

# 10 FAVORITE GLUTEN FREE RECIPES

- eBook Vol 1 -



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# *10 Favorite Gluten Free Recipes - eBook Vol 1*

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Reminder: Whether in a store or in a recipe, an ingredient might imply that it is "gluten free". This doesn't always mean it was made in a gluten free environment, please check all ingredients carefully.

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About the Author

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- ABOUT THE AUTHOR -

Sarah is a working mom of one who eats a gluten free diet after discovering she had an intolerance to gluten. Sarah loves to find ways to use gluten free, natural ingredients and herbs while meeting her husband's love for high-taste and wholesome food. She is a seasoned home-chef bringing her imagination and creativity to each recipe she creates.



## 1. No Fuss Macaroni and Cheese

*Prep time:* 15 minutes

*Cook time:* 35 minutes

*Total time:* 50 minutes

*Serves:* 6-8

### **Ingredients:**

- 16 ounces dry gluten free macaroni (brown rice noodles recommended)
- 2 cups milk or instant nonfat dry milk and water; follow directions to make cups
- 3 tablespoon cornstarch
- 2 tablespoon butter
- salt and pepper to taste
- 8 ounces *Mac and Cheese Blend*\* shredded cheese, divided

### *\*Mac and Cheese Blend:*

- 4 ounces sharp cheddar cheese, shredded
- 2 ounces American cheese or copoundy-jack cheese, shredded
- 2 ounces Swiss cheese, shredded

### **Directions:**

Preheat oven to 350 degrees. Cook macaroni per directions on package. Rinse in cold water and set aside.

Whisk together milk and cornstarch and pour into sauce pan. Add butter, salt, and pepper and cook over medium heat until sauce starts to thicken. Add 7 oz of *Mac and Cheese Blend* and remove from heat. Stir until cheese is melted. Pour noodles into greased 3 qt casserole dish or put in smaller 24 oz ramekins. Add cheese sauce and stir until coated. Top with remaining cheese. Cover and bake for 35-40 minutes until browned and bubbling. Remove from oven and let stand for 5 minutes.



## 2. Nutella® Peanut Butter Pretzel Cookies

*Prep time:* 10 minutes

*Cook time:* 10 minutes

*Total time:* 20 minutes

*Serves:* 24-36 cookies

### **Ingredients:**

- 1 cup peanut butter (creamy or chunky)
- 3/4 cup granulated sugar
- 1/4 cup brown sugar
- 1 teaspoon vanilla
- 1 egg
- 1/3 cup gluten free pretzel sticks\*
- kosher salt for top
- Nutella® for filling

### **Directions:**

\*Use a food processor to chop pretzels into small pieces or place in a resealable bag, cover with a towel and use a rubber mallet to smash into small pieces until you fill 1/3 measuring cup.

Mix first 6 ingredients together. Use cookie scoop or roll into 1" balls. Use a juice glass to flatten. Sprinkle top of each cookie with kosher salt. Bake at 350 degrees for 10-15 minutes or until brown. After cooled, spread Nutella® between cookies and sandwich together.



### 3. Apple Maple Pork Tenderloin

*Prep time:* 10 minutes

*Cook time:* 15 minutes

*Total time:* 25 minutes

*Serves:* 3-4

#### Ingredients:

- 1 large Braeburn or Fuji apple, thinly sliced with the skin on
- 1 tablespoon olive oil
- 1 clove garlic, minced
- 1/2 cup water
- 1 tablespoon dried onion
- pinch of salt
- 1 teaspoon *Maple Herb Rub*\*
- 1 tablespoon butter
- 1 pound pork tenderloin, cut into 1 inch thick medallions (~8-12 depending on shape of tenderloin)

*\*Maple Herb Rub (mix ingredients below and measure 1 teaspoon for this recipe; add 1 teaspoon maple syrup to dry mix):*

- 1 teaspoon brown sugar
- 1/8 teaspoon thyme
- 1/8 teaspoon sage
- 1/8 teaspoon ginger
- 1/8 teaspoon fennel
- 1/8 teaspoon nutmeg
- 1/4 teaspoon paprika

#### Directions:

Heat oil in a large skillet and add apples. Cook over medium heat until apples are soft. Remove from pan and set aside leaving the juice in the skillet. In skillet, add additional olive oil as needed and add garlic. Cook for about 1-2 minutes until garlic begins to soften. Add water, butter, pinch of salt, *Maple Herb Rub*, and onions. Simmer for 1-2 minutes. Add pork to the skillet. Cook over medium heat 3-4 minutes, turn and cook 3-4 minutes, repeat until desired doneness is reached. Add apples and reduce heat. Simmer 2-3 minutes until apples are heated through. Serve the tenderloin topped with the apples and accompanied by potatoes or rice.



## 4. Mushroom Soup

*Prep time:* 10 minutes

*Cook time:* 15 minutes

*Total time:* 25 minutes

*Serves:* 3-4

### **Ingredients:**

- 4 cups portabella mushrooms, gills removed and cubed
- 2 cups white button mushrooms, cubed
- 1 clove garlic, minced
- 3 tablespoon butter
- 1 tablespoon dry onion
- salt and pepper to taste
- 1 tablespoon cooking sherry
- 1/2 teaspoon thyme
- 2/3 cup *Cream of Mix*\*
- 2 1/2 cup water

*\*Cream of Mix (combine and keep in an air-tight bag):*

- 1 cup nonfat dry milk
- 3/4 cup cornstarch

### **Directions:**

Heat butter in a large pot on the stove. Add mushrooms and garlic. Cook until mushrooms are tender. Place 3/4 of the mushroom mixture in a food processor and blend until a paste consistency (some small chunks will remain). In a separate bowl combine the dry onion, salt, pepper, sherry, thyme, *Cream of Mix* and water. Whisk all ingredients until smooth. Add mushroom puree and milk mixture to the pot with mushrooms. Bring to a boil over medium heat and simmer until thickened (2-3 minutes).





## 5. Pumpkin Oatmeal Breakfast Bar

*Prep time:* 10 minutes

*Cook time:* 20 minutes

*Total time:* 30 minutes

*Serves:* 12

### **Ingredients:**

- 1 cup gluten free oats (can use quick oats if not making gluten free)
- 1 1/2 cup rice cereal
- 2 tablespoon brown sugar
- 1 teaspoon pumpkin pie spice
- 1 tablespoon maple syrup
- 2/3 cup canned pumpkin
- 1/3 cup agave nectar
- 1 teaspoon vanilla
- 2/3 cup dried apple rings, diced
- 1/3 cup raisins
- 1/3 cup chopped nuts (optional)

### **Directions:**

Preheat oven to 300 degrees. Combine first four (dry) ingredients. In a separate bowl combine syrup pumpkin, agave, and vanilla. Add wet ingredients to dry ingredients and mix until combined. Add fruit and nuts and mix until uniform. Press mixture into lightly greased 9x9 pan. Cook for 20 minutes or until completely set. Completely cool before cutting.

*Pumpkin Oatmeal Breakfast Bars can be frozen or eaten fresh. For freezing, wrap in aluminum foil and place in resealable bag.*



## 6. Quinoa Stuffed Tomatoes

*Prep time:* 20 minutes

*Cook time:* 20 minutes

*Total time:* 40 minutes

*Serves:* 4-6

### **Ingredients:**

- 1 cup cooked quinoa, cooled
- 2 tablespoon butter
- 1 clove garlic, minced
- 1/2 cup spinach (before cooking)
- 1/4 teaspoon lemon juice
- pepper to taste
- 1/2 cup Parmesan cheese
- 6 oz mozzarella cheese, separated
- 4-6 tomatoes (depending on size)

### **Directions:**

Preheat oven to 375 degrees. In a large saucepan, heat butter and add minced garlic. Cook until tender. Cut spinach into 1/4 inch strips. Add spinach, pepper and lemon juice to saucepan and cook until spinach is wilted. Remove from heat. Add Parmesan cheese and 4 oz of mozzarella cheese to quinoa and mix until combined. Add spinach mixture to quinoa until uniform. Cut the tops of the tomatoes off and discard. Using a spoon, scoop out the seeds and liquid from the inside of the tomatoes and discard. Stuff each tomato full with quinoa mixture and top with remaining mozzarella cheese. Place on greased cookie sheet with greased baking rack. Cover loosely with aluminum foil to avoid over browning. Cook 20-30 minutes. Tomatoes should be soft and peeling but still juicy.



## 7. Brown Sugar Chicken

*Prep time:* 15 minutes

*Cook time:* 40 minutes

*Total time:* 55 minutes

*Serves:* 4

### **Ingredients:**

- 1 pound boneless chicken (~4 breasts)
- 2 cloves of garlic, minced
- 3 tablespoon olive oil
- 1/4 teaspoon onion powder
- 4 tablespoon brown sugar
- 2 tablespoon turbinado raw cane sugar
- salt and pepper to taste

### **Directions:**

Preheat oven to 425 degrees. Lay chicken breasts in 9x9 greased pan. Heat olive oil and garlic and cook until garlic is tender. In a separate bowl combine sugars, onion powder salt and pepper. Add oil and garlic to sugar mixture. Spoon over chicken breasts to create an even layer of crust on top of the chicken. Place in oven uncovered and cook for 30-35 minutes. Turn on broiler to low/normal and cook an additional 10 minutes checking regularly until chicken is cooked and sugar is browned on the top. Serve with rice or quinoa.



## 8. Easy Crustless Veggie Quiche

*Prep time:* 15 minutes

*Cook time:* 40 minutes

*Total time:* 55 minutes

*Serves:* 3-4

### **Ingredients:**

- 1/2 zucchini
- 1/2 yellow squash
- 1 large portabello mushroom cap, diced
- oil for cooking
- pepper to taste
- 1 cup milk
- 8 ounces cheese, separated (6 ounces mixed and 2 ounces on top)
- 4 eggs

### **Directions:**

Cook zucchini, squash and mushrooms in oil until translucent; drain if needed. Beat eggs, milk and pepper together. Pour into 9x9 pan and add vegetables and 6 oz cheese; stir until combined. Sprinkle remaining cheese on top. Bake in oven at 350 degrees for 30-40 minutes or until set and bubbling around the edge.



## 9. Applesauce in the Slow Cooker

*Prep time:* 20 minutes

*Cook time:* 4 hours

*Total time:* 4 hours & 20 minutes

*Serves:* 8-10

### **Ingredients:**

- 8 medium apples, peeled, cored, and cut into quarters (a combination of Galas, Honey Crisp & Fujis)
- 1/3 cup water
- 1 teaspoon lemon juice
- 1/4-1/2 teaspoon cinnamon or apple pie spice
- 1/2 tablespoon honey

### **Directions:**

Add all ingredients to crock pot and cook for 4 hours on high, stirring occasionally as needed. Leave chunky or use blender to smooth the sauce. For sweeter sauce, add brown sugar to taste.



## 10. Quick & Easy Salsa

*Prep time:* 15 minutes

*Total time:* 15 minutes

*Serves:* 6-12

### **Ingredients:**

- 2 tablespoon vinegar
- 2 tomatoes
- 8-10 tomatillos, husks removed
- 1 tablespoon rehydrated minced onion
- 2 jalapeno peppers
- 2 tablespoon lime juice
- 2 tablespoon garlic, minced

### **Directions:**

Wash tomatoes and tomatillos. Chop tomatoes, tomatillos, and jalapenos into quarter-inch sized squares. Add remaining ingredients into a large bowl and mix thoroughly.

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