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Enjoy a Gluten-free Dinner!

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Superb Minestrone

(The name speaks for itself. Serves 6 – 8)

Ingredients:

2 T. olive oil

1 large onion, chopped

1 28-oz. can (gluten-free) chopped tomatoes in juice

2 15-oz. cans kidney beans or other small red or navy beans, drained and rinsed

2 15-oz. cans white beans, drained and rinsed

2 cloves garlic, minced

1 leek, sliced including part of green top

2 zucchini, chopped

1 carrot, chopped

1 tsp. dried basil

2 T. chopped parsley

1 large potato, cut in large pieces

1/2 head savoy cabbage, cut into 1 in. strips

1/2 cup green beans, cut into bite-size pieces

1 bunch Swiss chard, cut into thin strips

salt and pepper to taste

2 cups gluten free pasta, cooked (I like elbows)

In a large stockpot over medium temperature, heat olive oil, onions garlic, and leek; cook until onions are transparent, about 4-5 mins. Add zucchini, carrot, tomatoes and juice and bring to a simmer, uncovered.

In a food processor or blender, puree white beans until smooth, adding 1/2 cup water if necessary. Add pureed beans, red beans, potato, cabbage, green beans and 4 cups water; bring to a slow simmer. Cook for 2-3 hours, stirring occasionally. Add Swiss chard and basil; salt and pepper and cook for another 15 mins.

To serve: In a large serving bowl, mix cooked pasta with a little olive oil and fresh parsley. Serve soup over pasta. (From "Special Eats: Simple Delicious Solutions for Gluten-Free and Dairy-Free Cooking"; www.thedr.com/store)

Rosemary Dinner Rolls

A shortcut is to purchase these from Mariposa Bakery (locations in Oakland, San Francisco, and online store at www.mariposabakery.com). They can be stored in the freezer and reheated at 350 degrees (about 10 minutes). If you like to bake, a delicious recipe for biscuits can be found in "Gluten-Free Baking Classics" by Annalise Roberts.

Luscious Green Salad

1 bag ready-to-eat lettuce mix (I like butter lettuce and radicchio)

2 sliced carrots

½ avocado, cubed

½ cup pomegranate seeds

½ cup raw walnuts or pine nuts

½ cup raw sunflower seeds

½ cup gluten-free croutons (available from health food stores, or cut gluten free bread into cubes, toss with dried herbs and olive oil, and toast in a 350 degree oven for 10 mins.)

Jessica's Salad Dressing

2 cloves garlic, crushed

2 tsp. Trader Joe's real mayonnaise

1/2 tsp. Trader Joe's organic yellow mustard

1/3 cup olive oil (unfiltered is best)

1/4 cup canola oil (organic, high heat)

4 T. balsamic vinegar

2 T. fresh lemon juice

1 tsp. Herbs of Provence, crushed (or a mix of rosemary, basil & oregano)

½ tsp. sea salt, pepper to taste

Whisk together and sprinkle over salad ingredients. Voila! Delicious and balanced.

Chocolate Mint Soft-Center Cupcakes

(A sure bet for Valentine's Day, and easy to make). Serves 6 - 8

Ingredients:

6 oz. bittersweet or semisweet chocolate, chopped

3 large eggs, plus 3 egg yolks

1/4 cup Mary's Baking Mix

1/4 tsp. salt

1 stick unsalted butter, chopped, or 8 Tbs. butter alternative

1/2 cup sugar

1 1/4 tsp. peppermint extract

(See below for additional ingredients).

Preheat oven to 375 degrees. Lightly grease 6 ramekins, custard cups or a 12-cup muffin tin. In a small saucepan, combine chocolate and butter; stir until melted and smooth. Set aside to cool.

In a large mixing bowl with a hand- or standing-mixer, beat eggs and sugar until they form a thick, pale ribbon, about 5-7 mins. Add Mary's Baking Mix and blend. Add chocolate mixture, peppermint extract and salt; mix until incorporated.

Divide equally between cups or tins. (This batter will fit 8 spaces of the muffin tins.) Place ramekins or custard cups on baking sheet. Bake only until sides are set and middle slightly loose and glossy, about 8-10 mins. If using a muffin tin, check for doneness at about 6-8 minutes.

Remove cakes from oven, loosen sides with a knife. Invert onto a dessert plate and let cool. Sprinkle with confectioner's sugar or sweetened cocoa if desired. Garnish with a fresh mint leaf.

Marys' Baking Mix

Ingredients:

2 cups brown rice flour

2 cups white rice flour*

1 1/3 cup potato starch*

2/3 cup tapioca flour*

Blend flours well with whisk, then use. Refrigerate any unused portion in a tightly sealed container. Will remain fresh for up to 4 months.

*(available in Asian markets)

(From "The Gluten-Free Italian Cookbook"; available at www.thedr.com/store).



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