

Gluten Free Recipes



New Hampshire Natural Health Clinic

Quick Italian Dinner

Italian Vegetable Pasta

- 2 pounds tomatoes, halved, seeded, very thinly sliced
- 1/2 cup extra-virgin olive oil
- 2 small garlic cloves, minced
- 1/4 cup chopped drained capers
- 3 grilled portabello mushrooms
- 1 1/4 pounds brown rice spaghetti
- 1 cups coarsely chopped fresh basil

Gently mix first 5 ingredients in large bowl.

Cook spaghetti in large pot of boiling salted water until just tender but still firm to bite, stirring occasionally. Drain; return to pot. Add vegetable mixture and basil. Toss to combine. Season with salt and pepper. Transfer to bowl and serve. May be served with grilled chicken instead of mushrooms.

Serve with steamed vegetables, sautéed squash and/or a fresh green salad.

Warm Olives with Fennel and Orange

Use a mixture of green and black olives such as green picholine, Niçois, and Kalamata. Soaking the olives in water for ten minutes removes excess salt.

- 1 1/2 cups assorted brine-cured olives
- 2 cups water
- 2 teaspoons extra-virgin olive oil
- 1/2 teaspoon chopped fresh thyme
- 1 garlic clove, minced
- 1/4 teaspoon fennel seeds, ground
- 1/4 teaspoon grated orange peel
- 1/2 teaspoon white wine vinegar

Place olives in medium bowl. Cover with 2 cups water; let stand 10 minutes. Drain.

Combine olives, oil, thyme, garlic, fennel seeds, and orange peel in small skillet. Cook over medium-high heat until garlic is fragrant and oil is hot, about 5 minutes. Remove from heat. Stir in vinegar. Cool slightly; serve warm.

Recipes adapted from Bon Appétit, August 2001.