will turn opaque and flake with a fork when done.
7. Remove from heat and stir in basil.
8. To serve, cut fish fillets in half and divide fish, rice and vegetables onto four plates.
9. Cover each serving with ½ cup curry sauce.

## Gluten Free Waffles

### INGREDIENTS

- 1 ½ cups (128 grams) certified gluten free oat flour or gluten free all purpose flour
- 2 teaspoons baking powder
- ½ teaspoon salt
- Pinch of cinnamon, optional
- ¾ cup room temperature milk of choice (light coconut milk, nut milk, cow's milk)
- 5 tablespoons unsalted butter, melted
- 2 large eggs
- 2 tablespoons maple syrup
- 1 teaspoon vanilla extract

### INSTRUCTIONS

1. In a mixing bowl, whisk together the dry ingredients: flour, baking powder, salt and cinnamon. In another bowl, whisk together the wet ingredients: milk, melted coconut oil or butter, eggs, maple syrup and vanilla extract. (If your coconut oil solidifies on contact with cold ingredients, gently heat the wet mixture in the microwave in ten seconds intervals, until it melts again.)
2. Pour the wet ingredients into the dry ingredients. Stir with a big spoon until just combined (the batter will still be a little lumpy). Let the batter rest for 10 minutes so the oat flour has time to soak up some of the moisture. Plug in your waffle iron to preheat now (if your waffle iron has a temperature/browning dial, set it to medium-high).
3. Once 10 minutes is up, give the batter one more swirl with your spoon. Pour batter onto the heated waffle iron, enough to cover the center and most of the central surface area, and close the lid. Once the waffle is deeply golden and crisp, transfer it to a cooling rack or baking sheet. Don't stack your waffles on top of each other, or they'll lose crispness. If desired, keep your waffles warm by placing them in a 200 degree oven until you're ready to serve.
4. Repeat with remaining batter. Serve waffles with maple syrup and nut butter, or any other toppings that sound good!



## Stuffed Tomatoes with Quinoa

### INGREDIENTS

- 1 cup cooked quinoa
- 8 medium on-the-vine tomatoes
- ⅓ can quartered artichokes (about 4 ounces, or ½ cup), roughly chopped
- ½ cup full fat feta, plus a few tablespoons extra for topping
- 15 kalamata olives, sliced thin (I prefer the Mediterranean Organic brand)
- 1 tablespoon olive oil
- 2 cloves fresh garlic (minced or use a garlic press)
- ground sea salt, to taste



### INSTRUCTIONS

1. Cook your quinoa: Measure out ⅓ cup of quinoa, pour into a mesh colander, and rinse the quinoa under running water for a minute. Pour the rinsed quinoa into a small pot and add ⅔ cup water. Bring to a boil, then cover and simmer for 15 to 18 minutes. Remove from heat, let sit for a few minutes, and fluff with a fork.
2. Preheat oven to 375 degrees Fahrenheit
3. Core the tomatoes by slicing off the top ⅓ inch of each tomato. Run a small knife vertically around the core. Be careful not to cut through the bottom. Use your finger to gently pull out the core and use the knife to clean out any excess left inside.
4. In a medium bowl, mix together the filling (cooked quinoa, feta, artichokes, olives, olive oil and garlic).
5. Taste and add salt if necessary (feta and olives are salty to begin with, so you may not need any).
6. Spray your dish with cooking oil and brush the tops of the cored tomatoes with olive oil.
7. Use a spoon to stuff the tomatoes with the quinoa mixture.
8. Top each tomato with extra feta.
9. Bake for 15-20 minutes, until the feta starts to turn golden.
10. Garnish each tomato with a small basil leaf.

## Asian Brussel Sprout Salad

### INGREDIENTS

#### Slaw

- 1 pound (16 ounces) Brussels sprouts
- 3 to 4 medium carrots
- $\frac{2}{3}$  cup chopped green onions (white and green parts)
- $\frac{2}{3}$  cup lightly packed fresh cilantro leaves (optional), chopped
- $\frac{2}{3}$  cup slivered almonds
- $\frac{1}{4}$  cup sesame seeds

#### Soy-honey dressing

- $\frac{1}{4}$  cup olive oil
- 3 tablespoons apple cider vinegar
- 3 tablespoons honey
- 3 tablespoons reduced-sodium tamari (gluten free soy sauce)
- $\frac{1}{4}$  teaspoon sea salt (skip the salt if your tamari/soy sauce is not reduced sodium)

### INSTRUCTIONS

1. To shred the sprouts: First, cut off the tough ends of the sprouts and any browning outer leaves. Then shred them in a food processor using the slicing blade, pressing the sprouts against the blade with the provided plastic pusher. If you don't have a food processor, slice them as thinly as possible using a sharp chef's knife, then give them a few extra chops for good measure. Transfer the sprouts to a large serving bowl.
2. To prepare the carrots: Either use a julienne peeler, a chef's knife, or the grating attachment of your food processor to slice the carrots into skinny little strips. Transfer the carrots to your serving bowl.
3. To toast the almonds (optional but recommended): In a medium-sized skillet over medium heat, toast the almonds, stirring often, until fragrant and turning golden on the edges, about 4 to 5 minutes. Add the almonds to the serving bowl.
4. Add the chopped green onions, cilantro (optional) and sesame seeds to the bowl. In a small bowl, combine the olive oil, vinegar, honey, tamari and sea salt. Whisk until emulsified, then pour the dressing over the slaw. Toss well. For best flavor, let the salad marinate for 10 minutes or longer before serving.

**MAKE IT QUICK:** Buy pre-shredded Brussel sprouts/cabbage and/or carrots. Trader Joes sells shredded sprouts (you'll need one and a half 10-ounce bags). Skip the toasting the almonds step.

