

**Appetizers, Side Dishes,
and Snack Recipes**

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**Phone: (800) 291-8386
Fax: (450) 963-0137**

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Appetizers, Side Dishes, and Snack Recipes

Hot Pockets

This is a great appetizer or “hot” pocket.

1 bag Favorite Sandwich Bread Mix (#126001M)
1 lb. deli-style ham or turkey cut into 1/2-inch cubes
1/2 lb. cheddar cheese (cut into 1/2-inch cubes)
Gluten-Free spicy mustard

Preheat oven to 350 °. Line 2 cookie sheets with parchment paper.

1. Prepare bread through dough step only according to directions on bag.
2. Spread heaping tablespoon of dough on lightly oiled plastic wrap. Cover with another sheet of oiled wrap and spread dough into a circle. Remove top layer of wrap and brush dough with mustard. Add a few cubes of cheese and deli meat. Pat dough over mixture to cover. Let rise 10 min.
3. Bake 15 min. Serve.

Wild Rice Salad

1 bag Fully Cooked Fall River Wild Rice
1-2 cups cubed smoked turkey breast
½ cup pecans, toasted
1 can of Mandarin orange segments (drained)
3-5 green onions, trimmed and chopped
1/3 cup chopped green pepper (optional)
2/3 cup ThoroughFare Red Wine Vinaigrette

Combine all ingredients. Chill and serve.

Harvest Spinach Dip

1/2 cup Harvest Garden Vegetable Soup Mix (#955030) (stir mix before scooping out a portion for this recipe)
1/2 cup boiling water
1 pint g-f sour cream
1 cup thawed, drained chopped spinach

Re-hydrate soup mix in boiling water. Let cool and stir in sour cream and spinach. Chill and scoop into hollowed out Tapioca “Bowl.”

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German Potato Salad

Recipe From Henrickson's Inc.

3 slices bacon, diced
1/2 - 3/4 cup Hendrickson's Dressing (# 955006)
1 Tbs. cornstarch mixed with 1/4 cup cold water
2 lbs. cooked/sliced potatoes
1/2 cup diced celery
2 Tbs. diced onion
2 hard boiled eggs, diced
Chopped Parsley and Pimentos (as desired)

Cook bacon until crisp. Remove and set on paper towel. Keep 1 Tbs. of bacon fat in pan. Add dressing and heat to a boil. Slowly add the cornstarch mixture, stirring until dressing mixture thickens slightly.

In a large serving bowl, combine the potatoes, celery, onion and eggs. Pour dressing over potatoes and toss gently. Add salt and pepper as desired and garnish with parsley and pimentos, if used.

Sun-Dried Tomato Dip

This was served at a party we attended in Chicago recently. The person who made it was trying to accommodate a gluten-free and a vegan diet at the same time. We'd say she accomplished her goal and then some!

1, 3-oz package sun-dried tomatoes, not in oil
1/3 cup fresh basil, packed
2 Tbs. balsamic vinegar
1 Tbs. extra virgin olive oil
pinch salt and pepper
1, 15-oz can white beans, drained
1 clove garlic

Soak tomatoes in 1 cup boil water for 15 min.

Drain, reserving 1/2 cup of the soaking liquid. Place tomatoes, reserved liquid and remaining ingredients in a food processor. Process until smooth.

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Mini Corn Dogs

1 cup French Bread/Pizza Mix (#126060M)
1 cup yellow cornmeal
½ Tbs. baking powder
1 tsp. salt
3 Tbs. cold margarine, cut into small pieces
1 Tbs. vegetable shortening
¾ cup milk
1 package Gluten-Free hot dogs-cut into quarters

In large bowl, stir together French Bread Mix and cornmeal, baking powder and salt. Cut in margarine and shortening until mixture becomes coarse. Add milk. Stir until mixture forms soft dough that pulls away from sides of bowl.

Form dough into ball. Sandwich dough between 2 sheets of plastic wrap sprayed with Pam. With rolling pin, roll into 12" round (about 1/8" thick).

Preheat oven to 450°. With biscuit cutter, cut out as many rounds as possible. Press remaining dough together and roll out again. Place hot dog piece on each round. Bring sides of dough up and pinch to seal. Place seam side up, 1 ½" apart on ungreased cookie sheet.

Bake 12-15 minutes.
Serve warm with Ketchup and mustard.

Rice Crispy Coated Vegetables

Combine in a shaker bag: 4 c. Gluten Free Pantry Crispy Rice Cereal (#128028) - crushed.
1/2 tsp. oregano
1/4 tsp. basil
1/3 c. parmesan cheese
6 c. assorted raw vegetables-cut up
Gluten Free Mayonnaise (#955039 or #955040) for coating.

Coat vegetables with mayonnaise. Place handfuls of vegetables into shaker bag. Shake to coat well. Remove from bag. Place in single layer on sheet pan sprayed with vegetable oil.
Bake 425°-10 minutes.

Serve with a dip made from g-f mayonnaise mixed with a dash of cayenne pepper and 1-2 tsp. fresh lemon juice.

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Zucchini / Eggplant Appetizer

This easy appetizer is great for summer entertaining.

1-2 zucchinis or 2 medium eggplants sliced into ½” circles
Gluten Free mayonnaise (#955039 or #955040)
Dr. Schar (#306001) or Orgran (#956121) Gluten Free bread crumbs

Preheat oven to 425. Spray a cookie sheet with PAM cooking spray. Spread each zucchini or eggplant slice with thin layer of mayonnaise. Dip each slice into bread crumbs to coat. Bake in oven until golden brown and softened (about 10-12 min). Turn once. Serve warm or at room temperature.

Cheese-Spinach Puffs

These are perfect hors d'oeuvres for a Super Bowl Party. But you won't need a party as an excuse to make them!

1 ½ packages frozen, chopped spinach, thawed and drained
1 small onion, minced
3 eggs, lightly beaten
¾ cup grated Parmesan cheese
¾ cup shredded cheddar cheese
¾ cup gluten-free mayonnaise (#955039 or #955040)
6 Tbs. butter or margarine, melted
1/4 tsp. garlic powder
1 package Gluten-Free Pantry Yankee Cornbread Mix (#126003m)

- 1) Cook the spinach and onion together in a saucepan or microwave in a glass bowl for 5 minutes.
- 2) Drain extra liquid. Set aside to cool.
- 3) In a large bowl, combine the eggs, both cheeses, mayonnaise, butter, and garlic powder.
- 4) Fold in the cornbread mix and stir until completely moistened. Fold in the spinach mixture and chill 1-2 hours.
- 5) Shape into 1-inch balls. Chill or freeze for later use, or bake at 350 ° for 10-12 minutes or until golden brown. Serve hot.
Makes 60-75 balls

Tip: Freeze uncooked spinach balls and pop directly into 350° oven for 12-15 minutes for a quick hors d'oeuvre anytime.

Pearl Balls for the Chinese New Year

Chinese tradition suggests serving these yummy treats to the gods during the New Year. Presumably, if their mouths are full, they can't say bad things about the family they have just visited. Happy Chinese New Year! (Recipe from our cookbook, "The Gluten-Free Pantry Companion.")

1 ½ pounds ground pork or beef
1 cup short grain Arborio rice
4 shiitake mushrooms, stemmed & chopped
1 tsp. water chestnuts, chopped
1 green onion, finely chopped
½ tsp. fresh ginger root, chopped
sesame oil to coat steamer

Seasoning Mixture:

1 tsp. salt
1 tsp. cornstarch
1 tsp. dry sherry
1 ½ Tbs. wheat-free Tamari soy sauce
½ tsp. sugar
1 egg
¼ tsp. pepper

- 1) Soak rice in water for 1 hour.
- 2) Place meat in a bowl and add onions, ginger root, mushrooms, and water chestnuts. Reserve.
- 3) Combine seasoning ingredients and add to the meat mixture; mix well. Form meat into 1- inch balls.
- 4) Drain rice. Sprinkle rice evenly over a baking sheet. Roll meatballs over the rice to coat.
- 5) Oil bamboo steamer* and place meatballs on it, making sure they do not touch each other. Cover and steam until the rice is soft and meat is no longer pink (about 20-30 minutes).

*If you do not own a bamboo steamer: place 2 inches of water into the bottom of a large pan with a tight fitting lid. Cut the top and bottom off a clean tuna can, and set into the water. Place the Pearl Balls on a Pyrex or other heat resistant plate. Set plate (make sure plate is at least one inch smaller than the pan) onto the tuna can. Cover and steam.

Crunchy Granola

Reprinted from Gluten-Free Diet Guide, by Shelley Case (#953015).

1/2 cup shredded coconut
1/2 cup sunflower seeds
1/4 cup sesame seeds
1 cup chopped nuts
1/2 cup chopped dates (check labels)
1/2 cup chopped dried apricots
1/2 cup raisins
4 cups GFP Corn Flakes (#958027)
3 cups GFP Crisp Rice Cereal (#128028)
3 Tbs. flax seed meal
1/4 cup vegetable oil
1/2 cup honey
1 Tbs. apple juice
1 tsp. g-f vanilla (#956089)
1/2 tsp. ground nutmeg
1/2 tsp. cinnamon

Toast first four ingredients in shallow pan in a 350° oven for 5-7 minutes. (Watch carefully to prevent burning.) Stir once or twice while toasting. Soak dates, apricots, and raisins in hot water for 10 min. Drain.

Preheat oven to 300°. Combine cereals, flax, coconut, nuts and seeds. Combine oil, honey, juice, vanilla and spices. Place cereal/nut mixture in 2 large sheet pans. Pour in liquids and mix well. Bake 45 to 60 minutes, stirring every 15 minutes. Add dried fruits for last 15 minutes. Remove from oven and let cool.

Store in air-tight container in cool place up to 5 days. May be refrigerated.

Quick And Dirty Taco Dip Recipe

2 1/2 Tbs. taco seasoning (#126096 or 126109)
1 cup sour cream. (low-fat or regular)
2/3 cup grated cheddar or Monterey Jack cheese
Mix and serve with taco chips.

If time allows try this LAYERED TACO DIP

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Chili Cheese Squares

Serve as a hors d'oeuvres or part of a holiday buffet.

1/3 cup melted butter
10 eggs
1/2 cup GFP French Bread/Pizza Mix (#126060M)
1 tsp. g-f baking powder
1/2 tsp. salt
2, 4-oz. cans diced green chilies
1 cup small curd cottage cheese (Cabot brand is good)
1/2 lb. Monterey Jack cheese, grated
1/2 lb. Cheddar cheese, grated

Preheat oven to 400 °. In a medium bowl, lightly beat the eggs. Add the flour mix, baking powder and salt and beat well. Add the chilies and beat. Fold in the cheeses and pour into a lightly buttered 13-x- 9-inch baking dish.

Bake 15 min. Lower temperature to 350 ° and bake an additional 35-45 minutes or until center is firm.

Cool slightly. Cut into squares and serve warm.

Pigs in Blankets

This is a great appetizer for children of all ages!

1 bag Favorite Sandwich Bread Mix (#126001M)
1 lb. gluten-free cocktail franks or cheddar cheese (cut into 1/2-inch cubes)
60-70 wooden toothpicks

Preheat oven to 350 °. Line 2 cookie sheets with parchment paper.

1. Prepare bread through dough step only, following directions on bag. Thin with 1-2 Tbs. extra water.
2. Pick up a frank or chunk of cheese with toothpick and swirl into dough until coated. Set on cookie sheet. Repeat until all are used. Let rise 10 min.
3. Bake 15 min. Serve plain or with mustard.

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Taco Dip

1ST LAYER:

2 cans refried beans

1-8 oz. Ortega taco sauce

1-4 oz. can chopped green chilies (mild or hot)

2ND LAYER:

2-3 ripe avocados

2 Tbs. lemon juice

TOP LAYER:

8 oz. sour cream

2 1/2 Tbs. Gluten Free Pantry Taco Seasoning (#126096 or 126109)

1 can chopped black olives

green onions-sliced

8 oz. shredded cheddar or Monterey Jack cheese

In mixing bowl, combine ingredients in first layer. Spread evenly into a 9 by 13 inch dish. Mash avocados with lemon juice until smooth. Spread over the first layer. Combine sour cream and seasoning. Mix well to incorporate all of the spice. Spread over second layer. Garnish with olives and green onions. Sprinkle cheese over top. Refrigerate several hours or overnight. Serve with corn chips.

Cornbread Stuffing

1 package YANKEE CORNBREAD (#126003M)
1 ½ cups cooked white or brown rice
1 head garlic
4 Tablespoons olive oil
2-3 carrots, diced
3 stalks celery, diced
2 medium onions, diced
½ green bell pepper, diced
4 links of gluten-free sausage pierced with a fork and simmered in hot water for 10 min.
1 (14-oz.) can gluten-free chicken broth
salt and pepper to taste

Preheat oven to 325 °. Make cornbread according to instructions on package. Crumble cornbread and combine with rice in a large bowl.

Trim ¼ inch from the top of garlic bulb (just enough to expose tops of cloves). Remove loose dry skin and put cut side down on baking dish. Drizzle with 1 tablespoon olive oil. Bake for about 50 min.

Heat 3 tbsp olive oil and sauté carrots and celery 2 minutes. Add onions and sauté until vegetables are soft. Add green peppers and sauté another 1 minute. Add to rice mixture. Rinse sausage in cold water. Remove skin and crumble sausage. Sauté in pan until light brown. Add to rice- vegetable mixture. Cool garlic and squeeze garlic flesh into mixture.

Heat chicken broth and pour over rice mixture. Stir well until moistened. Check seasoning and add salt and pepper to taste. Pack loosely into 9"x 13" baking pan. Can be refrigerated overnight at this point. Bake at 400° for 30-40 min. (If top is getting too brown, cover lightly with foil.)
Serves 8