

The Center for Celiac Research and Treatment

# From Our Team to Your Table



Our favorite gluten-free dinner recipes



The Center for Celiac Research and Treatment is dedicated to improving the quality of life for patients with celiac disease, while learning the cause of the disease and finding a cure.

Make sure to check all recipe ingredients for gluten-free status. Read labels carefully. For products not labeled gluten free, watch out for wheat, barley, rye, malt, brewer's yeast, and oats in the ingredients listing.

Make sure that any flour or grains used are labeled gluten free due to the risk of cross contact with gluten.

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Appetizer

# Arancini

## Ingredients

- 1 pound of Arborio rice
- 2 large cans peeled tomatoes
- 1 yellow onion
- Olive oil
- 1 teaspoon salt
- 5 basil leaves, chopped
- ¼ teaspoon sugar
- 1 block smoked mozzarella, cut into inch-sized cubes
- 1 small can peas
- 1 cup gluten-free breadcrumbs
- ½ cup of white wine
- 2 raw eggs
- Freshly ground black pepper to taste
- Corn oil

## Preparation of the tomato sauce directions

**1.** Peel and dice onions, sauté in olive oil in a large pan **2.** When the onions are soft, add half a glass of white wine and stir until the wine evaporates **3.** Add the two cans of peeled tomatoes, salt, sugar and basil leaves. Bring this mixture to a boil and then let simmer until the sauce is semi-liquid (about two hours on low flame). This sauce can be prepared a day before

## Preparation of the arancini directions

**1.** Cook rice as directed on the package **2.** Let the rice cool for at least 10 minutes **3.** Use your hands to mix the rice with the sauce, small can of peas and with two raw eggs **4.** Add black pepper to taste **5.** Roll into two-inch balls, punch finger into each ball and put a piece of mozzarella cheese in the hole **6.** On a large plate, roll the arancini ball back up and roll each arancini ball in gluten-free (GF) bread crumbs **7.** Fill a large pan halfway with corn oil and heat **8.** Place the arancini balls in the pan so that they are half submerged in the oil. Roll them and continue frying until the arancini are golden brown **9.** Transfer the arancini balls to a paper towel to absorb any leftover oil

Recipe shared by:



**Alessio Fasano, MD, Clinic Director and Anna Sapone, MD, PhD**

World-renowned pediatric gastroenterologist, research scientist and entrepreneur Alessio Fasano, MD, is chief of Pediatric Gastroenterology and Nutrition at Mass General Brigham. He founded the Center for Celiac Research and Treatment nearly three decades ago and has greatly expanded awareness, education, treatment and research into celiac disease and other gluten-related disorders. He sees patients of all ages at the Center and has co-authored two books, *“Gluten Freedom”* and *“Gut Feelings: The Microbiome and Our Health.”*

Anna Sapone, MD, PhD, is senior director of research for GI, RU and I&I at Pfizer.



Appetizer

# Caponatina

## Ingredients

- 2 large eggplants chopped into one-inch-sized cubes
- 1 large yellow onion sliced thinly
- Olive oil
- ½ cup water
- 6 stalks celery, chopped
- 5–6 small tomatoes sliced
- ½ cup olives, sliced
- ½ cup capers
- 2 tablespoons vinegar
- 1 tablespoon of sugar
- Handful of chopped basil
- Pine nuts
- Tomato paste
- Black pepper to taste

## Directions

**1.** Slice the onion thinly and sauté the onion in olive oil in a large pan **2.** Fry the onion for (approximately) five minutes until soft **3.** Add celery and stir **4.** Put the water on the stove to boil **5.** In a small bowl, add and mix tomatoes, olives cut in small pieces, basil, and capers. Add the mixture to the pan with celery and onion, keeping at low flame **6.** Mix tomato paste, vinegar, and sugar **7.** Add this sauce mixture to the pan **8.** Warm the pine nuts in another pan until golden **9.** Add the pine nuts to the pan. Keep cooking the mixture until the sauce is not watery anymore, then stop cooking **10.** Chop eggplants into cubes and place in a large frying pan with oil about halfway up in the pan. Fry the eggplant until dark golden **11.** Transfer eggplant to a paper towel to absorb excess oil **12.** Mix eggplant into the pan; stir until well mixed

Recipe shared by:



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Anna Sapone, MD, PhD, is senior director of research for GI, RU and I&I at Pfizer.



## Appetizer

# Cheesy Baked Potato Soup

## Ingredients

- ½ cup butter (1 stick), divided
- 2 tsp. minced garlic (about 5–6 cloves)
- 9 cups cubed potatoes (~1/2" cubes), preferably butter gold or Yukon gold (peeled or unpeeled) = approx. 3 lbs 4 oz.
- 6 cups gluten-free chicken broth
- 2 tsp. dried parsley
- ¼ cup cornstarch
- 3 cups milk
- 5 cups cubed or shredded cheddar cheese (sharp cheddar is preferred)
- ¾ cup sour cream
- 2 Tbsp. garlic salt
- 1 tsp. pepper
- 2 lbs. bacon for topping
- Additional shredded cheese for topping, if desired
- Sliced green onions for topping, if desired

## Directions

**1.** Mince the garlic. **2.** In a large stockpot, melt two tablespoons of butter over medium heat. Add the garlic and cook 1 minute or until garlic is fragrant. **3.** Add the broth, potatoes, and parsley and stir. **4.** Bring to a boil, stir, then turn to low heat, cover pot with lid, and let simmer until the potatoes are tender, about 10–12 minutes. **5.** In a smaller pot, melt the remaining butter, then whisk in the cornstarch. Add the milk, whisking until smooth. Continue whisking as you bring to a boil and continue boiling until it starts to thicken, about 5–6 minutes, then remove from heat. **6.** Gradually add the milk mixture into the stockpot once the potatoes are tender. Stirring constantly, bring to a boil and let boil for about 5 minutes to thicken the soup a bit. Reduce heat to simmer and stir in shredded cheese or cheese cubes. **7.** When the cheese is melted, add sour cream, garlic salt, and pepper. Stir until all is warmed through to desired temperature. Taste to see if you would prefer additional garlic salt or pepper. **8.** While soup is warming through or left on lowest setting to keep warm, cook bacon in batches in a skillet. Pat dry and crumble. Serve in a bowl so everyone can add their desired amount to their soup. **9.** Serve with additional shredded cheese and green onions for everyone to add as desired. **10.** Leftovers can be refrigerated or frozen. To enjoy leftovers, you'll want to add a bit of milk when reheating.

Recipe shared by:



**Victoria (Tori) Kenyon, MHA, CCRP**  
Clinical Research Project Manager

Victoria (Tori) Kenyon started working at the Center for Celiac Research and Treatment in June 2016 after graduating from Connecticut College with a degree in Psychology. In her early teens, after a year of gastrointestinal symptoms, Tori was diagnosed with celiac disease.

Alongside Dr. Fasano and Dr. Leonard, Tori has helped lead the Celiac Disease Genomic Environmental Microbiome and Metabolomic (CDGEMM) study. She also manages all of our other clinical trials and studies. Tori holds a Masters in Healthcare Administration, and she has become a certified clinical research professional, with the goal of continuing her passion for celiac research and project management.



## Main Course

# Short Ribs alla Genovese

## Ingredients

- 4 meaty, bone-in short ribs
- Kosher salt
- 4 tablespoons of olive oil
- 1½ cups dry red wine
- 1 small carrot, peeled diced
- 1 celery stalk, trimmed and diced
- 5 anchovy fillets, minced
- 2 cloves garlic, peeled and crushed
- 5 black peppercorns
- 3 red onions, thinly sliced
- 3 tbsp red wine vinegar

## Directions

**Note:** At least an hour prior to cooking, remove the short ribs from the refrigerator. Trim any excess fat from the ribs and season them well with salt.

**1.** Preheat the oven to 275 degrees Fahrenheit **2.** In a small saucepan, boil the wine until reduced to ½ cup. Set aside **3.** Heat 2 tablespoons of olive oil in a large Dutch oven over medium-high heat. Add the ribs to the Dutch oven and cook until well-browned on all sides, 8 to 10 minutes. Do not crowd the ribs; if necessary, cook them in two batches **4.** Remove the ribs from the pan and set aside on a plate. Pour out the fat from the pan and wipe out any burnt bits from the pan with a paper towel **5.** Add the remaining 2 tbsp of olive oil to the Dutch oven and heat over medium heat. Add the carrot and celery and cook until they are soft and beginning to brown, about 5 minutes, adjusting the heat of the pan as necessary **6.** Stir in the anchovy, garlic, and peppercorns and continue and cook for 3 minutes, stirring occasionally **7.** Add the onions and a pinch of salt to the pan and cook until the onions are soft and translucent, five to 10 minutes **8.** Stir in the reduced red wine and the vinegar with the vegetables and remove the pan from the heat **9.** Add the short ribs to the pan, nestling them into the vegetables, with the meat side facing down. Wedge the rosemary sprig between the short ribs **10.** Cover the Dutch oven and place it in the 275-degree oven. Cook until the short ribs are tender and falling off the bone, approximately 2½ hours **11.** Serve with your favorite gluten-free (GF) side dishes and vegetables

Recipe shared by:



**Maureen Leonard, MD, MMSc**  
Clinic Director

In addition to her role as clinical director of our center, Maureen Leonard, MD, is an assistant professor of pediatrics at Harvard Medical School (HMS). At our clinic, she sees adult and pediatric patients with celiac disease, non-celiac gluten sensitivity, dermatitis herpetiformis, gluten ataxia and other gluten-related disorders. Also, she is an associate investigator at the Nutrition Obesity Research Center at Harvard Medical School.

In addition to her medical degree from New York Medical College, Dr. Leonard earned a master's degree in clinical and Translational Investigation from Harvard Medical School and completed her fellowship in Pediatric Gastroenterology at MGfC.



## Main Course

# Chipotle-Honey Chicken Tacos

## Ingredients

- 1½ pounds boneless, skinless chicken thighs
- 3 tablespoons honey
- 1 teaspoon onion powder
- 1 teaspoon garlic powder
- ½ teaspoon ground cumin
- 1 teaspoon kosher salt
- 1 to 4 chipotles from a can of chipotles in adobo, finely chopped, plus 2 tablespoons of adobo sauce
- 1 (15-ounce) can black beans, rinsed and drained
- Juice of 1 lime
- Warmed, gluten-free tortillas, for serving
- Pickled onion, for serving
- Sliced or cubed avocado, for serving

## Directions

1. Combine the chicken, honey, onion and garlic powders, cumin, salt and chipotle chiles and adobo sauce in a 5- to 8-quart slow cooker 2. Stir well 3. Cook for at least three hours and up to five hours on low. If it's more convenient, you can let the slow cooker switch to warm after five hours 4. The dish will hold on warm for about another three hours before the chicken starts to become quite dry 5. Using two forks, coarsely shred the chicken in the sauce 6. Stir in the black beans and lime juice. Cover and let the beans warm through, about five minutes. Taste and add more salt or lime juice if necessary 7. Serve the tacos in GF tortillas with pickled onion and avocado.

**Tip:** To make quick-pickled onions, thinly slice a red onion and put the slices in a bowl or container. Bring about 1½ cups cider or white vinegar to a boil, and add about three heaping spoonfuls of sugar and a big pinch of salt to dissolve. You can also add a pinch of red-pepper flakes, a bay leaf or some dried oregano, if you like. Pour the hot vinegar over the onions and let them cool. They're ready to use right away, and they can be stored in the refrigerator for two weeks.

Recipe shared by:



### Katherine Olshan, MD

Pediatric Gastroenterology Specialist

Katherine Olshan, MD, is a member of our center's clinical team, and she serves as an assistant physician at Massachusetts General Hospital and as an instructor at Harvard Medical School. In addition to her medical degree from Medical College of Wisconsin, Dr. Olshan completed her residency in pediatric medicine at the University of Massachusetts Medical School/UMass Memorial Medical Center. She also completed her fellowship in Pediatric Gastroenterology at MGfC. As part of her fellowship, she studied the role of breast milk composition on the development of celiac disease in at-risk infants.



## Side Dish

# Roasted Sweet Potato Salad

## Ingredients

- 10 cups sweet potatoes (about 3 large), chopped evenly into bite-size chunks
- 1 tablespoon avocado or olive oil
- 1 teaspoon sea salt
- 4 ounces of baby spinach, chopped
- ½ cup red onion, chopped very small
- 2 tablespoons of apple cider vinegar
- 2 tablespoons of lemon juice
- 1/3 cup dried cranberries
- Bunch of basil, chopped
- 1/3 cup of chives, chopped
- 1 avocado chopped in chunks
- ½ teaspoon of sea salt
- Ground black pepper to taste

## Directions

**1.** Preheat oven to 400° Fahrenheit **2.** Place sweet potato chunks into a large bowl and toss with oil and sea salt **3.** Bake potato chunks for 30 minutes or until cooked through, flipping once **4.** Remove from oven and let the potato chunks cool (This step can be done ahead of time) **5.** Just keep the roasted potatoes in the fridge and complete step 2 the day you want to enjoy the salad **6.** While the potatoes are roasting, in a large bowl, combine the chopped spinach, onion, chives, basil, dried cranberries, apple cider vinegar and lemon juice **7.** Add the cooled sweet potato chunks to the bowl and stir to combine **8.** Gently stir in avocado and sea salt, and add ground pepper to taste **9.** Serve immediately or store in the fridge until ready to serve. Can be eaten cold or at room temperature

Store leftovers in a sealed container for up to two days. If needed, add a splash of extra lemon juice before serving.

Recipe shared by:



**Katarina Mollo, MEd, RDN, LDN**  
Clinical Dietitian

Katarina was diagnosed with celiac disease as a young child. She also has a child with celiac disease. As a clinical dietitian, she uses her lived experience, education and expertise to help patients with celiac disease and other gluten-related disorders to navigate the gluten-free diet. In addition to her patient care, she is devoted to educational programs that increase awareness of celiac disease and other gluten-related conditions.

Katarina holds a Bachelor of Science in Food and Nutrition and a Master of Education in Nutrition Education from Framingham State University.



Side Dish

# Mango and Black Bean Quinoa Salad

## Ingredients

- 1 cup of gluten-free quinoa
- 2 cups gluten-free low sodium chicken broth
- 1 large mango (stoned, peeled and cut into bite sized pieces)
- 1 red bell pepper (cut into bite sized pieces)
- 1 cup cooked black beans (rinsed)
- ½ red onion (chopped)
- 1 green onion (sliced)
- 1 handful cilantro (chopped)
- 2 tablespoons olive oil
- 1 lime (juice and zest)
- 1 teaspoon each of cumin
- salt and pepper to taste

## Directions

1. Cook the quinoa in the chicken broth, as directed on the quinoa package
2. Mix the quinoa, mango, red bell pepper, black beans, red onion, green onion, and cilantro in a bowl
3. Mix the olive oil, lime juice and zest, cumin, salt and pepper in another bowl
4. Pour the dressing over the salad and toss to coat

This salad can be served cold or at room temperature.

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Clinical Dietitian

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Photo credit: The Wanderlust Kitchen.

## Dessert

# Lemon Poppy Seed Summer Squash Bread

## Ingredients

- 1 cup of melted unsalted butter
- 2 cups of granulated sugar
- 2 small lemons, juice and zest
- 1 teaspoon of vanilla extract
- 3 large eggs
- 1 teaspoon salt
- 1 teaspoon baking soda
- ½ teaspoon baking powder
- 3 cups of Bob's Red Mill or King Arthur GF flour
- 1½ teaspoons of xanthan gum
- 2 cups of grated summer squash
- 1 tablespoon poppy seeds

## Directions

**1.** Preheat the oven to 325 degrees Fahrenheit. Grease or line two loaf pans; set aside **2.** Place the melted butter, sugar, lemon juice and zest, vanilla extract in a large mixing bowl. Cream together until fluffy and light in color, about 1 to 2 minutes **3.** Add the eggs one at a time, allowing each egg to fully incorporate into the mixture before adding another **4.** Evenly sprinkle the salt, baking soda, xanthan gum and baking powder over the top of the mixture. Mix well **5.** Working in batches, add the flour a 1/2 cup at a time; mix in entirely between additions. Fold in the squash and poppy seeds. Divide the batter between the prepared loaf pans. Bake for 1 hour, until a toothpick inserted into the middle of the loaf comes out clean

**Notes:** For the shredded squash, just shred and go. You don't need to save any extra moisture from the squash, but you also don't want to squeeze it dry or pat it dry. You do not need to refrigerate this lemon poppy seed summer squash bread, but it will last longer in the fridge than at room temperature. You can keep it in an air-tight container at room temperature for one to two days. Or refrigerate it in an airtight container for three to five days.

Recipe shared by:



**Martha Pacetti, MSN, RN, CPNP**  
Nurse Practitioner

As a certified pediatric nurse practitioner, Martha Pacetti sees patients at our center and helps to coordinate their clinical care. She also assists with our clinical studies and trials. Martha was an early trailblazer in the clinical role of nurse practitioner and has extensive experience in the area of celiac disease and gluten-related disorders. Martha is a graduate of Northeastern University School of Nursing Science.



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