



**GLUTEN  
INTOLERANCE  
GROUP**  
of East Central Wisconsin

# COOKOUT RECIPES 2017

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

[http://bit.ly/GIGECW\\_GlutenContamination](http://bit.ly/GIGECW_GlutenContamination)



## **Italian Pasta Salad - Jane & Jeff D.**

### Ingredients:

16 oz. gluten free rotini pasta, cooked and drained  
8 oz. grape or cherry tomatoes, halved  
8 oz. package mozzarella pearls  
1/2 c. fresh basil, chopped (or dried if you prefer)  
Ken's Lite Vinaigrette Italian dressing (gluten free)

### Directions:

Chop basil. Combine all ingredients; mix well.  
Cover and chill until ready to serve.



## **Tomato Cucumber Salad - Jenni B.**

### Ingredients:

Equal amounts of tomatoes and cucumbers  
1 small onion (sliced)  
Olive Oil  
Salt & Pepper to taste

### Directions:

Place tomatoes, cucumbers, and onion in a large bowl. Season with salt & pepper. Add olive oil. Mix well.



**Taffy Apple Salad - Jeannie H.**Ingredients:

1 (15 oz) can pineapple chunks, drained with juice reserved  
 2 1/2 c. miniature marshmallows  
 1 egg, beaten  
 1 Tbsp. Better Batter gluten free flour  
 1 1/2 Tbsp. distilled white vinegar  
 1/2 c. white sugar  
 1 1/2 c. roasted Spanish peanuts  
 1 (8 oz) container frozen whipped topping, thawed  
 2 tart apples- peeled, cored and chopped  
 2 Snickers bars, chopped

Dressing Ingredients

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

Directions:

Combine the pineapple chunks and marshmallows. Mix together, cover and refrigerate overnight.

In a medium saucepan, stir together the pineapple juice, egg, flour, vinegar and sugar over medium low heat. Cook and stir sauce until thickened. Transfer to a medium sized bowl, cover and refrigerate overnight.

In a large bowl, blend together the marshmallow mix and sauce. Stir in the peanuts, chopped Snickers bars, whipped topping and apples. Refrigerate until serving time.

**Tuna Pasta Salad - Peggy K.**Ingredients:

1 - 12oz package of Ronzoni or Barilla GF Pasta (cooked per directions)  
 16oz Canned or packaged Tuna - drained  
 1/2 cup chopped onion  
 1 cup chopped celery  
 1/2 cup sliced green olives  
 1 1/2 cups frozen peas (thawed and rinsed)  
 1 cup Miracle Whip  
 1 1/2 tblspn lemon juice  
 Salt & Pepper to taste

Directions:

Put tuna in strainer and allow to drain.

Make pasta according to package directions.

Pour lemon juice over tuna.

Mix Miracle Whip and Hellman's together - toss with other ingredients in a large bowl.

Chill for 2 to 4 hours before serving.

**Pink Fluff - Kimberly S.**Ingredients:

Cool Whip  
 Cherry Jello  
 Mandarin oranges

Directions:

Place ingredients in a large bowl and mix well.



**Veggie Pizza - Peggy K**Crust Ingredients:

1/4 cup Millet flour (Bob's Red Mill)  
 1/4 cup Sorghum flour (Bob's Red Mill)  
 1/4 cup Almond flour (Honeyville)  
 1/4 cup Brown Rice (Bob's Red Mill)  
 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 Johnsonville 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.



**Banana Bread Bars with Brown Butter Frosting - Shannon J.**

Ingredients - Banana Bread Bars:

1-1/2 c. sugar  
1 c. sour cream  
1/2 c. butter, softened  
2 eggs  
1-3/4 c. (3 or 4) ripe bananas, mashed  
2 tsp. vanilla extract  
2 c. all purpose flour  
1 tsp. baking soda  
3/4 tsp. salt  
1/2 c. chopped walnuts (optional)

Ingredients - Brown Butter Frosting:

1/2 c. butter  
4 c. powdered sugar  
1-1/2 tsp. vanilla extract  
3 tbsp. milk

Directions:

Heat oven to 375F. Grease and flour 15x10-inch jelly roll pan. For the bars, in a large bowl, beat together sugar, sour cream, butter, and eggs until creamy. Blend in bananas and vanilla extract. Add flour, baking soda, salt, and blend for 1 minute. Stir in walnuts.

Spread batter evenly into pan. Bake 20 to 25 minutes or until golden brown.

Meanwhile, for frosting, heat butter in a large saucepan over medium heat until boiling. Let the butter turn a delicate brown and remove from heat immediately.

Add powdered sugar, vanilla extract and milk. Whisk together until smooth (it should be thicker than a glaze but thinner than frosting). Using a spatula, spread the brown butter frosting over the warm bars (the frosting will be easier to spread while the bars are still warm).

Yield: 2 dozen large bars

**Peanut Butter Dessert - Carol K.**Ingredients:

1 c. Bob's Red Mill gluten free flour  
 1/2 c. cold butter  
 1 c. pecans

Directions:

Mix until coarse crumbs. Press into a greased 9x13 pan. Bake at 350 for 25-28 minutes.

Ingredients:

1 pkg. cream cheese  
 1/3 c. peanut butter  
 1 c. powdered sugar  
 1 carton Cool Whip

Directions:

Mix together and put on crust.

Ingredients:

1 box chocolate pudding  
 1 box vanilla pudding  
 2 and 2/3 cup milk

Directions:

Mix till softset put on top of cream cheese layer. Top with cool whip. Put in fridge.

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

**No Bake Oat Bars - Jane & Jeff D.**Ingredients:

1 c. butter  
 1/2 c. packed brown sugar  
 1 tsp. vanilla  
 3 c. gluten free (purity protocol) quick cooking oats (GF Harvest Oats)  
 1 c. semi-sweet chocolate chips  
 1/2 c. peanut butter

Directions:

Grease 9x9 square pan.

Melt butter in large saucepan over medium heat. Stir in brown sugar and vanilla. Mix in oats. Cook over low heat 2-3 minutes or until well blended.

Press half of mixture into the bottom of prepared pan. Reserve other half for topping.

Melt chocolate chips and peanut butter in a small, heavy saucepan over low heat, stirring frequently until smooth. Pour over crust and spread evenly.

Crumble remaining oat mixture over chocolate layer. Cover and refrigerate 2-3 hours (or overnight). Bring to room temperature before cutting into bars.





