

GLUTEN-FREE AND DELICIOUS!

Recipes for a Gluten-Free Diet

Entrees

Grilled chicken salad with Olives and oranges

Serves: 4

Nutrition value: Calories 250; Sodium 264 mg; Total fat 7g; Carbohydrate 14g; Saturated fat 1g; Dietary fiber 4g; Monounsaturated fat 4g; Protein 29g; Cholesterol 65 mg

Ingredients

For the dressing:

1/2 cup red wine vinegar
4 garlic cloves, minced
1 tablespoon extra-virgin olive oil
1 tablespoon finely chopped red onion
1 tablespoon finely chopped celery
Cracked black pepper, to taste

4 boneless, skinless chicken breasts, each 4 ounces
2 garlic cloves
8 cups leaf lettuce, washed and dried
16 large ripe (black) olives
2 navel oranges, peeled and sliced

Directions

To make the dressing, in a small bowl combine the vinegar, garlic, olive oil, onion, celery and pepper. Stir to mix evenly. Cover and refrigerate until needed.

Prepare a hot fire in a charcoal grill or heat a gas grill or broiler. Away from the heat source, lightly coat the grill rack or broiler pan with cooking spray. Position the cooking rack 4 to 6 inches from the heat source.

Rub the chicken breasts with garlic, then discard the cloves. Grill or broil the chicken until browned and just cooked through, about 5 minutes each side. Transfer the chicken to a cutting board and let rest 5 minutes before slicing into strips.

Arrange 2 cups lettuce, 4 olives and 1/4 of the sliced oranges onto 4 plates. Top with 1/4 of the chicken strips and drizzle with dressing. Serve immediately.

Chili

Serves: 8

Nutrition value: Calories 254; Sodium 348 mg; Total fat 8g; Carbohydrate 27g; Saturated fat 3g; Dietary fiber 10g; Monounsaturated fat 3g; Protein 20g; Cholesterol 40 mg

Ingredients

1 pound extra-lean ground beef
1/2 cup chopped onion
2 large tomatoes (or 2 cups canned, unsalted tomatoes)
4 cups canned kidney beans, rinsed and drained
1 cup chopped celery
1 teaspoon sugar
1 1/2 tablespoons chili powder or to taste
Water, as desired
2 tablespoons cornmeal
Jalapeno peppers, seeded and chopped, as desired

Directions

In a soup pot, add the ground beef and onion. Over medium heat sauté until the meat is browned and the onion is translucent. Drain well.

Add the tomatoes, kidney beans, celery, sugar and chili powder to the ground beef mixture. Cover and cook for 10 minutes, stirring frequently. Uncover and add water to desired consistency. Stir in cornmeal. Cook for at least 10 minutes more to allow the flavors to blend.

Ladle into warmed bowls and garnish with jalapeno peppers, if desired. Serve immediately.

Mediterranean-style Grilled salmon

Serves: 4

Nutritional value: Calories 183; Sodium 105 mg; Total fat 9g; Carbohydrate 2g; Saturated fat 1.5g; Dietary fiber trace; Monounsaturated fat 3g; Protein 28g; Cholesterol 78 mg

Ingredients

4 tablespoons chopped fresh basil
1 tablespoon chopped fresh parsley
1 tablespoon minced garlic
2 tablespoons lemon juice
4 salmon fillets, each 5 ounces
Cracked black pepper, to taste
4 green olives, chopped
4 thin slices lemon

Directions

Prepare a hot fire in a charcoal grill or heat a gas grill or broiler. Away from the heat source, lightly coat the grill rack or broiler pan with cooking spray. Position the cooking rack 4 to 6 inches from the heat source.

In a small bowl, combine the basil, parsley, minced garlic and lemon juice. Spray the fish with cooking spray. Sprinkle with black pepper. Top each fillet with equal amounts of the basil-garlic mixture. Place the fish herb-side down on the grill. Grill over high heat.

When the edges turn white, after about 3 to 4 minutes, turn the fish over and place on aluminum foil. Move the fish to a cooler part of the grill or reduce the heat. Grill until the fish is opaque throughout when tested with the tip of a knife and an instant-read thermometer inserted into the thickest part of the fish reads 145 F (about 4 minutes longer).

Remove the salmon and place on warmed plates. Garnish with green olives and lemon slices.

Sides

Brown Rice Pilaf

Serves: 8

Nutritional Value: Serving size: About 1/2 cup
Calories 153; Sodium 222 mg; Total fat 5g; Total carbohydrate 24g; Saturated fat 1g; Dietary fiber 2g; Monounsaturated fat 3g; Protein 3g; Cholesterol 0 mg

Ingredients

1 1/8 cups dark brown rice, rinsed and drained
2 cups water
3/4 teaspoon salt
1/4 teaspoon saffron threads or ground turmeric
1/2 teaspoon grated orange zest
3 tablespoons fresh orange juice

1 1/2 tablespoons pistachio oil or canola oil
1/4 cup chopped pistachio nuts
1/4 cup dried apricots, chopped

Directions

In a saucepan over high heat, combine the rice, water, 1/4 teaspoon of the salt and the saffron. Bring to a boil. Reduce the heat to low, cover and simmer until the water is absorbed and the rice is tender, about 45 minutes. Transfer to a large bowl and keep warm.

In a small bowl, combine the orange zest and juice, oil, and remaining 1/2 teaspoon salt. Whisk to blend. Pour the orange mixture over the warm rice. Add the nuts and apricots and toss gently to mix and coat. Serve immediately.

Apple-Fennel Slaw

Serves: 4

Nutritional Value: Calories 120; Sodium 55 mg; Total fat 4g; Total carbohydrate 22g; Saturated fat 0.5g; Dietary fiber 4g; Monounsaturated fat 2.5g; Protein 1g; Cholesterol 0 mg

Ingredients

1 medium-sized fennel bulb, thinly sliced
1 large Granny Smith apple, cored and thinly sliced
2 carrots, grated
2 tablespoons raisins
1 tablespoon olive oil
1 teaspoon sugar
1/2 cup apple juice
2 tablespoons apple cider vinegar
4 lettuce leaves

Directions

In a large bowl, combine the fennel, apple, carrots and raisins to make the slaw. Drizzle with olive oil, cover and refrigerate.

In a small saucepan, mix together the sugar and apple juice. Place over medium heat and cook until reduced to about 1/4 cup, about 10 minutes. Remove from the heat and cool. Stir in the cider vinegar. Pour the apple juice mixture over the slaw and stir to combine well. Chill thoroughly. Serve on lettuce leaves.

Healthy Desserts

Ambrosia with Coconut and Toasted Almonds

Serves: 8

Nutritional Value: Serving size: About 1 cup
Calories 146; Sodium 1 mg; Total fat 4g; Total carbohydrate 26g; Saturated fat 1g; Dietary fiber 4g; Monounsaturated fat 1g; Protein 2g; Cholesterol 0 mg

Ingredients

1/2 cup slivered almonds
1/2 cup unsweetened flaked coconut
1 small pineapple, cubed
5 oranges, segmented
2 red apples, cored and diced
1 banana, halved lengthwise, peeled and sliced crosswise
2 tablespoons cream sherry
Fresh mint leaves for garnish

Directions

Preheat the oven to 325 F. Spread the almonds on a baking sheet and bake, stirring occasionally, until golden and fragrant, about 10 minutes. Transfer immediately to a plate to cool. Add the coconut to the sheet and bake, stirring often, until lightly browned, about 10 minutes. Transfer immediately to a plate to cool.

In a large bowl, combine the pineapple, oranges, apples, banana and sherry. Toss gently to mix well. Divide the fruit mixture evenly among individual bowls. Sprinkle evenly with the toasted almonds and coconut and garnish with the mint. Serve immediately.

Espresso-Drizzled Ice Cream

Serves: 8

Nutritional Facts: Calories 156; Calories From Fat 46%; Fat 8g; Sat Fat 6g; Cholesterol 20mg; Sodium 40mg; Carbohydrate 16g; Fiber 0g; Sugar 15g; Protein 3g

Directions

Boil 1 cup water. Spoon the espresso into a glass measuring cup and add the hot water. Stir until dissolved.

Scoop the ice cream into 8 bowls, glasses, or teacups. Sprinkle with the chocolate and pour the espresso over the top. Serve immediately.

For more gluten-free recipes, visit these websites!

<http://www.mayoclinic.com/health/gluten-free-recipes/MY02142>

<http://www.realsimple.com/food-recipes/recipe-collections-favorites/desserts/gluten-free-desserts-00000000058813/index.html>

