



Allergy-Free Holiday Menu



A special menu from

Living Gluten-free & Casein-free

By

Lolita Hanks, Family Nurse Practitioner
and

Menus4Moms.com / LivingGlutenFreeCaseinFree.com

<http://www.livingglutenfreecaseinfree.com>

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Foreword

Thank you for your interest in Living Gluten-free Casein-free. This special holiday menu will help you to enjoy a delicious holiday meal with minimal planning.

In addition to this allergy-free holiday menu, I have written a 4 week menu plan to help you in your quest to live gluten-free. Perfect for individuals who are either gluten-free or gluten-free/casein-free, **Living Gluten-free Casein-free** contains valuable resources to help you succeed with your new gluten-free lifestyle. **Living Gluten-free Casein-free is the only GFCF menu plan written by a practicing nurse practitioner.**

[Find out more about Living Gluten-free Casein-free »](#)

Lolita Hanks, [Family Nurse Practitioner](#)
Author, [Living Gluten-free Casein-free](#)

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Introduction

Eating gluten-free does not have to mean depriving yourself of delicious food. Christmas is a day to splurge and with this holiday dinner menu plan you will definitely feel like you are splurging! I am going to be more generous with sugar in this holiday menu plan than I am with everyday cooking. If sugar is a problem for you (such as if you have diabetes) then look for the substitutions such as Xylosweet or choose the healthier menu items that do not use sugar. Items that are low glycemic will be indicated by an *.

All recipes except turkey and desserts serve at least 6 people; they easily double to accommodate more guests.

Holiday Menu

Christmas Brunch

Spiced Apple Pancakes
Bacon, turkey or pork*
Scrambled eggs with
chives*
Fresh Fruit Bowl*
Coconut Yogurt*

Appetizers

Bruschetta*
Relish Tray*

Christmas Dinner

Salad

Mixed Greens with
Pecans and
Cranberries

Main Dish

Turkey*

Bread

Homemade GF Biscuits

Side Dishes

Sweet potato casserole
with mallows
Mashed Potatoes with
Leeks and Olive
Oil*
Cider Braised Brussels
sprouts with Bacon
and Apples*
Fresh Cranberry Relish

Dessert

Nostalgic Faux Cherry Pie
Pumpkin Pie

Recipes

Christmas Brunch

Spiced Apple Pancakes



- 1 c. unsweetened organic applesauce
- 1 c. almond milk (Easy almond milk: 1 Tbsp. raw almond butter with 1 c. water, blend)
- 1 tsp. flax meal
- 2 tsp. baking soda
- 1 c. brown rice flour
- pinch of ginger and nutmeg
- 1 tsp. Saigon cinnamon
- 2 Tbsp. cornstarch

Combine flax meal to cornstarch in a bowl, mix well and make a well in the center. Combine almond milk and applesauce, add to well and stir until mixed. Let rest for 5 minutes. Cook 1/3 c. of batter in non-stick skillet over medium heat and flip when pancake looks dry. Continue until all batter is gone. Can be stored in refrigerator in storage baggie or container for 3-4 days. Serve with applesauce

Makes 6-8 pancakes

Bacon, turkey or pork*

Choose one or a combination and make enough to accommodate your guests

Scrambled eggs with chives*

- 9 eggs
- 2 Tbsp. minced chives
- Oil

Beat eggs until light and fluffy. Add batter to a large oiled non-stick skillet or cast iron skillet and cook over medium heat. Stir while eggs are cooking until scrambled to desired doneness. Add chives and mix thoroughly. Serve. Diced tomatoes make a nice garnish and addition.

Serves 6

Fresh Fruit Bowl* (Using berries and green apples will keep this dish low glycemic)



- 4 green apples, diced into bite size pieces
- 8 kiwis sliced
- 4 oranges, peeled and diced
- 1 pomegranate, seeds removed

Combine oranges and apples in a bowl. Gently add kiwi and pomegranate seeds. *Serves 6*

Coconut Yogurt*

This can be purchased in health food stores. Small amounts are ok if you are watching carbohydrates. This can be served with fresh fruit salad.

Appetizers

Bruschetta*



- 2 Roma tomatoes, diced
- 4 basil leaves, minced
- 1 tsp. extra virgin olive oil
- Fresh ground pepper and sea salt
- 1 head of endive (if unable to locate, use inner small heart leaves of head of Romaine)

Combine all ingredients except endive. Best if made the night before. Spoon a teaspoon or so of mixture on each endive leaf and serve.
Makes approximately 10-12 appetizers.

Relish Tray*

- 1 can of medium, black pitted olives
- 1 jar of green olives
- Baby carrots
- Celery sticks
- Gluten-free crackers

Drain olives. Arrange each ingredient on relish tray or place in individual serving bowls.

Mixed Greens Pecans and Cranberries*

Omit cranberries to reduce sugar content



- 1 head of Romaine, chopped
- ½ c. raw pecans
- ¼ c. dried cranberries
- 1 apple or 1 pear, finely diced
- 2 stalks of celery, minced

Toss all ingredients in serving bowl. Serve with dressing of choice.

Serves 8-10

Main Dish

Note About Turkey

Don't buy turkeys with any additives or that are pre-stuffed, and avoid any packaged gravy mix unless it is specified gluten free.

Roast Turkey*

- 12 lb. turkey, fresh or thawed
- 1 c. white wine
- 2 Tbsp. each fresh rosemary, sage, thyme
- Sea salt
- Fresh ground pepper
- ¼ c. Olive oil
- 2 carrots, peeled and diced
- 2 celery stalks, diced
- 2 shallots minced

Mix herbs, seasonings and oil together.

Remove any packages of extra parts such as giblets and neck from inside the turkey. Rinse the turkey with cold water inside and out and pat dry. Place carrots, celery and shallots in a large roasting pan; add the turkey, placing the wings under the turkey. Rub turkey with oil mixture. Pour the wine into the pan and brush the turkey with the basting sauce. Cover the turkey with foil and bake at 300°F for about 4 1/2 hours. Check internal temperature and adjust temperature if needed. Baste occasionally with the juices from the bottom of the pan. Uncover the turkey for the last 30 minutes of baking time and baste again. The internal temperature of your turkey should be about 165°F according to the US Dept. of Agriculture. When turkey is done, remove from oven, cooling about 15 minutes before carving.

24 servings

Gravy preparation

When the turkey is done, transfer the juices from the baking pan to a saucepan through a strainer. In a glass jar (with a tight-fitting lid available) put 1/2 cup warm water and 1-2 Tbsp. cornstarch or arrowroot if you cannot use corn products. Tighten the lid and shake vigorously until the starch is dissolved. Heat, stirring frequently, until gravy is thickened. If you need to stretch your gravy, add all or part of a can of chicken broth. Pour the gravy through a strainer into a gravy boat to remove any lumps.

Side Dishes

Sweet Potato Casserole with Marshmallows

- 40 oz. canned yams, reserve juice
- 1/3 c. dark brown sugar or 1/4 c. honey
- 1/2 stick vegan margarine
- 1 tsp. cinnamon
- 2 c. mini marshmallows (don't use if allergic to eggs)

Process the yams with all ingredients until smooth. Place in greased casserole dish. Bake 375F for 30 minutes.

Serves 8-10

Mashed Potatoes with Leeks and Olive Oil*



- 3 leeks cleaned and sliced white and light green parts only
- 4 lbs. of peeled potatoes such as russet or Yukon
- 3/4 c. olive oil
- Garlic salt
- Fresh ground pepper

Cube potatoes in large pot filled with water. Boil and cook over medium high heat until potatoes are soft. While the potatoes are cooking place the leeks, tossed with olive oil, in oven at 375 F for 30 minutes, stir halfway through roasting.

Drain potatoes reserving 1/2 c. cooking water, return to pot over medium heat and dry excess water from potatoes. Place potatoes in stand up mixer. Using paddle, beat on low to medium speed adding cooking water, olive oil and roasted leeks. Season with salt and pepper to your taste.

Serves 10-14

Cider Braised Brussels sprouts with Bacon and Apples*

- 2 lbs. Brussels sprouts, washed, trimmed, and sliced (should look shredded)
- 1 Tbsp. brown sugar
- 1 red onion diced
- 4 slices of bacon cut into 1" pieces (easier to do if frozen)
- 2 red apples diced
- 1 c. apple juice
- 1 tsp. sage
- Salt and fresh ground pepper

In a measuring cup place apple juice, brown sugar and sage, mix well. In large pot over medium heat, brown bacon. Add onions and sauté for 5 minutes. Add sprouts and stir well. Add juice mixture. Stir well, cover with lid and place in oven at 425F for 15 minutes and then reduce heat to 375F for another 20 minutes. Makes 12-14 servings

Fresh Cranberry Relish

This is a family favorite.



- 1 bag fresh cranberries, washed and dried
- 1 orange, washed and cut into 8th's
- 1/2-2/3 c. organic sugar

Place half of the cranberries in food processor bowl, add 4 orange pieces and pulse until chopped, coarsely. Remove from processor bowl, repeat with remaining cranberries and orange. Place in mixing bowl with first batch, add sweetener and refrigerate. I usually make this the day before as it gives the flavors time to meld. This keeps in refrigerator for a week.

Homemade GF Biscuits

There are many delicious biscuit recipes online. I like to use this one:

<http://www.celiac.com/categories/Gluten%252dFree-Recipes/Gluten%252dFree-Recipes:-Biscuits,-Rolls-&-Buns/>

Dessert

Nostalgic Faux Cherry Pie



I was reading a book that was a short history on old time recipes starting in 1900. In the 1920's a Mock Cherry Pie was made with cranberries. That seems funny now as cranberries are only available once a year and quite pricey out of season. Most of these recipes were designed to be tasty and budget friendly. Here is my Gluten-free version. The sugar content as been lowered as well.

- 2 c. or one bag frozen cranberries
- 2 Tbsp. cornstarch
- ½ c. water
- ½ c. Agave nectar, ¼ c. honey or ½ c. Xylitol (Xylosweet) or organic sugar
- 1 apple diced very small
- 1 lemon, juiced and zest
- ¾ c. raisins
- 1 tsp. vanilla
- 1 gluten-free pie crust**

In a saucepan combine the berries, cornstarch and water. Heat over medium heat until cornstarch is dissolved. Add remaining ingredients, turn heat to low and heat at least 30 minutes up to 40 minutes until berries pop. Chill mixture. Spoon into pie crust, top with crust or lattice design. Bake at 375F for 40-50 minutes.

Serves 8

***I recommend the pie crust recipe found here:*

<http://www.livingwithout.com/recipes/junjul09-pie-crust.html>

If you are making pumpkin pie also (see below), increase the recipe by 1 ½ to make 3 crusts. Roll out and put in pie pan, poke with a fork the bottom of the crust and bake at 375F for 10 minutes.



Pumpkin Pie

- 1- 9" gluten-free pie crust, prepared (see above)
- 2 c. pumpkin puree
- 1 c. unsweetened almond or hemp milk
- ½ c. organic sugar or Xylosweet
- 1 tsp. cinnamon
- 1 tsp. pumpkin pie spice
- ½ tsp. ginger
- ¼ tsp. ground cloves
- 2 Tbsp. light olive oil
- 3 eggs, at room temperature separated (substitute eggs use 4 Tbsp. flax meal with ¼ c. hot water)

Mix pumpkin puree to oil. Add egg yolks. Mix well. Beat egg whites until they are stiff and gently fold into pumpkin mixture. Pour into prepared pie crust and bake for 45-60 minutes at 375F until pumpkin is set.

If using substitute for eggs, combine the flax meal (ground flax seeds) with hot water, stir well and let it sit for 5 minutes. Mixture will gel. Combine this with remaining ingredients and bake as directed above.

Serves 8

Preparation List

2 days prior

1. Wash Brussels sprouts, slice them so they look shredded, place in storage container and refrigerate
2. Dice red onion, refrigerate
3. Peel carrots and dice as well as celery and shallots, place in baggie
4. Make relish
5. Make your biscuit dough
6. Make your pie crusts, flatten into disks, wrap with plastic wrap and refrigerate
7. Prepare the faux cherry pie filling, cool and refrigerate
8. Peel and cut potatoes, keep in pot of cold water, refrigerate

1 day prior

1. Make the pies
2. Prepare pancake mix and refrigerate
3. Prepare the bruschetta tomato mixture
4. Prepare sweet potato casserole, don't bake, cover with plastic wrap and refrigerate

Christmas Day

1. Prepare turkey and place in oven as directed
2. Have brunch items
3. Prepare Brussels sprouts dish
4. Rinse the potatoes and put in new water, cook as directed
5. Make gravy
6. Bake biscuits
7. Spoon tomato mixture onto endive leaves
8. Make relish tray

Final Thoughts

The holidays are a time to enjoy yourself. Planning ahead what you will eat and not letting yourself get too hungry will decrease the urges to cheat. Don't skip meals; that is sure to cause overeating on holiday meals. For more entertaining information, visit [my blog](#). One last resource that you might find helpful for holiday entertaining is the [gluten-free alcoholic beverages list at celiac.com](#).

God bless,



Lolita Hanks, Family Nurse Practitioner and
Author, *Living [Gluten-free Casein-free](#)*

A sneak peak at Living Gluten-free Casein-free...

Take a look at a [Sample Menu Plan](#) and see if [Living Gluten-free Casein-free](#) is right for you!

Shopping List

Baking Products

Mini Marshmallows

Canned Fruit

Unsweetened Organic Applesauce

Canned Juices

Apple Juice

Canned Vegetables

Black Olives

Canned Pumpkin 100% Pure

Canned Yams 40 oz.

Green Olives

Crackers

Mary's Gone Crackers

Dairy/spreads

Almond Milk

Coconut Yogurt

Eggs

Vegan Margarine

Meat

Bacon

Bacon, Turkey or Pork

Turkey 12 lb.

Nuts

Raw Pecans

Produce

Baby Carrots

Baking Potatoes - 4 Lbs.

Brussel Sprouts - 2 lbs.

Celery 2

Chives, Fresh

Cranberries 2

Cranberries, dried

Endive

Fresh Basil

Fresh Rosemary

Fresh Sage

Fresh Thyme

Green Apples 6

Kiwi 8

Leeks 3

Lemons

Oranges 5

Pomegranate

Red Apples 2

Red Onion

Roma Tomatoes 2

Romaine Lettuce

Shallots

Pantry Items

Agave Nectar

Baking Soda

Brown Rice Flour

Brown Sugar

Cinnamon

Cinnamon, Saigon

Cloves, Ground

Cornstarch

Dark Brown Sugar

Flaxseed Meal

Garlic Salt

Ginger

Nutmeg

Olive Oil

Olive Oil, Extra Virgin

Organic Sugar

Pepper, Freshly Ground

Pumpkin Pie Spice

Raisins

Sage

Salt

Sea Salt

Vanilla Extract

White Cooking Wine