

# GLUTEN FREE

long before  
you even  
thought  
to ask



All Boar's Head® meats, cheeses  
and condiments are gluten free.

Boar's  Head

Recipes and tips for avoiding gluten

# Shop Confidently with Boar's Head.



GLUTEN FREE

At Boar's Head Brand, we're proud to say that all of our meats, cheeses, spreads, and condiments are gluten free. In fact, we've been gluten free long before you even thought to ask. Years ago, the idea was simple. If pure beef, pork, poultry, and milk are naturally gluten free, why shouldn't the meats and cheeses from the deli be as well? Nearly a decade ago we were one of the first deli companies to ensure that all of our meats, cheeses, spreads and condiments were gluten free.

Not every brand of meat and cheese can say it's gluten free. Some may use fillers and seasonings that aren't recommended for people with a gluten sensitivity, but Boar's Head Brand does not. At Boar's Head, we're proud to say that our commitment to quality is the reason why you won't find gluten in any of our meats, cheeses, spreads or condiments. Our deli meats use pure poultry, pork and beef, combined with natural spices.

Enjoy Boar's Head® products in all of your favorite recipes and the ones we've included for you here. We hope the following information will show you how to incorporate our gluten free products into your lifestyle.



# Tips for Cooking without Gluten.



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- Make the right swap. If you need to avoid gluten, try these substitutes: brown rice flour, tapioca flour, potato flour, unflavored gelatin, soy milk, buckwheat, cottage cheese, flax, and cornmeal.
- Double check your labels. Gluten is found in many foods that you wouldn't even suspect. If you're unsure if a product is truly gluten free, take a look at the ingredient list.
- If you see any of the following words on the label, it's best to avoid that product: wheat, wheat starch, barley, triticale or rye.
- Don't reuse utensils. Jams, butters, honey, and other spreads can be contaminated if the utensil used on gluten-containing bread is returned to the jar.
- Pasta containing gluten can also leave a residue in a colander that's not cleaned thoroughly.
- Trust Boar's Head for variety. A gluten free diet can still be exciting! Boar's Head Brand offers hundreds of gluten free meats, cheeses, spreads, and condiments to help add variety to your menu every day.



## SmokeMaster Beechwood Smoked® Black Forest Ham Quiche Cups



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Servings: 18 Quiche cups

Ingredients:

- |    |  |    |                                      |
|----|--|----|--------------------------------------|
| 5  | Eggs   | ½  | teaspoon Dried thyme                 |
| 1  | cup Milk   | ¼  | teaspoon Kosher salt                 |
| 12 | slices Boar's Head® Lacey Swiss Cheese, sliced thick, shredded | ⅛  | teaspoon Black pepper                |
| ¼  | cup Green onion, chopped                                       | 18 | slices Boar's Head® SmokeMaster® Ham |



#### Instructions:

1. Preheat oven to 350° F.
2. In a medium mixing bowl, whisk the eggs.
3. Add milk, cheese, green onion, thyme, salt, and pepper to the eggs and stir to combine.
4. Cut each slice of ham in half and set to the side.
5. Spray individual, oven safe, quiche cups with cooking spray.
6. Place two half slices of ham into each individual quiche cup as desired.
7. For each individual quiche cup, spoon about three tablespoons of egg mixture so that it's  $\frac{3}{4}$  full.
8. Use a fork to distribute cheese, if necessary.
9. Bake for 20 minutes or until a toothpick inserted into the center comes out clean.
10. The top will begin to brown. If it browns too quickly, tent a piece of aluminum foil over the top and continue to cook.
11. Remove from the oven and serve warm.



## Eggs en Cocotte with Sweet Slice<sup>®</sup> Smoked Uncured Ham & Swiss Cheese



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Servings: 4 Cocottes

Ingredients:

- |   |                              |   |                            |
|---|------------------------------|---|----------------------------|
| 1 | cup Milk                     | ½ | cup Boar's Head            |
| 2 | cups Heavy cream             |   | Imported Switzerland       |
| 1 | pinch Sea salt               |   | Swiss <sup>®</sup> Cheese, |
| 1 | pinch Freshly ground         |   | shredded                   |
|   | pepper                       | 6 | Small mushrooms,           |
| 1 | pinch Fresh ground           |   | sliced                     |
|   | nutmeg                       | 4 | Whole large eggs           |
| 2 | teaspoons Truffle oil        | 4 | Egg whites, beaten         |
| ½ | cup Boar's Head <sup>®</sup> | 1 | bunch Chives, thinly       |
|   | Sweet Slice Smoked           |   | sliced for garnish         |
|   | Uncured Ham, cubed           |   |                            |



Remember to check the labels on all spices to ensure they are gluten free.

#### Instructions:

1. Pre-heat the oven to 350° F. Add the milk and heavy cream to a small pot. Season with salt, pepper, and freshly ground nutmeg. Flavor with truffle oil. Simmer the mixture at medium heat for about 6 minutes, stirring constantly.
2. Bring some water to a boil to use later for the baking process.
3. Mix the ham, cheese, and mushrooms together. Add to 4 small round ceramic cocottes. Place on a deep baking tray.
4. Pour the hot cream mixture into the cocottes over the ham/cheese mixture. Carefully slide in a beaten egg white & a whole egg to each cocotte. (Make sure the egg yolk remains intact!)
5. Place the baking tray in oven on center rack. Add boiling water to the tray until halfway up the cocottes. Bake 8-10 minutes or until egg yolk is set.
6. Remove cocottes from oven. Garnish egg yolk with salt, pepper, and chives.



## Blazing Buffalo® Style Chicken Nachos

Servings: 4

Ingredients:

- 1 pound Boar's Head® Blazing Buffalo Style Chicken Breast, sliced thick, then cubed
- 1 package Tortilla chips
- 2 cups Black beans
- 1 cup Sweet corn
- 1 cup Chopped tomatoes
- 2 cups Boar's Head Whole Milk Mozzarella Cheese, grated
- 2 cups Boar's Head Bold® 3 Pepper Colby Jack® Cheese, grated



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Remember to check the labels on tortilla chips to ensure they are gluten free.

Instructions:

1. Preheat oven to 400 degrees F. Lightly oil a baking sheet or coat with nonstick spray.
2. Place tortilla chips in a single layer onto the prepped baking sheet. Top with chicken, black beans, tomatoes, corn, and cheeses.
3. Place into oven and bake until heated through and the cheeses have melted, about 5-6 minutes.
4. Serve immediately with your favorite toppings, such as tomato, onion, jalapeño, sour cream, and cilantro.

# One Pan Robust Italian Chicken Sausage & Veggies

Servings: 4

Ingredients:

- |   |   |
|---|---|
| 2 cups Baby carrots, halved   | ½ tablespoon Dried oregano                |
| 2 cups Baby red potatoes, halved  | ½ tablespoon Dried parsley                |
| 1 Zucchini, sliced  | ½ tablespoon Garlic powder                |
| 2 Red bell peppers, large dice  | ½ teaspoon Onion powder                   |
| 1 cup Asparagus stalks, sliced into thirds  | ½ teaspoon Dried thyme                    |
| 1 ½ cups Broccoli florets   | ½ cup Boar's Head Parmesan Cheese, grated |
| 1 package Boar's Head Robust Italian All Natural* Chicken Sausage, sliced on the bias | ¼ cup Olive oil                           |
| ½ tablespoon Dried basil  | Fresh parsley, for garnish                |



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\*No artificial ingredients. Minimally Processed.



Be sure to check the label on the chosen spices and oils; gluten can be a hidden ingredient.

#### Instructions:

1. Preheat the oven to 400 degrees F.
2. Pour all the veggies and chicken sausage on sheet pan.
3. In a small bowl combine all of the seasonings with the olive oil. Stir to combine.
4. Pour the seasoning & oil mixture on top of the veggies and chicken sausage and thoroughly toss to coat.
5. Roast for 15 minutes. Remove and toss the veggies & chicken sausage to ensure even cooking.
6. Return to the oven for another 10-15 minutes or until veggies are browned and tender.
7. Remove and top with freshly grated Parmesan Cheese and fresh parsley.





## Bold Ichiban Teriyaki® Style Chicken Lettuce Cups

Servings: 3 Lettuce Cups

Ingredients:



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- |   |  |   |   |
|---|--|---|---|
| 4 | slices Boar's Head Bold® Ichiban Teriyaki Style Chicken Breast, sliced thick & julienned | ½ | teaspoon Sesame seeds   |
| 1 | stick Celery, finely chopped   | 2 | tablespoons Gluten free tamari sauce or gluten free soy sauce |
| ½ | cup Carrot, julienned  | 1 | head Butter lettuce   |
| ⅓ | cup Pineapple, chunked   | ½ | cup Red Pepper, sliced  |

Instructions:

1. In a large mixing bowl combine the julienned chicken, celery, carrots, pineapple, red pepper, and sesame seeds.
2. Add the tamari sauce and gently toss until evenly distributed.
3. Once combined, place the mixture inside the leaves of lettuce and serve.

# Lemon Pepper Chicken & Quinoa Salad



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Servings: 4

Ingredients:

- |     |  |     |   |
|-----|--|-----|---|
| 1/2 | cup Uncooked quinoa  | 1/3 | cup Dried cranberries                                     |
| 1   | cup Gluten free chicken broth, gluten free vegetable broth, or water | 1   | Granny Smith apple  |
|     |  | 1   | teaspoon Lemon juice                                      |
|     |  | 1/4 | cup Boar's Head® Feta Cheese Crumbles                     |
| 1/3 | cup Sliced almonds   | 1/2 | cup Boar's Head® Lemon Pepper Chicken, julienned or diced |
| 2   | tablespoons Sunflower seeds  |     |   |
| 3   | cups Fresh spinach   |     |   |



### Instructions:

1. In a small pot, combine the quinoa with chicken broth.
2. Cook the quinoa as the package suggests and allow to cool completely.
3. In a separate dry skillet, add sliced almonds and sunflower seeds in a single layer on medium heat.
4. Stir so they become warm but not burnt, remove from skillet and set aside.
5. Slice the apple into small pieces and place with lemon juice into the same skillet as used in the previous step.
6. When the quinoa is cooked, allow it to cool completely.
7. Once the quinoa is cooled, add the heated almonds, sunflower seeds, apples, cranberries and spinach to the quinoa.
8. Toss with the raspberry vinaigrette or dressing of choice and serve.





## Mediterranean Salad

Servings: 4

Ingredients:

- |    |   |   |   |
|----|---|---|---|
| 1  | pint Cherry tomatoes                    | 6 | ounces Black olives                       |
| 3  | tablespoons Olive oil                   | ½ | cup Italian dressing                      |
| 2  | Cucumbers, diced                        | 2 | tablespoons Lemon juice, freshly squeezed |
| 30 | ounces Garbanzo beans, rinsed & drained | ½ | cup Boar's Head® Feta Cheese Crumbles     |
| 2  | cloves Garlic                           |   |   |
| ½  | Red onion, diced                        |   |   |



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Be sure to check the label on the chosen salad dressing; gluten can be a hidden ingredient in salad dressings.

#### Instructions:

1. In a large mixing bowl, combine cherry tomatoes, olive oil, cucumbers, garbanzo beans, garlic, red onions, black olives, Italian dressing and lemon juice.
2. Lightly toss ingredients to mix thoroughly.
3. Refrigerate for a minimum of two hours before serving.
4. When ready to serve, evenly sprinkle the cheese crumbles onto the salad and lightly toss if desired.
5. Serve salad cold.



# SmokeMaster Beechwood Smoked® Black Forest Ham Stir Fry

Servings: 4

Ingredients:



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- |   |                                 |   |   |
|---|---------------------------------|---|---|
| 2 | tablespoons Sesame oil          | 2 | Eggs, lightly beaten                      |
| 1 | tablespoon Fresh ginger, grated | 3 | cups Rice, cooked                         |
| 2 | tablespoons Garlic, minced      | 2 | cups Boar's Head® SmokeMaster® Ham, diced |
| 1 | cup Frozen peas, thawed         | 2 | tablespoons Gluten free soy sauce         |
| ½ | cup Carrots, diced              |   |   |
| 2 | tablespoons Green onion, diced  |   |   |



### Instructions:

1. Preheat large skillet or wok to medium heat.
2. Add sesame oil to the wok or skillet.
3. Once oil is hot, add ginger, garlic, peas, carrots and onions.
4. Stir-fry until tender.
5. Slide vegetables to one side of the wok or skillet, pour beaten eggs onto the other side and scramble.
6. Once the eggs have cooked, mix eggs with the vegetables.
7. Add the rice and ham to the skillet or wok.
8. Pour the soy sauce over mixture and heat through.
9. Remove the stir fry from the skillet or wok, season to taste, and serve warm.



# Boar's Head

Compromise elsewhere.®

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Since Boar's Head was founded in 1905, much has changed in the world. People have learned to cut corners, replacing quality with economy.

But at Boar's Head, we're happy to say we haven't changed with the times.

For over 115 years, we've been committed to offering only the freshest, best-tasting meats and cheeses available. We use only the finest ingredients: pure pork, turkey, chicken, and beef, combined with real spices, without by-products, cereals, fillers, artificial flavors or colors.

We're proud to say that all Boar's Head® meats, cheeses, and condiments are gluten free. Whether at breakfast, lunch or dinner, let Boar's Head Brand help you enjoy your gluten free lifestyle.

For more information on Boar's Head® gluten free products and recipes, visit [www.boarshead.com/glutenfree](http://www.boarshead.com/glutenfree)

For additional nutritional information, please call:  
1-800-352-6277

Information in the brochure is subject to change without notice.