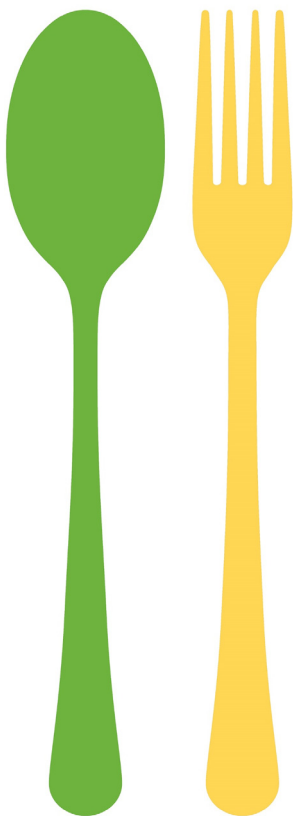
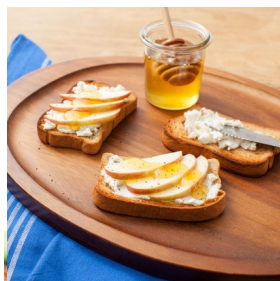


2015

# Celiac Awareness Month

## eCookbook



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# Double Fiber Bread with Goat Cheese and Apples

Recipe by: Frances Largeman-Roth, RDN



*Try this recipe for an easy-to-make, simply delicious snack from Rudi's Gluten-Free Bakery.*

## Ingredients:

1 slice Rudi's Gluten-Free Bakery Double Fiber Bread, lightly toasted  
 1/2 oz. plain goat cheese, softened  
 3 thin slices of Fuji apple (skin on)  
 1/2 tsp. honey, preferably tupelo  
 Freshly ground black pepper

## Directions:

Spread the goat cheese evenly over the toasted bread.

Top with the apple slices lengthwise, drizzle with the honey, and finish with a light sprinkle of pepper.

Cut into quarters and serve.



# Banana Smudge Swirl Muffin

Recipe Author: *Tracy Bush*



*Here is a great recipe from one of our very own here at Freedom foods. This banana chocolate swirl muffins recipe is easy!*

## Ingredients:

2 cups Gluten-Free Plain Flour Mix  
 ¾ tsp. baking soda  
 Pinch of salt  
 1/3 - 1/2 cup sugar (depending on how sweet you like things)  
 1 ½ Tbsp. butter or margarine

1 egg  
 ½ cup plain Greek yogurt  
 1 ½ tsp. vanilla extract  
 3 large ripe bananas, mashed  
 About ¼ cup Smudge Spread

## Directions:

Preheat your oven to 350 degrees F. Prepare your muffin tins by greasing or lining with paper cases. Combine your flour, baking soda and salt in a bowl. Beat your butter and sugar until fluffy, add in your egg. Mix in your mashed banana, yogurt and vanilla. Gradually add your dry ingredients into the wet ingredients until combined.

Pour your muffin mixture into your tins and top each muffin with a dollop of Smudge Spread. Use a toothpick to swirl the smudge spread on top of the muffin. Bake for 15-25 minutes, or until your muffins are cooked through and a skewer inserted into the center removes cleanly.

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# Scrambled Eggs in Gluten-Free Toast Cups



## Ingredients:

12 eggs, beaten  
3 Tbsp. water  
1 tsp. salt  
1/2 tsp. freshly ground pepper  
1/4 cup olive oil, divided

12 slices Canyon Bakehouse Mountain  
White Gluten-Free Bread, crusts removed  
3/4 cup tomato salsa  
Sliced green onion

## Directions:

Preheat oven to 425 degrees F; position the rack to the lower third of the oven. Whisk eggs with water, salt and pepper until well combined; set aside. Using a rolling pin, gently roll out each slice of bread to 1/4-inch thick.

Brush one side of each slice lightly with some of the olive oil. Press bread, oil side down, into 12 standard muffin cups. Bake for 10 to 12 minutes until toasted and golden brown.

Heat remaining oil in a large, non-stick skillet set over medium-low heat; add egg mixture. Cook, stirring frequently, for 8 to 10 minutes or until eggs are set and soft curds have formed.

Fill toast cups evenly with scrambled eggs. Top with salsa and green onion.

Tip: Serve with a side of gluten-free bacon and fresh fruit.



# Rosemary Ciabatta Breakfast Sandwich with Chicken Andouille Sausage

Recipe by: Simple City Life



*This is a simple, yet flavorful breakfast (or quick dinner). The spice of the sausage really ties the flavors together.*

## Ingredients:

8 Rudi's Gluten-Free Rosemary Olive Oil Ciabatta Rolls  
8 eggs  
½ cup shredded sharp cheddar

2 Tbsp. fresh rosemary  
Salt and pepper to taste  
8 chicken Andouille sausage links

## Directions:

Preheat oven to 400 degrees F. Bring your ciabatta rolls to room temperature, slice lengthwise. Press down the center to create a small bowl on one half of the roll. Place the rolls onto an oiled cooking pan or cooking stone. Gently crack your egg onto the bowl side of your roll and let the overflow soak into the other side. Place pan in the oven and bake 10-15 minutes, until the yolks are to your desired taste. While the eggs are baking, slice your sausage links lengthwise and sauté over medium heat.

Once eggs are cooked, remove from oven and top with shredded cheese, rosemary, salt and pepper. Add sausage to the plate and serve. Sausage can also be placed on top of the sandwich.



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# Vegetarian Breakfast Grains Salad Burrito



## Ingredients:

4 Mission® Gluten-Free Tortillas  
2 Tbsp. olive oil  
2 cups quinoa, cooked  
2 cups buckwheat, cooked  
2 cups kale, chopped

½ cup egg whites, scrambled, cooked  
½ cup blueberries  
¼ cup Feta cheese, crumbled  
Salt and pepper to taste

## Directions:

In a large sauté pan over medium heat, warm oil. Add quinoa, buckwheat, and kale, tossing gently. Continue to cook until the kale is slightly wilted and the grains are warm. Add egg whites, blueberries and feta, and continue cooking for 2-3 minutes. Remove from heat for assembly.

To assemble: Warm the tortillas by heating in a sauté pan over medium-low heat, or place into a storage bag with a damp paper towel and microwave for 20-30 seconds. In each tortilla scoop approximately 1 ¼ cups mixture in the across the middle of the tortilla. Roll like a burrito, leaving one end open. Repeat for remaining tortillas. Serve.

*Note: Mission Gluten-Free Tortillas are only available in the Western region of the US.*



# Amy's Mexican Layer Dip



## Ingredients:

3 cans Amy's Refried Beans w/ Green Chiles (or any Amy's Refried Beans)  
1 jar Amy's Medium Salsa (or any Amy's Salsa)  
1 16 oz. container sour cream  
1 bunch green onions, chopped

2 large tomatoes, seeded and chopped  
Grated cheddar cheese  
1-2 small cans sliced black olives  
Chopped cilantro for garnish (optional)

## Directions:

Spread 3 cans of refried beans in bottom of a 9 x 12 pan.

Spread layer of sour cream on top of refried beans. Spread layer of salsa on top of sour cream. Sprinkle layer of chopped green onions on top of salsa. Sprinkle layer of chopped tomatoes on top of green onions. Sprinkle layer of grated cheddar cheese on top of chopped tomatoes. Top with sliced olives.

Garnish with chopped cilantro (optional).

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# Avocado, Tomato, & Corn Salsa



## Ingredients:

2 ears of corn, shucked  
 2 green onions, trimmed  
 1 Tbsp. Wegmans Basting Oil  
 1 ripe avocado, peeled, pitted, 1/2-inch dice  
 3 medium tomatoes, 1/4-inch dice

Juice and zest of 1 fresh lime (about 1 Tbsp.)  
 1/4 cup Wegmans Extra-Virgin Olive Oil  
 1 Tbsp. chopped Food You Feel Good About Cilantro  
 Salt and pepper to taste

## Directions:

Preheat grill on medium 10 minutes.

Clean grill with wire brush. Using soft cloth, coat grill grate lightly with vegetable oil.

Baste corn and green onions with basting oil. Grill until tender and lightly browned (corn 5-8 minutes, green onions 2-3 minutes). Let cool.

Cut corn from cob. Thinly slice onions. Combine corn, onions, avocado, and tomato in medium bowl; toss to combine.

Whisk lime juice and zest, olive oil, and cilantro in small bowl. Pour over corn mixture; toss. Season to taste with salt and pepper.

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# Boar's Head Antipasto Salad



## Ingredients:

1/2 cup red pepper, roasted  
1/4 cup red onion, sliced  
1/4 cup Italian dressing  
1/4 cup artichoke hearts, sliced  
2 slices Kalamata olives  
1 cup green olives  
2 Tbsp. grape tomato

1/8 lb. Boar's Head Hot Ham Cappy, julienne  
1/8 lb. Genoa Salami Natural Casing, julienne  
1/8 lb. Sandwich Style Pepperoni, julienne  
1/8 lb. Picante Provolone Cheese, julienne

## Directions:

Drain olives, artichoke hearts, and red peppers, then toss together in a large mixing bowl.

Julienne Ham, Genoa Salami, Pepperoni, and Provolone Cheese into 1/4" thick slices and add to mixing bowl.

Add grape tomatoes and sliced red onion to mixing bowl. Add salt, pepper, and Italian dressing. Toss salad until all ingredients are completely mixed. Place into a large bowl and serve.



# Crunchy Kale Peanut-Ginger Salad with Tofu Croutons

Recipe by Pamela V.



## Ingredients:

1-1/2 cups finely ground Crunchmaster Original Multi-Seed Crackers  
8 leaves kale, remove stems and chop into ribbons  
1 medium carrot, peeled and shredded/shaved  
1/3 cup thinly sliced onion  
1/4 cup crushed peanuts  
2 Tbsp. creamy peanut butter  
Juice of one lime (approx. 2 Tbsp.)

1/2 tsp. Sriracha hot sauce  
1/2 tsp. fish sauce  
1/2 tsp. toasted sesame oil  
1" piece fresh ginger, grated on a microplane  
1 egg, lightly beaten, thinned with 1 tsp. water  
6 oz. extra firm tofu, cut into 1/2" cubes  
Canola oil, for frying  
Salt to taste

## Directions:

Crush Crunchmaster Multi-Seed Crackers in a food processor until finely ground. Set aside. In a large salad bowl combine kale, carrots, onions and peanuts.

Make salad dressing by combining peanut butter, lime juice, Sriracha, fish sauce, sesame oil and ginger. Whisk until thoroughly combined and add to kale mixture. Toss to coat evenly, and set aside while making tofu croutons.

Heat about 1" canola oil in a medium, heavy-bottom sauce pan over medium-high heat, until temperature reaches 325°F on a candy thermometer, or until a test crouton sizzles when dipped into the oil. Be careful not to let oil begin to smoke.

Toss tofu cubes in cracker crumbs, then dip in egg wash, and again in cracker crumbs. Work in small batches so that crumbs do not become gummy. Once all cubes are breaded, working in batches, place cubes in heated oil and cook about 90 seconds - 2 minutes until breading is golden brown. Remove with a slotted spoon to a paper towel-lined plate and season with salt. Once all cubes are fried, toss in kale salad mixture and serve immediately.



**EverRoast®**

# Chicken, Quinoa and Tomato Salad



*Try this savory salad as a filling main dish or flavorful side, and enjoy the benefits of gluten-free quinoa, a tasty whole grain full of protein, iron, and fiber.*

## Ingredients:

1 cup quinoa, dry  
2 Tbsp. olive oil  
2 Tbsp. lime juice  
2 Tbsp. white vinegar  
1 garlic clove, chopped  
½ lb. Boar's Head EverRoast®  
Oven Roasted Chicken Breast, diced

¼ tsp. salt (optional)  
1 cup cherry tomatoes, halved  
⅓ cup chives, finely chopped  
½ cup fresh parsley, chopped  
Black pepper, to taste

## Directions:

Cut the chicken into quarter-inch dice.

Cook the quinoa according to package directions. Once cooked, remove from heat, fluff with a fork, and set aside for 10 minutes.

In a small bowl, combine the oil, lime juice, vinegar, garlic, and salt (optional).

After the quinoa has set for 10 minutes, combine the quinoa, chicken, tomatoes, chives, and parsley. Drizzle the oil mixture over the quinoa salad and sprinkle with pepper to taste.

Mix well and chill. Serve cold.



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# Avocado Toast



*Quick and easy avocado toast on Rudi's Gluten-Free bread with Pico de Gallo.*

## Ingredients:

2 slices Rudi's Gluten-Free Multigrain sandwich bread  
1/2 avocado  
1/2 lime

1 clove fresh garlic, chopped  
1 Tbsp. red pepper flakes  
Prepared Pico de Gallo (diced tomato, yellow peppers, and onion mixture)  
Salt and freshly ground pepper to taste

## Directions:

Toast bread slices until slightly golden-brown.

In a small bowl, mash up avocado. Gently squeeze in juice from the lime and stir. Add in garlic, red pepper flakes, salt and pepper.

Spread avocado mixture over toast. Top with Pico de Gallo mixture.



# Boar's Head Blazing Buffalo® Chicken Lettuce Wraps



## Ingredients:

2 slices Boar's Head Blazing Buffalo®  
Chicken, sliced ¼" thick into matchsticks  
1 radicchio leaf  
½ radish, cut into wedges  
3 slices English cucumber  
1 pear-shaped yellow tomato

2 thin ribbons of carrots  
1 Tbsp. Boar's Head Blue Cheese Crumbles

## Dressing:

½ cup mayo  
¼ cup milk  
¼ cup diced scallions or chives

## Directions:

Lay lettuce leaves on a flat, clean work surface. Place the Blazing Buffalo® Chicken onto the bottom of the lettuce, followed by the tomato, cucumber, and carrots. Sprinkle the Blue Cheese Crumbles over the top of the wrap, and serve. Dressing for dipping can be served on the side.



# Turkey Reuben

Recipe by: Frances Largeman-Roth, RDN



*Bring back the classic you've been craving with Rudi's Gluten-Free Bakery Deli-Style Bread.*

## Ingredients:

8 slices Rudi's Gluten-Free Bakery Deli-Style Bread  
4 (3/4-oz.) slices Swiss cheese

1 cup sauerkraut, drained  
8 oz. roasted turkey breast, sliced thin  
3 Tbsp. gluten-free whole grain mustard

## Directions:

Toast the bread slices on medium in a toaster oven. Remove and place cheese on 4 slices of the bread. Place cheese-topped bread back in toaster oven for another minute.

While the cheese is melting, spread about 2 tsp. mustard on the remaining bread slices. Top with 2 oz. of the turkey and 1/4 cup sauerkraut. Place the bread slices with melted Swiss on top, slice in half on the diagonal and serve.



# Italian Chicken Club Sandwich



## Ingredients:

- |  |   |
|--|---|
| 3 Tbsp. sun-dried tomato pesto             | 1 tomato, sliced                        |
| 3 Tbsp. mayonnaise                         | 12 oz. rotisserie chicken, sliced       |
| 4 Canyon Bakehouse Hamburger Buns, toasted | 8 thin slices prosciutto                |
| 1 cup baby arugula leaves                  | 1 ball (8 oz.) fresh mozzarella, sliced |

## Directions:

Stir pesto with mayonnaise until well combined. Spread evenly onto bottoms of 4 hamburger buns. Layer between bun: arugula, tomato slices, chicken, prosciutto and mozzarella.

*Tip: Make double the mayonnaise and reserve the extra to serve with grilled salmon or to marinate chicken.*



# Jalapeño & Cheddar Burger



## Ingredients:

1 lb. Wegmans 80% lean ground beef  
1 cup Wegmans shredded sharp cheddar  
1/4 cup Cento sliced Hot Jalapeño Peppers, diced

1 Tbsp. Wegmans basting oil  
Salt and fresh ground pepper  
1 pkg. (10.6 oz.) Schar Classic White Rolls

## Directions:

Preheat grill on high for 10 minutes. Combine beef, cheese, and peppers in a mixing bowl. Form into 4 patties. Brush each side of burgers with basting oil; season with salt and pepper. Set aside.

Coat cleaned grill grate lightly with vegetable oil.

Sear burgers on grill 2 minutes, until they change color about one-quarter of way up from bottom.

Turn over; sear 2-3 minutes. Turn again; reduce heat to medium or low. Close lid. Cook to desired doneness (If using non-irradiated ground beef, cook to 160 degrees F).

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# Black Bean Cilantro Burgers



## Ingredients:

½ onion  
 1 carrot  
 1 zucchini  
 2 cloves garlic  
 1 ½ cups black beans, rinsed  
 1 Tbsp. flax or chia meal mixed with 3 Tbsp. hot water

¼ cup gluten-free barbecue sauce  
 2 Tbsp. tomato paste mixed with 2 Tbsp. water  
 1 cup crushed Light Sea Salt Lentils, divided  
 ¼ cup minced cilantro  
 1 avocado, thinly sliced

## Directions:

Preheat oven to 375 degrees F.

Chop the ½ onion, 1 carrot, 1 zucchini and 2 cloves garlic in a small food processor.

Preheat a medium sauté pan. Add 1 Tbsp. olive oil and heat 1 minute. Add the chopped vegetables and sauté 5-6 minutes until softened.

Pulse black beans in food processor until roughly chopped. Remove half of the mixture and add the flaxmeal-water mixture, barbecue sauce and tomato paste-water mixture and puree until smooth. Scoop into bowl with the reserved beans. Add the sautéed vegetables, half of the Lentils and minced cilantro. Mix to combine until mixture feels like very wet sand. (Add more crushed Lentils or more barbecue sauce as needed to achieve this texture).

Divide into 4 portions. Roll each portion into a 2" thick patty and press each side into the reserved crushed Lentils to create a "crust." In the pan you used for the vegetables, add a touch more oil and lightly brown the burgers on each side for 3-4 minutes. Place on a parchment lined baking sheet and continue cooking through in the oven for 10 more minutes.

Top with sliced avocado, extra barbecue sauce and enjoy!



# Walking Tacos



## Ingredients:

4 0.8 oz. bags of Plentils (Sea Salt or Margherita Pizza flavors preferred)  
 ½ small yellow onion  
 1 carrot  
 1 small zucchini  
 ¾ lb. ground beef or ground turkey

Your favorite allergy-friendly taco seasoning mix  
 Assorted toppings: your favorite allergy-friendly cheese shreds, shredded lettuce, chopped tomato, avocado, cilantro

## Directions:

Gently crush the Plentils in the bags, open the top and set aside.

Place the yellow onion, carrot and zucchini in the bowl of a food processor. Pulse until finely chopped.

Preheat a medium non-stick skillet. Add a light swirl of olive oil and add the chopped vegetables. Sauté until softened and all the water has been cooked off. Add the ground beef and continue to sauté with the vegetables until the ground beef is no longer pink.

Add the taco seasoning mix (adding any water the instructions on the package calls for) and simmer over low for about 5-10 minutes.

Now the fun part: assemble! Everyone gets a bag of the crushed Plentils, then divide the meat mixture between each bag and top with desired toppings. Grab a fork and dig in!



# Sweet & Spicy Pork Tacos



## Ingredients:

4 Mission® Gluten-Free Tortillas  
 ½ cup tamari sauce  
 2 cups orange juice  
 2 Tbsp. chili-garlic pepper sauce  
 1 Tbsp. ginger, fresh, chopped  
 2 tsp. Chinese five-spice powder

2 cups beef stock  
 3 lbs. pork shoulder  
 2 cups Asian slaw, prepared  
 4 orange wedges  
 Salt and pepper to taste

## Directions:

In a crock pot, combine tamari sauce, orange juice, chili-garlic pepper sauce, ginger, five-spice powder, and beef stock. Mix well to combine.

In a sauté pan, over medium-high heat, sear all the sides of the pork shoulder to caramelize the outside. Place seared shoulder in crock pot and cook on high for 5-6 hours, or low for 8-9 hours, or until fork tender.

Remove tender pork shoulder from the crock pot and allow to rest for 15 minutes on a plate. Reserve ½ cup liquid from crock-pot. Using a fork, shred the pork into desired sized pieces. Pour reserved liquid over shredded pork. Hold warm for assembly.

To assemble: Warm the tortillas by heating in a sauté pan over medium-low heat, or place into a storage bag with a damp paper towel and microwave for 20-30 seconds. Place ½ cup prepared Asian slaw into each warmed tortilla. Top the slaw with ½ cup pulled pork, and squeeze one orange wedge over the meat. Repeat for each tortilla shell. Serve.

*Note: Mission Gluten Free Tortillas are only available in the Western region of the US.*



# Pizza Bagel



## Ingredients:

### Pizza Sauce:

1 Tbsp. olive oil  
1 clove garlic, minced  
1/2 tsp. dried oregano  
Pinch hot pepper flakes  
1 Tbsp. tomato paste  
1 cup strained puréed tomatoes (passata)

### Bagels:

2 Canyon Bakehouse Plain bagels, split  
1 cup lactose-free mozzarella cheese  
1/4 red pepper, diced  
1/4 green pepper, diced  
1/4 red onion, diced  
2 Tbsp. fresh chopped basil

## Directions:

Pizza Sauce: Heat oil in saucepan set over medium heat. Add garlic, oregano and hot pepper flakes; cook for 1 minute or until garlic is soft. Add tomato paste; cook, stirring, for 1 minute. Stir in strained pureed tomatoes. Bring to a simmer. Cook for 12 to 15 minutes or until slightly thickened.

Preheat oven to 400 degrees F. Place bagels on a baking sheet lined with parchment paper. Spread 2 Tbsp. tomato sauce over each bagel. Reserving remaining sauce for another use. Top with cheese, red and green peppers and onions. Bake for 12 to 15 minutes or until cheese is melted. Garnish pizzas with fresh chopped basil.

Tip: In a pinch, use store-bought pizza sauce.



# Gluten-Free Pesto, Tomato, & Spinach Pizza



## Ingredients:

1 bag (9 oz.) Food You Feel Good About Spinach, cooked per pkg. directions  
1 pkg. (10.6 oz.) Gluten-Free Schar Pizza Crusts (Nature's Marketplace)

4 Tbsp. Italian Classics Basil Pesto Sauce, divided  
3/4 cup Food You Feel Good About Grape Tomatoes, halved, divided  
2 Tbsp. Wegmans Finely Shredded Parmesan cheese, divided

## Directions:

Squeeze spinach dry; divide into thirds. Spread each crust with 2 Tbsp. pesto; top each with 1/3 of spinach and half the tomatoes and cheese (use remaining 1/3 spinach for other recipe or side). Cook using desired method.

### Grill

Preheat grill to medium. Place crust on non-stick foil sheet; transfer to grill. Grill, covered, 5-10 minutes, until crust begins to brown.

### Oven

Preheat oven to 450 with rack in center. Transfer pizzas carefully directly to rack. Bake 7-10 minutes, until crust begins to brown.

### Oven with Pizza Stone

Set stone in cold oven; heat for 15 minutes at 450 degrees F. Transfer pizzas carefully to preheated stone (use oven mitts; stone is extremely hot). Bake 5-7 minutes, until crust begins to brown.



# Eggplant Parmesan



*Hearty eggplants are great for your meatless Monday dinner! Be the star chef at dinner tonight with this special recipe.*

## Ingredients:

1 medium eggplant, sliced in 1/2 inch slides  
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  
1/3 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)

## Directions:

Preheat oven to 375 degrees.

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. Cover with marinara sauce and sprinkle breadcrumb mixture on top.

Bake for 5-10 minutes.

Arrange in a stack on a plate. Drizzle plate with olive oil and top off the eggplant with additional cheese and breadcrumbs.

# Roasted Garlic and Kale Meatballs

Recipe by: Kadija B.



## Ingredients:

1-1/4 cups coarsely ground Crunchmaster  
Roasted Garlic Multi-Seed Crackers  
1-1/2 lbs. lean ground beef  
1 cup finely chopped kale  
1 small onion, diced  
1/4 cup shredded Parmesan cheese

1 egg, beaten  
1/2 tsp. sea salt  
1/4 tsp. black pepper  
3 Tbsp. olive oil  
4 cups jarred tomato sauce  
1/4 cup chopped fresh Italian parsley

## Directions:

In a food processor, pulse crackers until ground into coarse crumbs.

In a large bowl, combine ground beef, kale, onion, Parmesan cheese, egg, salt and pepper. Add cracker crumbs and mix well. Form into meatballs about 2" in diameter.

In a large pan, heat olive oil over medium heat. Place meatballs in pan and let cook until browned on one side, about 6 minutes. Carefully turn meatballs over to brown on other side, about 6 minutes.

Pour in tomato sauce and stir gently. Add fresh parsley.

Cover pan and reduce heat to medium-low. Let simmer until meatballs are cooked through, about 15 - 20 minutes, stirring occasionally.

Serve over your favorite gluten-free or brown rice pasta.





# Italian-Style Stuffed Peppers

## Ingredients:

1 lb. lean ground beef (substitute ground chicken or turkey for a healthy alternative)  
3 red bell peppers (cut in halves and cleaned out)  
½ cup Ian's Gluten-Free Italian-Style Breadcrumbs

2 cups tomato sauce  
¼ cup fresh chopped basil  
1 clove minced garlic  
½ tsp. salt  
½ tsp. pepper  
½ cup chopped spinach

## Directions:

Pre-heat oven to 450 degrees F. Line a baking sheet with foil and coat with non-stick cooking spray. Place peppers on tray.

In a large non-stick pan, cook ground beef on medium-high heat, making sure to break up the pieces as you cook. When the meat has evenly browned, add tomato sauce, fresh basil, minced garlic, salt and pepper. Continue to cook until the browned beef has completely cooked to an internal temperature of 165 degrees F.

Add the meat and sauce mixture to a large bowl. Add in fresh chopped spinach and Ian's Gluten-Free Italian-Style Breadcrumbs. Mix until thoroughly combined.

Spoon mixture into pepper halves until full. Bake 20-30 minutes or until peppers are soft.

Let stand 1 minute to cool before serving and enjoy!





# Sweet and Savory Asian-Style Chicken Meatballs

## Ingredients:

### Meatballs:

1 lb. ground chicken  
½ cup Ian's Gluten-Free Original Panko Breadcrumbs  
½ tsp. black pepper  
1 Tbsp. tamari sauce (gluten-free soy sauce)  
½ cup scallions  
½ Tbsp. sesame oil

### Sauce:

¼ cup scallions  
½ cup tomato sauce  
2 Tbsp. tamari sauce (gluten-free soy sauce)  
¾ cup water  
¼ cup brown sugar  
½ tsp. minced ginger

### Additional:

Cooking oil of your choice  
Toasted sesame seeds (optional)

## Directions:

### Meatballs:

In a bowl, combine all ingredients and knead until thoroughly mixed. Roll mixture into small (about 1" thick) meatballs.

Heat a non-stick pan on medium heat with a little cooking oil. Add meatballs to pan and cook until all surfaces are golden brown and the internal temperature at the center of each meatball has reached 165 degrees F.

### Sauce:

Heat a non-stick pan on medium heat with a little cooking oil. Add all ingredients to the pan and mix well. Allow sauce to rise to a light boil, making sure to mix occasionally to avoid sticking. When the sauce begins to thicken, add the meatballs and mix to coat.

Cook until the sauce forms a glaze over the chicken, then top with toasted sesame seeds, if desired.

*Enjoy sweet and savory Asian-style Chicken Meatballs with a side of rice!*



# Chipotle Glazed Meatloaf

## Ingredients:

2 ¼ lbs. ground beef (substitute ground chicken or turkey for a healthy alternative)  
 ½ cup Ian's Gluten-Free Original Panko Breadcrumbs  
 ¾ cup chopped red onion  
 2 tsp. Worcestershire sauce

2 tsp. chipotle pepper  
 2 tsp. gluten-free adobo seasoning  
 1 tsp. salt  
 ½ tsp. pepper  
 ½ cup ketchup  
 2 Tbsp. extra-virgin olive oil

## Directions:

Preheat oven to 375 degrees F.

In a small bowl, mix together chipotle pepper and ketchup; set aside.

In another bowl, combine meat, Ian's Gluten-Free Original Panko Breadcrumbs, onion, Worcestershire, adobo seasoning, salt, and pepper in a bowl until thoroughly mixed.

Place mixture into a non-stick loaf pan and brush the top with the chipotle ketchup mix. Bake for 60 minutes or until an internal temperature of 165 degrees F is reached in the center.



# Gluten-Free Crabcakes

## Ingredients:

1 egg  
 3 Tbsp. mayonnaise  
 1 tsp. Dijon mustard  
 1/4 cup finely chopped onion  
 1/4 tsp. pepper  
 1/4 tsp. dried tarragon or Old Bay Seasoning  
 1/2 tsp. Worcestershire sauce  
 1 tsp. salt  
 3/4 cup Blue Diamond Pecan Crackers, finely crushed  
 1 lb. gluten-free crab meat  
 Butter/oil



## Directions:

In a large bowl, whisk together the egg, mayonnaise, mustard, onion, tarragon, Worcestershire sauce, pepper and salt. Add the crab meat and 1/4 cup of the Blue Diamond Pecan Crackers, and toss the mixture gently. Spread the remaining crackers on a plate, form the crab mixture into eight to 10 patties, roughly 3/4-inch thick. Coat the top and bottom of each patty carefully with the crackers, transferring the crabcakes as they are formed to a sheet of wax paper. Chill for 15-30 minutes.

In a large skillet, heat the butter/oil over moderately high heat. Sauté the crabcakes, in batches if necessary, for 1 to 2 minutes on each side, or until golden, transferring them as they are cooked to a heated platter.

Serve the crabcakes with the lemon wedges, aioli or tartar sauce.



# Five Seed Asparagus with Greek Yogurt Aioli

Recipe by: Isabel M.



## Ingredients:

1 cup Crunchmaster Five Seed Multi-Seed  
Crackers, crushed to crumbs  
1/2 cup Greek yogurt  
1 bunch asparagus  
2 egg whites

Olive oil to coat pan  
1/2 lemon, zest and juice  
2 cloves roasted garlic  
Salt and pepper to taste  
1 Tbsp. Parmesan cheese

## Directions:

Preheat oven to 375 degrees F.

Wash asparagus, snapping each spear where it naturally breaks when bent and discarding the woody ends.

Mix two egg whites in a shallow bowl until light and fluffy. Dip each asparagus spear (reserving one for garnish, if desired), in egg whites, then dredge in Crunchmaster Cracker crumbs to coat.

Place coated asparagus on a cookie sheet greased with olive oil and cook for 15-20 minutes or until lightly browned and cooked through, leaving a bit of crunch to the asparagus.

In a small bowl, mix yogurt, lemon zest, lemon juice, garlic, salt, pepper and Parmesan cheese together to create aioli.

Chill until ready to serve.

Remove asparagus from oven and place on serving dish with yogurt aioli on top. Garnish with raw, shaved (with potato peeler) asparagus and serve. Enjoy!



## Amy's Turtle Cake



*Not all turtles are slow... If you've got 15 minutes, you can pull this together! It's a total crowd-pleaser and perfect when you want something festive but are short on time.*

### Ingredients:

2 boxes Amy's Organic Gluten-Free  
Chocolate Cake, thawed  
1 pint heavy whipping cream, whipped

1/2 cup caramel sauce, slightly warmed  
4 Amy's Crunchy Andy Dandy Candy Bars,  
chopped

### Directions:

Cut cake into 8 slices. Layer slices in an 8"x8" baking pan or an 8"round springform pan, covering the entire bottom of the pan. Drizzle half of the caramel over the cake and sprinkle with half of the chopped candy bars. Cover cake with all of the whipped cream. Drizzle with remaining caramel and sprinkle with remaining chopped candy.

Cover and chill in refrigerator at least one hour. Cut and serve.

*Amy's*  
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## Raspberry Almond Mini Cheesecakes



### Ingredients:

#### Crust:

1 (4.25-oz.) box Blue Diamond Almonds  
Cinnamon Honey Nut Thins  
1/3 cup butter, melted  
2 Tbsp. sugar  
1/2 tsp. cinnamon

#### Filling:

3 (8-oz.) packages cream cheese, softened  
2/3 cup sugar  
1 tsp. almond extract  
3 eggs  
20 fresh raspberries  
1/4 cup seedless raspberry jam or preserves

### Directions:

Preheat oven to 350 degrees F. Process cracker crumbs, butter, sugar and cinnamon in a food processor until very finely chopped. Place equal amounts into four lightly greased 4 1/2-inch springform pans. Place a piece of plastic wrap directly onto the surface and press crumbs firmly onto the bottom and partway up the side. Beat cream cheese, sugar and extract with an electric mixer until smooth. Add eggs, one at a time, beating well after each addition.

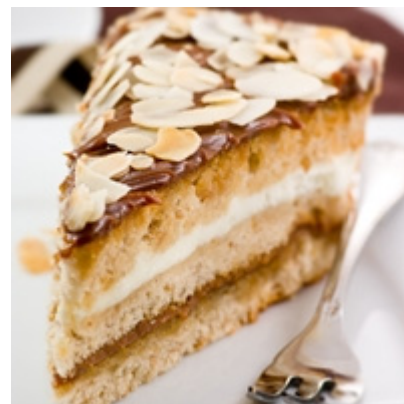
Spread equal amounts of batter into pans. Swirl a Tbsp. of jam into each and press 5 raspberries lightly into the batter. Bake for 30 minutes or until the centers jiggle just slightly when gently tapped. Let cool slightly, then chill for at least 1 to 2 hours. Makes 8 servings.



# Serbian Almond Torte

## Ingredients:

10 eggs separated  
 1  $\frac{3}{4}$  cup sugar  
 $\frac{1}{4}$  cup Blue Diamond Almond Nut Thin Crackers ground  
 (approximately 8 crackers)  
 1 tsp. grated lemon rind  
 $\frac{1}{4}$  cup lemon juice  
 2  $\frac{1}{3}$  cups Blue Diamond blanched almonds finely ground  
 3 oz. unsweetened chocolate, melted (1 square = oz.)  
 $\frac{1}{2}$  lb. soft butter  
 $\frac{1}{4}$  cup sliced toasted almonds



## Directions:

Preheat the oven to 350 degrees F.

Beat the egg whites until stiff and gradually beat in one cup of the sugar. Fold in the cracker crumbs, lemon rind and lemon juice.

Fold in the ground almonds and divide the mixture among 4 greased 9" pans, lined on the bottom with parchment paper. Parchment circles can be purchased, as well.

Bake 15 to 20 minutes, or until layers are faintly browned. Cool on a rack.

Beat the egg yolks lightly. Place the yolks and the remaining sugar in the top of a double boiler and cook over hot water stirring constantly until sugar dissolves and mixture thickens. Do not allow mixture to boil. Remove from the hot water, beat in the chocolate and gradually beat in the butter.

Refrigerate until mixture is of spreading consistency. This will be used to fill and frost the layers. Refrigerate until firm. Then assemble in 9" spring form pan, alternating torte and frosting. Refrigerate until firm.

Meanwhile, make ganache by chopping chocolate and placing in a heatproof bowl. Microwave cream and butter until it boils. Pour over chocolate, cover with plastic wrap and let sit 15 minutes. Remove plastic and stir until thick and smooth, and slightly cooled.

Remove torte from refrigerator and pour ganache over top. Again cover with plastic wrap and refrigerate until ganache has set, about 1 hour.

Remove torte from refrigerator and unmold from spring form pan. Place torte on a serving platter. Cover sides with reserved whipped cream frosting and sprinkle with sliced almonds.

Store in refrigerator until serving.



## Smudge “Nicecream”



*I scream, you scream, we all scream for ....nice-cream – Freedom Foods Smudge Nice-cream that is! Great tasting and dairy-free! Check out this yummy recipe for a Chocolatey allergen-free chocolatey nice-cream! Made with Freedom Foods Smudge Spread, which is gluten, nut and allergen-free!*

### Ingredients:

4 frozen bananas  
1/3 cups of non-dairy milk (we used rice milk)  
3 Tbsp. of Freedom Foods Smudge

### Directions:

Place all ingredients into your food processor/blender. Blend until smooth.

For soft-serve: eat right away.

For ice cream: place mixture into a freezer safe container, cover and place in the freezer for at least 4 hours before serving. Scoop out like ice cream and serve.

Serve with mini non-dairy chocolate chips, shredded coconut, strawberries or whatever takes your fancy, even more Smudge if you want!

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# Ice Cream Sandwiches



*These 2 bite desserts are perfect for a small dessert or a quick summer treat for kids.*

## Ingredients:

2 1/4 cups Blue Diamond Hint of Honey  
Vanilla Almond Breeze  
3 Tbsp. buttery spread or butter  
2/3 cup sugar  
1/4 cup gluten-free flour  
1/2 tsp. almond extract

1/2 tsp. vanilla extract  
4 egg yolks  
8 to 12 drops red food coloring  
80 Blue Diamond Honey Cinnamon Nut  
Thins  
Candy sprinkles

## Directions:

Bring almond milk and butter to a simmer in a medium saucepan; remove from heat. Whisk together sugar, flour, extract and egg yolks in a large, heavy bowl set on a potholder or damp dishcloth to stabilize. Very slowly drizzle hot Breeze mixture into bowl, whisking constantly, then transfer back to saucepan. Bring to a simmer, then cook for 5 to 7 minutes, stirring constantly, until mixture has thickened slightly. Remove from heat and let cool slightly. Stir in red food coloring as desired and transfer to a medium bowl. Press plastic wrap directly onto the surface; refrigerate until chilled. Transfer to the bowl of an ice cream maker and freeze according to manufacturer's instructions. Remove paddle and freeze until fairly firm. Sandwich about 1 Tbsp. of slightly softened ice cream between 2 Nut Thins. Roll edges in sprinkles and place in a large container, separating layers with plastic wrap. Store in the freezer until ready to serve. Makes about 40 sandwiches.



# Chocolate Sunflower Butter Balls



## Ingredients:

$\frac{3}{4}$  cup creamy sunflower seed butter  
 $\frac{3}{4}$  cup Enjoy Life Foods Vanilla Honey  
 Graham Cookies, crushed  
 $1\frac{1}{2}$  cup powdered sugar, sifted

4 Tbsp. butter flavored shortening  
 1 bag Enjoy Life Foods Mini Chips  
 2 Tbsp. butter flavored shortening

## Directions:

Line a baking sheet with parchment paper or wax paper, set aside.

In a medium bowl, mix together the sunflower seed butter, crushed Vanilla Honey Graham Crunchy Cookies, sifted powdered sugar and the 4 Tbsp. butter-flavored shortening, until well combined.

Using a Tbsp. or a small scoop, portion out all the dough onto the sheet tray. Gently roll between your hands to form a ball.

Place the rolled sunflower seed butter balls in the freezer for at least 2 hours, up to 24.

When ready to coat with chocolate, place a small pot on the stove with 1" of water. Bring to a simmer and place a glass bowl on top with the Mini Chips and the 2 Tbsp. butter-flavored shortening. Stir, occasionally, until melted and smooth. Turn heat off but keep pot on stove.

One by one, gently roll the frozen sunflower seed butter balls in the chocolate until all coated.

Use a fork to lift balls out of the chocolate and allow the excess chocolate to drip off. Place back on the parchment/wax-lined tray and continue until all balls are coated.

Place in the refrigerator for 30 minutes to an hour to set, then place in a re-sealable plastic bag and store in the refrigerator until ready to enjoy!



# Berry Yogurt Parfaits with Cherry-Almond Bars

Recipe by: Frances Largeman-Roth, RDN



*Delicious for breakfast, snack, or after-school treat!*

## Ingredients:

4 Rudi's Gluten-Free Cherry-Almond bars,  
crumbled (1 cup)  
1 1/4 cups low-fat vanilla yogurt

1 1/2 cups mixed berries (blueberries,  
raspberries and quartered strawberries)  
2 tsp. honey

## Directions:

In each of four parfait glasses, spoon 2 Tbsp. yogurt, 2 Tbsp. crumbled bar, 1/4 cup berries, another 2 Tbsp. yogurt, 2 Tbsp. berries, and any remaining granola. Drizzle each parfait with 1/2 tsp. honey.

Serve immediately, or cover with plastic wrap and refrigerate for up to 3 hours before serving.





# Banana and Strawberry Oat Crumble

*Spring is in the air and so we have put together this yummy gluten-free, vegan strawberry, banana crunch crumble recipe made with Freedom Foods Free Oats Berry Delight. Enjoy!*

## Ingredients:

### Filling:

2 Tbsp. coconut oil  
5 cups thinly sliced strawberries  
2 Tbsp. coconut sugar  
1 Tbsp. fresh lemon juice

### Crumble topping:

3/4 cup Freedom Foods Free Oats Berry Delight  
3 Tbsp. chia seeds  
1/4 cup packed coconut sugar  
4 Tbsp. Earth Balance Vegan Buttery Sticks, cut  
into pea-size pieces  
Pinch of Sea Salt

## Directions:

Preheat the oven to 375 degrees F.

Melt the 2 Tbsp. of coconut oil in a medium saucepan over medium heat. Add the strawberries and cook, stirring constantly, for 2 to 3 minutes. Add the sugar and lemon juice and cook for 2 more minutes.

Remove from the heat and set aside.

To make the topping, mix together the oats, chia seeds, coconut sugar, salt and vegan butter pieces with your hands until the mixture resembles a coarse meal. Divide the fruit among six ramekins. Divide the topping evenly, making sure the fruit is completely covered.

Place the ramekins on a small baking sheet and bake for 25 to 30 minutes, until the topping is golden and bubbly. Serve warm.

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