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ADVOCACY. BREAKTHROUGHS. CURE.

RECIPE COLLECTION

Gluten-free recipes for busy family days

Breakfasts, packable lunches, flexible dinners, and snacks

A few useful additions

Pair familiar foods with protein options and fiber-rich ingredients. Choose quantities that fit your appetite and preferences. Convenience foods, favorite foods, and dessert can all have a place.

Inside the packet

2–5 Four quick breakfasts

6–7 A familiar sandwich and crunchy broccoli salad

8–12 Salmon, beef, shrimp, gnocchi, and khao soi

13 Homemade date, nut & seed bars

14–15 Six snacks for the sidelines

Gluten-free preparation

Check every packaged ingredient. Use clean utensils and work surfaces, a clean colander, and crumb-free spreads. Use only gluten-free-labeled oats when appropriate for you and tolerated. Discuss oats with your celiac care team.

Packing and storage

Keep perishable foods cold in an insulated bag with two cold sources. Refrigerate promptly in shallow containers, within 2 hours (1 hour above 90°F). Use refrigerated cooked leftovers within 3–4 days, or freeze sooner. Reheat leftovers to 165°F.

Food safety: FoodSafety.gov USDA food safety, and USDA packed-lunch guidance. Celiac guidance: NIDDK. Recipe source links appear on the relevant pages. Gluten-free does not mean allergen-free; choose ingredients suitable for your household.

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BREAKFAST

Berry-yogurt crunch jar

1 breakfast / 5 minutes

Ingredients

3/4 cup plain Greek yogurt

1/2 cup berries, washed

2 teaspoons ground flaxseed

1/3 cup gluten-free cereal



Preparation

1. Spoon yogurt into a jar or bowl. Add berries and flaxseed.

2. Pack cereal separately. Add just before eating for crunch.

Kitchen shortcut

Keep the cereal you already enjoy. Frozen berries work too; thaw them in the refrigerator.

Gluten-free check

Choose cereal labeled gluten-free. Many corn cereals contain barley malt.

Simple assembly recipe developed for this webinar.

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BREAKFAST

Peanut butter–banana overnight oats

1 breakfast / 5 minutes + overnight chilling

Ingredients

1/3 cup certified gluten-free rolled oats

1/2 cup milk or fortified soy milk

1/3 cup plain Greek yogurt

1 tablespoon peanut butter

1/2 banana, sliced

Pinch of cinnamon



Preparation

1. Mix oats, milk, yogurt, peanut butter, and cinnamon in a covered container.

2. Refrigerate overnight. Stir and top with banana before eating. Add a splash of milk if needed.

Kitchen shortcut

For a peanut-free version, use sunflower-seed butter. For an oat-free option, choose the yogurt jar on the previous page.

Gluten-free check

Include oats only if appropriate for you and tolerated, in consultation with your celiac care team. Use certified gluten-free oats.

Simple assembly recipe developed for this webinar.

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BREAKFAST

Egg and black bean breakfast tacos

2 breakfasts / 15 minutes

Ingredients



4 eggs

1 teaspoon olive oil

3/4 cup canned black beans, drained and rinsed

4 small gluten-free corn tortillas

1/2 avocado, sliced

1/4 cup gluten-free salsa

Preparation

1. Warm beans in a small saucepan with a splash of water.

2. Whisk eggs. Heat oil in a skillet and scramble eggs until fully set.

3. Warm tortillas according to their package. Fill with eggs, beans, avocado, and salsa.

Kitchen shortcut

Put fillings on the table so each person can assemble their own. Refrigerate unused beans promptly.

Gluten-free check

Use corn tortillas labeled gluten-free and a clean skillet. Check salsa and bean ingredients.

Simple assembly recipe developed for this webinar.

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BREAKFAST

Cottage cheese, pear & cinnamon bowl

1 breakfast / 5 minutes

Ingredients

3/4 cup plain cottage cheese

1 ripe pear, diced

2 tablespoons chopped walnuts or pumpkin seeds

1/4 teaspoon cinnamon



Preparation

1. Spoon cottage cheese into a bowl.

2. Top with pear, nuts or seeds, and cinnamon. Serve immediately.

Kitchen shortcut

Use a ripe pear for softer texture. Peaches or berries are easy alternatives.

Gluten-free check

Check packaged seeds, nuts, and flavored dairy products for gluten ingredients and cross-contact.

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LUNCH

Turkey, cheese & avocado sandwich

1 sandwich / 10 minutes

Ingredients

2 slices gluten-free bread

3 ounces gluten-free sliced turkey

1 slice cheddar

1/4 avocado, mashed

Lettuce and 2 tomato slices

1 teaspoon gluten-free mustard



Preparation

1. Spread avocado on one bread slice and mustard on the other.

2. Layer turkey, cheese, lettuce, and tomato. Close the sandwich.

3. Serve with broccoli salad. Keep chips or fruit alongside if you enjoy them.

Kitchen shortcut

Pack vegetables separately if making ahead to protect the bread from moisture.

Gluten-free check

Check bread, turkey, and mustard. Use a dedicated toaster or clean pan and crumb-free spreads.

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LUNCH SIDE

Crunchy broccoli salad

6 side servings / 20 minutes + chilling

Ingredients

1 pound broccoli florets, finely chopped

1/2 cup sunflower seeds

1/4 cup chopped red onion

1/2 cup grated cheddar

1/3 cup dried cranberries

Dressing: 1/4 cup olive oil, 2 tablespoons cider vinegar, 1 tablespoon each gluten-free Dijon and honey



Photo: Cookie and Kate

Preparation

1. Toast seeds in a dry skillet until fragrant. Cool.

2. Whisk dressing. Toss with broccoli, onion, cheese, cranberries, and seeds.

3. Chill 20 minutes. For softer broccoli, blanch briefly, cool in ice water, and drain first.

Kitchen shortcut

Add chickpeas for a bean-and-vegetable lunch.

Gluten-free check

Check mustard and packaged toppings. Use clean utensils.

Adapted from Kathryne Taylor, Cookie and Kate. Dressing and onion amounts modified. Source recipe.

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DINNER

Honey-garlic salmon bowls

4 servings / About 30 minutes

Ingredients

1 pound salmon, cut into cubes

3 cups cooked rice

1 cup shelled edamame, cooked

1 cup diced cucumber; 1/2 avocado

Glaze: 2 tablespoons each gluten-free tamari and honey, 1 tablespoon olive oil, 1 minced garlic clove

Dressing: 1 tablespoon rice vinegar, 1 teaspoon sesame oil

Optional sauce: 2 tablespoons gluten-free mayonnaise, 1 teaspoon gluten-free sriracha



Photo: Real Food Whole Life

Preparation

1. Heat oven to 400°F. Coat salmon in mixed glaze. Bake on a lined tray for 10–15 minutes, until 145°F. Discard raw-fish marinade.

2. Toss edamame, cucumber, and avocado with dressing.

3. Divide rice, salmon, and vegetables among bowls. Mix optional sauce and offer separately.

Kitchen shortcut

Microwave rice and frozen edamame save time.

Gluten-free check

Use gluten-free-labeled tamari and sauces.

Simplified adaptation of Robyn Conley Downs, Real Food Whole Life. Glaze, sauce, and quantities modified. Source recipe.

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DINNER

Korean-style beef & edamame bowls

4 servings / About 25 minutes

Ingredients

1 pound lean ground beef; 2 teaspoons oil

3 cups cooked rice

1 cup cooked shelled edamame

1 cucumber, sliced; 1 cup shredded carrots

Sauce: 3 tablespoons gluten-free tamari, 1 tablespoon each brown sugar and rice vinegar, 2 teaspoons sesame oil, 2 minced garlic cloves, 1 teaspoon grated ginger

Optional: 1 teaspoon gluten-free gochujang



Preparation

1. Whisk sauce ingredients.

2. Heat oil in a skillet. Brown beef, breaking it up, until it reaches 160°F. Stir in sauce and simmer 2 minutes.

3. Serve with rice, edamame, cucumber, and carrots. Offer gochujang separately for a mild base.

Kitchen shortcut

Use the same rice and vegetables as another bowl night.

Gluten-free check

Tamari and gochujang must be labeled gluten-free.

Adapted from Robyn Conley Downs, Real Food Whole Life. Edamame added; serving components modified. Source recipe.

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DINNER

Garlicky shrimp & asparagus fries

4 servings / About 40 minutes

Ingredients

1 1/4 pounds peeled shrimp; 1 pound trimmed asparagus

2 tablespoons olive oil; 2 minced garlic cloves

1/3 cup gluten-free flour; 2 beaten eggs

3/4 cup gluten-free panko; 1/4 cup grated pecorino

1 lemon; 1/4 cup gluten-free mayonnaise

3 cups cooked quinoa, for serving



Preparation

1. Heat oven to 425°F. Coat asparagus in flour, egg, then panko mixed with cheese. Arrange on an oiled tray. Roast 10 minutes.

2. Toss shrimp with oil, garlic, and 1 tablespoon lemon juice. Add on a separate tray. Roast 8–10 minutes more, until shrimp are opaque and asparagus is tender.

3. Mix mayonnaise with lemon zest and juice to taste. Serve with quinoa.

Kitchen shortcut

For a quicker option, roast asparagus without breading.

Gluten-free check

Both flour and panko must be gluten-free.

Simplified adaptation of Williams Sonoma. Commercial mayonnaise replaces raw-egg aioli; quinoa added. Source recipe.

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DINNER

Brown-butter gnocchi, sprouts & beans

4 servings / About 30 minutes

Ingredients

1 pound gluten-free gnocchi

1 pound Brussels sprouts, trimmed and thinly sliced

1 can (15 ounces) white beans, drained and rinsed

1 tablespoon olive oil

2 tablespoons butter

1 lemon, zested

1/4 cup grated Parmesan; salt and pepper



Preparation

1. Prepare gnocchi according to its package; drain well if boiled.

2. Heat oil in a wide skillet. Cook sprouts 8–12 minutes, stirring, until browned and tender. Transfer to a bowl.

3. Melt butter in the skillet until golden and nutty, watching closely. Add gnocchi and cook until lightly golden.

4. Fold in sprouts and beans; heat through. Add lemon zest, Parmesan, and seasoning.

Kitchen shortcut

Brown butter adds aroma. Remove the pan from heat if it darkens rapidly.

Gluten-free check

Potato gnocchi often contain wheat. Use a labeled gluten-free product and follow its cooking directions.

Independent gluten-free variation inspired by the NYT dish title. Not a reproduction of the original recipe. Source recipe.

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DINNER

Thai chicken meatball khao soi

6 servings / About 40 minutes

Ingredients

1 pound ground chicken

2 scallions, chopped

1 tablespoon grated ginger; 1 minced garlic clove; black pepper

3 tablespoons olive oil, divided

4 baby bok choy, chopped

2–4 tablespoons gluten-free red curry paste

2 cans (14 ounces each) coconut milk

3 cups gluten-free chicken broth

3 tablespoons gluten-free fish sauce

1 tablespoon honey

8 ounces gluten-free rice noodles

1/4 cup each chopped cilantro and basil

Lime wedges and sliced shallot



Preparation

1. Mix chicken, scallions, ginger, garlic, and pepper. Shape into 18 small meatballs.

2. Brown meatballs in 2 tablespoons oil, turning. Add bok choy briefly; transfer both to a plate.

3. Heat remaining oil with curry paste for 1 minute. Add coconut milk, broth, fish sauce, and honey. Return meatballs and greens. Simmer until meatballs reach 165°F.

4. Cook noodles separately according to package directions. Divide among bowls, add soup, and finish with herbs, lime, and shallot.

Kitchen shortcut

Start with less curry paste for a milder family meal. Store noodles separately from soup.

Gluten-free check

Choose gluten-free noodles, broth, curry paste, and fish sauce. Use gluten-free tamari if replacing fish sauce.

Adapted from Tieghan Gerard, Half Baked Harvest. Rice noodles specified; oil quantity clarified and heat adjustable. Not kitchen-tested. Source recipe.

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SNACK

Homemade date, nut & seed bars

12 small bars / 15 minutes + 1 hour chilling

Ingredients

1 cup soft pitted dates, firmly packed

1/2 cup smooth peanut or sunflower-seed butter

1/2 cup chopped almonds

1/2 cup pumpkin seeds

1/4 cup sunflower seeds

1/2 teaspoon cinnamon

Pinch of salt



Preparation

1. Line an 8-inch square pan with parchment. Pulse dates in a food processor until finely chopped and sticky.

2. Blend in nut or seed butter, cinnamon, and salt. Stir in almonds and seeds.

3. Press firmly into the pan using the back of a spoon. Refrigerate for 1 hour, then cut into 12 bars.

4. Wrap individually. Store refrigerated for up to 1 week or freeze for up to 2 months. Pack a bar for the day; keep away from heat.

Kitchen shortcut

Use soft dates for binding. If the mixture is crumbly, blend in another tablespoon of nut or seed butter. For a nut-free version, use seed butter and replace almonds with more seeds.

Gluten-free check

Choose gluten-free nuts, seeds, and spreads. These bars contain no oats. Check ingredients for other household allergens.

Original recipe developed for this webinar

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SNACK PAIRINGS

Snacks for the sidelines

Each pairing starts with one serving; adjust to appetite

Apple & nut-butter snack



1 apple + 1–2 tablespoons peanut or sunflower-seed butter.

Wash and slice the apple. Pack the spread in a separate leakproof container. Use seed butter where nuts are unsuitable.

Yogurt & berries

3/4 cup plain Greek yogurt + 1/2 cup berries.

Spoon into a lidded container. Keep chilled in an insulated bag with cold sources.

Hummus snack box

1/4 cup gluten-free hummus + 1 cup vegetable sticks + a handful of gluten-free crackers.

Pack hummus and vegetables together, with crackers separate to keep them crisp. Keep chilled.

Use gluten-free packaged ingredients and clean containers.

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SNACK PAIRINGS

Snacks for the sidelines

Each pairing starts with one serving; adjust to appetite

Edamame & clementine

1/2–3/4 cup shelled edamame + 1 clementine.

Cook edamame according to its package. Cool promptly and pack with the fruit. Keep edamame chilled.



Cheese, pear & crackers

1 ounce cheese + 1 pear + a handful of gluten-free crackers.

Slice cheese and pear, then pack crackers separately. Keep cheese and cut fruit chilled.

A bar for the busy days

1 homemade date, nut & seed bar (page 13) + fruit, if desired.

Wrap individually before leaving home. A labeled packaged gluten-free bar also works. Follow package storage instructions.

Use gluten-free packaged ingredients and clean containers. These examples are for Alex; adapt texture and food size before serving young children. Packaged gluten-free bars remain a useful option.

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