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20 YEARS



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Gluten Intolerance Group: 50 Years of Supporting the Gluten-Free Community

For 50 years, the Gluten Intolerance Group (GIG) has been here to make life easier and safer for everyone living gluten-free. Whether you have celiac disease, gluten sensitivity, or simply choose to eat gluten-free, we've got your back with trusted resources, education, and advocacy.

A big part of what makes our work possible is the Gluten-Free Certification Organization (GFCO). When companies certify their products with GFCO, they're not just meeting the highest gluten-free standards—they're also helping to fund the programs and resources that support **you**. The revenue from GFCO and our Gluten-Free Food Service (GFFS) program directly supports GIG's community initiatives, like educational resources and advocacy efforts that make gluten-free living safer and more understood.

And there's more! Thanks to this support, we're able to partner with **GIG Cares** to provide local community support groups, Generation GF programs for kids, the Teen Summit, advocacy initiatives, and even a Teen Board that helps shape the future of gluten-free living.

So, every time you choose a **GFCO-Certified** product or dine at a **GFFS-Validated** restaurant, you're doing more than just making a safe choice. You're helping GIG continue its mission to build a stronger, more connected gluten-free community.
And that's something to celebrate!

Want to learn more? Visit www.gluten.org.



VANILLA CUPCAKES
with Carol's Gluten-Free Flour

(Gluten-free, Nut-free, Vegetarian, optionally Soy-free)

Makes 12

1¼ cups **Carol's Gluten-Free Flour**
1¼ teaspoons baking powder
½ teaspoon kosher or fine sea salt
½ cup unsalted butter, softened
¾ cup sugar
2 large eggs, at room temperature
1 tablespoon vanilla bean paste
½ cup buttermilk
Frosting or whipped cream
Berries or sprinkles, for garnish

Preheat oven to 350°F. Line 12 muffin tins with cupcake liners.

Combine **Carol's Gluten-Free Flour**, baking powder, and salt in a mixing bowl and whisk.

In the bowl of an electric mixer fitted with the paddle attachment, beat the butter and sugar on medium-high speed for 5 minutes. Add the eggs, one at a time, beating well and scraping down the sides of the bowl after each addition. Beat in the vanilla bean paste.

Reduce the speed of the mixer to medium and add one third flour mixture, followed by half the buttermilk, half the remaining flour, the rest of the buttermilk, and finally the rest of the flour. Scape down the sides and bottom of the bowl with a spatula to make sure everything is combined.

Divide the batter among the muffin tins and bake for 22-29 minutes or until a toothpick inserted into the center comes out clean. Let cool in the pan for 10 minutes then remove to a wire rack to finish cooling.

Frost with frosting or whipped cream and garnish with berries or sprinkles.



GREEN CHILE CHICKEN ENCHILADAS
with HATCH® Chile Co.

(Gluten-free, Egg-free, Nut-free, Soy-free, Refined Sugar-free)

Serves 5

2 (15-ounce) cans **HATCH® Green Chile Enchilada Sauce**
2½ cups cooked chicken, shredded
1 packet gluten-free taco seasoning
2½ cups shredded Monterey Jack cheese, divided
2 cups shredded mozzarella cheese, divided
¾ cup sour cream
10 corn tortillas
Chopped cilantro

Preheat oven to 375°F. Pour a thin layer of **HATCH® Green Chile Enchilada Sauce** into the bottom of a 9x13-inch baking dish. Gently heat the rest of the sauce in a large skillet until warm.

In a mixing bowl, combine the chicken, taco seasoning, 1½ cups Monterey Jack cheese, 1½ cups mozzarella, and sour cream. Mix until well combined.

Dip one corn tortilla into the warm enchilada sauce, fill with about ⅓ cup of the filling, roll, and place seam side down in the baking dish. Repeat with the remaining tortillas and filling. Pour the rest of the sauce over the enchiladas, top with the remaining cheese, and bake for 25 minutes or until the cheese is melted and bubbly. Top with cilantro and serve.





FOUR CHEESE TORTELLONI PASTA SALAD
with Taste Republic

(Gluten-free, Nut-free, Soy-free, Vegetarian)

Serves 4

1 package (9-ounces) **Taste Republic Gluten-Free Four Cheese Tortelloni**
3 tablespoons olive oil
1 tablespoon red wine vinegar
1 teaspoon gluten-free Dijon mustard
½ teaspoon garlic powder
½ teaspoon Italian seasoning
¼ teaspoon black pepper
½ teaspoon kosher or fine sea salt
1 cup cherry tomatoes, halved
½ cup cucumber, diced
¼ cup red onion, very thinly sliced
½ cup Kalamata olives, halved
½ cup marinated artichoke heart quarters
1 (15-ounce) can chickpeas, drained and rinsed
¼ cup Parmesan cheese, shredded or grated
¼ cup fresh basil, chopped

Bring a pot of salted water to a boil. Cook the **Taste Republic Gluten-Free Four Cheese Tortelloni** according to the package instructions (about three minutes).

Drain and rinse with cold water to stop cooking. Set aside.

In a small bowl, whisk together olive oil, red wine vinegar, Dijon mustard, garlic powder, Italian seasoning, black pepper, and salt until well combined.

In a large bowl, combine the cooked **Taste Republic Gluten-Free Four Cheese Tortelloni**, cherry tomatoes, cucumber, red onion, olives, marinated artichoke hearts, and chickpeas.

Pour the dressing over the salad and toss gently to coat.

Sprinkle with grated Parmesan cheese and fresh basil before serving.

Serve immediately or for best results, refrigerate for 30 minutes to let the flavors meld.


treats you can trust
home free
free of top 14 allergens
CRUNCHY!
PUCKER UP
SCHOOL SAFE
lemon burst
mini cookies
GLUTEN FREE
NON GMO PROJECT VERIFIED
NET WT 5 OZ (142g)

LEMON PEPPER OVEN-BAKED BREADED CHICKEN WINGS
with Homefree®

(Gluten-free, Dairy-free, Nut-free, Soy-free)

Serves 6

1 cup mayonnaise
1 garlic clove, grated
1 tablespoon fresh lemon juice
4 teaspoons lemon zest, divided
Avocado oil spray or gluten-free nonstick spray
1 cup finely crushed **Homefree® Mini Lemon Cookies**, crushed then measured
½ cup gluten-free panko breadcrumbs
1 teaspoon black pepper
1 teaspoon garlic powder
½ teaspoon onion powder
½ teaspoon kosher or fine sea salt
2 eggs, beaten
3-pounds chicken wings, split into flats and drumettes
1 tablespoon chopped fresh parsley, for garnish

Combine mayonnaise, grated garlic, lemon juice, and 2 teaspoons lemon zest. Refrigerate until ready to serve.

Preheat your oven to 400°F. Line a baking sheet with parchment paper and place a wire rack on top. Lightly spray the rack with avocado oil to prevent sticking.

In a bowl, mix the crushed **Homefree® Mini Lemon Cookies**, gluten-free panko breadcrumbs, 2 teaspoons lemon zest, black pepper, garlic powder, onion powder, and salt.

Put beaten eggs into another bowl.

Pat the chicken wings dry with a paper towel.

Dip each wing into the beaten eggs, then coat evenly in the lemon cookie mixture, pressing gently to adhere.

Place the coated wings on the wire rack, leaving space between each piece. Spray lightly with avocado oil.

Bake for 35-40 minutes, flipping halfway through, until golden brown and crispy. The internal temperature should reach 165°F when tested with a meat thermometer.

Sprinkle with fresh parsley and extra black pepper, if desired. Serve warm with your lemon mayonnaise dipping sauce.



AIR FRYER ZUCCHINI FRIES
with Milton's™

(Gluten-free, Nut-free, Soy-free, Vegetarian)

Serves 4

1 (4.5-ounce) package **Milton's™ Crispy Sea Salt Gluten Free Crackers***
2 medium-large zucchinis
½ cup gluten-free flour
2 large eggs
Avocado oil spray or gluten-free nonstick cooking spray

Preheat air fryer to 350°F.

Grind the package of **Milton's™ Crispy Sea Salt Gluten Free Crackers** in a food processor or blender until fine crumbs. Pour into a shallow bowl or pie plate.

Cut the zucchinis into sticks. Place in a bag with the flour and shake well to coat.

Whisk the eggs with a splash of water in a small bowl. Shake the flour off the zucchini sticks, dip into the egg mixture, then into the crackers, coating well.

Spray the basket of the air fryer with oil, place the zucchini sticks in the basket leaving some room around each stick, do not over-crowd (work in batches if needed). Spray lightly with more oil. Air-fry for 7-12 minutes (depending on size) or until golden and crispy.

Serve warm with ranch dressing or marinara sauce.

*Switch up the flavor of your fries by using Milton's other flavors such as Everything or Salt & Vinegar.

EASY KOREAN BEEF BOWLS
with San-J®

(Gluten-free, Dairy-free, Egg-free, Nut-free)

Serves 4

1 pound ground beef
¼ cup **San-J® Korean BBQ Marinade & Stir-Fry Sauce**
4 cups cooked white or brown rice
6-ounces edamame, steamed
½ cup pickled red onions
½ cup kimchi
2 green onions, sliced
1 tablespoon toasted sesame seeds

Heat a large skillet over medium-high heat. Add the ground beef and cook, breaking it up with a spoon, until browned and cooked through, about 5-7 minutes. Drain excess grease if needed.

Reduce heat to medium and stir in **San-J® Korean BBQ Marinade & Stir-Fry Sauce**. Cook for another 2-3 minutes, stirring frequently, until the beef is well coated and the sauce thickens slightly. Remove from heat.

Divide the cooked rice evenly among four bowls.

Top each bowl with the Korean beef, edamame, pickled red onions, and kimchi. Garnish with sliced green onions and toasted sesame seeds.





PECAN MAPLE PIE
with Sahale Snacks®

(Gluten-free, Soy-free, Vegetarian, optionally Dairy-free, Vegan)

Serves 8

¾ cup pure maple syrup
½ cup light brown sugar, packed
3 large eggs or liquid egg substitute
¼ cup unsalted butter, melted or dairy-free butter
1 tablespoon pure vanilla extract
½ teaspoon ground cinnamon
½ teaspoon kosher or fine sea salt
1 premade gluten-free pie shell (9-inch)
1 bag **Sahale Snacks® Maple Pecans**, roughly chopped
Whipped cream or vanilla ice cream, or dairy-free options, optional, for serving

Preheat your oven to 350°F.

In a large bowl, whisk together maple syrup, brown sugar, eggs, melted butter, vanilla extract, cinnamon, and salt until smooth. Pour the filling into the premade gluten-free pie shell, spreading evenly.

Place the pie on the middle rack of the oven and bake for 40-45 minutes, or until the center is set and only slightly jiggles when shaken.

Let the pie cool completely at room temperature.

Just before serving, sprinkle **Sahale Snacks® Maple Pecans** evenly over the top.

For cleaner slices, chill for one hour in the refrigerator before serving. Slice and serve as is, or pair with whipped cream or vanilla ice cream.

DAIRY-FREE PEANUT BUTTER BROWNIE MILKSHAKE
with Flax4Life

(Gluten-free, Dairy-free, Nut-free, Soy-free, Vegetarian, Vegan)

Makes 1

3 scoops dairy-free vanilla ice cream
4 crumbled **Flax4Life No Sugar Added Brownies**, plus more for garnish
2 tablespoons peanut butter
1-2 tablespoons oat milk
Vegan whipped cream, for garnish
Maraschino cherry, for garnish

Combine ice cream, crumbled **Flax4Life No Sugar Added Brownies**, and peanut butter in a blender. Blend until smooth, adding a little milk if too thick.

Garnish with whipped cream, more crumbled brownies, and a cherry.



MARGHERITA PIZZA
with Better Batter™

(Gluten-free, Egg-free, Nut-free, Soy-free, Vegetarian)

Serves 4

1 (1-pound) bag **Better Batter™ Pizza Crust Mix**
¾ cup pizza sauce
8-ounces fresh mozzarella, sliced
¼ cup fresh basil leaves, sliced

Prepare the **Better Batter™ Pizza Crust Mix** according to the package directions. (We recommend using the yeast version – yeast is included – and using 450g water.) Let rise for 30 minutes.

Preheat oven to 450°F.

Line a baking sheet with parchment paper. Press the dough into a 14-inch circle. Using a fork, poke holes all over the crust. Parbake for 10-15 minutes. Flip the crust over, top with the pizza sauce and cheese. Return to the oven for another 10 minutes or until the cheese is melted. Top with basil.





KETO SHRIMP SCAMPI
with Miracle Noodle™

(Gluten-free, Grain-free, Egg-free, Nut-free, Soy-free, Refined Sugar-free, Optionally Dairy-free)

Serves 2

1 package **Miracle Noodle™ Fettuccine**, rinsed and drained
2 tablespoons butter (or ghee for dairy-free)
2 tablespoons extra virgin olive oil
3 cloves garlic, minced
¼ teaspoon crushed red pepper flakes (optional)
½ pound shrimp, peeled and deveined
½ teaspoon sea salt, or to taste
¼ teaspoon black pepper
¼ teaspoon paprika (optional, for color)
¼ cup gluten-free chicken broth (or dry white wine for classic flavor)
1 tablespoon fresh lemon juice
2 tablespoons fresh parsley, chopped
Lemon wedges, for serving

Rinse the **Miracle Noodle™ Fettuccine** thoroughly under cold water for 1-2 minutes.

In a dry pan over medium heat, sauté the noodles for about 5 minutes to remove excess moisture. Set aside.

Heat butter and olive oil in a large skillet over medium heat.

Add garlic and red pepper flakes (if using) and sauté until fragrant, about 30 seconds. Add the shrimp, salt, pepper, and paprika. Cook for about one to two minutes per side, until shrimp turn pink and opaque.

Pour in the chicken broth (or white wine) and lemon juice. Let it simmer for about two minutes, allowing the flavors to meld.

Add the **Miracle Noodle™ Fettuccine** to the skillet, tossing to coat in the sauce. Cook for another one to two minutes until warmed through. Remove from heat and stir in fresh parsley.

Serve immediately with extra lemon wedges.

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When you purchase GFCO-certified products, you're directly supporting GIG's mission.

GIG has been making life easier for everyone living gluten-free for over 50 years.

Together we make a positive difference to our entire gluten-free community.



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