



# 4<sup>th</sup> of July Fun



with NFCA & Blue Diamond

Summer is finally heating up, and so is your social calendar! People will use any excuse to celebrate when the weather is warm, from informal backyard barbecues to a Fourth of July holiday bash. Here are some quick tips that can help take the stress out of preparation and planning!

## Invitations

- Plan to send out invitations 3-4 weeks in advance so guests can save the date for your party.
- Make your invitations stand out! Buy small American flags and glue them to card stock. Add some stars or glitter, and write your party details in red, silver/white and blue.

### ***Not hosting an All-American themed event?***

Substitute flags with scrapbook stickers available at your local craft store. Use flip-flops, palm trees, baseball bats - whatever you want!

## Decorations

- Jazz up a typical napkin by replacing them with red and blue bandanas.



- Need a more elegant bug repellent? Put rice in a clear, glass vase and then place a candle in it – it will help keep the party going and the bugs away!
- For a patriotic pop, wrap white, blue, and/or red Christmas lights around your porch or bushes to add a color effect that your guests will enjoy.

## Hosting

- Most likely, not all your guests will require gluten-free items. To avoid cross contamination, provide two separate tables for each food type, along with separate serving utensils, etc. Label each table so your guests will be able to identify the gluten-free and non gluten-free options.
- Labeling plastic cups with each guest's name is a good way to prevent gluten-free guests from getting contaminated should a gluten eater use their cup by mistake. Also, it helps cut down on garbage!
- Provide pre-wrapped silver or plastic ware in napkins or bandanas on each table, and by the buffet serving area. That way, it's easy for guests to grab the food they need and not have to worry about finding a clean fork, knife, and/or spoon if needed.

### Fun Summer Party Themes:

Christmas in July  
Luau  
Picnic

Country Hoedown  
Fiesta  
Wide World  
of Sports

# Recipes

Make your summer soiree sizzle with these delicious gluten-free recipe ideas. Easy to make and even easier to eat, these dishes are sure to be a hit with your celiac and non gluten-free guests alike!

## Zesty Dip paired with Blue Diamond Baked Nut Chips\*

By: Christina Gentile, NFCA Volunteer Staff Writer

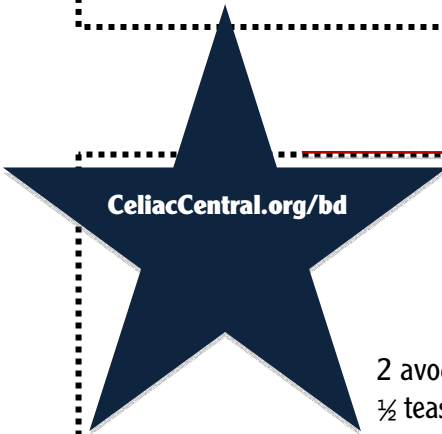


- 1-cup fat-free plain yogurt
- ½ cup fat-free sour cream
- 1 tablespoon dried parsley
- 1 teaspoon onion powder
- ½ teaspoon dried basil
- ½ teaspoon ground black pepper
- ¼ teaspoon chili powder
- ¼ teaspoon dried dill weed

- ½ cup reduced-fat mayonnaise
- 4 green onions, chopped
- 1 teaspoon garlic powder
- 1 teaspoon prepared horseradish
- ½ teaspoon dried thyme
- ¼ teaspoon paprika
- ¼ teaspoon sea salt



Place the yogurt, mayonnaise, sour cream and green onions in a mixing bowl. Season with parsley, garlic powder, onion powder, horseradish, basil, thyme, pepper, paprika, chili powder, sea salt and dill. Mix until evenly blended. Cover and chill several hours to allow flavors to meld. Serve with Blue Diamond Baked Nut Chips.



## Guacamole with Blue Diamond Baked Nut Chips\*

By: Nancy Sherry Baker, 'Globally Gluten-Free'

- 2 avocados
- ½ teaspoon of cumin
- ½ teaspoon of cilantro
- 1 teaspoon of olive oil
- ½ teaspoon of paprika or chili powder
- 1 tablespoon fresh lime juice
- 1 teaspoon of tequila (optional)
- ¼ teaspoon of salt
- 1 clove of pressed garlic

Place all ingredients in a blender or processor. Mix to desired consistency. Garnish with olive oil, cilantro and paprika. Serve with Blue Diamond Baked Nut Chips.



\*Sour Cream and Chive, Sea Salt and Nacho flavored varieties available