



Laura's Recipe Corner

Great Recipes from Laura McKay!

Two Great Recipes Featured to Enhance Your Holiday Delights!

Pumpkin Pie

Courtesy of Living Without, Oct/Nov 2010

Modifications in red by Laura McKay

Makes one 10-inch pie

This quick and easy pumpkin pie doesn't need a crust. The flour settles to the bottom, forming a natural crust. It can be made two days ahead and stored in the refrigerator.



Ingredients:

- 1 (15 oz) can pumpkin puree
- 1 cup milk or dairy-free vanilla flavored milk of choice (rice, coconut, soy, hemp, almond)
- 2 Tbsp melted butter or dairy free substitute (ghee)
- 3 Tbsp bourbon or spiced apple cider (use the apple cider)
- 1 Tbsp lemon juice
- 2 Tbsp gluten-free all-purpose flour blend or blend of choice (use Bob's Red Mill all-purpose)*
- 1/2 cup packed brown sugar
- 1/4 cup sugar
- 2 large eggs or flax gel (can use Ener G egg substitute)
- 1/2 tsp salt
- 2 tsp cinnamon
- 2 tsp pumpkin pie spice (or 1 1/2 tsp ground nutmeg + 1/2 tsp ground cloves)

Preparation:

1. Preheat oven to 450 degrees. Grease a 10-inch pie pan.
2. Mix together all liquid ingredients in one bowl.
3. In a separate bowl, whisk together dry ingredients. Slowly pour dry ingredients into liquid, stirring to combine. Then beat until totally combined.
4. Pour batter into prepared pie pan, leaving at least 1/2 inch between batter and the rim of the pan. Pour any remaining batter into greased ramekins. Smooth top with a spatula.
5. Place pie in preheated oven and bake 15 minutes. Reduce heat to 375 degrees and bake for 30 more minutes or until a knife inserted into center comes out clean.

Bon Appetit!

*Another GF All purpose blend is: 1/2 cup rice flour, 1/4 tapioca starch/flour, 1/4 cup potato starch. -LW

Gluten-Free Thanksgiving Stuffing

Submitted by TessaDomesticDiva; www.allrecipes.com; photo by: www.thedisneydiner.com

Modifications in red by

Laura McKay, B.S., Health Educator

Prep time: 15 min; Cook time: 50 min;
Ready in: 1 hour 5 min; Servings: 8

"Everyone will enjoy this gluten-free version of bread stuffing this holiday season."



Ingredients:

- 1 (1 pound) loaf gluten-free bread (such as Udi's Millet-Chia Bread) (I prefer Rudi's GF Bread)
- 3 Tbsp Olive Oil
- 2 onions, diced
- 3 stalks celery, diced
- 1 tsp chopped fresh sage
- 1 tsp dried thyme leaves
- 3/4 tsp salt
- ground black pepper to taste
- 2 cups gluten free chicken broth (can use organic vegetable broth)
- 2 large eggs (can use Ener G egg substitute)

Preparation:

1. Preheat oven to 325 degrees F (165 degrees C). Grease a 3-quart baking dish.
2. Cut the bread into cubes about 3/4 inch square and spread onto a baking sheet.
3. Bake in the preheated oven until crisp, 12-17 minutes.
4. Heat olive oil in a large skillet over medium heat. Cook and stir onion and celery in the hot oil until soft, 8-10 minutes. Stir sage, thyme, salt and black pepper into the vegetables. Mix toasted bread crumbs, chicken broth and eggs into the vegetables. Spoon dressing into the prepared baking dish and cover dish.
5. Bake in the preheated oven for 30 minutes, uncover, and bake until top of dressing is crisp and lightly browned, about 10 more minutes.

Bon Appetit!

Puzzle Answers