Celebrating Easter with a good healthy meal!

April 22, 2011 By Rhonda Peters

Easter holiday is a special time for many people around the world, especially for Christians; it's a time to celebrate the resurrection of Jesus Christ. Easter holiday marks the end of Lent, which is a time of fasting and praying. Easter is celebrated in many different ways throughout the world and even within the United States, but the one common thread is FOOD! Most people celebrate this holiday with a big feast! I can remember growing up in Angie, Louisiana, my mom would cook a huge meal which included cornbread dressing, collard greens or cabbage, turkey, cream cheese pound cake and pecan pie or sweet potato pie! In my home town, this was the traditional celebration feast, but it varies throughout Louisiana, because in southwest Louisiana it was about crawfish boils and boudin!

As time progressed, dinners like the one I grew up eating have become a little different as a result of my rheumatoid arthritis. Corn, which is the main ingredient of cornbread dressing, is on the list of potential inflammatory foods, as well as other foods such as wheat, dairy, eggs, poultry, potatoes, tomatoes, bell peppers, etc, which makes it not a good choice for those dealing with some form of arthritis. Needless to say, I no longer cook my mom's infamous cornbread dressing, instead I've created my own version--a twist on the old--that I call "Cornless Cornbread Dressing"! This recipe is perfect for me and those who struggle with joint problems or food allergies to corn or wheat. My recipe is not only corn free, but also it is free of dairy, eggs, soy and wheat! I know what you're thinking, and you're wrong! This recipe is absolutely delicious! In fact, it is so delicious that I decided to put it in my cookbook, So, What Can I Eat Now?!, which is available for purchase now on my website or on Amazon.com. To prove that this is really a tasty dish, one customer who purchased the book said that she cooked this recipe for Thanksgiving and her husband and other people who came for dinner loved it! This recipe is not lacking flavor at all and the best part about it is that it is healthy! My mouth is watering as I write this post! I wasn't planning on cooking Sunday, but after this post, I think I'm heading to the store to purchase the ingredients to cook some "Cornless Cornbread Dressing" (or stuffing)!

If you're celebrating Easter, I would love to know about how you and your family celebrate. Do you throw down in the kitchen preparing a huge feast? What type of meals do you cook for the occasion? I'd love to read about it! You can also send me a tweet with pictures of your Easter dinner, just follow me on Twitter @RhondaPeters.

Happy Easter or Resurrection Day!

[1]I will address inflammatory foods in more details in future blog posts so subscribe and keep reading!

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