
GLUTEN-FREE COOKING CLASS

WITH DIANA GALINDO

DARING EXPLORERS OF CREATIVE AND ALTERNATIVE FOODS

QUINOA-STUFFED PEPPERS



Ingredients:

- 1 cup quinoa.
- 2 cups water.
- 6 large bell peppers or several dozen mini sweet peppers.
- 1 medium onion, diced.
- ½ lb sliced fresh mushrooms.
- 2 Tbs margarine.
- 28 oz can of tomatoes.
- 2 cloves garlic, crushed.
- 12 oz jar salsa.
- 2 Tbs dry cooking Sherry.
- 10 oz mozzarella cheese, shredded.

Preparation:

- Cook quinoa in water for 10-15 minutes. Set aside.
- Steam peppers until soft but not limp.
- In a large skillet, sauté onion and mushrooms in margarine. Add tomatoes (reserve juice for later). Add garlic cloves and salsa.
- Cook this over medium heat for 10 minutes. Add cooking sherry.
- Simmer 10 more minutes. Fold in quinoa. Mix in half the cheese with the mixture.

- Place peppers in baking dish and fill peppers with quinoa mixture. This will take about half the mixture. Thin remainder with reserved juice from tomatoes and pour around peppers.
- Sprinkle remaining cheese over peppers. Bake in 325-degree oven, 30-35 minutes.

GRILLED PINEAPPLE WITH COCONUT STICKY RICE



We experiment with different ways of cooking fruit. These dishes can be consumed as snacks, healthy desserts, or appetizers.

Ingredients:

- Pineapple.
- Margarine.
- Coconut milk.
- Rice.

Preparations:

- Combine rice, coconut milk, and water in a saucepan and bring to a boil. Reduce heat and simmer 20-30 minutes until rice is done.
- Slice pineapple. Grill on medium heat in a pan.
- Slice other fruit (maybe bananas). Melt margarine in a pan. Sauté bananas quickly on medium-high heat. Sprinkle sugar and/or cinnamon on top. Flip and sauté the other side.