



Gluten-Free Holiday Recipes



Appetizers

Tomato Basil Skewers

Adapted Recipe Courtesy of EatingWell®

Ingredients:

- 16 small fresh BelGioioso® mozzarella balls
- 16 fresh basil leaves
- 16 cherry tomatoes
- Extra-virgin olive oil, to drizzle
- Coarse salt and freshly ground pepper, to taste

Directions:

Thread mozzarella, basil and tomatoes on small skewers. Drizzle with oil and sprinkle with salt and pepper.

Yield: 16 skewers



Quinoa Stuffed Mushrooms

Adapted Recipe and Photo Courtesy of the blog Good Dinner Mom

Ingredients:

- 3 Tbsp. uncooked quinoa, rinsed well
- 6 Tbsp. water
- 20 whole white button mushrooms, washed
- ¼ cup butter or olive oil
- ¼ cup minced onion
- ¼ cup finely chopped pistachios
- 3 Tbsp. finely chopped parsley
- ¼ tsp. dried oregano
- ½ tsp. Frank's® Hot Sauce
- ½ tsp. salt
- ¼ cup plus 2 Tbsp. freshly grated Parmesan cheese, divided

Directions:

1. Preheat oven to 400°. Bring quinoa and water to a boil in a small saucepan. Cover, reduce to a simmer and cook for 10 minutes. Turn the heat off, and leave the covered saucepan on the burner for another 4 minutes. Fluff with a fork and allow the quinoa to cool.
2. Gently twist the mushroom stems to remove; finely dice the stems. Melt the butter or oil in a small saucepan and sauté the stems and onion on medium heat until the onion is opaque and tender, 3-5 minutes. Remove from the heat and allow to cool.
3. Stir the quinoa, pistachios, parsley, oregano, hot sauce, salt and 2 Tbsp. of Parmesan into the mushroom and onion mixture. Using a tsp., scoop the filling into the mushroom caps and place on a baking sheet.
4. Bake for 13-25 minutes, until mushrooms are tender. Sprinkle with remaining Parmesan; serve warm.

Yield: 20 mushrooms



Mini Mac and Cheese Cakes

Adapted Recipe and Photo Courtesy of Chex® Gluten-Free

Ingredients:

- 1 cup uncooked gluten-free elbow macaroni
- 3 cups Corn Chex® cereal, finely crushed
- 2 ½ cups shredded Cheddar cheese (10 oz.)
- 5 Tbsp. unsalted butter, melted
- 1 Tbsp. gluten-free flour blend
- 1 cup whole milk, warmed
- 1 egg yolk, slightly beaten
- ¼ tsp. salt
- 1 egg white, beaten until stiff but not dry

Directions:

1. Cook and drain macaroni as directed on package.
2. Move oven rack to lower third of oven; heat to 350°. Lightly grease 12 regular-size muffin cups.
3. In a medium bowl, mix crushed cereal, 1 cup of the cheese and 4 tablespoons of the melted butter. Divide mixture among muffin cups; press firmly in bottom and up sides of cups with spoon.
4. In 3-quart saucepan, stir together remaining 1 tablespoon melted butter and flour blend with whisk; cook over medium heat 1 minute. Gradually stir in warmed milk with whisk; cook and stir about 5 minutes or until thickened. Remove from heat; stir in 1 cup of the cheese until melted. Stir in cooked macaroni, egg yolk and salt. Fold in beaten egg white. Spoon about ¼ cup mixture into each crust-lined cup. Top with remaining ½ cup cheese.
5. Bake about 20 minutes or until golden and puffed. Cool 5 minutes; remove from pan. Serve warm.

Yield: 12 servings



Caribbean Sweet Potato Cakes

Adapted Recipe and Photo Courtesy of King Arthur Flour

Ingredients:

- 1 jalapeño pepper
- 2 cloves garlic, roasted if you like
- 2 cups mashed, cooked sweet potato (about 2 medium potatoes)
- 3 scallions, sliced thin
- 1 tsp. brown sugar
- ½ tsp. ground allspice
- ½ cup instant mashed potato flakes, plus more for dredging
- Salt and ground black pepper, to taste
- ¼ cup peanut oil, for frying

Directions:

1. Cut the outside walls off the jalapeño (leave the stem end intact for a handle), and mince, discarding the ribs and seeds.
2. Chop or mash the garlic (if it's roasted). Mix the mashed sweet potato, minced jalapeño, garlic, scallions, brown sugar, allspice, mashed potato flakes, salt and pepper until thoroughly combined.
3. Heat a large skillet over medium-low heat for 1-2 minutes. When the pan is warm, add the peanut oil. Set up a platter lined with absorbent paper nearby.
4. Use a tablespoon to scoop the dough, then drop it into a bowl containing about an inch-deep layer of mashed potato flakes. Roll around to coat, then press into a round pancake about ¼" thick.
5. Place the potato cake in the pan, and cook until golden brown, about 2 minutes. Turn over and cook until the other side is golden and crisp. Transfer to the platter to drain briefly; sprinkle lightly with salt, if desired. Serve immediately.

Yield: 1 dozen 1" to 2 ½" cakes



Breads

Jalapeño Corn Bread Muffins

Adapted Recipe Courtesy of FVTC Culinary Students

Ingredients:

- 3 Tbsp. melted butter
- ½ cup pumpkin puree or unsweetened applesauce
- ¼ cup honey
- ¼ cup raw or granulated sugar
- 1 large egg
- 1 cup low-fat buttermilk
- 1 cup cornmeal
- 1 cup gluten-free all-purpose flour
- ½ tsp. salt
- ½ tsp. baking soda
- 2 jalapeños, ribbed and seeded

Directions:

Melt butter in large mixing bowl. Add pumpkin puree or applesauce, sugar, honey, eggs and whisk to combine. Add salt, baking soda, one of the jalapeños and stir. Add buttermilk and stir again until combined. Add cornmeal and gluten-free flour, stir until combined. Pour evenly into 12 muffin tins that have been sprayed with nonstick spray and top each with a slice of jalapeño. Bake 8-12 minutes, or until golden brown on top and a toothpick inserted into center comes out clean.

Yield: 12 muffins



Festive Cranberry Scones

Adapted Recipe and Photo Courtesy of Bob's Red Mill®

Ingredients:

- 1 ¼ cups white sorghum flour
- 1 ¼ cups white rice flour, more for dusting
- ¼ cup tapioca starch/flour
- 2 tsp. xanthan gum
- 4 tsp. baking powder
- ½ tsp. baking soda
- ½ tsp. salt
- 6 Tbsp. cold butter, cut into small pieces
- ¾ cup buttermilk or unflavored milk of choice
- ¼ cup packed brown sugar
- 1 egg, lightly beaten
- ¾ cup dried cranberries
- 1 Tbsp. grated fresh orange peel
- 1 egg, lightly beaten (optional)

Directions:

1. Preheat oven to 425°. Line a baking sheet with parchment paper and sprinkle 1 tablespoon rice flour over parchment.
2. In a large mixing bowl, combine flours, tapioca starch/flour, xanthan gum, baking powder, baking soda and salt; mix well. Cut butter into dry ingredients until mixture resembles coarse meal.
3. In a separate bowl, combine buttermilk, brown sugar, egg, cranberries and orange peel.
4. Make a well in the center of dry ingredients and add the wet mixture. Blend well until dough begins to clump into a ball. Don't over-mix.
5. Place dough onto prepared baking sheet. Turn dough a couple times, pressing and kneading it together. Press it into an 8" or 9" circle and cut into about 10 wedges. Brush top with beaten egg if desired. Use a spatula to slightly separate wedges.
6. Place in preheated oven and bake 14-18 minutes until done. Remove and place pan on a wire rack to cool at least 10 minutes. Scones can be served warm or at room temperature. For best results, don't serve directly from the oven.

Yield: 10 scones



Brunch

Almond-Cinnamon Rolls with Date Filling

Adapted Recipe and Photo Courtesy of The RD's "Hot Dish" blog

Ingredients:

Filling:

- 8 Medjool dates, pitted
- 3 tsp. cinnamon

Dough:

- 2 cups almond flour/almond meal (or oat flour)
- 2 tsp. baking powder
- ¼ tsp. salt
- 1 ripe bananas, mashed
- 1 Tbsp. canola oil
- Vanilla yogurt for icing (optional)

Directions:

1. Preheat oven to 375 degrees.
2. In a small bowl, add dates and cinnamon. Mash with the back of a fork until it forms a paste. Set aside.
3. In a medium bowl, add 1 cup of the almond flour, baking powder and salt to a bowl and mix together. Peel and slice banana and add that to the flour mixture, along with the oil. Using a whisk, or your hands, mash up the bananas and incorporate all of the ingredients. Sprinkle some almond flour on a cutting board and transfer the dough ball.
4. Add more almond flour, a few tablespoons at a time. Continue to knead the dough and add more almond flour until it is no longer sticky.
5. Roll dough ball out in to a rectangle shape. Add the date/cinnamon filling evenly over the dough. Cut in to 6 evenly spaced strips, widthwise.
6. Roll each strip, using a knife to scrape the bottom of the dough.
7. Turn each roll on its side, and place it in greased soup crocks or mini round baking dishes, pressing down so they fit snugly in the dishes.
8. Place the cinnamon rolls in the oven for 15 minutes. Stick a toothpick in the center; if it comes out clean, they are done! If there is still some batter on the toothpick, place them back in the oven, cooking 5 minutes at a time and re-checking with the toothpick. The tops should be browned and crispy. When done, run a knife along the sides and pull the cinnamon rolls out of the dishes and drizzle with yogurt.
9. Serve and enjoy!

Yield: 6 servings



Impossibly Easy Breakfast Bake

Adapted Recipe and Photo Courtesy of Betty Crocker®

Ingredients:

- 1 (16 oz.) pkg. bulk pork sausage
- 1 medium red bell pepper, chopped
- 1 medium onion, chopped
- 3 cups frozen hash brown potatoes
- 2 cups (8 oz.) shredded Cheddar cheese
- ¾ cup Bisquick® Gluten Free mix
- 2 cups milk
- ¼ tsp. pepper
- 6 eggs

Directions:

Heat oven to 400°. Spray 13x9-inch (3-quart) glass baking dish with cooking spray. In 10-inch skillet, cook sausage, bell pepper and onion over medium heat, stirring occasionally, until sausage is no longer pink; drain. Mix sausage mixture, potatoes and 1 ½ cups of the cheese in baking dish. In medium bowl, stir Bisquick® mix, milk, pepper and eggs until blended. Pour over sausage mixture in baking dish. Bake 30 to 35 minutes or until knife inserted in center comes out clean. Sprinkle with remaining ½ cup cheese. Bake about 3 minutes longer or until cheese is melted. Let stand 5 minutes before serving.

Yield: 12 servings



Yukon Gold Hash with Leeks, Greens and Over-Easy Eggs

Adapted Recipe and Photo Courtesy of The RD's "Hot Dish" blog

Ingredients:

- 12 oz. Yukon gold potatoes (about 4 cups)
- 1 red bell pepper
- 1 cup sliced leek (about 1 large)
- 4 cups greens (collards, kale, spinach, Swiss chard)
- 2 Tbsp. extra-virgin olive oil
- 2 garlic cloves
- 1 ¼ tsp. smoked paprika
- ½ tsp. salt
- ½ tsp. ground black pepper
- 4 large eggs
- ¼ cup shredded Gruyere cheese (or mozzarella)



Directions:

1. Boil a medium pot of water. Chop potatoes in to bite-sized pieces and add to the water. Boil until just slightly tender, about 3-4 minutes (they will seem undercooked). Strain and set aside.
2. Chop red bell pepper and leeks in small dice size. Chop greens in to small squares. Mince garlic cloves.
3. Heat olive oil in large cast iron skillet, or large non-stick frying pan to medium-high. Add potatoes and greens and cook until potatoes start to brown and greens are starting to wilt. Add bell pepper and leeks. When vegetables are soft, turn down the heat to medium. Season with paprika, salt and black pepper.
4. Using a spoon, push potato mixture aside to make 4 egg-size spaces. Crack 1 egg in to each space. Cover and cook 3 minutes; sprinkle cheese over potato mixture; cover and cook 2 minutes or until egg yolks are lightly set.
5. Serve and enjoy!

Yield: 4 servings

Sweet Potato Pancakes

Adapted Recipe and Photo Courtesy of Pamela's®

Ingredients:

- 1 ½ cups Pamela's® Baking & Pancake Mix
- 1 tsp. nutmeg
- 1 tsp. salt
- ½ cup sweet potato-mashed, cooked
- 2 large eggs-beaten
- 1 ½ cups milk
- 4 Tbsp. butter, melted



Directions:

In a small bowl, whisk together Pamela's Baking & Pancake Mix, nutmeg & salt. In a separate bowl, mix together mashed sweet potato and eggs, then add milk and mix until incorporated. Add butter and mix again. Add pancake mix and stir until well blended. Cook on medium heated griddle for about two minutes per side. Make sure the first side is cooked before turning-bubbles will come to the top and pop. Batter will look more opaque and dry instead of shinny. Serve with toasted chopped pecans or crumbled crisp bacon (on top or in the batter) and maple syrup.

Side Dishes

Gluten-Free Green Bean Casserole

Ingredients:

- 2 (14.5 oz.) cans Del Monte® No Salt Added Green Beans
- 1 (15 oz.) can Gluten Free Cafe™ Cream of Mushroom Soup
- 2 cups Nature's Path® or Erewhon® Gluten-Free Corn Flakes, crushed

Directions:

Preheat oven to 350°. In a 1 ½-quart casserole or glass baking dish, mix green beans and soup. Bake 20-25 minutes, topping with corn flakes during last 5 minutes of baking, until bubbly.



Rudi's Gluten-Free Stuffing

Adapted Recipe and Photo Courtesy of Gluten-Free Living™

Ingredients:

- 1 cup seasonal mushrooms
- ½ cup chopped shallots
- ½ cup chopped celery
- ½ cup chopped green apple
- ½ Tbsp. vegetable oil
- ½ Tbsp. salt
- 1 ½ cups Rudi's Gluten-Free Bread (Cinnamon Raisin or Multigrain), cut into ½-inch cubes
- 1 ½ cups chicken stock, warmed, add to mixture until bread is moist and desired texture is achieved
- ½ cup dried cherries
- ½ cup chopped pecans
- 1 whole egg, beaten
- 1 tsp. dried rubbed sage
- ½ tsp. fresh sage
- 1 tsp. dried parsley
- ½ tsp. fresh parsley
- ¼ tsp. freshly ground pepper

Directions:

Preheat oven to 400°. In a large mixing bowl toss the mushrooms and shallots, celery, and green apple with the oil and salt. Place the vegetables on a sheet pan and roast for 35 minutes. During the last 10 minutes of cooking, spread the Rudi's gluten-free bread over the vegetables, return to the oven, and continue cooking. Place vegetables, bread, chicken stock, cherries, pecans, egg, sage, parsley and black pepper in a large bowl. Stir well in order to break up pieces of bread. Use your hands to combine, if necessary. Heat the stuffing in the oven to warm up.



Mashed Potatoes

Adapted Recipe and Photo Courtesy of Chobani®

Ingredients:

- 1 ¼ lbs. Russet potatoes, peeled and cut into 1-inch pieces
- ¼ cup low-sodium vegetable broth, warmed
- ½ cup Chobani® Non-Fat Plain Greek Yogurt
- 2 Tbsp. melted unsalted butter
- ¼ cup chives, chopped
- Salt and pepper, to taste

Directions:

Bring a large pot of water to a boil. Add potatoes and cook until tender, about 15 minutes. Drain and transfer potatoes to a large bowl. Pour in warm broth and mash the potatoes. Stir in Chobani, butter, chives, salt and pepper. Serve immediately.

Yield: 6 servings



Roasted Sweet Potatoes

Adapted Recipe and Photo Courtesy of the Eat Well Wednesday blog

Ingredients:

- ½ cup firmly packed brown sugar, divided
- 2 Tbsp. orange juice
- 2 tsp. vanilla extract
- 1 tsp. ground cinnamon, divided
- 1 tsp. ground ginger, divided
- ½ tsp. salt
- 3 lb. sweet potatoes, peeled and cut into 1-inch chunks
- ½ cup dried cranberries
- 3 Tbsp. butter, cut up, divided
- ¼ cup gluten-free all-purpose flour
- ½ cup chopped pecans



Directions:

Preheat oven to 400°F. Mix ¼ cup of the brown sugar, orange juice, vanilla, ½ teaspoon each of the cinnamon and ginger, and salt in large bowl. Add sweet potatoes; toss to coat well. Spoon into 13×9-inch baking dish. Sprinkle evenly with cranberries. Dot with 1 tablespoon of the butter. Cover with foil. Bake 30 minutes. Meanwhile, mix flour, remaining 1/4 cup brown sugar and remaining ½ teaspoon each of cinnamon and ginger in medium bowl. Cut in remaining 2 tablespoons butter with a fork until coarse crumbs form. Stir in pecans. Remove sweet potatoes from oven and stir gently. Sprinkle evenly with pecan topping. Bake, uncovered, 25 to 30 minutes longer or until sweet potatoes are tender and topping is lightly browned.

Yield: 8 servings

Mushroom Fennel Quinoa Stuffing

Adapted Recipe and Photo Courtesy of Skinnytaste™

Ingredients:

- 1 cup uncooked quinoa, rinsed well
- 1 ½ cups low sodium chicken broth
- 1 Tbsp. olive oil
- 1 small onion, diced
- ¾ cup fennel, diced
- ½ cup celery, diced
- ½ cup carrots, diced
- 8 oz. sliced fresh mushrooms
- Salt and pepper, to taste

Directions:

Cook rinsed quinoa in broth according to package directions. Meanwhile, in a large heavy sauté pan, heat olive oil and sauté onion for 1 minute. Add the fennel, celery, and carrots; cook about 12-15 minutes over medium heat, until vegetables are soft. Add the mushrooms to the pan, more salt and pepper, if needed, and cook, stirring 5 minutes. Cover pan and cook an additional 2 minutes, or until the mushrooms have released their juice and are cooked through. Add the quinoa to the pan and mix well.

Yield: 5 ¼ cups



Desserts

Strawberry Cheesecake Bars

Adapted Recipe and Photo Courtesy of The RD's "Hot Dish" blog

Ingredients:

- 1 cup gluten-free graham cracker crumbs (approximately ½ sleeve Kinnikinnick® Gluten Free S'moreables®)
- 3 Tbsp. butter, melted
- 1 cup Chobani® Strawberry Greek Yogurt
- 8 oz. Neufchatel cream cheese
- ½ cup sugar
- 3 large eggs
- 3 Tbsp. gluten-free all-purpose flour
- 9 strawberries, thinly sliced or fanned

Directions:

Preheat oven to 325°. Place about ½ sleeve graham crackers in to a sandwich baggie; seal. Crush graham cracker pieces using a rolling pin, until they are crumbs. In a small bowl, stir graham cracker crumbs and melted butter, using a fork to combine. Transfer to an 8-in square baking dish, pressing firmly into dish. Bake crust until golden, 10-12 minutes. Remove and set aside. To make filling, place sugar, cream cheese, Chobani, eggs and flour in a bowl; whisk on high using hand mixer and/or use food processor and blend until smooth. Pour mixture into crust and bake until firm around edges while center still jiggles, 30-35 minutes. Cool on wire rack for 30 minutes, then cover and refrigerate for at least 2 hours before slicing. Top each square with strawberries and serve.

Yield: 12 servings



Gluten-Free Gingerbread Cake

Adapted Recipe and Photo Courtesy of Pamela's®

Ingredients:

- 1 cup vegetable oil
- 1 cup unsulphured molasses
- 2 large eggs
- 2 Tbsp. crystallized ginger
- 1 bag Pamela's® Classic Vanilla Cake Mix
- 2 tsp. cinnamon
- ¼ tsp. cloves
- ¼ tsp. salt
- 1 cup water
- 2 tsp. baking soda
- Whipped Cream (optional)
- Ice Cream (optional)

Directions:

Preheat oven to 325°. In a large bowl, whisk oil and molasses together. Add eggs and ginger; mix well. In a medium bowl, combine Pamela's Classic Vanilla Cake Mix, spices and salt. Add to larger bowl and mix until thoroughly combined. Bring one cup water to boil. Add baking soda and mix. Add to larger bowl until just combined. Pour into a lightly greased 9x13" pan and bake for 35-40 minutes, until a toothpick comes out clean. Be sure to use greased parchment in the bottom of the pan if you want to turn the whole cake out of the pan. Cut in squares and serve with whipped cream or ice cream.



Gluten-Free Apple Cranberry Crisp

Adapted Recipe and Photo Courtesy of the blog Two Peas & Their Pod

Ingredients:

Filling:

- Cooking spray
- 4 large Granny Smith apples, peeled, cored and chopped
- 1 ¼ cups fresh cranberries
- ¼ cup granulated sugar
- 2 tsp. lemon zest
- 3 Tbsp. fresh lemon juice

Crisp Topping:

- 1 ¼ cup gluten-free oats
- ¼ cup gluten-free all-purpose baking flour
- 3 tsp. ground cinnamon
- ½ tsp. all spice
- ½ cup packed light brown sugar
- 1 Tbsp. honey
- 6 Tbsp. cold butter, cut into pieces

Directions:

Preheat oven to 350°. Spray an 8x8" baking dish and set aside. In a large bowl, mix together apples, cranberries, sugar, zest and lemon juice; set aside. In a medium bowl, combine oats, flour, spices, brown sugar and honey; stir. Mix in butter with your hands until crumbly. Place fruit mixture in prepared baking dish; pour crisp topping over the fruit and bake for 35-40 minutes, or until apples are tender and crisp is bubbling. Remove from oven and let cool for 10 minutes. Serve warm.



Pumpkin Spice Krispie Treats

Adapted Recipe and Photo Courtesy of the blog Essentially Eclectic

Ingredients:

- 3 Tbsp. butter
- 4 cups marshmallows
- ½ cup pumpkin puree
- ½ tsp. pumpkin pie spice
- ½ tsp. cinnamon
- 6 cups Rice Krispies® Gluten Free cereal

Directions:

Melt butter in a large pan on medium-low heat. Add marshmallows and melt. Add pumpkin and spices; stir well. Toss in Rice Krispies® Gluten Free cereal and stir. Pour mixture into a 9x13-inch baking pan that has been greased. Using wax paper, flatten out treats. Allow treats to cool, and then enjoy!



Gluten-Free Holiday Products



At Festival, we've got you covered when it comes to a variety of gluten-free holiday products. Look for these gluten-free items this holiday season!

This list is not all inclusive. All products not available at all Festival Foods locations.

Gluten-Free Baking Ingredients



**Pillsbury® Gluten-Free Chocolate
Chip Cookie Dough**

Found in our Frozen/Dairy
Department



**Krusteaz® Gluten-Free Honey
Cornbread Mix**

Found in our Grocery Department



Bob's Red Mill® Baking Mixes & Flours

Found in our Natural & Organic
Department



Pamela's® Baking Mixes & Flours

Found in our Natural & Organic
Department



**Betty Crocker® Gluten-Free
Cookie, Cake and Brownie Mixes &
Bisquick® Gluten Free®**

Found in our Grocery Department



Rice Krispies® Gluten-Free

Found in our Grocery Department



Betty Crocker® Frosting

Found in our Grocery Department



Enjoy Life® Baking Chips

Found in our Natural & Organic
Department



Chex® Gluten-Free Cereals

Found in our Grocery Department

Gluten-Free Pie Crusts & Toppings



Wholly Wholesome®

Gluten Free Pie Shell

Found in our Natural & Organic Department



Glutino® Gluten Free Pantry

Perfect Pie Crust

Found in our Natural & Organic Department



Pillsbury® Gluten-Free Pie & Pastry Dough

Found in our Frozen/Dairy Department



Truwhip®

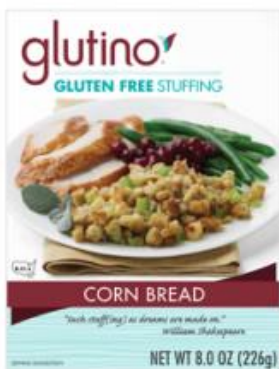
Found in our Natural & Organic Department



Kinnikinnick® Gluten Free S'moreables®

Found in our Natural & Organic Department

Gluten-Free Stuffing Ingredients



Glutino® Corn Bread Stuffing

Found in our Natural & Organic Department



Udi's® Whole Grain Bread

Found in our Natural & Organic Department



Pacific® Chicken Broth

Found in our Natural & Organic Department

Gluten-Free Green Bean Casserole Ingredients



Gluten Free Café™ Cream of Mushroom Soup

Found in our Natural & Organic Department



Del Monte® Canned Green Beans

Found in our Grocery Department



Erewhon® Gluten-Free Corn Flakes

Found in our Natural & Organic Department

Gluten-Free Gravy Mixes



Simply Organic® Gravy Varieties

Found in our Natural & Organic Department



Road's End Organics® Gravy Mixes

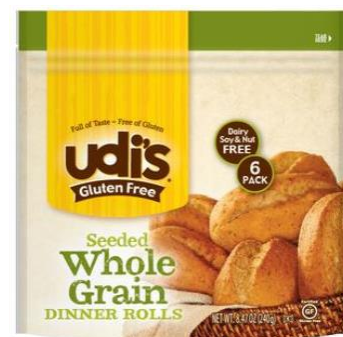
Found in our Natural & Organic Department

Gluten-Free Dinner Rolls



Udi's® Gluten-Free Classic French and Seeded Whole Grain Dinner Rolls

Found in our Natural & Organic Department



Gluten-Free Ham Options

Sugardale® Prestige Smoked Ham

(All Sugardale ham items are called out as Gluten-Free on the [company's website](#))



Jennie-O® Turkey Ham (Called out as Gluten-Free on the [company's website](#))



Farmland® Ham & Water Product (Labeled “Gluten-Free”)

(Several other ham items are called out as Gluten-Free on the [company's website](#))

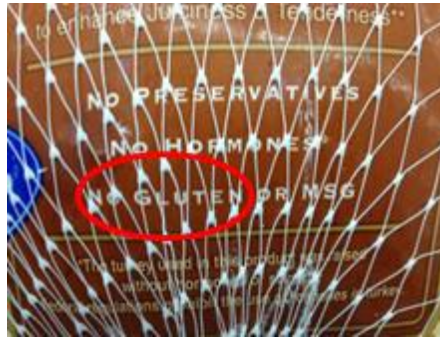


Hormel® Cure 81® Ham & Ham Steaks (Called out as Products Without Gluten-Containing Ingredients on the [company's website](#))

Kretschmar® Boneless & Bone-in Hams (The company states that “All Kretschmar boneless hams are gluten-free. The Kretschmar bone-in spiral ham itself is gluten free, but the glaze packet is not.”)

Gluten-Free Turkey Options

Farm Fresh® Young Turkey (Labeled “No Gluten”)



Butterball® All Natural Frozen Turkey (Called out as Gluten-Free on the [company's website](#))



Jennie-O® Fresh Turkey (Called out as Gluten-Free on the [company's website](#))



Premium Basted Whole Turkey-Fresh

A basted, fresh whole turkey available in three sizes for your convenience: 10-16 pounds, 16-20 pounds and 20-24 pounds.

Gluten Free Sodium Smart, Under 300mg Sodium, Whole Turkeys (All Products), Whole Turkeys (Health + Diet)

Plainville™ Farms Brined Turkey (Called out as Gluten-Free on the [company's website](#))



Gluten-Free Entertaining

Follow these simple tips to help keep the holidays merry and safe for yourself and/or your gluten-free guests this holiday season!

1. **Talk to your gluten-free guests.** Ask for their personal food preferences, and find out if they have any additional food allergies/intolerances. Assign gluten-free guests a dish to contribute to ensure that there is something available they can eat and enjoy, or ask if they have a great recipe they want to share.
2. **Plan meals ahead of time.** Will you be hosting gluten-free guests just for dinner, or will they be there overnight? Will you need to provide breakfast, lunch and/or snacks? Consider discussing the menu with your guests so they may help identify any potential issues. If you are hosting a large party, be sure to label everything that is gluten-free or make sure the entire menu is free of gluten.
3. **Read food labels.** Avoid food and drinks containing the following ingredients: wheat, wheat germ, barley (malt, malt flavor and malt vinegar are all made from barley), bulgur, couscous, durum, hydrolyzed wheat protein, matzo, rye, semolina, spelt and modified food starch. Many labels will display the “gluten-free” claim on the package if they are indeed gluten-free. Others you will need to read the ingredients list or contact the manufacturer. If in doubt, ask your gluten-free guests or omit from serving.
 - a. **Foods safe to eat:** amaranth, arrowroot, beans, buckwheat, chickpeas (garbanzo beans), corn, cornstarch, eggs, fish and shellfish, flaxseed, fresh fruit, fresh vegetables, grits, lentils, meat, milk, millet, peas, polenta, potato starch and potato flour, potatoes, poultry, products labeled “gluten-free”, quinoa, raw nuts, rice, sorghum, tapioca, teff
 - b. **Foods to check:** baked goods (bread, breadcrumbs, cakes, cookies, croutons, muffins, pie crusts), beer, bouillon, breading and coating mixtures, broth, candy, cereal, coated popcorn and chips, corn tortillas, crackers, energy bars, flavored alcoholic drinks, flavored or coated nuts and seeds, flavored teas, gravies, marinades, sauces, licorice, ice cream, imitation seafood, multigrain rice, corn cakes, oats (look for gluten-free oats), pastas, pepperoni, convenience foods, prepared icings and frostings, prepared salads, processed meats (hot dogs, lunch meat, sausage), roasted nuts, rotisserie chicken, salad dressings, seasoning mixes, soups, soy sauce, teriyaki sauce, Worcestershire sauce
4. **Avoid cross-contact.** Be careful of your workspace when preparing gluten-free dishes. Even the slightest crumb of gluten can cause unwanted symptoms to friends and family with Celiac disease. Prepare gluten-free dishes first and/or use different cutting boards and cooking utensils. Wash and dry all counters and crevices in between each preparation dish as well.

Looking for more gluten-free holiday recipes and products?
Have further nutrition-related questions?



Visit eatwell.festfoods.com to sign up for our weekly
Gluten Free Newsletter or Ask Our Dietitians a question.

