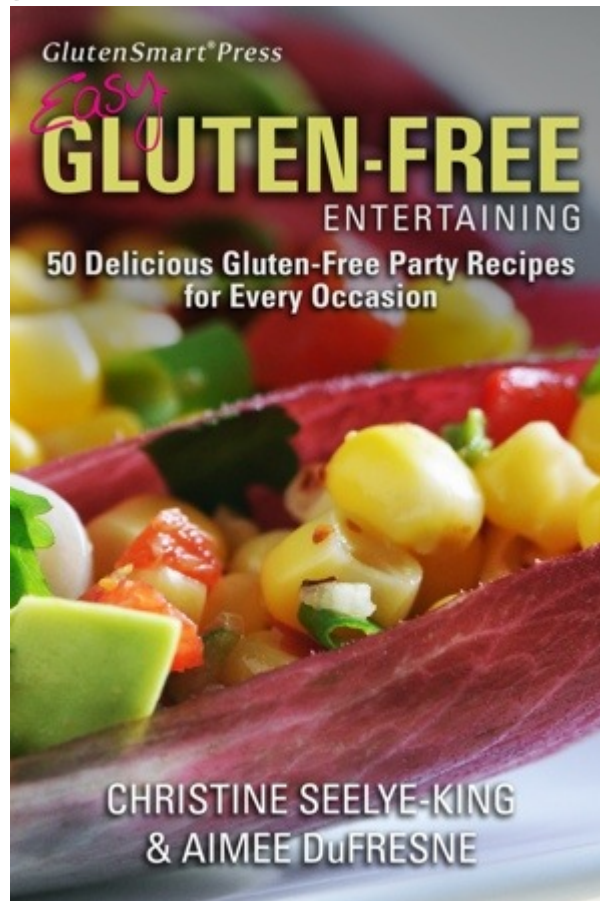


Bonus Recipes For Easy Gluten-Free Entertaining



6 Additional Delicious Gluten-Free Party Recipes For Every Occasion

Christine Seelye-King

Aimee DuFresne

GlutenSmart Press

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Praise for Easy Gluten-Free Entertaining

*“Yay! A cookbook that addresses many different food allergies and intolerances through easy-to-follow recipes. Hosting an intimate dinner party? Aiming to please a pile of picky preschoolers? Whatever the case might be, **Easy Gluten-Free Entertaining** offers wheat free solutions for your entire menu.”*

—Sagdrina Jalal

Fit Is The NEW 40! [Fit Is The NEW 40!](#)

“The variety of recipes in this book is amazing! Whether you are throwing a party, trying to come up with something unique and interesting for dinner, or if you just want to make a dish that’s tasty and simple, you can find it here! I’ve only been gluten-free for a few months, but I will definitely refer to this cookbook when I need creative meal ideas for entertaining. The recipes focus on fresh, wholesome ingredients and that’s ideal for me and my family. Thank you Christine and Aimee for making gluten-free so delicious and so do-able!”

—Desiree Peoples

[MommyReporter.com](#)

Easy Gluten-Free Entertaining Cookbook



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Chard Salad with Lemon Garlic Dressing



by Aimee DuFresne

Gluten-free, Grain-free, Vegetarian

Leafy greens are nutritional powerhouses. While kale has become very popular recently, there are less well-known leafy greens that are just as delicious and perhaps even more nutritious. One example of this is chard (also known as Swiss chard). Chard is considered one of the most nutritious vegetables in the world. It is packed with phytonutrients and antioxidants and is high in calcium, magnesium, dietary fiber and protein.

Chard has a mild taste, which makes it an easy and delicious addition to your diet. While the leaves are always green, the color of the stems vary from deep reds to vibrant yellows and bright whites.

This simple and delicious salad is the perfect starter or side dish to main meal. The dressing takes only minutes to make. I like to arrange the salad so it looks like a beautiful nest with the eggs nestled in the center. A perfect spring dish.



Ingredients

- 1 large bunch of Swiss chard, stems removed
- 4-6 hard-boiled eggs
- ¼ cup lemon juice
- ¾ cup extra virgin olive oil
- 2 garlic cloves, minced
- ¼ teaspoon salt
- 2 teaspoon honey

Preparation and Instructions

1. De-stem the chard by placing the leaf front side down. Cut alongside the stem with your knife to remove the leaf from stem.
2. Discard the stems and place the leaves one on top of the other. Roll the leaves from top to bottom and begin slicing with your knife from one end to the other, making the leaves into fine ribbons.
3. Place leaves into the bowl and set aside.
4. Combine lemon juice garlic cloves, salt, honey and olive oil in blender until thoroughly combined.
5. Lightly dress the chard leaf ribbons with the dressing.
6. On a plate, arrange the dressed leaves in a ball at the center of the plate, make an opening in the middle to fit in one hard-boiled egg*. Now your party is ready to spring into action!

Variations

- If you find the chard too tough, even in these small pieces, you can lightly sauté it in the dressing to cook it down. Be mindful that cooking the chard will shrink as the water content is released.
- You can choose to add less chard and mix it with other leafy greens, like watercress, spinach or a spring mix.
- For a more substantial salad or to turn this into a full meal add julienned peppers, tomatoes, another egg and serve with [Hearty Flavors Bread](#) (Recipe in the Cookbook).

Nutritional Info

Per Serving (excluding unknown items): 328 Calories; 32g Fat (87.6% calories from fat); 6g Protein; 4g Carbohydrate; trace Dietary Fiber; 212mg Cholesterol; 158mg Sodium.

Notes

For instructions on how to make hard-boiled eggs, see recipe for [Tomato Basil Deviled Eggs](#) (Recipe in the Cookbook).

Gourds and Greens Soup



by Christine Seelye-King

Gluten-free, Grain-free, Nut-free, Dairy-free, Vegetarian (optional), Vegan (optional)

Spring greens are delightful and our bodies crave them after a long dreary winter. You can feature baby greens such as arugula, chard, kale, spinach and even some lettuces in this fragrant clear broth, along with the many varieties of small onion shoots that are in the farmers markets at the beginning of the spring season. For gourds, you can use early cucumbers or summer squash, or butternut squash and small winter pumpkins that are still found on market shelves as the seasons change. I like to cook chunks of a winter squash like a kubocho into the soup, and then throw chunks of seeded and peeled cucumber in to cook just long enough to warm through. The finished product has the soft sweet texture of the winter squash and some of the crunch from the summer gourd to contrast it.

Feel free to play with the seasonings as well. Instead of (or in addition to) the cinnamon and nutmeg, try out cardamom, galangal, allspice, or even a generous pinch of saffron to season the broth.



Ingredients

- 6 cups chicken or [vegetable stock](#) (Recipe in the Cookbook)
- 1-2 cups peeled and cubed squash or gourds
- 1 thumb sized knob fresh ginger, grated
- 1 cup sliced green onion shoots, scallions, ramps or green garlic
- 2-4 cups sliced fresh greens
- ½ tsp. cinnamon
- ¼ tsp. freshly grated nutmeg
- 1 tsp. salt
- ½ tsp. freshly grated black pepper
- Optional: ½ pound ground spring lamb, venison, turkey, or tempeh; sautéed, drained and cooled

Directions

1. Heat stock and add seasonings. Let simmer for 10 minutes and check flavor. Adjust seasonings to taste.
2. Add the sliced onions and return to the simmer.
3. Add the peeled and cubed gourd chunks. If you are using a combination of winter and summer squashes, add the harder chunks first and let them cook for 10 minutes before adding the softer chunks.
4. Add optional proteins and let cook into the broth. Whether using meat, poultry or soy, the protein here is used as a garnish, not as a main player in the soup.
5. Add the sliced greens. Cook just until wilted for tender greens like spinach and lettuce, longer for heartier leaves like kale and chard. Use baby versions for quicker cooking times.
6. Adjust for final seasoning.

Serving Suggestion

To give the broth brightness, use lemon juice or apple cider vinegar just before serving or on the table for diners to add.

Serve in bowls alongside [Hearty Flavors Bread](#) (Recipe in the Cookbook).

Serving Size

4 servings, 2½ cups each

Nutritional Info

Per Serving: 63 Calories; 1g Fat (11.1% calories from fat); 3g Protein; 8g Carbohydrate; 3g Dietary Fiber; 0mg Cholesterol; 182mg Sodium.

Stuffed Tomatoes with Truffle Herbed Goat Cheese



by Aimee DuFresne

Gluten-free, Grain-free, Nut-free, Vegetarian

When I think of spring, immediately the vision of tulips come to mind. So, why not serve up some edible tulips at your spring party? In the form of tomatoes, that is. Hollow out a tomato and what does it resemble? You got it, a tulip. Now pair it with some creamy goat cheese, herbs and a touch of truffle oil and you have one delicious garden bouquet to serve up to your guests.

Ingredients

- 8-10 small vine-ripened tomatoes
- ½ cup goat cheese
- 5-8 fresh basil leaves, minced
- ½ teaspoon [truffle oil](#) (plus a little to garnish)
- Salt and pepper to taste

Preparation and Instructions

1. Hollow out the tomatoes by cutting carefully into the top to remove the top and stem. Use a spoon to remove the seeds. The remaining hollowed out tomato will look similar to a tulip.
2. Mix the goat cheese, basil, truffle oil, salt and pepper.
3. Stuff the goat cheese mixture into the tomatoes.
4. Serve on a plate and garnish with a little truffle oil and strips of fresh basil.



Variations

- You can use dry herbs, oregano and basil which all work well. Use enough to lightly flavor the cheese, about ½ teaspoon each.
- Use olive oil in place of truffle oil and garnish with a little balsamic vinegar.
- Use yellow tomatoes in place of red - or in addition to red tomatoes for an even more vibrant looking dish.

Nutritional Info

Per Serving: 52 Calories; 3g Fat (39.6% calories from fat); 3g Protein; 6g Carbohydrate; 1g Dietary Fiber; 6mg Cholesterol; 40mg Sodium.

Shrimp Scampi with Green Onions and Chive Flowers



by Christine Seelye-King

Gluten-free, Grain-free, Nut-free

Green onion sprouts look like overgrown scallions, with small bulbs and thick green stalks. They are delicious sliced thinly into salads, or cut into larger pieces and cooked quickly as with this scampi. If you can't find Vidalia sprouts, look for local varieties, ramps, or large scallions. Chives and chive flowers provide a zippy flavor and aren't utilized often enough, and should be thrown in for the last minute to preserve their crunch.



Ingredients

- 1 ½ lb. shrimp
- 1 large bunch green Vidalia onion sprouts, cleaned and sliced into ¾-inch wide chunks
- ½ cup chive flowers, bias cut into ½ inch slices
- 2 tbsp. fresh butter
- 1 tbsp. chopped garlic
- 2 tbsp. white wine
- 1 tbsp. chopped fresh parsley
- 2 tbsp. lemon juice
- Salt and pepper to taste

Directions

1. Clean and devein shrimp. Reserve shells for future stock.
2. Melt butter in a large sauté pan. Season shrimp with salt and pepper and add to the sizzling butter. After cooking on one side for 2 minutes, turn the shrimp over.
3. Add the garlic and sliced onion sprouts to the pan. Squeeze in lemon juice, add wine and parsley. Stir and let cook until shrimp are opaque and onions are softened.
4. Stir in chive flowers. Toss them in the cooking liquid until they are coated. Remove from heat.

Serving Suggestion

Serve over rice or with seasonal spring new potatoes or chunks of [Hearty Flavors Bread](#) (Recipe in the Cookbook) or [Sweet Potato and Rosemary Manioc Bread](#) (Recipe in the Cookbook).

Serving Size

4-6 servings

Nutritional Info

Per Serving: 163 Calories; 6g Fat (33.7% calories from fat); 23g Protein; 2g Carbohydrate; trace Dietary Fiber; 183mg Cholesterol; 208mg Sodium.

Salt Roasted Asparagus and Lemon Zest



by Christine Seelye-King

Gluten-free, Grain-free, Nut-free, Dairy-free, Vegetarian, Vegan

Roasting asparagus quickly in a hot oven is a fantastic way to preserve and concentrate all of the wonderful spring flavor inside each stalk. A simple brush of olive oil and a sprinkling of salt are all that are needed to complete this dish, making it an ideal platform to show off those gourmet salts you've been hoarding! Any flake salt will do the trick, the flat flakes stick to the round asparagus stalks better than the rounded crystals found in regular table salt. Kosher salt, finishing salt, or Fleur de Sel all would shine alongside a few strips of lemon zest on top of this spring classic!

Ingredients

- 24 stalks fresh thin asparagus, cleaned
- 1 oz. fine olive oil
- Zest of 1 lemon
- Flake Salt



Directions

1. Rinse the fresh asparagus and gently bend each stalk. They will each break at the spot where they go from being woody to tender, so don't expect them to all be exactly the same length. You can trim them if you want them to line up evenly for a presentation.
2. Arrange the asparagus on the baking sheet. (Covering the sheet with foil makes for easy cleanup!)
3. Using a pastry brush, give each stalk a light brushing of olive oil.
4. Sprinkle the lemon zest around on top, and finish with the salt of your choice.
5. Place in a 400° oven for 10 minutes or until the asparagus starts to brown on the edges.

Serving Suggestion

Try to get them onto dinner plates. Don't be alarmed if they disappear from the baking sheet while your back is turned. The light brushing of good quality olive oil along with the combined taste of the salt and lemon zest eliminates the need for any other sauce.

Serving Size

Serves 4-6

Nutritional Info

Per Serving: 56 Calories; 5g Fat (71.6% calories from fat); 1g Protein; 3g Carbohydrate; 1g Dietary Fiber; 0mg Cholesterol; 23mg Sodium.

Easiest Ice Cream Ever

by Aimee DuFresne

Gluten-free, Grain-free, Dairy-free, Vegetarian, Vegan, Raw Vegan

What if I told you that you could make a soft-serve ice cream in minutes just using your blender? And what if I also told you that this ice cream not only tasted great, has all-natural ingredients and is also healthy? Are you jumping for joy as you salivate in anticipation? I thought so.

Well, wait no longer, here are the details on how to make the easiest ice cream ever.

Ingredients

- 3-5 ripe bananas, peeled, chopped, and frozen
- ¼ cup coconut milk (or other non-dairy milk)
- ¼ teaspoon vanilla extract



Preparation and Instructions

1. In a high-speed blender, put in the coconut milk, vanilla extract and frozen bananas.
2. Blend, from low to high speed, until smooth and creamy.
3. Serve immediately. If left out too long, the bananas will turn brown and mushy.
4. Top with [Mixed Berry Compote](#) (Recipe in the Cookbook) or [Chocolate Orange Fudge Sauce](#) (Recipe in the Cookbook).

Variations

- The milk can be omitted but it does make for easier blending. You can also use a food processor although this takes slightly longer to achieve the desired result. The bananas will become grainy at first and then will eventually become smooth and creamy.
- Add frozen berries for a sorbet with raspberries, strawberries and blueberries.
- Swap the bananas with ripe frozen mangoes.
- Using ripe bananas should ensure the ice cream is sweet enough. If you find it needs to be sweeter, add a little natural sweetener (e.g. maple syrup, stevia, coconut nectar).

Nutritional Info

Per Serving: 171 Calories; 4g Fat (20.5% calories from fat); 2g Protein; 35g Carbohydrate; 4g Dietary Fiber; 0mg Cholesterol; 4mg Sodium.



Resources

Online Resources

For an online list of the following resources, please visit our dedicated web site:

www.EasyGlutenFreeEntertaining.com/resources

EasyGlutenFreeEntertaining.com - our companion web site for this book. Here you'll find additional FREE recipes to help make your next party or special event gluten-free and extraordinary.

GlutenSmart.com - our main web site. Here you'll find the latest news and information to help you live a gluten-free lifestyle. You'll also find product reviews, recipes, and other resources to keep you gluten-free and healthy.

CarbSmart.com - if you have friends or relatives that live a low carbohydrate, diabetic or Paleo lifestyle, you'll want to introduce them to our sister web site. CarbSmart.com is your trusted guide to the low carb lifestyle and includes thousands of articles and product reviews to help people lower their blood sugar, control their weight, and possibly reduce or eliminate pre-diabetes or diabetes. This is mostly done by choosing a healthy lifestyle without sugar, wheat or most unnecessary carbs.

Ingredients

[South River Organic Sweet White Miso](#) - Popular for its gentle flavor and smooth, creamy texture. It can be used to create delicious spreads and dips, sauces and dressings, or for seasoning light soups. Each teaspoon contains millions of active probiotic microorganisms and enzymes which unlock the nutrition and full flavor of all foods.

[Nagano White Miso Paste](#) - Miso is normally salty. White Miso Paste is made from organic rice and soybeans. White Miso Paste is not too salty because it naturally has less sodium. It has a milder taste and is high in protein and rich in vitamins and minerals.

[Food Merchants Organic Traditional Polenta](#) - Polenta is a traditional Italian ingredient made from ground corn. It is a versatile ingredient and can be eaten as a porridge as well as baked, fried or grilled. Polenta can be bought as a grain or pre-cooked for ease of use and time. The recipe for Polenta Cakes in this book calls for the pre-cooked version that you can easily cut and cook in mere minutes.

[Coconut Secret Raw Coconut Nectar](#) - Coconut nectar is a sweetener made from the coconut tree and is low glycemic (GI of 35). Use in place of other liquid sweeteners in a 1:1 ratio. The Coconut Secret Coconut Nectar is not only gluten-free, it is GMO-free, 100% organic and is raw, meaning it is loaded with natural enzymes your body craves.



[Coconut Secret Raw Coconut Crystals](#) - Coconut crystals are the dry alternative to coconut nectar. Can be used in place of cane sugar in a 1:1 ratio. Coconut Secret brand is unrefined, unbleached, and GMO-free.

[Kelp Noodles by Sea Tangle Noodle Company](#) - Kelp noodles are a gluten-free alternative to traditional pasta and are low in carbohydrates and calories, full of enzymes and fat-free. Made only from kelp (a sea vegetable). No cooking is necessary. Simply open the bag, rinse and massage to create a delicious gluten-free pasta dish.

[San-J Wheat Free Tamari Soy Sauce](#) - Organic Wheat Free Tamari is certified by Quality Assurance International (QAI). It is made with 100% soybeans and no wheat. It is naturally fermented for up to 6 months. San-J does not add MSG or any artificial preservatives. Their fermentation process is different than ordinary soy sauce, giving it unique flavor enhancing properties.

[Three Ladies Spring Roll Rice Paper Wrappers](#) - Perfect for fresh spring rolls. Soften rice paper by quickly dipping in cold or warm water for 2-3 seconds, lay flat on a plate and add your favorite fillings like vegetables, herbs, meat, shrimp, rice stick noodle, etc. The rice paper can also be use like eggroll wrappers to make fried spring rolls.

[Thai Kitchen Rice Noodles](#) - These versatile and healthy gluten-free noodles are easy to cook and delicious with any sauce. Authentic rice noodles add that memorable Thai touch to any meal. With Thai Kitchen Rice Noodles, you can now make authentic restaurant- style Thai dishes quickly and easily.

[Huy Fong Sriracha Hot Chili Sauce](#) is made from sun ripen chilies and garlic which are ground into a smooth paste and packaged in a convenient squeeze bottle. It is excellent in soups, sauces, pastas, pizzas, hot dogs, hamburgers, chow mien or on anything else to give it a delicious, spicy taste.

[La Tourangelle Infused White Truffle Oil](#) begins with expeller-pressed Organic Sunflower Oil, which is slowly infused with white truffle flavor following a 150-year-old French tradition.

[RiceSelect Arborio Rice](#) - a short grain rice with a high starch content which yields the distinctive, creamy texture of risotto.

[Lundberg Organic Sweet Dreams Brown Rice Syrup](#) - Lightly sweet, honey-colored and smooth, Lundberg Sweet Dreams Brown Rice Syrup is a gluten-free sweetener about one half as sweet as sugar. Brown rice syrup is a healthful, tasty alternative for those who watch their sugar intake. Bake with it, pour it over ice cream or pancakes, or stir it into your favorite recipes.



Equipment

[Breville 800JEXL Juice Fountain Elite 1000-Watt Juice Extractor](#) - The fastest way to see results in your body and mind is to get juicing! Add delicious fruit and vegetable juices (I recommend higher percentage of vegetable juices) to your daily routine and watch your energy soar while excess weight melts away.

Juicers range from \$40 to \$4,000 and everything in between. If budget is a concern, the less expensive juicers will get the job done. Once you experience the benefits and juicing becomes a daily part of your routine, you may consider upgrading your juicer.

My personal favorite is the Breville juicer. It is easy to use, sturdy and clean up is quick. There are a variety of Breville juicers to choose from and, in my experience, all of high quality. I am currently using the Juice Fountain Elite 800 class juicer. See my links page to find out where to purchase your own juicer.

[Vitamix TurboBlend Two Speed Blender](#) - A high-speed blender is a valuable tool and I highly recommend purchasing one for ease and variety of use. Smoothies, soups, ice creams, and more can be made with this one machine and clean up is super quick! Vitamix is an industry leader in high-performance blending technology, providing the highest-quality blending equipment to consumers and the foodservice industry in more than 80 countries throughout the world. Every Vitamix product is built by at our world headquarters in Cleveland, Ohio using a strategic selection of only the finest premium materials. As a result, Vitamix is continually recognized by leading consumer magazines and award organizations for its cutting-edge product innovation.

[MAC Knife Dimpled Santoku](#) - A lot of people are apprehensive around knives and unaware of how to use them properly. Sharp knives are essential and much less dangerous than dull knives, although you may be surprised to learn that fact. I use a MAC chef's knife and personally find Japanese knives the most effective.

[KitchenAid Stand Mixer](#) - KitchenAid's Artisan stand mixer is a substantial piece of equipment: 325 watts of mixing power make child's play of creaming butter, kneading dough, and whipping cream. The kid in you will appreciate how quick and easy it is to mix up a batch of cookie dough. This model comes with three attachments: a flat beater for making batter, meat loaf, and all textures in-between; a wire whip for egg whites, mayonnaise, and more air-infused creations; and a hook for mixing and kneading yeast doughs.

[Cuisinart DLC-2A Mini Prep Plus 3-Cup 250-Watt Food Processor](#) - A small or large food processor will make pates and chunky sauces (like marinara and pesto, for example) a LOT easier and clean up is quick. Cuisinart machines are durable and offer a range of sizes to suit your needs. The Cuisinart Mini-Prep Plus Processor handles a variety of food preparation tasks including chopping, grinding, puréeing, emulsifying and blending. The patented auto-reversing SmartPower blade provides a super-sharp edge for the delicate chopping of herbs and for blending and puréeing other soft foods. The blunt edge offers a powerful cutting surface to grind through spices and other hard foods. Pulse activation gives maximum control for precision processing, whether chopping or grinding.



[Cuisinart FP-14 Elite Collection 14-Cup Food Processor](#) - Equipped with a 1000-watt peak-power induction motor, this convenient food processor quickly and easily slices, dices, chops, and purees, helping to reduce prep time in the kitchen. It supplies a 4-1/2-cup small work bowl and an 11-cup medium work bowl that nest inside a 14-cup large work bowl--a versatile three-in-one design that can handle multiple-size batches. All the bowls feature durable polycarbonate construction, measurement marks up the side, and drip-free pour spouts. An exclusive SealTight Advantage System seals the bowls and locks the blades for clean, safe processing and pouring.

[Zyliss Julienne Peeler](#): This tool enables you to make perfect julienne cuts for vegetables and gluten-free pasta alternative quickly and easily. Zyliss Julienne Peeler's serrated blade teeth cut thin, elegant strips for all manner of food presentation and extra flair. Carrots, potatoes and fruits look delicious, ensuring kudos for the cook for the art of presentation and skill.

[Paderno World Cuisine Plastic Spiral Vegetable Slicer](#) - If you fancy getting more creative with your veggie pasta, invest in this tool for quick, easy and fun pasta making (p.s. kids love it as much as adults!).

[Excalibur Dehydrators](#) - When you decide to take your new healthy lifestyle to a new dimension, a dehydrator allows you to make cookies, crackers, chips and other warmed options a cinch while keeping all those nutrients in tact! My favorite brand is the Excalibur.

[Excalibur 3500B 5 Tray Deluxe Dehydrator](#) - The Excalibur 5-Tray Small Garden dehydrator provides 8 square feet of drying space, and is perfect for families with small gardens. Includes flexible polyscreen tray inserts to prevent foods from sticking to trays, 5-Inch fan, built in on/off switch, and adjustable thermostat.

[Excalibur 3900B 9 Tray Deluxe Dehydrator](#) - The 3900B Deluxe Dehydrator by Excalibur comes with 9 trays and a total of 15 square feet of drying space. The adjustable thermostat temperature control ranges from 95° to 155° Fahrenheit, making it safe to dehydrate meat for jerky. The fan, heating element and thermostat are in the back of the unit, so cool air is drawn in, heated and then distributed evenly over each tray.

Party Supplies

[Oriental Trading Company](#) is the nation's largest direct merchant of value-priced party supplies, arts and crafts, toys and novelties, and a leading provider of school supplies and affordable home décor and giftware. OTC has been recognized as one of the Top 50 Internet Retailers and one of the Top 50 Catalog Companies and is wholly owned by Warren Buffett's Berkshire Hathaway so you know you'll only get the best service and selection available.

The Authors

Aimee DuFresne

After growing up on a steady diet of fast food, Aimee DuFresne became interested in leading a healthier lifestyle after both her parents were diagnosed with cancer. When she lost weight and gained greater energy from adding more whole foods (in the form of fruits and vegetables) to her diet, she decided to make a career change as well. She trained at Living Light Culinary Institute and Matthew Kenney Academy and became a certified raw vegan chef.

She now shares what she has learned on her journey through her radio show [Vital Lessons: Feeding Your Body, Mind and Soul](#) and also works privately with professional women who are craving more vibrant and fulfilling lives.

Her book, [Keep Going: From Grief to Growth](#), will inspire you to get through and thrive, no matter what life throws at you.



Need guidance to keep going? Join the Keep Going Movement at <http://www.aimeedufresne.com> and receive your free gift '9 Winning Ways to Keep Going (Even When You Don't Want To or Don't Think You Can)'

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Twitter: twitter.com/aimee_dufresne

Christine Seelye-King

Christine Seelye-King is a professional Culinary Speaker and Chef Instructor, teaching culinary skills to students of all ages from small children through senior citizens. She is a certified ServSafe instructor and proctor for the National Restaurant Association.

She is an avid Food Historian and the Co-Founder of the Culinary Historians of Atlanta. She has written books on planning large historical feasts, cooking for children from ancient recipes, and edited a compendium of year-round holiday celebrations.

Following the Hippocratic advice to “let food be your medicine, and medicine be your food”, she went dairy free in 1998 and gluten free in 2004, and continues to refine her diet and lifestyle to stay healthy. She enjoys speaking to large groups, teaching small classes, and working with individual clients on ways to find joy and satisfaction in eating local and seasonal foods, not feeling dread at ‘going on a diet’.



Want to hear more from Chef Christy? Sign up at AskChefChristy.com for your free copy of “Your Well Organized Pantry” and to receive email updates.

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