



Wheatless Wednesday

Our Three Featured Recipes

Stuffed Tomato Appetizer

- 🍴 Mozzarella with basil, tuna salad, ham spread - you can fill a tomato with your favorites to make delicious bite-sized appetizer.

Stuffed Peppers

- 🍴 Sweet bell peppers can be a one pot, one dish meal. Stuffing any color bell pepper with rice, pasta, meats or other veggies or even a combination of a few is an easy make ahead meal for the family and the left overs freeze well.

Watermelon Granita

- 🍴 Melon season is here and so are warm days. This easy to make, refreshing "ice" takes a few minutes to prepare and keeps you cool on those hot days.

Replacing Wheat

- 🍴 Try your favorite pie recipe without the crust. Just place your fillings in a baking dish and top with Crisp Topping recipe below and bake.
- 🍴 Corn, rice or potatoes are good substitutes for many dishes that require a starch like pasta.

Gluten free Crisp Topping

1 box Gluten Free yellow cake mix	1 teaspoon ground cinnamon
1/2 cup chopped nuts	1 egg, beaten
1/2 cup butter, softened	

In large bowl, mix cake mix and nuts. With pastry blender or fork, cut in butter until crumbly. Add 1 teaspoon cinnamon and the egg; mix well. Sprinkle evenly over apples.

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