

## **Simple Recipes to Get You Started**

### **Baked oatmeal**

Mix together:

3 cups of specially produced, labeled gluten-free steel-cut oats or rolled oats  
¾ cup brown sugar (use as little as you can for better health)  
¼ cup ground flax seed meal (labeled gluten-free)  
2 tsp. cinnamon  
2 tsp. gluten-free baking powder  
1 tsp. salt  
1 cup low-fat milk or gluten-free soy, almond, or hemp milk  
2 eggs or egg substitute equivalent  
½ cup melted butter or canola oil  
2 tsp. vanilla  
¾ cup dried cranberries or raisins.

Pour into a 9 X 13-inch baking pan, cover, and place in refrigerator overnight. In the morning, place pan in an oven preheated to 350°F and bake for 40 minutes or until mixture is set in the middle. Serve warm. Stores well in refrigerator and can be reheated in the microwave.

### **Gluten-free muesli with milk or yogurt**

Mix together:

4 1/2 cups specially produced, labeled gluten-free rolled oats  
½ cup ground flax seed (labeled gluten-free)  
1/2 cup rice bran or almond meal  
1 cup raisins  
1/2 cup chopped walnuts  
1/4 cup packed brown sugar  
1/4 cup raw sunflower seeds.

Store in an air-tight container

Reference for above recipes: Adapted from Higgins, L. Whole Grains = Nutritional Gold. In Real Life with Celiac Disease: Troubleshooting and Thriving Gluten-Free. Dennis M, Leffler D, eds. AGA Press. Bethesda, MD, 2010.

### **Black bean, tomato and corn quinoa**

Prep: 25 minutes Cook: 20 minutes Makes: 6 servings  
Adapted from allrecipes.com.

1 cup quinoa (labeled gluten-free)  
2 cups water  
1 can (14 ounces) black beans, rinsed, drained  
1 cup frozen or fresh corn kernels  
4 green onions, chopped  
3 medium tomatoes, chopped  
Juice and zest from a fresh lime  
2 to 3 tablespoons olive oil

### **Black bean, tomato and corn quinoa (cont'd)**

1 clove garlic, minced  
2 teaspoons ground cumin  
1/2 teaspoon salt  
1/4 teaspoon chipotle chili powder (or to taste)  
1/4 cup chopped cilantro

Cook quinoa in boiling salted water until liquid is absorbed and the little "tails" appear, 15 to 20 minutes. Place warm quinoa in a large bowl; add beans, corn, green onions and tomatoes. Whisk together lime juice and zest, olive oil, garlic, cumin, salt and chili powder. Stir dressing into quinoa mixture; stir in cilantro. Serve warm or at room temperature.

Nutrition information: Per serving: 223 calories, 26% of calories from fat, 7 g fat, 1 g saturated fat, 0 mg cholesterol, 38 g carbohydrates, 8 g protein, 530 mg sodium, 8 g fiber.

### **Sneaky Spaghetti Sauce**

1 jar your favorite brand spaghetti sauce  
1/2 cup carrots, chopped fine  
1/2 cups cauliflower, chopped fine  
1/2 cup chickpeas – chopped fine

Add all ingredients into a sauce pot. Stir well, making sure to blend in all ingredients  
Heat over medium flame. Add a bit of grated parmesan or mozzarella to the sauce for extra flavor. Serve over favorite gluten-free pasta

### **Meat loaf and meat balls**

Use gluten-free oatmeal or buckwheat in place of bread crumbs in your favorite recipe. Finely chop spinach, squash, carrots, and peas and add them to the meat mixture. Add the egg and spices as usual.

Hint: if it is difficult to get vegetables into your family members, add pureed carrots, green beans, or beets into the meatloaf. The flavor of the meat masks the vegetables.