



Allergen Friendly Summer Guide

At Festival Foods, we are committed to providing our guests with recipes and products they need for hosting friends and family members with food allergies this summer season. Please use this guide as a tool to help keep summer grill-outs and gatherings enjoyable and safe for everyone!

Disclaimer: We strongly encourage guests to review all ingredient lists before purchasing any items to ensure that they meet individual dietary needs. Although we prepare many deli and meat items with no gluten-containing ingredients and take care to avoid cross contamination, we acknowledge that we are not a certified gluten-free facility and recommend avoiding if extremely sensitive. All products may not be available at every Festival Foods location.

RECIPES

Appetizers & Small Bites

Savory Curry Coconut Granola

Ingredients:

- 3 cups certified gluten free rolled oats
- ½ cup raw pecans, roughly chopped
- ½ cup raw pepitas (pumpkin seeds)
- ½ cup unsweetened coconut flakes
- 1 Tbsp. curry powder
- 1 tsp. salt
- ¾ tsp. onion powder
- ¾ tsp. garlic powder
- 1 large egg white
- 1 ½ tsp. gluten free Worcestershire sauce
- ⅓ cup virgin coconut oil, melted



Directions:

1. Preheat oven to 300°F.
2. Place the oats, pecans, pepitas, coconut flakes, curry powder, salt, onion powder and garlic powder in a large bowl and stir. In a small bowl, whisk the egg white and Worcestershire sauce.
3. Drizzle over the oats mixture and stir to evenly coat. Repeat with the coconut oil, working quickly to evenly coat the oats mixture before the coconut oil begins to stiffen up.
4. Spread in an even layer on a prepared sheet pan. Bake for 25-30 minutes, stirring every 10 minutes for the first 20 minutes, then every 5 minutes until the granola is lightly browned and slightly crisp. (It will become crisper as it cools.)
5. Let cool completely in the sheet pan and store in an airtight container for up to 2 weeks or in the freezer for several months.

Yield: 12 servings

Sweet Potato Hummus

Sweet Potato Hummus:

- 2 medium sweet potatoes, cooked, cooled and peeled
- 3 Tbsp. olive oil
- 1 can chickpeas, rinsed and drained
- 3 Tbsp. tahini
- 3 garlic cloves
- Juice of 1 lemon
- ¼ tsp. cumin
- ⅛ tsp. cayenne pepper
- Salt and pepper, to taste

Cilantro-Cashew Pesto:

- ½ cup fresh cilantro leaves
- ¼ cup raw unsalted cashews
- 1 garlic clove
- 2 Tbsp. olive oil
- 2 Tbsp. lemon juice
- Salt and pepper, to taste



Directions:

1. To make hummus: add cooked potatoes, olive oil, chickpeas, tahini, garlic and lemon juice to a food processor and blend until smooth. Blend in cumin, cayenne, salt and pepper; adjusting to taste. Set aside.
2. To make pesto: add cilantro, cashews, garlic, olive oil and lemon juice to a food processor and blend until smooth. Add salt and pepper, to taste.
3. Spoon sweet potato hummus into a serving bowl. Swirl in pesto and serve.

Yield: 12 servings

Or, try these ready-to-eat varieties!



Oasis Hommus

Dairy Department



Sabra® Hummus

Deli Department



Eat Well Embrace Life™ Hummus

Deli Department

Guacamole with Broccoli

Ingredients:

- 2 avocados, peeled and diced (save the seed)
 - 1 cup frozen broccoli thawed, chopped fine
 - 1 small red onion, chopped
 - 2 cloves garlic, finely chopped
 - 3 Roma tomatoes, chopped
 - 1 jalapeño pepper, seeded and diced
 - 1 lime, juiced
 - Hot sauce, to taste
 - Salt and black pepper, to taste
- Blue corn or other favorite tortilla chips



Directions:

1. Place avocados in bowl and mash with a fork. Mix in the broccoli, red onion, garlic, tomatoes, jalapeño, lime juice, hot sauce, salt and pepper. Return the avocado seed to bowl to prevent from browning.
2. Serve with fresh vegetables (cucumber, zucchini, yellow squash, etc.) or gluten free tortilla chips.

Yield: 6 servings



Mediterranean Dip

Ingredients:

- 1 (10 oz.) container of hummus
- 1 (5.3 oz.) container plain Greek yogurt
- 2 Roma tomatoes, seeded and diced
- ½ English cucumber, diced
- ⅓ cup roasted red pepper, diced
- ¼ cup pitted Kalamata olives, chopped
- 2 canned artichoke hearts, chopped
- ⅓ cup feta cheese
- 2 Tbsp. fresh parsley, chopped
- Gluten free pita chips, crackers or fresh-cut veggies, for serving

Directions:

1. Spread hummus in an even layer on the bottom of an 8x8-inch glass dish. Spoon Greek yogurt over hummus and then gently spread to cover with a spatula.
2. Top yogurt with diced tomatoes, cucumber, red pepper, olives, artichoke, feta cheese and parsley. Serve cold with pita chips, crackers or fresh-cut veggies.

Yield: 12 servings

Summer Salads

Beet Noodle Salad with Blueberries, Walnuts and Goat Cheese

Dressing:

- ½ cup olive oil
- ¼ cup balsamic vinegar
- 1 Tbsp. honey
- Pinch of sea salt

Salad:

- 2 pkgs. Crazy Fresh Beet Noodles
- 1 cup of blueberries
- ½ cup crumbled goat cheese
- 1 cup walnuts, toasted
- Mint, optional



Directions:

1. Prepare the dressing by whisking all the ingredients together. Set aside.
2. Place beet noodles in a large bowl and mix blueberries, goat cheese crumbles, walnuts, mint and dressing. Toss together.
3. Serve and enjoy!

Yield: 8 servings (as a side)

Kale Greek Salad

Salad

- 2 heads flowering kale, stems removed, chopped
- 6 cherry tomatoes, quartered
- 4 mini cucumbers, diced
- ¼ medium red onion, diced
- ⅓ cup kalamata olives
- ¼ cup feta cheese (omit for dairy free)

Dressing

- ⅓ cup olive oil
- ½ lemon, juice from
- 3 Tbsp. red wine vinegar
- 1 Tbsp. honey
- 1 tsp. oregano
- ½ tsp. garlic powder
- Salt and pepper, to taste



Directions:

1. In a large bowl, toss together kale, tomatoes, cucumbers, red onion, olives and feta cheese until mixed.
2. In a small mixing bowl, whisk together olive oil, lemon juice, red wine vinegar, honey, oregano, garlic powder, salt and pepper. Pour over salad and toss to coat. Serve.

Yield: 6 servings



Italian Pasta Salad

Ingredients:

- 1 box gluten free rotini, uncooked
- 1 tsp. olive oil, optional
- 1 cup fresh broccoli, cut into bite-sized pieces
- 1 English cucumber, diced
- 1 red bell pepper, seeded and diced
- 1 (6 oz.) can sliced black olives
- ½ red onion, diced
- 1 pkg. sliced turkey pepperoni, quartered
- 1 cup Italian dressing

Directions:

1. Bring a large pot of water to a boil. Add pasta and cook. When pasta is al dente, drain pasta and rinse with cold water to cool. If making pasta ahead of time, toss with olive oil to help prevent from sticking.
2. In a large bowl, combine broccoli, cucumber, bell pepper, olives, onion and turkey pepperoni. Add pasta and broccoli and stir to mix. Pour in Italian dressing and toss to coat.
3. Cover and chill in the refrigerator until ready to eat. Serve chilled; stirring again before serving.

Yield: 10 Servings

Breakfast & Brunch

Avocado & Blueberry Muffins

Ingredients:

- 2 cups gluten free all-purpose flour
- 2 tsp. baking powder
- ½ tsp. baking soda
- ½ tsp. salt
- 1 large ripe avocado
- ¾ cup sugar
- 1 large egg
- 1 tsp. vanilla extract
- 1 cup plain nonfat yogurt
- 1 ¼ cup fresh or frozen blueberries



Directions:

1. Preheat oven to 375°F. Line a muffin tin with 12 paper liners.
2. In a medium bowl, mix together the flour, baking powder, baking soda, and salt.
3. Spoon avocado into a bowl and beat with a hand mixer until almost smooth. Add sugar and beat until well blended. Add the egg, beating until completely combined. Add the vanilla and the yogurt; mix well.
4. Put the flour mixture into a sifter and sift half of the mixture into the batter and mix until just combined. Sift in the remaining flour and mix until just blended. Gently fold in the blueberries.
5. Using a spoon or an ice cream scoop, divide the batter among the 12 cups.
6. Bake for 25-30 minutes, or until a wooden tester comes out clean. Let cool in the pan on a rack for 5 minutes before removing.

Yield: 12 muffins



Egg Muffins with Pepper and Ham

Ingredients:

- 1 Tbsp. olive oil
- 6 large eggs
- ¼ cup yellow onion, diced
- 1 medium bell pepper, diced
- 4 oz. lower sodium ham, diced
- ¼ tsp. garlic powder
- ¼ tsp. black pepper

Directions:

1. Preheat oven to 350°F. Grease muffin tin with olive oil.
2. In a large bowl, mix together all of the ingredients and stir until well combined. Pour into muffin tin and bake for 10-12 minutes, until egg muffins have cooked and set. Pop out and serve.

Yield: 4 servings

Daiya® Cheese-Style Shreds and fresh vegetables are great allergen friendly egg muffin ingredients!



Lemon Poppy Seed Bread

Ingredients:

- 2 cups gluten free all-purpose flour
- 2 tsp. baking powder
- 1 tsp. baking soda
- ½ tsp. salt
- 2 Tbsp. poppy seeds
- 1 cup granulated sugar
- 1 lemon, zest of
- ¼ cup fresh lemon juice
- 1 cup milk of choice
- 2 eggs
- ⅓ cup extra virgin olive oil (or vegetable oil)



Directions:

1. Preheat oven to 350°F. Spray a 9 x 5-inch loaf pan with nonstick cooking spray.
2. In a large bowl, whisk together flour, baking powder, baking soda and salt. Add poppy seeds, sugar and lemon zest; stir to mix.
3. In a separate bowl, whisk together lemon juice, milk, eggs and olive oil. Add mixture to the dry ingredients and stir until completely combined.
4. Transfer batter to loaf pan and bake for 55 minutes or until done. Remove from oven and allow to cool for 10 minutes before removing from pan and allowing bread to cool completely before slicing and serving.

Yield: 12 servings



Asparagus & Smoked Salmon Frittata

Ingredients:

- 1 bunch fresh asparagus, woody ends removed, cut into 1-inch pieces
- Butter or olive oil
- 6 large eggs
- 2 Tbsp. skim milk
- 5 oz. hot smoked salmon, flaked into large chunks
- Handful of chopped dill
- ½ cup fresh green onion, chopped
- Kosher salt and ground black pepper, to taste
- 1 cup fresh mozzarella, shredded and divided

Directions:

1. Preheat the broiler.
2. In a medium bowl, whisk the eggs and milk. Add the salmon, dill, green onion, and half of the torn mozzarella. Stir to combine. Season with salt and pepper.
3. Heat a 9-10 inch cast iron skillet over medium heat. Add olive oil. Add the asparagus. Season with salt and pepper. Sauté until the asparagus is tender, but still a little firm, about 5 minutes.
4. Reduce the heat down to medium-low. Pour the egg mixture over the asparagus. Make sure all the ingredients are evenly distributed in the pan. Sprinkle the top with remaining mozzarella. Cook 4-5 minutes, or until the edges are set but still loose on top.
5. Place under the broiler and cook another 3-5 minutes until the eggs are set and the top is golden brown.
6. Remove from heat, allow to cool for a couple minutes. Run a spatula around the edges and slide the frittata onto a plate. Cut into wedges and serve.

Yield: 8 servings



3 Ingredient Pancakes

Ingredients:

- 3 medium ripe bananas
- 6 Tbsp. gluten free flour
- 3 large eggs, lightly beaten
- Nonstick cooking spray

For Egg Free: Whisk together 9 Tbsp. warm water with 3 Tbsp. flaxseed meal and let sit for 10 minutes before using as a substitute for eggs.

Directions:

1. Mash bananas with a fork until smooth. Add flour and eggs; stir well with a whisk.
2. Heat a large nonstick skillet or griddle over medium-high heat. Coat griddle with nonstick cooking spray. Spoon batter onto skillet, use one-sixth of batter for each pancake.
3. Cook 2 minutes or until tops are covered with bubbles and edges look cooked. Carefully turn pancakes over; cook 1 to 2 minutes or until bottoms are lightly browned.
4. Top with your favorite toppings and serve.

Yield: 6 pancakes

Pure maple syrup and fresh fruit are great allergen friendly pancake toppings



Main Dishes

Ahi Tuna Burgers with Sriracha Aioli

Ingredients:

- 1 ½ lbs. fresh ahi tuna
- 3 Tbsp. extra virgin olive oil, divided
- 3 Tbsp. tamari (gluten free soy sauce)
- Zest and juice of 1 lime
- ½ cup fresh cilantro, chopped
- 2 Tbsp. fresh ginger, chopped
- Dash of coarse salt and black pepper
- ¼ cup canola oil mayonnaise
- 3 Tbsp. sriracha
- 4 gluten free hamburger buns
- Butter lettuce and avocado slices, for garnish

Directions:

1. Chop tuna into chunks. Place in a food processor and pulse a few times to break up the pieces. Add in 2 Tbsp. olive oil, soy sauce, lime zest and juice, cilantro, ginger and a generous dash of salt and pepper. Process until well blended. Form tuna blend into 4 patties.
2. Heat remaining olive oil in a cast iron skillet to medium-high heat. Once hot, add burgers and cook for 3-4 minutes on each side, until internal temperature reaches 145°F.
3. While burgers cook, whisk together mayonnaise and sriracha until incorporated.
4. Place tuna burgers on toasted burger buns and top with sriracha aioli, butter lettuce and avocado.

Yield: 8 servings



Black Bean Burrito Bowls

Cilantro-Lime Brown Rice

- 2 cups cooked brown rice
- 1 lime, juiced
- Salt, to taste
- 2 Tbsp. fresh chopped cilantro

Toppings

- 1 cup refried beans
- Shredded white cheddar cheese (or Daiya® Cheese Style Shreds for dairy free)
- Pico de Gallo
- Guacamole
- Nonfat plain Greek yogurt (or SoDelicious® Greek Cultured Coconut Milk for dairy free)
- Shredded romaine lettuce
- Lime wedges (optional)



Directions:

1. Combine cooked rice, lime juice, salt and cilantro in a medium size bowl. Set aside.
2. Heat refried beans with 1 Tbsp. water in a pot on the stove or in the microwave. Set aside.
3. To assemble the bowls, divide rice evenly into two serving bowls. Top with beans, cheese, pico de gallo, guacamole, nonfat plain Greek yogurt and lettuce. Serve with lime wedges, if desired.

Yield: 2 servings



Hawaiian Pizzadillas

Ingredients:

- 2 gluten free flatbread wraps
- 1 Tbsp. pesto (optional)
- 4 Tbsp. pizza sauce
- ½ cup shredded mozzarella cheese (or Daiya® Cheese-Style Shreds for dairy free)
- 2 slices Canadian bacon, sliced
- ½ cup canned pineapple chunks, drained
- Fresh basil leaves (for garnish)

Directions:

1. If using pesto, begin by spreading pesto evenly on flatbreads. Then spread pizza sauce evenly on flatbreads. Place flatbreads in a pre-heated skillet pan on the stove top.
2. Sprinkle a thin layer of cheese, followed by sliced Canadian bacon and pineapple chunks over one half of the flatbread. As the cheese begins to melt, fold the flatbread in half. Flip once and remove from pan when cheese is melted and all contents are heated through. Top with basil leaves and enjoy!

Yield: 2 servings

Cilantro Lime Chicken with Zucchini Noodles

Ingredients:

- 3 large zucchinis
- 1 ½ Tbsp. canola oil, divided
- ½ small jalapeño, seeded and minced
- 1 ½ lbs. boneless, skinless chicken breast, cubed
- 1 tsp. ground cumin
- ½ tsp. coarse salt, divided
- ¼ tsp. ground black pepper
- Zest and juice of 1 lime
- ¾ cup fresh cilantro, chopped



Directions:

1. Using a veggie spiralizer or mandolin, make zucchini noodles. Transfer into a bowl and set aside. (If you don't have special equipment, chop zucchini into noodle-like pieces.)
2. Heat 1 Tbsp. oil in a large skillet on medium-high. Add jalapeño and chicken and sauté until chicken is golden brown, stirring occasionally. Stir in cumin, salt and black pepper. Transfer to a bowl and set aside.
3. Add remaining oil and zucchini noodles and sauté an additional 1-2 minutes, until zucchini starts to soften. Add chicken mixture back in the skillet with zucchini noodles and stir in lime zest, lime juice, and cilantro. Taste and adjust seasoning, if necessary.

Yield: 4 servings



Skirt Steak with Chimichurri

Marinade & Grilling:

- ⅔ cup olive oil
- ½ cup fresh orange juice
- ⅓ cup fresh lime juice
- ¼ cup reduced sodium tamari (gluten free soy sauce)
- ¼ cup Worcestershire sauce
- 3 Tbsp. red wine vinegar
- 4 cloves garlic, minced
- 1 lb. skirt steak, trimmed
- Salt & pepper, to taste

Chimichurri Sauce:

- 1 cup fresh parsley
- 1 cup fresh cilantro
- ½ cup olive oil
- ½ medium onion, diced
- 3 garlic cloves
- 3 Tbsp. fresh lime juice
- 2 Tbsp. red wine vinegar
- ½ tsp. salt
- ½ tsp. pepper
- ¼ tsp. red pepper flakes

Directions:

1. Whisk marinade ingredients (through garlic) together and place into a large zip lock bag. Add skirt steak to bag and allow to marinate overnight.
2. When ready to grill, season steak liberally with salt and pepper. Grill 3-4 minutes per side to achieve medium-rare doneness. Let steak rest on cutting board for 10 minutes before slicing.
3. Meanwhile, add chimichurri sauce ingredients to a food processor. Blend until a smooth sauce is formed.
4. Spoon chimichurri sauce over sliced skirt steak and enjoy.

Yield: 4 servings



Black Bean & Corn Burgers

Ingredients:

- 1 small yellow onion, quartered
- 1 clove garlic, minced
- 2 (15 oz.) cans cooked black beans, drained
- 1 ½ tsp. cumin powder
- ½ tsp. smoked paprika
- 1 tsp. chili powder
- ¾ tsp. coarse salt
- Dash ground black pepper
- 1 large egg
- ¾ cup gluten free breadcrumbs
- ¾ cup fresh or frozen corn kernels
- 6 gluten free hamburger buns

Directions:

1. Preheat oven to 350°F.
2. Place onion, garlic, black beans, spices, breadcrumbs and egg in a food processor. Puree until smooth, using a spatula to scrape the sides periodically. Transfer mixture to a mixing bowl and add corn; mix to combine.
3. Form mixture into 6 patties and place on a greased baking sheet. Bake for 35-45 minutes, flipping halfway, until bean patties are golden. (Note: If grilling or pan frying, refrigerate patties for 20 minutes beforehand.)
4. Place burgers on buns with desired toppings.

Yield: 6 servings

Summertime Side Dishes

Veggie Fries

Ingredients:

- ¼ cup extra virgin olive oil
- ½ tsp. garlic powder
- ½ tsp. salt
- ½ tsp. dried rosemary
- 1 lb. parsnips and/or rutabagas, peeled and cut into thick strips
- 1 lb. carrots, peeled and cut into thick strips



Directions:

1. Preheat oven to 450°F.
2. In a large mixing bowl, whisk together olive oil, garlic powder, salt and rosemary. Add parsnip and carrot strips and toss to coat.
3. Spread vegetable strips into a single layer onto two large baking sheets. Bake for 40-50 minutes, turning frequently until golden brown and cooked throughout. Serve warm.

Yield: 6 servings

Greek Potato Salad

Salad

- 2 ½ lbs. baby red potatoes (or russet potatoes)
- 1 whole English cucumber, cubed
- ¾ cup celery, sliced
- 1 pint cherry or grape tomatoes, halved
- ½ cup pitted kalamata olives, sliced
- ½ cup crumbled feta cheese

Dressing

- 1 ¼ cup plain non-fat Greek yogurt
- ¾ cup low-fat mayonnaise
- Zest and juice of 2 lemons
- ¼ cup fresh mint, chopped
- ¼ cup fresh dill, chopped
- 1 Tbsp. minced onion
- 1 tsp. garlic powder or 1 Tbsp. minced garlic
- 1 tsp. granulated sugar
- 1 tsp. coarse salt
- ½ tsp. ground black pepper



Directions:

1. Bring a large saucepan of salted water to a boil. Add the potatoes and cook over high heat until tender, about 9 minutes. Place in a colander in the sink; rinse with cold water. Place in a bowl with cucumber, celery, tomatoes, olives and feta.
2. Meanwhile, whisk together yogurt and mayonnaise until smooth. Add the lemon zest and juice, mint and dill. Season with minced onion, garlic, sugar, salt and pepper. Taste and adjust seasoning, if necessary. Pour into the bowl with potatoes and veggies and toss to incorporate.
3. Refrigerate until ready to serve.

Yield: 10 servings



Sweet Potato Salad

Salad:

- 3 large sweet potatoes, peeled and diced
- 4 slices pre-cooked turkey bacon, cooked and chopped
- 1 cup celery hearts, sliced
- 1 cup green onions, sliced

Dressing:

- ⅛ tsp. ground cayenne pepper
- 2 Tbsp. whole grain mustard
- 2 cloves garlic, minced
- ¼ cup rice vinegar
- ¼ cup olive oil
- ¼ tsp. kosher salt
- ⅛ tsp. black pepper

Directions:

1. Bring a large pot of salted water to a boil, then add the sweet potatoes. Simmer just until fork tender, about 10-15 minutes depending on the size of your potato chunks. Drain, gently and quickly rinse with cold water, then set aside.
2. Add cooked bacon to a large bowl. Add celery and green onions.
3. Prepare the mustard dressing by whisking together the cayenne, mustard, garlic, vinegar, olive oil, salt and pepper.
4. Add sweet potatoes to the bowl with the bacon. Drizzle with dressing and toss gently to combine. Taste and season with additional salt and pepper as desired. Serve warm, chilled, or at room temperature.

Yield: 6 servings

Spring Pea Pasta

Ingredients:

- 1 lb. gluten free pasta
- 1 (16 oz.) bag frozen peas, thawed
- ½ cup olive oil
- Zest and juice from 1 lemon
- 2 cups spinach
- 5 green onions, thinly sliced
- 1 shallot, minced
- 1 pkg. fresh mint, chopped
- 1 tsp. salt
- ½ tsp. white (or black) pepper
- Goat or feta cheese, optional



Directions:

1. Cook pasta according to package directions. During the last minute of cooking, add the peas to the pasta to just lightly blanch. Drain and place pasta and peas in a large bowl. Drizzle with olive oil and lemon juice.
2. Stir in lemon zest, spinach, green onions, minced shallot and mint. Season with salt and pepper. Top with optional goat cheese and serve.

Yield: 4 servings



Broccoli Salad with Raisins & Bacon

Ingredients:

- 2 Tbsp. olive oil
- 2 Tbsp. red wine vinegar
- 2 Tbsp. reduced-fat mayonnaise with olive oil
- 2 tsp. sugar
- 2 broccoli heads, cut and trimmed into bite-sized florets
- ¼ cup diced red onion
- ½ cup raisins (or 1 ½ cup red grapes, halved)
- ¼ cup sunflower seeds
- 2 slices of reduced-sodium bacon or turkey bacon, cooked and crumbled

Directions:

1. In a small bowl, whisk together mayonnaise, olive oil, red wine vinegar and sugar until smooth.
2. Place broccoli florets, diced onion, raisins, sunflower seeds and bacon crumbles into a large mixing bowl. Add dressing and toss to mix. Serve chilled.

Yield: 6 servings

Asian Noodle Salad

Ingredients:

- 8 oz. gluten free spaghetti
- 1 (12 oz.) pkg. Mann's broccoli slaw
- 4 oz. grated or matchstick carrots
- ¼ cup extra-virgin olive oil
- ¼ cup rice vinegar
- 3 Tbsp. honey
- 3 Tbsp. creamy peanut butter or SunButter®
- 2 Tbsp. low-sodium tamari sauce
- 1 Tbsp. sriracha pepper sauce, plus additional to taste
- 1 Tbsp. minced fresh ginger
- 2 tsp. minced garlic (about 4 cloves)
- ¾ cup roasted, unsalted peanuts, roughly chopped (or sunflower seeds)
- ¾ cup fresh cilantro, finely chopped



Directions:

1. Bring a large pot of salted water to a boil. Cook the noodles until al dente, according to package directions. Drain and rinse briefly with cool water, then transfer to a large serving bowl. Add the broccoli slaw and carrots.
2. While the pasta cooks, whisk together the olive oil, rice vinegar, honey, peanut butter, soy sauce, sriracha, ginger and garlic. Pour over the noodle mixture and toss to combine. Add the peanuts and cilantro and toss once more.
3. Serve chilled or at room temperature with additional sriracha sauce as desired.

Yield: 10 servings (as a side)

Sweets and Desserts

Fresh Raspberry Sorbet

Ingredients:

- 1 cup sugar
- 6 cups fresh raspberries
- 2 tsp. fresh lemon juice
- $\frac{3}{4}$ cup water
- Dash coarse salt

Directions:

1. Make simple syrup by combining sugar with $\frac{1}{2}$ cup water in a small saucepan. Bring to a boil, stirring occasionally to dissolve sugar. Remove from heat and let cool completely.
2. Puree raspberries with $\frac{1}{4}$ cup water in a food processor or blender. Strain through a fine-mesh strainer into a large, clean bowl, pressing on the seeds with the back of a ladle or spatula to get all the usable raspberry puree.
3. Add simple syrup, lemon juice and salt.
4. Freeze mixture in an ice cream maker according to instructions, or place in the freezer for at least 8 hours, until it's almost completely frozen.

Yield: 12 servings



Fruit Pizza

Ingredients:

- 15 Medjool dates, soaked in warm water for 10 minutes
- 1 $\frac{1}{2}$ cups raw unsalted cashews
- 1 cup nonfat vanilla Greek yogurt
- Assorted sliced fresh fruit (strawberries, blueberries, blackberries, kiwi, pineapple)

Directions:

1. Spray the bottom of a 9-inch tart or cake pan or a pie dish with nonstick spray. Set aside.
2. After dates have soaked in warm water for 10 minutes, drain them and chop in half before using.
3. Pulse the dates and cashews together in a food processor or blender until thick "dough" is formed and the nuts are all broken up. The dough will be moist from the oil in the nuts. Press evenly into prepared tart pan and partly up the sides.
4. Spread the yogurt on top of the crust. Decorate with fresh fruit. Slice, serve and enjoy.
Make ahead tip: The crust can be made 1-2 days in advance. Cover tightly and keep in the refrigerator until ready to serve. Continue with step 4. Store leftovers in the refrigerator. *Other ideas:*

Yield: 10 Servings

Raspberry Cheesecake Milkshakes

Milkshake

- 1 cup low-fat milk (or Silk® PureAlmond® Unsweetened Original Almond Milk for dairy free)
- 2 cups vanilla ice cream (or Luna & Larry's Organic Coconut Bliss® Ice Cream for dairy free)
- 1 cup frozen raspberries
- 1 tsp. lemon zest
- 2 oz. reduced-fat cream cheese (or Daiya® Cream Spread for dairy free)

Toppings (optional)

- Fresh raspberries
- Kinnikinnick® Gluten Free S'moreables® Graham Style Crackers
- Whip cream (or So Delicious® CocoWhip for dairy free)

Directions:

1. Add all ingredients to a blender and blend until smooth.
2. Top with optional toppings and enjoy!

Yield: 4 servings



Cocoa-Nut Milkshakes

Milkshake

- 1 cup vanilla ice cream (or Luna & Larry's Organic Coconut Bliss® Ice Cream for dairy free)
- 1 cup unsweetened coconut milk
- ½ cup unsweetened shredded coconut
- 2 Tbsp. cocoa powder
- 1 tsp. pure vanilla extract
- 1 tsp. maple syrup, optional

Toppings (optional)

- Enjoy Life® Dark Chocolate Morsels
- Shredded coconut
- Whip cream (or So Delicious® CocoWhip for dairy free)

Directions:

1. Add all ingredients to a blender and blend until smooth.
2. Top with optional toppings and enjoy!

Yield: 4 servings

Try these
allergen friendly
milkshake
toppings!



Dark Chocolate Avocado Brownies

Ingredients:

- Cooking spray
- 4 large eggs
- 1 cup sugar
- 8 oz. Enjoy Life® Dark Chocolate Morsels
- ½ cup dark cocoa powder
- ¼ tsp. salt
- 1 tsp. vanilla extract
- ½ cup gluten free flour
- 2 ripe medium avocados
- ½ cup chopped walnuts (optional)

Directions:

1. Preheat oven to 350°F. Spray an 8x8-inch cake pan with cooking spray.
2. Beat eggs and sugar with electric mixer at medium speed until bubbly and fluffy.
3. Place chocolate morsels in microwave-safe bowl and microwave on high in 15 seconds increments, stirring in between, until melted. With mixer running, add chocolate to egg mixture. Fold in cocoa, salt, vanilla and flour.
4. Mash avocados in separate bowl until very smooth. Add to batter and mix well. Add chopped walnuts. Mix well.
5. Pour batter into prepared pan and bake 30 minutes, or until toothpick is inserted in center and comes out clean. Let cool before slicing.

Yield: 16 servings



Carrot Cake Oatmeal Cookies

Ingredients:

- 1 cup gluten free rolled oats
- ¾ cup gluten free flour
- 1 ½ tsp. baking powder
- 1 ½ tsp. ground cinnamon
- ⅛ tsp. salt
- 2 Tbsp. unsalted butter (or coconut oil for dairy free), melted
- 1 large egg
- 1 tsp. vanilla
- ½ cup maple syrup
- ¾ cup grated carrots
- ½ cup raisins

Directions:

1. Preheat oven to 325°F.
2. In a medium bowl, whisk together oats, flour, baking powder, cinnamon and salt. Set aside.
3. In a separate bowl, whisk together butter, egg, vanilla and maple syrup, until well mixed.
4. While stirring, slowly add flour mixture into wet ingredients until just incorporated. Then, gently fold in the grated carrots and raisins. Place dough in the refrigerator and chill for 30 minutes.
5. Line a baking sheet with parchment paper. Using a teaspoon, drop chilled cookie dough onto pan. Bake for 12-15 minutes.
6. Once done, remove cookies from oven and let cool for 15 minutes on the baking sheet. Then, transfer to wire rack and allow to cool completely.

Yield: 15 cookies

Almond Butter Chocolate Chia Pudding

Ingredients:

- 1 cup milk of your choice
- 3 Tbsp. chia seeds
- 3 Tbsp. cocoa powder
- 1 tsp. vanilla extract
- 2 Tbsp. almond butter
- 2 Tbsp. maple syrup

Directions:

1. In a medium bowl, whisk together all ingredients until combined.
2. Divide between two serving dishes. Cover and refrigerate 2-3 hours or overnight. Serve chilled with optional toppings.

Yield: 2 servings



Peanut Butter Black Bean Brownies

Ingredients:

- $\frac{3}{4}$ cup Enjoy Life® Dark Chocolate Morsels, melted
- 2 Tbsp. Enjoy Life® Dark Chocolate Morsels to sprinkle in
- 1 (15 oz.) can black beans, rinsed and drained
- 1 egg
- $\frac{1}{4}$ cup canola oil
- $\frac{1}{4}$ cup maple syrup + 1 tsp. stevia or sugar
- $\frac{1}{2}$ cup gluten free rolled oats
- 2 Tbsp. cocoa powder
- $\frac{1}{2}$ tsp. baking powder
- $\frac{1}{4}$ tsp. salt
- 2 Tbsp. peanut butter, microwaved for 30-45 seconds

Directions:

1. Preheat oven to 350°F.
2. Combine melted chocolate, black beans, eggs, canola oil, maple syrup/sweetener, oats, cocoa powder, baking powder and salt in a food processor. Process until really smooth, scraping the sides with a spatula as needed.
3. Pour brownie batter into a greased 8x8 pan and spread evenly with spatula. Sprinkle chocolate chips in to the batter and swirl in softened peanut butter with a knife.
4. Bake for 15-18 minutes, until toothpick comes out pretty clean. (If you want them really gooey, do not cook them as long; there should be a little bit of batter on the toothpick when you pull it out.)

Yield: 16 servings

Chocolate SunButter Krispie Treats

Ingredients:

- 1 $\frac{1}{2}$ cup SunButter® (or peanut butter)
- 3 cups gluten free puffed rice cereal
- 1 $\frac{1}{2}$ cup Enjoy Life® chocolate chips

Directions:

1. Coat a 9x9 pan with nonstick cooking spray and set aside. In a large sauce pan, melt SunButter over medium low heat. When melted, remove from heat and stir in rice cereal until well-coated. Press cereal mixture evenly into the bottom of the pan. Set aside.
2. Place chocolate chips in a microwave-safe bowl and melt for 45 seconds. Stir and continue to heat in 10 second increments until chocolate is completely melted. Pour chocolate over cereal mixture and spread evenly. Place bars in refrigerator for 2 hours, or until firm. Slice and serve.

Yield: 16 servings



Strawberry Rhubarb Crisp

Topping

- 1 cup gluten free rolled oats
- 3 Tbsp. butter (or coconut oil for dairy free), melted
- 1 Tbsp. brown sugar

Filling

- 2 cups rhubarb, chopped
- Juice of small lemon
- ¼ cup sugar
- 2 tsp. cornstarch
- 2 cups strawberries, diced

Directions:

1. Preheat oven to 375°F.
2. Combine oats, melted butter and brown sugar in a bowl until combined. Spread mixture out on a baking sheet. Place in the oven and bake until crispy, about 8-10 minutes.
3. In the meantime, prepare filling. Heat a large skillet to medium high. Add chopped rhubarb and lemon juice, then whisk in sugar and cornstarch. Allow to cook for 1-2 minutes, stirring constantly. Stir in strawberries and allow to cook 1-2 additional minutes, until mixture is thickened and rhubarb is tender.
4. Spoon filling into bowls and top with crumbled oat topping.

Yield: 6 servings



Drinks



Watermelon Agua Fresca

Ingredients:

- 6 cups watermelon, chopped
- 1 lime, juice of
- 1 cup water
- ½ cup fresh mint (or basil)

Directions:

1. Place watermelon, lime juice and water into a blender. Blend until smooth.
2. Pour liquid through a fine mesh strainer into a pitcher. Add mint (or basil) and refrigerate for 30 minutes. Serve over ice.



Strawberry Cucumber Agua Fresca

Ingredients:

- 1 cucumbers, peeled and chopped
- 1 package strawberries, tops removed
- 1 lime, juice of
- 2 cups cold water

Directions:

1. Place cucumbers, strawberries, lime juice and water to a blender. Blend until smooth.
2. Pour liquid through a fine mesh strainer into a pitcher and refrigerate for 30 minutes. Serve over ice.

Cucumber Mint Cooler

Ingredients:

- 6 cucumber slices
- 6 mint leaves
- Juice of 1 lime
- 1 can sparkling water

Directions:

1. Muddle cucumber and mint with lime juice.
2. Add ice and top with sparkling water.



Allergen Friendly Summer Products

This list is not all inclusive. We strongly encourage guests to review all ingredient lists before purchasing a product to ensure that it meets individual dietary needs. All products may not be available at every Festival Foods location.

Breakfast



Glutino® Baking Mixes
Natural & Organic Department



Bob's Red Mill® Gluten Free Oats
Natural & Organic Department



Chex® Gluten Free Cereals
Grocery Department

Dairy Alternatives



Go Veggie® Cheddar Style Singles
Natural & Organic Department



Daiya Deliciously Dairy Free® Shreds
Natural & Organic Department



Daiya Deliciously Dairy Free® Blocks
Natural & Organic Department



Daiya Deliciously Dairy Free® Cream Cheese Style Spread
Natural & Organic Department



So Delicious® Greek Cultured Coconut Milk
Natural & Organic Department



Silk® PureAlmond® Unsweetened Original Almond Milk
Natural & Organic Department

Disclaimer: We strongly encourage guests to review all ingredient lists before purchasing any items to ensure that they meet individual dietary needs. Although we prepare many deli and meat items with no gluten-containing ingredients and take care to avoid cross contamination, we acknowledge that we are not a certified gluten-free facility and recommend avoiding if extremely sensitive. All products may not be available at every Festival Foods location.

Snack Items



Harvest Snaps Snapea Crisps
Natural & Organic Department



Garden of Eatin'® Blue Corn Chips
Natural & Organic Department



Frontera® Salsas
Natural & Organic Department



Beanitos® Black Bean Chips
Natural & Organic Department



Crunchmaster® Crackers
Deli Department



Simply Organic™ French Onion Dip Mix
Natural & Organic Department



Larabars® Fruit & Nut Bar Varieties
Natural & Organic Department



Van's® Gluten Free Crackers
Natural & Organic Department



Gratify™ Pretzel Sesame Thins
Natural & Organic Department

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Gluten Free Breads and Buns



Udi's® Gluten Free Breads
Natural & Organic Department



**Schär Gluten Free Hot Dog and
Hamburger Buns**
Natural & Organic Department



Flatout Gluten Free Flatbread
Deli Department

Allergen Friendly Grill Toppings



Organicville® Ketchup
Natural & Organic Department



Annie's® Organic Mustards
Natural & Organic Department



Annie's Organic BBQ Sauce
Natural & Organic Department



Heinz® Tomato Ketchup
Main Grocery Department



Sweet Baby Ray's® BBQ Sauce
Main Grocery Department



Frank's Red Hot® Hot Sauce
Main Grocery Department

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Dessert Items



Justin's® Dark Chocolate Peanut Butter Cups
Natural & Organic Department



Udi's® Gluten Free Muffins
Natural & Organic Department



Wild Harvest® Gluten Free Cookies
Natural & Organic Department



Simple Mills® Frosting
Natural & Organic Department



Enjoy Life® Baking Chips
Natural & Organic Department



Kinnikinnick® Gluten Free S'moreables®
Natural & Organic Department



Almond Dream® Frozen Dessert Bites
Natural & Organic Department



Daiya® New York Style Cheezecake
Natural & Organic Department



Halo Top® Frozen Dessert
Natural & Organic Department

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Gluten Free Beers & Ciders



Lakefront Brewery™ New Grist



Redbridge® Sorghum Beer



Omission Beer



Angry Orchard® Ciders



Woodchuck® Hard Ciders



Crispin® Hard Ciders



Stella Artois® Cidre



Strongbow® Hard Apple Ciders



Truly Spiked & Sparkling



White Claw Hard Seltzer

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Tips for Allergen Friendly Entertaining

1. Talk to your guests about their specific dietary requirements

- Ask about specific food preferences and find out not only what foods your guests need to avoid, but also the foods they enjoy eating.
- Politely ask your guests to contribute a dish that they know they can enjoy; many are more than willing!

2. Plan meals ahead of time and share menu with guests

- Planning ahead may help guests identify any potential issues and allow everyone to be well-prepared and ready to celebrate.
- If guests are staying for multiple meals, identify options for breakfast, lunch, supper, snacks and beverages.

3. Carefully check every food label

- Products' ingredients or production standards frequently change. Therefore, we strongly encourage checking all ingredient lists (even of the products listed in this guide) before purchasing any item to ensure that they meet individual dietary requirements.
- When in doubt about a specific product, ask your guest. It's best to err on the side of caution.

4. Avoid cross contact as even the smallest amount may cause symptoms

- Prepare allergen friendly dishes first and/or use different cutting boards and cooking utensils.
- Wash and dry all counters and crevices in between each recipe preparation.
- Label everything when serving and storing.

More Questions? Ask Our Dietitians!



We'd love to help! Find us at
www.AskFestivalDietitians.com

For more resources and recipes visit:
FestFoods.com/Mealtime