

## “Rawmazing” Gluten-Free Pasta Dishes!

Dr. Ritamarie Loscalzo

### Agenda:

- Review of the importance of avoiding gluten
- Why not just use gluten-free pasta (brown rice noodles, etc.)?
- Processed flours and the glycemic index
- Great substitutes for “pasta”
- Kelp noodles
- Konjac noodles (glucomannan)
- Spiralized noodles – how to soften with salt prior to serving
- Spaghetti squash
- Sauce ideas: marinara, alfredo, basil pesto
- Cheese ideas: nut parmesan cheeses
- Meat ideas: marinated mushrooms, dried seasoned eggplant
- Garnish ideas: dried onions, leeks, sundried tomatoes

### Recipes:

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|--|-----------------------------------|
| • <b>“Noodles”</b>                             | • <b>Marinara Sauce</b>           |
| • <b>Quick Spaghetti with Tomatoes</b>         | • <b>Thai Coconut Sauce</b>       |
| • <b>Zucchini Roll-ups with Marinara Sauce</b> | • <b>Macadamia Ricotta Cheese</b> |
| • <b>Zucchini Lasagna Alive</b>                | • <b>Creamy Nut Cheese</b>        |
| • <b>Mac ‘n Cheese</b>                         | • <b>Brazil Nut Parmesan</b>      |

### Extra Notes:

- Adding oregano and thyme to recipes will help boost your immune system.
- I mix spinach, flax oil, garlic powder and salt to make a delicious marinated spinach.

## "Noodles"

### Ingredient Variations:

- zucchini or yellow squash, peeled if desired
- jicama
- winter squash
- carrots
- daikon radish
- yams or sweet potatoes
- turnips
- rutabagas

### Directions:

1. Use any combination of firm vegetables or tubers.
2. Using a spiral vegetable slicer, create noodles.
3. A mandolin or food processor can be used to create thin strips, but they will be only as long as the vegetables used, so zucchini and yellow squash are the best choices.
4. Using a variety of vegetables creates a pretty rainbow of color.
5. If the "noodles" are too hard, pour a little salt over them and allow them to sit at room temperature for a few minutes until softened.
6. Cabbage can be cut into 1-inch by 1/4-inch pieces and used in place of small "macaroni" shaped pasta. Be sure to cover with salt to soften before using cabbage.
7. Top with a favorite sauce.

**Personal Note:** The **Saladacco Spiralizer** creates angel hair- like noodles while the **Spirooli Spiral Slicer** makes fettuccini-like noodles. A hand cranked potato peeler can accomplish similar results, although the results are not as uniform.

## Quick Spaghetti with Tomatoes

### Ingredients:

- 2 zucchini, spiralized
- 1 Roma tomato, diced
- 1 pinch of sea salt
- olive oil to taste, or flax oil
- Italian seasoning to taste
- *Brazil Nut Parmesan* to taste, or nutritional yeast flakes

### Directions:

1. Sprinkle salt on zucchini pasta, and massage gently.
2. Let the pasta sit while you dice the tomato.
3. Pour off the water from the zucchini pasta.
4. Place the diced tomatoes on top of the zucchini pasta.
5. Sprinkle with Italian seasoning and *Brazil Nut Parmesan* (nutritional yeast and salt may be substituted for the parmesan).

## Zucchini Roll-Ups with Marinara Sauce

### Ingredients:

- 1 large zucchini
- 1 recipe *Creamy Nut Cheese*
- 1 recipe *Marinara Sauce*
- 2 cups spinach
- 1/4 teaspoon sea salt

### Directions:

1. Peel zucchini if desired (optional).
2. Using a mandolin or sharp knife, cut zucchini lengthwise into paper thin slices.
3. Place in a bowl and sprinkle with salt.
4. Very gently rub the salt over the zucchini and allow to sit for a few minutes to soften.
5. Place spinach in a bowl and sprinkle with a pinch of salt. Massage until spinach is wilted and reduced to less than half its original volume.
6. Squeeze out excess liquid before assembling. Save liquid for a soup or salad dressing base.
7. To assemble, lay a slice of zucchini on plate or cutting board and layer with sauce, cheese, and spinach.
8. Roll lengthwise.
9. Drizzle with a bit of the nut cheese, thinned with water to salad dressing consistency.

## Zucchini Lasagna Alive

### Ingredients:

- 4 - 6 large zucchini or yellow squash, peeled if desired (see “Noodles”)
- 1/2 teaspoon sea salt
- 2 recipes *Macadamia Ricotta Cheese*
- 1 recipe *Marinara Sauce*

### Directions:

1. Prepare “Noodles”: Using a mandolin or sharp knife, thinly slice squash lengthwise. Slice to about the same thickness, or a little bit thinner, as regular lasagna noodles. Place squash slices in a flat baking dish and sprinkle with salt. Allow to sit at room temperature 10 minutes so that they soften a bit.
2. Make “cheese”: Any of the nut cheeses in this guide can be used.
3. Make *Marinara* or chunky tomato sauce.
4. Drain the squash, reserving the marinade for use in another recipe.
5. Line the bottom of baking dish with a thin layer of sauce.
6. Lay squash slices on the bottom of the pan, slightly overlapping to completely cover.
7. Spread the cheese over the squash.
8. Place another layer of squash over the cheese.
9. Pour the sauce over the squash and spread evenly.
10. Place another layer of squash over the sauce.
11. Continue to layer, ending with a layer of squash covered with sauce.
12. Warm (optional): The lasagna can be eaten “as is”, warmed in a dehydrator, or warmed in an oven that has been turned to warm.
13. Dehydrate until warm for up to 24 hours, until desired texture is achieved.
14. If you do not have a dehydrator, turn oven on to the lowest setting. Put a thermometer in to monitor. After it has reached about 110°F, turn the oven off and set the pan inside to warm.

**Personal Note:** This is a special occasion entrée that takes about an hour to make. Spinach, mushrooms, broccoli stems, etc. can be added to the veggie mix.

## Mac 'n Cheese

### Ingredients:

- “Noodles” - zucchini noodles, kelp noodles, konjac noodles or ***Tinkyada Gluten-Free Brown Rice Pasta***
- 3/4 cup water
- 1 cup cashews
- 1/2 teaspoon sea salt
- 2 tablespoons nutritional yeast
- 1 tablespoon lemon juice

### Directions:

1. Prepare “Noodles”.
2. Blend all remaining ingredients until smooth and serve over noodles.
3. (Optional) Konjac flour or Irish moss can be used as a thickener.

## Marinara Sauce

### Ingredients:

- 1 cup sun dried tomatoes, soaked for several hours (until softened) in 1 cup of water
- 1/2 - 3/4 cup tomato soak water
- 2 cups tomatoes
- 1 teaspoon oregano
- 1 clove garlic
- 2 teaspoons sea salt
- 1/4 cup fresh basil, minced, or 2 tablespoons dry
- 1 tablespoon olive oil (optional)
- Italian seasoning to taste (optional)

### Directions:

1. Blend all ingredients except the fresh basil, until thick and smooth. Adjust liquid and seasonings to taste.
2. Stir in the basil.

## Thai Coconut Sauce

### Ingredients:

- 1/2 cup coconut pulp from young Thai coconut or 1/8 cup coconut butter
- 1/3 cup coconut water or water
- 1/4 cup raw macadamia nuts, soaked for 3 hours or unsoaked
- 1 clove garlic
- 2 tablespoons lime juice
- 1/4 teaspoon sea salt
- 1/2 teaspoon turmeric
- 1 pinch of cayenne if desired

### Directions:

1. Blend all ingredients until smooth and creamy. Thin to desired consistency with water if need be.
2. Pour sauce over vegetables and serve warm or make it a little thicker and use as a dip.

## Macadamia Ricotta Cheese

### Ingredients:

4. 2 cups macadamia nuts, soaked 3 - 4 hours
5. 1 - 1 1/2 cups water
6. 1/8 teaspoon kelp powder (optional)
7. Celtic, Himalayan, or pink sea salt to taste

### Directions:

3. Place macadamia nuts, kelp, and salt with 1 cup water in blender.
4. Blend at high speed until creamy.
5. Add additional water if needed.

## Creamy Nut Cheese

### Ingredients:

- 1 cup cashews, macadamia nuts or a combination, soaked 4 - 6 hours if possible
- 1 large lemon, juice of
- 1/2 cup water
- 1/4 teaspoon sea salt
- 1 tablespoon nutritional yeast (optional) – gives a more “cheesy” flavor

### Directions:

1. Put all ingredients into blender or *Vitamix*.
2. Blend on high speed for several minutes. Mixture should be thick and creamy.
3. Adjust amount of water for desired consistency.

### Other Variations:

- Other nuts, like pine nut, Brazil nuts or almonds can be substituted for the cashews or macadamia nuts. The resulting cheese will not be as white and creamy as when using cashews and macadamia nuts, and the taste will be somewhat stronger.
- For “cheddar cheese”, use red bell pepper instead of all or part of the water. Put the red bell pepper in the blender and blend until liquefied. Add a little bit of water if needed to get the blender moving. Add the remaining ingredients, except the water, and blend. Add water if needed to thin to desired consistency.

## Brazil Nut "Parmesan Cheese"

### Ingredients:

- 1/2 cup grated Brazil nuts
- 1/4 cup nutritional yeast flakes
- 1/8 teaspoon sea salt

### Directions:

Combine all ingredients in a bowl, and mix well.

## About Your Instructors

### Dr. Ritamarie Loscalzo, MS, DC, CCN, DACBN



**Dr. Ritamarie** has been sharing her passion for raw and living foods for more than 25 years, lovingly catalyzing others to create joy, success, and abundance in their lives.

As a Doctor of Chiropractic with Certifications in Acupuncture, Nutrition, Herbal Medicine and HeartMath®, she's also a certified living foods chef, instructor and coach, and has trained and certified hundreds of others in the art of living foods.

As a licensed health care provider, Dr. Ritamarie has seen the magical transformations that occur when her patients and students apply the ancient healing wisdom of whole fresh foods and supportive lifestyle practices with a touch of modern scientific research.

Dr. Ritamarie offers online courses, long distance coaching and counseling, as well as in-person classes and hands-on healing methodology. [www.drmarie.com](http://www.drmarie.com)

### Chef Karen Osborne

Karen Osborne, a lifetime active pianist, has been preparing gourmet raw food since being introduced to it in 2001. Karen's body became her new, finely tuned instrument after experiencing the energy and great health that followed the elimination of gluten, dairy and refined sugar from her diet and adding lots of greens. Karen's passionate performances now are focused on creating raw food experiences as treats of harmonic sensations, developing flavors like a symphony. From delicate to dynamic, her food is music to the palate. Specializing in tantalizing raw versions of favorites like Tiramisu, she loves to help people with the food part of their transition to a healthy lifestyle that also includes exercise, sun and sleep.



Karen is a graduate of both The Natural Epicurean and The Living Light Culinary Arts Institute. Karen sells her creations in the Austin, Texas area where she gives private instruction in Raw Food preparation, demonstrates Raw Food Joy regularly for a market in South Austin, manages Dr. Ritamarie's Co-op and teaches classes.

You'll find Karen's website here: <http://www.chefkareno.com>

## Other Health and Nutrition Books and Programs

**Dessert: Making It Rich Without Oil:** The only dessert book comprised of 100% gluten-free, dairy-free, sugar-free, soy-free, and oil-free whole raw ingredients. Each recipe includes a mouth-watering, full-sized photograph. The recipes are easy to make, fun to eat, and will make the transition to a healthier diet a very pleasant experience.

<http://www.DrRitamarie.com/makeitrich>

**Dried and Gone to Heaven DVD Home Study Kit:** Complete with DVDs, recipe guide, and more, this kit includes full instruction on the care and use of your dehydrator, health gems, and complete recipe demonstrations. Make all your favorite comfort foods in ways that support your health, rather than drain it.

<http://www.DriedAndGoneToHeaven.com>

**Power Breakfasts Ideas:** Quick, healthy, and energizing recipes and tips for starting your morning with recipes that give you plenty of energy to fuel you throughout the day!

<http://RawPowerBreakfast.com>

**Seasonal Specials:** Halloween, Thanksgiving, Christmas and Hanukah recipe books and videos will help you get healthy instead of heavy over the holidays.

<http://www.drritamarie.com/shop/seasonal>

**GREEN Cleanse:** A 7-day cleanse built upon the healing benefits of eating leafy greens, rich in minerals and nutrition, is just what you need to transform exhaustion into energy, eliminate excess belly fat, and feel younger and stronger than you did in your teens!

<http://www.GreenSmoothieCleanse.com>

**B4 Be Gone Program:** Balance your blood sugar and banish belly fat, brain fog, and burnout so you can regain energy, focus, and self-confidence. Complete with instructional modules, 30 days of menu plans, a 220-page recipe collection, exercise regimes, stress transformation techniques, sleep guidelines, timing cycles, and more, you'll have an effective and balanced lifestyle approach to reclaiming your health.

<http://www.B4BeGoneSystem.com>

**FAST (Food Allergy Spy Training):** You'll be guided step-by-step through my clear, proven system to uncover your food allergy culprits, repair the damage, and remove the underlying causes of your food intolerances.

<http://www.FoodAllergySpy.com>

**VITAL Community:** Dr. Ritamarie's VITAL Community offers ***Vibrant Ideas and Tools for Awesome Living!*** VITAL is a member community offering monthly features for those who want the networking support of like-minded people, are looking for chef-approved ways to "liven" up meals, appreciate cutting-edge science on natural health topics, have questions for Dr. Ritamarie, and who enjoy the fulfilling benefits of Awesome Living!  
<http://www.VITALHealthCommunity.com>

## A Sampling of Other Online Video Classes

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

These include access to a private web page, a PDF format recipe e-book with photos of each recipe, and a separate video for each recipe.

**Amazing Gluten Free Bread - The Ultimate Comfort Food Turned Health Food Online Video:** There's no need to feel deprived. With a little creativity and advance planning, you can enjoy mouth-watering sandwiches, bread, and pizza - all brimming with nutritious goodness.

<http://www.drritamarie.com/go/bread>

**Thai Food Goes Raw Online Video:** Gluten-free, dairy-free and brimming with exotic spices, these recipes are easy to make and will delight any palate.

<http://www.drritamarie.com/go/Thai>

**Gluten Free Pizza and Pasta Online Video:** Experience the traditional tastes of Italy with a gluten-free and dairy-free twist as we prepare pizza (crust, sauce and cheese); Living Lasagna, Rawvioli, Manicotti, Spaghetti and other pasta dishes; "Parmesan Cheese", and more.

<http://www.drritamarie.com/go/RawPizzaPasta>

**Cheese: No Dairy, No Guilt Online Video:** Learn to make delicious, nutritious raw cheeses that satisfy your cravings and nourish your body.

<http://www.drritamarie.com/go/cheese>

**Private Health Consultations, Kitchen Set-up, Shopping Assistance:**

<http://www.drritamarie.com/shop/coaching-programs>