

Holiday Recipes

- Lemon and Sage Chicken
- Chicken or Turkey Gravy
- Glazed Dilled Carrots
- Roasted Root Vegetables
- Cranberry Wild Rice Pilaf
- Grapefruit and Greens Salad
- Grapefruit Vinaigrette Dressing
- Sweet Potato Apple Casserole
- Sausage & Grits Dressing
- Green Beans with Pecans and Clementine Dressing
- Roasted Spiral-Sliced Ham with Maple and Orange Marmalade Glaze
- Fall Harvest Salad
- Turkey Vegetable Soup
- Holiday Berry Sauce
- Cranberry-Pear Sauce with Vanilla
- Acorn Squash with Cranberry Apple Quinoa
- Herbed Prime Rib Roast



Lemon and Sage Chicken

Ingredients:

4 4-ounce chicken breasts boneless
8 lemon slices
8 fresh sage leaves
2 Tbsps extra virgin olive oil

Methods:

On underside of chicken place 2 sage leaves and 2 slices lemon, turn over and pound slightly with a flat meat tenderizer, the palm of your washed hand or the flat side of a chef's knife. Heat oil in sauté pan – add chicken skin side down and cook approximately 4 minutes or until skin is brown and slightly crispy. Turn over chicken and continue to cook another 4 minutes or until internal temperature is 165 degrees. Can be served with or without lemons and sage.

Serves 4





Chicken or Turkey Gravy

Ingredients:

1 1/2 cup pan drippings from turkey or chicken, or chicken broth
1/4 tsp salt
1/8 tsp pepper
2 Tbsps corn starch
Giblets (cooked) or hardboiled egg if desired

Methods:

Warm broth, salt and pepper in a sauce pan. Dissolve cornstarch in 1 Tbsp water and whisk into broth mixture. Cook while stirring until bubbly and thickened. Add giblets or egg if desired and allow to warm before serving

Serves 4

Glazed Dilled Carrots

**Photo courtesy of Whole Foods Market*

Ingredients:

2 cups sliced carrots
2 Tbsps unsalted butter - substitute with milk free margarine or olive oil
1 Tbsp vegetable oil
2 Tbsps diced onion
1 tsp minced garlic
1/2 tsp black pepper
1/2 tsp dill weed
2 Tbsps brown sugar

Methods:

Heat oil in sauté pan, add onion and allow to caramelize. Add garlic and carrots and continue to cook over medium heat until carrots are 1/2 cooked – stirring frequently. Add remaining ingredients and toss until carrots are 3/4 done (crisp but tender).

Serves 4 to 6



Roasted Root Vegetables

**Photo courtesy of Whole Foods Market*

Ingredients:

3 Yukon gold potatoes, scrubbed & cut into 2-inch chunks
3 red potatoes, scrubbed and cut into 2-inch chunks
1 purple onion, peeled and quartered
4 carrots, peeled and quartered
2 Tbsps margarine, melted
1 tsp dried thyme leaves crumbled
1 1/2 tsp salt
1/2 tsp pepper

Methods:

Preheat oven to 375°F. In a large microwave safe baking pan, toss all ingredients together. Cover and microwave for 5 minutes. Remove cover and place in oven. Roast for 20 minutes stirring 1-2 times until vegetables tender and lightly browned.

Serves 6 to 8





Grapefruit and Greens Salad with Grapefruit Vinaigrette

Ingredients:

Salad greens
Purple onion rings
Segments from 1 grapefruit
Sliced mushrooms or other vegetables as desired

Dressing Ingredients:

Juice of 1 grapefruit
5 ounces orange juice
4 ounces cranberry juice
1/2 tsp white pepper
1/2 Tbsp honey
1/2 tsp salt
3 ounces rice vinegar
4 ounces sweet chili sauce
1 cup olive oil

Methods:

Place all dressing ingredients but the olive oil in a mixing bowl or blender. Whisk vigorously while slowly adding the olive oil. Then toss with salad greens.

Serve 6 to 8

Sweet Potato Apple Casserole

Ingredients:

- 1 1/2 pounds whole sweet potatoes
- 3 granny smith apples, peeled, cored & sliced
- Juice of 2 oranges
- Zest from one orange
- 1/2 tsp ground cinnamon
- 1/4 tsp allspice
- 1/4 tsp nutmeg
- 2 Tbsps butter - substitute with milk free margarine if allergic to milk
- 2 Tbsps brown sugar
- 1/2 cup chopped nuts - substitute with crushed corn flakes if allergic to nuts

Methods:

In a medium sauce pan cook unpeeled whole sweet potatoes in boiling water for about 20 minutes until fork tender. Drain. Or bake potatoes at 400°F for 45 to 60 minutes until soft to touch. While cooking potatoes, heat apples and orange juice in a skillet with spices and orange zest. Cover and cook for 3-5 minutes until apples soften. Peel sweet potatoes and slice. Layer sweet potatoes in microwave safe casserole dish with apple slices. Sprinkle with mixture of brown sugar, butter, and nuts (or substitutes). Microwave on high for 4 to 5 minutes.

Serve 8



Sausage & Grits Dressing

Ingredients:

5 cups canned chicken broth
1 cup uncooked, stone-ground white or yellow grits
1 cup (4 ounce) shredded cheddar or jack cheese - omit if allergic to milk
Nonstick cooking spray
1 pound ground spicy pork sausage
1/3 cup butter - substitute with milk free margarine or olive oil if allergic to milk
5 celery ribs with leaves, chopped
4 garlic cloves, minced (about a Tbsp)
1 large onion, chopped
1/2 cup chopped fresh parsley
1 large egg, lightly beaten - if allergic to egg use additional cooking spray

Methods:

Combine broth and grits in a large saucepan; bring to a boil, stirring constantly. Reduce heat & simmer, uncovered, 20 to 25 minutes or until very thick, stirring often. Remove from heat & add cheese, stirring to melt cheese (can skip this step if allergic to milk). Spoon grits mixture into a 13x9-inch baking pan lined with heavy-duty plastic wrap. Cool completely. Cover & chill 2 hours or until very firm. Preheat oven to 450°F. Invert grits onto a large cutting board & discard plastic wrap. Cut grits in 3/4 inch cubes. Place in a single layer on a large baking sheet coated with nonstick cooking spray. Bake for 20 minutes; turn grits cubes and bake 12 more minutes until crisp & browned. Remove grits cubes & reduce oven temperature to 350°F. In a large skillet, stirring to crumble, cook sausage until it is no longer pink; remove from skillet, reserving drippings in skillet. Add butter & melt over medium-high heat. Add celery, garlic & onion; sauté 5 minutes or until tender. Combine onion mixture, sausage, grits cubes and parsley, tossing gently. Drizzle beaten egg over grits mixture & toss gently (or spray with cooking spray if allergic to eggs). Spoon into an 11x17-inch baking dish coated with cooking spray. Bake, uncovered, at 350°F for 40 to 45 minutes or until browned.

Serves 8

Green Beans with Pecans and Clementine Dressing

**Recipe courtesy of Whole Foods Market*

Ingredients:

1 small shallot, chopped

1 1/2 tsp Dijon mustard

1/4 tsp sea salt

Zest and juice of 3 Clementines

1 1/2 pounds fresh green beans, trimmed

1/2 cup pecans, toasted and chopped – omit if allergic to tree nuts

If Clementines are unavailable, substitute 1/3 cup freshly squeezed juice and a little zest from a navel orange.

Methods:

In a blender, combine shallot, mustard, salt and Clementine juice and blend until smooth. Set aside. Steam beans until bright green and barely tender, about 6 minutes. Transfer to a large bowl and drizzle with citrus dressing. Sprinkle with pecans and Clementine zest to taste and serve.

Serves 8

Roasted Spiral-Sliced Ham with Maple and Orange Marmalade Glaze

**Recipe courtesy of Whole Foods Market*

Ingredients:

1 7-pound pre-cooked spiral-sliced ham
1 cup grade B maple syrup
1/2 cup orange marmalade
2 Tbsp orange juice
1 tsp ground cinnamon
1/4 to 1/2 teaspoon black pepper
1/4 tsp ground cloves
2 oranges, sliced (optional)
6 cinnamon sticks (optional)

Methods:

Preheat oven to 325°F. Using a sharp paring knife, make shallow crosshatch cuts all over the outside of the ham. Arrange ham in a large roasting pan and bake for 30 minutes. Meanwhile, combine syrup, marmalade, juice, ground cinnamon, pepper and cloves in a small bowl to make a glaze. After ham has baked for 30 minutes, remove from oven; increase oven temperature to 425°F. Arrange oranges and cinnamon sticks (if using) around ham in roasting pan, then brush ham and oranges liberally all over with glaze, pouring remaining glaze over the ham. Return to oven and bake, basting about every 10 minutes, until ham is hot throughout and caramelized on the outside, about 45 minutes more. Transfer ham to a platter and set aside to let rest for 15 minutes. Arrange oranges and cinnamon sticks around ham and serve.

Serves 20

Fall Harvest Salad

Ingredients:

1/4 cup fresh celery, diced
1/4 cup fresh yellow onion, diced
1/4 cup fresh carrots, diced
1 Tbsp canola oil
2 cups chicken broth
2 cups turkey broth
3/4 cup fresh tomato, diced
1/2 cup cut green beans, frozen

1/2 cup corn, frozen
3/4 cup olive oil
1/4 cup rice vinegar
1 Tbsp honey
1 Tbsp sweet chili sauce
2 tsp Dijon mustard
Salt & black pepper

Methods:

Wash and air dry mixed greens and set aside. Wash apples and core out centers leaving about 1" of fruit and skin. Loosely stuff cored apples with salad greens and place one apple per plate. Place the remainder of the ingredients as garnish surrounding the apple. Drizzle with vinaigrette

Fall Harvest Vinaigrette

Ingredients:

3/4 cup olive oil
1/4 cup rice vinegar
1 Tbsp honey
1 Tbsp sweet chili sauce
2 tsp Dijon mustard
Salt & black pepper

Methods:

Blend all ingredients together. Adjust flavors as desired.



Turkey Vegetable Soup

Ingredients:

1/4 cup fresh celery, diced
1/4 cup fresh yellow onion, diced
1/4 cup fresh carrots, diced
1 Tbsp canola oil
2 cups chicken broth
2 cups turkey broth
3/4 cup fresh tomato, diced
1/2 cup cut green beans, frozen
1/2 cup corn, frozen
1/4 cup frozen spinach, chopped
3/4 pound mixed turkey meat, cooked and diced
1 Tbsp fresh parsley, chopped
1 tsp salt, to taste
1/4 tsp ground white pepper
1/4 cup cold water
2 Tbsp cornstarch

Methods:

In a large soup kettle, sweat celery, onion and carrots in oil for 10 to 12 minutes or until soft. Combine chicken and turkey broth. Add to kettle. Bring to a boil. Add cooked turkey, tomatoes, green beans, corn, spinach, parsley, salt and pepper. Simmer for 10 minutes or until vegetables are tender. Stir together water and cornstarch. Bring soup to a boil. Stir in cornstarch slurry and mix until smooth.

Serves 6

Holiday Berry Sauce

**Recipe courtesy of Whole Foods Market*

Ingredients:

6 cups fresh cranberries, rinsed and drained
1/2 cup orange juice, more if needed
1 (16 ounce) package frozen blueberries
1 (12 ounce) package frozen raspberries
Zest of 1 orange
1 1/2 cups agave nectar or honey
1 cup sugar, or to taste

Methods:

Place cranberries in a large saucepan. Add orange juice and cook over medium heat for 7 to 10 minutes or until cranberries start to pop. Add blueberries, raspberries, orange zest, nectar and sugar. You may need to add a little more orange juice at this time if mixture is not slightly wet. Cook an additional 10 minutes, mashing cranberries if desired with a potato masher. Let mixture cool before serving.

Serves 12 as a side condiment

Cranberry-Pear Sauce with Vanilla

**Recipe courtesy of Whole Foods Market*

Ingredients:

- 1 1/2 pounds pears, peeled, cored and diced
- 1 12-ounce bag fresh cranberries
- 1 cup apple cider or water
- Juice of 2 lemons
- 1 cup sugar
- 1 vanilla bean, split

Methods:

Place the pears in a saucepan with the cranberries, apple cider, lemon juice and half the sugar. Scrape the seeds from the vanilla bean into the saucepan and add the vanilla pod as well. Bring to a simmer and cook, stirring occasionally, until the pears are tender and the cranberries have popped, 25 to 30 minutes. Taste and adjust seasoning, adding additional sugar if desired. Remove from the heat and chill before serving.

Makes about 3 cups

Acorn Squash with Cranberry Apple Quinoa

**Recipe courtesy of Whole Foods Market*

Ingredients:

1/2 cup white quinoa, rinsed
1/2 cup red quinoa, rinsed
1 cup orange juice
2 cups apple juice or cider
1 tsp ground cinnamon
1/2 tsp ground allspice
1/4 tsp ground nutmeg
1/2 tsp salt
1/2 tsp pepper
2 acorn squash

5 Tbsp butter, divided – substitute with milk free margarine if allergic to milk
1 medium onion, diced
1 carrot, diced
1 celery rib, diced
1/2 cup dried cranberries
1/2 cup dried apples, diced
2 Tbsp maple syrup
1/2 cup sliced almonds, toasted – omit if allergic to tree nuts
1/4 cup chopped fresh parsley

Methods:

Toast quinoa in a dry, heavy-bottomed pot for about 3 minutes. Add orange juice, apple juice, cinnamon, allspice, nutmeg, salt and pepper. Simmer covered, for 25 minutes. Meanwhile, preheat oven to 350°F. Cut each acorn squash in half and place cut-side down in a baking dish filled with 1/2 inch of water. Bake 40 minutes. While squash bakes, melt 3 tablespoons of butter and sauté onion, carrot, and celery over medium heat for 8 to 10 minutes. Add sautéed vegetables to the simmering quinoa, along with the dried cranberries, apples and maple syrup. Simmer the aromatic mixture for 10 more minutes, at which point the quinoa should be fully cooked and hold together like sticky rice. Remove from heat and stir in sliced almonds and parsley. Turn the squash cut-side up and brush with remaining 2 tablespoons of melted butter. Fill each half with 1/4 of the quinoa mixture and return to the oven for 10 minutes, or until the squash is tender when pierced with a fork.

Serves 6

Herbed Prime Rib Roast

Ingredients:

- 4 cloves garlic
- 3 Tbsps chopped fresh rosemary
- 3 Tbsps chopped fresh thyme
- 2 Tbsps expeller-pressed canola oil
- 2 tsp coarse sea salt
- 1 1/2 tsp freshly ground black pepper
- 1 - 3-rib bone-in standing rib roast (about 5 pounds), trimmed of excess, but not all, fat
- 1 1/2 cups low-sodium beef broth

Methods:

Preheat oven to 475°F. In a food processor, pulse garlic until chopped. Add rosemary, thyme, oil, salt and pepper and pulse until you have a chunky paste. Rub the roast all over with the paste and place bone-side down in a roasting pan. Roast in the middle of the oven for 20 minutes. Reduce oven temperature to 375°F and continue roasting about 1 hour longer. Use a meat thermometer inserted into the center of the roast (not touching bone) to check the temperature in several spots and continue roasting meat, checking temperature every 5 or 10 minutes, until about 10 degrees shy of your preferred level of doneness. The meat will continue cooking while it rests after being removed from the oven and the temperature will rise another 5 or 10 degrees. Target temperatures are 130 to 135°F for medium rare and 135 to 145°F for medium. Transfer roast to a cutting board, bone-side down, and let stand 25 minutes before carving. Meanwhile, carefully spoon off and discard fat from dark juices in roasting pan. Use oven mitts to place pan over medium-high heat and add broth. Simmer, scraping up browned bits from the bottom of pan, until reduced to 1 cup, about 10 minutes. Carve the roast by running a long, sharp knife between the rib bones and meat to separate them. Slice meat into portions, arrange on a platter with the bones (there's meat left on the bones and some people may want one) and spoon hot pan juices over the top.

Serves 6 to 8

Baking Recipes

- Classic Chocolate Chip Cookies
- Fudge Brownies
- Chocolate Chip Cupcakes with Chocolate Chip Frosting
- Cinnamon Rolls
- Rice Milk Glaze
- Lemon Berry Bars
- Watermelon Ice
- Chocolate Cake
- Crispy Rice Treats
- Pumpkin Cookies
- Holiday Snaps
- Short Bread Cookies
- No Bake Cookies
- Pumpkin Muffins
- Spiced Apple and Pear Crisp
- Gluten-Free Sugar Cookie



Baking Class Recipes

Basic Gluten Free Flour Mix:

Adapted from *The Allergen-Free Baker's Handbook* by Cybele Pascal

Ingredients:

- 4 cups superfine brown rice flour
- 1 1/3 cups potato starch (not potato flour)
- 2/3 cups tapioca flour (also called tapioca starch)

Methods:

To measure flour, use a large spoon to scoop flour into the measuring cup, then level it off with the back of a knife or straightedge. Do not use the measuring cup itself to scoop your flour when measuring. It will compact the flour and you will wind up with too much for the recipe.

Combine all ingredients in a gallon-size zipper-top bag. Shake until well blended. Store in the refrigerator until ready to use.

Makes 6 cups

Classic Chocolate Chip Cookies

Adapted from *The Allergen-Free Baker's Handbook* by Cybele Pascal

Ingredients:

¾ cup dairy-free, soy-free vegetable shortening
½ cup plus 1 tablespoon granulated sugar
½ cup plus 1 tablespoon firmly packed brown sugar
2 ¼ teaspoons pure vanilla extract
2 ¼ teaspoons Ener-G egg replacer mixed with 3 tablespoons rice milk
1 ½ cups plus 3 tablespoons Basic Gluten-Free Flour Mix
¾ teaspoon xanthan gum
1 1/8 teaspoons baking soda
½ teaspoon salt
1 cup plus 2 tablespoons dairy-free, soy-free chocolate chips

Methods:

Preheat oven to 350° F. Line two baking sheets with parchment paper.

In a bowl of a stand mixer fitted with a paddle attachment, cream the shortening, granulated sugar, and light brown sugar, mixing on medium speed until light and fluffy, about 2 minutes. Add the vanilla and egg replacer and mix for about 20 seconds, scraping down the sides of the bowl as necessary. In a separate bowl, whisk together the flour mix, xanthan gum, baking soda, and salt. Add the flour mixture to the creamed batter in two batches, mixing on low speed, just until batter comes together, about 20 seconds. Gently fold in the chocolate chips. Drop by heaping teaspoons onto the baking sheets, 8 per sheet (3 down each side, 2 in the middle). Roll into balls, spacing the cookies a couple inches apart. Flatten the cookies slightly with the palm of your hand. Bake for 11 minutes in the center of the oven or until lightly golden around the edges. Let cool for 10 minutes on the baking sheet before transferring to a cooling rack. Repeat with the remaining dough.

Makes 24 (2 ¼ inch) cookies



Fudge Brownies

Adapted from *The Allergen-Free Baker's Handbook*
by Cybele Pascal

Ingredients:

6 ounces unsweetened chocolate, chopped into centimeter size pieces
½ cup dairy-free, soy-free vegetable shortening
2 cups granulated sugar
2 (4-5 ounce) jars prune puree or apple plum puree (baby food)
1 tablespoon pure vanilla extract
1 ¾ cups plus 2 tablespoons Basic Gluten-Free Flour Mix
½ teaspoon xanthan gum
1 tablespoon double-acting baking powder
1 ½ cups dairy-free, soy-free chocolate chips

Methods:

Preheat the oven to 325° F. Grease a 9x9-inch baking pan, then sprinkle with a little gluten-free flour mix, tapping out any extra.

Combine the unsweetened chocolate and shortening in a microwave-safe bowl and melt in the microwave, stopping to check and stir every 30 seconds. (Alternatively, you can melt the chocolate and shortening in a double boiler). Once melted, stir in the sugar and baby food puree. Mix well, add the vanilla, and beat until smooth.

Whisk together the flour mix, xanthan gum, and baking powder. Add to the chocolate mixture in three batches, stirring well after each addition. Beat until smooth. Fold in the chocolate chips.

Spread the batter in the prepared pan, smoothing down the top with the back of a rubber spatula or wooden spoon. Bake in the center of the oven for 55 minutes, rotating the pan halfway through. Bake until the top looks glossy and the brownie is just beginning to pull away from the sides of the pan.

Let the brownies cool completely in the pan, then cut into squares. Remove from the pan and enjoy. Store in an airtight container. Makes 16 brownies



Chocolate Chip Cupcakes with Chocolate Chip Frosting

Adapted from *The Allergen-Free Baker's Handbook* by Cybele Pascal

Ingredients:

½ cup rice milk
½ teaspoon cider vinegar
1 ½ cups plus 1 ½ tablespoons Basic Gluten Free Flour Mix
½ teaspoon xanthan gum
1 teaspoon double-acting baking powder
½ teaspoon baking soda
½ teaspoon salt
½ cup dairy-free, soy-free vegetable shortening
1 cup plus 2 tablespoons granulated sugar
1 tablespoon Ener-G egg replacer mixed with 1/4 cup rice milk
½ teaspoon pure vanilla extract
1 cup dairy-free, soy-free chocolate chips

Methods:

Preheat the oven to 350° F. Line a muffin pan with 12 liners.

Combine the rice milk and cider vinegar. Set aside. Whisk together the flour mix, xanthan gum, baking powder, baking soda, and salt. In a bowl of a stand mixer with the paddle attachment, combine the shortening, sugar, egg replacer, and vanilla. Beat on medium speed until light and fluffy, about 2 minutes. Sift in the flour mixture in three batches, alternating with the rice milk mixture, and beginning and ending with the flour mixture. Beat until smooth, about 30 seconds, scraping down the sides of the bowl as necessary. Fold in the chocolate chips.

Fill liners three-fourths full with batter. Smooth the tops of the cupcake with a butter knife or frosting spatula. Bake in the center of the oven for 24 minutes, rotating the pan halfway through. Bake until a skewer inserted into the center of the cupcake comes out clean. Transfer the cupcakes to a cooling rack and let cool completely before frosting.

Chocolate Chip Frosting

Adapted from *The Allergen-Free Baker's Handbook* by Cybele Pascal

Ingredients:

¾ cup dairy-free, soy-free vegetable shortening
Pinch of salt
2 ¼ cups confectioner's sugar
3 tablespoons rice milk
½ teaspoon pure vanilla extract
1 cup dairy-free, soy-free chocolate chips

Methods:

In a bowl of a stand mixer with the paddle attachment, cream the shortening and salt on medium speed for about 2 minutes. Add the confectioners' sugar in three batches, beating after each addition. Add the rice milk and vanilla. Beat until light and fluffy, about 5 minutes. Fold in the chocolate chips. Spread the frosting with a butter knife or frosting spatula, mounding over the tops of the cupcakes.

Cinnamon Rolls

Adapted from *The Allergen-Free Baker's Handbook* by Cybele Pascal

Ingredients:

1 cup rice milk
¼ cup canola oil
¼ granulated sugar
2 ¼ cups Basic Gluten-Free Flour Mix
½ teaspoon xanthan gum
2 teaspoons double-acting baking powder
½ teaspoon salt
1 (1/4 ounce) packet rapid-rise yeast
¼ cup dairy-free, soy-free vegetable shortening
1/3 cup firmly packed light brown sugar
2 teaspoons ground cinnamon

Methods:

Combine the rice milk, canola oil, and granulated sugar in a microwave-safe measuring cup or bowl. Heat for about 1 minute until warm, but not hot (115° F). If the liquid is too hot, it will kill the yeast, so be careful. In a large bowl, whisk together the flour mix, xanthan gum, baking powder, salt, and rapid-rise yeast. Add the rice milk mixture to the dry mixture, and blend well. Cover with plastic wrap, and let rest for 10 minutes. Grease an 8-inch round pan.

Sprinkle your work surface and hands with ample gluten-free flour mix. Don't scrimp on the flour, or your dough will stick to the board. Turn out the dough on the board, sprinkle with flour mix, pat down lightly, then flip. Flour your rolling pin. Roll the dough into a long rectangle, 16 inches long x 9 inches wide (use your hands to coax it into shape, if necessary). It should be about ¼ inch thick. Soften the shortening by warming it in the microwave for about 30 seconds. Brush the shortening evenly over the top of the dough. Combine the light brown sugar and cinnamon, and sprinkle evenly across the dough. Gently roll the dough lengthwise into a log. You may need to use a spatula to help coax it to turn at first (you should have a 16 inch log).

Cut the log into 12 pieces by first cutting the log in half, then into quarters, and then cutting each quarter into 3 pieces. Transfer the rolls to the pan. Cover tightly. Place the pan in a dishpan and pour hot water to reach halfway up the sides of the pan. Let the rolls rise for 1 hour. During the last 20 minutes of the rise, preheat the oven to 350° F. Bake for 45 minutes, or until golden brown. Drizzle with the glaze while still hot. Let cool in the pan until room temperature. Serve at room temperature.
Makes 12 rolls





Rice Milk Glaze

Adapted from *The Allergen-Free Baker's Handbook* by Cybele Pascal

Ingredients:

1 cup confectioners' sugar

1 tablespoon plus 1½ teaspoons rice milk

½ teaspoon pure vanilla extract

1 ½ teaspoons dairy-free, soy-free vegetable shortening, melted

Methods:

Whisk together all the ingredients until smooth. Pour over the rolls. Let set.

Lemon Berry Bars

Adapted from *Allergy Proof Recipes for Kids*

Ingredients for crust:

½ cup fresh lemon juice
1 teaspoon lemon zest
½ cup vegetable shortening
1 cup white rice flour
½ cup corn, tapioca, or arrowroot starch
½ cup powdered sugar
1/8 teaspoon baking powder
1/8 teaspoon salt

Ingredients for filling:

½ cup corn, tapioca, or arrowroot starch
1 ¼ cups sugar
1 cup water
1 ½ cups lemon juice
1 teaspoon lemon zest
1 cup fresh raspberries, blueberries, or blackberries

Methods:

Preheat oven to 350° F.

To make crust: Combine all crust ingredients in a food processor and process until dough forms into a ball. Press crust into a 9x13 inch baking pan. Bake for 25 minutes. Let cool.

To make filling: Combine starch, sugar, water, lemon juice, and lemon zest in a saucepan. Over medium heat, bring to a gentle boil while stirring constantly. Lower the heat and cook for 1 minute, continuing to stir. Gently stir in berries. Pour lemon mixture over crust. Let cool and place in the refrigerator to chill.

Sift powdered sugar heavily over the top. Cut into bars.

Makes 16 bars

Watermelon Ice

Adapted from *Eight Degrees of Ingredients*

Ingredients:

4 cups cubed, seedless watermelon chunks

1 ½ cups ice cubes

¾ cup sugar

¼ cup lime juice

Methods:

Place all ingredients in a blender and process until smooth. Place in an airtight container in the freezer until slushy, about 1 hour. Serve in individual paper sups or snow-cone cups.

Serves 6



Crispy Rice Treats

Ingredients:

3 Tbsp butter or margarine - substitute with milk free margarine if allergic to milk
1 package (10 ounce, about 40) regular marshmallows – use egg free marshmallows

-OR-

4 cups miniature marshmallows - use egg free marshmallows
6 cups crispy rice cereal

Methods:

In large saucepan melt butter over low heat. Add marshmallows and stir until completely melted. Remove from heat. Add crispy rice cereal. Stir until well coated. Using buttered spatula or wax paper evenly press mixture into 13 x 9 x 2-inch pan coated with cooking spray. Cool. Cut into 2-inch squares. Best if served the same day.

Microwave Directions:

In microwave-safe bowl heat butter and marshmallows on HIGH for 3 minutes, stirring after 2 minutes. Stir until smooth. Follow steps 2 and 3 above. Microwave cooking times may vary.

Makes 12

Chocolate Cake

Ingredients:

2 cups oat flour
1 cups sugar
6 Tbsps cocoa powder
1 tsp baking soda
1/4 tsp salt
1/4 tsp cinnamon
1 cup rice milk
1/3 cup canola or cooking oil
1 tsp vinegar
3/4 tsp vanilla

Methods:

Heat oven to 350°F. Grease and flour (using oat flour) 9 X 9-inch square pan. In a small mixing bowl combine dry ingredients. In separate bowl mix wet ingredients together. Slowly add wet ingredients to dry and beat until smooth. Pour into prepared pan. Bake 35-40 minutes or until a toothpick inserted in center comes out clean. Cool; cut into squares.

Optional: Sprinkle powdered sugar over the top.

Serves 8

Pumpkin Cookies

Ingredients:

2 cups all-purpose flour - substitute with oat flour, barley flour, or gluten free baking mix if allergic to wheat
1 tsp baking powder
1 tsp baking soda
2 tsps ground cinnamon
1/2 tsp ground nutmeg
1/2 tsp cloves
1/2 tsp salt
1/2 cup butter, softened - substitute with milk free margarine if allergic to milk
1 1/2 cups white sugar
1 cup canned pumpkin puree
1 egg - substitute with 1 Tbsp applesauce if allergic to eggs
1 tsp vanilla extract

Glaze:

2 cups confectioners' sugar
3 Tbsps milk – substitute with apple juice or allowed milk substitute if allergic to milk
1 Tbsp melted butter or substitute with milk free margarine if allergic to milk
1 tsp vanilla extract

Methods:

Preheat oven to 350°F. Combine flour, baking powder, baking soda, cinnamon, nutmeg, ground cloves and salt; set aside. In a medium bowl, cream together the 1/2 cup margarine and white sugar. Add pumpkin, egg, and 1 tsp vanilla to butter mixture, and beat until creamy. Mix in dry ingredients. Drop on cookie sheet by tablespoons; flatten slightly. Bake for 15-20 minutes in oven. Cool cookies, then drizzle glaze with fork.

To make glaze: Combine confectioners' sugar, juice or milk, melted margarine, and vanilla. Add more juice or milk as needed, to achieve drizzling consistency. Makes 2 dozen

Holiday Snaps

Ingredients:

1 cup brown sugar, packed
3/4 cup vegetable shortening
1 egg - replace with 1 Tbsp applesauce if allergic to egg
1/4 cup molasses
1 1/2 cup all purpose flour –
 substitute with 1 1/2 cup oat flour, barley flour, or gluten-free baking mix
1 cup old fashioned oats (not instant)
2 tsp baking soda
2 tsp ground ginger
1 tsp ground cinnamon
1/4 tsp salt
Sugar for rolling cookies

Methods:

Preheat oven to 350°F. Combine sugar and shortening, beat until creamy. Stir in egg and molasses. Combine flour, oats, baking soda, ginger, cinnamon and salt. Add dry ingredients to creamed mixture and mix well and chill for 1 hour. Roll dough into 1 inch balls and roll in sugar. Place on greased cookie sheet 2 inches apart. Bake 8 to 10 minutes until lightly browned. Let cool for 5 minutes before removing from cookie sheet to cooling racks.

Makes 4 dozen

Short Bread Cookies

Ingredients:

1 cup butter - substitute with milk free margarine if allergic to milk
1 1/4 cup sugar
1 1/2 tsp vanilla extract
2 1/4 cup flour or substitute with 2 1/4 cup oat or barley flour

-OR-

1 1/4 cup oat flour and 7/8 cup rice flour

Methods:

Preheat oven to 300°F. Cream margarine, sugar and vanilla. Gradually blend in flour. Roll or pat out on lightly floured surface to 1/2-inch thickness. Cut into desired shapes and place on ungreased cookie sheet. Prick cookies with a fork. Bake 20 to 25 minutes until firm; cool slightly before removing from cookie sheet.

Makes 2 dozen

No Bake Cookies

Ingredients:

1 cup milk - substitute with allowed milk substitute if allergic to milk
1 cup margarine - substitute with milk free margarine if allergic to milk
4 cups sugar
1 cup creamy peanut butter - substitute with Sunbutter® if allergic to peanuts
2 tsp vanilla
1 cup cocoa
5 cups oatmeal
1/2 tsp salt

Methods:

Bring to boil the milk, margarine and sugar - remove from heat. Add remaining ingredients and mix completely. Drop onto waxed paper. Cool completely. You can add toasted nuts or dry chow mien noodles to change it up a bit.

Makes 2 dozen

Pumpkin Muffins

**Photo courtesy of Whole Foods Market*

Ingredients:

1 1/2 cup all-purpose flour - substitute with oat flour, barley flour
or gluten free baking mix if allergic to wheat

1 tsp baking soda

1/4 tsp baking powder

1/2 tsp ground cinnamon

1/2 tsp ground cloves

1/4 tsp salt

1 1/4 cup sugar

1/4 cup butter - substitute with milk free margarine if allergic to milk

2 eggs - substitute with 2 Tbsp applesauce or egg replacer

1 cup canned pumpkin

1 cup chopped pecans - replace with golden raisins, fresh or dried cranberries or mini chocolate
chips if allergic to nuts

Methods:

Preheat oven to 400°F. Line muffin cups with paper liners, parchment paper, or grease well. Sift together flour, soda, baking powder, spices and salt in a large bowl. In a separate bowl, cream together sugar and butter. Add eggs. Stir in pumpkin. Add flour mixture stirring until just blended. Fold in nuts or substitutes. Spoon into muffin cups, and bake for 20 to 25 minutes for 18 regular sized muffins. Or 12-15 minutes for 26 mini muffins

Makes 18 regular size muffins or 26 mini muffins



Spiced Apple and Pear Crisp

**Recipe courtesy of Whole Foods Market*

Ingredients:

- 1 1/2 cup (1 stick) cold butter, cut into small cubes, plus more for buttering the dish – substitute milk free margarine if allergic to milk
- 3 Fuji apples, peeled, cored and thinly sliced
- 3 ripe but firm pears, peeled, cored and thinly sliced
- 1 Tbsp lemon juice
- 2 Tbsp granulated sugar
- 1 Tbsp grated ginger
- 2 tsp ground cinnamon
- 1 tsp ground nutmeg
- 3/4 cup all-purpose flour – substitute with rice or oat flour if allergic to wheat
- 3/4 cup rolled oats – choose wheat free oats if allergic to wheat
- 1/2 cup brown sugar
- 1/4 tsp salt

Methods:

Preheat oven to 350°F and lightly butter a 7x11-inch baking dish. In a large bowl, toss apples and pears with lemon juice, granulated sugar, ginger, cinnamon and nutmeg. Spoon fruit mixture evenly into prepared dish and set aside. In a food processor, pulse flour, oats, brown sugar and salt until combined. Add butter and pulse again until mixture resembles coarse meal. Spread oat mixture evenly over fruit and bake until fruit is tender, juices are bubbly and topping is crisp, 45 to 50 minutes.

Serves 8 to 10

Gluten-Free Sugar Cookie

Ingredients:

3/4 cup milk free margarine (softened)

1 cup sugar

1/4 cup applesauce

1 tsp vanilla extract

1 1/2 cup white rice flour

1/2 cup sweet rice flour

1/2 cup potato starch

1/2 cup tapioca starch (sometimes called tapioca flour, they are the same thing)

2 1/2 teaspoon guar gum (or xanthan gum)

1 tsp salt

1 tablespoon baking powder

Powdered sugar for rolling

3/4 cup olive oil

1/4 cup rice vinegar

1 Tbsp honey

1 Tbsp sweet chili sauce

2 tsp Dijon mustard

Salt & black pepper

Methods:

Cream together margarine and sugar. Add applesauce and vanilla and mix well. In another bowl sift or whisk together all of the dry ingredients. Slowly add dry ingredients to the creamed mixture and blend thoroughly. Refrigerate for at least one hour. Preheat oven to 350°. Cover work area and rolling pin with powdered sugar. Roll dough 1/4" thick, or thinner if you prefer a crispy cookie. Cut into shapes and transfer to a cookie sheet covered with parchment paper. Bake for 10 to 20 minutes depending on cookie size and desired softness or crispness. Recommend baking 4" cookies that are 1/4" thick for 15 minutes to get a nice soft cookie. Let cool on sheet for a few minutes then remove to cooling rack.

Sugar Cookie Icing Ingredients:

1/2 cup powdered sugar

1-2 tablespoons lemon juice or orange juice

Water, for diluting

Food coloring, desired colors

Methods:

Mix together powdered sugar and citrus juice. Add food coloring to create desired colors. Dilute with water as needed. Spread on cookie and enjoy. Icing will harden with time.

Makes approximately 2 dozen



www.childrens.com/specialties/food-allergy-center