

Claire Baker



So What
CAN
You Eat?



Gluten-Free Paleo Vegan (mostly)
Recipes for Health & Weight Loss

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Health and Weight Loss

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So What CAN You Eat?

Gluten-Free Paleo Vegan (mostly) Recipes for Health and Weight Loss

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So What CAN You Eat?

Gluten-Free Paleo Vegan (mostly) Recipes for Health and Weight Loss

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Introduction

I struggled with my weight since I was a kid. A few years ago, I decided once and for all that I was tired of being 25-30 pounds overweight, and while I understood the basic tenets of “eat less and exercise more,” I needed some support. I did what anyone would do these days. I googled “weight loss motivation” and happened onto a site called [PEERtrainer](#), which changed my life. Through the materials on PEERtrainer, I was introduced to [Eat to Live](#) by Dr. Joel Fuhrman. It’s definitely worth taking the time to read his books, but the short version is to eat a mostly plant-based diet loaded with leafy greens and legumes, to minimize the amount of refined carbs - cake and cookies to be sure, but also refined carbs like breads and pastas - and to all but eliminate most animal fats. I adopted this way of eating and lost 30 pounds in 6 months, getting to my goal weight of 125.



In an unrelated development, I was diagnosed with celiac disease less than a year later. I started the gluten-free (gf) diet and immediately began to feel better. As my gut healed and as I experimented my way through gf refined carbs, I regained 10 of my lost pounds, much to my dismay. Of course I wouldn’t have traded my improved health for those 10 pounds, but I did become more aware of the impact of certain foods on my waistline.

As part of my happy gluten-free journey, I am on the quest for the best packaged, frozen, and restaurant-made gf pizza. One day this past January, I got together with a group of gluten-free folks, ate a bunch of pizza and drank a lot of Diet Coke. I felt fine physically, but I was at emotional sixes and sevens for two solid days afterward. It was as if my inner mean girl had taken control and wouldn’t give me back. The PEERtrainer folks were launching a [“Fresh Start”](#) detox and cleanse series, and while I didn’t particularly want to spend money on the program, they did provide a lot of great content about how to go about it. In many ways the Fresh Start program shares characteristics with the Paleo diet: Organic veggies, grass-fed/organic meats, no refined carbs and so on. I decided to try my own at-home version that I came to think of as Paleo-vegan (loosely, of course!), using the following strategies:

- 1) Eat loads of leafy greens and non-starchy vegetables
- 2) Increase my protein intake, especially in the morning
- 3) Eliminate or drastically decrease all refined carbs
- 4) Eliminate or drastically decrease foods that account for most food sensitivities:
 - a. Wheat (easy, since I was already on the gf diet)
 - b. Dairy
 - c. Eggs
 - d. Soy
 - e. Peanuts
 - f. Corn
- 5) Eliminate artificial sweeteners and added sugars (a toughie, since I was a regular drinker of diet soda and tea with Sweet n Low)
- 6) Shift my fruit consumption to later in the day to keep my sugar cravings at bay

I decided to try it for two weeks to see how I felt. Secretly I hoped that I would feel amazing and that the extra 10 pounds would melt away. The result? I felt amazing - better than I could ever remember feeling - and I lost a couple of pounds.

It is now several months later, and I've continued with this diet. I have completely given up diet soda and artificial sweeteners, and probably 80% of the time I eat the paleo-vegan diet. I still have a crazy sweet tooth, which has been the real culprit in my not yet re-attaining my goal weight. But I'm getting there.

I decided to put together this little cookbooklet when I noticed that the pictures of food that I put on my Happy Healthy Gluten-free FaceBook page kept getting the most attention. Clearly people are attracted to the brightly colored, attractive, healthy options.

And as a working mom I know that there are just not enough hours in a day to spend a lot of time cooking healthy. I have honed some fast and easy recipes and techniques so that I have no excuse for making an unhealthy choice. I rely on canned beans and tomatoes and frozen veggies when fresh would take too long or are absent from the kitchen. I really like spicy foods with Indian and Mexican flavors, but these recipes can be modified to fit your personal tastes. I have broken the dishes down by how I think people would traditionally enjoy them, but there is nothing that says that you can't eat stew for breakfast and quiche for dinner. The categories are merely to help you find a recipe that will meet your needs at any given time.

Finally, I think there are probably very few original recipes in the world, and everything I make every day was inspired by an idea or a recipe that I heard about or saw somewhere. In as many cases as I can, I have noted the original inspiration. Recipes are hard to copyright, and I hope you are inspired to share these. I also hope that you will encourage your friends, family and colleagues to get an copy of the book directly from me (free in exchange for signing up for my mailing list) or from Amazon Kindle for a low, low price. It's just plain good karma.

Be sure and let me know what you think!

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Breakfasts

Breakfast is often an opportunity to eat dessert the first thing in the morning, setting your brain and your body up to crave sweets the rest of the day. Doughnuts, pancakes, French toast and cereal are all carbilicious and typically very gluteny. And if you are going with gluten-free alternatives, they are probably higher in fat and sugar than their traditional counterparts. The challenge then is to eat foods that allow you to front-load your daily intake of protein, include veggies, especially leafy greens, and minimize the sweet factor. Here are three recipes that do just that, though two of them would need modifications to be either egg or dairy-free.

Veggie Quiche

So this is clearly not vegan, but maybe cave men occasionally ate eggs. And if I use free range organic eggs, I don't have the same major compelling reason to avoid them. Plus, the occasional egg gives me an extra boost of healthy goodness hard to find in an egg-free diet. Potatoes comprise the crust.

Nutrition Info

- **Calories:** 241.2
 - **Fat:** 14.8g
 - **Carbohydrates:** 13.1g
 - **Protein:** 15.9g
-

Ingredients

2 tablespoons extra-virgin olive oil
2 cups broccoli florets
1/2 medium onion, chopped
2 cloves garlic, minced
1 carrot, chopped
1 red bell pepper, chopped
5 mushrooms, sliced
1 tablespoon chopped fresh basil, or 1
teaspoon dried
1 tablespoon chopped fresh parsley
1/8 teaspoon chili flakes
1/2 teaspoon salt
1 teaspoon freshly ground black pepper
3 small red potatoes, washed and thinly
sliced
1/4 cup plain unsweetened almond milk
6 eggs
6 ounces mozzarella cheese



Directions

Preheat oven to 375° F.

Blanch the broccoli. Drain and rinse in cold water.

Sauté the onions, garlic and carrots in the olive oil over low heat until the onions are transparent, approximately 10 minutes. Add the peppers, broccoli, mushrooms, basil, parsley, chili flakes, salt and pepper and continue to cook for 5 more minutes. Remove from the heat.

Lightly grease the bottom and sides of a 9-inch pie pan. Line the bottom with the potato slices, overlapping them slightly to cover the pan.

Whisk together the milk and eggs in a large bowl. Mix in the sautéed vegetables, coating everything with the egg liquid, then pour into the potato-lined pie pan.

Bake for 1 hour, covering after 45 minutes if top browns. Completely baked quiche should be very firm.

Let cool 15 minutes before slicing and serving. Serves 6.

Skillet-poached Huevos Rancheros con Espinacas

This is so fast and easy it'll make your head spin. As written, the recipe is delicious and filling and chock full of protein and healthy goodness. If you've got room in your calorie budget, serve it with additional cheese, a high quality gf corn tortilla or chips, and/or sour cream or plain yogurt to taste. But it's really very satisfying as is. Promise!

Nutrition Info

- **Calories:** 242.6
 - **Fat:** 7.1g
 - **Carbohydrates:** 29.1g
 - **Protein:** 17.0g
-

Ingredients

1/2 can Mexican-seasoned diced tomatoes (or plain if you prefer)
8 oz of your favorite salsa
1/2 16 oz bag of frozen chopped spinach
1 can black beans, drained and rinsed
1 tablespoon shredded Monterey jack cheese
4 eggs
Salt and pepper to taste

Directions

Combine the tomatoes including juice, salsa, frozen spinach and black beans in a skillet. Heat on high until everything is hot and bubbly. Reduce heat to medium.

Make four wells in the bean mixture and carefully break an egg into each one. Cover and cook on medium for 3 to 5 minutes depending on how runny you like your yolks.

Season the top of the eggs with a little salt and ground pepper and sprinkle lightly with shredded cheese.

Divide among plates and serve with chips or tortillas and sour cream or plain yogurt if you like. Serves 4.



Claire's Paleo Vegan Veggie Protein Shake

I started having this for breakfast at a time when I was getting on board with the [PEERtrainer Cleanse](#) program. I wanted to increase my protein intake and limit my fruit consumption to the latter part of the day so that my sweet tooth could more easily be kept at bay. I went on a quest for a gf protein powder with no added sugars or sweeteners or soy or dairy... And I found one! Garden of Life RAW Organic Vegan Gluten-free Soy Free Protein Powder, with protein from rice and pea.

Suspend what you think a breakfast smoothie should be like and give this a try. Or have it for lunch instead, if it sounds more appetizing. It isn't sweet but it is very satisfying. You can use fresh greens instead of frozen, but the frozen ones give it the chill I like in a food called a "shake." I suppose you could heat it up and call it a soup...

Nutrition Info

- **Calories:** 172.5
 - **Fat:** 1.6g
 - **Carbohydrates:** 11.1g
 - **Protein:** 17.5g
-

Ingredients

1 cup, spicy V8 or other tomato-based juice
1/2 cup of unsweetened plain almond milk
One scoop RAW protein powder
2 T Hemp Hearts or flaxseed
1 1/2 cups frozen or fresh greens of your choice. I like spinach, kale, collards. I've even used dandelion!
Cold water as necessary to get the blender to blend

Directions

Combine ingredients in a blender.
Blend until smooth.

Makes two shakes or one really big one!



Salads

I take a salad and fruit or vegetables for my daily lunch. It saves me money, keeps me safely gluten-free, and I know I'm going to like it. It also helps me not get all bent out of shape when there is a lunch provided at work which I can't eat anyway because it's not vegetarian or which I can't trust to be gluten-free. The salads in this section include my typical lunch salad plus a couple of others that are fun, colorful, tasty and nutritious.

Big Healthy Lunch Salad

Dr. Joel Fuhrman is emphatic: The salad should be the main dish, not the side dish. And when eating a salad, it's easy to undo all its healthy goodness if you use a lot of typical oily salad dressing. This salad is my usual lunch. It's really big and it takes me a while to eat it, which I like. When I have cauliflower or broccoli or peppers or tomatoes or peppers on hand I add them, but the basics of leafy green, a few almonds, a legume, nutritional yeast and salsa for dressing is the winning formula.

Nutrition Info

- **Calories:** 193.5
 - **Fat:** 2.9g
 - **Carbohydrates:** 26.8g
 - **Protein:** 14.0g
-

Ingredients

A big totable container full of shredded romaine, baby spinach or lettuce green of your choice
1/4 cup canned black beans, drained and rinsed
2 tablespoons of your favorite tomato-based salsa
4 almonds
1 tablespoon gluten-free nutritional yeast

Directions

Fill your lunch salad container two-thirds full of your lettuce mix. Add the beans, almonds, salsa and nutritional yeast. Add the rest of your lettuce and other interesting veggies you may have on hand. (Having a top layer of lettuce keeps your salsa and nutritional yeast from sticking to the lid of your tupperware.) Makes one big serving.



Spicy Edamame Black Bean Roasted Corn Salad

This fast, easy and colorful salad is a great summer lunch. It contains soy and corn, so it's not 100% compliant with the cleanse/detox protocol, but it's really pretty and it tastes so good I had to include it. The roasted corn and seasoned tomatoes do most of the heavy lifting for the seasoning in this recipe, so if you are going with plain corn or plain (or fresh, for heaven sakes!) tomatoes, throw in a can of green chiles and add some cumin for added interest.

Nutrition Info

- Calories: 203.8
 - Fat: 4.8g
 - Carbohydrates: 28.9g
 - Protein: 12.6g
-

Ingredients

1 16 oz bag frozen edamame
1 Can black beans, drained and rinsed
1 Cup Trader Joe's roasted corn (or other frozen corn will work too, though you might need to throw in some additional seasonings to make it interesting)
1 Can Rotel Lime and Cilantro diced tomatoes (or other canned diced tomatoes of your choice)
1 Tablespoon olive oil
Cayenne pepper and salt to taste
4-6 cups romaine lettuce, chopped

Directions

Boil, drain and cool the edamame according to the package instructions. Combine all ingredients except the lettuce. If you have time, let the edamame/bean/tomato/corn mixture sit for a little while so that the flavors can mingle. When you are ready, serve it over lettuce and enjoy!
Makes 6 servings.



Marinated Kale and Tomato Salad

Everyone seems to know that kale is good for you, but many folks I talk to on a daily basis aren't sure what to do with it. This cookbooklet includes kale as one of several optional greens to add to just about anything. This simple recipe was inspired by Philadelphia organic market gardener and friend Elisa Esposito from Emerald Street Urban Farm. When you've got as much kale on hand as she has, you're bound to have a few different ways to eat it! Combining super-healthy kale with organic apple cider vinegar, you have a powerhouse salad that can't be beat.

Nutrition Info

- **Calories:** 154.8
 - **Fat:** 8.0g
 - **Carbohydrates:** 19.4g
 - **Protein:** 6.0g
-

Ingredients

4 cups chopped kale, rib removed (unless you don't mind it)
1/2 teaspoon salt
1 medium tomato, chopped
2 tablespoons apple cider vinegar
1 tablespoon olive oil

Directions

Wash, remove stems and chop the kale into salad-appropriate sized pieces. Put the kale in a big salad bowl and sprinkle with salt. Massage the kale with your hands to tenderize. Add the apple cider vinegar and stir/massage a few minutes more.

Add the olive oil and tomato, cover and let sit for awhile - overnight if possible - to give the kale more time to get tender and the flavors a chance to blend. This is a great base for a big lunch salad but it's pretty enough for company. Throw in some chopped nuts for extra pizzazz.
Serves 2.



Entrees and Hearty Soups and Stews and Side Dishes

I rely on one-pan meals for dinner like I rely on salads for lunch. I'm a big fan of quick assembly, "cook it til you're bored" options for two main reasons. One is that they go together pretty quickly, so I can have a nice dinner on weeknights after work. The other is that they make great leftovers for the fridge or the freezer to eat later in the week or to have as an emergency back-up or hot lunch when the need arises. The "cook it til you're bored" part actually acknowledges that most if not all of the components of these meals can be safely eaten raw, so while it might be tastier cooked a little longer, nothing bad will happen if you eat it sooner.

Another good thing about these meals is that all of the nutrients remain in the food. There is very little "cook and drain" going on here.

With the exception of maybe the scalloped potatoes and the oven roasted vegetables, all of these recipes can be stand-alone meals. If you like to have a couple of different things on your table or plate, then feel free to reduce the serving size and make them side dishes.

There are a couple of key ingredients I keep around to make these meals go faster:

Greens. Fresh is always preferred from a taste and nutrition perspective, but frozen are just about as nutritious and are way easier and faster. When I have fresh (like when I've grown them myself), I have to set aside time for the washing, stemming and chopping. This is great when I'm cooking recreationally, but not so great when I'm starving after work. Have a couple of bags of your favorites in the freezer (then you have them on hand for your breakfast protein shake too!)

Tomatoes. I LOVE fresh tomatoes. In the summer when they are ready and full of color I can eat them raw all day long. I have to confess that I hardly ever cook with them. Mostly it's a time thing, and an uncertainty about what the heck to do with the skins. So I use canned tomatoes when cooking. And not just any canned tomatoes, Rotel tomatoes with seasonings. They taste much less canny and they give a real pop to just about any dish.

Nutritional yeast. I used to eat brewer's yeast on popcorn in the 1990's and I liked it okay. Fast forward 15 years and now I'm a nearly-vegan on the gluten-free diet and I have rediscovered and LOVE gluten-free nutritional yeast. Besides being delicious, it has some things I need - a non-animal source of B-12, folate, 18 amino acids and protein. It has that umami flavor you might have heard about - a savoriness that you don't find just anywhere. If you are unfamiliar with it, seek it out and give it a try. If you don't know what to do with it, start by sprinkling it on anything that you'd be tempted to sprinkle parmesan cheese on and take it from there.

Beans. Mostly I use canned garbanzo beans (chickpeas) and black beans, but I also have a ready supply of 3 or 4 other kinds all waiting patiently in the pantry for when

I'm in the mood for something different. I always drain and rinse them to get off the excess sodium they seem to be packed in. I know the liners of cans offer some health issues, so if you can, go ahead and use dry beans. It's easy, but I frequently don't plan ahead well enough to soak them.

Lentils and split peas. Not all lentils are created the same. Red lentils cook down to almost nothing in about 35 minutes. Black lentils get tender in about 45 minutes but hold their shape. If you can't find anything other than regular green/brown lentils that are easy to find in the grocery store, you can use them in recipes but just be aware that the final product may be significantly different (though still very tasty and healthy). I threw split peas in here because they act similar to regular lentils, and when a girl wants her mom's split pea soup, she wants to have a bag of the peas sitting in the pantry.

Other fresh or frozen veggies. I try to keep an assortment of fresh veggies around when they are in season. Fresh Brussels sprouts, broccoli and peppers can't be beat! In a snap though, especially for soups and stews, their frozen cousins are a close second, and you can take a peek in the freezer for what's on hand. One real secret is chopped frozen onions and minced garlic in a jar. Eliminating the chopping time and hassle of those two ingredients alone will get you cooking a hearty meal in about the same time as it would take you to nuke a frozen dinner or make a sandwich.

Mushrooms. This is another secret ingredient for making interesting soups, stews and side dishes. I buy them chopped and ready to go because they are so weird to wash or de-dirt or whatever. If I pay a little extra for ready-to-go portabellas or baby portabellas or something more interesting than those little white button mushrooms, I save time and don't have to think about what they were growing in. I've also been pleased with dehydrated mushrooms, though they seem really expensive for what you get. Don't use canned. They are rubbery and just plain weird.

Smoked sea salt and black pepper. In addition to cumin, curry and chili powder and the other seasoning you see here, I use smoked sea salt and fresh ground black pepper in almost everything. Flavored salts seem to be all the rage these days, and some are darned expensive! If you are lucky enough to have a Trader Joe's in your area, their smoked sea salt is available for under \$3 and one jar of it lasts a while. Grinding a little of each of these on your soup or stew can make an average dish go to AWESOME.

Spicy Red Lentils and Greens

This delicious naturally gluten-free and vegan dish, was inspired by and adapted from Pennythoughts from Wholesome Goodness: <http://pennythoughts.wordpress.com/>. It might be my absolute favorite food in the world. I buy my red lentils at Indian grocery stores, but I know some folks have had luck finding them in regular supermarkets. Red lentils cook much faster than other lentils I use and don't require soaking, and since I always have on hand a bag of frozen greens, a can of diced tomatoes (hopefully Rotel with green chiles!), a jar of minced garlic in the door of the fridge, and sometimes even chopped onion in the freezer, I can put this together in under 10 minutes, and have it on the table in 50. Serves 6 and the leftovers are spectacular.

Nutrition Info

- **Calories:** 148.7
 - **Fat:** 4.3g
 - **Carbohydrates:** 22.0g
 - **Protein:** 8.7g
-

Ingredients

1 tablespoon olive oil
1 large onion, chopped
4 large garlic cloves, minced
2 cups red lentils
2 large tomatoes, or 1 can diced tomatoes (I use Rotel with green chiles - yum!)
6 1/2 cups water
1 tablespoon sea salt
2 teaspoon dried basil
1 1/2 teaspoons ground cardamom
1 teaspoon cumin
1 teaspoon tumeric
1/4 - 1/2 teaspoon cayenne pepper
1/2 teaspoon curry powder
3-5 cups fresh spinach, or 16 oz bag of frozen chopped spinach or other dark leafy green

Directions

In a large soup pot, saute the onion and garlic in the olive oil until tender, about 5 minutes. Add water, lentils and tomatoes and stir in the seasonings. Bring to a boil, cover and reduce heat. Simmer for 35 minutes. Add spinach and simmer 10 more minutes. Salt and pepper to taste.



Sweet Potato Spinach Chili Casserole

Another easy and fast one to assemble. It calls for a little cheese which can be omitted or replaced with your favorite cheese substitute. If you are so inclined, serve with chips or a corn tortilla and top with more cheese and sour cream if you wish.

While you have the oven heated up, roast some veggies or throw a couple of extra sweet potatoes in the oven to have around for snacks.



Nutrition Info

- **Calories:** 233.9
 - **Fat:** 2.8g
 - **Carbohydrates:** 38.5g
 - **Protein:** 10.5g
-

Ingredients

1 medium sweet potato, washed and sliced thin
1/4 bag of frozen spinach, thawed
10 oz can of diced tomatoes with green chilies
16 oz can of chili beans
10 oz can of enchilada sauce
1/8 cup Monterey jack cheese

Directions

Preheat the oven to 400 degrees. Combine all of the ingredients except the cheese in a covered medium-sized baking dish. Sprinkle the cheese on top. Cover and bake for 45 minutes. Serve over the baked tortilla chips, or serve with a warmed corn tortilla. Serves 4.

Cauliflower and Chickpea Stew

This goes together fast, and if you are like me and you keep a bag of cauliflower and chopped onions in the freezer, it takes almost no prep time. Use tomatoes with green chilies for a real zip! Otherwise, use unsipicy canned tomatoes and add pepper to taste.

Nutrition Info

- **Calories:** 247.9
 - **Fat:** 8.0g
 - **Carbohydrates:** 39.0g
 - **Protein:** 8.6g
-

Ingredients

1 tablespoon olive oil
1 small onion, chopped
1 teaspoon of ground cumin
1/4 teaspoon ground ginger
1 14 ounce can of diced tomatoes (with chile peppers if you like your dishes hot)
1/2 can chickpeas, rinsed and drained
1/2 head of cauliflower cut into small florets (approx 2 cups)
1/4 cup raisins
1/4 water
1 tablespoon nutritional yeast (optional)
2 cups raw spinach or other greens
Salt and pepper to taste

Directions

Sauté the onions and garlic in olive oil until tender. Add all of the rest of the ingredients except the greens and nutritional yeast and simmer for 15-20 minutes, until the cauliflower has softened a bit. Add the greens and cook for another 5 minutes. Stir in the nutritional yeast (optional) and salt and pepper to taste.

Serving Size: 3 or 4, depending on if it's a main course or a side dish. Goes great over rice or quinoa if you want some extra starchy goodness.



Black Lentils, Greens and Mushrooms

Black lentils are more substantial and earthier than their green cousins, and they hold their shape and texture throughout. Astound your friends with your "discovery"! I find them at the Indian Grocery store or health food store. Or use regular lentils - they'll work fine too. My younger son knows of my love of lentils and presented me with a variation of this recipe for my birthday. I don't know its original source and I've made substantial changes, but I thank the person who inspired it. It was a great birthday present.

Nutrition Info

- **Calories:** 193.7
 - **Fat:** 9.6g
 - **Carbohydrates:** 22.4g
 - **Protein:** 8.1g
-

Ingredients

1 cup Black Lentils
1 tablespoon olive oil
1 clove of garlic, chopped
1 medium onion, chopped
1 medium carrot, chopped
16 oz vegetable broth
1 cup of water
4 cups chopped fresh kale, spinach or greens of your choice
1 teaspoon of black pepper
1 pound of interesting mushrooms, chopped
1-2 tablespoons of gf tamari sauce

Directions

If you remember to, soak the black lentils overnight to reduce the cooking time.

In a medium pot, sauté the garlic, onions and carrot until tender, about 5 minutes. Add broth, water, lentils and peppers. Heat to a boil then reduce and simmer uncovered, for 20 minutes. Add the greens and continue to simmer for 10 more minutes.

During the last 10 minutes of simmering, sauté the mushrooms in olive oil and gf tamari sauce. If you forgo the mushroom topping, taste the lentils and greens before serving and salt and pepper to taste.

Dish up the lentils and greens and top with mushrooms. Serves 4.



Vegan Tortilla Soup

This is a very satisfying meal inspired by the little cookbook that came with my mother-in-law's crockpot. Obviously I veganized it, but if you are a meat-eater, use half a pound or a pound of browned ground meat instead of the textured vegetable protein (TVP).

It's fast and easy (and a bit of a cop out, I must admit, since you don't have to have hardly any fresh ingredients.) As always, I've added greens to increase the flavor and the heartiness.

Nutrition Info

- **Calories:** 181.4
 - **Fat:** 1.7g
 - **Carbohydrates:** 34.4g
 - **Protein:** 12.5g
-

Ingredients

½ cup, gluten-free textured vegetable protein (TVP)
2 14-oz cans Mexican spiced tomatoes
2 4 oz cans diced green chiles
2 14 oz cans black beans, drained and rinsed
3 medium stalks of celery, chopped
1 cup frozen corn (the Trader Joes roasted corn is THE BEST!)
1 bag frozen chopped greens of your choice
10 cups of water

Directions

Combine all of the ingredients in a very large soup pot. Heat on high until boiling. Reduce heat and simmer for 20 minutes.

Serve with gluten-free tortilla chips and garnish with sour cream and shredded cheese if you wish.

"Cheezy" Oven Roasted Veggies

If you think you don't like Brussels sprouts, you really owe it to yourself to try them like this. Get some fresh ones, cut the bottoms off of them, cut them in bite-sized chunks and include them. Really. You won't believe how good they are. I'm not kidding.

Nutritional yeast may also be unfamiliar. It is savory - it is an umami seasoning (the 5th taste, along with sweet, sour, salty and bitter.) It's loaded with vitamin B6 and is a complete protein. But never mind that, it makes a great seasoning and can easily be used in place of parmesan cheese. Enjoy!

Nutrition Info

- **Calories:** 272.3
 - **Fat:** 11.5g
 - **Carbohydrates:** 38.5g
 - **Protein:** 10.0g
-

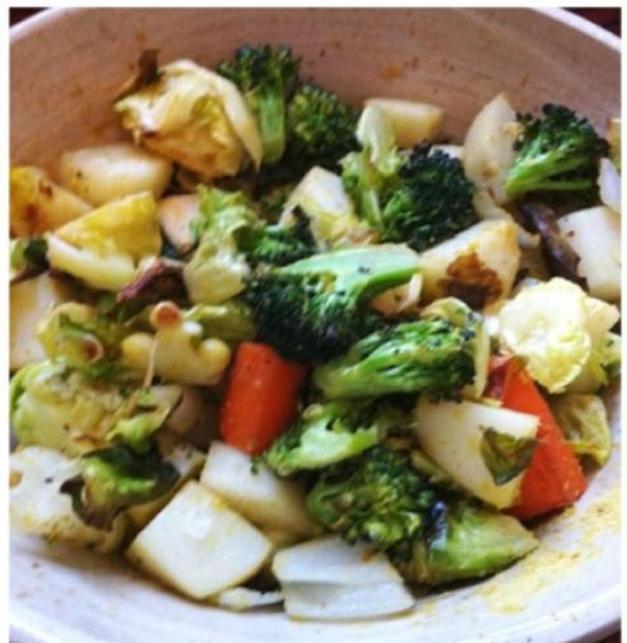
Ingredients

1-2 tablespoons of extra virgin olive oil
Random quantities of the following fresh veggies based on taste and availability, cut in smallish bite-sized chunks:
Brussels sprouts (little leaves of the Brussels sprouts will fall off when you cut them up. Include them in the roasting. They crisp up and are very tasty!)
Cauliflower
Broccoli
Carrots
Potato (I wash them well and leave the skins on)
Red Bell Pepper
Onion
1-2 tablespoons of gluten-free nutritional yeast
Salt and pepper (or experiment with your favorite seasonings)

Directions

Preheat the oven to 350 degrees. Put the vegetables in a big bowl, drizzle them with enough olive oil to lightly coat them and stir it all up. Spread it on a baking sheet one layer deep. Put it in the hot oven for 30 minutes, stirring halfway through. Check toward the end of the time to make sure they aren't getting overdone or burning to the pan. It's okay if the little leaves of loose Brussels sprouts get a little burned, and some of the chunks of vegetables will likely get a browned on one side, and sometimes the little bits on the end of broccoli get toasty. This is all perfectly fine and adds to the taste.

Remove the veggies from the oven. While they are still hot, put them in a bowl, season with freshly ground smoked sea salt (or regular salt is fine, or if you can't do salt, then they are still good anyway - experiment with seasonings you like) and black pepper to taste. Then sprinkle with a spoonful or two of nutritional yeast. The yeast flakes sort of melt down and stick to the hot veggies. Start with a little if you've never had it before. Taste it and add more seasonings or yeast as you are so moved.



Scalloped Potatoes and Kale

This one's for you, Kim! Inspired by Lari Robling, author of "Endangered Recipes." Lari tells me that there is enough starch in the potatoes that flour really isn't necessary, making it easy to go gluten-free. This version is made with skim milk, butter and kale, though you could make it with soy or almond milk. Or you could go the other way, leave out the kale, throw in cheese and use heavy cream and chunks of ham (tasty I'm sure, but the calorie count goes out the window). The key is having enough liquid to cover or nearly cover the potatoes. If you are like me, sprinkle some gluten-free nutritional yeast on top while it's still hot!

Quantities here are for side dish-sized portions for a family of four. It reheats in the microwave very well.

Nutrition Info

- **Calories:** 175.6
 - **Fat:** 6.1g
 - **Carbohydrates:** 27.5g
 - **Protein:** 5.7g
-

Ingredients

3 medium russet potatoes
1 1/2 cup chopped fresh kale
1 cup skim milk
1/8 cup butter
1/8 teaspoon ground black pepper
Salt and additional pepper to taste

Directions

Preheat oven to 375 degrees. Spray a baking dish with non-stick cooking spray.

Peel and slice potatoes thin. Wash and chop the kale, removing the center rib. Combine and put in the baking dish. If you want to get fancy, cut some tidy potato circles to put on the very top.

Melt the butter and combine it with the milk. Pour the butter/milk mixture over the potatoes and kale. Sprinkle the pepper over the top.

Bake covered for 30 minutes, then uncover and bake for another 30 minutes. The potatoes should be tender and the top lightly browned. Remove from the oven and let rest for 20 minutes. Makes 4 servings.



Snacks and Desserts

Just because we are trying to eat healthy doesn't mean that we can't have some treats now and then. The gluten-free world is exploding with prepackaged salty snacks and sweets, which I find to be very tempting and hard to eat just a little bit of. I try to limit my gf baked goods to celebrations and special occasions, or for when I'm checking out and reviewing a gluten-free bakery or their products. When I'm at home I still like snacks. Here are some suggestions for things that don't need a recipe:

- Raw veggies and hummus
- Dried fruit and nuts
- Fruit or smoothies



And here are a couple of fun ideas that require a little prep but also don't need a recipe:

- Steam collard leaves, rinse them in cool water then use them as wraps for hummus or refried black beans and salsa.
- In the winter I like to put unsweetened applesauce in a mug, sprinkle it with cinnamon and pop it in the microwave for a minute for a nice, hot treat.
- One neat idea from Dr. Joel Fuhrman is a banana-nut butter-romaine wrap. The crunchiness of the romaine, the sweetness of the banana and the nuttiness/saltiness of the nut butter is a great combination. I recently discovered almond butter with toasted flax seeds at Trader Joe's - so good!
- Here's a fun idea. Take frozen berries, fill a glass with them and pour seltzer over the top. The frozen berries act like ice cubes for the seltzer. They thaw quickly enough so that you can start eating them with a spoon pretty quick, but last long enough that your treat lasts awhile.
- My friend Debra turned me on to this idea. Bake up a bunch of sweet potatoes then refrigerate them for snacks during the week. I've started packing them in my lunches. So good!

Savory snacks are just a matter of making usual foods fun and portable. My advice for creating healthy sweet snacks and desserts is to start with something that's naturally sweet and also nutritious and building from there. This is an area that's really fun to experiment with and come up with your own go-to treats.

Sephardic Roasted Eggs

This will make your house smell a little weird, but the results are an amazing, creamy tasting egg-cooked-in-the-shell that makes a terrific on-the-go snack. It's like a hard-boiled egg only way yummier and without the need for a quart of water to wash it down. You know what I mean.

Nutrition Info

- Calories: 90.0
 - Fat: 6.0g
 - Carbohydrates: 1.0g
 - Protein: 7.0g
-

Ingredients

6 eggs
Skins from a couple of onions from other culinary projects
1 Tablespoon of olive oil
1/4 - 1/2 cup coffee grounds
Water

Directions

Before bed, put eggs, onion skin and coffee grounds in a covered baking dish and drizzle the olive oil over the top. Add enough water to cover the eggs. Put the lid on and put it in the oven set to 220 degrees. Go to sleep for 8 hours.

Awaken rested and refreshed to an odd smell in your home. Remember that you have eggs in the oven. Go to the kitchen to investigate.

Remove baking dish from the oven and let cool, or fish the eggs out if you are too curious to wait. Let the eggs cool enough to handle, then peel and eat and then wish you'd made a full dozen. Of course you can also refrigerate them and eat them cold too.



Toasted Garbanzos

It's nice to have a salty savory snack around that's not completely bereft of nutritional content.

Nutrition Info

- **Calories:** 149.9
 - **Fat:** 1.5g
 - **Carbohydrates:** 28.3g
 - **Protein:** 6.6g
-

Ingredients

One can garbanzo beans, drained and rinsed
1 teaspoon chili powder
1 teaspoon garlic powder
1 tablespoon gluten-free tamari sauce

Directions

Preheat the oven to 350 degrees. Spray a cooking sheet with non-stick cooking spray.

Combine spices and tamari sauce in a ziplock bag. Add garbanzos and toss until evenly coated.

Spread in a single layer on the cooking sheet and bake until crunchy, approximately 45 minutes, stirring them halfway through. Serves 4.

Banana "Ice Cream"

This is easy and a much healthier option than real ice cream and surprisingly tasty. No lie! Give this one a try when you need something sweet but are trying to stick with a program that doesn't include ice cream. Skip the nuts and the almond milk if you want - the almond milk just helps it blend up faster if your bananas are frozen solid, and the nuts add some interest and texture. The bananas will turn into a nice creamy dessert all on their very own.

Nutrition Info

- **Calories:** 233.1 (less if you skip the milk and nuts)
 - **Fat:** 3.8g
 - **Carbohydrates:** 53.5g
 - **Protein:** 2.8g
-

Ingredients

4 bananas, broken or cut into pieces and frozen
1/8 cup or less of vanilla almond milk (or cow milk if you prefer)
2-4 tablespoons chopped toasted nuts of your choice (optional)

Directions

Place frozen banana chunks in a bowl. Use a stick blender to pulverize them. If they are frozen solid, add almond milk a tablespoon at a time until you can get the bananas to blend.

Dish it up. Top with nuts if you want. Wish you had frozen more bananas so you could have more.

Baked Pears

This is faster than you think it will be. Cut in quarters, remove the seeds, wrap in foil and bake for 20 minutes. Serve warm!

Nutrition Info

- Calories: 62.7
 - Fat: 0.3g
 - Carbohydrates: 14.4g
 - Protein: 1.7g
-

Ingredients

2 medium pears
1/2 cup plain non-fat yogurt

Directions

Preheat the oven to 375 degrees. Cut the pears in quarters and remove the seeds. "Reassemble" the pears and wrap tightly in foil. Place on a baking pan and put in the oven for 20 minutes. Remove from the oven and carefully open the foil pouches, taking care to preserve the juice and pour it in the bottom of the individual serving bowls. Put half a pear in one of four bowls. Top with yogurt and serve warm. Serves 4.



Sweet Potato Custard

This is a sweet and light and satisfying dessert option. It's great to bake up a batch of sweet potatoes to have around for snacks just as they are (wash, pierce with a fork a couple of times and bake in a 350 degree oven for 40 minutes or until soft), and it also means you have the "raw" materials already in the house to whip up this custard.

This was inspired by a recipe for Light Sweet Potato Soufflé by Holly Chute, Executive Chef Georgia Governor's Mansion. Big thanks to Lari Robling, author of [Endangered Recipes](#), for the lead!

Nutrition Info

- **Calories:** 159.0
 - **Fat:** 6.6g
 - **Carbohydrates:** 14.5g
 - **Protein:** 4.4g
-

Ingredients

4 cups cooked sweet potatoes, peeled and cut up
1 cup vanilla almond milk (or use cow's milk and a 1/4 cup agave nectar or honey)
2 eggs
1/2 teaspoon cinnamon
Dash of nutmeg

Directions

Preheat the oven to 350 degrees. Spray a baking dish with non-stick cooking spray. Combine all of the ingredients in a mixing bowl and use a stick blender to beat until smooth and creamy. Pour the sweet potato mixture into the baking dish and bake uncovered for 30-40 minutes.

For a more festive presentation, pour the mixture into individual ramekins and top with a whipped topping or yogurt.

