



## Special Diet Recipes – March 2024

### Gluten-Free Egg Muffins

36 frozen potato tots	Salt and pepper
Cooking spray	1 cup cubed ham
8 eggs	1 Roma tomato, chopped
2 Tablespoons of milk (dairy or non-dairy) or water	1 green bell pepper, chopped
	½ cup onion, chopped

Preheat oven to 400°F. Place frozen potato tots on a dish and microwave for 1 to 2 minutes to defrost and soften. Spray regular size muffin pan with cooking spray. Place 3 potato tots in each muffin tin. Press down and smash the potatoes to make a crust. Bake for 10 minutes. Lower oven temperature to 350°F and remove pan from the oven. In a large measuring cup or small, bowl whisk eggs. Add milk to the eggs and salt and pepper to taste. Sprinkle fillings on top of the tater tots. Pour egg mixture on top of the fillings evenly. Bake for 20 minutes. Allow to cool a little before removing them from the muffin pan.

### Gluten-Free Lemon Squares (peanut-free)

#### **For the shortbread crust:**

1 cup butter (2 sticks), softened to room temperature  
½ cup sugar  
2 tsp. vanilla  
2 cups gluten-free flour blend with binder  
¼ tsp. salt

#### **For the lemon filling:**

Zest of 2 lemons  
¾ cup fresh lemon juice (3 to 4 lemons)  
4 large eggs  
1½ cups sugar  
½ cup gluten-free flour  
Powdered sugar, for dusting

**For the crust:** Preheat oven to 350°F. Line a 9x13-inch baking pan with parchment paper then set aside. To the bowl of an electric mixer, or a large glass bowl if using a handheld mixer, add softened butter, sugar, and vanilla then beat until smooth. Add flour and salt then beat until combined. Scoop dough into prepared baking dish then spread into an even layer with your hands. Use a fork to poke shallow holes all over the top, all the way to the edges, and then bake until the edges are just barely turning golden brown about 20 minutes. Remove crust from oven then let cool for at least 30 minutes.

**For the filling:** While the crust is cooling, add lemon zest, lemon juice, and eggs to a large bowl then whisk to combine. Add sugar and flour then whisk for 1 minute. Pour over partially cooled crust then bake until the center is set and no longer jiggly about 30 to 35 minutes. Allow lemon bars to cool completely then use the parchment paper to lift bars out of the baking pan. Slice into small squares then dust with powdered sugar and serve. Store covered on the counter or in the refrigerator for 2 to 3 days.

### **Gluten-Free Sausage and Peppers (nut-free, dairy-free)**

14 oz. kielbasa, cut up	1 yellow bell pepper, sliced
2 Tbsp. olive oil	1 cup corn or other vegetables
1 large, sweet onion, sliced	Carne asada seasoning (can also use taco or fajita seasoning)
4 cloves garlic, minced	Corn tortillas
1 red bell pepper, sliced	
1 green bell pepper, sliced	

Add olive oil to skillet over medium-high heat. Stir in onions and cook for 2 minutes. Add kielbasa and cook covered stirring occasionally until onions are translucent. Add garlic, mix in bell peppers, and season with seasoning of your choice. Cover and continue to cook stirring occasionally until peppers and onions are tender, 5 to 7 minutes. Serve hot with warm corn tortillas.

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