

10 Kid-Approved Gluten Free Recipes



gluten free
homestead
CREATING A HEALTHIER LIFESTYLE

As a busy mom, I know that you want quick and easy recipes without sacrificing taste. And now that you're eliminating gluten, it's a challenge to prepare good tasting meals that your whole family can enjoy.

That's why I conducted a poll among my children. I actually had them rate their favorite choices out of all my recipes.

The results are in.

Here's a convenient kid approved collection of time saving recipes to help save you prep time in the kitchen so that you can get back to doing what you love.

Each recipe is quick and so delicious, pleasing those with gluten intolerance and even those in your family who don't necessarily have to avoid gluten.

Now you'll only need to prepare one meal the whole family will enjoy. The recipes in this collection are kid tasted and approved. You can be sure with these quick and delicious recipes, you will be supermom.

From my home to yours,

Barbara

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Chicken Wings



Chicken wings are a simple crowd pleaser. Unfortunately, when my family wants to order chicken wings from a restaurant, the wings are floured or dipped in batter and breading before cooking. They're not gluten free. You can easily make these gluten free wings at home and be a superstar. [Go to the blog for more tips on this recipe.](#)

Recipe for Gluten Free Chicken Wings:

Ingredients:

50 chicken wings
2 tablespoons butter, melted
salt to taste
garlic powder to taste

Directions:

Fire up the grill or preheat oven to 400°
Brush wings with melted butter. Sprinkle with salt and garlic powder. Cook wings for one hour (turn over after 1/2 hour) until crisp and cooked through. Serves 6

Approximate preparation time: 10 minutes

Approximate cook time: 1 hour

Skillet Beef And Noodles



Indeed, skillet beef and noodles is an instant favorite with kids (and grownups will love it too). It works best with elbow pasta. We've dubbed this recipe "elbows & meat." Enjoy! [Go to the blog for more tips on this recipe.](#)

Recipe for Skillet Beef And Noodles ("Elbows & Meat"):

Ingredients:

2 pounds ground beef
2 tablespoons minced onion
1 teaspoon salt
3 Herb ox beef bouillon cubes
3 cups of water
2 cups gluten free elbow macaroni
2 tablespoons Orgran gluten free gravy mix

Directions on the next page.

Directions for Skillet Beef And Noodles (“Elbows & Meat”):

Season beef with minced onion and salt and brown in a skillet. Drain. Stir gluten free gravy mix and bouillon cubes in 3 cups of cold water; then add to skillet. Continuously stir over medium-high heat to thicken gravy about 2 minutes (the bouillon will not dissolve completely until hot).

Meanwhile, prepare pasta a la dente according to package directions. Combine and heat through while the elbows absorb the gravy. Serves 6

Approximate preparation time: 10 minutes

Approximate Cook time: 20 minutes

Pizza Muffins



Pizza muffins are a delicious meal that our family has always enjoyed. Since going gluten free, we've continued to make this family favorite on gluten free English muffins. In the words of my eldest son, "Fantastic!" [Go to the blog for more tips on this recipe.](#)

Recipe for Pizza Muffins:

Ingredients:

2 gluten free English muffins
4 heaping tablespoons gluten free pizza sauce, [Muir Glen](#) is good
1 cup mozzarella cheese, shredded
Suggested toppings:
1 tomato, sliced
basil, to sprinkle on the tomato pizza muffins
3 slices pepperoni for each pepperoni pizza muffins
parmesan cheese, grated

Directions on the next page.

Directions for Pizza Muffins:

Preheat oven to 400°F.

Defrost frozen English muffins in your microwave or on the counter. Split each muffin with a fork and toast until golden.

Arrange toasted English muffin halves on a baking sheet. Spoon pizza sauce onto each half. Top with cheese and your favorite toppings. Bake, about 3 minutes until the cheese melts.
Serves 2-4

Approximate preparation time: 10 minutes

Approximate cook time: 3 minutes

Chicken Fingers



Chicken Fingers are delicious. I use [Panko style gluten free bread crumbs](#) (Japan's secret ingredient for crunch). The taste is delightful; you cannot tell they are gluten free. [Go to the blog for more tips on this recipe](#)

Recipe for Crispy Chicken Fingers:

Ingredients:

2 pounds chicken cutlets
2 eggs
1/2 cup milk
1/2 cup [gluten free all purpose baking flour](#)
1 tablespoon paprika
1/2 teaspoon salt
1/4 teaspoon pepper
1 cup gluten free panko style bread crumbs
1/4 cup oil

Directions on the next page.

Directions for Crispy Chicken Fingers:

Rinse and pat dry chicken. Beat eggs and milk in a bowl. Combine gluten free flour, paprika and salt, in a separate bowl. Place gluten free Panko style bread crumbs in another bowl.

Dip cutlets in flour mixture, then in egg mixture, then in crumbs.

Heat oil in a heavy 10-12 inch skillet over medium-high heat until shimmery and fragrant.

Add the chicken and cook until browned, about 2 minutes on each side, adding more oil if necessary. Drain on paper towels.

Pair with gluten free honey mustard salad dressing, gluten free barbecue sauce or ketchup.

Serves 6

Approximate preparation time: 10 minutes

Approximate cook time: 20 minutes

Tuna Noodle Casserole



Here is an old favorite that you can enjoy gluten free and it only takes a few more minutes to make than the condensed-soup kind. [Go to the blog for more tips on this recipe.](#)

Recipe for Tuna Noodle Casserole:

Ingredients:

4 tablespoons butter
¾ cup thinly sliced mushrooms
¼ cup diced red or green bell pepper
¼ cup finely chopped onions
¼ cup [gluten free all purpose baking flour](#)
2 ½ cups milk
¾ cup grated cheddar cheese
Two 6-ounce cans of tuna
2 cups gluten free pasta, cooked according to package directions
¼ cup minced fresh parsley
Salt and pepper to taste

Directions on the next page.

Directions for Tuna Noodle Casserole:

Preheat oven to 375°F.

Butter a 2 quart shallow baking dish. Set aside.

Melt butter in a 3 quart saucepan over medium heat until fragrant and bubbly. Add mushrooms, peppers, onions and cook, stirring occasionally until tender, about 5 minutes.

Stir in gluten free flour and cook for 1 minute. Remove from the heat and whisk the milk in.

Return to the heat and cook, whisking, until the sauce comes to a boil and is thickened, about 10 minutes. Remove from the heat and add cheddar cheese, whisk until melted.

Drain tuna and turn into a large bowl, breaking into flakes with a fork. Stir in the hot cheese sauce, cooked pasta, parsley, salt and pepper. Pour the mixture into the baking dish. Bake until bubbly and browned on top, 25 to 35 minutes. **Serves 6**

Approximate Preparation Time: 20 minutes

Approximate Cook Time: 25-35 minutes

Spaghetti And Meatballs



Envision mounds of spaghetti, fork twirling strands in a spoon, tasty meatballs, topped with red sauce and all gluten free. [Go to the blog for more tips on this recipe.](#)

Recipe for Spaghetti And Meatballs:

Ingredients:

2 pounds ground beef
1 egg
1 tablespoon grated parmesan cheese
3 cloves of garlic minced
1 teaspoon of parsley
¼ cup gluten free [bread crumbs](#)
salt to taste
oil for frying

Directions:

Combine all ingredients in a large bowl. Roll into meatballs. Fry meatballs in oil and brown them well on all sides over medium-low heat, turning carefully about 10 minutes. Then simmer meatballs in 1 1/2-2 quarts of gluten free sauce. Serve over gluten free spaghetti. Serves 6

Approximate preparation time: 10 minutes

Approximate cook time: 20 minutes

Toad In The Hole



Indeed, this classic British dish of juicy sausages nestled in Yorkshire pudding makes for a seriously special dinner treat. I am not sure which I love more: the spicy, savory Toad In The Hole or the creamy homemade onion gravy. [Go to the blog for more tips and onion gravy recipe.](#)

Recipe for Toad In The Hole:

Ingredients:

- 1 package [gluten free sausage](#)
- 1½ cups [gluten free all purpose baking flour](#)
- 1 teaspoon salt
- 1 teaspoon pepper
- 2 eggs
- 1¼ cups milk
- 2 tablespoons oil

Directions are on the next page.

Directions for Toad In The Hole:

Preheat oven to 425°F

Cook the gluten free sausages in a skillet according to package directions. Then remove sausages to a plate and keep warm.

Add 2 tablespoons of oil to the skillet. Place skillet in the oven for 15 minutes.

Meanwhile, beat eggs on low speed of your electric mixer for 1/2 minute. Add milk; beat 15 seconds. Add flour, salt and pepper and beat 2 minutes more until smooth.

Pour batter over hot drippings in pan. Add sausages.

Bake, about 20-25 minutes.

Cut into slices and smother in gravy. Serves 4

Approximate preparation time: 20 minutes

Approximate cook time: 30 minutes

Swedish Meatballs



Swedish Meatballs are small meatballs traditionally served with gravy. There are a number of variations. These Swedish Meatballs are cooked on your stovetop using gluten free ingredients that result in tasty meatballs in a wonderful gravy. [Go to the blog for more tips on this recipe.](#)

Recipe for Swedish Meatballs:

Ingredients:

2 pounds ground beef
1/2 cup milk
1/2 cup gluten free bread crumbs
2 tablespoons minced onion
1 teaspoon salt
1 egg
1/2 cup [gf all purpose baking flour](#)
oil

For gravy:

4 tablespoons [gf all purpose baking flour](#)
4 tablespoons butter
3 cups of beef stock, homemade or store bought
season gravy with salt and pepper to taste

Directions on the next page.

Directions for Swedish Meatballs:

Combine milk and breadcrumbs in a small bowl. In another large bowl, whisk the egg and add meat, onion, and salt. Add the soaked breadcrumbs to the meat mixture and gently mix with your hands until evenly combined.

Shape into small meatballs. Not too tight. You want to lightly roll them between your hands to form a ball that feels like it will hold together, but lightly so they will absorb the sauce. Then roll each meatball in GF flour.

Heat oil in a large, deep skillet over medium-high heat. Add the meatballs and gently brown on all sides, about 5 to 7 minutes. Once all of the meatballs are cooked, transfer to a bowl. Drain oil.

For Gravy: Next whisk together 4 tablespoons of gluten free all purpose flour plus 4 tablespoons of butter in the same skillet until the mixture is thick and smooth. Continue to stir and slowly brown the flour over a low heat for 5 minutes.

Then add 3 cups of stock. Whisk and simmer so that the gravy stays smooth while it thickens.

Season with salt and pepper to taste.

Return the meatballs to the skillet along with any juices, cover, and simmer in your gravy. Serve over gluten free noodles.

Serves 6

Approximate preparation time: 10 minutes

Approximate cook time: 20 minutes

Irish Nachos



Bring a taste of Ireland into your home today with these mouthwatering nachos. They're absolutely delicious: crispy, seasoned potato slices drowned in cheddar cheese, bacon, green onions and cilantro. [Go to the blog for more tips on this recipe.](#)

Recipe for Irish Nachos:

Ingredients:

1 1/2 pounds russet potatoes, wash with a vegetable brush, sliced 1/8 inch thick
2 tablespoons olive oil
salt & pepper to taste
1 cup nacho and taco cheese blend
1 package bacon, cooked and cut up into pieces
2 scallions, thinly sliced
1 teaspoon. cilantro
4 ounces sour cream
1 tomato, diced
1/2 cup jalapeño peppers, sliced (optional)

Directions are on the next page.

Directions for Irish Nachos:

Preheat oven to 450°F

Bake potato slices on a baking sheet for about 15 minutes, turn over and bake another 15 – 20 minutes until golden and slightly crisp.

Next, I overlap the potatoes in a cast-iron skillet that can be baked in the oven. Season potatoes with salt and pepper. Sprinkle with cheese and bacon. Bake for 5 minutes to melt cheese. Then sprinkle with scallions and cilantro.

In a separate dish, stir diced tomatoes into the sour cream. Serve on the side as a dip.
Serves 4

Approximate preparation time: 15 minutes

Approximate cook time: 45 minutes

Chicken Parmesan



I'm including this recipe for you even though it takes a bit more time than the other recipes in this book because this is the best gluten free chicken parmigiana! Crispy, tender, breaded chicken, delicious sauce, and bubbling cheese doesn't get any better than this. [Go to the blog for more tips on this recipe.](#)

Recipe for Chicken Parmesan:

Ingredients:

2 pounds of thin-sliced chicken
1/2 cup of [gluten free all purpose flour](#)
1 cup of gluten free bread crumbs
1 teaspoon of salt
an egg
1/4 cup of milk
3/4 cup of grated parmesan cheese
1/3 cup of extra-virgin olive oil
2 1/2 cups of gluten free marinara sauce
2 cups of shredded mozzarella cheese
and chopped fresh parsley

Directions are on the next page.

Directions for chicken parmesan:

Rinse and pat dry chicken. Add flour to a shallow bowl. Whisk together egg, salt, and milk in another bowl. Combine gluten free bread crumbs and 1/4 cup of the parmesan in a wide, shallow bowl.

Coat the chicken with the flour and shake off excess. Dip in the egg mixture and then coat with the breadcrumb mixture.

Heat oil in a heavy 10-12 inch skillet over medium-high heat until shimmery and fragrant, but not smoking. Add the chicken and cook until browned, about 2 minutes on each side, adding more oil if necessary.

Drain chicken on a plate on top of paper towels.

Position a rack in the center of the oven. Preheat the oven to 350 degrees.

Lightly oil your baking sheet and spoon 1/2 cup of homemade marinara sauce into the pan. Arrange the chicken cutlets over the sauce. Spoon the remaining sauce over the chicken.

Sprinkle with the remaining 1/2 cup of parmesan and top with mozzarella.

Bake until heated through, 20 minutes. Serve hot, sprinkled with parsley. Serves 6

Approximate preparation time: 30 minutes

Approximate cook time: 20 minutes