

The following recipes were tasted and enjoyed immensely at our recent Gluten-Free Lexington Celiac Support Group Holiday Potluck on Nov. 1, hosted by Jodi Bloom Hadaway and Central Baptist Hospital. It was a very congenial group of 25 who shared their recipes, along with their celiac experiences. All who attended hopefully went away with lots of new ideas on how to live a more healthy life - gluten-free.

Pumpkin Roll

Ingredients:

3 eggs	¾ c. white rice flour & cornstarch***	1 tsp. cinnamon
1 cup sugar	1 tsp. gf baking soda	1 cup chopped nuts
¾ c. gf pumpkin	1 tsp. gf baking powder	

Filling:

8 oz. gf cream cheese	2 Tbsp. real butter	2 tsp. gf real vanilla
1 cup sugar		

Directions:

Beat eggs for 5 minutes, then add sugar and beat till well-blended. Next, stir in pumpkin and flour mixture, then add the soda, baking powder and cinnamon, and mix well. Pour onto greased and floured cookie sheet. Spread out thinly and sprinkle with nuts. Bake for 15 minutes at 350 degrees. Invert cookie sheet onto damp towel, then roll up like a jelly roll. Let cool for 30 minutes, then unroll. Mix all filling ingredients and beat until fluffy. Spread the filling mixture onto the roll, then roll it up. Chill for 4 hours, slice and enjoy!!!!

*** Mix ¾ cup white rice flour and ¼ cup cornstarch to make flour mixture.

Pumpkin Crisp

1 (15 oz) can Libby's pumpkin	1 (18.25 oz) pkg. gf butter flavored yellow cake mix***
1 can Kroger brand evaporated milk	1 cup chopped pecans
1 cup white sugar	1 cup Kroger butter, melted
1 tsp. Frontier vanilla extract	Cool Whip (optional)
½ tsp. ground cinnamon	Ground nutmeg (optional)

Stir together first column of ingredients. Pour into lightly greased 13x9 baking dish. Sprinkle cake mix evenly over pumpkin mixture; sprinkle evenly with pecans. Drizzle butter evenly over pecans.

Bake at 350 degrees for 60-65 minutes or until golden brown. Remove from oven and let stand 10 minutes before serving. Serve warm or at room temperature with Cool Whip, if desired. Sprinkle nutmeg, if desired.

*** Note: There are different brands but this was made with Arrowhead Mills.

Spiced Pumpkin Bread

3 cups sugar	1 tsp. ground cloves
1 cup vegetable oil	1 tsp. cinnamon
3 large eggs	1 tsp. baking soda
16 oz. can solid pumpkin	½ tsp. baking powder
3 cups flour (I used 2 c. gf wild rice pancake and waffle mix and 1 c. rice flour)	½ tsp. nutmeg
	Nuts or chocolate chips

Preheat oven to 350 degrees. Spray tins with Pam. Combine sugar and oil and beat to blend. Add eggs and pumpkin and mix well. (Set aside). Sift flour, cloves, cinnamon, nutmeg, baking soda and baking powder. Add to pumpkin mixture in 2 batches. Add nuts. Bake till toothpick comes out clean.

Pretzel Salad

1 stick butter	1 cup broken pretzels	8 oz. Cool whip
1 cup sugar (divided)	8 oz. cream cheese	8 oz. crushed pineapple (drained)

Melt butter with ½ cup sugar. Pour over broken pretzels. Bake 7 minutes at 325 degrees. Beat cream cheese with ½ cup sugar. Fold in Cool Whip and pineapple. After pretzels are cool, fold them in.

Baked Apples

4 medium cooking apples	2 Tbsp. brown sugar	¼ tsp. ground nutmeg
½ cup raisins	½ tsp. ground cinnamon	1/3 cup apple juice

Core apples; peel a strip from top of each. Place apples in a 2 quart casserole dish. Combine raisins, brown sugar, cinnamon and nutmeg. Spoon into centers of apples. Add apple juice to dish.. Bake at 350 degrees for 40-45 minutes or until apples are tender, basing occasionally with cooking liquid. Serve warm. Serves 4. (Source: Better Homes and Gardens New cookbook, p. 124, 1989)

Corn Pudding

2-2 ½ cups corn, heated (2 sm. cans of shoe peg corn, or for variation, 1 yellow and 1 shoe peg)
2 cups heavy whipping cream
2 eggs, beaten
2 Tbsp. cornstarch
2 Tbsp. sugar
2 Tbsp. unsalted butter, melted
1 tsp. salt

Preheat oven at 350 degrees. Drain corn, then place in round baking dish. Add cornstarch, sugar and salt and mix well. Mix whipping cream, beaten eggs and butter in separate bowl. Then add to corn mixture and stir well. (You can also mix up the day before and eliminate heating the corn.) Bake for 1 hour. Stir mixture twice during the first 30 minutes.

Chinese Green Bean Stir-Fry

1 lb. fresh green beans
3 Tbsp. vegetable oil

1-2 tsp. salt
2-3 cloves garlic, minced

2 Tbsp. water

Wash green beans, trim ends and remove strings. In large wok, heat oil over medium-high heat. Stir in green beans. Cook, stirring frequently, for 1-2 minutes. Add some water if it gets too dry. Stir in garlic. Cook, stirring frequently for 3-4 minutes. Season with salt. Continue cooking until beans are tender (turning to darker green color.)

Potato Casserole

1 bag hashbrowns
3 cups half & half

1 tsp. salt
1 stick butter

¼ cup grated parmesan

Heat half & half, salt and butter till melted. Pour over hashbrowns in greased baking dish. Sprinkle cheese over. Bake at 350 for 45-55 minutes.

Gluten-free Baked Ziti

Ingredients:

1 Tbsp. Vegetable or olive oil
1 large onion, chopped (about 1 cup)
1 jar (26-30oz) pasta sauce
1 tsp. Dried oregano
2 cups shredded Mozzarella cheese, divided
1-15oz container Ricotta cheese (read label to make sure it does not contain modified food starch)

½ lb lean ground beef (optional)
2 cloves garlic, minced or 2 tsp. garlic powder
1 can (8oz) tomato sauce
16oz GF pasta (Tinkyada brand penne shells work well)
½ cup Parmesan cheese, grated

Cook GF pasta according to directions, drain and set aside. In large skillet heat oil over medium-high heat. Add beef, onion and garlic, stirring frequently until beef is cooked/browned. Stir in pasta sauce, tomato sauce, and oregano; bring to a boil. Remove from heat. Combine 1 cup sauce with cooked pasta. Spoon half of pasta mixture into 9x13" baking dish; top with Ricotta cheese, 1 cup Mozzarella, 1 cup sauce then remaining pasta mixture and sauce. Cover with aluminum foil and bake in 350 degree oven for 20 minutes. Remove foil and sprinkle the remaining 1 cup Mozzarella and ½ cup Parmesan. Bake uncovered 10 minutes or until cheese is melted on top. Makes 8-10 servings.

Mom's GF Cornbread Dressing

In large bowl, mix:

1 medium chopped onion
2 stalks celery, chopped

1 - 9 x 13 pan Gluten Free Pantry Yankee Cornbread, crumbled
½ loaf Kinnikinnick Italian White Tapioca Rice Bread, crumbled

Pour over above ingredients:

1¾ sticks melted margarine/butter
4 eggs, whipped

Sage (sprinkle generously to taste)
Salt & pepper (to taste)

Add 1 can Swanson's chicken broth and then add milk till mixture is moist. Keep seasoning with sage and salt/pepper to taste. Stir well. Pour into a 9" x 13" pan and pour 1 cup chicken broth over dressing. Bake at 400 degrees for about 30 minutes or until top is browned.

Biscuits (Featherlight) – Bette Hagman

7/8 cup **Featherlight mix	½ tsp. baking soda	3 Tbsp. shortening
½ tsp. xanthan gum	1 tsp. sugar	½ c. buttermilk
1½ tsp. baking powder	½ tsp. salt	(add vinegar to cf milk)

Preheat oven to 450. Combine flour mix, xanthan gum, baking powder, baking soda, sugar and salt. Using pastry blender, cut in shortening till mixture resembles coarse crumbs. Stir in buttermilk and work gently until dough forms a ball. Turn out onto surface dusted with sweet rice flour and lightly roll or pat to ¾” thickness. Cut dough into 2½” squares or rounds. Place 1 inch apart on ungreased baking sheets. Bake for 10-12 minutes. Glass is best with oil in pan, turning dough in oil. This keeps them from browning too much and locks in moisture.

**** Featherlight Mix** – 1 part each of rice/tapioca/cornstarch + 1 tsp. potato flour per cup

Cornbread

1 cup cornmeal	1 Tbsp. baking powder	2 large eggs
½ cup rice flour	1 tsp. xanthan gum	1¾ cups cf milk
½ cup cornstarch	1¼ tsp. salt	¼ cup oil
2 ½ tsp. sugar		

Mix all dry ingredients together. Add mixed liquid ingredients. Pour/spoon into muffin tins or preheated oiled skillet. Bake at 400 for about 15 minutes (muffins) or 20 minutes (skillet.) Test center with toothpick. This is great in an iron skillet!

Cornbread Dressing – Crumble one batch of cornbread with 2 cups GF bread crumbs, ½ cup cooked chopped onions, about 1 Tbsp. sage and/or poultry seasoning, salt and pepper to taste, 3 eggs (beaten), and 3 cups chopped cooked chicken/turkey. Mix well. Add more broth if needed to make a “mushy” mixture. Cover with foil and bake at 350 till center is done – 1½ - 2 hours. Remove foil the last 15 minutes to brown the top. Serve with gravy from chicken broth, cornstarch for thickener, and chopped giblets and/or cornbread crumbs.

English Muffins/All-Purpose Bread – Sue Smith

3 cups *GF flour blend	2 Tbsp. – 2 tsp. sugar (divided)	2 eggs (room temp.)
1 Tbsp. baking powder	2 cups warm water	1 tsp. vinegar
2 tsp. xanthan gum	2 Tbsp. dry yeast	6 Tbsp. melted cf oleo
1 tsp. salt		

Mix together flour, baking powder, xanthan gum, and salt. Set aside. Add 2 tsp. sugar to the warm water and stir in yeast. Set aside. Melt oleo, add eggs, vinegar, and 7 tsp. sugar. Pour in risen yeast mixture and whisk in dry ingredients till mixed well. Pour into 5 inch “pot pie” tins. Let rise till doubled (about 30 minutes.) Preheat oven to 375 and bake 18-20 minutes till browned lightly and pulls away from the edges of pan. Makes 12-14 buns. (Large tuna cans make good molds for buns, but I used muffin tins this time, though, and didn’t let the dough rise.)

