



EatingWell Healthy Eggplant Recipes

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Roasted Eggplant & Feta Dip

Makes: 12 servings, about ¼ cup each

Active time: 40 minutes **Total:** 40 minutes

To make ahead: Cover and refrigerate for up to 2 days.

☐ Heart Health ☐ Diabetes ☒ Weight Loss ☒ Gluten Free

This roasted eggplant and feta dip gets a kick from a fresh chile pepper and cayenne pepper. There are countless variations on this classic Greek dip. Out-of-season eggplant or eggplant that has been heavily watered often has an abundance of seeds, which make the vegetable bitter. Be sure to taste the dip before you serve it; if it's a touch bitter, you can remedy that with a little sugar. Serve with toasted pita crisps or as a sandwich spread.

1 medium eggplant (about 1 pound)

2 tablespoons lemon juice

¼ cup extra-virgin olive oil

½ cup crumbled feta cheese, preferably Greek

½ cup finely chopped red onion

1 small red bell pepper, finely chopped

1 small chile pepper, such as jalapeño, seeded and minced (optional)

2 tablespoons chopped fresh basil

1 tablespoon finely chopped flat-leaf parsley

¼ teaspoon cayenne pepper, or to taste

¼ teaspoon salt

Pinch of sugar (optional)

1. Position oven rack about 6 inches from the heat source; preheat broiler.

2. Line a baking pan with foil. Place eggplant in the pan and poke a few holes all over it to vent steam. Broil the eggplant, turning with tongs every 5 minutes, until the skin is charred and a knife inserted into the dense flesh near the stem goes in easily, 14 to 18 minutes. Transfer to a cutting board until cool enough to handle.

3. Put lemon juice in a medium bowl. Cut the eggplant in half lengthwise and scrape the flesh into the bowl, tossing with the lemon juice to help prevent discoloring. Add oil and stir with a fork until the oil is absorbed. (It should be a little chunky.) Stir in feta, onion, bell pepper, chile pepper (if using), basil, parsley, cayenne and salt. Taste and add sugar if needed.

Per serving: 75 calories; 6 g fat (2 g sat, 4 g mono); 6 mg cholesterol; 4 g carbohydrate; 0 g added sugars; 2 g protein; 2 g fiber; 129 mg sodium; 121 mg potassium.

Nutrition bonus: Vitamin C (18% daily value).

Eggplant Parmesan Pizza

Makes: 4 servings

Active time: 20 minutes **Total:** 35 minutes

☒ Heart Health ☐ Diabetes ☐ Weight Loss ☐ Gluten Free

Eggplant Parm is spun into a pizza with grilled eggplant, marinara, fresh basil and Parmigiano-Reggiano cheese.

- 1 small eggplant (about 12 ounces)
- Yellow cornmeal for dusting
- 1 pound Easy Whole-Wheat Pizza Dough (eatingwell.com) or other prepared dough
- $\frac{3}{4}$ cup prepared marinara sauce
- 2 tablespoons chopped fresh basil
- 1 medium clove garlic, minced
- $\frac{3}{4}$ cup thinly shaved Parmigiano-Reggiano cheese (see *Tips*)

1. Preheat grill to medium-high. (For charcoal grilling or an oven variation, see *Tips*.)
2. Cut eggplant into $\frac{1}{2}$ -inch thick rounds. Grill, turning once, until marked and softened, 4 to 6 minutes. Let cool slightly, then thinly slice into strips. Reduce heat to low.
3. Sprinkle cornmeal onto a pizza peel or large baking sheet. Roll out the dough (see *Tips*) and transfer it to the prepared peel or baking sheet, making sure the underside of the dough is completely coated with cornmeal.
4. Slide the crust onto the grill rack; close the lid. Cook until lightly browned, 3 to 4 minutes.
5. Using a large spatula, flip the crust. Spread marinara sauce on the crust, leaving a 1-inch border. Quickly top with the eggplant, basil and garlic. Lay the Parmigiano-Reggiano shavings on top.
6. Close the lid again and grill until the cheese has melted and the bottom of the crust has browned, about 8 minutes.

Per serving: 359 calories; 7 g fat (3 g sat, 1 g mono); 12 mg cholesterol; 59 g carbohydrate; 16 g protein; 9 g fiber; 713 mg sodium; 416 mg potassium.

Nutrition bonus: Folate (45% daily value), Calcium & Iron (20% dv), Magnesium (17% dv).

Tips:

To roll out pizza dough: When you're ready to get your pizzas on the grill, turn the dough out onto a lightly floured surface. Dust the top with flour; dimple with your fingertips to shape into a thick, flattened circle—don't worry if it's not perfectly symmetrical. Then use a rolling pin to roll into a circle about 14 inches in diameter.

Pizza on a charcoal grill: Light 6 quarts (about 1 large chimney starter full) of charcoal and burn until the coals are mostly white, about 20 minutes. Spread the coals in an even layer. Place a grate over the coals. Let the coals burn until they are about medium-low. (Grill any toppings for the pizza while the coals are burning down.) To test the heat, hold your palm about 5 inches above the grill rack; if you can hold it there for about 8 seconds before you need to move it away, the fire is medium-low. Transfer the crust to the grill rack, cover the grill and cook the crust, checking once or twice, until lightly browned, 3 to 4 minutes. Flip the crust, quickly add the toppings, cover the grill and cook until the toppings are hot and the bottom of the crust has browned, 5 to 8 minutes. If your crust browns faster than your toppings are cooking, slide a baking sheet under the pizza to keep the crust from burning while the toppings finish.

Pizza in the oven: Place a pizza stone on the lowest rack; preheat oven to 450°F for at least 20 minutes. Roll out the dough and place on a cornmeal-dusted pizza peel or inverted baking sheet, using enough cornmeal so that the dough slides easily. Slide the dough onto the preheated stone and cook until the bottom begins to crisp, about 3 minutes. Remove the crust from the oven using a large spatula and place it uncooked-side down on the peel or baking sheet, making sure the underside of the crust is completely coated with cornmeal. Quickly add the toppings and slide the pizza back



onto the stone. Continue baking until the toppings are hot and the bottom of the crust has browned, 12 to 15 minutes.

Individual variation: The dough can be turned into 4 or 6 personal-size pizzas.

After kneading, divide the dough into 4 or 6 equal balls. Brush with oil and place 3 inches apart on a baking sheet. Cover and set aside until doubled in size, about 1 hour. Roll each portion into a 6-to-8-inch circle.



Spiced Eggplant-Lentil Salad with Mango

Makes: 4 servings, about 2 cups each

Active time: 45 minutes **Total:** 45 minutes

To make ahead: Prepare through Step 3, cover and refrigerate for up to 1 day.

☒ Heart Health ☐ Diabetes ☐ Weight Loss ☒ Gluten Free

Spiced eggplant, lentils and mangoes combine deliciously in this Indian-inspired vegetarian salad. Customize the spiciness of this by choosing mild, medium or hot versions of salsa, chili powders and curry powder. The flavor is even better when the salad is prepared ahead. (Recipe by Nancy Baggett for EatingWell.)

- 4 tablespoons peanut oil or olive oil, divided
- 2½ teaspoons chili powder, divided
- 2½ teaspoons curry powder, divided
- 2 medium eggplants (¾ pound each), trimmed and cut into 1-inch cubes
- ⅓ cup lemon or lime juice, plus more if desired
- ¼ cup prepared salsa
- ¼ cup honey
- ¼ teaspoon salt
- ¼ teaspoon freshly ground pepper, plus more to taste
- 1½ cups cooked lentils (see *Tips*) or one 15-ounce can, rinsed
- 2 bunches scallions, coarsely chopped (reserve 2 tablespoons for garnish)
- 4 cups torn romaine lettuce
- 2 large ripe mangoes, peeled and diced (see *Tips*)
- ¼ cup coarsely chopped roasted peanuts or cashews
- ¼ cup chopped fresh cilantro

1. Preheat oven to 500°F.

2. Combine 1 tablespoon oil with 2 teaspoons each chili powder and curry powder in a large bowl. Add eggplant and toss well. Spread the eggplant on a large, rimmed baking sheet. Roast, stirring once halfway through, until tender, about 15 minutes.

3. Thoroughly combine the remaining 3 tablespoons oil, remaining ½ teaspoon each chili powder and curry powder, ⅓ cup lemon (or lime) juice, salsa, honey, salt and pepper in a large bowl. Add the roasted eggplant, lentils and scallions; gently toss to combine. Taste and season with more pepper and/or lemon (or lime) juice, if desired.

4. Serve the salad on a bed of romaine, topped with mango, nuts, cilantro and the reserved 2 tablespoons scallions.

Per serving: 485 calories; 20 g fat (3 g sat, 9 g mono); 0 mg cholesterol; 75 g carbohydrate; 17 g added sugars; 13 g protein; 16 g fiber; 275 mg sodium; 1,051 mg potassium.

Nutrition bonus: Vitamin A (119% daily value), Vitamin C (102% dv), Folate (70% dv), Potassium (30% dv), Iron (28% dv), Magnesium (24% dv).

Tips:

To cook lentils, combine ½ cup red or brown lentils in a medium saucepan with 1½ cups water. Bring to a boil over medium-high heat; reduce heat so the lentils boil gently, cover and cook, stirring occasionally, until just tender, 12 to 18 minutes (red lentils cook more quickly than brown). Makes 1½ cups.

To peel and dice a mango, slice both ends off the mango, revealing the long, slender seed inside. Set the fruit upright on a work surface and remove the skin with a sharp knife. With the seed perpendicular to you, slice the fruit from both sides of the seed, yielding two large pieces. Turn the seed parallel to you and slice the two smaller pieces of fruit from each side. Dice into desired size.

Pork & Shrimp Stuffed Eggplant

Makes: 6 servings, ½ eggplant & about ½ cup sauce each

Active time: 1½ hours **Total:** 1½ hours

☐ Heart Health ☒ Diabetes ☒ Weight Loss ☒ Gluten Free

The Thai-inspired pork-and-shrimp filling for this stuffed eggplant recipe is generously seasoned with lemongrass and green curry.

Eggplant & Stuffing

- 3 eggplants (1-1¼ pounds each)
- 2 tablespoons plus 1 teaspoon peanut or canola oil, divided
- 1 tablespoon minced fresh ginger
- 1 tablespoon minced garlic
- 1 tablespoon finely chopped jalapeño pepper
- 2 teaspoons finely chopped lemongrass
- ½ cup chopped scallions
- ¼ cup finely chopped cilantro stems (save leaves for sauce & garnish)
- 1 pound lean ground pork
- 6 ounces peeled raw shrimp, coarsely chopped
- 1 cup cooked brown jasmine rice
- 2 tablespoons Thai green curry paste (see Tip)
- 1 tablespoon fish sauce
- 1 teaspoon dark brown sugar
- 1 teaspoon freshly grated lime zest
- 1 large egg, lightly beaten

Sauce

- 2 teaspoons peanut oil or canola oil
- ¼ cup finely chopped shallots
- ¼ cup finely chopped scallion, white part only
- 2 teaspoons minced garlic
- 1 teaspoon minced fresh ginger
- 1 tablespoon Thai green curry paste
- 1 13-ounce can “lite” coconut milk
- 3 tablespoons lime juice
- 1 tablespoon fish sauce
- 2 teaspoons dark brown sugar
- ¼ cup whole cilantro leaves

1. Preheat oven to 400°F.

2. **To prepare eggplant:** Halve eggplants

lengthwise, keeping stems intact. Using a paring knife, score the cut sides in a criss-cross pattern, taking care not to cut into the skin. Brush the cut sides with 1½ tablespoons oil. Place the eggplants cut-side down in a large roasting pan. Brush the skins with ½ tablespoon oil.

3. Bake for 15 minutes. Turn eggplants over and bake until the flesh is quite tender, 15 to 20 minutes more; remove from the oven. Reduce temperature to 350°.

4. **To prepare stuffing & stuff eggplant:** Meanwhile, heat the remaining 1 teaspoon oil in a small skillet over medium heat. Add ginger, garlic, jalapeño and lemongrass; cook, stirring, for 2 minutes. Add scallions and cilantro stems; cook, stirring, 1 minute more. Transfer to a medium bowl.

5. When the eggplants are cool enough to handle, scoop out the pulp, leaving about ¼ inch of pulp in the skin. Chop the eggplant pulp; add to the bowl. Stir in pork, shrimp, rice, 2 tablespoons curry paste, fish sauce, brown sugar, lime zest and egg. Return eggplants to the roasting pan. Mound about 1 cup stuffing into each.

6. Bake the eggplants until the stuffing is firm and registers 165°F on an instant-read thermometer, about 30 minutes.

7. **To prepare sauce:** Meanwhile, heat 2 teaspoons oil in a small saucepan over medium heat; stir in shallots, scallion whites, garlic and ginger; cook, stirring, until soft, about 3 minutes. Add 1 tablespoon curry paste and cook, stirring, for 1 minute. Pour in coconut milk, 3 tablespoons lime juice, fish sauce and 2 teaspoons brown sugar. Bring to a simmer.

8. When the eggplants are done, pour the sauce over them and bake 5 minutes more. Serve garnished with cilantro leaves.

Per serving: 378 calories; 17 g fat (6 g sat, 4 g mono); 111 mg cholesterol; 36 g carbohydrate; 2 g added sugars; 24 g protein; 6 g fiber; 748 mg sodium; 583 mg potassium.

Nutrition bonus: Magnesium & Vitamin C (18% daily value).

Carbohydrate servings: 2

Exchanges: ½ starch, 4 vegetable, 3 lean meat, 2 fat

Tip: Look for prepared Thai green curry paste—a fiery mixture of green chiles and Thai seasonings—in the Asian section of large supermarkets. The heat and salt levels vary depending on brand. Be sure to taste as you go.





Grilled Eggplant & Portobello Sandwich

Makes: 4 servings

Active time: 25 minutes **Total:** 25 minutes

☒ Heart Health ☒ Diabetes ☒ Weight Loss ☐ Gluten Free

Looking for a vegetarian option for your next cookout? This grilled eggplant and portobello sandwich is our answer. For extra flavor, we top it with slices of garden-fresh tomato and spicy arugula. Serve with a mixed green salad.

- 1 small clove garlic, chopped
- ¼ cup low-fat mayonnaise
- 1 teaspoon lemon juice
- 1 medium eggplant (about 1 pound), sliced into ½-inch rounds
- 2 large or 3 medium portobello mushroom caps, gills removed (see Tip)
- Canola or olive oil cooking spray
- ½ teaspoon salt
- ½ teaspoon freshly ground pepper
- 8 slices whole-wheat sandwich bread, lightly grilled or toasted
- 2 cups arugula or spinach, stemmed and chopped if large
- 1 large tomato, sliced

1. Preheat grill to medium-high.

2. Mash garlic into a paste on a cutting board with the back of a spoon. Combine with mayonnaise and lemon juice in a small bowl. Set aside.

3. Coat both sides of eggplant rounds and mushroom caps with cooking spray and season with salt and pepper. Grill the vegetables, turning once, until tender and browned on both sides: 2 to 3 minutes per side for eggplant, 3 to 4 minutes for mushrooms. When cool enough to handle, slice the mushrooms.

4. Spread 1½ teaspoons of the garlic mayonnaise on each piece of bread. Layer the eggplant, mushrooms, arugula (or spinach) and tomato slices onto 4 slices of bread and top with the remaining bread.

Per serving: 209 calories; 3 g fat (0 g sat, 1 g mono); 0 mg cholesterol; 37 g carbohydrate; 4 g added sugars; 10 g protein; 9 g fiber; 696 mg sodium; 781 mg potassium.

Nutrition bonus: Potassium (22% daily value), Folate (20% dv), Magnesium & Vitamin C (18% dv).

Carbohydrate servings: 2

Exchanges: 2 starch, 2 vegetable, ½ fat

Tip: The dark gills found on the underside of a portobello mushroom cap are edible, but can turn a dish an unappealing gray/black color. Gently scrape the gills off with a spoon.

Eggplant Pomodoro Pasta

Makes: 6 servings

Active time: 35 minutes **Total:** 35 minutes

☒ Heart Health ☒ Diabetes ☒ Weight Loss ☐ Gluten Free

Diced eggplant turns tender and tasty sautéed with garlic and olive oil. Toss with fresh plum tomatoes, green olives and capers and you have a simple light summer sauce. We like it over angel hair pasta, but any type of pasta will work. Serve with freshly grated Parmesan cheese and a mixed green salad.

2 tablespoons extra-virgin olive oil

**1 medium eggplant (about 1 pound),
cut into ½-inch cubes**

2 cloves garlic, minced

4 plum tomatoes, diced

⅓ cup chopped pitted green olives

2 tablespoons red-wine vinegar

4 teaspoons capers, rinsed

¾ teaspoon salt

½ teaspoon freshly ground pepper

**¼ teaspoon crushed red pepper
(optional)**

12 ounces whole-wheat angel hair pasta

¼ cup chopped fresh parsley or basil

1. Put a pot of water on to boil.

2. Heat oil in a large nonstick skillet over medium heat. Add eggplant and cook, stirring occasionally, until just softened, about 5 minutes. Add garlic and cook, stirring, until fragrant, 30 seconds to 1 minute. Add tomatoes, olives, vinegar, capers, salt, pepper and crushed red pepper (if using) and cook, stirring, until the tomatoes begin to break down, 5 to 7 minutes more.

3. Meanwhile, cook pasta in boiling water until just tender, about 6 minutes or according to package directions. Drain and divide the pasta among 6 shallow bowls. Spoon the sauce over the pasta and sprinkle parsley (or basil) on top.

Per serving: 282 calories; 7 g fat (1 g sat, 5 g mono); 0 mg cholesterol; 50 g carbohydrate; 0 g added sugars; 10 g protein; 11 g fiber; 467 mg sodium; 419 mg potassium.

Nutrition bonus: Magnesium (25% daily value), Vitamin C (18% dv), Iron (17% dv), Folate (15% dv).

Carbohydrate servings: 2½

Exchanges: 3 starch, 1 vegetable, 1 fat





Grilled Eggplant & Tomato Stacks

Makes: 6 servings

Active time: 25 minutes **Total:** 25 minutes

To make ahead: Prepare through Step 2, cover and refrigerate for up to 1 day. Bring to room temperature before serving.

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You can grill the eggplant rounds up to a day in advance, then assemble the eggplant, tomato and mozzarella “stacks” at the last minute. To make the eggplant and tomato stacks look symmetrical, use eggplant and tomatoes with approximately the same diameter.

2 teaspoons plus 1 tablespoon extra-virgin olive oil, divided

1 medium eggplant (¾-1 pound), cut into 6 rounds about ½ inch thick

½ teaspoon coarse salt, divided

6 teaspoons prepared pesto

2 large beefsteak tomatoes, each cut into 3 slices about ¾ inch thick

4 ounces fresh mozzarella, cut into 6 thin slices

6 fresh basil leaves

1 tablespoon balsamic vinegar

¼ teaspoon freshly ground pepper

1. Preheat grill to medium-high or place a grill pan over medium-high heat until hot.

2. Use 2 teaspoons oil to brush both sides of eggplant slices; sprinkle with ¼ teaspoon salt. Grill the eggplant slices for 5 minutes. Turn; continue grilling until tender and marked with grill lines, 3 to 5 minutes more. Transfer to a large platter.

3. Spread each eggplant slice with 1 teaspoon pesto. Top with a slice of tomato, a slice of mozzarella and a basil leaf.

4. Drizzle vinegar and the remaining 1 tablespoon oil over the towers; sprinkle with the remaining ¼ teaspoon salt and pepper.

Per serving: 145 calories; 11 g fat (4 g sat, 6 g mono); 17 mg cholesterol; 7 g carbohydrate; 0 g added sugars; 6 g protein; 3 g fiber; 323 mg sodium; 309 mg potassium.

Nutrition bonus: Vitamin C (15% daily value).

Carbohydrate servings: ½

Exchanges: 1 vegetable, ½ high-fat meat, 1 fat

Baked Stuffed Eggplant

Makes: 4 servings

Active time: 30 minutes **Total:** 1¼ hours

To make ahead: Loosely cover and refrigerate for up to 3 days.

✓ Heart Healthy ✓ Diabetes ✓ Weight Loss ✓ Gluten Free

These stuffed eggplants are filled with peppers, onion, garlic and tomatoes. Serve it along with olives, hummus, warm pita and tabbouleh for a fantastic vegetarian feast.

- 2 small-to-medium Italian eggplants (6-8 inches long, 10-12 ounces each)
- 3 tablespoons plus 2 teaspoons extra-virgin olive oil, divided
- 1 teaspoon salt, divided
- 1 large onion
- 2 cloves garlic
- 1 large green bell pepper, cut lengthwise into quarters
- 3 plum tomatoes
- ½ cup plus 3 tablespoons chopped flat-leaf parsley, divided
- 1 teaspoon sugar
- 2 bay leaves
- Lemon wedges for serving

1. Preheat oven to 400°F. Coat a large roasting pan with cooking spray.
2. Remove leaves from eggplants, but leave the stems on. Cut the eggplants in half lengthwise, through the stem. Using a small sharp knife, make a deep slit lengthwise down the flesh side of each eggplant half: start about 1 inch below the stem and stop about 1 inch from the bottom. Do not cut completely through the skin.
3. Brush the eggplant all over with 2 tablespoons oil. Sprinkle the eggplant flesh with ¼ teaspoon salt. Place cut-side down in the prepared roasting pan. Bake for 15 minutes.

4. Meanwhile, quarter and thinly slice onion. Finely chop garlic. Thinly slice 1 bell pepper quarter and set aside; dice the remaining pepper. Cut 1 tomato into 4 wedges and set aside; dice the remaining 2 tomatoes.

5. Heat 1 tablespoon oil in a large nonstick skillet over medium-high heat. Add onion and garlic; cook, stirring, for 1 minute. Add the diced bell pepper, the diced tomatoes, ½ cup parsley, sugar, bay leaves and the remaining ¾ teaspoon salt. Cook, stirring, for 3 minutes. Remove from heat; discard bay leaves.

6. After the eggplant has baked for 15 minutes, remove from the oven. Carefully turn each eggplant half over and use 2 spoons to open and widen the slits. Stuff the slits with the vegetable mixture, pressing it down gently. Place a wedge of tomato in the middle of each half; evenly divide the reserved sliced pepper among the halves.

7. Add ¼ inch hot water to the roasting pan. Drizzle the eggplant with the remaining 2 teaspoons oil. Bake 30 minutes more.

8. Let cool for at least 15 minutes. Serve warm or cool completely, refrigerate and serve cold. Garnish with the remaining 3 tablespoons parsley and lemon wedges.

Per serving: 192 calories; 13 g fat (2 g sat, 10 g mono); 0 mg cholesterol; 18 g carbohydrate; 1 g added sugars; 3 g protein; 7 g fiber; 595 mg sodium; 632 mg potassium.

Nutrition bonus: Vitamin C (103% daily value), Vitamin A (29% dv), Potassium (18% dv), Folate (17% dv).

Carbohydrate servings: 1

Exchanges: 2 vegetable, 3 fat



About EatingWell

The EatingWell mission is to provide the inspiration and information people need to make healthy eating a way of life.

- We deliver delicious, simple recipes that meet stringent guidelines for taste, nutrition and dependability, recipes easily replicated by home cooks.
- We report on the latest nutrition and health news, providing the practical, science-based answers consumers are looking for.
- We examine the connections among food, its origins and its impact on communities.
- We encourage people to make informed, mindful decisions about how they eat and to celebrate the joys of food.

EatingWell reaches millions of consumers through the award-winning *EatingWell* Magazine, www.EatingWell.com, EatingWell cookbooks and licensing partners that trust EatingWell to provide healthy recipes, how-to instruction, diet and nutrition articles and custom healthy-eating solutions.

We hope you enjoy our recipes and feel informed and inspired to make healthy eating *your* way of life!

About EatingWell health tags

A recipe checked...



has limited saturated fat.



is low in calories and meets limits for Carbohydrate Servings.



has reduced calories (and limited saturated fat).



does not contain wheat, rye, barley or oats.

(Many processed foods, such as broths, soy sauce and other condiments, may contain hidden sources of gluten. If a recipe calls for a packaged [e.g., canned] ingredient, we recommend that you carefully read the label to make sure you pick a brand that does not contain a hidden source of gluten. Also, please note that while a recipe may be marked “Gluten Free,” the serving suggestions that accompany it may contain gluten.)