



**GLUTEN
INTOLERANCE
GROUP**
of East Central Wisconsin

COOKOUT RECIPES 2016

*If you are making these recipes for a gluten-free guest, please read our
Guide to Gluten Cross Contamination.*

http://bit.ly/GIGECW_GlutenContamination

Stuffed Cucumber Bites - Jane & Jeff D.

Ingredients:

2 cucumbers
8 oz. cream cheese at room temperature
2 Tbsp. Hellmann's mayonnaise
2 tsp. Hidden Valley Ranch dressing mix
1/4 tsp. salt
Grape tomatoes, halved.



Directions:

1. Peel & slice cucumbers to 3/4 inch.
2. Hollow out with the melon baller.
3. Mix cream cheese, mayonnaise, ranch mix & salt in a bowl.
4. Place in a pastry bag with a rosette pipette end.
5. Pipe cucumber slice with cream cheese mix to 1/2 inch above cucumber.
6. Stand a halved tomato in the cheese.
7. Sprinkle with chives or parsley to garnish.

Bacon Delight Salad - Carol K.

Ingredients:

1 head cauliflower- cut into bite sized pieces
1 head broccoli - cut into bite sized pieces
1/2 red onion, sliced in half rings
1 cup shredded cheddar cheese
1/2 pound bacon, crisp cooked

Dressing Ingredients

1 cup mayonnaise
1/2 cup sugar
2 Tbsp. vinegar

Directions:

Combine veggies and cheese, add dressing. Add bacon right before serving.



Pesto Quinoa with Tomatoes & Fresh Mozzarella - Shannon J.

Ingredients:

1/2 cup pesto (I used Classico brand)
 3 tablespoons extra-virgin olive oil
 1/4 teaspoon pepper
 2 1/2 cups cooked and cooled Quinoa
 1 pint quartered cherry or grape tomatoes
 6 ounces fresh mozzarella cheese
 Salt

Directions:

In a large bowl, whisk together the pesto, extra-virgin olive oil and pepper. Add the cooked and cooled Quinoa, quartered tomatoes and fresh mozzarella cheese, cut into small cubes. Season with salt and serve.

German Potato Salad - Jenni K.

Ingredients:

1/2 cup bacon w/drippings (dice and fry bacon and 1 onion)
 1 cup water
 1/3 cup vinegar
 1/2 cup sugar
 1 tablespoon salt
 3 tablespoon gluten free cornstarch

Directions:

Add water, vinegar, sugar, and salt in pan with bacon drippings. Bring to a boil.

Dissolve cornstarch in 1/4 cup water and add to pan. Bring to full boil. Add bacon and 15-24 baked potatoes.

Cranberry Nut Salad - Kimberly S.

Ingredients:

4 cups (cooked) wild, brown, white, red and/or other rice mix
 4 green onions, chopped
 3 ribs of celery, chopped
 3 cups dried fruit – cranberries, blueberries, cherries, raisins, etc.
 [I used only Craisins this time]
 1 cup walnuts
 1 cup almonds
 2 TBS – walnut oil
 The juice of 2 lemons

Place cooked rice in a large bowl. Add the green onions, celery, dried fruit and nuts to the bowl. Pour walnut oil and lemon juice over everything and blend together. Best served at room temperature. Serves 8-12



Bruschetta - Jane & Jeff D.Ingredients:

2-3 cloves of garlic, minced
 6 Roma tomatoes, chopped
 1/4 c. Olive oil
 2 Tbls. Balsamic vinegar
 1/4 c. chopped fresh Basil
 Salt & Pepper to taste

Directions:

1. Add olive oil & garlic to a small saucepan & heat over medium heat about 2-3 minutes.
 Careful not to over cook garlic. Remove from heat & cool.
2. Dice tomatoes.
3. Add tomatoes, chopped basil, balsamic vinegar & garlic/ olive oil to a medium size bowl and stir to combine.
4. Serve immediately or let sit at room temperature for up to an hour or two before serving.

I bought GF bread from Benvenuto's. We checked the company that made it and they do a great job in their facility!

Sliced at an angle for more bread surface. Brushed olive oil (lightly) on one side. Placed on cookie sheet and baked at 375 for about 10 minutes until toasted. (Keep checking, it may take a couple extra minutes or less depending on your oven.

Veggie Pizza - Peggy KCrust Ingredients:

1 cup GF brown rice flour (Authentic Foods Superfine Brown Rice Flour)
 1/2 cup tapioca starch (Bob's Red Mill)
 2 tablespoons sugar
 2 teaspoons xanthan gum
 1 Tablespoon instant yeast
 1/2 teaspoon salt
 3/4 c. water
 1 teaspoon cider vinegar
 2 Tablespoons Extra Virgin Olive Oil
 2 eggs
 2-3 Tablespoons sweet rice flour (for dusting pan/hands)

Topping Ingredients:

1 1 oz packet Hidden Valley Ranch Dip Mix
 2 - 8oz. Packages cream cheese
 Broccoli (raw)
 Cauliflower (raw)
 Cherry Tomatoes (raw)
 Red Onion (raw)
 Yellow Pepper (raw)
 Shredded Cheese

Directions:

Make and bake crust following Peggy's Flat Bread Recipe found here: <http://bit.ly/156AATs>

While crust is cooling, chop veggies in small bite sized pieces. In a bowl mix together Dip Mix and cream cheese.

When crust is completely cooled, spread cream cheese mixture evenly on top. Sprinkle chopped veggies. Top with shredded cheese.

**Grilled Herb Lemon Chicken - Provided by:
Don & Laurie P. Prepared by: Al K.**

Ingredients:

Boneless, skinless chicken breasts
1/3 cup olive oil
1/3 cup freshly squeezed lemon juice
Fresh rosemary - minced
Fresh sage - minced
Fresh parsley - minced
Fresh basil - minced
Fresh oregano - minced
6 cloves garlic - minced
1 teaspoon sea salt
1/2 teaspoon freshly ground black pepper

Directions:

Cut chicken breasts in half make them thinner (butterfly). In a bowl mix olive oil, lemon juice, herbs, salt and pepper to make the marinade. Pour marinade in large pan/dish, then add chicken. Make sure all pieces are coated. Cover and refrigerate for 3 to 6 hours.

Preheat grill. Cook chicken for 3 to 4 minutes on each side, or until chicken is completely cooked (juices run clear).

**Grilled Brats - Provided by: Don & Laurie P.
Prepared by: Al K.**

Ingredients:

2 packages of Klemment's Brats
3 bottles of your favorite GF Beer (Used Redbridge Beer, New Grist, Shakparo)
Water
A few slices of onion
Minced garlic (optional)



Directions:

Preheat the grill. In a large pot, pour in beer and fill with water. Drop in onion slices, garlic (optional) and brats. Bring to a boil. Grill 'em how you like 'em

Grilled Burgers - Al K.

Ingredients:

2 lbs Ground Chuck
Salt and Pepper

Directions:

Generously season ground chuck. Mix. Form into patties. Grill.



Easy GF Red Velvet Cupcakes - Shannon J.Ingredients:

1 (15 ounce) box gluten free yellow cake mix
 1 (3 1/2 ounce) package chocolate-flavored instant pudding mix (Jello brand is gluten free) or 1 (3 1/2 ounce) package pie filling (Jello brand is gluten free)
 1/2 cup butter, softened (no substitutes!)
 8 ounces sour cream
 3 eggs
 2/3 cup milk
 2 tablespoons red food coloring (McCormick's is GF)
 8 ounces cold cream cheese (Philadelphia is gluten-free)
 5 tablespoons softened butter
 2 teaspoons pure vanilla extract
 3 cups powdered sugar
 1 pinch salt

Directions:

Preheat oven to 350°F.

Combine the first seven ingredients in a large mixing bowl at medium speed until smooth, about 2 minutes. (The remaining ingredients are for the frosting!).

Once combined, spoon the mixture into muffin pans lined with cupcake liners. Bake for 16 – 20 minutes, until a toothpick comes out clean when you stick it in the center.

Let the cupcakes cool in the pans for five minutes, then carefully remove them and place them on cooling racks.

Directions For the Frosting:

Beat the cream cheese, butter, and vanilla until combined (but do not whip). Add salt.

Gradually add powdered sugar with the mixer on slow until desired sweetness/texture.

These cupcakes should be kept in the refrigerator if they aren't eaten within 12-24 hours due to the cream cheese frosting! (Note, cupcakes seem to "deflate" or "shrink" as time goes on, but they still taste great!)

Pretzel Torte - Carol K.Ingredients:

3/4 cup butter
 1 bag 8 oz. gluten free pretzels, crushed
 1/2 cup sugar
 2 cans Cherry Pie Filling (Roundy's)

Filling Ingredients:

8 oz. mascarpone or cream cheese
 1/2 cup powdered sugar
 1 half pint whipped cream (Dairy Pure)

Directions:

Melt butter, then add sugar and pretzels (save some to sprinkle on top), press in 9x13 pan.

Layer on top of pretzels - 2 cans of cherry pie filling



Chocolate Chip Ice Cream Sandwiches - Al & Peggy K.

The cookie recipe is from Pamela's Baking & Pancake Mix bag.

Ingredients:

7 tablespoons butter
 1/4 cup white sugar
 1/4 cup light brown sugar
 1 egg, large
 1 tsp vanilla
 1-1/2 cups Pamela's Baking & Pancake Mix
 1 cups semi sweet chocolate chips (1-1/2 cup chips for chocolate lovers)



Directions:

Preheat oven to 350°. Cream butter and sugars together. Mix in egg and vanilla, then dry mix. Add chocolate chips and nuts and incorporate. Place scoops of dough (1 TBSP sized) on parchment lined or greased cookie sheet. Lightly flatten. Bake for approximately 12 to 15 minutes. Let cookies cool slightly and use a spatula to remove from cookie sheet.

Ingredients for sandwiches:

Lots of chocolate chip cookies (an even number is preferable, although many would be open to an open-faced ice cream cookie sandwich)
 Gluten-Free Vanilla Ice Cream - slightly softened (Haagen Dazs used here)

Directions for making sandwiches:

After cookies have completely cooled, create pairs with similar diameters. The tops and bottoms should be close to the same size.

With an ice cream scoop form a 1" to 2" (or more) diameter ball. Place ball on bottom cookie. Place cookie on top of ice cream and gently press until it expands to the edge of the cookie - but not over. Scrape excess ice cream with knife or spatula. Place cookie in a container already in the freezer.

Tip: Make sure your cookies have cooled and don't let your ice cream get to melty when assembling the sandwiches. Ice cream may start to run even after you put them in the freezer.

We purchased dry ice to keep these guys frozen for the cookout. Worked like a charm!