

Gluten-Free Thanksgiving Side Dishes: Shells & Cheese with Browned Butter and Swiss Chard

By Maris Callahan

➔ The holiday season might be the most wonderful time of the year, but for individuals who follow a gluten-free diet it can be one of the most challenging. Luckily, whether you're hosting a gluten-free guest or if a family member recently began a gluten-free diet, it's easy to use substitute ingredients to make gluten-free versions of your favorite dishes.

Some home cooks like to serve rich, comforting macaroni and cheese on Thanksgiving, and with this recipe you won't miss traditional pasta. It borrows a warm, nutty flavor from brown butter, a creamy texture from smooth goat cheese, and even some greens for guilt appeasement.



Ingredients

16 ounces (2 boxes) Ancient Harvest Quinoa Pasta

Shells or other gluten-free pasta shells

3 tbsp butter

2 tbsp Bob's Red Mill gluten-free flour or brown rice flour

½ tsp salt

Dash of pepper

2 cups low-fat or skim milk

2 cups shredded mozzarella cheese

4 ounces soft goat cheese (chevre)

1 bunch (about 4 cups shredded) red Swiss chard

Directions

Step 1: Preheat the oven to 350 degrees F. Prepare pasta according to package directions.

Step 2: In an oven-safe pan or French oven, melt the butter over medium-high heat. Cook until the butter begins to brown (and enjoy the aroma in your kitchen), stirring regularly. If you notice little brown bits in your butter, continue to stir; they will add flavor to your sauce later.

Add 2 tablespoons gluten-free flour and mix to form a roux. Season with salt and pepper.

Step 3: Add the milk to your roux, stirring constantly. Let cook over high heat until sauce thickens. Add the mozzarella, then the goat cheese, and stir until the cheese is melted and thick and the sauce is bubbly.

Mix the cooked macaroni into the pot and add the chard. Stir until combined and the chard begins to wilt.

Step 3: Put the pot in the oven and bake at 350 degree F for 25–30 minutes, or until cheese bubbles and begins to brown on top.

Note: If you don't have an oven-safe pot or pan, use a regular stockpot and transfer the mixture to a buttered glass baking dish after incorporating the chard.