



Gluten-Free from A to Z



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Baked Zucchini Chips



Ingredients

- 1 medium zucchini, cut into thin slices
- 1 Tbsp. olive oil
- ½ cup Ian's Gluten-Free Panko Breadcrumbs
- 1 egg
- 2 Tbsp. water
- ½ cup gluten-free flour
- 1 tsp. paprika
- ½ tsp. garlic powder
- ½ tsp. black pepper
- ½ tsp. salt

Directions

1. Pre-heat oven to 400°F. Lightly grease a sheet pan with oil or line with parchment paper. Set aside.
2. Place Gluten-Free Panko Breadcrumbs in a large shallow bowl. In another bowl, whisk the egg and water. In a third bowl, combine the flour, paprika, garlic powder, salt and pepper.
3. Dip each zucchini slice in the flour mixture, then egg mixture, then panko mixture. Place in a single layer on baking sheet. Repeat until all zucchini slices are coated. Spray chips with cooking spray or lightly drizzle with oil.
4. Bake for 20 minutes, flipping half way or until golden and crispy.

This recipe is courtesy of



Green Goddess Guacamole



Ingredients

- 2 ripe avocados, peeled and pitted
- ¼ cup light sour cream
- 2 Tbsp. lime juice
- 2 Tbsp. finely chopped shallot
- 2 Tbsp. each finely chopped fresh parsley and cilantro
- 1 Tbsp. finely chopped fresh chives
- 2 tsp. finely chopped fresh tarragon
- 1 small jalapeño pepper, seeded and diced (optional)
- 1 clove garlic, minced
- ¼ tsp. each 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.
- Substitute basil for any of the herbs.

Warm Spinach & Artichoke Dip



Ingredients

- 1 Tbsp. olive oil
- 5 oz. spinach
- 1/3 cup shredded mozzarella
- 1/3 cup grated Parmesan
- 1/3 cup grated Asiago cheese
- 8 oz. reduced-fat plain brick-style cream cheese
- 2/3 cup Greek yogurt
- 1 tsp. lemon zest
- 1 Tbsp. lemon juice
- 2 cloves garlic, minced
- 1/4 tsp. each salt and pepper
- Pinch cayenne pepper (optional)
- 2 jars (6 oz.) artichoke hearts, well-drained and finely chopped
- 1 package (4.5 oz.) Crunchmaster® Multi-Seed Crackers

Directions

1. Preheat oven to 400°F. Heat oil in large skillet 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 1/4 cup and set aside. 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.
3. 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.
4. Serve warm with crackers.

This recipe is courtesy of



Almond Citrus Salad



Ingredients

- 1/3 cup orange juice
- 2 Tbsp. white wine vinegar
- 2 Tbsp. vegetable oil
- 1 Tbsp. honey
- 2 tsp. grated fresh ginger
- 1/4 tsp. salt
- 1/8 tsp. red pepper flakes
- 2 grapefruits, peeled and segmented
- 2 navel oranges, peeled and sliced
- 1/4 cup finely chopped red onion
- 6 cups lightly packed spinach leaves, torn into bite-size pieces
- 2/3 cup slivered almonds, toasted*

Directions

1. To make dressing, combine juice, vinegar, oil, honey, ginger, salt and pepper flakes in a blender. Blend to mix thoroughly.
 2. In a bowl, combine fruit, onion and dressing. Set aside at least 10-60 minutes.
 3. To serve, line four individual plates with spinach. Spoon fruit mixture with dressing over spinach, dividing equally. Sprinkle Almonds over salads.
- * To toast almonds, spread in an ungreased baking pan. Place in 350°F oven and bake 5-10 minutes or until almonds are light brown; stir once or twice to assure even browning. Note that almonds will continue to brown slightly after removing from oven.

Chipotle Chicken Salad



Ingredients

- 6 cups butter lettuce, chopped
- 1 whole carrot, sliced or chopped
- ½ cup snap peas, cut in half
- 4 stems green onion, sliced
- 3 Tbsp. olive oil
- 4 slices Boar's Head Fully Cooked Naturally Smoked Imported Bacon, cooked then crumbled
- 5/8 lb. Boar's Head Bold Chipotle Chicken Breast, cubed
- ¼ cup Boar's Head Bold 3 Pepper Colby Jack Cheese, shredded

Directions

1. Toss the lettuce, carrots, snap peas and green onions in a large bowl.
2. Add olive oil and toss to coat.
3. Top with crumbled bacon, chipotle chicken and cheese.

Ham Kale Salad



Ingredients

- 2 bunches kale
- ½ lb. Boar's Head SmokeMaster Beechwood Smoked Black Forest Ham, diced
- 1 can (15 oz.) chickpeas
- ½ cup dates
- ¼ cup red wine vinegar
- 2 Tbsp. Delicatessen Style Mustard
- 1 clove garlic, minced
- 1 Tbsp. honey
- 2 Tbsp. fresh cilantro, chopped
- 2 Tbsp. lemon juice fresh
- ½ cup olive oil
- ½ tsp. kosher salt
- ¼ tsp. black pepper freshly ground
- ½ cup Boar's Head Bold Chipotle Gouda Cheese, shaved
- ½ cup Mandarin orange
- 2 Tbsp. pomegranate seed

Directions

1. Thoroughly wash kale, spin dry and strip stem from leaves. Chop into bite-size pieces.
2. Dice ham into small pieces, reserve.
3. Strain liquid from the can of chickpeas.
4. Remove pit from dates and cut the dates into rings.
5. In a mixing bowl, add red wine vinegar, Dijon mustard, garlic, honey, cilantro and lemon juice. Slowly incorporate olive oil until it emulsifies with the rest of the ingredients. Season with salt and pepper.
6. Toss kale, ham, chickpeas and dates with dressing. Place in clean bowl and shave Boar's Head Chipotle Gouda cheese on top. Garnish with oranges and pomegranate seeds.

Pan Roasted Mushrooms



Ingredients

- 1 package (5 oz.) Food You Feel Good About Sliced Shiitake Mushrooms, washed
- 1 package (8 oz.) Food You Feel Good About Sliced Baby Bella Mushrooms, washed
- 1 package (8 oz.) Wegmans Organic Sliced King Oyster Mushrooms, washed
- Salt and pepper to taste
- 2 Tbsp. Wegmans Pure Olive Oil, divided
- 4 tsp. Wegmans Shallot Thyme Finishing Butter, divided

Directions

1. Add shiitake, baby bella and king oyster mushrooms to large bowl; toss to combine.
2. Heat 1 Tbsp. oil in pan on medium-high heat, until oil faintly smokes. Add 2 tsp. butter; stir to melt. Add half the mushrooms to pan; stir. Cook, without stirring, 5 minutes; season with salt and pepper. Cook, stirring often, about 4 minutes, until browned.
3. Transfer mushrooms to plate. Repeat with remaining mushrooms. Toss all mushrooms together in pan; heat to desired temperature.

Cedar Plank Salmon



Ingredients

- 4 (6 oz. each) Wegmans Fresh Farm-Raised Salmon Portions
- 1 Tbsp. Food You Feel Good About Dark Brown Sugar
- ½ tsp. Wegmans Coarse Crystals Sea Salt
- 1¼ tsp. freshly ground black pepper
- 4 Tbsp. Wegmans Horse radish Cream Sauce, divided

Directions

1. Soak a cedar plank in water for 1 hour.
2. Preheat grill on high for 10 minutes. Combine brown sugar, salt and cracked pepper in small bowl; mix well.
3. Arrange salmon on plank; rub brown sugar mixture evenly over fillets.
4. Place plank with salmon on grill; close cover. Reduce heat to medium; cook salmon 12-15 min, until internal temp reaches 130°F. Check by inserting thermometer halfway into thickest part of salmon. Remove from grill; let rest at least 2 minutes.
5. Top each fillet with 1 Tbsp. horseradish cream sauce.

Grilled Chicken Fajitas



Ingredients

- 4 6 oz. Wegmans Boneless Skinless Chicken Breasts
- 1 cup Wegmans Lemon & Garlic Marinade
- 1 package (16 oz.) Food You Feel Good About Cleaned & Cut Sliced Peppers & Onions
- 1 red bell pepper, seeded, thinly sliced
- 2 Tbsp. McCormick Grill Mates Barbecue Seasoning
- 4 Tbsp. Food You Feel Good About Basting Oil, divided
- 4 Chi Chi's White Corn Taco Style Tortillas

Directions

1. Place chicken in deep dish and cover with 1 cup marinade. Cover; marinate 4-8 hours in refrigerator.
2. Preheat grill on high 10 min. Coat cleaned grill grate lightly with vegetable oil.
3. Toss peppers and onions, red pepper, 1 Tbsp. barbecue seasoning and 2 Tbsp. basting oil in a large bowl.
4. Spoon into foil pan. Cover pan tightly with large piece of foil, sealing well. Reduce heat to medium. Place pan on grill; close lid. Cook 10 min., shaking pan occasionally. Remove from grill. Return heat to high.
5. Drizzle chicken with 1 Tbsp. basting oil. Sear chicken 2 min. until lightly browned. Turn over; sear 1-3 min. Cook 1-3 min.; turn again. Reduce heat to medium; cook 12-15 min. until internal temp reaches 165°F. Transfer to clean platter.
6. Brush remaining 1 Tbsp. basting oil on one side shells; place oiled-side-down on grill. Brush tops with basting oil; sprinkle with remaining barbecue seasoning. Turn after 30 seconds when slightly browned. Grill second side 30 seconds; remove from heat.
7. Slice chicken very thin; portion evenly onto tortillas. Top with peppers and onions.



Italian Pizza

Ingredients

- 1 Venice Bakery Gluten-Free Ancient Grain Crust
- 1 cup marinara sauce
- ½ cup gluten-free sweet fennel sausage, sliced
- ½ cup gluten-free pepperoni, sliced
- ½ cup green peppers, sliced
- 1 cup mozzarella cheese, shredded

Directions

1. Pre-heat oven to 425°F.
2. Top the Gluten-Free Ancient Grain Crust with the marinara sauce, then add the sweet fennel sausage, pepperoni and green peppers, then finish with mozzarella cheese.
3. Transfer to a pizza stone or baking rack and cook for 12-15 minutes until pizza is crispy and cheese is golden.
4. Remove from oven, slice and serve immediately.

Pesto Caprese Pizza



Ingredients

- 1 Venice Bakery Gluten-Free Ancient Grain Crust
- 1 cup pesto sauce
- 7 slices Roma tomatoes
- 7 slices fresh mozzarella
- ¼ cup balsamic syrup

Directions

1. Pre-heat oven to 425°F.
2. Top the Gluten-Free Ancient Grain Crust with the pesto sauce, then shingle with the Roma tomatoes followed by fresh mozzarella.
3. Transfer to a pizza stone or baking rack and cook for 12-15 minutes until pizza is crispy and cheese is golden.
4. Remove from oven, drizzle with balsamic syrup, slice and serve immediately.

This recipe is courtesy of



Carne Asada Tacos



Ingredients

- 4 garlic cloves
- 1 jalapeno or serrano pepper, roughly chopped
- ½ cup firmly packed fresh cilantro leaves
- 1 tsp. ground cumin
- 1 tsp. dried oregano
- 1 tsp. chili powder
- ½ tsp. salt
- Pepper
- ¼ cup fresh squeezed lime juice (2 limes)
- ¼ cup fresh squeezed orange juice (1 orange)
- 2 Tbsp. apple cider vinegar
- 1 tsp. honey
- ½ cup olive oil
- 2 lb. flap steak or skirt steak

Directions

1. For the marinade, drop in garlic and chili pepper into a food processor to finely chop. Turn processor off, add cilantro and pulse a few times. Add cumin, oregano, chili powder, salt and a few turns of pepper. Turn processor on and pour in juices, vinegar and honey. Add oil in a steady stream until pureed.
2. Put steak in a shallow ceramic or glass baking dish. Add marinade and turn steak to coat evenly on all sides. Cover and refrigerate 1-8 hours.
3. Heat grill on high and brush grates with oil
4. Remove meat from marinade. Lightly season both sides of meat with salt and pepper. Grill 3-4 minutes per side, lid closed, for medium rare. For medium, cook 1-2 minutes more, lid closed.
5. Remove meat to a cutting board and let rest 5 minutes. Thinly slice against the grain.

Smoked Ham Macaroni & Cheese



Ingredients

- 2 Tbsp. butter
- 2 Tbsp. rice flour
- 1 tsp. salt
- 2½ cups milk
- 1 cup Boar's Head Vermont Cheddar Cheese, shredded
- 1 cup Boar's Head Blanc Gruere Gruyere Cheese, shredded
- 2 slices Boar's Head Sweet Slice Boneless Smoked Ham, ¼" thick slices and diced small
- 4 cups gluten-free elbow macaroni cooked to package directions
- ¾ cup green peas

Directions

1. Preheat oven to 375°F.
2. Melt butter in saucepan on low heat. Remove from heat, then blend in rice flour and salt. Add milk and heat, stirring constantly until sauce thickens a little and is smooth. Add cheeses and heat until melted, stirring occasionally
3. Combine cooked macaroni, sauce, peas and ham in a 9"x13" oven-safe casserole dish.
4. Bake for 20 minutes or until heated through.

This recipe is courtesy of



Wild Rice

Risotto

*with Almonds and
Spring Vegetables*



Ingredients

- 4 cups gluten-free chicken or vegetable broth
- Salt to taste
- ½ tsp. pepper
- 3 Tbsp. butter or olive oil
- 2 cloves garlic, minced
- 1 leek (white and light green part only), trimmed and diced
- 1 cup brown rice
- ½ cup wild rice
- 2/3 cup baby carrots, diced
- 8 stalks asparagus, trimmed and cut into 1" pieces
- ¾ cup fresh or thawed frozen peas
- 1 cup sliced almonds, roasted*

Directions

1. Heat broth, salt and pepper in a saucepan over medium heat and bring to a low simmer. Reduce heat to low. Heat butter or olive oil in a large skillet on medium heat. Add garlic and leek and cook until soft, about 4 minutes. Stir in rice and carrots, coating them with butter/oil. Turn heat to medium-low.
2. Stir in hot broth, 1 cup at a time, waiting for rice to absorb liquid before adding more. This will take 30-35 minutes. Add asparagus and peas when about 1 cup of broth is left. Stir in almonds just before serving, so they stay crunchy.

* To roast slivered, chopped or sliced almonds: Spread in an ungreased baking pan. Place in 350°F oven and bake 5-6 minutes or until golden brown and fragrant; stir once or twice to assure even browning. Almonds will continue to roast slightly after removing from oven.



Coconut Shrimp

Ingredients

- 1 cup Chobani Whole Milk Plain Greek Yogurt
- 2 Tbsp. canola oil
- 1 each green, red, and yellow bell pepper, halved, seeded, and thinly sliced
- 1 small red onion, halved and thinly sliced
- 1 jalapeño pepper, halved, seeded, and finely chopped
- 1 tsp. finely chopped fresh thyme
- ¾ tsp. each salt and pepper
- 1 cup coconut milk
- 1 lb. peeled 51/60-count shrimp
- 2 Tbsp. garlic-chili sauce (Sriracha)

Directions

1. Heat oil in a large skillet over medium heat. Add peppers and onions and cook, until soft, 4-5 minutes.
2. Stir in jalapeños, thyme, salt and pepper and cook until jalapeños start to soften, about 1½ minutes.
3. Pour in coconut milk and simmer until reduced by half, about 5 minutes.
4. Add shrimp and cook until they curl, about 2 minutes. Turn off heat and stir in Sriracha and Chobani.

Tiramisù



Ingredients

- 1 package ladyfingers
- 3 eggs
- 1 large egg yolk
- 4 Tbsp. sugar
- 8 oz. mascarpone cheese
- 2 Tbsp. rum
- 1¼ cups espresso, brewed
- 2 Tbsp. cocoa powder

Directions

1. Beat 3 egg yolks with sugar, then add the mascarpone and rum.
2. Beat the egg whites until stiff and carefully fold into the mixture.
3. Soak the ladyfingers well in coffee; they should not be too hard in the middle.
4. Arrange ladyfingers closely together in a flat glass or ceramic dish.
5. Cover them with half of the mascarpone mixture, then add another layer of ladyfingers and top with another layer of the mascarpone mixture.
6. Sprinkle with cocoa powder and refrigerate for at least 6 hours.

Almond Maple Granola



Ingredients

- 3 Tbsp. unsalted butter
- $\frac{3}{4}$ cup maple syrup
- 2 Tbsp. honey
- 2 cups gluten-free oats
- $\frac{1}{2}$ cup slivered almonds
- $\frac{1}{4}$ cup chopped dried apricots
- $\frac{1}{4}$ cup roasted and salted sun flower kernels
- $\frac{1}{4}$ cup roasted and salted pumpkin seeds

Directions

1. Preheat oven to 350°F and line a rimmed cookie sheet with parchment paper.
2. Combine butter, maple syrup and honey in a small saucepan and cook over medium heat until butter is melted, but not boiling. Remove from heat.
3. Combine the remaining ingredients in a medium-sized mixing bowl. Pour in the butter mixture, and stir to combine.
4. Spread onto the prepared cookie sheet, bake for 12 to 15 minutes, stirring after 7 minutes. Remove from the oven and cool.
5. Enjoy as a snack or with yogurt and fresh fruit. Store in an airtight container.

Berry FroCho Pops



Ingredients

- 1 cup Chobani Plain, Strawberry, Vanilla or Blueberry Greek Yogurt
- 1 cup fresh or frozen mixed berries
- 1 tsp. fresh lemon juice
- 3-5 Tbsp. honey, to taste

Directions

1. Use a food processor to purée berries, Chobani, lemon juice and honey until smooth.
2. Divide mixture among freezer-pop molds, stopping about 1" from the top.
3. Freeze until firm, about 6 hours. Dip molds briefly in hot water before unmolding.
4. If you don't have freezer pop molds, use small paper cups. After filling, place a sheet of plastic wrap over top, cut a slit in center and add a popsicle stick.

Mini Lemon Cheese- cakes



Ingredients

- 1 package Honeygrams
- 6 Tbsp. melted butter or coconut oil
- 2 8 oz. packages cream cheese, softened
- 1 14 oz. can condensed milk
- Grated lemon zest
- 1/3 cup lemon juice
- 1½ tsp. vanilla extract
- 12+ raspberries or blackberries
- Sugar powder to taste
- Cooking spray

Directions

1. Place the Honeygrams into the bowl of a food processor with the melted butter/coconut oil and blitz together until fine crumbs form.
2. Generously spray the insides of each muffin tin so they are well greased.
3. Divvy up the crumb/crust mixture by among the 12 muffin tins, dividing it one tablespoon of mixture per tin.
4. Cover the bottom of a small glass with saran wrap tightly. Using this as a press, press the crust/crumb mixture into the trays firmly.
5. Place the filled muffin tin into the freezer for 30 minutes to allow the crust to set.

Directions continued on next page.

Mini Lemon Cheesecakes

Directions (continued)

6. Meanwhile in a large bowl, beat the remaining ingredients together with an electric hand mixer until well combined and velvety smooth.
7. After the 30 minutes setting time, remove the muffin tray from the freezer and pour the filling mixture into a large measuring cup or pitcher and fill the muffin tins distributing it as evenly as possible.
8. Place one raspberry or blackberry into the center of each cheesecake
9. Carefully cover the top of the muffin tray with saran wrap and freeze again for at least 45-60 minutes to allow the cheesecakes to set. The saran wrap will touch the tops of the cheesecakes.
10. Once your ready to serve, remove the tray from the freezer. Unwrap and discard the saran wrap.
11. Rub a rubber spatula or a butter knife warmed under a bit of hot water around the cheesecakes to free all of the sides from the muffin tin. Then gently lift and pop each cheesecake out. You'll want to do this about 10 minutes before serving to allow the cheesecakes to soften up to room temperature.

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