

# Independence from Gluten

a July 4th cookbook from



awareness • advocacy • action

# Contents

Taco Party Dip .....	1
Crispy BBQ Chicken Wings .....	2
Buffalo Wing Party Dip .....	3
Chicken Satay .....	4
Chipotle Chicken Salad .....	5
Sorghum and Roasted Summer Vegetable Salad .....	6
Hot Smoked Sausage Kabobs .....	7
Cold Rice Noodle Salad .....	8
Grilled Beet Chicken Kebabs with Avocado .....	9
Blackened Chicken with Grilled Peaches .....	10
S'mores Brownie Bars .....	11
Apple Pie with Stars Crust .....	12

# Taco Party Dip

## Directions

1. Preheat oven to 350°F. In a large skillet, brown the ground beef and season with taco mix. Set aside.
2. Spray a 24 oz. au gratin dish or 9" deep-dish pie pan with non-stick baking spray.
3. Evenly spread 1 can of fat-free refried beans on the bottom of the dish. Top with ground beef/taco mixture. Sprinkle with Mexican blend cheese.
4. Layer the Crunchmaster™ White Cheddar Multi-Grain Crackers around the outside of the dish in an overlapping pattern. Cover crackers with aluminum foil to prevent over-browning.
5. Bake at 350°F for 15 minutes, until cheese melts and dish is warmed through.
6. Take from oven and remove foil from crackers.
7. Cover with fresh chopped tomatoes and sliced green onions.

## Ingredients

- 1 package Crunchmaster™ White Cheddar Multi-Grain Crackers
- ½ cup fresh tomatoes, chopped
- ¼ cup green onions, thinly sliced
- 1 avocado, chopped
- 3 Tbsp. cilantro, chopped
- 2 cups shredded Mexican blend (cheddar/Monterey Jack) cheese
- ½ cup sour cream
- 1 lb. lean ground beef
- 1 16 oz. can fat-free refried beans
- 1 1.25 oz. package taco seasoning mix



Courtesy of **CRUNCHMASTER™**

# 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



Courtesy of **CRUNCHMASTER™**

## Directions

1. Pour ¾ cup of the barbeque sauce and ¼ cup of the honey into a large plastic storage bag and mix.
2. 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 and up to 24 hours.
3. Preheat oven to 450°F. Spray two baking sheets with gluten-free, non-stick cooking spray.
4. Grind the Crunchmaster™ Multi-Grain Sea Salt Crackers in a food processor or blender to fine crumbs and pour onto a dinner plate.
5. 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.
6. 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).
7. Combine the remaining ¼ cup barbeque sauce with the remaining ¼ cup honey and serve with the wings for dipping.

# Buffalo Wing Dip

## Directions

1. In a small mixing bowl, combine sour cream and cream cheese. Blend together well.
2. Mix in crumbled blue cheese and chopped celery. Set aside.
3. Fold hot chicken into the dip.
4. Serve immediately with Crunchmaster™ Signature Buttermilk Ranch & Dill Multi-Seed Crackers.



Courtesy of **CRUNCHMASTER™**

## Ingredients

- Crunchmaster™ Signature Buttermilk Ranch & Dill Multi-Seed Crackers
- ¼ cup sour cream
- cup spreadable cream cheese, soft
- ⅓ cup crumbled blue cheese
- ¼ cup celery, finely chopped
- 4 oz. precooked chicken breast, finely chopped
- ⅓ tsp. hot sauce (Cholula or Tabasco)



# Chicken Satay

## Ingredients

- ½ cup Thai Kitchen® Coconut Milk
- 2 Tbsp. Thai Kitchen® Premium Fish Sauce
- 2 Tbsp. Thai Kitchen® Red Curry Paste
- 2 tsp. minced fresh lemongrass
- 1 lb. boneless skinless chicken breasts, cut into ¾" strips
- Bamboo skewers\*
- ½ cup Thai Kitchen® Peanut Satay Sauce

## Directions

1. Mix coconut milk, fish sauce, curry paste and lemongrass in small bowl until well-blended. Place chicken in large resealable plastic bag or glass dish. Add marinade and toss to coat well.
2. Refrigerate for 1 hour or longer for extra flavor. Remove chicken from marinade. Discard any remaining marinade. Thread chicken strips onto skewers.
3. Broil or grill over medium-high heat 3 minutes per side, or until chicken is cooked through. Serve with Peanut Satay Sauce for dipping.

\*Thai Kitchen Tip: Soak bamboo skewers thoroughly in water for at least 30 minutes before threading with chicken. This prevents them from burning when on the grill.



Courtesy of



# Chipotle Chicken Salad

## 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.



Courtesy of **Boar's Head**

## 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



# Sorghum and Roasted Summer Vegetable Salad

## Ingredients

- 1 cup dry sorghum
- 3 cups water
- 1 large zucchini, chopped into ¾" chunks
- 1 bunch radishes (about 12 radishes), washed, trimmed and quartered
- 2 ears white or yellow corn, kernels removed (about 1½-2 cups kernels)
- 2 Tbsp. olive oil, divided
- ½ tsp. Dijon mustard
- 1 Tbsp. lemon juice
- 1 small shallot, chopped
- ¼ tsp. salt (plus extra for roasting)
- Pepper to taste
- ¼ cup fresh basil leaves, chopped
- ¼ cup fresh tarragon leaves, chopped



## Directions

1. Rinse the sorghum grain in a fine sieve under running water for about a minute. Add it, along with the 3 cups water, to a pot. Bring the grain to a boil and reduce it to a simmer. Simmer for 45-50 minutes, or until the sorghum is tender. Allow the sorghum to cool for 10-15 minutes.
2. While the sorghum cooks, preheat your oven to 400°F.
3. Toss the zucchini, radishes and corn with 1 Tbsp. of olive oil and transfer the vegetables to parchment or foil-lined baking sheet. Sprinkle lightly with salt and pepper.
4. Roast the vegetables for 25-30 minutes, stirring them once through, or until the radishes and zucchini are tender and browned slightly. Allow the vegetables to cool for 10 minutes.
5. To prepare the grain salad, mix the sorghum and roasted vegetables together.
6. Whisk together the remaining olive oil, mustard, lemon, shallot, salt and pepper. Pour these ingredients onto the grain and vegetable mixture, then add the chopped basil and tarragon.
7. Toss everything together. Check the salad for seasoning and add extra salt or lemon or pepper as needed. Serve.
8. Leftovers will keep in an airtight container in the fridge for up to three days.

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



# Smoked Sausage Kabobs

## Directions

1. Preheat the grill to medium high.
2. Cut the sausages on the diagonal into 1½" pieces.
3. Thread the sausage and vegetables alternately onto skewers. Set aside.
4. In mixing bowl, combine the Brown Sugar & Spice glaze and mustard.
5. Place each skewer on the grill and cook for approximately 2 minutes. Turn and cook for 2 more minutes.
6. Brush each kabob with the glaze mixture while still on the grill. Turn again and add more glaze, making sure not to burn.
7. Continue grilling for 5 more minutes, or until vegetables are tender and golden brown.
8. Serve by placing skewers on a platter.



Courtesy of **Boar's Head**

## Ingredients

- 4 Boar's Head Smoked Sausages
- 1 green pepper, seeded and cut into wedges
- 1 red pepper, seeded and cut into wedges
- 1 large sweet onion, quartered lengthwise and halved crosswise
- 2 large ears of corn, peeled and cut into 1" rounds
- 4 bamboo skewers, soaked in water
- 3 Tbsp. Boar's Head Brown Sugar & Spice Ham Glaze Cooking Sauce
- 1 Tbsp. Boar's Head Delicatessen Style Mustard



# Cold Rice Noodle Salad

## Ingredients

### Spicy Lime Vinaigrette:

- ¼ cup fresh lime juice
- ¼ cup rice vinegar
- ¼ cup sugar
- 1 Tbsp. Thai Kitchen® Premium Fish Sauce
- 2 tsp. minced garlic
- ½ tsp. crushed red pepper flakes
- ½ tsp. salt

### Noodles:

- 7 oz. Thai Kitchen® Stir Fry Rice Noodles
- 1 medium cucumber, halved lengthwise, seeded and thinly sliced
- 1 cup carrots, shredded
- ¼ cup fresh Thai basil, chopped\*
- ¼ cup fresh cilantro, chopped
- ½ cup red onion, sliced thin

## Directions

1. For the vinaigrette, mix all ingredients in medium bowl. Set aside.
2. Bring large pot of water to boil. Add rice noodles. Cook 3-5 minutes, or until noodles are tender but firm. Rinse under cold water and drain well.
3. Place noodles in large bowl. Add remaining ingredients and vinaigrette and toss gently. Serve immediately.

\*Thai Kitchen Tip: Thai basil has dark green leaves with purple stems and has a licorice flavor. It can be found in most Asian markets. If unavailable, substitute Italian basil.



Courtesy of



# Grilled Beet Chicken Kebabs

## Directions

1. Heat grill to medium heat. Soak 8 6" wooden skewers in water for 15 minutes.
2. Coat one side of a large piece of aluminum foil with cooking spray. Place beets and 3 Tbsp. of oil on foil. Season with sea salt and pepper. Wrap foil over beets. Place beet packets on the grill and cook for 30 minutes or until beets are tender.
3. Meanwhile, dip chicken tenders into 2 Tbsp. olive oil, then drench in Crunchmaster™ Crackers. Place tenders onto soaked skewers. Grill, turning occasionally, until chicken is cooked through, approximately 10-12 minutes.
4. Meanwhile, in a food processor, blend feta, yogurt, mint and balsamic vinegar until smooth.
5. Remove beets from the grill and cut into 1" chunks. Gently toss with feta mixture, red onion, sea salt and pepper.
6. Transfer kebabs to a serving dish with prepared beets. Serve with a side of diced avocado with salsa.

## Ingredients

- 1 cup Crunchmaster™ Multi-Grain Sea Salt Crackers, finely ground
- 4 fresh large beets
- 2 tsp. fresh mint leaves, finely chopped
- ½ small red onion, quartered
- 1 ripe avocado, peeled, pitted and diced
- 5 Tbsp. olive oil
- 2 tsp. balsamic vinegar
- Cooking spray
- ¼ tsp. sea salt
- ¼ tsp. freshly ground white pepper
- Sea salt and pepper, to taste
- ½ cup crumbled feta cheese
- ¼ cup Greek plain yogurt
- 1 lb. boneless chicken tenders
- 2 Tbsp. sweet fruit salsa



Courtesy of **CRUNCHMASTER™**

# Blackened Chicken with Grilled Peaches

## Ingredients

- 1 cup Crunchmaster™ Multi-Seed Rosemary & Olive Oil Crackers, ground
- 4 fresh peaches, sliced
- 1 large apple, chopped
- 1 head Bibb lettuce, torn
- 4 skinless chicken breasts
- 1 tsp. paprika
- 1 Tbsp. ground pepper
- 1½ tsp. sea salt
- ¼ tsp. cayenne pepper
- 1 tsp. dried thyme
- 1 Tbsp. olive oil, plus more for grill grates

## Directions

1. Heat grill to medium-high heat and brush with olive oil.
2. In a bowl, combine 1 Tbsp. olive oil, paprika, pepper, sea salt, cayenne, thyme and Crunchmaster™ Crackers.
3. Rub olive oil mixture onto chicken and peaches.
4. Grill chicken breasts and peaches for 4 minutes each, then flip and cook for another 4-6 minutes, or until chicken is no longer pink inside and peaches have grill marks.
5. Transfer to a serving platter. Serve chicken atop a bed of Bibb lettuce with chopped apples and grilled peaches.



Courtesy of **CRUNCHMASTER™**

# S'mores Brownie Bars

## Directions

1. Preheat oven to 350°F with rack in the center.
2. Line a 9"x13" metal baking pan or quarter sheet pan with parchment paper and spray well.

### Crust:

1. Crush grahams in food processor or plastic bag. Mix in melted butter and sugar. Run processor or mix well. Press into bottom of baking pan.
2. Lay a piece of parchment paper over the crust and push down with finger tips to get a smooth, firm crust pressed into the pan.
3. Bake 10-12 minutes until puffy in spots or butter looks like it is sizzling in the pan.
4. Cool completely on a wire rack.

### Brownie:

1. Once crust is cool, whisk the brownie mix and almond meal together in a large bowl.
2. Add egg, oil and coffee or water. Mix well again.
3. Add 1 cup mini marshmallows to batter and mix.
4. Pour batter on top of baked graham crust, filling all corners and edges (it does not need to be smooth).
5. Pour all but about 1 cup marshmallows over batter evenly and press into batter firmly. Pour the rest of marshmallows over mix to fill in the gaps. Press in firmly again.
6. Bake in preheated oven for 20-25 minutes until marshmallows are golden brown and puffy in spots. Cool on a rack completely before cutting.
7. Lift brownies out of pan with the help of the parchment. Peel off parchment. Spray a long straight-edge knife with non-stick spray to cut brownies. Repeat if it starts to stick.

## Ingredients

### Crust:

- 1 box Pamela's Honey Grahams
- 6 Tbsp. butter, melted
- 4 Tbsp. sugar

### Brownie:

- 1 16 oz. bag Pamela's Chocolate Brownie Mix
- ¼ cup almond meal
- 1 egg
- ½ cup oil
- ¼ cup coffee (or water)
- 1 10 oz. bag mini marshmallows



Courtesy of



# Apple Pie with Stars Crust

## Ingredients

### Crust:

- 3½ cups Pamela's Amazing Bread Mix
- ½ cup butter, chilled and cubed
- ½ cup shortening, chilled
- 4 Tbsp. ice cold water
- 1 egg or egg white mixed with 1 Tbsp. water, milk or cream for glazing and attaching the stars onto the pie

### Filling:

- 7-9 medium/large apples (great varieties: Granny Smith, Pippin, Honey Crisp, Fuji and Gravenstein)
- 2 Tbsp. lemon juice
- 1½ Tbsp. butter
- ⅛ tsp. salt
- ½ cup brown sugar
- ¼ cup cider or hard cider
- 1-2 Tbsp. cornstarch or arrowroot, depending on juiciness of apples
- 1 tsp. cinnamon
- ½ tsp. nutmeg



# Directions

## Filling:

1. Peel, core and slice apples into ½" sections. Sprinkle with lemon juice to prevent browning.
2. Melt butter in pan, add brown sugar, cinnamon, nutmeg, salt and apples.
3. Mix cider with cornstarch until smooth and add to pan. Stir to coat, cook over medium heat until apples start to reduce in size, about 10 minutes.
4. Cover and let rest to cool, around 15-20 minutes.

## Crust:

This recipe requires time and care, but will yield a classic, flakey and rich crust. Due to the high fat nature of this crust, for best results, all ingredients should be chilled ahead of time.

1. Refrigerate bowl, bread mix and fat about 20 minutes before mixing.
2. In a cold bowl of stand mixer, cut shortening and chilled butter into bread mix until small pea-sized pieces form (or use pastry blender or two knives). Slowly add ice water just until dough comes together, not sticky.
3. Add 1 tsp. additional water at a time if dough is too dry. Do not over-handle dough.
4. Preheat the oven to 450°.
5. Divide and form dough into two flat disks, wrap in plastic and chill in refrigerator for at least 20 minutes. Chef's Note: Divide the dough into not quite equal parts; use the larger portion to line the extra-large pie plate and the smaller portion for the stars crust.
6. Roll out larger disk to ⅛" between 2 sheets of parchment, wax paper or plastic wrap. Peel off top paper and invert into a greased pie dish, pinching and patting the crust back together if it cracks. Roll out second disk using the same method, cut stars of different sizes and reserve.

## Pie:

1. Using a slotted spoon, transfer the apples into the pie crust, mounding up in the middle.
2. Beat the egg with water. Brush it on the outside rim crust, as well as on the tops and bottoms of the stars where they will overlap.
3. Starting in one spot, lay stars around the outside, overlapping, and covering the apples partway towards the center, gently brushing with egg wash as you work around the pie.
4. Brush the tops of all the stars for an even shine. Sprinkle with a little sugar for sparkle.
5. Bake for 10 minutes and reduce the oven temperature to 350°F and continue baking another 35-40 minutes until your crust is golden brown. If necessary, use foil to cover the edges to prevent them from getting too brown.

Courtesy of

