



FARE[®]

Teal Holidays[®]

Recipes & Entertaining Guide

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Teal Holidays

Recipes & Entertaining Guide

This holiday season, **FARE** is honored to be partnering with **Cooking With Food Allergies**. These amazing and talented teens are part of **FARE's Teen Advisory Group** and have created a blog that offers delicious recipes and tips, with a mission of keeping the food allergy community safe and inclusive.

Together, we have compiled some of our favorite holiday recipes, and hope that you and your friends and family can make sweet memories around some of these tasty dishes.

**Happy Holidays,
Your friends at FARE
& Cooking With Food Allergies**

For More Recipes

Feasting With FARE
foodallergy.org/recipes

Cooking With Food Allergies
faretag.wixsite.com/cookwfoodallergies

Apple Crumble

by: *Catherine Walker*

Hudson, OH

Food allergies are always a highlighted obstacle during the holidays because every event seems to revolve around sharing food. I am not comfortable eating out at restaurants or trusting extended family members and their food preparation. I always opt to bring my own food or simply eat before large family events. When we host family gatherings, my parents, brother and I cook and bake everything from scratch, which has been the best option for everyone. Our relatives never even notice that foods are allergy-friendly because they are just as delicious!

Thanks to cooking every meal and adapting recipes to accommodate all of my family members' food allergies, I have loved cooking since a young age. Cooking has become a way to express myself and advocate for allergy-friendly healthy meals in the process. Being in the kitchen cooking with my family motivated me to create my own allergy-friendly recipes. In 2018, I published my first book titled: "Cook It Up! Delicious Recipes for Healthy Cooking," an allergy-friendly cookbook that features my original recipes and photos. Since then, I have continued to create allergy-friendly recipes to spread food allergy awareness, especially during the holidays. I hope my recipes can be helpful for anyone navigating the kitchen with food allergies!

This recipe is my go-to fall dessert! It is so easy to make and is delicious! I have so many memories of picking apples with my family and then turning them into fresh apple crumbles or pies, so this recipe is straight from my home in Ohio. Plus, the best part is its versatility. You can substitute different fruits into it depending on the season or your preferences or food allergies.



Ingredients:

For the apples:

- 2 tbsp. sugar
- 2 tsp. all-purpose flour or gluten-free flour
- 3 apples peeled and sliced
- ¼ tsp. cinnamon
- 2 ½ tsp. freshly squeezed lemon juice
- zest of ½ lemon

For the crumble:

- ⅓ cup dark brown sugar
- 2 tsp. granulated sugar
- ¼ cup oats
- 2 tbsp. dairy-free butter (any butter works)
- ¼ tsp. cinnamon
- 2 tsp. all-purpose flour or gluten-free flour

Optional: Serve with dairy-free vanilla ice cream.

Instructions:

Apples

Add the sugar, flour, apples, cinnamon, lemon juice and lemon zest into a bowl and mix together until the fruit is completely coated with everything else. Set aside.

Crumble

Combine brown sugar, sugar, oats, flour, dairy-free butter and cinnamon in a bowl using either a fork or a pastry cutter. Combine until the mixture is medium-fine crumbles. Set aside.

Preheat the oven to 350 degrees F.

Take 4 mini ramekins and separate the apple mixture evenly between each dish. Take the crumble topping and pour it over the fruit. Roughly spread it out into an even layer. Bake at 350 degrees F for 15-20 minutes until they are bubbling and golden brown.

Serve with dairy-free vanilla ice cream (optional).



Alfajores

(Dulce de Leche Sandwich Cookies)

by: *Maria Maiotti*

Nokomis, FL



I have always loved baking, especially during the holiday season! Some of my favorite memories include making cakes or cookies with my sister. We can make lots of delicious desserts to enjoy safely.

This recipe includes both butter and eggs, but FARE's substitution hub at [FoodAllergy.org/substitutions](https://www.foodallergy.org/substitutions) offers suggestions for alternative ingredients to customize this recipe as needed.



Ingredients:

- 1 stick butter
- ½ cup sugar
- 2 egg yolks
- 1 tbsp. vanilla extract
- zest of 1 lemon
- pinch salt
- 1 tsp. baking powder
- 1 cup flour (and more later for rolling the cookies out)
- 1 cup cornstarch
- 1 can dulce de leche (to spread between the cookies)
- Optional: 2 tbsp powdered sugar

Recipe contains: butter, egg & flour

Visit FARE's substitution hub at [FoodAllergy.org/substitutions](https://www.foodallergy.org/substitutions) for alternative ingredients to customize this recipe as needed.

Instructions:

1. Preheat the oven to 350 degrees F and line 3 baking pans with parchment paper.
2. Cream the butter and sugar together until fluffy in the bowl of a standard mixer.
3. Slowly add in the egg yolks and continue to mix well.
4. Then, add vanilla extract and lemon zest.
5. In a separate bowl, whisk together the dry ingredients (salt, baking powder, flour, cornstarch).
6. Add the dry ingredients to the butter mixture.
7. Knead the dough until well combined.
8. Allow chilling in the fridge for around 20 minutes. Prepare a floured work surface and bring out a rolling pin.
9. Roll out the dough and cut out circles. Place the circles of dough onto the baking pans.
10. Bake the cookies for around 6 minutes (more or less depending on the size or thickness of the cookies).
11. Allow cooling before assembling. Spread the dulce de leche between the cookies.
12. Finally, add a dusting of powdered sugar. Enjoy!



Snowball Truffles

by: *Adriana Maiotti*

Nokomis, FL

Having food allergies should not prevent anyone from enjoying the full joys of this special time of year. I love to bake safe treats with my family during the wintertime, and I hope you can also enjoy some of our food allergy-friendly recipes!

Dusting cookies with powdered sugar that mirrors the snow dancing down from the sky, baking during the holiday season is a magical experience!



Ingredients:

- 1 ½ cups shredded coconut & an extra ⅓ cup for exterior
- 1 cup white chocolate chips
- 1 tbsp. coconut oil
- ¼ cup dried cranberries, chopped

Recipe contains: tree nut (coconut) & dairy (chocolate)

Visit FARE's substitution hub at [FoodAllergy.org/substitutions](https://www.foodallergy.org/substitutions) for alternative ingredients to customize this recipe as needed.

Instructions:

1. Melt the chocolate. (I suggest heating for 30 seconds in the microwave, stir in some coconut oil, then microwave until fully melted for another 30 seconds.)
2. In a medium bowl, stir together the melted chocolate and the shredded coconut.
3. Add in the cranberries, mixing until well combined.
4. Cool in the refrigerator if needed, so the mixture solidifies slightly.
5. Shape into mini snowballs and roll to coat in the extra coconut.
6. Store in the refrigerator.
7. Enjoy!



Sweet Potato Casserole

by: *Lauren Cohen*
Twinsburg, OH

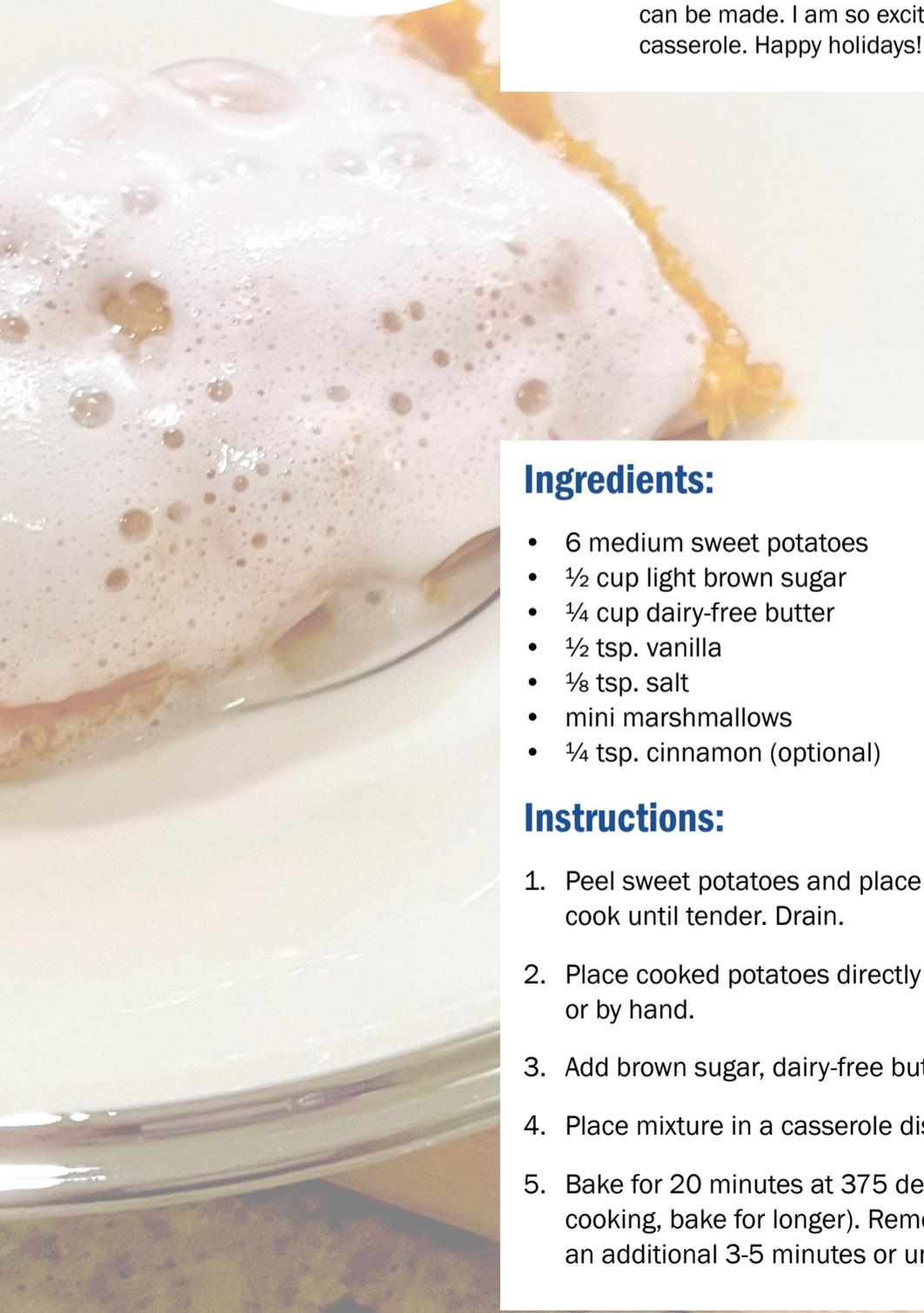


Despite having food allergies my whole life, the cleaning, vigilance, and worry can be exhausting, especially in a food-centered world.

There is only a certain level of control one can have, so I try to do everything I can to make myself feel better. This means knowing what kind of food will be at gatherings, reminding my family about my food allergies, and making sure everyone's hands are washed after eating.

It can feel frustrating to have to be so aware during a time of year that is supposed to be carefree, but I do everything I can to protect myself, whatever that may be. We call family ahead of time, so I can bring the same food as everyone else, and when we stay home over the holidays, we make sure all food is free of my allergens. I am so lucky to have the family that I do. They give up so much so I can feel included and part of all holiday traditions! I could not be more thankful for them!

One of our favorite things to do together is cook. Cooking not only brings us together, but it makes me feel in control. I know exactly what is going into my food and how, so no mistakes can be made. I am so excited to be sharing one of my favorite holiday recipes, our sweet potato casserole. Happy holidays!



Ingredients:

- 6 medium sweet potatoes
- ½ cup light brown sugar
- ¼ cup dairy-free butter
- ½ tsp. vanilla
- ⅛ tsp. salt
- mini marshmallows
- ¼ tsp. cinnamon (optional)

Instructions:

1. Peel sweet potatoes and place them in a large pot with cold water. Bring to a boil, cover and let cook until tender. Drain.
2. Place cooked potatoes directly into a large, heat-resistant mixing bowl and mash with a mixer or by hand.
3. Add brown sugar, dairy-free butter, vanilla, cinnamon, salt and mix.
4. Place mixture in a casserole dish and sprinkle with marshmallows.
5. Bake for 20 minutes at 375 degrees F until warmed throughout (if the mixture is cooled before cooking, bake for longer). Remove from the oven, sprinkle marshmallows on top and bake for an additional 3-5 minutes or until melted.

Curry Carrot Butternut Squash Soup

by: *Amanda Young*
Lafayette, CA



Throughout my life, sharing food has been a family tradition. My family makes pies or dumplings for new neighbors and returns borrowed containers with desserts like Japanese mochi or Hawaiian coconut pudding. As I grew older, I realized sharing food not only allows me to impart aspects of my culture but also provides an opportunity to raise awareness of food allergies.

During the holidays, I love making and sharing my favorite dishes, so I can enjoy food at potlucks and gatherings, and so I can introduce my family and friends to delicious, safe recipes and allergy-friendly cooking. The holidays are one of my favorite times of the year, and I love being able to celebrate the season and share my experiences with others over the dinner table.

I love fall and winter produce, and butternut squash is one of my favorites. This vegan soup is flavorful, cozy, and perfect to make for any family dinner or gathering!

Ingredients:

- 1 canned chickpeas or other white beans, drained and rinsed
- 2 to 3 cups cubed butternut squash
- 1 ½ cups chopped carrots
- ½ large onion
- 4 to 6 cloves of garlic
- About a 2-inch long piece of fresh ginger
- 3 tsp. curry powder
- 2 cups vegetable broth
- 1 13.5-ounce can coconut milk (If you are allergic to coconut, substitute with 1 ½ cups of unsweetened dairy-free milk of choice and 1 tbsp. cornstarch or tapioca starch. You can also add about 1 tbsp. of sunflower seed butter for a richer soup.)
- olive oil or vegetable broth, to sauté the vegetables
- salt and pepper, to taste



The vegetables can be chopped crudely because you will be blending the soup. However, they will cook faster if they are chopped into smaller pieces.

Instructions:

1. In a large pot, sauté the onions with olive oil or vegetable broth until they are translucent. Add the ginger, garlic and curry powder and continue sautéing for 1 to 2 more minutes, stirring constantly.
2. Add the butternut squash, carrots and chickpeas to the pot, then pour in the vegetable broth and coconut milk. (If you are using a different milk that is less thick than coconut milk, first create a slurry by mixing the cornstarch or tapioca starch with the dairy-free milk in a separate bowl. Then, pour it into the pot. Add the sunflower seed butter and stir.)
3. Bring the mixture to a boil, then reduce the heat to medium and simmer for about 15 minutes, until the squash and carrots are fork-tender. Do not worry about overcooking.
4. Pour the soup into a high-speed blender or use an immersion blender to blend it until it is smooth. Pour it back into the pot, then season with salt, pepper, and extra curry powder to taste.
5. Optional: Serve with a drizzle of coconut milk and freshly cracked black pepper.





Chocolate Peppermint Cupcakes

with Candy Cane
Buttercream
Frosting

by: *Shae Averaimo*

Milford, CT

For someone who has a food allergy, the holidays can be difficult.

Once they come along, I feel like it's a day after day, month after month, journey of food, and it's often food that is not safe for me.

This is why I create my own recipes and bake them around the holidays! There are so many benefits to doing this: I get to spend time with my family while we bake together, I get to share my allergy-friendly recipes with my friends and family, and most of all, I get to have special treats just like everyone else.

I created this simple yet delicious recipe as my go-to when I need to bring a dessert to a family function around the holidays and it is always a crowd-pleaser. I hope you enjoy baking and eating this cupcake recipe as much as I do!

Ingredients:

For the cupcake:

- 2 cups gluten-free flour
- 1 cup granulated sugar
- ½ cup brown sugar (packed)
- ½ cup cocoa powder
- 1 cup dairy-free milk
- 1 ½ tsp. baking powder
- 1 ½ tsp. baking soda
- 1 tsp. salt
- 2 large eggs (or egg substitute)
- ½ cup dairy-free butter
- 1 tsp. vanilla extract
- ½ tsp. peppermint extract
- 1 cup boiling water

For the buttercream frosting:

- 3-3 ½ cups powdered sugar
- ½ cup dairy-free butter
- 2-3 tbsp. dairy-free milk
- 1 tsp. vanilla extract
- ½ tsp. peppermint extract
- red food coloring
- candy canes for crushing

Instructions:

Cupcake

1. Preheat the oven to 350 degrees F.
2. In a large bowl, sift gluten-free flour.
3. Add cocoa, baking soda, baking powder and salt. Whisk together.
4. In another bowl, cream together dairy-free butter, brown sugar and granulated sugar.
5. Add eggs (or egg substitute), dairy-free milk, vanilla and peppermint
6. Combine wet and dry ingredients.
7. Once mixed together, add boiling water to batter.
8. Pour batter into baking cups using a small ice cream scoop.
9. Bake for 14 minutes or until a toothpick comes out clean.
10. Let completely cool before frosting.

Buttercream frosting

1. Mix together powdered sugar, dairy-free butter, vanilla and peppermint.
2. Add dairy-free milk 1 tbsp. at a time until you get the right consistency.
3. Split frosting in half and color half the frosting with red food dye.
4. You can pipe white and red frosting using a multicolor coupler set. Or frost cupcakes.
5. Top with crushed candy canes.

**Recipe contains: wheat (flour),
milk (and butter) & egg**

Visit FARE's substitution hub at [FoodAllergy.org/substitutions](https://www.foodallergy.org/substitutions) for alternative ingredients to customize this recipe as needed.



Peppermint Bark

by: *Rachel Blum*
Deerfield, IL



Growing up, I always loved to bake with my dad. When I was diagnosed with allergies at seven, so much of my life changed, but the one thing that remained consistent was that I could still enjoy baking.

Additionally, baking allowed me to know exactly what was in the things I was eating that took away so much of the anxiety surrounding food. I realized I could still enjoy my favorite treats, such as chocolate chip cookies and brownies even with my allergy. Above all else, I am extremely grateful for the community I found through my love of baking treats that are safe for my allergies.

This recipe is incredibly easy and quick to make! It's guaranteed to be loved by everyone who tries it and is definitely a crowd-pleaser. Plus, it is simple and customizable! If you are allergic to any of these ingredients or simply don't like the taste, you can easily replace it with something else and it will still taste great! Another fun aspect is that there are really no measurements and you can measure with your heart! I hope you enjoy them!

Ingredients:

- semisweet chocolate chips
- white chocolate chips
- candy canes

Recipe contains: dairy (chocolate)

Visit FARE's substitution hub at [FoodAllergy.org/substitutions](https://www.foodallergy.org/substitutions) for alternative ingredients to customize this recipe as needed.

Instructions:

1. Take a microwave safe bowl and pour your desired amount of semisweet chocolate chips into the bowl.
2. Microwave the chocolate in 30 second intervals, stirring in between each interval, until the chocolate is smooth and fully melted.
3. Take a piece of parchment paper and line your plate.
4. Pour the melted chocolate and spread it evenly.
5. Repeat steps 1-4 with the white chocolate.
6. Take a toothpick and swirl the white and semisweet chocolate together.
7. Unwrap the candy canes and crush them (I put them into a ziplock bag and used a spoon to crush them).
8. Add the crushed candy canes on top of the swirled-together chocolate.
9. Freeze the chocolate peppermint bark until it is fully hardened.
10. Take out of the freezer and break up the bark into pieces.
11. Enjoy!!! (Make sure to store in the refrigerator as the chocolate gets melty very easily.)

Ingredients:

For the pierogi dough:

- 3 cups cake flour (can use all-purpose flour)
- ½ tsp. salt
- ¾ cup boiling water
- ¼-½ cup cold water
- ½ tsp. vegetable oil

For the potato onion filling:

- 4 large potatoes, cubed and boiled until soft
- 1 minced onion (large)
- ½ tsp. vegetable oil
- 1 tbs. dairy-free butter

For the sweet cabbage filling:

- ½ large cabbage, finely chopped
- 1 diced onion
- 1 clove mashed garlic
- 2 tsp. vegetable oil
- salt and pepper to taste

Instructions:

Pierogi Dough

1. Sieve 3 cups of flour into the bowl and add ½ teaspoon of salt.
2. Pour ¾ cup of boiling water into the bowl, while vigorously stirring the mixture with a fork. Lumps of flour will form and surface, so break them up with the fork. Cover the bowl with a cotton cloth and rest for 5 minutes.
3. After 5 minutes, stir in ¼ cup of cold water, breaking up lumps with a fork. If the dough is too dry, SLOWLY add just enough additional water to hold the dough together. This is a step that takes experience! Cover and set aside for 15 minutes.
4. After resting, add ½ teaspoon of oil, and knead the dough until it is smooth and uniform (5 to 10 minutes). You will know kneading is done once it is a bit stretchy.
5. Roll out the dough on a floured surface, to a thickness of 1/10", keeping one side of the dough clean (not floured), so the pierogi seals properly.
6. Cut circles out of the pierogi dough by using a cup. Place the filling in the middle of the round, fold in half, crimping edges to seal. Do not overfill or the pierogi will burst on cooking!
7. Collect scraps, knead, roll out and repeat until all dough is used, approximately 30 pierogi.
8. Drop filled pierogi into boiling water until dough is tender and the pierogi floats. Drain and top with onions sautéed in nondairy butter substitute.

Potato Onion Filling

1. Sauté onions in oil.
2. Cook potatoes in salted boiling water until very soft. Drain, reserving ½ cup hot liquid. Mash, adding back liquid to achieve a soft fluffy texture. Add dairy-free butter or sour cream, sautéed onions, salt and pepper to taste.
3. Cool to room temperature to use as filling.

Sweet Cabbage Filling

1. Remove thick veins from cabbage spine and dice.
2. Sauté diced onions, garlic and cabbage in oil until brown and caramelized, but not mushy.
3. Add salt and pepper to taste.
4. Cool to room temperature to use as filling, making sure to drain extra liquid prior to placing on pierogi round.

Recipe contains: wheat (flour)

Visit FARE's substitution hub at [FoodAllergy.org/substitutions](https://www.foodallergy.org/substitutions) for alternative ingredients to customize this recipe as needed.

Pierogi

by: *Caroline Prendergast*
Penn Valley, PA



My family has always had a tradition of going to my aunt's house for the holidays, especially on Christmas Day. Although, as someone with food allergies, it was difficult. I couldn't trust what was in their dishes, so my mom had to make and bring food for me to safely eat. But pierogi are a traditional family meal in our house, and they always remind me of home. We used to find commercial ones, but it's not always easy with a dairy allergy — pierogi can have cheese in the filling, as well as dairy in the dough. From there, we tried to make them. It took a few years to perfect the recipe, but we've got it down now! Hope you enjoy them!



Gingerbread Cookies

by: *Lindsay Lopez*
Apex, NC



I'm Lindsay, and I'm an 18-year-old from Cary, North Carolina. I'm allergic to dairy, eggs, peanuts, tree nuts, fish, shellfish, mustard and sunflower seeds.

I've grown up celebrating Christmas and this time of year is my favorite season. Despite having allergies, they have never gotten in the way of my Christmas cheer. Being a teen with allergies during the holidays means I can be creative with my holiday treats and also have the opportunity to share new ideas with my friends and family for meals to cook.

I love raising awareness about the dangers allergies face around Christmastime, especially when I visit family or restaurants, and know that I will need to find holiday treats that are safe for me. Since the fall started, living with allergies has become more difficult because many restaurants have had more people eating inside leaving less time for waiters to accommodate my allergy needs. But at the same time, I've been able to expand on my personal advocacy.

In the last few weeks, I've gotten the chance to meet with Congressional representatives about the Food Allergy Research Caucus and teach family members about epinephrine auto injector usage at holiday gatherings. Despite the difficulty of my allergies, I hope my advocacy can take many more forms in many holiday seasons to come!



Recipe contains: wheat (flour)

Visit FARE's substitution hub at [FoodAllergy.org/substitutions](https://www.foodallergy.org/substitutions) for alternative ingredients to customize this recipe as needed.

Ingredients:

Bowl 1: Wet Ingredients

- ¼ cups of oat milk
- ⅓ cups of oil
- ¼ cups of molasses
- 2 cups of sugar

Bowl 2: Dry Ingredients

- 2 cups of flour
- ½ tsp. baking soda
- ½ tsp. baking powder
- ½ tsp. salt
- ½ tsp. nutmeg
- ½ tsp. cloves
- ½ tsp. cinnamon
- 1 ½ tsp. of ginger

Instructions:

1. Mix bowls together for five minutes with a firm spoon or spatula. Finish when the dough is stiff and compact. Flatten dough into a disk, and put it in the fridge for an hour.
2. After taking the dough out, cut it into gingerbread shapes with cookie cutters and bake for 8 minutes with the oven at 350 degrees F.
3. Makes approximately 36 cookies.

Scottish Shortbread Cookies

by: *Camden McIntire*

San Diego, CA

During the holidays, it was always hard to see people eating desserts that I was allergic to. It inspired my family to find a safe dessert that we could all enjoy together. We have Scottish shortbread cookies the whole family enjoys and are safe for me, so I can also be included. I hope your family loves them too.



Ingredients:

- 2 sticks salted butter (1 cup total), room temperature
- ½ cup sugar
- 2 ⅓ cup sifted flour
- ¼ tsp. salt

Instructions:

1. Preheat the oven to 300 degrees F.
2. Grease a 9-inch baking pan or line it with parchment paper.
3. In a stand mixer, cream the butter (about 3-5 minutes). Gradually add the sugar and beat until light and fluffy (about 5 minutes).
4. By hand, gradually mix in the flour and salt until well combined and crumbly.
5. Press the mixture evenly into a baking pan. Prick the top with a fork.
6. Bake for 50-60 minutes or until golden brown.
7. Cool slightly, then cut into bars or triangles.

Recipe contains: dairy (butter) & wheat (flour)

Visit FARE's substitution hub at [FoodAllergy.org/substitutions](https://www.foodallergy.org/substitutions) for alternative ingredients to customize this recipe as needed.

Cream of Mushroom Soup

by: *Jacqueline See-Tho*

Palo Alto, CA



Cooking, baking and testing new recipes have always been a passion of mine because of the unique challenge I face. They have allowed me to express myself because you can get very creative and nothing you make is ever the same.

Facing food allergies in the kitchen has never been a huge barrier, but rather a way to explore more alternatives and unique methods. Learning how to make delicious allergy-friendly food is essential to my survival. I know how hard it can be, especially during the holidays, to live with food allergies. I've often felt left out and disappointed when I couldn't partake in certain traditions like our rum cake, deviled eggs, gingerbread cookies or cultural dishes. My brother and I would watch others eat and have them describe what it tasted like to us.

My family and I have been able to develop our own unique traditions that are inclusive and remain true to the holiday spirit. Every year, we host a big Christmas Eve dinner. I'm often in the kitchen planning, prepping and cooking the courses. Usually, almost all of the dishes are allergy-friendly to help cater to me and my brother. Everyone at the party always enjoys all of the food, sometimes not even realizing they are modified with substitutes. It's the ability to adapt and overcome that makes living with food allergies so special and meaningful. I love sharing my recipes as a resource for those with food allergies who are struggling to find delicious and safe food to make.

Ingredients:

- 8 cups of homemade or store-bought chicken or vegetable stock
- 1 large russet potato
- 1 fresh sprig of thyme
- 20-30 brown baby bella mushrooms (add more as needed)
- ½ of a white onion
- 1 cup + ½ cup coconut milk (separately) (use flavorless coconut milk)
- salt
- pepper
- garlic powder
- 2 tbsp. olive oil
- 1 tbsp. cornstarch

Recipe contains: tree nut (coconut)

Visit FARE's substitution hub at [FoodAllergy.org/substitutions](https://www.foodallergy.org/substitutions) for alternative ingredients to customize this recipe as needed.



Instructions:

1. Rinse and chop the mushrooms into small chunks. Set aside.
2. Dice the onions.
3. Sauté the onions in a pot at medium heat with olive oil, salt, garlic powder and pepper until translucent.
4. Add the mushrooms to the pot and cook on medium until tender/soft.
5. Add the chicken or vegetable soup broth and the thyme to the pot.
6. Peel and dice one potato and add it to the soup to thicken it.
7. Simmer on medium for 2 hours. (Optional) Let sit in the refrigerator overnight to let the flavors develop.
8. Take out the thyme and blend the soup using an immersion blender. Feel free to leave larger bits if desired.
9. Add 1 cup of coconut milk and mix.
10. Make a slurry out of ½ cup coconut milk and cornstarch.
11. Slowly add the slurry to the soup while constantly mixing. Do not dump the slurry and only add a little bit at a time to avoid clumping. Continue until the soup has reached your desired consistency/thickness.
12. Add salt and pepper to taste.
13. Serve the soup warm.



Apricot-Glazed Brussel Sprouts with Bacon

by: *Kristin Osika*

Mendham, NJ

The holidays are an incredibly special time of year. So much love and joy are shared over family meals, and naturally, not being able to eat many typical holiday foods can dampen the festivities. My love of baking and cooking actually originated out of this holiday experience, as I always attempted to be creative and design new meals and side dishes that I could safely eat that everyone, with or without allergies, could enjoy.

I've found that the holidays are actually one of the best times to spread awareness about food allergies. It's not only necessary to advocate to ensure everyone can be safely included at the table, but it is also an opportunity to show those who are less familiar with allergen-free cooking and baking that it isn't necessarily difficult or burdensome! Cooking with food allergies can be an easy and an amazing way to bond with family over the holidays, and I've always been eager to share my recipes, so I can create the same experience for others.

Ingredients:

- 2 lbs brussel sprouts, halved
- 1 lb bacon, diced
- ½ cup apricot jam
- 3 tbsp. balsamic vinegar, separated
- 2 tbsp. olive oil
- 2 tbsp. brown sugar
- ½ tsp. salt

Instructions:

1. Preheat the oven to 425 degrees F.
2. In a large bowl, combine the olive oil, salt and 1 tbsp. of balsamic vinegar. Add the brussel sprouts, and toss until they are fully coated.
3. Evenly distribute the brussel sprouts on a sheet pan. Place them in the oven and roast for 20-25 minutes, stirring occasionally.
4. While the sprouts are cooking, cook the bacon and make the glaze.
5. Add the bacon and brown sugar to a greased pan. Cook over medium heat, stirring often, until the bacon bits become brown and crispy. Drain excess oil and set aside.
6. In a separate pan, bring 2 tbsp. of balsamic vinegar to a soft boil. Reduce the heat to low, and stir in the apricot jam. The glaze will be thick. If you prefer a thinner glaze, dilute with water to desired consistency. If you prefer a sweeter glaze, add additional sugar.
7. Finally, combine the roasted brussel sprouts, apricot glaze and bacon bits in a large bowl.
8. Transfer to a serving dish, and enjoy!

NOTE

If you own an air fryer, I would recommend cooking the brussel sprouts there rather than in the oven, as the increased air circulation makes the sprouts even crispier.



*Thank you!
Enjoy!*



For more



visit [FoodAllergy.org](https://www.foodallergy.org)