

Gluten-Free Holiday Trimmings

By Tracy Bush

Turkey is a holiday dinner staple – problem is, there's usually so much left over it could last you a month. Instead of letting it take up space in your refrigerator, try my gluten-free **turkey casserole**. The recipe includes gluten-free pasta (of your choice), broccoli and green beans; it's also free of nuts, dairy and eggs. The popcorn spray gives it a buttery flavor without the dairy.

Afterward, try my gluten-free **graham cracker bowls** – fill them with fruit, yogurt, ice cream or whatever your heart desires!

Tracy Bush is founder and president of Nutrimom, Inc., a consulting business that provides guidance and support for anyone diagnosed with food allergies. Visit her website and blog at www.allergyphoods.com.



Graham Cracker Bowls

Ingredients

1 package gluten-free graham cracker/gingerbread mix
Fruit, yogurt or ice cream of your choice

Optional: Coconut oil

Instructions

1. Prepare the graham cracker mixture as directed on packaging. (Consider using all-vegetable shortening and raw honey in place of butter and sugar.)
2. Roll out the prepared mixture as directed on packaging and cut into 5-inch circles. Flip a muffin tin upside down and cover with baking cups. Place each 5-inch dough circle over the baking cup and mold gently, forming an upside-down bowl. *Optional:* spray lightly with coconut oil for extra flavor.
3. Preheat oven and bake as directed on the packaging for 20 minutes. Remove each bowl from the muffin tin, then gently remove baking cups from inside each bowl and let them cool completely.
4. Fill with fruit, yogurt or a frozen dessert of your choice.

Makes 11 large bowls



Turkey Casserole

Ingredients

Cooking oil spray
1 16-ounce package gluten-free pasta of your choice (cooked)
2¾ cups chicken broth
½ cup gluten-free flour
1½ tablespoons popcorn butter spray
1/8 teaspoon garlic powder
1/8 teaspoon dried basil
1/8 teaspoon onion powder
1/8 teaspoon dried thyme
1/8 teaspoon marjoram
½ teaspoon sea salt
¼ cup avocado (pureed)
½ cup broccoli (cooked)
½ cup green beans (cooked)
1½ cups turkey (cooked and shredded)
Paprika
Optional: gluten-free pretzels (crushed) for topping – we use Glutino.

Instructions

1. Preheat the oven to 350 degrees. Spray a 9x9 casserole dish with oil spray and set aside.
2. In a large pan over medium-low heat, combine the broth and flour, blending well with a whisk to prevent clumps. Add the popcorn spray, spices and avocado, and mix thoroughly. Remove from heat when it gets thick and bubbly.
3. Mix in the vegetables and turkey.
4. Spread the cooked pasta onto the casserole dish. Add the cooked broth mixture with the vegetables and turkey over the pasta, pouring on all of the ingredients until the pasta is covered. Sprinkle with paprika.
5. *Optional:* Sprinkle with crushed gluten-free pretzels and spray lightly with more oil.
6. Place the casserole dish on a baking sheet or foil and cook for 25-30 minutes, or until bubbly.

Makes 6 servings

