

GLUTEN-FREE SUMMER RECIPES

Summer is the time to enjoy a bountiful selection of fruits and vegetables. It is the time we barbecue and enjoy time with our friends and family. Whether for holidays celebrations or just a party, the recipes below will help you enjoy yourself without gluten worries. The pictures include Grilled Italian Vegetables, Hamburgers using lean range grown beef, or a turkey burger, Crusty Onion Buns, Picnic Potato Salad, and deviled eggs. The Garden Potato Salad and Turkey burger can be found in my book *Food to Some, Poison to Others*.

Crusty Onion Buns (Gluten-free, Dairy-free)

My husband greatest craving is a hamburger bun. I finally put together a recipe he enjoys. This picture shows a range-free beef hamburger with the Crusty Onion Bun.

1 cup plus 2 tablespoons Almond flour/meal	1/3 cup Terry's flour blend*
1 teaspoon baking soda	1 teaspoon baking powder (gluten-free)
½ teaspoon salt	½ teaspoon pepper
2 tablespoon onions finely chopped	¼ cup margarine (melted) or oil
1 tablespoon sugar	2 eggs
1 teaspoon Xanthan gum	

Preheat oven to 350. Combine Terry's flour blend, almond flour, baking powder, baking soda, Xanthan gum, salt and pepper in bowl. In a separate bowl whisk egg until frothy, add sugar and then onion. Add dry mixture to egg mixture. Mixture should be thick. On ungreased cook sheet, place mixture. Make bun shapes on cookie sheet. The mixture should not run. Cook 15 to 20 minutes. Remove from cookie sheet and cool. Cut each bun in half. Makes 4 buns.

*Terry's flour blend is found in her book *Food to Some, Poison to Others*. A commercial brand may be available soon.

GRILLED VEGETABLES WITH ITALIAN MARINATE

Dressing:

1 cup olive oil	½ teaspoon salt
½ teaspoon pepper	¼ cup red wine vinegar
1 Tablespoon dry Italian seasoning	½ cup chopped Italian parsley
1 ½ Tablespoon lemon juice	5 garlic cloves, pressed

Vegetables:

6 red peppers, seeded and slices about 2 inches in width
5 portabella mushrooms, stem cut and some of dark gills removed
3 small eggplants sliced about ¼ inch.
4-5 yellow croak neck squash, sliced about ¼ inch

Mix dressing ingredients in bowl. Set aside. Prepare Vegetables. Brush marinate on both sides of vegetables. Grill eggplant, red pepper, and squash slices for 8 to 10 minutes over medium high heat. Turn once. Make sure the vegetables are streaked with dark grill marks. Grill portabella mushroom with the gill-like underside facing up. Grill for about 8 to 10 minutes on one side only. The mushrooms should have the dark grill marks on the back side. This dish can be prepared ahead and kept warm.
Serves 12-14

Tip: If you start running out of marinate, add more olive oil and pepper.