

Gluten Free, Low Histamine, Minimal Glutamate recipe ideas

Breakfasts:

Sweet Potato Hash

Sweet potato is lower in amines (like histamine) and has more nutrients available to us than regular potatoes. It also makes a great breakfast hash. This recipe has a bit of a citrus kick to it from the ascorbic acid, which, with the ground beef or lamb, gives it a slightly Greek feel.

INGREDIENTS

- 2 C sweet potato, diced
- 1 1/2 C carrot, diced
- 1 C ground beef or lamb
- 1 1/2 C leeks, sliced thin, white parts only
- 2 tbsp. butter
- 1 tbsp. cumin, ground
- 2 packed tbsp. parsley
- 1 tbsp. garlic powder
- 1/2 tsp ascorbic acid
- 1/2 tsp salt

INSTRUCTIONS

1. Heat a large sauté pan to medium heat.
2. Add ground beef or lamb. Cook until mostly done and drain fat.
3. Add 2 Tbsp. butter, then add sweet potato, leek, and parsley. Cover, and stir occasionally.
4. Cook for about 5 minutes, then add carrot and all remaining ingredients.
5. Cook uncovered while stirring often to prevent sticking. Cook until all ingredients are tender, to taste.

Blueberry Vanilla Chia Pudding

Ingredients

- ¼ c chia seeds
- 1 c coconut or hemp milk
- ¼ c blueberries
- ¼ tsp pure vanilla extract or 1 vanilla bean slit and scraped
- ½ Tbsp honey or maple syrup

Directions

1. Place all ingredients in a mason jar. Stir well.
2. Refrigerate overnight.

SWEET PLANTAIN WAFFLES

Prep time: 5 mins
Cook time: 10 mins
Total time: 15 mins
Serves: 4-6 waffles

INGREDIENTS

- 2 Cups pureed medium ripe-ripe plantain (2-3 large plantains)*
- 2½ Tablespoons coconut oil, melted + more for oiling the waffle maker
- 1 Teaspoon ground cardamom (optional)
- 1 Teaspoon pure vanilla extract
- 1 Teaspoon apple cider vinegar (Yes, in this context it is okay!)
- ½ Teaspoon sea salt
- ½ Teaspoon baking soda

INSTRUCTIONS

1. Heat your waffle iron. (I set the heat to 4 out of a possible 6)
2. Peel the plantains and chop them each into 4 pieces.
3. Place the plantain pieces in a high speed blender and blend until smooth (or as smooth as possible until it becomes too difficult to blend more).
4. Add the oil to the plantains and blend again, now until completely pureed.
5. Add the cardamom, vanilla and apple cider vinegar to the blender. Blend again on high for a few seconds to mix well.
6. Add the salt and baking soda to the blender. You can blend again to mix or use a spatula to stir the ingredients into the batter by hand.
7. Oil your waffle iron and place ⅓ cup of batter into the center of your waffle iron. The amount of batter you use may vary depending on your waffle maker and its instructions. I have used a Belgian and classic waffle maker. Both work, but I prefer the classic. ***
8. Cook until the waffle is browned to your liking, and repeat until the batter is gone. Be sure to keep the waffle maker oiled before each waffle.
9. Transfer the cooked waffles to a wire cooling rack rather than stacking them on a plate as you cook.
10. Serve with maple syrup, raw honey, or fresh fruit.

NOTES

* These waffles work best when your plantains are varied in ripeness. If one of your plantains are more ripe (yellow with black spots) and one is medium ripe (mostly green) they always turn out best. The ripe plantain will contribute the sweet flavor, while the less ripe will add more starch to help them hold.

These are best when enjoyed fresh from the waffle maker.

Snacks:

COTTAGE CHEESE WITH BLACKBERRIES, BLUEBERRIES OR MELON

CRISP BUTTERNUT SQUASH CHIPS

PREP TIME: 10 mins
COOK TIME: 30 mins
TOTAL TIME: 40 mins



Recipe type: Grain/Gluten Free, Dairy Free, Paleo, Vegan, Low Histamine, Low Glutamate

Serves: 1-2

INGREDIENTS

- 1 butternut squash
- 3 tbsp. olive oil
- 2 tsp fresh thyme
- 1 tsp salt flakes

INSTRUCTIONS

1. Preheat the oven to 350 degrees Fahrenheit.
2. Fill a large frying pan $\frac{3}{4}$ of the way with water and place on the stove on high heat
3. Halve, scoop out the seeds and peel the butternut squash. I find the neck of the squash much easier to work with as it makes nice half circle chips whereas the lower half makes thin strips, so depending on how many chips you want to make you may choose to just use the neck of the squash.
4. Thinly cut the butternut squash into 1/8 inch slices. Try to make them all the same thickness so they cook evenly
5. Once the water is boiling, place half of the slices in the boiling water and let cook for 2 minutes.
6. After 2 minutes, remove from the water using a slotted spoon and place on paper towel. Cook the remaining slices.
7. Using paper towel, pat the squash dry and place on a parchment paper lined baking tray.
8. Brush each slice with olive oil and sprinkle with the fresh thyme and salt.
9. Place in the oven and bake for 20 minutes. After 15 minutes you may want to flip some of the chips to ensure they cook evenly. Keep an eye on them as some of the chips may begin to burn quicker than others.
10. Remove from the oven and serve immediately.

Dinners

LOW HISTAMINE SLOW COOKER CHERRY WILD RICE CHICKEN

4 SERVINGS

Ingredients

- 2 pounds chicken , Boneless, skinless Breasts
- 1 cup peeled and diced Apple
- ½ cups diced fennel in Elimination phase or Onion in low histamine phase
- 2 cups Cherries, Frozen
- ¼ cup Honey
- ¼ teaspoons Thyme, Dried
- ¼ teaspoons Basil, Dried
- ¼ teaspoons Garlic Powder
- ¼ teaspoons Himalayan or Sea Salt
- ½ cups homemade Chicken Broth/Stock. Do not use boxed! You can add water if you don't have homemade broth.
- 1 ½ cups Water
- ½ cups Brown Rice, Long-Grain
- ½ cups Wild Rice

INSTRUCTIONS

Combine all ingredients in slow cooker. Cook on low for 7-8 hours or until cooked through (or high for 3-4 hours).

ACORN SQUASH TACOS

Prep time: 10 mins

Cook time: 40 mins

Total time: 50 mins

Serves: 4

INGREDIENTS

- 2 acorn squash
- 1 Tablespoon Coconut oil
- ½ red onion (diced), Omit during elimination phase
- ½ jalapeno (diced)
- ½ red bell pepper (diced)
- 1 lb ground beef
- 1 tsp chili powder
- 1 tsp cumin
- ½ tsp paprika
- ⅛ tsp cayenne
- Salt to taste
- 1 tsp cilantro

TOPPINGS

- Watercress
- Lettuce
- Diced or shredded jicama
- Sliced Firm Avocado (limit to 1 oz)
- Diced Cucumber
- Sprouts
- Cilantro
- Shallots or green onion

INSTRUCTIONS

1. Preheat oven to 400.
2. Slice each acorn squash in half and remove the seeds, Place flat side down on a lined baking sheet and bake until soft and fork-tender all the way through (about 30 minutes).
3. In a pan over medium-high heat, melt the coconut oil. Toss the onion, bell pepper and jalapeno in the pan and cook 3-5 minutes.
4. Add the ground beef to the pan and begin to brown. Season the meat with the spices.
5. Once the meat is browned, remove from the heat. Season with salt to taste, and finish with cilantro.
6. Scoop $\frac{1}{4}$ of the meat mixture into each acorn squash half. Add toppings and garnish with cilantro.

Spiced Duck Breast

SERVES: 4
PREP: 1h 15 min.
COOK: 45 min

INGREDIENTS

- 4 duck breasts, skin-on;
- 14 oz. butternut squash, cubed;
- 8 shiitake mushrooms, thinly sliced; OMIT TO REDUCE GLUTAMATE
- 2 small leeks, cut into 1-inch slices;
- $\frac{1}{2}$ cup of duck or chicken stock; USE WATER TO REDUCE GLUTAMATE
- 1 star anise
- $\frac{1}{2}$ tsp. black peppercorns;
- 1 tsp. sea Salt;
- 2 tbsp. extra-virgin olive oil;
- Sea salt and freshly ground black pepper to taste;

INSTRUCTIONS

1. Score the duck skin in a crisscross pattern.
2. Crush and grind together the star anise, black peppercorn, and sea salt in a mortar and pestle.

3. Rub the ground spices on the duck skin, and place the duck in a small container with the skin side up.
4. Add the duck stock, cover, and marinate for at least an hour or two.
5. Preheat your oven to 350 F.
6. Place the shiitake mushrooms, the leeks, the cubed butternut squash, and 2 cups of water in a roasting pan, and season to taste.
7. Cover and cook in the oven for 30 minutes or until the butternut squash cubes are soft.
8. In a skillet, over a high heat, sear the duck, skin side down, until browned.
9. Place the duck breast onto a rack set over a roasting pan, skin side up, and roast for 15 to 20 minutes for a medium-rare result.
10. Place the duck breast in the oven under a broiler for a minute or two to crisp-up the skin.
11. Serve the duck breast sliced over the vegetable mixture.

Zucchini and sweet potato frittata

Serves 4

INGREDIENTS

- 2 tbsp butter (Ghee) or coconut oil;
- 8 eggs;
- 1 large sweet potato, peeled and cut in slices;
- 2 sliced zucchinis;
- 1 sliced red bell pepper;
- 2 tbsp fresh parsley;
- Salt and pepper to taste.

INSTRUCTIONS

1. Heat a pan over a medium-low heat;
2. Add the oil and sweet potato slices and cook until soft, about 8 minutes;
3. Add the zucchini and red bell pepper slices and cook for another 4 minutes;
4. While it cooks, whisk the eggs in a bowl, making sure to incorporate a lot of air in the mixture;
5. Season the egg mixture with salt and pepper and add to the cooking veggies;
6. Cook on low heat until just set, about 10 minutes;
7. Finish the frittata until golden under a heated broiler.
8. Cut the finished frittata into wedges and serve with fresh parsley.

Additional Resources:

There are a growing number of apps for smart phones that can be very helpful in navigating food intolerances. The list below is for some of my favorites (though it is not comprehensive. Let me know if you find one you like better!

- **All I Can Eat:** lactose, fructose, histamine, gluten, sorbitol or salicylic acid intolerances; Search quickly for a specific food, browse certain categories such as beverages, fruits, dairy products, etc. or filter compatibilities by color. Easy to navigate. Can combine multiple food intolerances.

- **Healthy Out:** Search restaurants nearby for safe food options. Helpful for finding Gluten Free choices on menus. Will quickly supply you with available options. Does not offer histamine information.
- **Find Me Gluten Free:** This app helps you find restaurants that have gluten-free options as well as stores that contain gluten-free products. There are also average price indications so you can stay gluten-free within your budget. Read ratings from other users and share your own.
- **Food Intolerances:** The app Food Intolerances is a tool to help everyone who has to stick to a restricted diet because of food intolerances or allergies. Typical applications are: histamine intolerance, mastocytosis, fructose malabsorption, sorbitol intolerance, aspirin intolerance, gluten sensitivity, lactose intolerance or a low fodmap diet.

Online resources:

- oncemonthmeals.com: subscription service that can be tailored to low histamine and gluten free diets
- thelowhistaminechef.com: not all recipes may be gluten free; uses some ingredients that I don't recommend but mostly good information
- <https://www.pinterest.com/evankelly225/gluten-free-dairy-free-low-histamine-dinner-and-lu/>
- <https://www.pinterest.com/emgiv/low-histamine-diet/>
- <http://alisonvickery.com.au/the-paleo-diet-and-how-im-doing-it-low-histamine/> I agree with a lot of Alison Vickery's advice
- <http://www.freedible.com/going-low-histamine/724-getting-started-on-a-low-histamine-diet.html> Great starting place!
- <http://glutenfreeguidehq.com/68-essential-gluten-free-restaurant-menus-you-need-to-know/> Restaurant Gluten free menu guide. Start here and then look for lower histamine options from the choices allowed
- <http://glutenfreepassport.com/allergy-gluten-free-restaurants/>
- <http://glutenfreeguidehq.com/chain-restaurants/>