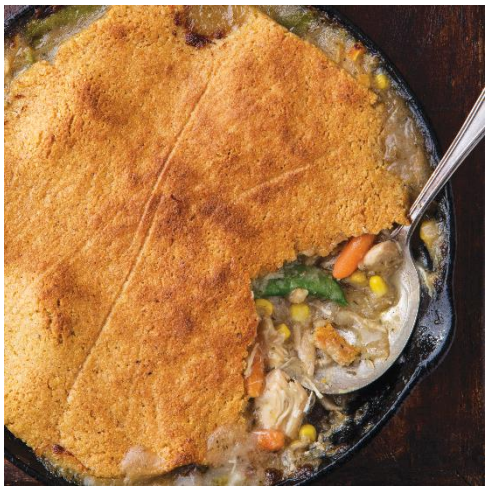




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APPETIZERS

Veggie Potato Skins

Ingredients

- 7 large or 10 medium russet potatoes
- 1 medium head of cauliflower
- 2 Tbsp. olive oil and additional for coating potatoes
- 1 tsp. salt
- 4 cloves garlic
- 6 Tbsp. unsweetened dairy-free rice, hemp or coconut milk beverage
- 1½ tsp. smoked paprika
- 2 Tbsp. minced chives

Makes 14-20 potato skins.

Recipe courtesy of Allergic Living and Kim Lutz



Directions

1. Preheat oven to 400° F. Scrub potatoes and bake 1 hour, or until tender when pierced with a fork.
2. While potatoes bake, remove stem and leaves from cauliflower and cut into small florets. Carefully smash each garlic clove with the side of a chef's knife or a mallet; remove skins.
3. In a large bowl, combine cauliflower florets and smashed garlic with 2 Tbsp. olive oil. Spread in a single layer on a baking sheet and place in oven with potatoes. Bake 30 minutes. Do not turn oven off.
4. When potatoes are cool enough to handle, slice in half lengthwise. Scoop out most of the potato flesh (reserve to make mashed potatoes or use in another recipe) leaving ¼-inch thick shells. Lightly oil each potato skin, inside and out. Place each, cut side down, on a baking sheet and bake 10 minutes. Turn potato skins cut side up and bake 5 minutes.
5. Place cooked cauliflower and garlic in a blender or food processor with milk beverage. Puree until smooth. Evenly spread cauliflower puree in each potato skin well. Liberally sprinkle with smoked paprika. If making ahead, the potato skins can be covered and chilled at this stage.
6. When ready to serve, broil the potato skins 2-3 minutes in the oven, or until heated through and lightly browned on top. Sprinkle with chives.

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Crispy BBQ Chicken Wings

Ingredients

- 2 4.5 oz. bags of Crunchmaster® Sea Salt Multi-Grain Crackers
- 1 cup gluten-free barbeque sauce, use divided
- ½ cup honey, use divided
- 4 lbs. chicken wing drumettes

Makes about 30 wings

Courtesy of Crunchmaster and Carol Kicinski



Directions

1. Pour ¾ cup of the barbeque sauce and ¼ cup of the honey in a large plastic storage bag and mix. Add the chicken wings, close the bag and toss several times to coat the wings with the sauce. Let sit in the refrigerator for at least 30 minutes or up to 24 hours.
2. Preheat oven to 450° F. Spray two baking sheets with gluten-free, non-stick cooking spray.
3. Grind the crackers in a food processor or blender into fine crumbs and pour onto a dinner plate. Remove a chicken wing from the marinade, roll in the cracker crumbs to coat and place on prepared baking sheet. Repeat with remaining chicken wings. Discard the marinade. Spray the tops of the wings lightly with gluten free, non-stick cooking spray. Bake for 25 - 30 minutes or until browned and cooked thoroughly (registering 165° F on an instant read thermometer inserted into the thickest part of the wing).
4. Combine the remaining ¼ cup barbeque sauce with the remaining ¼ honey and serve with the wings for dipping.

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Cajun Breaded Shrimp

Ingredients

- 1 cup Ian's Gluten Free Original Panko breadcrumbs
- 3 Tbsp. grated Parmesan cheese (optional)
- 2 tsp. Old Bay or other Cajun seasoning
- ¼ tsp. salt
- ¼ tsp. black pepper
- 1 egg white, whisked
- 1 lb. raw medium shrimp, peeled and deveined
- 2 Tbsp. olive oil
- Lemon wedges and chopped fresh parsley, for garnish

Recipe courtesy of Ian's Natural Foods



Directions

1. Preheat oven to 350° F. Line a large baking sheet with parchment paper or aluminum foil.
2. In a medium bowl, whisk together Panko, parmesan (optional), Old Bay, salt and pepper until combined.
3. Set up your dipping station with bowls of shrimp, egg whites and breading. Working one at a time, dip a piece of shrimp in the egg whites until it is covered. Then transfer to the breadcrumb mixture and toss until combined. Place on the prepared baking sheet. Repeat with remaining shrimp, then generously drizzle all of the shrimp with a layer of olive oil (this will help the breading turn golden).
4. Bake for 3 minutes, then flip shrimp and bake for another 3 minutes or until cooked through and no longer translucent.
5. Serve warm with garnishes and your favorite dipping sauce.

Mashed Avocado Toast



Ingredients

- Two slices Three Bakers Max-Omega Bread
- 1 small to medium avocado
- Lime juice
- Pepper and salt, to taste

Makes 2 servings

Courtesy of Three Bakers and Angela Litzinger

Directions

1. Toast the Three Bakers Max-Omega Bread.
2. Open avocado. Remove half of avocado from peel and mash on one slice of toast with a fork. Mash second half of avocado on second toast slice.
3. Drizzle lime juice on avocado and season with salt and pepper.

12 Variations

1. Top with crisp bacon.
2. Sprinkle with sun dried tomatoes and thinly sliced green onions.
3. Top with golden plum tomatoes and wilted spinach.
4. Add a dash or two of ground cumin and fresh cilantro leaves.
5. For a tropical treat, top with slices of ripe mango.
6. Top with smoked salmon and fresh minced dill
7. Top avocado with a fried egg.
8. Add thinly sliced radishes.
9. Drizzle with Sriracha sauce.
10. Top with fresh spinach and broccoli sprouts.
11. Drizzle with honey and top with dried cranberries, diced dried apricots and pepitas.
12. Add sliced tomatoes and a dash of Italian seasoning.

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SALADS

Quinoa Cilantro Taco Salad



Ingredients

- 2 tsp. olive oil
- 1 tsp. apple cider vinegar
- 1 tsp. cumin
- ½ tsp. chili powder
- ¼ tsp. sea salt
- 2 Tbsp. poppy seeds
- 1 cup quinoa, cooked
- 4 cups mixed salad greens
- 5 fresh chives
- ½ cup cabbage, shredded
- 6 cherry tomatoes
- ⅓ cup sunflower seeds
- 1 medium red onion, sliced
- ½ cup fresh cilantro, finely chopped
- 2 Tbsp. fresh parsley, finely chopped
- 1 medium carrot, cut into matchsticks
- 1 cup Crunchmaster® Roasted Garlic Multi-Seed Crackers, crushed
- 1 cup shredded mozzarella cheese
- 1 ripe avocado, peeled, pitted and sliced
- 1 papaya, cut into ¼ inch slices

Recipe courtesy of Crunchmaster and Amie Valpone

Directions

1. Combine olive oil, apple cider vinegar, cumin, chili powder, sea salt, poppy seeds and quinoa in a large mixing bowl. Gently toss to combine.
2. In a large serving bowl, add mixed salad greens. Top with quinoa mixture.
3. Add remaining ingredients and mix well.

Crunchy Cucumber Salad

Ingredients

- 2 English cucumbers, peel on
- ⅔ tsp. salt
- 2 Tbsp. sherry vinegar
- 1 tsp. sugar
- ½ tsp. Dijon mustard
- ¼ tsp. lemon zest
- 3 Tbsp. olive oil
- ¼ cup finely minced red onion
- 2 Tbsp. chopped fresh parsley
- 2 Tbsp. chopped fresh mint
- Freshly ground pepper

Serves 4-6

Recipe courtesy of Allergic Living and Cybele Pascal



Directions

1. In a large shallow dish, whisk together rice milk, lemon juice, garlic, ½ tsp. salt and a few turns of freshly ground pepper. Drizzle in oil, a little at a time, while whisking to combine.
2. Add chicken to rice milk mixture. Turn to coat. Cover tightly and refrigerate at least 4 hours or overnight.
3. Grind cornflakes into a fine crumb in a blender or food processor. Transfer crumbs to a wide shallow bowl.
4. Pulse cheese alternative in a blender or food processor until it's the texture of grated Parmesan. Add the grated cheese alternative to the crumbs, as well as cayenne, big pinch of salt and a few turns of ground pepper. Toss to combine.
5. Arrange a rack on top of a large baking pan. Remove chicken from marinade, allowing excess to drip off, turn in crumb mixture to coat and place on rack. Repeat with all chicken pieces. Let chicken dry on rack for 15 minutes.
6. Preheat oven to 425° F. Arrange the chicken on a lightly greased baking pan. Drizzle with buttery spread. Bake 40-45 minutes or until golden and crispy. Serve hot or at room temperature.

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Red Quinoa and Avocado Salad



Ingredients

- 1 box (7 oz.) Food You Feel Good About Red Quinoa, cooked and cooled
- 1 package (12 oz.) Food You Feel Good About Just Picked and Quickly Frozen Super-Sweet Corn, cooked and cooled
- 1 cup chopped fresh cilantro
- 1 bunch green onions, trimmed, thinly sliced on bias (about 1 cup)
- 2 plum tomatoes, ¼-inch dice (about 1 cup)
- 2 avocados, peeled, pitted, ¼-inch dice
- ½ cup Wegmans Organic Lemon Vinaigrette
- ½ tsp. salt
- ½ tsp. black pepper

Makes 10 cups

Recipe courtesy of Wegmans

Directions

1. Add cooked quinoa, cooked corn, cilantro, green onions and tomatoes to mixing bowl. Stir to combine.
2. Fold in avocado and dressing; season with salt and pepper. Serve chilled or at room temp.

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ENTRÉES

Eggplant Parmesan



Ingredients

- 1 medium eggplant, in ½-inch slices
- 2 eggs, beaten
- 1 cup Rudi's Gluten-Free Bakery Original Bread, made into breadcrumbs by toasting bread and putting it through a food processor
- ⅓ cup grated parmesan cheese
- 1 Tbsp. of chopped flat leaf basil
- Olive oil to taste
- Salt and pepper
- 1-2 cups marinara sauce (store bought or homemade)

Recipe courtesy of Rudi's Gluten-Free Bakery

Directions

1. Preheat oven to 375° F.
2. Line a baking sheet with aluminum foil. Put beaten eggs in a shallow dish. Mix together the breadcrumbs, parmesan and basil in another shallow dish. Dip prepared eggplant slices in the egg and place on a baking sheet.
3. Cover with marinara sauce and sprinkle breadcrumb mixture on top.
4. Bake for 5-10 minutes.
5. Arrange in a stack on a plate. Drizzle plate with olive oil and top off the eggplant with additional cheese and breadcrumbs.

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Chicken Mushroom Tikka Masala



Ingredients

- 2 Tbsp. coconut oil (or olive oil)
- ½ yellow onion, finely chopped
- 6 baby bella mushrooms, chopped into sixths
- 1 lb. boneless skinless chicken breasts
- 1 7 oz. packet Saffron Road Tikka Masala Simmer Sauce
- ¼ cup light coconut milk or chicken broth
- ½ cup fresh basil leaves, chopped
- Cooked rice for serving

Makes 3-4 servings

Recipe courtesy of Saffron Road and The Roasted Root

Directions

1. Heat the oil in a large non-stick skillet over medium-high heat. Add the onion and sauté until translucent, about 3 minutes.
2. Add the chopped mushrooms and sauté 2 minutes.
3. Add the chopped chicken and brown meat for 2 minutes.
4. Add the Tikka Masala simmer sauce and coconut milk and bring to a full boil. Reduce temperature to medium and allow the tikka masala to cook uncovered at a gentle boil for 10 to 15 minutes, stirring occasionally.
5. Just before serving, add the fresh basil. Serve with cooked rice or quinoa.

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Caramelized Onion, Asparagus and Salmon Tart



Ingredients

- 200g of Schär gluten- and wheat-free Shortcrust Pastry, defrosted
- 1 medium red onion, peeled, cut in half and thinly sliced
- 2 tsp. olive oil
- 1 Tbsp. balsamic vinegar
- 75g asparagus, par cooked and broken into small pieces
- 75g smoked salmon, cut into slithers
- 2 large eggs, beaten
- ¼ pint (150ml) skimmed milk
- 75g cottage cheese
- 15g Parmesan Cheese, grated
- Cracked Black Pepper
- Cornflour for dusting

Makes 6 servings

Recipe courtesy of Dr. Schär

Directions

1. Preheat the oven to 375° F.
2. Place pastry onto a surface dusted with flour and knead for 1 minute.
3. Roll out the pastry to fit an 8" quiche or flan dish. Chill pastry in dish while you prepare the other ingredients.
4. Heat the oil and balsamic vinegar in a frying pan until hot, add the onion, and cook for 5 minutes, stirring occasionally until the onion is soft. Remove pastry dish from refrigerator and place the onion into the pastry case along with the smoked salmon slithers and the par cooked asparagus spears.
5. Mix together the remaining ingredients, except the cheese, and pour into the pastry case. Sprinkle the cheese on top of the mixture.
6. Place the tart on a baking sheet and bake in a preheated oven for 25-30 minutes until the tart is set and tinged with brown.
7. Leave in the tin for 10 minutes to cool slightly before serving.

Blackened Chicken with Grilled Peaches



Ingredients

- 1 Tbsp. olive oil, plus more for grill grates
- 1 tsp. paprika
- 1 Tbsp. ground pepper
- 1½ tsp. sea salt
- ¼ tsp. cayenne pepper
- 1 tsp. dried thyme
- 1 cup Crunchmaster® Rosemary & Olive Oil Multi-Seed Crackers, ground
- 4 skinless chicken breasts
- 4 fresh peaches, sliced
- 1 large apple, chopped
- 1 head Bibb lettuce, torn

Recipe courtesy of Crunchmaster and Amie Valpone

Directions

1. Heat grill to medium-high heat and brush with olive oil.
2. In a bowl, combine 1 Tbsp. olive oil, paprika, pepper, sea salt, cayenne, thyme and Crunchmaster® Crackers; rub olive oil mixture onto chicken and peaches.
3. Grill chicken breast and peaches for 4 minutes each, then flip and cook for another 4-6 minutes or until chicken is no longer pink inside (internal temperature of 165° F) and peaches have grill marks.
4. Transfer to a serving platter; serve chicken atop a bed of Bibb lettuce with chopped apples and grilled peaches.

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Chicken and Vegetable Korean Stir Fry



Ingredients

- 3 Tbsp. coconut oil
- 1 large carrot, peeled and chopped
- 1 large crown broccoli, chopped into florets
- 1 yellow onion, cut into slices
- 1 red bell pepper, cut into match sticks
- 3 cloves garlic, minced
- 2 cups snow peas, trimmed
- 1 lb. boneless skinless chicken breasts, chopped
- 1 packet Saffron Road Korean Stir Fry Simmer Sauce
- ¼ tsp. sea salt, to taste

Recipe courtesy of Saffron Road and The Roasted Root

Directions

1. Add the coconut oil to a large wok or skillet and heat to medium-high. Add the broccoli and carrots and sauté, stirring occasionally for 5 to 8 minutes, until veggies begin to soften.
2. Add the onion, bell pepper, and garlic. Sauté, stirring occasionally for 3 to 5 minutes, until onions are translucent and begin browning around the edges.
3. Move the vegetables to one side of the skillet and add the chopped chicken. Brown the meat for 2 minutes before stirring it in to the vegetables.
4. Add snow peas and simmer sauce and stir well until everything is coated. Reduce heat, cover, and cook 10 to 15 minutes, until vegetables and chicken are cooked through. Taste the stir fry for flavor and add sea salt to taste. Serve over cooked rice or quinoa.

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Fish and Chips



Ingredients

- 75g dried breadcrumbs from Schär Wholesome Seeded loaf
- 4 150g cod fillets
- Juice of 1 lemon
- Salt and ground black pepper
- 900g peeled potatoes
- Low calorie cooking spray
- 4 Tbsp. freshly chopped parsley
- 1 medium egg

Makes 4 servings

Courtesy of Dr. Schär

Directions

1. Preheat the oven to 400° F. Place the cod fillets in a bowl, sprinkle over the lemon juice and season well. Leave to marinate in the fridge for an hour.
2. Meanwhile, cut the peeled potatoes into thick chip slices. Bring a pan of water to the boil and cook the chips for 5 minutes. Drain and dry on kitchen paper. Transfer to a non-stick baking sheet, spray with low calorie cooking spray and season well.
3. Mix together the breadcrumbs, parsley and seasoning to taste. Lightly beat the egg and place in a bowl. Dip each cod fillet into the egg mixture and then into the breadcrumbs mixture to coat evenly and place on a baking sheet sprayed with low calorie cooking spray.
4. Place the chips in the oven and cook for 10 minutes. Add the fish and cook for a further 15-20 minutes.
5. Garnish with lemon wedge and fresh parsley sprig.

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Veggie Burgers



Ingredients

- 2-3 slices of Schär gluten- and wheat-free Wholesome Seeded Sliced Loaf, made into breadcrumbs
- 300g zucchini
- 100g asparagus, hard ends removed
- 100g baby chestnut mushrooms
- 1 Tbsp. olive oil
- 3 Tbsp. fresh parsley
- 2 tsp. gluten-free Dijon mustard
- 1 small egg, beaten
- Sea salt
- Cracked black pepper
- 25g cornflour
- Schär gluten- and wheat-free Brown or White Ciabatta Rolls

Makes 6 burgers

Recipe courtesy of Dr. Schär

Directions

- Chop the baby chestnut mushrooms into small pieces and chop the asparagus spears into small rings.
- Heat the olive oil in a frying pan, add the chopped mushrooms and asparagus. Fry over a medium heat for 2-3 minutes until they are slightly softened. Place into a large bowl.
- Grate the zucchini onto a chopping board, dab with a paper towel to remove excess moisture. Add to the fried vegetables in the bowl along with the breadcrumbs, chopped parsley and Dijon mustard. Combine together with the beaten egg and season.
- Shape the mixture into 6 burgers and dust with cornflour.
- BBQ for 5-6 minutes on each side, carefully turning them once, cook until golden brown and ensure they are piping hot.

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Chicken Lemongrass Basil Curry

Ingredients

- 2 Tbsp. olive oil
- ½ yellow onion, finely chopped
- 2 large carrots, peeled and chopped
- 1 large red bell pepper, cut into match sticks
- 1 lb. boneless skinless chicken breasts, chopped
- 1 7 oz. pack Saffron Road's Lemongrass Basil Simmer Sauce
- ½ cup chicken broth or water
- ½ cup full-fat canned coconut milk
- 1 lime, juiced
- ¼ cup fresh cilantro, chopped
- Sea salt to taste
- 3 cups cooked brown or white rice (1 cup dry)

Makes 4 servings

Recipe courtesy of Saffron Road and The Roasted Root



Directions

1. In a large skillet, heat the olive oil over medium heat. Add the onion and carrots and sauté, stirring occasionally for 10 minutes. Add the bell pepper and garlic and sauté 3 minutes.
2. Add the chicken and brown meat for 30 seconds before adding the Saffron Road Lemongrass Basil Simmer Sauce, broth and coconut milk. Bring to a boil, reduce the heat to a simmer and cover. Allow the curry to cook 15 minutes, or until vegetables are soft and chicken is cooked through.
3. Add the lime juice, cilantro and salt to taste. Serve curry with cooked rice.

Bruschetta Stuffed Portobello



Ingredients

- 4 Portobello Mushroom Caps
- 2 Tbsp. Wegmans Pure Olive Oil
- Sea salt and black pepper
- 1 container (8 oz.) Wegmans Bruschetta Topping, drained
- 4 oz. Wegmans Part-Skim Mozzarella Cheese

Makes 4 servings

Recipe courtesy of Wegmans

Directions

1. Preheat oven to 350° F.
2. Rinse mushrooms and pat dry. Scoop out gills and remove stem. Place caps, scooped side up, on baking sheet. Coat caps evenly with olive oil and season with salt and pepper.
3. Bake 15-20 min.
4. Remove from oven. Drain caps if necessary. Top each cap evenly with bruschetta and cheese.
5. Bake 7-8 min, until cheese melts.

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Gnocchi with Leeks and Zucchini



This recipe is courtesy of Blogger Ambassador Annette Pugliese at Best Life Gluten-Free.

Ingredients

- 1 12 oz. package of gluten-free gnocchi
- 1 leek, discard the darkest end by about 3 inches, cut in half lengthwise and thinly slice to about 1/8" wide
- 1 unpeeled zucchini, quartered lengthwise and sliced ¼" in width
- 3 Tbsp. butter or substitute (I used 2 Tbsp. Earth Balance and 1 Tbsp. margarine)
- ¼ cup milk or substitute (I used coconut milk creamer)
- Salt for cooking water of gnocchi and dash of salt for veggies
- Black pepper to taste
- Dash of nutmeg
- Dash of ground sage
- Grated parmigiano reggiano or romano cheese

Directions

1. Put on the pot of salted water for the pasta. You must salt the water now.
2. While that's coming to a boil, make the vegetable butter sauce. In a skillet, melt the butter or substitute. Add the leeks and stir until translucent. Add the zucchini and stir well to combine.
3. Season with the salt, pepper, sage and nutmeg.
4. Add the milk or substitute. Stir well.
5. Cook over a low heat until the zucchini is soft.
6. When the water has come to a boil, place the gnocchi in. They are don when they float, and they should be soft, yet have a slight bite or resistance in the center. Usually it takes 5 minutes after putting into the boiling water.
7. Drain and immediately place in the skillet with the cooked veggies.
8. Gently stir to combine. Plate and sprinkle with the grated cheese.

Tahdah! In less than 30 minutes, supper's ready!

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Curry Spinach and Chickpea Fritters

Ingredients

- 2 Tbsp. tapioca starch
- 1/8 tsp. baking powder
- ¼ cup crushed Perky's Crunchy Flax Original or Perky's Crunchy Rice Original Cereal
- ¼ cup sorghum or rice flour
- 1 tsp. chia or flax meal
- ½ tsp. curry
- ¼ tsp. turmeric
- ½ tsp. cumin
- 1 tsp. fine salt
- ½ can chickpeas, rinsed and roughly chopped
- ¼ onion, finely diced (about ½ cup minced)
- ½ cup packed and pressed dry frozen spinach
- ¼ cup minced cilantro

Makes 10-12 mini fritters

Recipe courtesy of Enjoy Life



Directions

1. Whisk dry ingredients (tapioca, baking powder, cereal, flour, chia/flax, curry, turmeric, cumin and salt) together in a medium bowl. Add ½ cup water and whisk until the mixture is moist, not runny.
2. Add the wet ingredients (chickpeas, onion, spinach and cilantro) to the mixture and mix together with a fork until blended.
3. Heat a large nonstick pan and add a splash of olive oil. Take a large spoonful of the mixture and form it into a thin patty, place in the pan. Continue with the remaining mixture and cook a few minutes on each side until lightly browned.
4. Serve with salsa, mango chutney or your favorite sauce.

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Chicken and Vegetable Pot Pie with Nutty Crust



Ingredients

Pot Pie Filling:

- 2 Tbsp. butter
- 1 cup coarsely chopped onion
- 3 cups chicken stock or reduced sodium broth
- ½ cup Blue Diamond® Unsweetened Original Almond Breeze®
- ⅓ cup cornstarch
- ½ tsp. dried thyme
- ¼ tsp. dried rosemary, crushed between your fingers
- ¼ tsp. poultry seasoning
- ¾ lb. boneless, skinless chicken breasts, cut into 2"chunks
- 1 cup each: tiny baby carrots, sugar snap peas and small, quartered mushrooms
- ½ cup corn

Nut-Thins® Pastry Crust:

- 1 (4.25 oz.) box Blue Diamond® Almond Nut-Thins®
- 6 Tbsp. Blue Diamond® Unsweetened Original Almond Breeze®
- 2 Tbsp. cornmeal
- 2 Tbsp. butter, melted
- ¾ tsp. sea salt
- 1 egg

Recipe courtesy of Blue Diamond

Directions

1. Melt butter in a large saucepan over medium heat.
2. Add onion and sauté for 5 minutes. Add stock, ½ cup Breeze®, cornstarch and seasonings. Whisk until cornstarch is incorporated and mixture starts to boil. Add chicken to pan and return to a boil.
3. Reduce heat and simmer, covered, for 45 minutes.
4. Remove cover and cook until sauce is thickened and chicken is tender.
5. Coarsely shred chicken with 2 forks, then stir in vegetables and cook until bubbly.
6. Preheat oven to 400° F and lightly grease a 9" shallow baking dish or deep dish pie plate.
7. Process Nut-Thins® in a food processor until very finely chopped. Add remaining topping ingredients and process until a dough forms.
8. Let stand for a few minutes to firm up, then roll out between 2 pieces of parchment or waxed paper to fit the size of your baking dish.
9. Remove top piece of paper and flip dough over onto filling. Remove remaining piece of paper.
10. Bake for 15 minutes or until mixture is very bubbly.
11. Broil for 3-5 minutes to brown and crisp the top.

Spicy Tomato Soup with Grilled Cheese Croutons

Ingredients

Soup:

- 2 Tbsp. olive oil
- 2 large shallots, chopped
- kosher salt and black pepper
- 2 garlic cloves, chopped
- 2 Tbsp. tomato paste
- 1 chipotle in adobo (from can), chopped
- 1 28 oz. can whole peeled tomato, crushed with hands
- 4 cups vegetable or chicken stock, unsalted
- 1 Tbsp. honey
- 4 sprigs thyme
- 1 bay leaf
- ¼ cup heavy cream

Grilled Cheese Croutons:

- 4 Tbsp. butter, room temperature
- 4 slices gluten-free bread
- 6 slices cheddar cheese



This recipe is courtesy of Blogger Ambassador Jackie Ourman at C.A.F.E.

Directions

1. Heat olive oil in a Dutch oven or soup pot over medium and add shallots to soften, about 5 minutes. Season with salt and pepper and add garlic until fragrant, about one minute. Stir in tomato paste and chipotle in adobo and cook until color deepens slightly, about 1-2 minutes. Add the rest of the ingredients. Season generously with kosher salt and pepper.
2. Bring soup to a boil and reduce to simmering for 45 minutes until liquid is reduced by about ¼ and flavor develops. Allow to cool slightly. Stir in heavy cream and either transfer to blender or vitamix to puree in batches or use an immersion blender.
3. For grilled cheese, preheat griddle to 350° F or non-stick pan on medium heat and spread butter evenly on one side of each slice of bread. Lay 2 slices of bread, butter side down, on griddle or pan, top with 3 slices of cheese each and then top each with one slice of bread, butter side up. Turn sandwich when underside is golden brown, about 4 minutes and continue cooking until the other side is golden brown. Remove from cooktop and allow to cool for 1-2 minutes before slicing into cubes (options: you can make long slices to make grilled cheese dippers or just slice on the diagonal and eat as a sandwich).

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Lemon Cauliflower Pasta



Ingredients

- 8 oz. gluten-free pasta
- 2½ cup fresh spinach
- 5-6 cups cauliflower florets
- 2 Tbsp. butter
- 2 Tbsp. Dijon mustard
- 1 cup gluten-free panko crumbs
- 1 cup grated parmesan
- ½ cup heavy cream
- 1 Tbsp. grated lemon peel

This recipe is courtesy of Blogger Ambassador Cindy at Vegetarian Mamma

Directions

1. Cook gluten-free pasta per directions on the box. In the last minute, add spinach. Drain and set aside.
2. Boil cauliflower florets in a pot for 6 minutes or until soft, then drain, but reserve ½ cup of cauliflower water.
3. Melt butter in a skillet over low heat. Stir in mustard then bread crumbs. Stir as they toast to a golden color (about 5 minutes). Set aside.
4. Add the parmesan, cream and lemon peel to the pasta pot. Stir contents over low heat until pasta is covered.
5. Transfer pasta mixture to a serving dish and top with bread crumbs. Of course, you are welcome to add more parmesan.

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Slow Cooker Pulled Pork with Creamy Coleslaw



Ingredients

Pulled Pork Sandwiches:

- 2 medium onions, cut in half and thinly sliced
- ½ cup gluten-free ketchup
- ¼ cup cider vinegar
- ⅓ cup packed brown sugar
- ¼ cup tomato paste
- 1½ Tbsp. paprika
- 2 Tbsp. gluten-free Worcestershire sauce
- 2 Tbsp. gluten-free prepared mustard
- 4 cloves minced garlic
- 1½ tsp. ground black pepper
- 3 lbs. fresh boneless pork roast, cut into 3 pieces
- 2 packages gluten-free Three Bakers Whole Grain Hamburger Buns

Creamy coleslaw:

- ½ cup gluten-free mayonnaise
- 1 Tbsp. apple cider vinegar
- 1½ tsp. sugar
- Coarse salt and ground pepper, to taste
- ½ small green cabbage, thinly sliced (about 5 cups)
- ¼ small red cabbage, thinly sliced (about 3 cups)

Makes 8 servings

Recipe courtesy of Three Bakers

Directions

1. In a slow cooker, stir together onion, ketchup, vinegar, brown sugar, tomato paste, paprika, Worcestershire, mustard, garlic and pepper. Add pork to sauce mixture in crock, turning to coat well with sauce. Cover slow cooker with lid and cook on low setting for 8 to 10 hours or until pork is very tender.
2. Transfer pork to a large bowl or rimmed platter. Pull pork into shreds with 2 forks, discarding any fat that needs to be removed. Return shredded pork to slow cooker and toss with thickened sauce to combine.
3. Make creamy coleslaw: In a bowl, mix together mayonnaise, vinegar, sugar, salt and pepper. Add sliced cabbage. Mix cabbage with sauce until well combined.
4. Assemble sandwiches: Spoon pulled pork onto the bottom half of the Three Bakers Whole Grain Hamburger Buns. Top with a scoop of coleslaw and the bun tops. Serve remaining coleslaw on the side.

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Salmon Cakes with Smokehouse® Nut-Thins®



Ingredients

- 2 cups diced salmon fillet, skinless and boneless
- ¼ cup finely diced onion
- 2 eggs, lightly beaten
- 1 Tbsp. Dijon mustard
- 1 cup crushed Blue Diamond® Smokehouse® Nut-Thins®
- ¼ cup diced fresh pineapple
- 3 Tbsp. mayonnaise
- 1 tsp. minced fresh garlic
- ¼ cup chopped fresh cilantro
- ¼ cup diced tri-color peppers
- 1 tsp. Cajun seasoning
- Kosher salt and freshly ground black pepper to taste
- ¼ cup olive oil, for frying
- Lemon wedges, for garnish

Makes 12 cakes

Recipe courtesy of Blue Diamond

Directions

1. In a large mixing bowl, combine the salmon, onion, parsley, egg, mustard, crushed Smokehouse® Nut-Thins®, diced pineapple, mayonnaise, garlic, cilantro, tricolor pepper, Cajun seasoning, salt and peppers. Mix very well. Using your hands, form the mixture into 3" patties.
2. Lightly dust each salmon cake with a little flour.
3. In a large sauté pan, heat the oil over medium heat for 1 minute. Add the salmon cakes to the pan and cook for 2-3 minutes. Carefully flip the cakes and cook for an additional 3- 4 minutes per side.
4. Remove the cakes to a platter.

“Buttermilk” Oven-Fried Chicken

Ingredients

- 1 cup (250 mL) plain rice milk
- 1½ Tbsp. lemon juice
- 2 garlic cloves, minced or crushed
- ½ tsp. and big pinch salt, divided
- freshly ground pepper
- 3 Tbsp. olive oil
- 3 lbs. (1.5 kg) chicken parts – drumsticks, thighs and bone-in split breasts (cut in half crosswise), skin removed.
- 3 cups (710 mL) gluten-free corn flakes or 1 cup gluten-free bread crumbs
- ½ cup (120 mL) dairy-free, soy-free mozzarella cheese alternative
- ¼ tsp. cayenne pepper
- ¼ cup (60 mL) dairy-free, soy-free buttery spread, melted

Serves 4 to 6

Recipe courtesy of Allergic Living and Cybele Pascal



Directions

1. In a large shallow dish, whisk together rice milk, lemon juice, garlic, ½ tsp. salt and a few turns of freshly ground pepper. Drizzle in oil, a little at a time, while whisking to combine.
2. Add chicken to rice milk mixture. Turn to coat. Cover tightly and refrigerate at least 4 hours or overnight.
3. Grind cornflakes into a fine crumb in a blender or food processor. Transfer crumbs to a wide shallow bowl.
4. Pulse cheese alternative in a blender or food processor until it’s the texture of grated Parmesan. Add the grated cheese alternative to the crumbs, as well as cayenne, big pinch of salt and a few turns of ground pepper. Toss to combine.
5. Arrange a rack on top of a large baking pan. Remove chicken from marinade, allowing excess to drip off, turn in crumb mixture to coat and place on rack. Repeat with all chicken pieces. Let chicken dry on rack for 15 minutes.
6. Preheat oven to 425° F. Arrange the chicken on a lightly greased baking pan. Drizzle with buttery spread. Bake 40-45 minutes or until golden and crispy. Serve hot or at room temperature.

Allergy-Friendly 'Cheesy' Pepperoni Pizza with Roasted Tomato Sauce



Ingredients

No Rise Gluten-Free Thin Crust:

- 1 Tbsp. gluten-free active dry yeast
- ⅔ cup (160 mL) warm, unsweetened plain milk alternative of choice
- 1 tsp. sugar
- ⅔ cup (160 mL) brown rice flour and extra for sprinkling
- ½ cup (120 mL) tapioca starch
- 2 tsp. xanthan gum
- 1 tsp. unflavored gelatin powder (for vegetarian: substitute with agar powder)
- 1 tsp. Italian seasoning
- ½ tsp. onion powder
- ½ tsp. salt
- 1 tsp. olive oil
- 1 tsp. apple cider vinegar

Roasted Tomato Sauce:

- 1¼ lbs. tomatoes (cherry, Roma or cluster)
- 2 garlic cloves, peeled
- 1 Tbsp. extra-virgin olive oil
- ½ tsp. salt, and pinch to taste
- ½ tsp. dried oregano or Italian seasonings, or ½ Tbsp. fresh herbs
- Fresh ground black pepper, to taste

Toppings:

- 5-7 oz. allergen-free pepperoni*
- Dairy-free cheese alternative shreds (mozzarella or cheddar)

Makes one 12" pizza

Recipe courtesy of Allergic Living and Alisa Fleming

Directions

1. Preheat oven to 375° F. Halve tomatoes if using cherry or Roma, quarter if using a cluster variety. Place cut tomatoes and whole garlic cloves on a baking sheet. Drizzle with oil, sprinkle with ½ tsp. of salt and toss to evenly coat. Turn tomatoes cut side up.
2. Roast 40 minutes. If using a larger cluster variety, remove the garlic and roast the tomatoes an additional 20 minutes. Let cool for 5 minutes.
3. Put garlic and tomatoes in a blender and purée until smooth. Pour sauce in a small saucepan and place over medium-low heat. Whisk in oregano, seasoning or herbs, black pepper and pinch of salt to taste. Let simmer to further thicken while you prepare the pizza crust.
4. Turn oven up to 425° F and line a 12" pizza pan or baking sheet with greased parchment paper or a silicone baking mat.
5. Place yeast, milk alternative and sugar in a mixer's bowl to proof for 5 minutes. Blend in rice flour, tapioca starch, xanthan gum, gelatin, Italian seasoning, onion powder, salt, oil and vinegar. Beat on high for 2-3 minutes. It will be very soft and sticky dough.
6. Put the mixture on the pan. Liberally sprinkle brown rice flour on the dough, to prevent sticking as you press it into a 12"round or rectangle with slightly thicker edges.
7. Bake the crust for 10 minutes. Top with sauce, then pepperoni (overlap the slices as they will shrink). Drizzle or spread with Cheesy Sauce or sprinkle with dairy-free cheese alternative shreds. Bake pizza for another 20 minutes, or until the top is nicely browned. If needed, broil for 2-3 minutes to brown the Cheesy Sauce or melt shreds.

Stuffing



Ingredients

- 2 loaves of Rudi's Gluten-Free Bakery Original Bread
- 2.5 cups vegetable stock or broth
- ½ tsp. kosher salt
- ½ tsp. fresh sage
- ½ tsp. fresh thyme
- ½ tsp. fresh parsley
- ½ tsp. fresh rosemary
- ¼ tsp. freshly ground black pepper

Recipe courtesy of Rudi's Gluten-Free Bakery

Directions

1. Preheat oven to 400° F.
2. While oven is heating, cube both loaves of spread.
3. Spread the diced bread on a baking sheet and bake for 10 minutes or until lightly golden.
4. Remove baking sheet from oven and give a shake to flip the cubes and place back in the oven for 10 additional minutes.
5. Transfer the toasted bread and chopped herbs to a large bowl. You can also add chopped celery and carrots, but it's not required.
6. Drizzle 5 Tbsp. stock over the bread and herb mixture and gently mix. Add additional stock if necessary until bread is moistened (not soggy).
7. On an oiled pan, transfer the bread mixture to the pan and bake for 25-30 minutes or until the top is crispy.

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DESSERTS

Sweet Cream and Raspberry French Toast Roll-Ups



Ingredients

- 8 slices Rudi's Gluten-Free Original Bread
- 4 oz. cream cheese
- ½ cup sugar
- ½ tsp. vanilla
- 3 large eggs
- ¼ cup milk
- 1 tsp. ground cinnamon
- 2 oz. fresh whole raspberries
- 1 Tbsp. confectioner's sugar
- Non-stick cooking spray

Recipe courtesy of Rudi's Gluten-Free Bakery

Directions

1. Blend cream cheese and half of the sugar. Transfer mixture into small pastry or plastic bag.
2. Whisk eggs, milk and vanilla together in a second bowl and set aside. Combine remaining sugar with cinnamon in a third bowl. Wash and dry raspberries then quarter lengthwise.
3. Trim crusts off bread and flatten with rolling pin. Pipe ½" line of filling at the end at one end of bread slice and add a few pieces of raspberry. Carefully roll up and away from you then place seam side down on a plate. Repeat until finished.
4. Prep large frying pan with non-stick spray and heat on medium-high. Carefully coat rolls in egg mixture, one at a time, and place seam side down in pan. Cook in small batches on medium until golden brown.
5. Turn rolls until covered in cinnamon-sugar mix. Sprinkle little confectioner's sugar and enjoy.

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Lemon Poppy Seed Bread Pudding with Lemon Curd Sauce



Ingredients

Bread Pudding:

- 1 loaf Three Bakers gluten free Whole Grain White Bread, cut into 1" cubes
- 4 large eggs
- 1 cup half and half, cream or canned coconut milk
- 1 cup milk or unsweetened dairy free substitute (such as unsweetened almond milk)
- Zest of 2 large lemons, finely minced
- Juice of 2 large lemons, strained of seeds ¾ cup sugar
- 1 Tbsp. poppy seeds

Lemon Curd Sauce:

- 2 Tbsp. water
- 1 tsp. cornstarch
- 3 egg yolks
- 6 Tbsp. sugar
- Zest of one large lemon, finely minced
- Juice of one large lemon, strained of seeds
- 4 Tbsp. cold butter or dairy-free substitute

Makes a 9×13" pan

Recipe courtesy of Three Bakers and Angela Litzinger

Directions

1. Assemble bread pudding: Oil a 9x13" pan. Pour the bread cubes into pan and level. Set aside.
2. Whisk together eggs, half and half, milk, lemon zest, lemon juice, sugar and poppy seeds until well blended and slightly frothy. Pour over bread cube in pan.
3. Cover pan with foil and refrigerate for one hour or up to overnight.
4. When ready to bake, preheat oven to 350° F. Leave foil on pan and bake for 30 minutes. Remove foil and bake for 15 minutes more, or until bread pudding is set.
5. Make Lemon curd sauce: In a small bowl whisk together water and cornstarch. Set aside.
6. In a sauce pan whisk together egg yolks, second measure of sugar, second measure of lemon zest and second measure of lemon juice. Cook over low heat, whisking constantly for 4 minutes until mixture thickens slightly.
7. Whisk in cornstarch and water mixture and cook for 4 more minutes until curd thickens. Remove from heat.
8. Whisk in 1 Tbsp. of butter into hot curd at a time until all butter is incorporated. Serve immediately over baked bread pudding, or pour into a bowl, cover surface of lemon curd sauce with plastic wrap (to prevent a skin from forming) and chill in the refrigerator. When ready to serve, gently heat over low heat until warmed through.

Grilled Pineapple with Honey-Cinnamon Glaze

Ingredients

- 8 slices fresh pineapple, cored, cut in ½" slices
- ⅓ cup Food You Feel Good About Clover Honey
- Ground cinnamon
- 1 pint Wegmans Premium Vanilla Ice Cream

Makes 8 servings

Recipe courtesy of Wegmans



Directions

1. Preheat grill on high for 10 min. Clean grill with wire brush. Using soft cloth, coat grill grate lightly with vegetable oil.
2. Brush pineapple slices generously on one side with honey; sprinkle with cinnamon.
3. Reduce heat to medium, grill, brushed-side down, on a grilling grid 2-3 min or until lightly caramelized.
4. Brush top of pineapple slices with honey and sprinkle with cinnamon. Turn slices over and grill 2-3 min. Pineapple should be slightly softened and warm throughout, but not falling apart.
5. Transfer to serving plates and top with ice cream.

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Summer Berry Crisps



Ingredients

Crisp Topping:

- ½ cup gluten-free flour
- 1 tsp. ground cardamom
- ½ cup sugar
- ¾ cup combination of chopped pumpkin seeds and sunflower seeds
- ¾ cup ground Enjoy Life Foods Crunchy Flax Original Cereal
- ⅓ cup shortening

Berry Filling:

- 18 oz. mixed berries, fresh or frozen
- 1 tsp. tapioca starch
- 1 Tbsp. fresh lemon juice
- ¼ cup sugar

Makes 4 servings

Recipe courtesy of Enjoy Life Foods

Directions

1. Preheat oven to 350° F.
2. Line a rimmed baking sheet with parchment paper and place four 1 cup ramekins on top. Set aside.
3. Put all the ingredients for the topping in a bowl and mix together with a pastry blender, a fork or your hands. Mix until the shortening is evenly mixed through and the mixture feels a little sandy.
4. In another small bowl, mix together the berry filling, gently tossing until everything is coated with the sugar.
5. Pour the berry mixture evenly into the 4 ramekins and top with ¼ cup of the crisp topping. (Save the remaining crisp mixture for another batch! Pop it in a baggie and throw it in the freezer, it will stay good for a few months.)
6. Bake for 30-35 minutes until the berry juices are bubbling and the crisp is just lightly browned on top.
7. Cool 10 minutes and then serve while warm!

Nutty Lemon Bars

Ingredients

Crust:

- 1 (4.25 oz.) box Blue Diamond® Hint of Sea Salt Nut-Thins®
- ⅓ cup butter, melted
- ⅓ cup gluten-free oats
- ¼ cup sugar

Filling:

- 1 cup sugar
- ½ cup lemon juice
- 1 tsp. vanilla extract
- 3 eggs
- Zest of 1 lemon, finely grated
- Powdered sugar

Recipe courtesy of Blue Diamond



Directions

1. Preheat oven to 350° F and line an 8" square baking pan with parchment paper or buttered foil, pressing firmly into the corners.
2. Process Nut-Thins® in a food processor until very finely chopped.
3. Add butter, oats and sugar. Process until well mixed.
4. Press evenly into prepared pan and bake for 20 minutes or until lightly browned and firm to the touch.
5. Beat together all filling ingredients in a medium bowl and pour over crust.
6. Bake for 25 minutes or until filling is set.
7. Let cool, then cut into squares and dust with powdered sugar.

Honey Whole Grain Bagels



Ingredients

Wet Ingredients:

- 1⅓ cups warm water
- ½ cup honey (or ¼ cup agave and ¼ cup water)
- 1½ Tbsp. oil (olive, grape seed, sunflower, etc.)
- 2 tsp. instant yeast

Dry Ingredients:

- 2¾ cups whole grain flour blend (1¾ cups sorghum flour, ½ cup white rice flour, ½ cup brown rice flour)
- ¾ cup and 3 Tbsp. tapioca starch
- 2 Tbsp. ground flax, preferably golden
- 2 Tbsp. high-protein flour (such as garbanzo, fava or quinoa)
- 1 tsp. xanthan or guar gum
- ½ tsp. baking powder
- ½ tsp. sea salt, fine
- ¼ tsp. baking soda

Makes about 12 4 oz. bagels

Recipe courtesy of Enjoy Life Foods

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Directions

1. Combine water, honey, oil, and yeast in the bowl of stand mixer. Whisk until combined.
2. In a separate bowl, combine the dry ingredients and mix until everything is evenly distributed.
3. With a bowl fitted with a metal paddle (or dough hook), add all the dry ingredients to the wet ingredients. Mix for 1.5 minutes, or until a dough with the texture of Play-Doh is formed.
4. Shape into bagels, approximately 4 oz. each. Set on an oiled sheet pan and cover loosely with plastic wrap. Place in a warm place and allow to rise for one hour, or until almost doubled in size.
5. Preheat oven to 350° F.
6. Fill a four or six quart pan with water. For traditional bagels, add 2 Tbsp. sugar to the water and bring to a boil. For a more neutral bagel, add 2 Tbsp. salt to the water instead of sugar or baking soda.
7. To make bagels, place bagels in boiling water and allow to cook for one minute. Carefully remove from water with a wide slotted spoon and place on wire rack. Sprinkle with salt or other toppings as desired (we like crunchy chia seed, dried onion flakes, garlic and salt).
8. To make pretzel bagels, dissolve ¾ cup baking soda in 3 cups water. Stir as it comes to a boil. Drop one of the water-cooked bagels and place it in the boiling solution for one minute. Carefully remove from solution and shake off excess moisture. Place on a non-stick sheet pan.
9. Bake bagels in oven for 25-30 minutes, or until golden brown. At the 15-minute mark, turn the trays and rotate them to a lower or higher rack so they are evenly heated.
10. Allow to cool. Eat immediately or within 24 hours. Best if toasted before eating. May be frozen up to a month.