

February 21, 2021

Dear Gluten Free Friends,

Below are wonderful meal ideas from 3 from Gluten Free Stevens Point. I thank them for their kindness in sharing.

I always add a disclaimer as what works for one may not work for another. Also I noticed that many of these meal ideas can be adapted easily to what might work for another. Long ago an owner of a nut company shared that nuts in the shell is a way to buy nuts without contamination with gluten. He especially noted that with cashews, saying cashews are never in the shell as the shell causes something like poison ivy and can only be processed by a company. Now some companies sell almond meal that is gluten free and GMO free. Things may have changed since I was given the early report on nuts. When buying items ask your questions.

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From Jen:

I do very basic since a lot of spices irritate me.

Chicken breasts in the crock pot overnight. Next day I pull apart with a fork. I add either just pepper or basil or thyme for flavor. Then I eat with rice and green beans or carrots.

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From Sunshine:

Here are some meals I commonly eat.

I eat mainly chicken. I buy several packages of high quality or organic breasts when they are on sale at Metro Market. I cook several pounds in the crock pot with a little water and heat all day. I season it with garlic powder and Mrs. Dash. The chick shreds apart easily when ready. I put little piles of shredded chicken into muffin tins and freeze them. I keep the single servings in a large ziploc so they are available any time. I use the shredded chicken on many dishes, especially when I prepare other meals for my husband and son who can eat a greater diversity of foods than I can.

Baked sweet potato, steamed broccoli, shredded chicken. I add a little Annie's Lemon and Chive dressing on top.

Salad with shredded chicken. Salad this time of year is whatever I find fresh and reasonably priced in the organic section. Large bins of spinach, green onion, sweet bell pepper, shredded broccoli mix.

Sauteed veggies with shredded chicken. Veggies might include kale, zucchini, bell pepper, green onion, broccoli.

Stir fry with wild caught shrimp. Shrimp is from Aldis or Metro Market. I cook it in a pan with a little olive oil. Stir fry veggies include sweet bell pepper, broccoli, green onion, peas. I purchase large quantities of these vegetables at the farmer's market during the summer and fall. I blanch and freeze them to use in stir fry and soup all winter. I add canned water chestnuts and bamboo shoots to the stir fry. I fry in garlic infused olive oil (from Diversi Tea downtown). I season with sauce I made from nut/seed butter mixed with lemon infused olive oil, salt, garlic powder. I add cashews on top for crunch. I serve this over whatever I have at the time - spaghetti squash, zucchini noodles, rice, shirataki rice or noodles.

Wild caught salmon - cooked on stove top with olive oil and seasoned with salt, pepper, etc. purchased frozen at Aldis.

Wild rice - seasoned with maple syrup and sliced almonds.

Steamed broccoli - purchased frozen, organic from Aldis.

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From Mary:

Here is a recipe.

I made Instant Pot Potato Soup from Delish.com recently and thought this recipe was really good.

One gluten-free product I like to keep on hand is Orrington Farms Chicken Broth Base and Seasoning. This product works well when I need chicken broth or want to add chicken flavoring to cream soup.

Yields: 4 servings

Ingredients:

2 tbsp. butter  
1 large onion, chopped  
2 cloves garlic, minced  
1 tsp. fresh thyme leaves  
6 large russet potatoes, peeled and diced  
4 c. low-sodium chicken broth  
1 c. plus 2 tbsp. milk, divided  
2 tbsp. cornstarch  
1/2 c. heavy cream  
Kosher salt  
Freshly ground black pepper  
Shredded cheddar, for serving  
Chopped cooked bacon, for serving  
Freshly chopped chives, for serving

## DIRECTIONS

Set Instant Pot to Sauté function and melt butter. Add onion and cook until soft, 5 minutes, then add garlic and thyme and cook until fragrant, 1 minute more.

Add potatoes and broth and place lid on Instant Pot. Set to Pressure Cook on High and set time for 8 minutes. Once finished, turn valve to quick release.

In a small bowl whisk together 2 tablespoons milk and cornstarch to make a slurry.

Remove lid from Instant Pot and set to Sauté function again. Pour in slurry, remaining 1 cup milk, and heavy cream and let boil about 5 minutes, stirring constantly. Season with salt and pepper to taste.

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February 5, 2021

Dear Gluten Free Friends,

From Martin:

## CHICKEN CORDON BLEU

### Ingredients:

- \* 6-Cups cooked and shredded chicken, (approximately 2 pounds.
- \* 6- Oz. gluten free ham cut into bite-sizes.
- \* 4- Oz. melted butter.
- \* 6- Oz. softened cream cheese.
- \* 1-Tbsp Dijon mustard
- \* 1-Oz. lemon juice
- \* 1/2 tsp salt
- \* 5-Oz. Swiss cheese (6 slices)
- \* 1-Tbsp white wine(opt.)

### Instructions:

- 1) Pre-heat oven to 350°
- 2) Put shredded chicken into bottom of an 8"x 8" or 9"x 9" pan.
- 3) Layer bite-size pieces of ham on top of chicken.

- 4) In a large bowl, (mix with electric mixer) the melted butter, softened cream cheese, Dijon mustard, lemon juice, salt and the optional white wine, until a thick smooth sauce forms.
- 5) Spread the sauce uniformly over ham and chicken.
- 6) Lay Swiss cheese slices on top of sauce.
- 7) Bake dish for 30-40 min.
- 8) (Optional: Broil the dish the last two minutes to make cheese more golden brown. Watch so that cheese does not burn. ENJOY!  
Serve with your favorite greens salad and dressing. I used romaine and spinach with walnuts. Red cabbage salad fixed with olive oil and apple cider vinegar works well too.

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From Jan:

I have a meatless meal that we like. It could be made gluten free by using gf macaroni.

#### MACARONI AND CHEESE

Cook and drain 1# elbow macaroni; return to pot.

In skillet over medium heat melt 3 Tablespoons butter; add 1 Tablespoon cornstarch and cook until bubbly.

Slowly add 3 cups milk while stirring. Cook until thick.

Add 8 oz. cream cheese and stir till melted.

Pour over pasta and stir.

Add 16 oz. shredded cheddar cheese; combine well.

Bake in greased 9" x 13" glass casserole dish at 350 degrees for 20 minutes.

It makes a large batch. I usually freeze some for later use. What I like about this recipe is that it stays moist. With others I've used, I always had to add liquid when reheating.

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I always add a disclaimer that what works for one may not work for another. An added note, walnuts in the shell avoids gluten contamination issues. Organic Valley unsalted butter and cream cheese are products available at the Free Market in Appleton that can be a choice if avoiding GMOs, antibiotics, toxic pesticides, and synthetic Hormones and these products are from milk from pasture-raised cows.

**Now it is your turn! I am asking for suggestions of simple meals of just meat and vegetables combinations. What are your favorite easy meals? Also your ideas may include your favorite gluten free products, may include gluten free grains. Your ideas will be shared with others in email and on our website. Let me know if I can share your first name with your suggestions.**

Sincerely,

Elaine Rubel

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February 3, 2021

From Mary Louise

Soup recipe:

In large pot put in vegetables to cook for soup:

one large potato, cut into hunks

one large onion sliced

several carrots, sliced thin

3/4 cup of sliced celery

three cloves of garlic sliced thin and mashed with one tsp salt

add quart of Swansons chicken broth or stock

1/2 tsp pepper, tsp dried oregano, tsp of dried basil, bay leaf if you have one

(optional) a small bit of sage, rosemary, thyme is nice

Cook all the above on medium heat till it boils, then turn down to a simmer

When the vegetables are soft add one can of beans, pinto, black, or white or red, drained and rinsed.

When beans are warmed, put this whole pan of soup in a blender. Blend till well mixed.

I at this time pour the blended soup into a large casserole dish for serving

Cheese sprinkled on top of soup once it's in the bowl is very good. Any kind of cheese will do.

Enjoy!

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I always add a disclaimer that what works for one may not work for another on our gluten free walk. The above soup recipe can be adapted in many ways, perhaps fitting with your diet needs.

**Now it is your turn! I am asking for suggestions of simple meals of just meat and vegetables combinations. What are your favorite easy meals? Also your ideas may include your favorite gluten free products, may include gluten free grains. Your ideas will be shared with others in email and on our website. Let me know if I can share your first name with your suggestions.**

Sincerely,

Elaine Rubel