



Gluten Free Goodies

Hosted by Lori Mazick

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**Martin's Super Markets at Heritage Square
Mishawaka, Indiana**

Corn & Veggie Quesadillas

Ingredients

- 1 Cup finely chopped yellow bell pepper
- 1 Cup finely chopped red bell pepper
- ½ Cup chopped sweet onion
- ½ Cup finely chopped tomato
- ½ teaspoon cumin
- ½ teaspoon salt
- ¼ teaspoon finely ground black pepper
- 8 Organic Corn Tortillas
- 1 Cup (4 oz.) shredded reduced fat Monterey Jack Cheese

Instructions

Combine first 7 ingredients in a large bowl.

Place a large skillet coated with cooking spray over medium heat until hot. Add 1 tortilla, and top with ¼ cup bell pepper mixture. Sprinkle with ¼ cup cheese; top with 1 tortilla. Cook 2 minutes on each side or until golden brown pressing down with a spatula. Repeat with remaining ingredients.

Calories: 225 (29% from fat), Protein 12.2 g, Fiber 4.3 g, Carbs 30 g

Crepe' Batter

Makes 12

Ingredients

1 Cup "Bob's Red Mill" Gluten Free All Purpose Baking Flour

1 egg

2 Cups milk

1/8 teaspoon lemon zest

1/4 teaspoon salt

5 Tablespoons melted butter

Pour the flour in a large bowl and in the middle make a small well big enough to hold the egg. Crack the egg into the well. Pour the milk around the flour edge. Add the zest, salt, and butter. Wisk everything together until smooth. Let sit covered for one hour.

Instructions

Set a medium (approx. 6 in. bottom) nonstick pan over medium heat until pan begins to get hot. Pull pan away from the heat and pour 3 tablespoons of batter into the pan. Roll the pan around so that the batter spreads evenly across the bottom. Set the pan back on the heat until the edges of the batter begin to curl up. Carefully flip the crepe over and cook on the other side for 1 minute. If not serving immediately, let the crepe's cool before you stack them.)

Fresh Berry Topping

Ingredients

2 Cups strawberries

1/4 Cup fresh squeezed OJ

1 Tablespoon honey

1 pint blueberries

Instructions

Mix together in a large bowl and spoon on top of the crepe'. Top with natural vanilla ice cream.

Breaded Chicken Tenders

Ingredients

Frozen Chicken Tenders, thawed
1 egg beaten with 2 Tbsp of water
½ Cup "Healthy Valley" Corn Crunch-ems Cereal (finely gound)
½ Cup Nutty Crackers (finely ground)
½ Cup Organic Mashed Potato Flakes
¼ Cup GF Corn Flakes (Coarsely Crushed)
Salt, Pepper, Garlic Powder

Instructions

Mix dry ingredients in a bowl. Beat egg and pour into a shallow pan or pie plate. In another shallow dish, season Basic GF bread crumb mix with spices.

Dip chicken pieces first into egg, and then coat well in crumb mixture. Roll each dipped piece in the breading, and coat well.

Cook in frying pan that is lightly sprayed with cooking spray until chicken is golden brown on all sides. Drain well on paper towel lined plate.

Olive Oil and Rosemary, Sweet Potato Oven Fries

Ingredients

4 Medium Sweet Potatoes
1 Tablespoon Olive Oil
1 Tablespoon Dried Rosemary
Salt to taste

Instructions

Wash Potatoes wash and peel. In a large bowl, stir together the oil and rosemary. Cut the potatoes lengthwise into ½ inch strips. Toss the potatoes in the oil mixture until well coated. Arrange the potatoes in a single layer on a large baking sheet. Bake 45 – 60 minutes stirring occasionally until the fries are golden and crisp. Salt if desired and serve.

Parsley Vinaigrette

Ingredients

3 tbsp red wine vinegar

3 tbsp balsamic vinegar

6 tbsp water

6 tbsp olive oil

1 tbsp mustard (I use the kind with seeds in it)

1 tsp sea salt

Fresh black pepper

1 clove garlic, crushed

1/4-1/2 cup parsley

Instructions

Blend all ingredients together in the blender.