

Gluten Free Recipes



New Hampshire Natural Health Clinic

Quick Chinese Dinner

Vegetable Pancakes

- 1 cup grated carrots
- 1/2 cup grated zucchini
- 3/4 cup chopped scallions (small pieces)
- 3 eggs, lightly beaten
- 1 tablespoon Bragg's Amino Acids
- 1/2 cup Garbanzo Bean Flour
- 1/8 teaspoon Xanthan Gum
- 1 tablespoon baking powder
- canola oil for frying

In a large bowl, mix together all ingredients except the oil, until well blended. Thoroughly coat the bottom of a large, heavy skillet with 3 tablespoons of oil. Heat oil until hot, but not smoking. Pour 1/4 cup of batter into the hot skillet for each pancake. Cook the pancakes on medium heat for 2-3 minutes on each side, until nicely browned. Add more oil to the skillet as needed. Serve at once plain or with a dipping sauce (recipe below).

Stir Fry Delight Sauce

- 1 Tablespoon Bragg's Amino Acids
- 1 teaspoon honey
- 1 cup vegetable or chicken stock
- 1 Tablespoon cornstarch or tapioca

Saute

- 3 TBS. canola oil
- 1 1/2 tsp. garlic gloves
- 1 Tablespoon grated peeled fresh ginger
- 1 medium carrot, thinly sliced
- 2 cups small, whole mushrooms
- 1 cup asparagus, chopped into 1-inch pieces
- 1 small zucchini thinly sliced
- 8 oz tofu (optional)

Mix the sauce ingredients in a bowl and set aside.

Place a wok or skillet on medium high heat. Add oil to coat the bottom. Stir-fry the garlic and ginger for

1/2 minute and add carrots. Stir-fry for one minute and add the mushrooms, stir fry for another minute and add the asparagus. If it looks like veggies will scorch, add 3 or 4 Tablespoons of stock or water. After cooking the asparagus for one minute, add the squash and stir-fry for another minutes. If adding tofu, cook for a couple minutes to heat through. Add sauce mix and stir continuously until the sauce bubbles. Remove from heat and serve with rice.

Dipping Sauce

- 1 TBS. Bragg's Amino Acids
- 1 teaspoon dark sesame oil
- 1 teaspoon rice vinegar
- 1/4 teaspoon chili oil
- 1/4 teaspoon honey or sugar
- 1 TBS water

Combine all ingredients in a bowl. Dipping sauce will keep indefinitely if stored in the refrigerator.

Recipes adapted from:

Sunday's at Moosewood Restaurant Cookbook.