

Living Luxe

GLUTEN FREE





Living Luxe Gluten Free
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LIVING LUXE GLUTEN FREE

While this cookbook is designed to accommodate gluten and lactose sensitivities, my recipes are also ideal for anyone interested in improving the nutritional quality – and tastiness – of their diet.

Most dishes are based upon natural, healthy ingredients like vegetables, fruits, fish, and ancient grains. What you won't find are recipes calling for lots of processed foods, preservatives, sugars, trans fats, or sodium. Even foods I've created to satisfy cravings for fare like fritters and Buffalo wings have been engineered with a healthy diet in mind.

My recipes align in some respects with a Mediterranean diet, and many can be part of Paleo-compliant, vegetarian, vegan, or low-sodium eating regimens. To make this cookbook user-friendly, I've indicated for each recipe whether it's Paleo, vegetarian, vegan, or low-sodium using the following icons:

P Paleo

VE Vegan

S Low Sodium

VG Vegetarian

My approach to cooking and ingredient selection reflects in part my time living in Spain and in part my own observations about how my husband and I feel when we do (or don't) eat certain foods. I'm happiest when I have plenty of energy for my workouts and for the surprises that seem to crop up each day, as well as when I can think clearly at work and at home. My recipes provide long-lasting energy and no drag, without sacrificing flavor.

I've prioritized straightforward preparation in creating my recipes. They're perfect for anyone who wants to eat gourmet foods without the time and energy of gourmet prep. I spent the first decade of my career as a business consultant, which meant my working hours were long, unpredictable, and often bled into the weekend – I know what it's like to not feel like making dinner!



TP

Gluten-free dipping sauce, like Trader Joe's Sweet Chili Sauce or Trader Joe's Mango Chutney, works well in place of hot sauce. Barbecue sauce is also a great option.



NO-BONES ABOUT 'EM BUFFALO TENDERS

Gluten-free Buffalo wings can be hard to come by, and tasty ones can be exceptionally rare. After taste-testing dozens of gluten-free wings, I've determined most options should be permanently grounded. So I developed my own recipe for that perfect Buffalo flavor, without the worry of gluten or lactose. While these tenders may not be wings, they're juicy and flavorful enough to help snacking really take flight. I like to make these tenders as accompaniment to NBA playoffs and pizza.

1 Preheat oven to 250 degrees.

2 Mix sauce ingredients in a small bowl and set aside.

3 Mix flour, breadcrumbs, pepper, salt, and paprika in a wide, shallow bowl and set aside.

4 In a large, deep skillet, heat oil over medium-high heat until it begins to shimmer. Working in batches, first dredge chicken in egg and then in flour mixture. Place coated chicken in skillet and cook until outsides are golden brown and meat is cooked through, about 5 minutes per side (use tongs when flipping tenders).

5 Place cooked chicken pieces on a plate lined with paper towels to drain. Once drained, arrange tenders in an oven-safe dish and place in oven to keep warm.

6 Pour sauce over tenders and toss to coat. Enjoy immediately.

Tenders: Calories: 310; Total Fat (g): 16; Saturated Fat (g): 3; Cholesterol (mg): 99; Sodium (mg): 210; Potassium (mg): 200; Total Carbohydrate (g): 14; Fiber (g): 0; Sugar (g): 0; Protein (g): 25. Content per serving. Assumes 6 servings.

Sauce: Calories: 20; Total Fat (g): 2; Saturated Fat (g): 1; Cholesterol (mg): 0; Sodium (mg): 590; Potassium (mg): 0; Total Carbohydrate (g): 1; Fiber (g): 0; Sugar (g): 1; Protein (g): 0. Content per serving. Assumes 6 servings.

SAUCE

6+ tbsp. hot sauce

4 tsp. lactose-free butter, room temperature

1 tsp. white balsamic vinegar

Cayenne pepper (to taste)

Garlic powder (to taste)

TENDERS

½ cup gluten-free all-purpose flour

½ cup gluten-free breadcrumbs

1 tsp. ground black pepper

½ tsp. salt

½ tsp. smoked paprika

1 cup canola oil

1 lb. boneless, skinless chicken breast tenders

1 egg, lightly beaten in a wide, shallow bowl

.....
SERVES 4 to 6

EFFORT This is a more involved dish that's best to make on the weekend

ACTIVE PREP 25 to 30 minutes

PAIRING Serve with celery and carrot sticks and beer, such as Omission Lager

HOMESTEAD QUINOA CHILI



This dish is based on my parents' hearty Midwestern chili recipe, which is the perfect food to warm up a shivery autumn evening. I've substituted red quinoa for their recipe's ground beef and added a few seasonings that up the warmth even more and round out the chili's flavor. While canned tomatoes can be substituted for the heirlooms, I prefer to use fresh ones, which provide a clean taste and eliminate any bisphenol-A (BPA) that can be present in the canned variety.

- 2 tbsp. extra virgin olive oil
- 3 green bell peppers, diced
- 2 yellow onions, diced
- 3 garlic cloves, minced
- 4 giant (about 5 inches across) heirloom tomatoes, peeled and quartered (see "Encore" section for peeling instructions)
- 2 cups red quinoa, rinsed
- 30 oz. canned red kidney beans, rinsed
- 2 heaping tbsp. chili powder
- 1 tsp. smoked paprika
- ½ to 1 tsp. cayenne pepper
- 1 tsp. cumin
- ½ tsp. coriander
- ½ tsp. ground black pepper
- ¼ tsp. salt
- ¼ tsp. cinnamon
- ⅓ oz. dark chocolate

- 1 Heat olive oil over medium-low heat in a large, deep pot. Add peppers, onions, and garlic. Sauté until soft, about 5 minutes.
- 2 Add tomatoes, quinoa, beans, spices, and chocolate to pot and mix thoroughly. Turn heat to high and continue stirring until liquid boils. Once liquid reaches boil, reduce heat and cover. Simmer until quinoa has absorbed most of the liquid, about 25 minutes, stirring occasionally. Serve.

TIP

For paleo preparation, substitute 3 pounds of ground beef for quinoa and omit beans and chocolate.

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SERVES 6 to 8

EFFORT Great to make Sunday afternoon and eat all week

ACTIVE PREP 35 to 40 minutes

PAIRING Spanish Tempranillo like Viña Cubillo Crianza from Rioja, or Green's Gluten Free Endeavor Dubbel Dark Ale

Calories: 390; Total Fat (g): 13; Saturated Fat (g): 3; Cholesterol (mg): 0; Sodium (mg): 340; Potassium (mg): 700; Total Carbohydrate (g): 61; Fiber (g): 11; Sugar (g): 15; Protein (g): 13. Content per serving. Assumes 8 servings.



PUNKIN' WHOOPIES



My friend Anne makes the world's best pumpkin whoopie pies. I was lucky enough to live in the same city as Anne for two consecutive Thanksgiving holidays, and those two holidays forever made me a whoopie pie girl on Turkey Day. When we moved apart, I was almost as devastated to bid farewell to her whoopie pies as I was to her. I've taken Anne's calling card confection and "punked" it by removing gluten and lactose. Not just for Thanksgiving, these whoopies can be enjoyed any time.

WHOOPIE COOKIES

- ¼ cup maple syrup
- 8 tbsp. lactose-free butter, melted
- 2 eggs, lightly beaten
- ¾ cup canned pumpkin puree
- 3 tbsp. coconut flour
- 1 tbsp. pumpkin pie spice
- 1 tsp. vanilla extract
- 1 tsp. gluten-free baking powder
- 1 tsp. gluten-free baking soda
- ½ tsp. salt
- 1¾ cups cashew meal

CREAM FILLING

- 8 oz. lactose-free cream cheese
- 4 tbsp. lactose-free butter
- 2 tbsp. maple syrup
- ½ tsp. vanilla extract

- 1 Preheat oven to 350 degrees and line two baking sheets with parchment paper (or work in batches using one baking sheet).
- 2 In a large bowl, mix together maple syrup and butter until thoroughly combined. Add eggs, pumpkin puree, coconut flour, pie spice, vanilla, baking powder, baking soda, and salt to bowl and whisk together. Add cashew meal and fold in with a rubber spatula.
- 3 Using a spoon, drop 12 heaping mounds of batter onto each baking sheet and bake for 10 minutes or until cakes bounce back when pressed with a finger. Place cakes on cooling rack.
- 4 While cakes cool, combine cream cheese and butter. Whisk in maple syrup and vanilla until mixture is fluffy. Refrigerate until ready to use.
- 5 When cakes have cooled completely, form 12 "sandwiches," with frosting between 2 cakes. Serve immediately or store in an airtight container in refrigerator for up to 2 days.

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SERVES 12

EFFORT Best reserved for special occasions

ACTIVE PREP 30 to 35 minutes

PAIRING Coffee

Calories: 300; Total Fat (g): 15; Saturated Fat (g): 5; Cholesterol (mg): 36; Sodium (mg): 440; Potassium (mg): 10; Total Carbohydrate (g): 40; Fiber (g): 1; Sugar (g): 29; Protein (g): 2. Content per serving. Assumes 12 servings.



TP

For vegan prep, use vegan cream cheese and butter, such as Daiya Cream Cheese and Earth Balance Natural Buttery Spread.

TINTO DE SANGRIA



Tinto de verano or sangria... Tinto de verano or sangria... How about the best of both? This Spanish-inspired tippie is the perfect midsummer refreshment, as much at home in glasses at the dinner table as in plastic cups around the swimming pool. Regardless of presentation, this easy-to-make drink always satisfies. Best of all, my Tinto de Sangria is a great way to use red wine if you open a bottle and decide it doesn't taste as good as hoped. Toast to an endless summer with Tinto de Sangria!

4 oz. red wine (Spanish, if available, but any red will do)

2 oz. sparkling water

2 oz. orange juice

1 tsp. agave syrup

1 thin slice of lemon

1 Mix ingredients and serve on the rocks.

.....
SERVES 1

EFFORT Easy

ACTIVE PREP About as long as it takes to open a bottle of vino tinto

PAIRING My Patatas Bravas

TIP.....

This drink can be made with cheap red wine or wine that has been opened and is nearing the end of its drinkable life.

Calories: 140; Total Fat (g): 0; Saturated Fat (g): 0; Cholesterol (mg): 0; Sodium (mg): 0; Potassium (mg): 190; Total Carbohydrate (g): 15; Fiber (g): 0; Sugar (g): 7; Protein (g): 0. Content per serving. Assumes 1 serving.

