

# Boar's Head

GLUTEN  
FREE

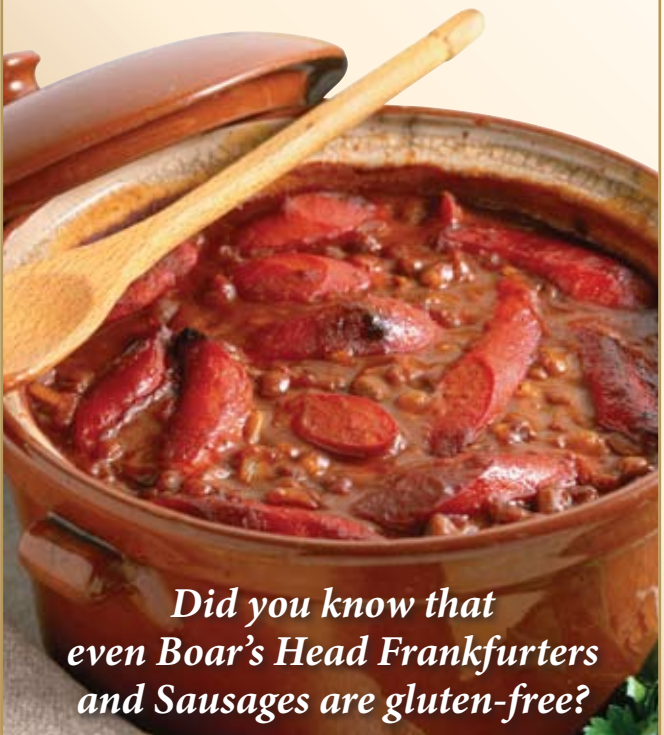
*A lesson in enjoying  
deli meats, cheeses  
and condiments  
without gluten.*



# We've always been gluten free!

Gluten is found in many foods. But even if you need to avoid gluten, you need not avoid any deli counter where Boar's Head is served. We've always been gluten free, without ever compromising our quality and flavor. You can shop confidently in the deli knowing that any meat, cheese or condiment whose label says "Boar's Head" – even a hot dog – is gluten free.

Enjoy Boar's Head in all of your sandwiches and salads, as well as in your own recipes and the ones we've included for you here. We hope the following information on gluten-free eating will show you how to incorporate our safe products into your healthy lifestyle.



*Did you know that  
even Boar's Head Frankfurters  
and Sausages are gluten-free?*

# What is gluten, and where is it found?

Gluten is the elastic protein in wheat, rye and barley. It is a thickening agent in some sauces, soups, stews, salad dressings, and more. Bread and other baked goods rely on gluten for elasticity.

- Many products contain gluten, but that fact can be hidden because the gluten can be part of another ingredient.
- Gluten is associated with grains such as wheat, barley, rye, spelt, kamut, and triticale. So, hold the bread if it's not gluten free, but not the deli fillings. Although other brands contain cereal fillers, we're proud to say that **Boar's Head products do not**. Our deli meats use pure cuts of poultry, pork and beef, combined with real spices.



# Against the grain.

Some people avoid gluten because of an *allergy* to wheat which causes such typical allergic symptoms as itchy eyes, skin rashes, or diarrhea.

Others are *gluten intolerant*, experiencing conditions such as bloating, joint/muscle pain, fatigue, and headaches.

The most serious gluten condition is *Celiac disease*, which attacks the immune system and can reportedly cause intestinal damage and serious diseases.

**Boar's Head** offers some 500 meats, cheeses and condiments that you can be sure are totally gluten free.



## How to avoid gluten at the deli counter:

Start by buying meats, cheeses and condiments from Boar's Head.

Establish a trusting relationship with the store's Deli Manager, who can ensure that you get the attention you need.

Ask to have your Boar's Head order sliced first thing in the morning after the slicing machines have been broken down and thoroughly sanitized. Or, ask the deli associate to wipe the slicer using the sanitizer spray before slicing your order during the day.

# Tips for cooking without gluten

- Some gluten-free recipe substitutes: brown rice flour, Tapioca flour, potato flour, unflavored gelatin, soy milk, buckwheat, cottage cheese, flax, and corn meal.
- If a product's packaging states that it's wheat-free, that doesn't mean it's gluten free. Look for the words *Gluten Free* on processed food labels.
- Some foods to avoid unless labeled *Gluten Free*: herbal supplements, marinades, dried fruits that may be dusted with flour, or seasoned nuts.
- Jams, butters, honey, and other spreads can be contaminated if a spreader used on bread is returned to the jar.
- Don't strain gluten free pasta in the same colander where other pasta has been drained. Pasta can leave a residue in a colander that's not cleaned thoroughly.

**Several delicious gluten-free recipes follow, featuring Boar's Head meats, cheeses and condiments.**



## Turkey Spaghetti Squash Tumble

Servings: 2

*Spaghetti squash makes it possible to eat “pasta” without the pasta! Scraped from the inside of the squash, mildly flavored vegetable strands look like thin, cooked spaghetti. Paired with vegetables and turkey, this is a meal in itself.*

- 1 Small spaghetti squash
- 1 tablespoon Butter
- 1 Large clove garlic, crushed
- 2 tablespoons Fresh basil, chopped
- 1 tablespoon Fresh parsley, chopped
- ¼ cup Frozen peas, defrosted and drained
- ¼ cup Fresh tomatoes, diced
- 1 (½-inch thick ) slice Boar’s Head Ovensgold® Turkey Breast, diced
- Salt and pepper
- Boar’s Head Parmesan Cheese



Cut the squash in half lengthwise. Cut each half into 6 equal pieces. Place in a pot of salted water and cook on high to steam, approximately 15 to 20 minutes until the shell is soft; set aside. Melt the butter in a medium non-stick skillet. Toss the squash strands lightly to coat. Add the peas, tomatoes, Boar’s Head Ovensgold® Turkey Breast, and sprinkle Parmesan Cheese over the top.

## Mango and Avocado Salad

Servings: 2 main courses or 4 sides

*Boar’s Head Lower Sodium Deluxe Ham packs this salad with a yogurt dressing made with more naturally gluten-free Boar’s Head products.*

### Salad:

- 1 cup Quinoa, cooked according to package directions
- 1 Peeled mango, cut into a small dice
- 1 Peeled avocado, cut into a small dice
- ½ cup Golden raisins, plumped in warm water and drained
- 1 (½-inch thick) slice Boar’s Head Lower Sodium Ham, cut into ½-inch pieces

In a serving bowl, toss the quinoa with the mango, avocado, and ham.

Whisk together the yogurt, vinegar, mustard, Boar’s Head Deli Dressing, and salt and pepper to taste. The dressing will make 1 cup, so just drizzle over the salad.



pieces. Place squash into a steamer basket in a Dutch oven with water. Cook for 15-20 minutes until tender. Using a fork, remove the squash strands from the pot and place in a large bowl. Heat the turkey over medium heat. Add the garlic, basil, parsley, and squash; gold Turkey, and salt and pepper to taste. Lightly toss and

*with protein and flavor. Top it with a tangy Boar's Head condiments.*

**Dressing:**

- 6 ounces Plain Greek yogurt
- 1 tablespoon White wine vinegar
- 1 tablespoon Boar's Head Honey Mustard
- ¼ cup Boar's Head Deli Dressing
- 1 tablespoon Olive oil
- ½ cup Water

raisins. Fold in the ham.

Dressing, and the oil. Slowly whisk in the water, thinning just enough to coat the salad and reserve leftover dressing for another recipe.

## Asiago Cheese, Bacon and Egg Tart

Servings: 8

*Boar's Head Asiago Cheese and smoky bacon impart a rich, European flavor to this easy, crustless quiche. Using Fully Cooked Bacon from Boar's Head makes this recipe even easier.*

6 Large eggs

1 ½ cups Heavy cream

¼ teaspoon Salt

⅛ teaspoon Fresh ground pepper

7 slices Boar's Head Fully Cooked Naturally  
Smoked Bacon

2 tablespoons Butter

8 ounces Button mushrooms, thinly sliced

¼ cup Chopped chives

1 ½ cups Shredded Boar's Head Provolone Cheese

¼ cup Shredded Boar's Head Asiago Cheese

Preheat the oven to 375°. In a food processor, combine the eggs, cream, salt, and pepper. Lightly spray a 10-inch pie plate with non-stick cooking oil spray.

Heat the bacon as directed on the package; crumble into the egg mixture.

In a small skillet, heat the butter over medium and sauté the mushrooms, until tender; add to the egg mixture. Add the chives, along with the Provolone cheese. Sprinkle the top of the tart with the Asiago cheese. Bake 35 to 45 minutes or until the tart is set and the top is golden brown.





## **Asian Beef and Sesame Sandwiches**

Servings: 4

### **Dressing:**

- ¼ cup Boar's Head Deli Dressing
- 3 tablespoons Wheat-free soy sauce
- 2 tablespoons Fresh lemon juice
- 1 tablespoon Sesame seeds

### **Sandwich:**

- 8 slices Gluten-free bread
- ½ cup Shredded purple cabbage
- ½ cup Shredded carrots
- ¼ cup Shredded radishes
- 1 pound Boar's Head Deluxe Low Sodium Top Round

Whisk together all the dressing ingredients, except the sesame seeds; set aside.

To build the sandwich, place the bread slices on a work surface. Place the veggies in a bowl and mix with the dressing. Evenly divide the meat among 4 slices of the bread. Add a handful of the veggie mixture on top of the meat; sprinkle with sesame seeds and top with a slice of bread.

## Garden Vegetable Lasagna

Servings: 6

*Satisfying, filling, and you won't miss the gluten! Optional: add a layer of thinly sliced Boar's Head Rosemary Ham, or just add a few bite-size pieces for garnish.*

- 1 (15-ounce) container Part-skim Ricotta cheese
- 8 ounces Boar's Head Mozzarella Cheese, shredded
- ½ teaspoon Salt
- 1⅛ teaspoon Pepper
- 1 package Gluten-free lasagna noodles
- 2 (24-ounce) jars Tomato sauce
- 2 Leeks, cleaned and trimmed and cut into thin rings
- 2 tablespoons Butter
- 2 Small zucchini, sliced
- 1 Large carrot, grated
- 1 cup Chopped fresh spinach
- Boar's Head Parmesan Cheese

In a bowl, mix together the Ricotta cheese, half of the Mozzarella, the egg, salt and pepper; set aside. Cook noodles according to package directions.

Preheat the oven to 350°. In a small non-stick skillet, melt the butter over medium heat and sauté the leeks until tender, about 3 minutes.

Spread 1½ cups of the pasta sauce into a 9x11-inch pan. Cover with a layer of noodles; spread with some of the cheese mixture, and ⅓ of the vegetables. Top with a layer of pasta sauce.

Repeat the layering 2 more times, ending with the pasta sauce and finally, the remaining Mozzarella. Bake 30 minutes, until lasagna is hot and bubbly. Let stand 10 minutes to set. Sprinkle with Parmesan cheese and serve.





## Apple Spice Cupcakes

Servings: 12

### Frosting:

4 ounces Cream cheese at room temp

¼ cup Butter, room temp

2 cups Sifted powdered sugar

¼ teaspoon Vanilla extract

3 tablespoons Boar's Head Brown Sugar & Spice Ham Glaze

### Cupcakes:

1 ½ cups Shredded peeled apples

½ cup Chopped dried apples

3 tablespoons Boar's Head Brown Sugar & Spice Ham Glaze

⅓ cup Canola oil

¾ cup Brown sugar

2 Eggs

1 teaspoon Vanilla extract

1 ½ cups All-purpose gluten-free flour mix

¾ teaspoon Baking soda

¼ teaspoon Salt

¾ teaspoon Cinnamon

½ cup Nonfat buttermilk

Preheat the oven to 350°. Line a 12-cup muffin tin with cupcake liners or spray with non-stick cooking oil. Combine the fresh and dried apples in a bowl with the ham sauce; set aside. Add the oil and brown sugar to a mixing bowl and beat on medium until combined. Add the eggs one at a time until combined. Add the vanilla and beat 1 minute more on high.

Mix the gluten-free flour with the baking soda, salt, and cinnamon. With the mixer running, alternately add the dry ingredients and buttermilk to the batter, ending with the dry ingredients just to combine. Stir in the apple mix.

Bake the cupcakes until a tester inserted in the center comes out clean, about 20 minutes. Cool on a rack.



# Boar's Head

Over 100 Years of Unwavering Standards.

*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 100 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. Quite simply, at Boar's Head, we don't put anything in our meats, cheeses or condiments that you wouldn't put on your own table.*

*That includes gluten. Whether at breakfast, lunch or dinner, let Boar's Head help you enjoy your gluten free lifestyle!*

## Helpful Resources

There are many gluten and Celiac intolerant organizations with trained professionals who can be of further assistance. Here are just a few:

Celiac Sprue Association - [www.csaceliacs.org](http://www.csaceliacs.org)

National Foundation for Celiac Awareness - [www.celiaccentral.org](http://www.celiaccentral.org)

Gluten Intolerance Group - [www.gluten.net](http://www.gluten.net)

Celiac Disease Foundation - [www.celiac.org](http://www.celiac.org)