

Sour Cream and Mushroom Shrimp Casserole



By Catherine Carrigan

Ingredients:

1 pound shrimp, cooked, peeled
Salt and pepper to taste
½ pound mushrooms, sliced
1 red bell pepper, diced
6 tablespoons butter
1 tablespoon gluten-free flour
1 cup organic sour cream
1 teaspoon wheat-free tamari sauce by San-J Condiments and Sauces
1 cup grated Parmesan cheese
1 teaspoon paprika

Preparations:

Boil the shrimp, peel them and place them in a single layer in a buttered glass baking dish. Sprinkle with salt and pepper. In a skillet, melt the butter and sauté the mushrooms and red pepper. Add the gluten-free flour. Meanwhile, mix the sour cream with the wheat-free tamari sauce, half the parmesan cheese and paprika. When the mushrooms are done, stir them into the sour cream mixture. Pour over the shrimp and sprinkle the remaining half of the parmesan cheese on top.

Bake in a preheated 400 degree oven for 10 minutes.

What's so healthy about this recipe?

1. I changed a favourite childhood recipe to make it even healthier by adding more vegetables and making it gluten-free.
2. This is a gluten-free version of a recipe that my mother's best friend was famous for making when I was growing up. There's a difference between a food allergy and a food sensitivity. Gluten is one of the top pro-inflammatory foods. Choosing an anti-inflammatory diet is crucial for healing your gut and your adrenal glands, decreasing pain, boosting your brain chemistry and immune system. Adapting favourite recipes to become gluten-free can go a long way to your overall health even if you are not technically allergic to gluten.

3. Japanese soy sauces are primarily made with wheat and some component of soy. Many people don't feel well after eating Asian dishes loaded with soy sauce or Hoisin sauce. I recommend using wheat-free tamari sauce instead of soy sauce or Hoisin sauce.
4. Shrimp is an excellent source of tryptophan, selenium, protein, B12, vitamin D and omega 3 fatty acids.
5. Mushrooms are loaded with antioxidants are known to boost the immune system.
6. I chose to add red bell peppers, which not only add color to the recipe, they also are a great source of vitamin C and vitamin A. Ask yourself how you can add more vegetables to your favourite recipes so that you end up with more fiber and antioxidants in your diet.

You can serve this recipe over gluten-free pasta, but I prefer to accompany it with sliced cold organic tomatoes. This is a quick and easy meal perfect for a hot summer evening.