

# Back to School



a gluten-free cookbook from





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For many families, back-to-school time means new school supplies, new teachers, new routines and new challenges. It's also the time for trying new after-school snacks and fun dinner recipes! Beyond Celiac invites you to try some awesome dips for after-school replenishment, recipes for kid-pleasing dinners and new twists on old favorites.

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**Check out other resources from Beyond Celiac:**

- **Navigating the Gluten-Free School Years**
- **More Back-to-School Recipes**
- **Information for Kids**



# Peanut Butter & Banana Crackers

## Ingredients

- Crunchmaster™ Multi-Seed Original Crackers
- Peanut Butter
- Banana

## Directions

1. Spoon a dollop of peanut butter over Crunchmaster™ Multi-Seed Original Crackers. Top with sliced banana.



Courtesy of **CRUNCHMASTER™**





# Baked Hummus

## Ingredients

- Crunchmaster™ Original Multi-Seed Crackers
- 14 oz. plain prepared hummus
- 2/3 cup Kalamata olives, chopped
- 2/3 cup fresh tomato, chopped
- 1 1/4 cup crumbled feta cheese
- 2 Tbsp. olive oil



Courtesy of **CRUNCHMASTER™**

## Directions

1. Spread hummus evenly into an 8×8" square baking dish.
2. Sprinkle with feta cheese, evenly covering the surface.
3. In a separate bowl, gently toss the tomatoes and olives together until well-blended.
4. Layer the olive and tomato mixture on top of the feta cheese.
5. Drizzle with 2 Tbsp. olive oil.
6. Bake at 350°F for 15-20 minutes.
7. Serve warm with Crunchmaster™ Original Multi-Seed Crackers.





# Roasted Red Pepper Hummus

## Ingredients

- 1 package Crunchmaster™ Roasted Red Vegetable Crackers
- 1 can garbanzo beans, cooked
- 1 red pepper, large (or 2 small)
- 1 Tbsp. garlic, minced
- ½ lemon (about 3 Tbsp. lemon juice)
- ½ tsp. ground cumin
- Pinch of paprika
- Sea salt, to taste
- 2 Tbsp. extra virgin olive oil



Courtesy of **CRUNCHMASTER™**

## Directions

1. First, preheat oven to 450°F. Then, place your red pepper (whole) on a tin foil-line baking sheet.
2. Roast for 15 minutes. Flip sides and roast for another 15 minutes. At this point, there should be black spots all over the red pepper. If there aren't, roast longer.
3. Once the red pepper has blackened, transfer into a bag and seal. Let sit for about 15 minutes.
4. This will create steam and make it easier to remove the skin. Peel the red bell pepper. Remove any seeds from the insides and slice into large chunks.
5. In a small food processor, place roasted red peppers and the rest of your ingredients. Pulse until smooth.
6. Serve with Crunchmaster™ Roasted Vegetable Crackers and raw vegetables.





# Blended Edamame Dip

## Ingredients

- Harvest Stone® Tomato Basil Brown Rice & Chickpea Crackers
- 16 oz. frozen shelled edamame (green vegetable soy beans)
- 1 clove Fresh garlic, chopped
- ½ tsp. ginger, chopped
- 1 Tbsp. tahini (optional)
- 4 tsp. lemon juice
- 2 tsp. gluten-free soy sauce
- 1 tsp. wasabi paste
- 3 Tbsp. peanut butter
- 2 Tbsp. olive oil
- 3 tsp. sesame oil
- ½ tsp. salt

## Directions

1. In a food processor or blender, combine half of the frozen edamame, tahini (optional), olive oil, lemon juice, salt, soy sauce, chopped garlic, chopped ginger and wasabi paste. Blend until smooth.
2. Add the remaining frozen edamame and blend.
3. Add sesame oil and blend until very smooth.
4. Serve chilled with Harvest Stone® Tomato Basil Brown Rice & Chickpea Crackers.

Courtesy of





# Warm Spinach and Artichoke Dip

## Ingredients

- 1 package Crunchmaster™ Multi-Seed Crackers
- 1 Tbsp. olive oil
- 1 5 oz. package fresh spinach
- 1 tsp. lemon zest
- 1 Tbsp. lemon juice
- 2 cloves garlic, minced
- 6 oz. artichoke hearts, well drained and finely chopped
- ¼ cup shredded mozzarella cheese
- ⅓ cup grated Parmesan cheese
- ⅓ cup grated Asiago cheese
- 8 oz. reduced-fat plain brick-style cream cheese
- ⅓ tsp. each salt and pepper
- Pinch cayenne pepper (optional)
- ⅔ cup Greek yogurt

## Directions

1. Preheat oven to 400°F. Heat oil in large skillet set over medium heat; cook spinach for about 3 minutes or until wilted. Let cool completely. Squeeze out excess moisture and chop finely.
2. Combine mozzarella, Parmesan and Asiago cheese; reserve ¼ cup and set aside.
3. Using electric mixer, beat cream cheese until light and fluffy. Add yogurt, lemon zest, lemon juice, garlic, salt, pepper, cayenne (if desired) and remaining cheese mixture; beat until blended. Stir in spinach and artichokes.
4. Scrape into greased 4-cup baking dish. Sprinkle with reserved cheese mixture. Place on baking sheet; bake for about 15 minutes or until heated through and top is golden brown and melted. Serve warm with crackers.

**Tip:** To make ahead, assemble dip, then cover and refrigerate. Bake just before serving & serve warm.



Courtesy of **CRUNCHMASTER™**



# Green Goddess Guacamole

## Ingredients

- 2 ripe avocados, peeled and pitted
- ¼ cup light sour cream
- 2 Tbsp. lime juice
- 2 Tbsp. shallot, finely chopped
- 2 Tbsp. parsley, finely chopped
- 2 Tbsp. cilantro, finely chopped
- 1 Tbsp. fresh chives, finely chopped
- 2 tsp. fresh tarragon, finely chopped
- 1 small jalapeño pepper, seeded and diced (optional)
- 1 clove garlic, minced
- ¼ tsp. salt and pepper
- ¼ tsp. ground cumin
- 1 package (3.54 oz.) Harvest Stone® Original Crackers

## Directions

1. Mash together avocados, sour cream and lime juice until smooth.
2. Stir in shallot, parsley, cilantro, chives, tarragon, jalapeño, garlic, salt, pepper and cumin until blended.
3. Transfer to serving dish or bowl; serve with crackers for dipping.

## Tips:

- Substitute Greek yogurt for light sour cream if desired.
- Substitute basil for any of the herbs if desired.

Courtesy of





# Black Bean Guacamole

## Ingredients

- 1 package Crunchmaster™ Applewood Smoked BBQ Multi-Grain Crackers
- 4 Tbsp. mayonnaise
- 2 tsp. fresh lemon juice
- 2 tsp. fresh lime juice
- 3 large ripe avocados, peeled, seeded and diced
- ½ cup canned black beans, strained and rinsed
- 1 small shallot, diced
- 2 tsp. cilantro, chopped
- 1 tsp. fresh jalapeño, chopped
- Salt to taste
- 4 Tbsp. sour cream

## Directions

1. In a large bowl mix all ingredients until well-blended.
2. Serve chilled with Crunchmaster™ Applewood Smoked BBQ Multi-Grain Crackers.



Courtesy of **CRUNCHMASTER™**





# Chicken, Zoodle and Sorghum Mason Jar Salad

## Miso Ginger Dressing Ingredients

- ¼ cup coconut aminos
- ¼ cup rice wine vinegar
- 1 Tbsp. white miso paste
- 7 Tbsp. olive oil
- 1 Tbsp. sesame oil
- 2 garlic cloves, minced
- 1 Tbsp. ginger, finely grated
- ¼ Tbsp. cayenne pepper (optional)

## Salad Ingredients

- 2 medium zucchini, spiralized into “zoodles”
- 1 cup carrots, shredded
- 1 cup red cabbage, shredded
- 1 cup shelled edamame
- 1 cup bean sprouts
- 3 cups whole grain sorghum, cooked
- 1 Tbsp. black sesame seeds
- 1½ cups baby spinach
- 12 oz. chicken breast, cooked and diced

## Salad Dressing Directions

1. Add all the ingredients together in a small mixing bowl and whisk until emulsified. Make sure all the miso paste is dissolved in the dressing. Set aside.

## Salad Assembly Directions (per jar)

*Following these directions will evenly divide the ingredients into four 1 qt. mason jars.*

1. Pour 4 Tbsp. of the Miso Ginger Salad Dressing in the bottom of the mason jar.
2. Layer ½ cup zoodles, ¼ cup shredded carrots, ¼ cup shredded red cabbage, ¼ cup shelled edamame, ¼ cup bean sprouts and 6 oz. sorghum.
3. Sprinkle with ¾ tsp. black sesame seeds and top with 3 oz. baby spinach.
4. When ready to eat the salad, shake the salad into a serving bowl. Add chicken and mix until well combined. For best results, add the chicken on the day you will eat it.
5. Serve immediately.

## Notes:

- If you don't want to use a mason jar, you can assemble and serve this salad on individual plates.
- Pre-packaged grated carrots, shredded cabbage and zucchini zoodles (noodles) can be used as time-savers.



Courtesy of **SORGHUM**  
Nature's Super Grain



# EverRoast Chicken Wrap

## Ingredients

- 1 gluten-free sandwich wrap
- 1 Tbsp. Boar's Head Bold Fiery Chipotle Gourmaise
- 4 slices Boar's Head EverRoast® Oven Roasted Chicken Breast
- 2 slices Muenster cheese
- ½ oz. sriracha mayo
- 1 hardboiled egg, diced

## Directions

1. Lay gluten-free wrap on clean flat surface.
2. Spread Gourmaise evenly on the entire wrap.
3. Next, layer the ingredients in the following order: chicken, Muenster cheese, lettuce, hardboiled egg and tomato.
4. Starting at one end, tightly roll the tortilla, tucking ingredients and sides of tortilla as you roll.
5. Slice in half diagonally and serve.



Courtesy of **Boar's Head**





# Chicken Soup with Rice Noodles

## Ingredients

- 3 oz. Thai Kitchen® Thin Rice Noodles
- 1 cup cooked chicken, shredded
- 2 Tbsp. fresh cilantro, chopped
- 2 Tbsp. green onion, chopped
- 4 cups gluten-free chicken broth OR chicken stock
- 1 cup water
- ½ cup carrot, thinly sliced
- ½ cup mushrooms, sliced
- 2 Tbsp. Thai Kitchen® Premium Fish Sauce
- 2 Tbsp. fresh lime juice
- 1 Tbsp. sugar

## Directions

1. Bring 8 cups water to boil in medium saucepan. Add rice noodles; cook 3-4 minutes or until tender. Rinse under cold water; drain well. Divide noodles among 6 soup bowls.
2. Divide chicken, cilantro and green onion evenly among bowls.
3. Bring chicken broth, water, carrot, mushrooms, fish sauce, lime juice and sugar to boil in same saucepan.
4. Ladle broth mixture over noodle mixture in each bowl. Serve immediately.



Courtesy of





# Crispy BBQ Chicken Wings

## Ingredients

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

## 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 Crunchmaster™ Multi-Grain Sea Salt Crackers in a food processor or blender to fine crumbs and pour onto a dinner plate.
4. 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.
5. 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).
6. Combine the remaining ¼ cup barbeque sauce with the remaining ¼ cup honey and serve with the wings for dipping.



Courtesy of **CRUNCHMASTER™**





# Pad Thai Primavera

## Ingredients

- 4 oz. Thai Kitchen® Stir Fry Rice Noodles
- 1 can (13.66 oz.) Thai Kitchen® Coconut Milk
- ¼ cup creamy peanut butter
- 2 tsp. Thai Kitchen® Premium Fish Sauce
- 1 cup small broccoli florets
- ½ cup matchstick carrots
- ½ cup red bell pepper, thinly sliced
- 2 Tbsp. peanuts, crushed
- 2 Tbsp. fresh cilantro, chopped
- 1 lime, cut in wedges

## Directions

1. Cook noodles as directed on package.
2. Mix coconut milk, peanut butter and fish sauce in large skillet with whisk until well-blended. Bring to simmer on medium heat.
3. Add vegetables; cook and stir 3-5 minutes or until vegetables are tender and crisp.
4. Add cooked noodles; cook and stir until heated through.
5. Sprinkle with peanuts and cilantro. Serve with lime wedges.



Courtesy of





# Coconut Cookies

## Ingredients

- 1 can sweetened condensed milk\*
- Pinch salt
- 1 tsp. vanilla
- 1 lb. of flaked coconut

## Directions

1. Combine all ingredients.
2. Let coconut mixture stand to soak up condensed milk.
3. Make into balls with a small scoop. Drop cookies onto a greased cookie sheet.
4. Start with cold oven, bake 23 minutes at 275°F, until barely brown.

\*For colored cookies, add 3 drops of food coloring to condensed milk before mixing in other ingredients.

