

SIMPLY
GLUTEN FREE
magazine

Thanksgiving Recipes



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This book is organized into a convenient resource which contains recipes from Simply Gluten Free magazine as well as Carol Kicinski's website.

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www.simplygluten-free.com



Thank you

Thanksgiving is nearly here!

If you're like me and have had years of experience hosting gluten-free Thanksgiving dinner, or if your family or friends are accommodating to your dietary needs, then you've got this in the bag. But if this year will be your first gluten-free Thanksgiving, here are some tips to help you along:

- *If you can, offer to host the holiday meal at your home, that way you can have more control over the food and can ensure you avoid cross-contamination.*
- *If the entire meal will not be gluten-free, opt for a designated gluten-free food table with a separate area for gluten-filled food items.*
- *Label, label, label! There are plenty of creative, inexpensive ways to label your serving dishes and/or utensils to help keep your guests from cross-contaminating the gluten-free food with crumbs from gluten-filled food. (Pinterest and Etsy are great for inspiration.)*
- *Don't be afraid to politely speak up before the meal begins and simply let your guests know that there are certain dishes, utensils, or even a designated table for the gluten-free items.*

No matter if you are a gluten-free veteran or a newbie, try to remember to relax this Thanksgiving and embrace what the holiday is all about – no, not just the food, but family, friends, and all that you have to be happy and grateful for. One of the most important things to be grateful for, as you continue on your gluten-free journey, is that you have found a diagnosis and can improve your health every single day simply by what you put on your fork! Now that is something to be thankful for.

And speaking of being thankful, have I told you, the readers, how thankful I am for you? Well, I am! Without your support, encouragement, and love of delicious gluten-free foods, Simply Gluten Free would not be what it is today. So, thank you. And to show my appreciation, here's a wonderful little collection of some of my favorite Thanksgiving recipes (because although Thanksgiving is not *all* about the food, it's definitely a big part of the day)!

Cheers!

xo,

Carol Kicinski
Editor-in-Chief
Simply Gluten Free magazine



the beginning



Eggplant Caponata

Ingredients

5 tablespoons extra-virgin olive oil
1 medium onion, diced
1 (1½- to 2-pound) eggplant, unpeeled, and cut into 1-inch pieces
1 (15-ounce) can diced tomatoes, undrained
½ cup golden raisins
3 tablespoons red wine vinegar
2 tablespoons drained capers
2 tablespoons finely grated dark chocolate
1 teaspoon Italian seasoning
Kosher or fine sea salt and freshly ground black pepper, to taste
Toasted gluten-free baguette slices, for serving
⅓ cup fresh basil, cut into thin shreds
2 tablespoons toasted pine nuts

Directions

In a large skillet, heat the olive oil over medium-high heat. Add the onion and cook until softened, about 3 minutes. Add the eggplant and cook for 5 minutes or until it starts to soften. Add the tomatoes, raisins, vinegar, capers, chocolate, and Italian seasoning. Cook, uncovered, for 20 minutes or until the eggplant is soft and the liquid has evaporated. Season to taste with salt and pepper. Let cool.

Serve on toasted baguette slices topped with basil and pine nuts.

Serves 8

Chipotle Butternut Squash Soup

Ingredients

2 tablespoons extra-virgin olive oil
1 medium onion, diced
2 medium carrots, diced
1 (2-pound) butternut squash, peeled, seeded, and cut into 1-inch cubes
4 to 5 cups gluten-free chicken or vegetable broth
1 chipotle pepper in adobo, minced, plus some of the sauce for garnish
Kosher or fine sea salt
Freshly ground black pepper

Directions

In a large stock pot or Dutch oven, heat the oil over medium-high heat. Add the onion and carrots and sauté until soft, about 5 minutes. Add the squash, 4 cups chicken broth, and chipotle pepper. Bring to a boil, cover, and reduce heat to simmer until the squash is tender, about 30 minutes. Puree the soup in a blender in batches until smooth. (Make sure you remove the plastic insert from the blender top and cover the hole with a folded kitchen towel.)

If the soup is too thick, add a little more broth. Taste and season with salt and pepper. Return the soup to the pot and heat gently on the stovetop before serving. Serve with a drizzle of the adobo sauce for garnish, if desired.

Makes 10 (½-cup) servings





Sweet Potato Dinner Rolls

Ingredients

1 large sweet potato
2 tablespoons dry active yeast
2 tablespoons plus 2 teaspoons brown sugar, use divided
2 cups milk or dairy-free milk of choice, very warm, but not hot
3½ cups gluten-free all-purpose flour blend
2 teaspoons xanthan gum
2 teaspoons kosher or fine sea salt
1 tablespoon baking powder
3 large eggs, use divided
¼ cup butter or dairy-free butter substitute, plus more for brushing the pans

Directions

Peel the sweet potato and cut into cubes. Place in a saucepan and add enough water to cover the potato by 2 inches. Bring to a boil and cook until soft, about 10 minutes. Drain and mash with a fork or potato masher. Let cool.

Combine the yeast, 2 teaspoons brown sugar, and warmed milk in a small bowl and whisk to dissolve the sugar. Let sit for 6 to 8 minutes or until the mixture is foamy and has increased in volume.

Combine the flour, xanthan gum, salt, and baking powder in the bowl of an electric mixer fitted with the whisk attachment. Mix on medium-low to combine. Add the yeast mixture, 2 eggs, melted butter, 2 tablespoons brown sugar, and mashed sweet potato. Mix on medium-low until combined. Scrape down the sides of the bowl, turn the mixer on high, and mix for 3 minutes. You should have a very thick, smooth batter.

Brush 2 standard muffin pans with melted butter or spray with gluten-free nonstick cooking spray. Preheat the oven to 375°F.

Spoon the batter into the prepared muffin pans, filling the cups about ¾ full. Cover with clean kitchen towels and place in a warm, draft-free place to rise. Let rise for 45 minutes or until the dough has almost doubled in size.

Beat the remaining egg with 1 teaspoon of water very well with a fork. Gently brush the tops of the rolls with the beaten egg. Bake for 17 to 18 minutes or until golden brown. Let cool in the pans for 15 minutes.

The rolls can be made ahead: Bake them, let them cool in the pans, wrap with plastic wrap, and refrigerate for up to 2 days. Warm for a few minutes in a 350°F oven before serving.

Makes 24 rolls



Corn-Free "Cornbread"

Ingredients

Gluten-free nonstick cooking spray
½ cup unsalted butter or dairy-free butter, melted
3 tablespoons honey
3 large eggs
1½ cups blanched almond flour
½ cup tapioca starch or arrowroot starch
2 teaspoons baking powder
½ teaspoon kosher or fine sea salt

Directions

Preheat the oven to 350°F. Grease an 8- or 9-inch baking dish generously with cooking spray.

In a large mixing bowl, whisk all ingredients together until smooth. Pour into the prepared pan and bake for 20 to 25 minutes or until browned and the top feels firm to the touch. Let cool in the pan for 10 minutes.

Cut into squares and serve.

Serves 8 to 10

*the
main event*





Herb Roasted Turkey

Ingredients

1 (12- to 14-pound) turkey
1 cup unsalted butter, room temperature
Finely grated zest of 1 lemon
1 tablespoon minced fresh thyme
1 tablespoon minced fresh parsley
1 tablespoon minced fresh rosemary
2 teaspoons minced fresh sage
Kosher or fine sea salt
Freshly ground black pepper
Gluten-free stuffing/dressing of choice, optional
Lemon wedges, optional (for unstuffed turkey)
1 cup gluten-free chicken stock

Directions

Remove the turkey from the refrigerator 1 hour before you're planning to roast. Remove the neck and giblets. Rinse the turkey inside and out and dry well with paper towels. Move the oven rack to the lowest position and preheat the oven to 425°F.

Combine the butter with lemon zest, herbs, 1 teaspoon salt, and ½ teaspoon pepper. Reserve ½ cup butter mixture for Easy Turkey Gravy (see below).

Starting at the neck end, slide your hand between the skin and breast meat to loosen the skin. Rub half of the remaining herb butter under the skin. Season the cavity of the turkey with salt and pepper. If stuffing the turkey, loosely pack the neck and main cavity with stuffing/dressing. Place the remainder of the dressing in a baking dish to cook separately. If cooking the turkey unstuffed, place the lemon wedges in both cavities. Tie the legs together with kitchen string. Place the turkey on a rack in a roasting pan and slather the remaining herb butter all over the outside of the turkey. Season with more salt and pepper.

Roast the turkey for 30 minutes. Reduce oven temperature to 350°F, pour the chicken stock into the pan, and tent the turkey with a piece of foil. Cook the turkey for another 3 to 3½ hours (unstuffed) or 3½ to 4 hours (stuffed), basting with the pan juices every 30 minutes. After 2½ hours, begin checking the temperature of the turkey by sticking an instant read thermometer into the thickest part of the thigh. When the temperature reaches 175°F, the turkey is ready (temperature will rise another 5°F while resting). Remove the turkey from the oven, cover with foil, and let rest for 30 minutes before serving.

Serves 8 to 10 (with leftovers)

Easy Turkey Gravy

½ cup herb butter (see above)
½ cup gluten-free all-purpose flour
6 cups gluten-free chicken stock
2 teaspoons poultry seasoning
1 teaspoon garlic powder
1 teaspoon onion powder
Kosher or fine sea salt
Freshly ground black pepper

In a large skillet, melt the herb butter over medium-low heat. Add the flour and whisk until smooth. Continue to cook for 2 minutes, whisking constantly.

Add chicken stock, poultry seasoning, and garlic and onion powders. Increase heat to medium-high and cook, whisking constantly, until thickened, about 5 minutes. Season to taste with salt and pepper. Serve hot.

Crown Roast of Pork

Ingredients

2 tablespoons olive oil
2 teaspoons kosher or fine sea salt
1 teaspoon freshly ground black pepper
1 teaspoon garlic powder
1 (9- to 10-pound) crown roast of pork*
1 cup apple juice
Gluten-free stuffing/dressing of choice, optional

*Ask your butcher to "French" the ribs for you to get the most presentable appearance of the roast.

Directions

Preheat the oven to 350°F. In a small bowl, combine the olive oil, salt, pepper, and garlic powder. Place the roast on a rack in a shallow roasting pan. Brush the roast with the seasoned oil mixture. Bake for 1½ to 2 hours, basting frequently with the apple juice until an instant-read thermometer reads between 150°F to 160°F (20 to 22 minutes per pound). Remove from the oven and let rest for 20 minutes.

Place a scoop of cooked stuffing/dressing in the center of the crown and serve the remaining stuffing on the side.

Serves 10 to 12





Wild Rice, Chestnut, & Cherry Dressing

Ingredients

- 1 tablespoon extra-virgin olive oil
- 1 medium white onion, chopped
- 2 cups gluten-free wild rice blend (such as Lundberg Wild Blend)
- 4 cups gluten-free chicken or vegetable broth (or water)
- 1 teaspoon kosher or fine sea salt
- ½ teaspoon freshly ground black pepper
- 1 cup vacuum packed or jarred chestnuts, chopped
- 1 cup dried cherries, chopped

Directions

Heat the olive oil over medium-high heat. Add the onion and cook until it starts to soften, about 5 minutes. Add the rice blend and cook for 2 minutes, stirring. Add the stock or water, salt, and pepper. Increase the heat to high and bring to a boil. Cover the pan, reduce the heat, and simmer for 45 minutes or until all of the liquid has been absorbed and the rice is tender. Stir in the chopped chestnuts and dried cherries. Cover and let sit for 10 minutes.

May be served as is or stuffed loosely into a turkey.

Serves 12

Green Bean & Pasta Casserole

Ingredients

Kosher or fine sea salt
1 (7-ounce) package gluten-free bean pasta (such as Explore Asian)
1 pound green beans, trimmed and cut in half
2 tablespoons butter or dairy-free butter substitute
8 ounces white button mushrooms, sliced
1 cup gluten-free chicken or vegetable stock
1 cup heavy cream
2 cups (7 ounces) grated Parmesan cheese
Freshly ground black pepper
Vegetable oil
6 shallots, thinly sliced

Directions

Preheat oven to 350°F.

Bring a large pot of heavily salted water to a boil. Add the pasta and cook for 4 minutes. Add the beans to the pasta and cook for another 4 minutes. Reserve about 1 cup of the cooking water and drain the pasta and green beans.

In a large skillet, melt the butter over medium high heat. Add the mushrooms and cook until they start to brown, about 6 to 7 minutes. Add the stock and cream, bring to a boil, reduce heat, and simmer for 2 minutes. Stir in the Parmesan cheese then add the pasta and green beans. Add kosher salt and black pepper to taste. Stir to combine. Add a little pasta water if the sauce is too thick. Pour the mixture into a 9- by 12-inch baking dish and bake for 20 to 30 minutes or until heated through and bubbly.

While the casserole is baking, prepare the shallots. Line a plate with paper towels. Pour enough oil into a large skillet to come up ¼ inch. Heat over medium-high heat. Reduce the heat to low, add the shallots and let cook for 12 minutes, the shallots should be quite soft. Raise the heat to high and cook, stirring often, until the shallots are well browned. Remove with a slotted spoon and let drain on the paper towels. Sprinkle with salt. The shallots will crisp more as they cool.

When the casserole is done, scatter the shallots over the top and serve.

Serves 8 to 10 as a side dish or 6 as a main course





Quinoa Stuffed Acorn Squash

Ingredients

1 medium to large acorn squash
Olive oil, as needed
Kosher or fine sea salt
Freshly ground black pepper
1¼ cups gluten-free vegetable broth
⅔ cup quinoa
3 to 4 shiitake mushrooms, cleaned, stems removed, and chopped
4 cherry tomatoes, halved
½ cup peas
1 medium carrot, chopped
¼ white onion, diced
2 garlic cloves, minced

Directions

Preheat oven to 400°F. Cut squash in half lengthwise and scrape out the seeds and strings. Rub olive oil on exterior and interior of squash. Season with salt and pepper lightly. Place on a baking sheet, cut side up, and bake for 1 hour or until lightly brown and easily pierced with a fork. Combine the vegetable broth, quinoa, ½ teaspoon salt, and ¼ teaspoon pepper in a pot and bring to a boil. Stir in the remaining ingredients and bring back to a boil. Once boiling, reduce the heat to a simmer, cover, and cook for 16 to 18 minutes or until all the broth is absorbed into the quinoa.

When the squash and quinoa are finished, stuff the squash with the quinoa and return to the oven. Broil for 3 minutes or until the top is lightly browned.

Serves 2 as a vegan main dish



the finale

Perfect Pie Crust

Ingredients

½ cup unsalted butter or solid, all-vegetable non-dairy shortening
2 to 4 tablespoons cold water
1¼ cups gluten-free all-purpose flour, plus more for rolling
1 teaspoon kosher or fine sea salt
2 tablespoons sugar

Directions

Cut the butter into ½-inch pieces and place in the freezer for 15 to 30 minutes. Add some ice cubes to the water and let it get ice cold while preparing the dry ingredients.

Combine the flour blend, salt and sugar in the bowl of a food processor. Pulse 5 to 6 times to combine. Add the butter and pulse 6 to 8 times or until the mixture resembles coarse meal with some pea size pieces of butter.

With processor running, add ice water 1 tablespoon at a time until the mixture just barely starts to clump together. If you pinch some of the crumbly dough together and it holds then you have enough water, if not add more a little at a time. You do not want to add any more water than is absolutely necessary.

Remove the dough from the machine and form into a disk. Wrap the disk in plastic wrap and refrigerate for at least one hour or for as long as 2 to 3 days. Since the dough is so crumbly and does not hold together at this point, I find it easier (and far less messy) to pour the mixture into a large food storage bag and form it into a disk using the bag to help. Then just close up the bag and put it in the fridge. Remove dough from fridge 5 minutes before rolling.

To roll the dough, lay a piece of waxed paper on a work surface and sprinkle with some flour blend. Lay the chilled disk on the floured paper, sprinkle with some more flour and lay on another piece of waxed paper. Roll the dough into a circle approximately 12 inches wide. Remove the top sheet of waxed paper and carefully transfer into a 9 inch pie plate and remove the waxed paper. Push the dough very gently down so it lines the bottom and sides of the pie plate. If the dough splits or breaks apart just push it back together. Trim the edge of the pie crust to about ½- to ¾-inch overhang. Tuck the overhang under and pinch the dough into a decorative finish.

Makes 1 (9-inch) pie crust

Sometimes a recipe will call for a pre-baked or blind baked pie crust, here's how to do it:

Freeze the pie crust in the pie plate for at least 30 minutes. Preheat oven to 350°F.

Place a piece of parchment paper (or foil) in the bottom and up the sides of the pie crust. Fill with dried beans, rice or pie weights. (I prefer dried black beans as they help distribute the heat better and are much less expensive than pie weights. I use the same beans over and over.) Bake the crust for 20 minutes. Remove the weights and waxed paper, poke a few holes in the bottom of the crust using a fork and return to the oven for 10 minutes or until golden brown. Let pie crust cool completely before filling.





Chocolate Pecan Chess Pie

Ingredients

1¼ cups sugar
4 tablespoons unsweetened cocoa powder
½ teaspoon kosher or fine sea salt
1 stick (½ cup) unsalted butter, melted
1 teaspoon pure vanilla extract
1 tablespoon bourbon, optional
4 large eggs
1½ tablespoons gluten-free cornmeal
1 (9-inch) gluten-free pie crust, unbaked
1 cup chopped pecans

Directions

Preheat oven to 325°F.

Combine the sugar, cocoa powder, and salt in the bowl of an electric mixer fitted with a whisk attachment. Beat for a few seconds to combine. Add the melted butter and beat on high until combined. Add the vanilla, bourbon, eggs, and cornmeal. Beat on high speed for 2 minutes.

Pour the mixture into the pie crust, sprinkle the chopped pecans over the top and bake for 1 hour. Let cool.

Serves 8 to 10

Apple Crumble Pie

Ingredients

Gluten-free nonstick cooking spray
2 cups gluten-free graham style crumbs, use divided
4 tablespoons unsalted butter, melted
1 tablespoon honey
4 large apples, peeled, cored, and thinly sliced
 $\frac{3}{4}$ cup brown sugar, use divided
Juice of $\frac{1}{2}$ lemon
1 tablespoon cornstarch
1 teaspoon ground cinnamon
 $\frac{1}{4}$ teaspoon kosher or fine sea salt
1 teaspoon pure vanilla extract
 $\frac{1}{2}$ cup sliced almonds
4 tablespoons unsalted butter, softened

Directions

Line a flat baking sheet with foil and place on the lowest rack of the oven (this is to catch any juices that may drip from your pie and keep your oven clean). Put the other rack in the middle. Preheat oven to 350°F. Spray a 9-inch pie pan with cooking spray.

Combine $1\frac{1}{4}$ cups graham style crumbs with the melted butter and honey. Dump the mixture into the prepared pie plate and press firmly on the bottom and up the sides of the pan. Bake for 10 minutes. Leave the oven on.

In a large mixing bowl, combine the apples, $\frac{1}{2}$ cup brown sugar, lemon juice, cornstarch, cinnamon, salt, and vanilla and toss to combine. Pour the mixture into the pre-baked pie crust and gently press down on the apples to flatten the top slightly.

Combine the remaining $\frac{1}{4}$ cup brown sugar with the remaining $\frac{3}{4}$ cup graham style crumbs and sliced almonds. Cut the butter into pieces and, with your fingers, combine everything until it is clumpy. Spread the mixture over the apples and bake for 1 hour and 20 minutes to 1 hour and 30 minutes or until the apple mixture is hot and bubbly and the crust is browned; after 45 minutes, place a piece of foil over the top of the pie to keep it from browning too much. Let cool and serve.

Serves 8





Pumpkin Pie

Ingredients

Gluten-free nonstick cooking spray
1 (9-inch) gluten-free pie crust, unbaked
2 large eggs
1 (15-ounce) can pure pumpkin puree (not pumpkin pie filling)
 $\frac{3}{4}$ cup coconut palm sugar
 $1\frac{1}{2}$ teaspoons ground cinnamon
 $\frac{1}{2}$ teaspoon kosher or fine sea salt
 $\frac{1}{2}$ teaspoon ground ginger
 $\frac{1}{4}$ teaspoon ground cloves
 $\frac{1}{4}$ teaspoon grated nutmeg
2 teaspoons pure vanilla extract
1 (13.5-ounce) can full-fat coconut milk

Directions

Preheat oven to 425°F.

Spray a 9-inch pie pan with cooking spray. Line with the pie crust.

In a large mixing bowl, whisk the eggs. Add the pumpkin, coconut sugar, cinnamon, salt, ginger, cloves, nutmeg, and vanilla. Whisk to combine. Add the coconut milk and whisk well until combined. Pour the mixture into the pie crust.

Place the pie in the oven and bake for 15 minutes. Leave the pie in the oven, reduce heat to 350°F and continue to bake for another 40 to 45 minutes or until the center looks set. If the crust is browning too much, loosely lay a piece of foil over the pie.

Allow the pie to cool for 2 hours, then refrigerate until serving.

Serves 6 to 8



Almost Instant Pumpkin Mousse

Ingredients

1 (7-ounce) container marshmallow crème (such as Solo)
1 (15-ounce) can pure pumpkin puree
¼ cup water
1 teaspoon ground cinnamon
¼ teaspoon freshly grated nutmeg
⅛ teaspoon ground cloves

Directions

Place all ingredients in a saucepan over low heat and cook, whisking frequently, until the marshmallow crème has melted and the mousse is smooth.

Spoon into small serving bowls and either serve immediately or refrigerate until ready to serve. If desired, top with a dollop of whipped cream.

Serves 4



*Happy
Thanksgiving!*