

**125 Gluten-Free Vegetarian Recipes**  
**By Carol Fenster, President/Founder, Savory Palate, Inc.**

**ISBN 978-1-58333-425-6**  
**\$18.00**

Seven percent of Americans are sensitive to gluten. Millions more are turning to gluten-free diets to feel healthier. And 22 million Americans are on a vegetarian-inclined diet. Carol Fenster's *125 Gluten-Free Vegetarian Recipes: Quick and Delicious Mouthwatering Dishes for the Healthy Cook* is the perfect cookbook to combining two of the hottest foodie/health issues in America today.

In *125 Gluten-Free Vegetarian Recipes* Fenster, one of the country's foremost experts on special diets and the author of several popular gluten-free cookbooks, provides over 125 quick and easy vegetarian recipes for the healthy cook—plus a bonus section of baking recipes for vegans (and anyone avoiding eggs). Fenster has long been known for her delicious prowess in the kitchen and her proven skill at making gluten-free eating quick, easy, and approachable. If you are looking for hearty, flavor-packed gluten-free vegetarian and vegan options, this is the book for you.

**TABLE OF CONTENTS**

*There are many reasons why a gluten-free, vegetarian diet is a good choice. But Carol's main reason is that these dishes simply taste good. Reason enough.*

**PART ONE:**  
**Introduction**

**Staples for the Gluten-Free, Vegetarian Pantry**

**PART TWO:**  
**Recipes**

**CHAPTER 1: MAIN DISHES**

*The gluten-free vegetarian diet is one of abundance and variety, as this chapter illustrates. One of its interesting aspects is that you can "mix-and-match" dishes to round out your meals. When you omit meat the world opens up to other opportunities that showcase beans and lentils, vegetables, mushrooms, whole grains, tofu, and pasta. A lot of old favorites are here, with ways to thicken, brown, batter-fry, and bind together without wheat.*

**Pasta**

Lasagna

Spaghetti with Spaghetti Sauce

Parsley-Buttered Pasta

Soba Noodles with Peanut-Ginger Sauce

Stuffed Pasta Shells  
Thai Noodle Bowl  
Tofu au Vin  
Tofu Stroganoff

### **Bread-Based Dishes**

Bread Salad (Panzanella)  
Stuffing with Pears and Pecans  
Savory Leek-Onion Bread Pudding  
Veggie Pizza

### **Polenta**

Pepperonata on Soft Polenta  
Polenta Triangles with Warm Cannellini and Capers Salad  
Sherried Mushrooms on Polenta Rounds

### **Stuffed with Rice**

Stuffed Bell Peppers with Piccadillo Rice  
Stuffed Cabbage Rolls  
Stuffed Poblano Peppers  
Stuffed Swiss Chard Bundles with Pomegranate Glaze

### **Rice on the Bottom**

Creole Vegetables on Basmati Rice  
Red Beans and Brown Rice  
Vegetable Tikka Masala  
Sweet-and-Sour Tofu Casserole  
Wild Mushroom Risotto  
Vegetable Paella

### **Casseroles**

Chili Cornbread Casserole  
Enchiladas  
Tortilla Torte  
Eggplant Roll Ups  
Eggplant Parmesan Stacks  
Moussaka

Vegetable Pot Pie  
Stuffed Acorn Squash  
Onion-Leek Tart  
Summer's Bounty Vegetable Casserole

### **Beans and Lentils**

Black-Eyed Peas in Barbecue Sauce  
Southwestern Bean and Grain Casserole

Smothered Bean Burritos with Green Chile or Salsa Verde  
Soft Corn Tacos with Black Bean Burgers  
Pinto Bean-Polenta Fajitas with Picante Sauce  
Falafel with Dill Yogurt Sauce

### **Grains**

Amaranth Porridge (Breakfast Chapter)  
Quinoa Pilaf  
Warm Millet Salad  
Moroccan Millet-Stuffed Acorn Squash  
Sorghum Salad  
Wild Rice Salad  
See also Cooking Whole Grains in the Breakfast Chapter

## **CHAPTER 2: VEGETABLES**

*The food world is seeing a renewed interest in eating vegetables, so this chapter gives you the basics so you can enjoy a more plant-based diet. I am especially fond of one technique for vegetable preparation—roasting. It brings out delicious flavors while subduing the harsher tones of veggies such as Brussels sprouts or asparagus.*

### **Cold Salads**

Apple Fennel Slaw  
Broccoli Salad  
Kale Salad  
Mediterranean Orange-Olive Salad  
Spinach Salad with Cannellini

### **Hot Vegetables**

Bok Choy  
Scalloped Potatoes  
Grilled Ratatouille Vegetable Stacks

### **Fried Vegetables**

Bistro French Fries  
Sweet Potato Fries  
Vegetable Tempura with Wasabi Dipping Sauce

### **Roasted Vegetables**

Roasted Asparagus with Mustard Cream  
Roasted Brussel Sprouts on Spaghetti Squash  
Roasted Fennel  
Roasted Carrots and Parsnips with Sage Butter

## **CHAPTER 3: SOUPS AND STEWS**

*Soups and stews sound innocent enough, but they often contain hidden thickeners such as wheat flour. And dairy (usually cream or half-and-half) are added for creaminess. These recipes use other ways to make delicious soup, soul-satisfying soups.*

### **Beans, Peas, and Lentils**

Cincinnati Chili  
Lentil Soup  
Minestrone

### **Fruit or Vegetable Soups**

Creamy Asparagus Soup with Crispy Bread Crumbs  
Borscht (Beet Soup)  
Broccoli Soup  
Butternut Squash Soup with Chipotle Crema  
Carrot-Ginger Soup with Chile-Lime Pepitas  
Chilled and Dilled Cucumber-Apple Soup  
Gazpacho (see Little Meals and Appetizers)  
Spring Green Pea Soup  
Miso Soup with Wakame  
Cream of Mushroom Soup  
Creamy Potato-Leek Soup with Dill  
Creamy Tomato Soup with Crunchy Basil Bread Crumb Topping  
Thai Corn Chowder  
Posole with Crispy Tortilla Strips  
Vegetable Soup with Dumplings

## **CHAPTER 4: LITTLE MEALS OR APPETIZERS**

*Sometimes...all you want is a little bite, not a whole meal. Or, you want a small bite as the prelude to a more complete meal. This chapter gives you lots of healthy options.*

### **Vegetables**

Baked Kale Chips  
Gazpacho Shooters  
Greek Salad Skewers with Greek Salad Dressing  
Potatoes (Patatas Bravas) with Mustard Cream  
Stuffed Mushrooms

### **Breads or Breaded Appetizers**

Mini-Corn Dogs  
Crostoni  
Roasted Red Pepper Panini with White Truffle Aioli

### **Dips**

Caponata

Hummus

### **Miscellaneous**

Cereal and Popcorn Snack Mix

Veggie Spring Rolls

## **CHAPTER 5: QUICK BREADS AND YEAST BREADS**

*Bread is the mainstay of our American diet, so these simple, versatile recipes give you a set of basic breads that you can adapt to your own lifestyle. Some of the yeast-bread recipes save you time: mix up the dough, refrigerate, and bake the next day for a smooth crust and soft crumb. Try the French Baguettes; they're the perfect example of this so-easy approach.*

### **Quick Breads**

Angel Pan Biscuits

Basic Muffins with Fruit and Nut Variations

Banana Oatmeal Muffins with Streusel Topping

Corn Bread and Cornbread Muffins

Hearty Bran Muffins

Basic Scones with Drizzle

### **Yeast Breads**

Breadsticks

Rosemary Focaccia with Caramelized Onion Marmalade

French Baguettes

Hearty Flax Bread

## **CHAPTER 6: BREAKFAST**

*Because our American breakfast is laden with wheat, this meal is often the one that is more perplexing to people on a gluten-free diet and even more so to vegetarians and vegans. The recipes here are basics, designed to give you the most essential breakfast dishes. If you are lacto-ovo vegetarian, you can enjoy ALL of the recipes. If you are a vegan, you will enjoy all the recipes except the first five under the "Egg-and-Casserole" category.*

### **On the Griddle**

Pancakes

Waffles

### **Cereals and Grains**

Amaranth Porridge

Granola

Granola Bar

Whole Grains for Breakfast (or Any Time of the Day)

### **Eggs and Casserole Dishes**

Breakfast Strata

Crispy Potato Cakes with Herb Cream Sauce  
Asparagus (or Eggs) Benedict  
Mediterranean Frittata  
Quiche in a Savory Pastry Crust  
Grilled Herb Tofu with Chimichurri on Toast

## **Chapter 7: DESSERTS**

*Desserts play a gratifying role in any diet. They satisfy our quest for something sweet, allow us to indulge once in awhile, and often serve as the focal point for celebrations of all kinds. This collection of desserts is mostly all-American dishes, the ones we grew up with or consider as comfort food. They stand apart from other gluten-free recipes in that they are also dairy-free and egg-free, making them ideal for vegans or those with egg and dairy sensitivities. Remember, without eggs these desserts may be heavier and denser, but no less tasty.*

### **Bars and Cookies**

Chocolate Brownies  
Oat, Blueberry, and Walnut Bars  
Chocolate Cookies  
Ginger-Molasses Cookies  
Oatmeal Chocolate Chip Cookies  
Golden Vanilla Cookies

### **Cakes and Cheesecakes**

Almond Vanilla Cake  
Chocolate Cake and Cupcakes  
Gingerbread with Warm Lemon Sauce  
Vanilla Cake and Cupcakes  
No-Bake Cheesecake

### **Fruit, Pudding, and Ice Cream Desserts**

Chocolate Mousse  
Vanilla Bean Pudding  
Fruit Crisp  
Ice Cream Pie with Granola Crust  
Tiramisu  
All-American Cherry Pie in Sweet Pastry Pie Crust

## **Chapter 8: HOMEMADE VERSIONS OF KEY INGREDIENTS**

*Sometimes we have to avoid certain ingredients because there are no versions that are both gluten-and dairy-free—since many of us can't eat dairy for a variety of reasons. Other times, these ingredients are simply better when homemade (such as bread crumbs and broth) and are often much less expensive to make yourself. This chapter has recipes that make your food tastier and safer for you and your family.*

### **Breads**

Bread Crumbs

### **Broths**

Mushroom Broth  
Vegetable Broth

### **Ingredients that Commonly Contain Dairy**

Caramel Sauce  
Cashew Cream  
Hazelnut-Chocolate Spread  
Yogurt  
Sweetened Condensed Milk  
Herb-Flavored Cheese (Boursin)  
Basil Pesto

## **APPENDIX**

*As the titles below suggest, this chapter contains a wide variety of helpful information, such as which brand names I used for recipe development. And, which tools I think are essential for a gluten-free kitchen and how to use Expandex in your recipes (a question I often get). But one of the most helpful for “flexitarians” is how to add animal protein (beef, fish, poultry, or pork) to the entrees so that all members of the family can eat the same dish*

Brand-Name Ingredients Used in Recipe Development  
Tools of the Trade  
Adding Animal Protein to Recipes  
How to Use Modified Tapioca Starch (Expandex) in These Recipes  
Resources