



National Foundation for Celiac Awareness Summer Cooking Guide

The National Foundation for Celiac Awareness and Zatarain's are pleased to bring you this summer Cooking Guide to add some fun and festivity to your summer-time entertaining. Enjoy!

Zatarain's In the Kitchen

Add Color

A plate that pops with bright hued foods is the perfect way to usher in the summer season. Get creative by mixing fresh veggies into main dishes to add both color and flavor, like green and red peppers into a rice dish.

Think FRESH

Lots of produce is coming into peak season, so grab some fresh and naturally gluten-free ingredients from your local Farmers Market.

Think INSIDE the box

Zatarain's gluten-free Rice Mixes are an easy way to add flavor and texture to your summer dishes. Mix Dirty Rice or Jambalaya with grilled chicken, black beans and corn and serve in a lettuce leaf for a fresh "wrap." Or layer Spanish Rice with salsa, guacamole, sour cream and cheese for a hearty dip. Serve with gluten-free tortilla chips and celery stalks.

Embrace the Outdoors

As events and group gatherings move outside, plan to prepare dishes that can be assembled and enjoyed out of the house, and by a crowd.

- Fruits** Strawberries
- Cherries
- Fresh Apricots
- Lemons
- Grapefruit

- Vegetables** Beets
- Asparagus
- Artichokes
- Arugula
- Chard
- Peppers
- Radishes

- Herbs, Spices & Flavors** Basil
- Chives
- Dill
- Mint
- Parsley
- Tarragon
- Thyme



Through empowerment, education and advocacy, the National Foundation for Celiac Awareness drives diagnoses of celiac disease and other gluten-related disorders and improves the quality of life for those on a lifelong gluten-free diet.



A Crowd-Pleasing Feast

Dirty Rice is a one-pot meal that starts with flavorful and easy-to-prepare Zatarain's Dirty Rice, which can be customized to each guest's unique tastes. Surprise a crowd at your next summer gathering with these recipe ideas and tips:

1. Set up a Dirty Rice bar with different add-ins, like chicken, beef or sausage, shrimp or crawfish along with easy-to-mix-in veggies for the ultimate flavor experience.
2. Add an extra touch of summer freshness by including seasonal produce like asparagus, carrots, peas and green onions, for guests to customize their own perfect party plate. Or try Dirty Rice wraps by serving the rice mix on Bibb, Boston or iceberg lettuce leaves. Top with shredded carrots, chopped pecans or chopped green onions, if desired.
3. Use Dirty Rice as the filling for a delicious burrito! Top each with salsa, sour cream, cheese and cilantro. Fold into gluten-free burrito wraps to serve.
4. Celebrating outside? Prepare Dirty Rice in advance and take it with you to the party. It's easily eaten off paper plates, so no extra equipment is needed and clean-up is a breeze. Just bring a fork to enjoy!

Go Green

Creating a stylish table setting can be as easy as recycling a few things in your garage. Household items like flowerpots, watering cans, and birdcages can also double as fun and festive centerpieces! Pick up some seasonal blooms like pansies, tulips or daffodils for your table, or buy a potted plant for a centerpiece that lasts.

Be BOLD

Brighten up your table! Look for servingware and table dressings that come in bold greens, yellows, blues and pinks. Heading outdoors? Most party supply outlets (and even supermarkets) carry colored utensils, and they make clean up a breeze. Some brands even use recycled materials.



Visit Zatarain's Gluten-Free Recipe Box

www.CeliacCentral.org/zatarainsrecipes

Featured Recipe

Mardi Gras Dirty Rice

Prep Time: 5 minutes/Cook Time: 35 minutes. Serves 7



1 tablespoon oil
1 medium red & 1 medium yellow bell pepper, thinly sliced
1 pound bulk gluten-free pork sausage
1 package ZATARAIN'S® Dirty Rice Mix
2 1/2 cups water

1. Heat oil in large skillet on medium-high heat. Add bell peppers; cook and stir 3 to 5 minutes or until tender-crisp. Remove from skillet. Add sausage to skillet; cook and stir 5 minutes or until no longer pink.
2. Stir in Rice Mix and water. Bring to boil. Reduce heat to low; cover and simmer 20 minutes. Return bell peppers to skillet. Cover and cook 5 minutes longer or until rice is tender. Remove from heat. Let stand 5 minutes.