



Living Gluten-Free for the Holidays

Here are a few tips and strategies for preparing a gluten-free holiday meal.

TURKEY

Prepare in a roaster or oil-free fryer to avoid cross-contamination with traditional holiday foods.

Be aware of turkeys with injected broth or TVP. See our GF holiday list for specific brands. Look for natural, fresh or organic brands like Hy-Vee All Natural Fresh, Moisture-Enhanced Fresh or Organic.

SWEET POTATOES

Select a gluten-free margarine, apple juice, approved gluten-free spices, Hy-Vee ground cinnamon and cloves. For other brands, see our GF holiday list.

MASHED POTATOES

Use lower-fat milk and gluten-free margarines. Some instant varieties like Hy-Vee brand Mashed Potatoes-Real Russet are gluten-free. For other brands, see our GF holiday list.

STUFFING

Defrost your gluten-free bread, spread with margarine, season, toast and cut into cubes. Add your favorites like celery, onion and GF spices like TONES sage, poultry seasoning, parsley.

GRAVY

Purchase a mix like Road's End Organic or Maxwell's Kitchen turkey gravy mix. Add your homemade gluten-free broth or boxed varieties like Pacific Natural or Kitchen Basics mixed with 1 ½ tsp. cornstarch, or 1 tbsp. sweet rice flour for every 1 tbsp. wheat flour.

GREEN BEAN CASSEROLE

Try fresh, frozen or canned green beans with Progresso Cream of Mushroom soup. Top with gluten-free potato chips, toasted almonds or Funyuns. See recipe below.

PUMPKIN PIE OR PUMPKIN CAKE

Prepare a gluten-free pie crust recipe; see recipe below. Many fruit fillings are gluten-free, or use recipe from the pumpkin can with GF vanilla extract like Midwest Country Fare. For the pumpkin cake, use the Full Circle Spice Cake Mix; see recipe below.

GF SPICE PUMPKIN CAKE (24 SERVINGS)

Created by Becky Guittar, RD, LMNT

INGREDIENTS:

1 pkg Full Circle Spice Cake Mix
3 large omega-enriched eggs
3 tbsp milled flax seed
½ cup canola oil
1 cup Libby's 100% Pure Pumpkin or Farmer's Market organic pumpkin (15-oz. can)
1 tub Betty Crocker Rich & Creamy Cream Cheese Frosting or Whipped Cream Cheese Frosting
1/3 cup chopped walnuts (optional)

PREPARATION:

Preheat oven to 350°F. Grease and flour 9-by-13-inch pan. Combine cake mix, eggs, flax seed, oil and pumpkin in large bowl. Beat at medium speed with electric mixer for 2 minutes. Add walnuts, if desired. Pour into pan. Bake 36 minutes or until toothpick inserted in center comes out clean. Cool in pan 25 minutes. Invert onto serving plate. Cool completely. Frost cake with Betty Crocker cream cheese frosting. Nutrition Facts: 230 calories, 8gm. Total Fat, 1 gm. Saturated Fat, 1gm Trans fat, 25 mg.Chol., 220 mg Sodium, Total Carbohydrate. 36 g. Dietary fiber 2 g. Sugar 15 g, Protein 2 g., Vitamin A 30 % DV , Iron 2% DV

GLUTEN-FREE GREEN BEAN CASSEROLE

Created by Becky Guittar, RD, LMNT

INGREDIENTS:

1 can (18 ounces) ProgressoVegetable classic creamy mushroom soup
1 teaspoon gluten-free soy sauce (Hy-Vee or LaChoy)
Dash ground black pepper
4 cups Hy-Vee HealthMarket cut green beans, divided (or 2-14oz cans)
1 1/3 cups crushed Funyuns (1 5/8 oz. snack size bag)

PREPARATION:

Stir the soup, soy sauce, black pepper, beans and 2/3 cup Funyuns in a 1-1/2-quart casserole. Bake at 350°F. for 25 minutes or until the bean mixture is hot and bubbling. Stir the bean mixture. Sprinkle with the remaining Funyuns. Bake for 5 minutes or until the onions are golden brown. Makes 12 servings.

RECIPE TIPS

- Tip: Use 1 bag (16- to 20-ounces) frozen green beans, 2 packages (9 ounces each) frozen green beans, 2 cans (about 16 ounces each) green beans (drained) or about 1 1/2 pounds fresh green beans for this recipe.
- For Broccoli Casserole, substitute 4 cups cooked broccoli flowerets for the green beans.
- For cheese lovers, stir in 1/2 cup shredded cheddar cheese with soup. Omit the soy sauce. Sprinkle with an additional 1/4 cup shredded cheddar cheese when adding the remaining Funyuns.
- To add a festive touch, stir in 1/4 cup chopped red pepper with the soup.
- To add crunch, add 1/4 cup toasted sliced almonds to the onion topping. 1 serving contains, 60 calories, 3 g. fat, .5g. saturated fat, 480 mg. sodium, 7 g. carbohydrate, 2 g. fiber, 1 g. protein.

GF PINEAPPLE UPSIDE-DOWN CAKE (12 SERVINGS)

Created by Becky Guittar, RD, LMNT

INGREDIENTS:

¼ cup Smart Balance original
1 box (15 oz) Betty Crocker Gluten Free yellow cake mix
½ cup packed brown sugar
½ cup canola oil
2 tbsp light corn syrup
2/3 cup water
9 slices pineapple in juice, drained
2 tsp gluten-free vanilla
9 Hy-Vee maraschino cherries, drained*
2 omega-rich eggs

PREPARATION:

Heat oven to 350°F. In 9-inch square pan; melt ¼ cup Smart Balance in oven. Stir in brown sugar and lite corn syrup; spread evenly in pan. Arrange pineapple slices on brown sugar mixture. Place cherry in center of each pineapple slice.
In large bowl, beat cake mix, ½ cup oil, water, vanilla and eggs with electric mixer on low speed for 30 seconds, then on medium speed for 2 minutes, scraping bowl occasionally. Pour batter over pineapple and cherries. Bake 38-43 minutes or until surface is golden brown and toothpick inserted in center comes out clean. Immediately run knife around side of pan to loosen cake. Place heatproof serving plate upside down onto pan; turn plate and pan over. Leave pan over cake for 5 minutes so brown sugar topping can drizzle over cake. Remove pan; cool 30 minutes. Serve warm or cool. Store covered in refrigerator. Nutrition Facts Per Serving: Calories: 330 Total Fat 13g ,Carbohydrates 52g, Saturated Fat 2.5g, Monounsaturated fat 6.9 Cholesterol 35mg,Protein 2.9g,Sodium 135mg , Vitamin A 4 % , Calcium 2.6 %

THE BEST GLUTEN-FREE PIE CRUST

Created by Becky Guittar, RD, LMNT

INGREDIENTS:

½ cup tapioca flour (EnerG)
½ cup cornstarch
¼ cup potato starch flour (EnerG)—potato flour is also acceptable for this recipe
1 cup sweet rice flour (EnerG)
2 tsp xanthum gum
½ tsp salt
½ cup (1 stick) margarine, at room temperature (like Smart Balance)
½ cup butter-flavor Crisco shortening
2 eggs, cold
1 tbsp gluten-free vinegar (Heinz)—apple cider, not flavored glass bottle
4 tbsp cold ice water

PREPARATION:

Combine all ingredients. Add additional rice flour if sticky. Chill for 15-20 minutes. Yields 2 pies

Tapioca starch is the same as tapioca flour. Potato starch is not the same as potato flour.

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Pie crust only, 1 serving = 180 calories, 12 g. fat, 2.5 g. sat.fat, 1.5 g. trans fat, 25 mg chol, 135 mg. sodium, 17 g. carbohydrate, 1 g. protein .