



From the Kitchen of:

Frittata Provencale

Serves 4-6

Ingredients:

| | |
|---------|--|
| 1 | Tbsp Olive oil |
| 1 | Clove garlic-minced |
| 2/3 cup | Onion-finely chopped |
| 1 | Small bunch of basil, destalked & shredded |
| 12 | Eggs |
| ¼ cup | Scd French Cream |
| 1 cup | Parmesan cheese-grated |
| ½ cup | Black olives-pitted and sliced |
| ½ cup | Sun-dried tomatoes-sliced |
| 1 tsp | Dried oregano |

Directions:

1. Preheat oven to 360°
2. Oil a 9 inch round Pyrex pie dish
3. Heat the oil in a small pan. Sauté the garlic and onions until tender.
4. Add the shredded basil leaves and sauté until wilted, about 30 seconds. Remove from heat and let cool.
5. Whisk eggs with French cream, salt and pepper until creamy. Add parmesan and stir.
6. Add reserved cooked vegetables, olives, sun-dried tomatoes and oregano-mix well.
7. Pour the mixture into the pie dish and bake for 30 minutes or until frittata is firm to the touch.
8. Let cool for 10 minutes before serving, or serve cold.

Source: *Cooking for Celiacs, Colitis, Crohn's and IBS*



From the Kitchen of:

Fish Fingers

Serves 4

Ingredients:

| | |
|---|--|
| 1 | Pound deboned firm white fish (fluke or swordfish) |
| 1 | Egg |
| 1 | Cup almond flour |
| | Salt & pepper |
| | Oil for frying |

Directions:

1. Cut the fish into finger lengths.
2. Beat the egg, salt & pepper in a small bowl.
3. Place the almond flour onto a flat plate.
4. Dip the fish into the egg and then into the almond flour, turning it to cover all sides.
5. Pour some oil into a non-stick frying pan and heat until hot.
6. Place the crumbed fish fingers into the frying pan and fry on both sides until golden brown.
7. Serve with a wedge of lemon.

Source: *Cooking for Celiacs, Colitis, Crohn's and IBS*

Pear & Almond Pudding



from the Kitchen of :

With Pink Grapefruit Crème Anglaise

Serves 6

Ingredients:

3 Ounces butter-room temperature
1/2 Cup honey
1 1/2 Cups almond flour
1 Tsp vanilla essence
1 Whole egg
3 Eggs-separated
2 Pears-peeled, cored and finely chopped

Crème Anglaise

3 Egg yolks
4 Tbsp honey
1 Tsp vanilla essence
1 Cup scd French Cream
1/2 Cup fresh grapefruit juice

Directions:

1. Preheat the oven to 370°
2. Lightly butter 6 x 3/4 cup capacity ramekins.
3. Beat the butter with half the honey until creamy. Beat in the almond flour, vanilla essence, the whole egg and the three egg yolks.
4. Fold in pears.
5. In another bowl, whisk the egg whites until they stiffen.
6. Add the rest of the honey and whisk until thick and creamy.
7. Fold under the almond mixture.
8. Spoon the mixture into the ramekins and place onto an oven tray.
9. Bake in the oven for 25-30 minutes or until the puddings feel spongy. Take of the oven and let cool for 10 minutes. Then turn out onto serving plates. Serve with the pink grapefruit crème anglaise.

Crème Anglaise:

1. Place a small pot, filling it with hot water a quarter of the way up, onto medium heat. Simmer the water and do not boil it.
2. Place a heat proof dish onto the pot.
3. Add the egg yolks and honey to the bowl and whisk until it thickens.
4. Add the vanilla essence and whisk for another minutes.
5. Take off the heat and add the French cream and grapefruit juice and whisk until smooth.
6. Let cool and serve with the puddings.

Source: *Cooking for Cellacs, Colitis, Crohn's and IBS*

Apple & Blueberry Crumble



From the Kitchen of:

Serves 4

Ingredients:

Filling
2 pounds 11 ounces Granny Smith apples-peeled, diced and cored
1 Cup frozen blueberries
1 Tbsp fresh orange juice
1 Tsp lemon rind-grated
3 Tbsp honey

Crumble
1 Cup almond flour
1/4 Cup cold butter
1 Tsp honey

Directions:

1. Preheat oven to 300°
2. Butter an 8" square baking tin
3. Place all of the ingredients, retaining 2 tbs of honey, in a medium sized saucepan and cook covered on medium heat for 5 minutes.
4. Remove lid and simmer on high for another 5 minutes.
5. Drain the fruit of its juices in a sieve. Pour the juice back into the saucepan, adding the remaining tablespoon of honey, and simmer until reduced down by half. Retain this syrup for later. Cool the fruit in the refrigerator.
6. Meanwhile, make the crumble by combining the almond flour, butter and honey in a food processor. Mix until chunky crumbs are formed. Place the crumble in the refrigerator for 10 minutes.
7. When the fruit has cooled down, place it inot the prepared baking tin and top with the crumble.
8. Bake for 30 minutes or until crumble is golden brown. Serve warm, topped with a little French cream or scd yogurt and the retained syrup.

Source: *Cooking for Cellacs, Colitis, Crohn's and IBS*

Butternut Squash Soup



Serves 2

Ingredients:

| | |
|-------|---|
| 1 | Tbsp canola oil |
| 1/2 | Cup leeks |
| 1/2 | Cup chopped onions |
| 1 | Clove garlic |
| 1 1/2 | Pounds butternut squash |
| 1 | Cup classic dark beer |
| 1 1/2 | Cups low sodium chicken broth |
| 1 | Tsp salt |
| 1/2 | Tsp ground cumin |
| 1/4 | Cup non-fat plain yogurt *This can be omitted for lactose intolerant dieters* |

Directions:

1. Chop onions and leeks fairly fine. Smash garlic clove.
2. Using about 1/2 cup water, cook the onions, leeks, and garlic until very soft. Save the water.
3. Heat the canola oil in a large saucepan over medium heat. Add onion, leeks, and garlic mixture, including the water they were cooked in. Let come to a simmer.
4. Add cubed butternut squash and sauté for about 2 minutes.
5. Season with salt and cumin, and then add the beer and chicken broth. Bring to a boil.
6. Reduce heat and simmer for about 30 minutes, or until squash is tender.
7. Place squash mixture in a blender until smooth. Add back to pot and continue to cook again until warmed through.
8. Serve with 1 tbs. yogurt in each bowl.

Submitted by Juliet Schiffer

Pot Roast for Tender Tummies



Serves 6

Ingredients:

| | |
|--------|-------------------------------|
| 3 | Pounds boneless chuck roast |
| 1/4 | Cup flour (to coat roast) |
| 2 | Tbsp Canola oil (or to taste) |
| 16 oz. | Fat free beef broth |
| 16 oz. | Water |
| 3 | Peeled & halved potatoes |

Directions:

1. Heat small amount of canola oil in a cast-iron skillet or dutch oven on medium high until hot.
2. On paper, coat roast with flour. Brown the roast on all sides in the oil.
3. Remove meat to platter and drain oil from skillet. Reduce heat to low, put small grate or rack in skillet and place roast on it.
4. Pour beef broth over roast and add water to skillet. Cover and cook over low heat for 2 1/2 to 3 hours until done.
5. During last hour, add approximately 3 peeled and halved potatoes around roast.
6. Turn up heat to medium for this last hour and cook until potatoes are tender.

Source: Submitted by Evelyn Quinn Sperry

Grilled Turkey Breast



Serves 4

Ingredients:

| | |
|-----|---|
| 1 | Turkey breast meat and skin, raw |
| 2 | Shallots |
| 1/2 | Cup orange juice |
| 3 | Tbsp olive oil |
| 1 | Tbsp fresh rosemary |
| 2 | Tbsp balsamic vinegar |
| 1 | Tbsp honey |
| 1 | Tsp salt |
| 1/4 | Tsp ground cayenne or red pepper *Note: for those with GERD this may be left out* |

Directions:

Combine all the ingredients for the marinade in a blender or food processor. Place the marinade and the turkey breast in a large zippered freezer bag. Marinate for 6 to 12 hours; no longer.

For grilling:

Cook over medium heat for 20 to 25 minutes on each side, basting frequently. Remove from grill and allow to set for 20 to 25 minutes. (Slice as you would a London Broil.)

For roasting:

Place in roasting pan and baste well with marinade. Cover tightly and roast in a 350 degree oven for 1 1/2 hours. Uncover, baste well, and return to oven for about 15 minutes. Remove from the oven and proceed as above.

Submitted by Doris Patinkin Rubin



Raspberry Ring

From the Kitchen of:

Serves 6

Ingredients:

- 2 Cups boiling water
- 6 Ounces JELLO brand raspberry mix, prepared
- 1 Pint raspberry sherbet
- 1 Cup Cool Whip brand whipped topping

Directions:

1. Pour boiling water over gelatin in bowl, stirring until gelatin is dissolved.
2. Stir in raspberry sherbet until melted. Pour into a 4-cup ring mold; chill until firm.
3. Just before serving, unmold and fill with non-dairy whipped topping.

Submitted by Carolyn Thompson



Oven French Fries

From the Kitchen of:

Serves 6

Ingredients:

- 2 Pounds potatoes
- 1/4 Cup parmesan cheese, grated
- 2 Tbsp olive oil

Directions:

1. Preheat the oven to 400 degrees. Coat a large baking pan with cooking spray.
2. Scrub the potatoes and peel them. Cut them lengthwise into strips for French fries. Set aside.
3. Put the grated parmesan cheese into a plastic food storage bag.
4. Add the potato strips. Close the bag and toss to coat.
5. Turn the potatoes out onto the prepared pan and drizzle evenly with the olive oil.
6. Bake for 30 minutes, turning the potatoes halfway through the baking time.
7. Potatoes should be golden brown and crunchy outside, yet soft inside. Serve immediately.

Submitted by Jenny Chicone



Microwave Broccoli

From the Kitchen of:

Serves 4

Ingredients:

- 1 Head broccoli
- 2 Garlic cloves
- 2 Tbsp olive oil
- 1/2 Lime
- 1/4 Tsp ground cayenne or red pepper *Note for those with GERD this may left out.*

Directions:

1. Wash and cut broccoli heads off stems and slice thinly.
2. Peel and cut stems into cubes. (During a flare-up, it is best to eat the stems and leave the flowerettes for the family.)
3. Toss all ingredients into a large, microwavable bowl. Set microwave on high for 5 minutes.
4. Toss ingredients for even heat distribution and cook another 3 minutes.
5. Broccoli should be soft yet still green.

Submitted by Alice Hauptman