

Boost Your Meals with Gluten-Free Grains and Fresh Produce

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Featuring: Quinoa, Millet and Buckwheat

Note: With the exception of plain rice, choose gluten-free grains that are labeled gluten-free to avoid cross contact with gluten-containing grains.

BASIC COOKING INSTRUCTIONS

I generally cook one of these grains to serve with dinner, then reserve the remainder for morning cereal.

Quinoa

I like using tricolor quinoa, for flavor and color, but choose whichever you like best. White may take a minute or two less to cook, and red may take a minute or two longer.

Makes about 4 cups

1 cup quinoa

1½ cups water

½ teaspoon coarse kosher salt

Measure quinoa into medium saucepan. Cover with about 2" of water. Swish to mix, then let stand for 2 minutes. Swish again. Drain well and return quinoa to the pan.

Add 1½ cups water and salt to the quinoa. Bring to a boil. Reduce heat to low, cover tightly and cook until the water is absorbed, about 18 minutes. Turn off the heat and let the quinoa stand for 10 minutes. Fluff with a fork.

Millet

Do not stir the millet while it is cooking in the water or before it stands for 10 minutes, otherwise it will become mushy. The proportions below yield a fluffy grain with a few crunchy bits. If you don't like the crunch, increase the water by $\frac{1}{4}$ cup. After cooking, place a clean kitchen towel over the open pan and then replace the lid before letting it stand for 10 minutes.

Makes about 4 cups

1 cup millet
2 cups water
1 tablespoon butter or olive oil
 $\frac{1}{2}$ teaspoon coarse kosher salt

Measure millet into a heavy medium saucepan. Toast over medium-high heat, stirring frequently, until golden and fragrant, about 4 minutes. Add water, butter and salt. Bring to a boil. Reduce the heat to low, cover and cook until almost all the liquid is absorbed, about 15 minutes. Turn off the heat, cover and let stand 10 minutes. Fluff with a fork.

Buckwheat Groats

For best flavor, I like kasha, which is roasted buckwheat, and for the best texture, I prefer medium granulation groats over whole grain. Kasha is most easily found in the kosher section of most supermarkets. If you do not want to use the egg called for in the recipe, replace it with 1 tablespoon olive oil or vegetable oil.

Makes about 4 cups

2 cups water or broth (labeled gluten-free)
1 to 2 tablespoons olive oil or butter
 $\frac{1}{2}$ teaspoon coarse kosher salt
1 egg
1 cup kasha (roasted buckwheat) medium granulation or whole groats

Bring the water, oil or butter and salt to a boil in a medium saucepan. Turn off the heat and cover the pan to keep the mixture hot.

Place egg in a small bowl and beat to blend with a fork. Add the buckwheat and stir to coat. Heat a heavy, medium saucepan over high heat. Add the buckwheat and cook until the kernels are dry and separate, stirring constantly, 2-3 minutes. Turn the heat to low, add the hot liquid. Cover tightly and cook until the kasha is tender and the liquid absorbed, about 8 minutes for medium granulation, or about 22 minutes for whole grain. Place a clean kitchen towel over the open pan, cover tightly with lid and let stand 10 minutes. Fluff with a fork.

CEREAL, BOWLS AND SALADS

Cold Cereal with Fruit

Makes 1 serving

2/3 cup cooked grain of choice

Milk, milk substitute (labeled gluten-free), plain kefir or a combination

2 teaspoons ground flax seed, chia or combination (optional) (labeled gluten-free)

Brown sugar, sugar, or maple syrup

Fruit

Nuts (preferably labeled gluten-free)

Measure the grain into a bowl. Pour over milk, milk substitute, kefir or a combination. Mix in flax, chia or a combination, if desired. Sprinkle with sugar or add maple syrup to taste. Load on fruit, sprinkle with nuts.

Hot Cereal with Fruit

Morning breakfast preparations are quick and easy when using grains that have been cooked in advance. This cereal will not have the creamy texture of oatmeal, but will be tasty and satisfying. Cooking times will vary with different microwaves. I often pour plain kefir over the cooked cereal for a creamy texture and to boost the calcium.

Makes 1 serving

2/3 cup cooked grain of choice

1/2 cup milk or milk substitute (labeled gluten-free)

2 teaspoons ground flax seed, chia or combination (optional) (labeled gluten-free)

Brown sugar, sugar, or maple syrup

Fruit

Nuts (optional) (preferably labeled gluten-free)

Measure cooked grain into a deep, microwave safe bowl. Pour in milk. Microwave 1½ minutes. Stir, and then let stand a few minutes. Microwave again for 50 seconds. Stir and let stand a few minutes. Microwave 30-50 seconds longer. Mix in flax seed, chia or a combination, if desired. Sprinkle with sugar or add maple syrup to taste. Load on fruit, and sprinkle with nuts, if desired.

Savory Breakfast or Lunch Bowl

This is a basic recipe, with lots of room for variation and innovation. Create your own dish, using whichever ingredients you like from the suggestions below. Kale, Avocado and Egg Breakfast or Lunch Bowl is a very satisfying and tasty example. See the recipe below.

Makes 2 servings

1½ cups cooked grain of choice
2 teaspoons olive oil
½ teaspoon grated lemon zest
1 to 3 tablespoons chopped fresh herbs (such as basil, parsley, cilantro, mint, green onion)
Coarse kosher salt and freshly ground black pepper
1 to 2 cups chopped cooked vegetables of choice (such as greens, onions, bell peppers, zucchini, broccoli, leftovers from dinner)
Chopped or sliced raw vegetables (such as arugula, avocado, cucumber, tomato, bell pepper, radishes)
Crumbled or grated cheese of choice
2 to 4 eggs, fried, poached or boiled
Hot sauce or salsa

In a medium bowl, mix the grain, olive oil, lemon zest and fresh herb. Season to taste with salt and pepper. Divide between 2 bowls. Top with the cooked vegetables, raw vegetables, sprinkle with cheese. Cook eggs as desired and arrange atop the vegetables. Serve with hot sauce, if desired.

Kale, Avocado and Egg Breakfast or Lunch Bowls

Makes 2 servings

1½ cups cooked grain of choice
3 tablespoons chopped fresh basil
6 teaspoons extra-virgin olive oil
½ teaspoon grated lemon zest
Salt and freshly ground black pepper
2 cups chopped fresh kale (I like black kale, but any kale or green will be good)
Pinch of red pepper flakes
½ avocado, peeled and sliced
Crumbled feta cheese
2 to 4 eggs
Hot pepper sauce, such as Siracha or Sambal Oelek, or salsa

Combine the grain, basil, 2 teaspoons of oil and lemon zest in a medium bowl. Mix to blend. Season to taste with salt and pepper. Divide between 2 bowls.

Heat 2 teaspoons of oil in a medium nonstick skillet over medium heat. Add the kale, pinch of red pepper flakes and sprinkle with salt and pepper. Stir until just tender, about 3 minutes. Divide between the two bowls. Add avocado and feta cheese to the bowls.

Wipe out the skillet, add remaining 2 teaspoons of oil and heat over medium-high heat. Add the eggs and sprinkle with salt and pepper. Pour about 1 tablespoon water down the side of the pan, cover, reduce heat to medium-low and cook until the egg whites are set and the eggs are cooked as desired, 1-3 minutes. Divide between the bowls. Top eggs with hot sauce or salsa and serve.

Basic Grain Salad

A beautiful, healthful and satisfying gluten-free dish to serve to family and guests or bring to gatherings. Can be made up to a day ahead and kept in the refrigerator. I prefer to add garnishes shortly before serving.

Makes 6 to 8 servings

1 cup grain of choice

1 to 2 tablespoons extra-virgin olive oil

Coarse kosher salt and freshly ground pepper

Bite sized pieces cooked vegetables (such as chopped greens, zucchini, bell peppers, corn, sugar snaps, green beans, asparagus, broccoli, peas)

Bite sized pieces raw vegetables (such as tomato, radish, celery, arugula, red onion, green onion)

Chopped fresh herbs (such as basil, tarragon, cilantro, parsley, thyme, chives, mint)

Spices (such as ground cumin, coriander, red pepper flakes)

Other seasonings (such as grated citrus zest, lemon or lime juice, chilies)

Garnishes such as crumbled or grated cheese, nuts, seeds, chopped avocado

Cook the grain according to basic instructions. Fluff with a fork and transfer to a large, shallow bowl. Mix in oil and season to taste with salt and pepper.

Cook the vegetables as desired or use leftover vegetables. Cut into bite sized pieces and add to the grain.

Mix in any raw vegetables, fresh herbs, spices, and other seasonings. Sprinkle top with cheeses, nuts and seeds and/or avocado.

Grain Salad with Red Bell Peppers, Zucchini, and Fresh Herbs

Makes 6 to 8 servings

1 cup grain of choice
2 tablespoons extra-virgin olive oil
Coarse kosher salt and freshly ground pepper
10 ounces zucchini, trimmed, cut into ½-inch pieces
1 red bell pepper, cut lengthwise into quarters, seeded, then thinly sliced crosswise
3 green onions, thinly sliced
¼ cup sliced cilantro leaves
2 tablespoons sliced fresh basil leaves
1 tablespoon sliced fresh mint leaves
1 Serrano chili, seeded, minced
Grated zest and juice of ½ large lemon
Grated zest and juice of ½ large orange

Cook the grain according to basic instructions. Fluff with a fork and transfer to a large, shallow bowl. Mix in oil and season to taste with salt and pepper.

Steam the zucchini until crisp-tender, about 4 minutes. Add to the grain. Mix in the bell pepper, green onions, cilantro, basil, mint, chile, lemon and orange zest and juice. Taste and adjust the seasonings.