

The **Gloriously** Gluten Free Cookbook

the all-in-one guide to enjoying the food you love without the gluten

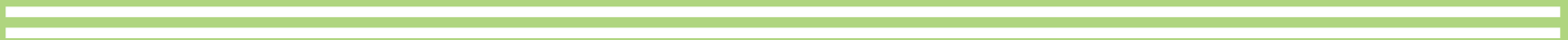


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Macaroni and Cheese Broccoli Bake

Servings: 6

Ingredients:

12oz uncooked twisted pasta
2 1/2 c. uncooked broccoli
1 tsp salted butter
1/3 c. fresh bread crumbs
3 Tbsp. plus 1/2 c. grated Parmesan
2 1/2 c. skim milk
1/3 c. all purpose flour
1/2 c. onion, diced
1 c. shredded cheddar cheese
1 tsp. Dijon Mustard
1 1/2 tsp salt
1/2 tsp black pepper



Directions:

1. Preheat oven to 375 degrees. Coat a shallow 2 quart baking dish with cooking spray (I used butter to grease it).
 2. Cook pasta, adding broccoli to water for the last 3 minutes of cooking time. Drain and return to pot.
 3. In a large saucepan, melt butter over medium heat, add bread crumbs and cook until light golden brown. Remove from heat and transfer to a small bowl, stir in 3 Tbsp of Parmesan cheese and set aside.
 4. In same saucepan (can wipe clean easily) whisk together milk and flour, add onion. Bring to a boil over med-high heat, whisking often. Reduce heat to low and simmer until thickened, about 2 minutes.
 5. Remove from heat and stir in cheese, mustard, salt and pepper.
 6. Pour pasta and broccoli into baking dish, cover with cheese mixture, stirring to coat evenly. Top with breadcrumbs.
 7. Bake until edges are bubbly, about 20-25 minutes.
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Coconut Curry Chicken and Chickpeas

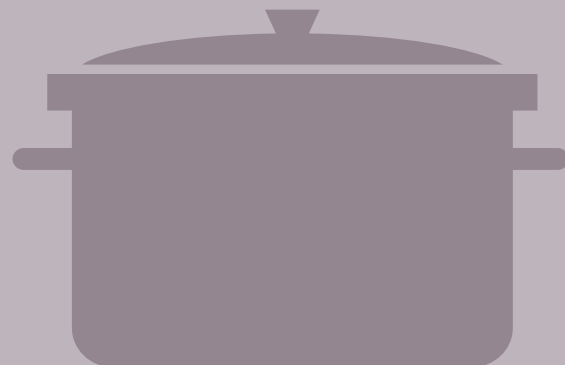
Servings: 4

Ingredients:

1 13.5-oz. can light coconut milk
2 tbsp. curry powder
2 tsp. ground coriander
1/4 tsp. cayenne
Kosher salt and pepper
2 large carrots (about 6 oz. total), cut into 1/4" pieces
2 cloves garlic, finely chopped
1 medium onion, chopped
6 small boneless, skinless chicken thighs (about 1 1/2 lbs total), trimmed and halved
1 c. long-grain white rice
1 15-oz. can low-sodium chickpeas, rinsed
1 lime, halved, plus wedges for serving
1 c. Fresh cilantro, chopped

Directions:

1. In a 5- to 6-quart slow cooker, whisk together the coconut milk, curry powder, coriander, cayenne, and 1/2 teaspoon salt. Mix in the carrots, garlic, and onion.
2. Add the chicken, turn to coat, then cook, covered, until the vegetables are tender and the chicken is cooked through and can easily break apart, 6 to 7 hours on low or 3 to 4 hours on high.
3. Twenty minutes before serving, cook the rice according to package directions. Add the chickpeas to the slow cooker and cook until heated through, about 3 minutes. Squeeze in the lime juice.
4. Serve the chicken and chickpeas over the rice and top with cilantro. Serve with extra lime wedges





Vanilla Buttercream Cupcakes

Servings: 24

Ingredients:

2 1/2 cups gluten free all purpose flour
1 1/4 teaspoons xanthan gum
1 1/2 cups granulated sugar
2 teaspoons baking powder
1/2 teaspoon baking soda
1/2 teaspoon fine sea salt
3 large eggs, room temperature
3/4 cup avocado oil (or vegetable)
1 tablespoon vanilla extract
1 15 oz. container light sour cream
1 package of preferred frosting



Directions:

1. Preheat oven to 350 degrees and line 2 12-cup muffin tins with paper liner.
 2. In a large bowl, whisk together the flour, xanthan gum, sugar, baking powder, baking soda, and salt. Set aside.
 3. In a separate medium bowl, whisk together the eggs, oil, and vanilla. Whisk in the sour cream until combined.
 4. Pour the wet ingredients into the dry ingredients and stir until the dry ingredients are completely incorporated.
 5. Divide the batter evenly between the 24 cups, filling each no more than 2/3 of the way full. Bake at 350 degrees for 18-22 minutes or until a tester comes out clean or the cupcakes springs back when lightly touched in the center.
 6. Cool cupcakes completely on a cooling rack before frosting.
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