

The  
gluten  
free  
guide

# Vegetarian Eats

RECIPES BY MAUREEN STANLEY

PHOTOGRAPHY BY JANICE CUEVAS AND MAUREEN STANLEY

Think a plant-based and gluten-free diet is impossibly difficult to maintain? Worried that your three square meals a day will be salad, salad, and more salad? Truth be told, a vegetarian/gluten-free diet combination can be a healthy and tasty lifestyle. Here are some key ingredients to maintain a nutritious life.

## WHAT'S YOUR TYPE?

*According to the Academy of Nutrition and Dietetics, there are four different types of vegetarians:*

**Strict vegetarian or vegan:** A vegetarian diet that excludes all animal products such as meat, poultry, fish, eggs, milk, cheese and other dairy products.

**Lacto-vegetarian:** A vegetarian diet that excludes meat, poultry, fish and eggs but includes dairy products.

**Lacto-ovo vegetarian:** A vegetarian diet that excludes meat, poultry and fish but includes eggs and dairy products. Most vegetarians in the United States fall into this category.

**Flexitarian:** A semi-vegetarian diet with a focus on vegetarian food with occasional meat consumption.

## Necessary Nutrients

The success of any diet, including a vegetarian diet, is to incorporate a variety of foods to provide the nutrients and fuel you need. A gluten-free/vegetarian diet needs extra attention to ensure you are feeding your body sufficient key nutrients. Listed below are essential nutrients and how to include them into your gluten-free/vegetarian diet.

**Calcium** is needed to help maintain strong bone mass. Milk and low-fat dairy foods such as yogurt and cheese are high in calcium. Soybeans and tofu are another excellent source. Serve up nutrient rich dark green veggies including broccoli, bok choy, kale and spinach for a delicious dose of vitamin D.

**Iron** is a crucial component of red blood cells. Iron deficiency can lead to anemia. Dark leafy green vegetables, dried beans, soybeans, tofu, and quinoa are good sources of iron.

**Omega-3 fatty acids** provide our bodies with energy and are responsible for a myriad of roles vital to our health. If you choose to incorporate fish into your diet, fatty fish such as salmon, herring and tuna are excellent sources of Omega-3.

**Protein** is vital to your diet. It helps maintain healthy organs, muscles, bones, and skin. The American Heart Association recommends 10 to 15 percent of your daily caloric intake come from protein. Eggs and dairy products are good sources of protein.

**Vitamin B-12** is necessary for healthy blood and a healthy nervous system. B-12 is found almost exclusively in animal products, so it can be difficult to get enough B-12 on a vegan diet. If you choose not to consume any animal products, it is important to include fortified foods in your diet or take a supplement.

**Zinc** is an essential component to support normal growth and development. Zinc also is required for proper sense of taste and smell. Good sources of zinc include nuts, whole grains and legumes. If you choose to consume dairy products, milk and yogurt are good options.

Recipe Nutrition

**RED WHITE & BLUE SALAD** NUTRITION PER SERVING: CALORIES: 68, FAT: 0.20G, CARBS: 17.20G, FIBER: 2.09G, PROTEIN: 1.19G, SUGARS: 11.40G, SODIUM: 3MG; **RICE NOODLES IN THAI PEANUT SAUCE** NUTRITION PER SERVING: CALORIES: 287, FAT: 16.55G, CARBS: 25.80G, FIBER: 3.85G, PROTEIN: 10.28G, SUGARS: 2.83G, SODIUM: 923MG; **SPAGHETTI SQUASH WITH BROCCOLI RABE** NUTRITION PER SERVING: CALORIES: 138, FAT: 5.78G, CARBS: 15.55G, FIBER: 4.76G, PROTEIN: 8.22G, SUGARS: 4.56G, SODIUM: 532MG; **MIXED BERRY ICE POPS** NUTRITION PER SERVING: CALORIES: 286, FAT: 0.12G, CARBS: 78.16G, FIBER: 1.00G, PROTEIN: 0.71G, SUGARS: 74.23G, SODIUM: 3MG; **STRAWBERRIES STUFFED WITH GOAT CHEESE & ORANGE BLOSSOM HONEY** NUTRITION PER SERVING: CALORIES: 190, FAT: 4.40G, CARBS: 35.15G, FIBER: 6.11G, PROTEIN: 5.58G, SUGARS: 26.63G, SODIUM: 73MG; **CHOCOLATE CHIP, ZUCCHINI MUFFINS** NUTRITION PER SERVING: CALORIES: 171, FAT: 5.72G, CARBS: 22.54G, FIBER: 0.93G, PROTEIN: 2.34G, SUGARS: 13.43G, SODIUM: 152MG



### Red, White & Blue Summer Salad

YIELD: 6 SERVINGS

GLUTEN-FREE, DAIRY-FREE, EGG-FREE,  
NUT-FREE, SOY-FREE, RICE-FREE, CORN-FREE

**3 cups watermelon balls**  
**1 ½ cups sliced jicama, thickness of matchsticks**  
**1 ½ cups blueberries**  
**2 teaspoons fresh mint, minced**  
**1 cup orange juice**  
**½ cup lime juice**  
**½ cup sparkling water**

1. Evenly layer watermelon balls, jicama and blueberries into six glasses.
2. Combine mint, orange juice, lime juice and sparkling water in a mixing cup.
3. Evenly pour mixture over the fruit. Garnish with fresh mint springs and serve.

### Rice Noodles in Thai Peanut Sauce

YIELD: 6 SERVINGS

GLUTEN-FREE, DAIRY-FREE, EGG-FREE, CORN-FREE

**14 ounce stir-fry rice noodles**  
**¾ cup chunky peanut butter**  
**½ cup Tamari gluten-free soy sauce**  
**1 tablespoon rice vinegar**  
**2 tablespoons lime juice**  
**½ tablespoon chili flakes**  
**½ teaspoon grated ginger**  
**½ cup water**  
**¼ cup dry roasted peanuts, chopped**  
**Garnish with chili flakes, chopped peanuts and lime wedge**

1. Bring a large pot of water to boil. Remove from heat and immerse rice noodles in hot water; let stand 8 to 10 minutes, stirring occasionally.
2. While noodles are softening, combine peanut butter through dry roasted peanuts ingredients in a medium-sized saucepan over low/medium heat. Thoroughly combine until sauce is creamy.
3. Drain rice noodles and toss with peanut sauce. Refrigerate for at least one hour. Serve and garnish with chili flakes, peanuts and lime wedge.

### Spaghetti Squash with Broccoli Rabe and Sundried Tomatoes

YIELD: 4 SERVINGS

GLUTEN-FREE, EGG-FREE, NUT-FREE, SOY-FREE,  
RICE-FREE, CORN-FREE

**1 (3 pound) spaghetti squash**  
**½ cup water**  
**1 tablespoon olive oil, divided**  
**1 pound broccoli rabe**  
**¾ cup sundried tomatoes**  
**4 garlic cloves, minced**  
**¾ cup low-sodium vegetable broth**  
**¼ cup Parmesan cheese**

1. Cut the spaghetti squash in half lengthwise and scrape out the seeds using a large spoon. Take one of the halves, place it cut-side-up in a microwave-safe dish and pour ½ cup water into the hollow of the squash.
2. Place the other half of squash on top cut-side-down and microwave on full power for approximately 15 minutes.
3. While squash is cooking, bring a medium saucepan filled with salted water to boil.
4. Wash broccoli rabe and trim the thick tough stems (about 2 inches). Cook broccoli rabe in boiling water for 5 minutes. Remove using a slotted spoon and plunge into a bowl of ice. Allow the rabe to cool for 2 to 3 minutes and then drain and set aside.
5. Add ½ tablespoon of olive oil in a skillet over medium heat. Add garlic and cook for 1 minute.

6. Add sundried tomatoes, broccoli rabe and vegetable broth.

7. Once squash is finished in microwave, test squash for doneness by pressing on the top half of the squash (using an oven mitt). If the squash is soft and gives, it is done.

8. Remove from microwave, drain any remaining water and "comb" out the squash strands with a fork. Toss with Parmesan cheese and remaining ½ tablespoon olive oil.

9. Transfer spaghetti squash to plates and top with broccoli rabe mixture. Top with additional freshly grated Parmesan cheese.







### Mixed Berry Ice Pops

YIELD: 4 SERVINGS

GLUTEN-FREE, DAIRY-FREE, EGG-FREE, NUT-FREE, SOY-FREE  
RICE-FREE, CORN-FREE

- 1/3 cup blueberries
- 1/3 cup strawberries
- 1/3 cup grapes
- 1 teaspoon fresh mint, minced
- 1 cup mixed berry seltzer water
- 1 1/2 tablespoons lemon juice
- 1 1/2 tablespoons honey

1. Fill 4 ice pop molds with blueberries, strawberries, mint and then grapes.
2. Combine seltzer, lemon juice and honey in a measuring cup until the honey dissolves.
3. Pour slowly over berries and mint. Insert handles or wooden sticks into molds. Freeze at least 4 hours.



### Strawberries Stuffed with Goat Cheese and Orange Blossom Honey

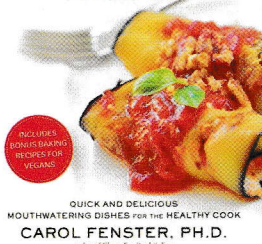
YIELD: 6 SERVINGS

GLUTEN-FREE, EGG-FREE, NUT-FREE, SOY-FREE,  
RICE-FREE, CORN-FREE

- 4 ounces goat cheese, softened
- 1/4 cup orange blossom honey (divided)
- 12 fresh strawberries

1. In a small bowl, thoroughly combine the softened goat cheese and 1/8 of a cup of orange blossom honey.
2. Place mixture into a pastry bag fitted with an "open star" tip. Set aside. Using a paring knife, cut an "X" through the top of each strawberry (about halfway through).
3. Using your fingers, gently pry open the top portions of the strawberries to create space for the goat cheese and honey mixture. Pipe the mixture into the strawberries. Drizzle with remaining 1/8 cup of honey and serve.

### 125 GLUTEN-FREE VEGETARIAN RECIPES



"With over 22 million people following a vegetarian-inclined diet and seven percent adhering to a gluten-free diet, the time is right for a cookbook that combines these two popular diets into one practical guide," says Carol Fenster, a 20-year veteran of a gluten-free diet and author to nine gluten-free cookbooks including **125 GLUTEN-FREE VEGETARIAN RECIPES**.

The book contains an excellent assortment of gluten-free vegetarian recipes, each with a clear breakdown of calories, fat, protein, carbohydrates, cholesterol, sodium and fiber. Categories include Breakfast, Appetizers, Soups and Stews, Vegetables, Main Dishes, Quick/Yeast Breads, and Desserts. And, there's even a bonus section of vegan recipes and a detailed listing of dairy and egg substitution options.





### Chocolate Chip Zucchini Muffins with Cinnamon Cream Cheese Icing

YIELD: 24 MUFFINS

GLUTEN-FREE, NUT-FREE, SOY-FREE

For the Batter

- 3 eggs**
- ½ cup canola oil**
- ¼ cup agave nectar**
- 1 cup brown sugar**
- 1 ½ teaspoons vanilla extract**
- 3 cups grated zucchini**
- 2 ¼ cups of gluten-free all-purpose baking flour**
- 2 teaspoons baking powder**
- 1 teaspoon salt**
- ¾ cup chocolate chips**

For the Icing

- 2 (8 ounce) packages of cream cheese, softened**
- ½ cup butter, softened**
- 2 teaspoons vanilla extract**
- ½ teaspoon ground cinnamon**
- 2 cups sifted confectioners sugar**

1. Preheat oven to 350 degrees F. In a large mixing bowl combine eggs, canola oil, agave nectar, sugar, and vanilla extract.

2. Shred zucchini and place in a clean dish towel. Use the dish towel to wring out excess water (this will help prevent your cupcakes from becoming too spongy).

3. Stir in shredded zucchini, gluten-free flour, baking powder and salt into mixing bowl until combined and then fold in chocolate chips.

4. Evenly pour batter into 24 cupcake tins. Bake 25 – 30 minutes, until a toothpick inserted in the center comes out clean. Cool completely.

5. To make the frosting, using an electric mixer, cream butter and cream cheese until smooth. Add in the vanilla extract and cinnamon. Continue mixing on low speed while slowly adding the sifted confectioners sugar until frosting reaches desired consistency. Frost cupcakes generously.

## Concerned about buying safe gluten-free supplements?



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