

Gluten Free for the Family



Gluten Free
~ for the ~
FAMILY

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Potatoes Au Gratin will work with the milk of your choice. In my household, we are allergic to cow's milk, so we use rice milk and goat cheddar cheese instead. Any milk will work, as long as it's not flavored (vanilla, coconut, etc)

Potatoes Au Gratin

Ingredients:

6 medium potatoes
1 medium onion
2 chicken bouillon cubes
4 tbsp non-dairy buttersticks
4 tbsp brown rice flour
3 cups rice milk (or milk of your choice)
2 cups goat cheddar cheese shredded (or cheese of your choice)
Salt and pepper to taste

Directions:

1. Heat oven to 350 degrees.
2. In a food processor, thinly slice onions and potatoes.
3. Lightly spray a 13x9 baking dish with cooking spray and then fill with potatoes and onions.
4. Mix in cheese.
5. Melt butter in medium sauce pan.
6. Add rice flour, chicken bouillon cubes, salt, and pepper to the saucepan.
7. Mix with a wire whisk until it becomes a paste.
8. Pour milk, 1/2 a cup at a time into the saucepan, continuing to whisk and adding milk as mixture thickens.
9. Once all the milk is in, pour it over potatoes, onions, and cheese in the baking dish and mix well.
10. Bake for 1 hour or until the potatoes are tender or golden brown.

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Roasted Winter Squash & Potatoes

Ingredients:

1 small butternut squash
5 medium potatoes
1/3 cup olive oil
1 tbsp Herb D'Provence
1 tbsp kosher salt



Directions:

1. Heat oven to 400 degrees.
2. Spray 13x9 cookie sheet with cooking spray.
3. Peel the squash and get rid of the seeds.
4. Cut the squash into 2" cubes and place in a plastic gallon bag.
5. Cut unpeeled potatoes into 2" cubes and place in the same bag.
6. Sprinkle Herb D' Provence and kosher salt into the bag and then pour in the olive oil.
7. Seal the bag and shake it until the squash and potatoes are well coated.
8. Spread the contents of the bag onto the cookie sheet in a single layer.
9. Bake for 1 hour or until tender and golden brown.

Roasted Winter Squash and Potatoes is so delicious and easy to prepare! You can use anything that you have handy. Yams, squash (acorn, butternut, banana), potato (red, white, yukon gold), or vegetables (brusselsprouts, mushrooms, broccoli). This is the perfect side for a meat dish and good for any time of the year.

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After going gluten and dairy free, I thought I'd never be able to eat Macaroni and Cheese again! Now I know that wasn't true! I use rice milk and goat cheddar cheese to prepare this dish, but you can use whichever milk or cheese you would like, as long as its not flavored (vanilla, coconut, etc).

Macaroni & Cheese

- Ingredients:**
- 1-16 oz package of brown rice pasta cooked (follow directions on package to cook)
 - 1 tbsp minced onion
 - 2 chicken bouillon cubes crushed
 - 4 tbsp non-dairy buttersticks
 - 4 tbsp brown rice flour
 - 4 cups rice milk (or milk of your choice)
 - 2 cups goat cheddar cheese
 - Salt and pepper to taste

- Directions:**
1. Heat oven to 350 degrees.
 2. Lightly spray 13x9 baking dish with cooking spray.
 3. Put cooked pasta and goat cheddar cheese in baking dish and mix.
 4. In medium sauce pan, melt butter, then add rice flour, chicken bouillon cubes, salt and pepper.
 5. Stir with wire whisk until it becomes a paste.
 6. Continuing to stir, pour milk into sauce pan 1/2 cup at a time, until mixture thickens.
 7. Once the mixture thickens, add 1/2 cup more milk until all milk is mixed in.
 8. Pour mixture over pasta and cheese in the baking dish. Mix well.
 9. Bake for 1 hour or until cheese is golden brown and bubbly.

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Spaghetti Squash

Ingredients:

- 1 medium spaghetti squash
- 1 jar Prego traditional pasta sauce (or your favorite kind)
- 1 cup grated manchego or parmesan goat cheese. (optional)

Directions:

1. Heat oven to 350 degrees.
2. Cut squash in half long ways and scoop out seeds.
3. Place on a cookie sheet inside up and cook for 45 minutes to an hour or until squash is tender.
4. Take out of oven and let cool.
5. Once cool, use a fork to shred the squash into spaghetti-like pieces, starting from the outside moving towards the center.
6. Warm your spaghetti sauce in a medium sauce pan, then pour over squash.
7. For extra flavor, top with grated cheese.



Spaghetti squash is a light and enyoable dish that will work as a side or entree, depending on your preferences. I love to flavor it up with spaghetti sauce and goat cheese.

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Yellow Rice & Veggies

Ingredients:

1 package yello rice mix (Vigo, Mahatma, or Zatarans)
8 oz bag of frozen southwest style vegetables (or any type of frozen vegetables)
2 tsp olive oil



Directions:

1. Put olive oil and frozen vegetables into a medum saucepan and cook on medium heat, stirring until defrosted nd evenly coated with oil.
2. Stir in rice and continue stirring for about 1 minute or until rice is well mixed in.
3. Add water according to instructions on the rice package. Bring to a boil.
4. Lower heat to simmer and cover with a lid.
5. Cook for 25 minutes, then remove from heat and let cool for 5 minutes.
6. Stir and serve.

Yellow Rice and Veggies is a great side that is easy to whip up! Its perfect for when you are short on time and want something great in flavor!

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Any entree is better with garlic bread, especially pasta! Living a gluten free lifestyle doesn't mean you have to give up this favorite side!

Garlic Bread

Ingredients:

- 1 box Chebe' All Purpose Bread Mix
- 1 box Chebe' Focaccia Mix
- 1/2 cup Smart Balance light butter (dairy free)
- 1 tbsp garlic
- 1 tbsp paprika
- 1 tbsp kosher salt
- 1 tbsp oregano

Directions:

1. Heat oven to 375 degrees.
2. Follow the directions on the back of the Chebe' boxes and then mix them together in a large bowl.
3. Once you have kneaded the dough well, shape it into one long loaf about 5" wide and 12" long.
4. Spray a cookie sheet with cooking spray and lay the dough across it.
5. Cook for 55 to 60 minutes or until nice and golden brown.
6. Let cool and then slice the bread long ways so you have two long halves.
7. Spread butter on both halves of the bread until its evenly coated.
8. Sprinkle spices over top of the butter for added flavor.
9. Bake for 10-15 minutes of until golden brown and bubbly.

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Chicken Wings are comfort food to the max! Spraying the pam over the wings right before baking makes the crust crispy without having to flip the wings over. This is a delicious dish that can be served as a snack or dinner entree.

Chicken Wings

Ingredients:

5 lbs chicken wings
2 eggs
1/2 up corn flake crumbs
1/2 cup cornmeal
1/2 cup brown rice flour
2 tbsp vegetable oil
2 tsp garlic
2 tsp Tones Southwest Chipolte seasoning
1 tsp black pepper
1 tsp kosher salt
Cooking spray

Directions:

1. Preheat oven to 400 degrees.
2. Spray large baking dish with a thin layer of cooking spray.
3. Pour vegetable oil on large baking pan.
4. In a medium food container with a tight lid, mix corn flake crumbs, cornmeal, brown rice flour, garlic, southwest chipolte seasoning, black pepper, and kosher salt.
5. Beat eggs on seperate plate.
6. Lay the flour and seasoning mixture out on a flat plate.
7. One at a time, dip wings in the eggs and then coat in flour mixture.
8. Once completed, arrange wings in a single layer in the large baking dish.
9. Spray a thin coat of cooking spray over the top of the wings and bake for 1 hour or until golden brown.

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The dijon mustard gives the Roasted Dijon Chicken an excellent flavor! Spraying the cooking spray over the chicken before baking makes for a nice crispy crust. The flavor of the dijon mustard and the crispyness of the crust, make this chicken undeniably delicious!

Roasted Dijon Chicken

Ingredients:

3-4 lbs boneless chicken breasts
2 eggs
1/2 cup dijon mustard
1/2 cup cornflake crumbs
1/2 cup brown rice flour
2 tbsp vegetable oil
2 tbsp garlic
1 tsp Tone's Southwest seasoning
1 tsp black pepper
1 tsp kosher salt
Pam cooking spray

Directions:

1. Preheat oven to 400 degrees.
2. Spray baking dish with thin layer of cooking spray and then pour in vegetable oil.
3. In a medium food container with a tight lid, mix corn lake crumbs, cornmeal, brown rice flour, garlic, southwest chipolte seasoning, black pepper, and kosher salt.
4. Beat eggs and dijon mustard in a separate bowl.
5. Lay the flour and seasoning mixture out onto a flat plate.
6. One at a time, dip chicken in the egg and mustard mixture, then evenly coat in the flour and seasoning.
7. Once complete, arrange chicken in a single layer in the baking dish.
8. Spray the top of the chicken with cooking spray to add crispiness.
9. Bake for 50-60 minutes or until golden brown.

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Chicken Saltem Buca may sound a little daunting at first, but its really very simple and quite tasty!

Chicken Saltem Buca

Ingredients:

6 medium chicken breasts
6 sage leaves
1/2 tsp kosher salt
6 thin slices of prosciutto
6 thin slices of povolone cheese (or cheese substitute)
2 tbsp olive oil
2 tbsp nucoa butter sticks
1 medium onion chopped
1 cup red wine (any kind)
Tooth picks

Directions:

1. Using a meat hammer, pound chicken until thin, but not torn.
2. Sprinkle with salt and place 1 sage leaf across each chicken breast.
3. Top with 1 slice of cheese and 1 slice of prosciutto.
4. Roll up chicken breast length wise (with sage, cheese, and prosiutto on the inside), so that the chicken is neatly rolled with other ingredients on the inside.
5. Secure with tooth pick.
6. Refrigerate for at least 1 hour (or overnight for best results).
7. Heat olive oil and nucoa in large skillet until melted.
8. Add the chicken rolls (one at a time) and turn until all sides are slightly brown, about 3 minutes per piece, then set aside in greased 13x9 baking dish.
9. After all chicken rolls have been placed in the baking dish, put onions in the skillet and cook 7-10 minutes or until tender and appear clear.
10. Pour in wine and stir occasionally, until boiling.
11. Remove from heat and pour over chicken in baking dish.
11. Bake at 375 degrees for 45 minutes or until chicken is well cooked.

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The crisp breading and tenderness of the Chicken Fried Steak makes for an excellent taste. Add the gravy and oolala, yum, yum!

Chicken Fried Steak

Ingredients:

- 2 lbs steak (top sirloin, round, or chuck)
- 2 extra large eggs
- 1 crisco stick
- 1/2 cup corn flake crumbs
- 1/2 cup corn meal
- 1/2 cup brown rice flour
- 1 tsp cumin
- 1 tsp dehydrated chipotle pepper
- 2 tsp garlic
- 1 tsp black pepper
- Salt to taste

Gravy

- 3 tbsp pan drippings
- 3 tbsp brown rice flour
- 1 chicken bouillon cube
- 2-3/4 cup water

Directions:

1. Mix corn flake crumbs, corn meal, brown rice flour, cumin, chipotle pepper, garlic, and black pepper in a large bowl and mix well until all ingredients blend together.
2. Once complete, pour contents onto a flat plate and set aside.
3. Cut steak into four even pieces.
4. Using a meat hammer, beat steak until its 1/4 inch thick or less.
5. Cut each of the 4 pieces in half so there are 8 even pieces.
6. Beat eggs in a small bowl.
7. Once piece at a time, dip the steak pieces into the eggs and then place the steak in the flour mixture, flipping front and back to thoroughly coat.
8. Place the crisco stick into a large saute pan and heat on medium until it turns to liquid.
9. Once piece at a time, place steak in crisco and cook until golden, then flip and repeat on other side. When complete, remove steak pieces and set aside to cool. Also, set aside 3 tbsp of the pan drippings for the gravy.

Gravy

1. Crumble 1 chicken bouillon cube.
2. Place crisco oil and brown rice flour in a small saucepan and whisk until crumbly.
3. Add the crumbled bouillon cube to saucepan.
4. Continue to whisk, add 1/2 cup of water at a time until mixture thickens.
5. Continue to whisk until desired consistency is reached.
6. Pour gravy over top of Chicken Fried Steak and enjoy.

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This Pork Chop recipe is very simple. I usually allow 30 minutes cooking time for every 1 inch of thickness. Be careul not to over cook or sthe meat will be too dry. Pork chops are delicious and always a treat for my family!

Pork Chops

Ingredients:

6 pork chops 3/4" thick (loin, rib, or any other cut)
1/2 tsp granulated garlic
1/2 tsp black pepper
1/2 tsp southwest chipotle seasoning (optional)
1/2 tsp onion powder
1/4 tsp paprika
1/4 tsp kosher salt
Cooking salt

Directions:

1. Heat oven to 400 degrees.
2. Spray a 13x9 baking sheet with a thin layer of coking spray and lay out pork chops in a single layer.
3. Mix all spices in a small bowl.
4. Sprinkle spices evenly over each pork chop.
5. Bake for 30 minutes or until thoroughly cooked.

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Brisket

Ingredients:

5 lbs of beef brisket
2 packets onion soup mix
1 can tomato sauce
1 bottle wine (any type)
3 cloves of garlic
1/2 cup onions
1 small bag of carrots

Directions:

1. Heat oven to 350 degrees.
2. Place brisket into a large roasting pan.
3. Cover the brisket with all ingredients and cover pan with lid.
4. Place in oven and set for 4 hours.
5. After every hour (during the first 3 hours), take the meat out of the oven and flip it over in the pan, then place back in oven. After the 3rd hour, take meat out and slice the bias (along the grain) and place the meat back in the oven for 1 more hour.
6. When timer goes off, its ready to serve!



Brisket is one of my all time favorites! The meat is so tender that it practically melts in your mouth!

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I like to slow cook the Baked Barbeque Ribs to get the most out of the flavor. This recipe is worth the wait!

Baked Barbeque Ribs

Ingredients:

4 slabs of por ribs
1 tbsp Montreal Steak Seasoning
1-18 oz bottle of barbeque sauce (Sweet Baby Rays or KC Master Piece Original Sauce)
1/2 cup gluten free soy sauce
1 tsp garlic
1 tsp southwest chipotle seasoning

Directions:

1. Heat oven to 350 degrees.
2. In an extra-large baking pan, place the pork slabs with as little overlap as possible.
3. Sprinkle with Montreal Steak Seasoning.
4. Cover with tin foil and cook for 1 hour.
5. Remove pan from oven and flip slabs over (with as little overlap as possible).
6. Cover with tin foil and cook for 1 hour.
7. Remove pan from oven and carefully cut each rib to separate pieces. (be careful, it will be hot).
8. Put ribs (now separated) back in the pan, cover with foil, and cook for 1 hour.
9. Mix barbeque sauce and all remaining spices in a medium bowl. Baste ribs with sauce, leaving half of the sauce in the bowl for later.
10. Cover with foil and cook for 15 minutes.
11. Flip ribs and baste with sauce, then cook 15 minutes more, uncovered.
12. Pull out of oven and they're ready to serve!

Manhattan Style Seafood Chowder

Ingredients:

1 tsp vegetable oil	2 cups sweet corn kernels
2 cups chopped onions	1/2 cup finely chopped fresh parsley
1 cup chopped celery	1-1/2 lbs medium bay scallops
1/2 cup diced carrots	1-1/2 lbs jumbo shrimp (peeled and deveined)
1 tsp kosher salt	4 or 8 oz raw lobster tail, chopped
1/2 tsp cayenne pepper	2 cans chopped clams
2 bay leaves	6 bouillon cubes (chicken or vegetable flavor)
1 tsp minced garlic	4 cups of water
4 cups clam juice	
3 cups tomatoes	
1-1/2 lbs red potatoes, quartered	

Directions:

1. Pour vegetable oil in large pot and heat.
2. Once the oil is hot, stir in the onions, carrots, and celery.
3. Add salt, cayenne pepper, and bay leaves, then saute for 6 minutes.
4. Once the vegetables are soft, add water and then stir in the clam juice, bouillon cubes, and tomatoes. Then bring mixture to a boil.
5. Once it begins to boil, add the potatoes and corn.
6. Cook for 15 minutes on low or until potatoes are tender.
7. Add seafood and let cook for 5 minutes on low heat.
8. Stir in the parsley. If you want more broth, add extra water cup by cup, until desired thinness.
9. Ready to serve.



Manhattan Style Seafood Chowder is simple, delicious and it will make you seem like a master chef! The secret is to add the seafood last, so that you won't overcook it. This soup works with a variety of seafood, such as halibut, cod, salmon, shrimp, scallops, or whatever you have on hand.

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If you love seafood and pasta then Seafood Pasta is the perfect mixture for you! The flavors blend together so fantastically! Don't be intimidated, this recipe is as easy as it is delicious.

Seafood Pasta

Ingredients:

1/2 lb raw shrimp (fresh or frozen)
1/2 lb raw scallops (fresh or frozen)
2-10.5 oz cans Progresso White Clam Sauce
1 bag brown rice spaghetti noodles
1 medium onion, chopped
1 cup chopped mushrooms (fresh)
2 tbsp olive oil
1 tsp oregano
1 bay leaf
Salt & pepper to taste

Directions:

1. In a large pot, bring water to a rolling boil and then add the brown rice noodles and return to boil for 2 minutes.
2. Place lid on the pot, turn off heat, and let stand for 20 minutes.
3. Once complete, pour noodles into a strainer and rinse with cold water.
4. Saute the onion, garlic, and bell pepper in a large sauce pan, about 4 minutes or until onion is soft.
5. Add the mushrooms and continue to saute for 3 minutes or until soft.
6. Add oregano and saute for 5 minutes.
7. Stir in clams, scallops, and shrimp and cook for 3-5 minutes, stirring occasionally. Shrimp should be turning pink and starting to curl.
8. Put pasta on a plate and pour sauce over it. It's now ready to serve!

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Salmon Patties are a family favorite that will leave you wanting more! I serve it with a side of homemade tartar sauce. Yum, yum!

Salmon Patties with Tartar Sauce

Ingredients:

2 large cans of salmon, drained (red or pink)
8 eggs
1 tbsp dill
1/2 cup onions (minced or dehydrated)
2 tsp lemon pepper
1/3 cup brown rice flour
1/3 cup corn meal
1/3 cup cornflake crumbs
1/3 cup water
1 tsp garlic
1 tsp southwest chipotle seasoning
1 stick Crisco
Salt to taste

Tartar Sauce

4 oz dill relish
1/2 cup mayo
1 tsp garlic

Directions:

1. Mix all ingredients, except Crisco, in a large bowl.
2. Let sit about 15 minutes or until all the egg soaks into the mixture.
3. Melt Crisco in a large skillet on medium/high heat.
4. Using a spoon, take 1/2-1 cup of the salmon mixture, depending how big you want your patties, and flatten the top with the bottom of the spoon to form the shape of a patty.
5. One at a time, place the patties in the large skillet and flip for 2-3 minutes or until golden brown.
6. Cook for about 2-3 more minutes and then remove from heat and place on a cookie sheet. (Layer the cookie sheet with a paper towel to absorb excess oil if necessary.)

Tartar Sauce

1. Mix all ingredients in small bowl.
2. Serve with salmon patties, perfect for dipping!

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