



LIVE THE  
**Smart**  
**Way**

*Gluten Free Cookbook*

Over **60** simply  
delicious recipes from  
the Smart Kitchen



Kathy   
Smart

*Healthy Living Consultant*

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**by  
Kathy Smart**



**FIRST EDITION 2011**  
**Smart Kitchen, Ottawa, Canada**

**Published in 2011 by**

Live the Smart Way • Ottawa

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[www.livethesmartway.com](http://www.livethesmartway.com)

Food Stylist: Trevor Smith

Food Photographer: James Park

Editor: Sandra MacInnis

Design and Art Direction: Answermen Ltd.

Chef Katie Richards, Sabha Jaleel,

Editorial Assistants: Linda Houle Roberts, Kathy Smart, Brad Smart,  
Ryan Latreille and Susan Latreille

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Printed in Canada—First Printing 2011

ISBN 978-0-9877003-0-8



## A Note from the Author

I have had multiple food allergies from the time I was 4 years old. Eating was more about ‘what could I eat?’ as opposed to what tasted good. I wanted to change that.

As I grew older I discovered that there were many people just like me with multiple food allergies and limited choices when it came to food. I decided to make a difference, to become part of the solution. I became a nutritionist so I could help others experience the improved quality of life that comes from eating foods that are good for you. Then I became a certified holistic chef so that I could create recipes with those wholesome foods that also TASTED GOOD!

Food is now all about tasting good. It isn’t just about whether I can eat it or not; now, it’s the best of both worlds. Please love and savour every bite—not only can you eat these recipes—they taste good and are good for you!

*From my kitchen to yours, join me—Live The Smart Way!*

\*Photo Credit: Jean Marc Carisse



## A Note from the Editor

Food. Sharing it is the one thing that is common across all cultures.

We use it to celebrate the milestones of our lives, to give us sustenance and comfort, to energize and revitalize us each day. In its simplest form, it is fuel, but shared with friends it is the vehicle through which those friendships grow, around the supper table food is a tool through which we love our families and finally it is the parenthesis around which we begin and end each day.

The love of food is a love of life and it is a passion I am grateful to share with my wonderful friend Kathy. I have always been an advocate of the healing qualities of good food, but through our friendship have learned to appreciate that food can be both good and good for you without sacrificing taste and texture. Kathy's gentle-fierce nature has also taught me that you can change your life if you change the way you live, and so now I live a little Smarter.

This cookbook is full of recipes through which you too can love your family and friends, providing them with sustenance for both body and soul, and helping them to live a little Smarter too.

*Sandra MacInnis has spent most of her adult life working in the hospitality sector, and her experience runs the gamut from fast food to fine dining. A 12 year progressive career path with Le Cordon Bleu developed her love for food into a passionate belief that the dinner table is central to everything truly important in the world. Sandra currently works as a Foodservice Consultant for Designed Food Systems Inc. in Ottawa, Canada.*

# Dedication

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*“All that I am, or hope to be, I owe to my angel mother.”*

Abraham Lincoln

I dedicate this cookbook to my mother. Words could never describe how much this woman has done to make this world a better place. She taught me gentleness, kindness, and above all else to love unconditionally and without judgement. I dedicate this book to her as it was she who first taught me to cook, who never tired of finding answers to my health problems, and who cooked to find recipes that I could eat.

*“Always add love to whatever you are cooking, honey,”* was her gentle advice.

*I always do, Mom. I love you!*



Kathy learning to cook - 3 years of age

## Acknowledgements

I didn't even know where to start for this acknowledgment page. I feel like I am at the Academy Awards! I would like to thank the heavens above for giving me a dream at a young age to make a difference in people's health. For my family—Mom, Dad, and Steven and the girls—for always knowing and telling me I was a miracle and I would achieve great things. For my grandmamma for teaching me how to cook pancakes before I could even speak full sentences. For my Uncle Larry who was a chef for 25 years who showed me that food could be beautiful! For Dr. Don Warren for seeing the potential in a little girl at 12 years of age and teaching her she could be whole again with proper nutrition. For Jennifer Steers for asking me 5 years ago if I ever thought of writing a cookbook. For my best friend Kelly who has been loving me and eating my food since we were 4! For my best friend and first client ever, Anne and her husband Alec, and Camille and Marie for not only giving me the best, honest food advice, but for also being the kindest, most wonderful friends ever. For Sandra MacInnis, for being such an instrumental part of this book, and the food world—staying up late editing, cooking and being my yoga girl. To Chef Katie Richard for editing on her weekends off, for Sabha whose constant support and friendship means so much. Thank you to Answermen for knowing what to do and being the creative geniuses that they are. To Ryan and Susan Latrielle for their support.

and attention to detail to help create a book we are all proud of! Last but not least to Brad—who is the love of my life and the best decision I have ever made. I love you sweetheart! We have come a long way baby!

*“For I know the plans I have for you... to give you a future and a hope...”*

*Jeremiah 29:11*

Kathy Smart, *PTS, RSNA, RNC, Holistic Chef*

## About Kathy

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Kathy is a registered nutritional consultant with the Canadian Examining Board of Health Care Practitioners, a Registered Sports Nutrition Advisor, a Holistic Teaching Chef with the Holistic Cooking Academy of Canada and a Registered Personal Fitness Trainer with the Canadian Association of Fitness Professionals.

With over 14 years experience in the health and fitness sectors, Kathy provides nutritional consultation and fitness instruction to clients. She is a nutritional consultant with Designed Food Systems Inc. developing specialty menus and recipe testing for commercial clients. Kathy is also an instructor for the Ottawa Carleton District School Board, where she teaches cooking classes focused on specialty diets and healthy living.

Kathy can be seen on Rogers Ottawa Daytime TV and A channel where she teaches, motivates and inspires others to live smarter by providing healthy recipes and healthy living tips. Kathy excels at menu specialization, recipe development and recipe modifications including gluten free, wheat free, dairy free and vegetarian/vegan options. In her planning she considers special needs including age, disease, gender and heredity. She has designed hundreds of personalized programs for clients with diabetes, arthritis, osteoporosis, heart disease and food allergies.

## Qualifications

- Applied Nutrition, Alive Academy of Natural Health, 2000
- Sports Nutrition, Alive Academy of Natural Health, 2004
- Registered Sports Nutrition Advisor, RSNA, 2004
- Anatomy and Physiology, Alive Academy of Natural Health, 2004
- Registered Nutritional Consultant, RNC, Canadian Examining Board of Health Care Professionals, 2006
- Biology, Alive Academy of Natural Health, 2007
- Registered Fitness Instructor Specialist, FIS, Canadian Fitness Professionals, 2007

- Personal Trainer Specialist, PTS, Canadian Fitness Professionals, 2004
- Holistic Cooking Academy of Canada, Holistic Teaching Chef, 2009 [www.holistic-cooking.com](http://www.holistic-cooking.com)
- Certificate of Plant Nutrition, eCornell University, 2011

## Foreword

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Every now and then you meet someone you just know will make a difference in life. Even young persons, who have not set the course for their lives will often reveal something in their character and personality that stands out, and you say to yourself... “Wait and see! This person is certain to make an impact with her life.”

And so it has been with Kathy Smart. Taking challenges which she experienced as a young person with her health and eating, she has transformed those challenges into something positive and of benefit to many through her training, professional work and through her writing. This book is one of those positive “outcomes” that will benefit anyone who has struggled with how to make eating fun again when gluten has been identified as a food sensitivity.

Every day in my practice, I see children as well as adults whose health has been negatively impacted by the foods they eat. Unknowingly they are eating foods that their body does not tolerate well, often with significant health consequences. Once the food intolerances have been identified, and the diet is changed, often remarkable changes happen in the health of the child or adult.

One of the difficulties in making changes in one’s diet is to find foods and recipes that are both nutritious and that please the taste buds. Kathy has accomplished this in her present cookbook. Not only has she given wonderful recipes based on her training as a nutritionist and chef, she has also laid out additional facts that inform the reader of the various attributes of the recipe (the “accolades” and nutritional analysis) and has also provided “Smart Facts” that give a rationale as to why the ingredients of the recipe are good for you. This cookbook will be welcome by those looking for a way to make eating enjoyable and nutritious while eliminating those foods that don’t agree. It certainly has my recommendation.

## Don Warren, N.D.

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*Don Warren is a Naturopathic Doctor with a family practice in Ottawa, Ontario. During his career as a doctor of naturopathic medicine, he has served as the president of the Canadian College of Naturopathic Medicine and is the immediate past president of the Council on Naturopathic Medical Education, the U.S. federally recognized accrediting agency for naturopathic medical education. He was a founding member of the Academic Consortium for Complementary and Alternative Medicine (educators from the accredited and licensable CAM professions) and is a senior editor of a soon to be published textbook on naturopathic medicine. For several years, has been teaching in East Africa and is the founder of the Rwanda Selenium Supplementation trial. Don lives with his wife Barbara on the organic farm near Manotick. Eleven grandchildren keep them young and smiling.*



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## **10 Smart Tips**



10 Smart Tips to your healthiest year yet! I am often asked what would be my top 10 tips to living the Smart Way. After much thought over a cup of green tea, this is my top 10!

- **Smile—everyday and often.**
- **Take vitamin D daily. 1 tablespoon of cod liver oil with added vitamin D will do wonders!**
- **Breathe deeply at every moment.**
- **Move more. Aim to get 10, 000 steps per day!**
- **Forgive over and over.**
- **Eat less; chew more.**
- **Judge less; accept more.**
- **De-clutter your life from negative people, negative things and bad food.**
- **Eat protein at breakfast every day.**
- **Be grateful.**

This cookbook is designed for those people who have several food sensitivities or food allergies. Each recipe has a “Recipe Highlights” section that points out specific recipe attributes that are defined in the back of this book. Each recipe has also been carefully analyzed and a complete nutritional breakdown has been done for those needing to calculate the fibre, carbohydrate and protein intake. We have also included a “Smart Facts” section for those that like a little information about the benefits or attributes about a certain ingredient.

Each recipe has been meticulously tested and retested for quality and consistency by friends, family, nutritionists and chefs alike.

As I have a passion for both food and the environment, whenever possible  
I use fresh, local ingredients from our local farmers' markets and local  
stores. If I can inspire you to do the same and even plant a little herb  
garden—you won't regret it. The taste and quality of organic meats, eggs,  
vegetables and fruits will surpass your expectations!

May you enjoy this cookbook as much as I have enjoyed writing it!

May you be blessed with peace, abundance and happy cooking!



Breakfast truly is the most important meal of the day. A balanced breakfast will set the stage for your day, increasing your energy and your metabolism. Enjoy these balanced breakfast recipes.



## List of recipes:

- **Dark Chocolate Breakfast Cupcakes**
- **Flourless Cranberry Breakfast Muffins**
- **High Protein Pancakes**
- **Iron Rich Breakfast Mix**
- **Kathy's Breakfast Parfait**
- **Lemon Poppy Seed Muffins**
- **Peaches and Cream Steel Cut Oats**
- **The Ultimate Granola**





## Dark Chocolate Breakfast Cupcakes

These muffins are a definite hit wherever you may serve them. The ground almonds and whole eggs give a protein punch! This is a great way to get children to eat breakfast—a chocolate cupcake! *Serves 12*

### Ingredients

- **¾ cup dark chocolate chips**
- **½ cup unsweetened applesauce**
- **½ cup butter or coconut oil**
- **4 whole eggs—separate whites and yolks**
- **½ cup pure maple syrup**
- **1 teaspoon vanilla extract**
- **½ teaspoon sea salt**
- **1½ cups ground almonds**
- **5 tablespoons gluten free flour blend**
- **2 teaspoons gluten free baking powder**

#### **Glaze:**

- **½ cup melted dark chocolate chips**
- **¼ cup agave nectar**
- **2 tablespoons brown rice syrup**
- **1 teaspoon vanilla extract**

## **Directions**

Preheat oven to 350°F.

Melt chocolate chips, applesauce and butter/coconut oil over low heat.

Beat egg yolks with ¼ cup of the maple syrup and set aside.

Combine the melted chocolate mixture and egg yolk-maple syrup mixture together. Stir in ground almonds, vanilla extract, baking powder, sea salt and flour.

Beat 4 egg whites with the remaining ¼ cup of maple syrup until stiff. Fold into the above mixture.

**Smart Facts**

Eating chocolate triggers the production of endorphins in the body which results in a feeling of happiness! Dark chocolate also contains appetite suppressant properties which help curb your appetite and cravings. Enjoy the hit of happiness and curb your cravings with these cupcakes!

## RECIPE HIGHLIGHTS

No Added Refined Sugars

Vegetarian

High in Protein

### Nutritional Analysis

Amount Per Serving	
Calories	224.39
Total Fat	15.81 g
Saturated Fat	6.6 g
Cholesterol	77.86 mg
Sodium	187.64 mg
Potassium	134.26 mg
Total Carbohydrates	18.91 g
Fibre	2.21 g
Sugar	7.4 g
Protein	4.79 g

Grease a muffin tin or line with muffin cups and fill each muffin tin until about  $\frac{3}{4}$  full.

Bake for 20 minutes or until toothpick comes out clean.

