

EAT WELL, AGE WELL. HOLIDAY GLUTEN-FREE RECIPES

Gluten-Free Baking

During the holiday season, gluten-free baking can sometimes be challenge. With friends and family members who have certain dietary restrictions, the holidays can be a difficult time for them, in terms of finding options that they can eat.

This recipe is a great dessert option for those who eat gluten-free. This recipe can also be modified to be dairy free as well. Substitute the chocolate chips with dairy free chocolate chips and the butter with a dairy free butter.

Happy Holidays!

Gluten-Free White Chocolate Chip Peppermint Cookies



Pixabay. TerriC. (Photographer)

Ingredients:

- 1 ½ cups gluten-free all-purpose flour mix
- 1 teaspoon baking soda
- ¼ teaspoon sea salt
- ½ teaspoon guar gum or xanthan gum
- 2/3 cup white chocolate chips
- ½ cup crushed peppermint candy canes
- ¾ cup gently melted butter
- 1 egg
- ¼ cup sugar
- ½ teaspoon peppermint extract

Directions

1. Preheat the oven to 350 °F.
Spray or grease a cookie sheet.
2. Mix flour, baking soda, sea salt, xanthan gum, white chocolate chips, and crushed peppermint in a large bowl.
3. In a separate bowl, whip together butter, egg, sugar, and peppermint extract.
4. Add the liquid ingredients to the dry ingredients and mix together. Shape into cookies and bake for 10-12 minutes.

Recipe adapted from:

<https://www.glutenfreeliving.com/recipes/desserts-sweets/white-chocolate-chip-peppermint-cookies/>

EAT WELL, AGE WELL. HOLIDAY GLUTEN-FREE BAKING

What are common baking ingredients that contain gluten?

When preparing your holiday recipes, you may be wondering what kinds of food ingredients contain gluten. Here are some common gluten-containing items:

- Wheat products including (rye, barley, and malt)
- Pastas
- Baked goods (cakes, cookies, pie crusts)
- Breadcrumbs
- Stuffing
- Sauces & gravies
- Croutons
- ...and many more

Make sure to keep an eye on the ingredient list for common allergens!

Gluten-Free Hazelnut Brownies



Pixabay. Skeeze. (Photographer)

Ingredients:

- ½ cup coconut oil
- 4 oz. of gluten-free chocolate chunks
- ½ cup sugar
- 2 teaspoons vanilla extract
- 2 large eggs
- ¾ cup hazelnut flour
- ¾ cup almond flour
- ¾ cup gluten-free chocolate

Directions

1. Preheat oven to 350 °F. Grease an 8-inch metal baking pan.
2. In a large microwave safe bowl, heat oil and 4 oz. of chocolate chunks for 30 seconds at a time until melted.
3. Add vanilla extract and eggs and mix until well incorporated.
4. Stir in the hazelnut and almond flour just until combined.
5. Add the remaining ¾ cup of chocolate chunks and stir until combined.
6. Spoon the brownie batter into the pan and spread until even.
7. Bake for 32-34 minutes, or until center is set.

Recipe adapted from:

<https://www.glutenfreepalate.com/grain-free-hazelnut-brownies/>

EAT WELL, AGE WELL. HEALTHY HOLIDAYS

Very Holly Jolly Veggies

Celebrate the holidays by bringing a nutrient-dense dish to pass.

Some ideas include a vegetable salad, grilled or roasted vegetables, or even a vegetable platter (like the one included).

Vegetables are often overlooked during the holidays and replaced by sweet treats, but this season make sure you get a serving of both!

Try making this holiday recipe by using your creative side to display the vegetables in the shape of a wreath. It is sure to look delicious and taste even better!

Vegetable Wreath and Dip



Pixabay: jackman34. (Photographer)

Wreath Ingredients:

- 8 cups broccoli florets
- 3 cups Brussels sprouts, trimmed
- 2 cups green beans, trimmed
- 1 cup sugar snap peas, strings removed
- ½ bunch curly kale, washed
- 2 cups cauliflower florets
- 9 cherry tomatoes

Serving Size: ½ cup vegetables and 1 Tbsp. dip
49 Calories, 3 g fat, 1 g fiber, 4 g carbohydrates and 2 g protein

Dip Ingredients:

- 1 cup plain Greek yogurt
- ½ cup mayonnaise
- 2 Tbsp. finely chopped shallot
- 2 Tbsp. chopped fresh dill or 1 tsp. dried
- 4 tsp. white-wine vinegar
- 1 tsp. garlic powder
- 1 tsp. sugar
- ½ tsp. salt
- ½ tsp ground white pepper

Directions:

1. Put a large pot of water on to boil. Set a large bowl of ice water by the stove. Blanch broccoli for 1 to 2 minutes in the boiling water. Using a slotted spoon, transfer the broccoli to the ice bath to chill. Drain well. Blanch Brussels sprouts, green beans and snap peas in the same way.
2. Whisk together dip ingredients and place in the center of a circular platter with vegetables around it.

Source:

<http://www.eatingwell.com/recipe/261227/eatingwell-crudite-vegetable-wreath-with-ranch-dip/>

EAT WELL, AGE WELL. HEALTHY HOLIDAYS

Healthy Holiday Tips

- Limit your liquid calories. Calories from alcohol and holiday drinks add up quickly. Try to alternate water with your favorite beverage or try sparkling flavored water.
- Portion size is key, arrive with an eating game plan. Your goal is to make half your plate fruits and vegetables, one quarter of your plate whole grains, and the last quarter of your plate lean protein.
- Bring a healthy dish to pass (like this recipe!). This ensures that you have something to fall back on and provides others with a healthy alternative.

Happy Holidays!

Green Bean Casserole



Pixabay: Free-Photos. (Photographer)

Ingredients:

- Small Onion, diced
- Kosher salt (optional) or Salt Free Blend
- 1 lb. fresh green beans, stemmed and halved
- 1 tablespoon extra-virgin olive oil
- 8 oz. cremini mushrooms, sliced
- 2 tablespoons unsalted butter
- 3 tablespoons all-purpose flour
- 1 ½ cup mushroom, vegetable, or chicken broth
- 3 teaspoons fresh thyme leaves
- Freshly ground black pepper
- Vegetable cooking spray
- 1 cup fresh bread crumbs

Directions

1. Bring a medium-large saucepan of water to a boil over high heat. Add green beans and cook uncovered until crisp-tender and bright green, about 3 minutes. Drain beans in colander and rinse with cold water. Transfer to large bowl.
2. In the same saucepan, heat the oil over medium heat. Add the onions and mushrooms, season, cook, stirring occasionally, about 7 minutes. Add mushrooms to beans.
3. Melt butter in a small saucepan over medium heat. Add the flour and cook, stirring with a wooden spoon, until golden, about 2 minutes. Slowly whisk in the broth, increase the heat to high, and bring to a boil. Add 1 teaspoon of thyme, and seasoning. Reduce heat to maintain a simmer and cook until thickened, stirring occasionally, about 5 minutes. Pour sauce over the vegetables and stir to combine evenly.
4. Spray a 2-qt baking dish with vegetable spray. Transfer the vegetable mixture to the pan. Add remaining 2 teaspoons of thyme to bread crumbs and scatter over vegetables. Bake uncovered for 20 minutes.

Recipe adapted from: <https://www.foodnetwork.com/recipes/food-network-kitchen/green-bean-casserole-slimmed-recipe-2009016>